

PCASO PROSTATE CANCER SUPPORT ORGANISATION

England & Wales · Charity number 1170536

Details

Status Registered

Legal form CIO

Registered 2016-12-02

Register [View on the Charity Commission register](#)

Contact

Address 33 Hazelhurst Crescent
Worthing
West Sussex
BN14 0HW

Phone 07842486689

Email secretary@pcaso.org

Website www.pcaso.org

Activities

Objects: 1) TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF PROSTATE CANCER AND THEIR FAMILIES AND CARERS, THOSE AT RISK OF PROSTATE CANCER AND THOSE WHO HAVE BEEN BEREAVED THROUGH PROSTATE CANCER BY THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICE.2) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO PROSTATE CANCER

Activities: Organises regular meetings across our region for men diagnosed with prostate cancer and their families. Writes, produces and distributes literature and other types of information spreading awareness and information about prostate cancer. Conduct events offering free PSA tests to find men at risk of prostate cancer.

Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Brighton And Hove
- Dorset
- East Sussex
- Hampshire
- Isle Of Wight
- Portsmouth City
- Southampton City
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£185,526	£178,112	-	-
2024-03-31	£180,404	£119,068	-	-
2023-03-31	£105,946	£103,517	-	-
2022-03-31	£38,401	£35,991	-	-
2021-03-31	£22,750	£15,994	-	-

Trustees

Name	Role	Appointed
Paul Gerard Bowler	Chair	2025-01-20
Anthony Joseph Pereira		2025-10-06
Daniel James Martin		2025-10-06
Kevin Paul Simons		2021-08-26
Mark John Thompson		2025-10-06
Michael John Tompsett		2024-05-21
Michael Paul Mantell		2025-09-11
Peter Weir		2016-12-02
Roy Shufflebotham		2025-09-11
Thomas Lance Allen		2021-08-26
Timothy Bonner		2024-01-16

PCASO PROSTATE CANCER SUPPORT ORGANISATION

England & Wales - Charity number 1170536

Accounts



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

ANNUAL GENERAL MEETING
11th September 2025
2025 Trustees' Report from Paul Bowler acting Chair of PCaSO
Registered Charity no. 1170536

Welcome to another PCaSO AGM.

It doesn't seem like a year since the last, but it has been and what a year with many changes and many more to come.

For me the biggest change is that I am now Chair of PCaSO, with Brian having stood down mid last year and my being nominated as Chair by the Executive, to be confirmed by this AGM. I am now kept very busy as Chair of PCaSO, Chair of Hampshire Branch and Editor of PCaSO Info newsletter and the Updates magazine. Brian continues to work hard for the charity as Chair of Sussex Branch and Support Coordinator.

Before anything else, on behalf of the Trustees and myself as Chair, I would like to personally thank all our Volunteers, Phlebotomists, Branch Committee Members, Executive Committee Members, Trustees and all our Partner Charities for their hard work this year for PCaSO. Without them we wouldn't have a charity and would be unable to help and support men with prostate cancer.

The last year has been a busy one for the charity, with Prostate Cancer awareness having reached the main news and public awareness due to many high-profile people sharing their diagnosis with the public. Sadly, many of them found out about their cancer at a late stage due to there still being no NHS public testing scheme even for high-risk men. This is something PCaSO has been pushing for to all that will listen but still sadly we seem no closer to having anything concrete from the NHS on testing, although the new All Party Parliamentary Group (APPG) on Prostate Cancer has brought some focus and there is increased pressure for the National Screening Committee to implement national screening. PCaSO is represented at the APPG by Roger Bacon.

This has made our PSA testing events more important than ever, as for some men we are their only lifeline to prevent late diagnosis and devastating consequences. As Lance Allen (Secretary) will cover in the AGM we are in danger of having to reduce or stop our PSA testing in Sussex as Roger Bacon who is the Sussex PSA coordinator is moving out of the area (a well-earned retirement!) and so having to stand down from that role.

Roger has been the backbone of Sussex PSA testing for many years and will be keenly missed. His role includes arranging with our partner charities the testing events, vetting the amenities, arranging for phlebotomists and volunteers to attend the events, ensuring we have adequate medical supplies for the events, help setup and trouble shoot the actual events and carry out the many after event activities that are required. He has help with some of this, but he has been the driving force behind most of the before and after event activities

WE NEED MEMBERS IN SUSSEX TO VOLUNTEER TO TAKE OVER FROM ROGER OR TESTING MAY STOP.

So please step up and help us continue PSA testing in Sussex, it is a vitally important thing you will be doing, you will be helping to save lives and cut down on suffering.

The PSA events already have a core of friendly volunteers giving what time they can, we just need you to give us your time to help others like yourselves.



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

Hampshire Branch Report - See Appendix 1

Sussex Branch Report - See Appendix 2

Financial Health

The charity is in a good position financially and continues to look for the best way to use our funds to help and support our charitable objectives and the fight against Prostate Cancer.

This is some of what we have been working on and achieved this year:

WhatsApp Groups

We now have three very active and useful WhatsApp groups, the Main Support Group, an Active Surveillance group and a new Partners' group for partners of men with Prostate Cancer. Members can contact our Support number either by phone or WhatsApp on 07879 903407 for details of each. We now have 85 members in the Main Support group, 13 members in the Active Surveillance group and 7 members in the new Partners' Group. All of these are very useful with members sharing their experiences to help other members.

Remember you are not alone, PCaSO is here to help you.

PCaSO Info Newsletter

We launched a new PCaSO Info newsletter that will go out to members at least quarterly and will bring current information from all our branches to members as a downloadable PDF. Our existing Updates magazine will now be an annual magazine featuring Members' Stories of their Prostate Cancer Journeys, information on the current state of treatment for Prostate Cancer and other magazine-type articles.

Redesigning our website

We have appointed a development partner to redesign our website and are now working with them to make a new site that is easier to navigate and more suitable for all modern devices while also making it simpler to maintain and more secure. We hope to have it up and running by the end of the year. Our web address www.pcaso.org will remain unchanged.

Securing our membership database

Our membership database is on a cloud-based system that is specifically designed for charities and used by many much larger charities than us. This gives us added security and better 'real time' member information while also working well with 'MailChimp' for sending out emails to members. The whole system has ISO 2001:2022 certification, all data is stored in the UK hosted by Amazons AWS, all sensitive data including contact information, payment records, passwords and API keys are encrypted at rest, it is fully GDPR compliant and uses two-factor authentication additional login security for authorised users.

Healthy Living Booklet

Tony Ball and his team have finished revising our Healthy Living Booklet and this will be going to the printers for an initial run of 3000 copies. A lot of time and effort has gone into this, and we would like to thank Tony and his team for all their hard work.

PSA Testing total

Our overall total for all PSA tests carried out by PCaSO since 2012 is now 46,307 as I type this. So we may still hit the 50,000 tests mark before the end of this year.



Prostate Cancer Support Organisation

Dorset Hampshire Sussex

Dorset Branch is back!

Our final Trustees' Report item is the biggest and possibly the most important, I am delighted to announce that we again have a Dorset branch of PCaSO as four members from Dorset have volunteered to head the new Dorset Committee.

Carrying out due diligence on behalf of the Charity trustees, myself as Chair, member of the Executive and Trustee along with Peter Weir, also a member of the Executive and a Trustee, met with the main officers of the proposed Dorset committee Face to Face in Bournemouth and we are satisfied they will do great job bringing back the Dorset Branch, with initial help from the Hampshire branch and the Executive. The rest of the Executive Committee and Trustees will meet them in October and they will be acting Officers of the Charity until confirmed in office at the 2026 AGM.

Acting Dorset Branch Committee Members:

Chairman, also to be on the PCaSO Executive and a Trustee:

Dan Martin

Dan is an experienced treasurer and secretary, has experience running the Dorset branch of another national charity.

Treasurer, also to be on the PCaSO Executive and a Trustee:

Mark Thompson

Has experience in running charities and is currently a volunteer with Wessex Rescue.

Secretary, also to be on the PCaSO Executive and a Trustee:

Tony Pereira

An experienced Secretary who is currently the National Secretary for the Widows Sons Masonic Bikers Association and Quarrymen WSMBA Dorset Chapter, also a blood biker with the Yeovil Freewheelers.

Committee Member:

Darren Beel

A Prostate Cancer survivor who is passionate about helping others and very keen to assist in any way he can to help raise awareness. He is also the Quarrymen WSMBA Dorset Chapter Vice President and in line to take over as President next July.

They all have experience of running charities and are mad keen on bringing the Dorset branch back online. This will be a major task, and they are aware of this but welcome the challenge, it is hoped to do the first PSA testing event in early December but before then they will be looking after our Dorset members and raising the profile of PCaSO in Dorset.

And finally

That ends the 2025 Trustees Report and with more men than ever being diagnosed and affected by Prostate Cancer we are needed more now than ever, and it looks like a busy next year. We have a few challenges to overcome, but together I am sure we will all work hard to help Support those affected by Prostate Cancer.

We should all be proud to be part of PCaSO.

Paul

Paul Bowler

Chair of PCaSO Prostate Cancer Support Organisation



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

Appendix 1

Hampshire Branch Report

As you've already had quite a bit of reading, I will keep this brief.

It has been a busy year for Hampshire this last year and I would like to thank all the Committee and our volunteers for their hard work supporting PCaSO in 2025.

In the last year Hampshire branch has:

Carried out 2,432 PSA tests at 9 different venues, resulting in 235 Red results.

Attended 11 meetings, presentations and events on behalf of PCaSO.

Received many generous Donations including £7500 from Inert Recycling following a Golf Day held to support us, £13,000 from Portsmouth Football Club following a charity football match 'Pompey Football Club V Alan Knight Celebrity VI.

Is currently working towards donating a Biopsy Chair for Winchester Hospital and an Ultrasound Workstation for Queen Alexandra Hospital Portsmouth. We have the funding for the Winchester Chair and are now working our way through NHS bureaucracy to try to actually purchase it for them!

Has been gradually increasing the numbers attending our members meetings held alternately every 3 months in either Otterbourne or Waterlooville. Resulting in our largest turnout of members for a long time at our recent Otterbourne meeting to hear a talk by Dr. Steve Allen followed by a Q & A. We had a good number of members come along which is a great turnout for us.

Will be holding 4 more PSA testing events this year at:

- Petersfield on 13th September
- Cosham on 18th October
- Basingstoke on 22nd November
- Havant on 26th November (Closed event for Comserv)

That's it for Hampshire; I am sure I have missed things we have achieved and will get them pointed out to me tactfully!

Here is to a successful 2026 helping to improve things for Prostate Cancer.

Paul Bowler
Chair of Hampshire PCaSO



Prostate Cancer Support Organisation

Dorset Hampshire Sussex



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

Appendix 2

Sussex Branch Report

PCaSO Sussex AGM Report 2025

This year has seen several changes within the branch due to retirement and ill health.

We welcomed Carol Isted as our treasurer after the retirement of Brenda Pearson-Woodd who gave excellent service to PCaSO for several years.

Carol's husband Ken has taken on the role of PSA Testing logistics volunteer, looking after our new storage unit in Burgess Hill, loading and delivering to our venues around Sussex of the kit and its return to the lock up after the event. This is a very time-consuming role and we thank Ken for volunteering his time.

Following the retirement of Rob Stanley from active PCaSO roles, I have taken on the role of group organiser for Central Sussex and am in the process of finding a new volunteer to take over this important position.

Roger Bacon, our long-standing Executive Chair, Sussex Chair, PSA testing organiser and many other volunteer roles, is retiring (more details in the Trustees' Report). I have asked for a volunteer to take on the role of Western Sussex coordinator and will be following this up as Autumn approaches.

Drop in sessions

These are very important face to face meetings and have shown great benefit to members, guests and organisers.

Brighton sessions are held at MacMillan Horizon Centre on a monthly basis.

Eastern Sussex sessions are held at the Tesco Community room in Eastbourne. Clive Hancocks is soon to start regular Drop ins at a venue in Hastings.

Lorna, Lisa and Clive have been organising quarterly evening presentations by local clinicians in Eastern Sussex, but they have not been very well attended. In 2026 only three presentations will be held at an earlier time in an effort to attract more members.

WhatsApp Support

The WhatsApp groups continue to provide the most regular form of support for members. Currently there are 84 members in the main group, 13 in the Active Surveillance group and 7 in the partners group.

Current Sussex Branch group organisers are:

- easternsussex@pcaso.org - Clive
- brighton@pcaso.org - Brian
- centralsussex@pcaso.org - Brian
- westernsussex@pcaso.org - (vacancy from Sept 2025)



Prostate Cancer Support Organisation

Dorset Hampshire Sussex

Prostate Cancer Awareness Events

Brighton and Sussex Buses

We have attended a recorded Teams meeting with staff from Brighton & Hove Buses, Metrobus and The Spirit of Sussex. Awareness posters have been displayed in 12 bus depots and the meeting video has been distributed to their 1200 staff members.

Three MSK (musculoskeletal) events at Brighton Racecourse

Tim and I manned our stand. Over 500 people attended the event.

Bexhill Health & Wellness event at the De La Warr Pavilion.

Geoff Smith & Clive Hancocks set up our stall at the About 300 people attended,

Hastings Cancer Champions Project Launch

Clive attended this event and offered his services to talk to mens' groups around the area.

Horsham Rotarians

Lance was invited to speak at a recent dinner, on the work of PCaSO and the importance of Awareness. He has also spoken at Findon Valley Residents' Association.

PCaSO at 'ICAN' Annual Conference

Brian and his wife, Karen, attended the AGM & 'ICAN' conference of the Chichester-based UKSWA.CIC as a guest speaker on prostate cancer and PSA testing. UKSWA.CIC support black and ethnic minority social workers and are an ideal channel for helping raise awareness of prostate cancer.

Our message was well received, and was publicised to all members of the ICAN charity, not just those who attended.

London Marathon 2025.

We are really grateful to Martin Obee for raising funds for PCaSO whilst running the London Marathon. We will be purchasing PcaSO water bottles for use by those going through radiotherapy treatment at various centres throughout Sussex. Martin's dad Mick is a regular volunteer at our Sussex PSA testing days.

2025 PSA testing events

We have confirmed dates for Autumn 2025, they are:

- 13th September in Worthing;
- 18th October in East Grinstead;
- 8th November in Burgess Hill;
- 29th November in Peacehaven.

Our Spring 2025 events were very successful, testing over

- Horsham 5 April: 419 men tested of which 78 (18.6%) had an elevated PSA reading.
- Crawley 17 May: 370 men tested, 45 (12.1%) with elevated reading.
- Angmering 7 June: 562 men tested, 45 (8.0%) with elevated reading.

If you have any questions or can spare time to volunteer for PCaSO please contact me.

Brian Holden

chair.sussex@pcaso.org

07879 903407

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536			
Receipts and Payments Account for the year ended 31st March 2025							
				2025			2024
				Unrestricted funds	Restricted funds	Total funds	Total funds
				£	£	£	£
Receipts							
Members' subscriptions				100		100	82
Donations: members				1,885		1,885	3,522
Donations: non-members				10,127		10,127	22,358
Donations: corporate				37,362	-	37,362	49,104
Donations at PSA testing events				104,369		104,369	88,857
Fundraising: public meetings				51		51	623
Fundraising: collections				503		503	173
Fundraising: events				6,250		6,250	-
Interest on deposit account				1,282		1,282	621
Gift Aid				23,529		23,529	14,873
Other				68		68	191
				185,526	-	185,526	180,404
Payments							
Governance				2,501		2,501	4,031
Trustee & Public Liability Insurance				469		469	488
Charitable activity: newsletter				-		-	409
Charitable activity: support to members				830		830	761
Charitable activity: awareness				6,349		6,349	9,127
Charitable activity: PSA Testing				87,874	27,500	115,374	94,940
Charitable activity: donations to charities				51,898		51,898	6,719
Fundraising				-		-	120
Advertising				395		395	1,051
Other				296		296	169
				150,612	27,500	178,112	117,815
Asset and investment purchases							
				832		832	1,253
				832	-	832	1,253
Total payments				151,444	27,500	178,944	119,068
Net receipts/(payments)				34,082	(27,500)	6,582	61,336
Transfers between funds						-	-
Cash funds at beginning of year				209,172	-	209,172	147,836
Cash funds at end of year				243,254	- 27,500	215,754	209,172

Independent examiner's report to the trustees of PCaSO Prostate Cancer Support Organisation - charity number 1170536

I report to the trustees on my examination of the accounts of PCaSO Prostate Cancer Support Organisation for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name:

GERARD SWEETING

Relevant professional qualification or membership of professional bodies (if any):

Address

Date

11 TILLOT
CANTON ROAD
WIMBORNE
DORSET BH20 2JG
19 August 2025

PCASO PROSTATE CANCER SUPPORT ORGANISATION

England & Wales - Charity number 1170536

Accounts



Prostate Cancer Support Organisation

Dorset Hampshire Sussex

ANNUAL GENERAL MEETING

12 September 2024

Trustees' Report

Reg'd Charity no. 1170536

Good evening, and welcome to our AGM.

This has been a very active year for PCaSO, with several changes including four new Trustees. A big thank you to all of our amazing volunteers who keep PCaSO running smoothly - as I have mentioned previously, there are over fifty of us.

Our membership numbers have been increasing, and many have joined the WhatsApp group of over sixty members, all sharing their experiences and helping each other. Subjects range from the many treatment options to side effects. The WhatsApp group is open to all members who were born with a prostate. Since March, we now also have a second WhatsApp group, formed specifically for those members who are on Active Surveillance, which currently has half a dozen members. Do let us know if you are also on Active Surveillance, not having received treatment for prostate cancer, and would like to join this group.

PSA (prostate specific antigen) testing remains a key activity for PCaSO, and is detailed in our county branch reports below. At the time of writing the grand total number of tests conducted by PCaSO stands at 37,651, a figure we are particularly proud of.

Our three long-serving Dorset trustees, Allan Higgin, Barry Taylor and Derek Pilling are standing down as trustees and from the Executive Committee, for well-earned retirement from their volunteer roles. I thank them for all their hard work over the years and wish them well into the future. We are placing PCaSO's Dorset branch into 'dormancy' until new volunteers can be found to run the group and its local events. Details are in the Dorset report below.

After many years of dedicated work Cliff, our IT Administrator, has asked that we share the workload that he has been carrying out. At the request of the Executive Committee we have set up a small group to review our website and its management, using an outside company. This will have a one-off cost of several thousand pounds, and ongoing maintenance costs. Similarly, our new Membership Secretary and Trustee, Mike Tompsett, is reviewing a new membership administration system, which will integrate the collected data more efficiently and reduce time needed to carry out the task. At all times we are very conscious of GDPR and protecting membership personal data.

Substantial donations have been made to our Charity, as mentioned in the group reports below, and the monies are being wisely used by the groups.

Gift Aid received on donations contributes over £10,000 each year. I'm glad that Tim Bonner, a new Trustee and Executive Committee member, has taken on the important role of Gift Aid Coordinator.

During the year, Roger Bacon completed the review, together with our medical advisors, of our publication "Knowledge Empowers". This is now available on our website, and hard copies are distributed when required. Many copies have been posted to other support groups around the country (paid for by them, of course!).

Tony Ball is currently revising our "Healthy Living" booklet, for publication later this year. Several thousands of the first edition have been handed out to men or their partners at our PSA testing days. Our latest, online version of "Updates" magazine was compiled and published by Hampshire member Paul Bowler. This was well received, and the next edition is in the course of preparation. Contributions of your stories and experiences would be most welcome.

During the autumn 2023 and spring we had several video presentations on various relevant subjects, some of which have been added to our website, and others are awaiting editing and uploading.

This year Tackle (a National umbrella organisation for local groups) decided, with no notice to us, to stop their national helpline. This has not hugely affected us, since we already had in place our own PCaSO helpline on 07879 903407. However, we are now in the process of updating the PCaSO banners used at our PSA testing and other events with our own helpline number, and taking the opportunity to have a general update. Similarly, our leaflets will be updated when new stock is needed.

Brian Holden
Chair

Dorset Branch Annual Report 2024 (Allan Higgin)

It is with sadness that I have to report that since the COVID lockdown, there has been no enthusiasm to revive the Dorset Branch. No one has come forward to take on the major management roles of Chairman, Treasurer and Secretary, and no member has requested the revival of regular meetings or any other activity. The decision has therefore been made to place the Branch into a dormant state; please see the proposed process below. As proposed, this dormant state would last for a period of four years, unless the group again becomes active.

Allan Higgin
Interim Chair, Dorset Branch

Process for placing PCaSO Dorset branch into dormant status, as agreed by Trustees, pending the identification of new local volunteers who could build up a new active Dorset group:

1. Executive Committee Chair, Secretary and Treasurer to hold the equivalent Dorset roles, in dormancy.
2. Dorset bank account at HSBC to be closed and the funds held for benefit of Dorset men, ring-fenced within the Executive account, although sharing pro-rata with other counties, any relevant, ongoing PCaSO central costs.
3. Any donations received during the period of dormancy that are annotated as being for PCaSO Dorset will be applied to the ring-fenced fund.

4. An advisory email to go to all Dorset members (or by post if no email address held). NB this is pending further discussion with Membership Secretary regarding Dorset actual member numbers.
5. There is no requirement for a Dorset members' meeting, as the branch is not being wound-up.
6. If no new Dorset Branch activity commences within four years of the start of the dormancy, any residual funds will be applied for the general charitable purposes of PCaSO.
7. If an active new Dorset group is formed, that group will be invited to provide up to three trustees, as per PCaSO rules.
8. An active new Dorset group will, when formed, adopt and adhere to PCaSO's charitable objectives and rules.
9. An active new Dorset group will, when formed, be able to open a Branch bank account on the same basis as the other county groups. Any ring-fenced funds will be transferred from the Executive account to the new branch account.
10. During the period of dormancy, Dorset members will remain as full members of PCaSO and be able to take part in general meetings, Zoom talks, WhatsApp etc, and receive e-newsletters, "Updates" etc. Any new members of PCaSO resident in Dorset will be regarded as Dorset members unless they wish otherwise.
11. This dormancy process is written in good faith and is 'original' in having no practical precedent.

Hampshire Branch Annual Report 2024 (Peter Weir)

We have held eight PSA Testing Events so far, since last AGM:

- Cosham 9th Sept 2023 (269 men tested)
- Eastleigh 21st Oct 2023 (309)
- Havant 18th Nov 2023 (366)
- Hayling Island Feb 10th 2024 (444)
- Portsmouth FC Mar 17th 2024 (384)
- Gosport Apr 26th 2024 (500)
- Comserv Havant, 21st May 2024 (40)
- Fareham, 15th Jun 2024 (449)

2761 men tested, of which 98 were 'amber' (elevated PSA level), and 157 'red' (high PSA level).

Future Events:

- Alton, 21st Sep 2024
- Petersfield, 12th Oct 2024
- Swanwick, 26th Oct 2024
- Basingstoke, 16th Nov 2024
- Comserv Havant Dec 2024 (TBA)

Follow-up emails have been sent to all men found to have a raised PSA level at our testing events. An increase in the Graham Fulford Charitable Trust administration fees and laboratory costs, meant an increase of approx £3 per man tested. However, donations from attendees and partner charities were still in excess of costs. A donation of over 3,000 blood collection devices was received from Greiner Bio-One, which offset some of the above increased costs.

In Sept 2023, a “Walk with Men with Kev” event in Petersfield took place in memory of Kevin Birkitt, who died earlier that year. The walk was organised by his family and Hampshire Media Group. The event was a great success, over 300 walkers raising over £10,000, which was split between PCaSO and PCUK. The PCaSO side of the event was organised by Tim Bonner, with a PCaSO display stand present in the Town Square. The event will be repeated on Sunday, 15th Sept 2024 with, hopefully, a bigger turnout.

We continue with face-to-face meetings at Otterbourne and Waterlooville, including three talks - on the BK ultrasound equipment which Hampshire Branch are to purchase for Winchester Hospital; a talk on exercise and health from Nuffield Health; and Prostate Cancer Investigations and Treatment at Southampton Hospitals.

John Keane is currently negotiating supermarket collections with Asda in the area. Collections have been carried out at Havant ASDA Sat December 3rd, Fareham Asda 21st June, Portsmouth Asda August 16th, Eastleigh Asda August 23rd. Asda are keen to help PCaSO in awareness, fundraising and PSA testing.

Purchase of an ultrasound scanning machine specifically for use in the diagnosis and treatment of prostate cancer for the Royal Hampshire Hospital, Winchester, is now ordered and awaiting delivery in August. This will allow men to be treated and investigated in Winchester, and not have to travel to Basingstoke.

Nuffield Health Portsmouth continue to offer keep fit classes for PCaSO, having now moved from Titchfield to Fareham, with a regular attendance of nine or ten men.

Roger Smith, has stepped down as Hampshire Branch Secretary, and Peter Strickland has taken over the role.

Apart from PSA partner charities, donations have been received from King John's Morris Men of Southampton, The Charitable Baker UK, Comserv Ltd, The Brewers Golf Club, and the Richard Kirkman Trust.

Peter Weir, Chair, Hampshire Branch

Sussex Branch Annual Report 2024 (Brian Holden)

We are very fortunate in Sussex group to have a pro-active group of volunteers that ensure its smooth running. As their Chairman, I am encouraged by their commitment to help others with their prostate problems.

After 20 years at the helm of our Eastbourne group, Debbie Hatfield retired, along with her long-term colleague, Christina Cutting. The Trustees thanked them for their invaluable contribution over many years, and wished them well for the future. Our new team in the re-named Eastern Sussex Group - Lorna, Lisa and Clive - have so far held two presentations, with two more planned for this year.

Face-to-face drop-in sessions regularly take place in Eastern Sussex, Central Sussex, Western Sussex and Brighton.

Rob Stanley produces a monthly newsletter for Sussex members, which is also sent to various clinicians and contacts within the local NHS. Gregg McMellon regularly updates our Sussex Facebook page with local events and activities.

PSA testing continues, and two new venues were successfully tried this year, Tonbridge in Kent and Bexhill, East Sussex.

We are exploring ways of continuing our PSA testing events after our current organiser Roger Bacon steps down from the role next year.

Our Sussex group have held four successful events in Spring 2024, testing 477 men at Uckfield, 465 at Billingshurst, 818 at Tonbridge (a very busy day!) and 373 at Bexhill. Of that total 2,133 men, 40 had elevated levels and 91 had high levels of the prostate specific antigen in their blood.

Our next round of PSA testing events in Sussex will begin with Worthing on 14 September, East Grinstead on 19 October, Burgess Hill on 16 November and Peacehaven on 30 November 2024.

Two substantial donations were gratefully received - £22,500 from a golf society called The Breeze Club, and £5,000 from the staff at Tclarke Contacting Ltd, a Breeze Club affiliate. These have been ring-fenced in the Sussex accounts for the sole use of PSA testing.

Brian Holden, Chair
Sussex Branch, and Executive Committee

PCaSO Consolidated Accounts year ended 31st March 2024							
	Dorset	Hants	Sussex	Executive	Consol Adjts	Total 2024	Total 2023
HSBC Current Accounts	13,314	24,799	20,502	12,800		71,415	69,188
CAF Deposit Account				3		3	3
Virgin Money Deposit Funds	30,148	12,250	24,127	9,893		76,418	76,216
Cash Balances at start of the year	43,462	37,049	44,629	22,696	0	147,836	145,407
Receipts							
Subscriptions			70	12		82	48
Donations - Members	434		1,840	1,248		3,522	3,405
Donations - Personal	149	15,783	9,566	-3,140		22,358	14,845
Donations - Corporate		5,429	42,650	1,025		49,104	19,883
Donations - PSA Testing	6,101	36,999	45,757			88,857	53,452
Fundraising - Public Meetings		188	435			623	138
Fundraising - Collections		173	0			173	2,931
Fundraising - Events						0	22
Interest on Deposits	245	100	196	80		621	201
GiftAid	609	6,557	8,153	-446		14,873	10,834
Other		94		97		191	187
	7,538	65,323	108,667	-1,124	0	180,404	105,946
Payments							
Administration	69	961	652	2,349		4,031	2,442
Trustee & Public Liability Insurance				488		488	588
Helpline				48		48	178
Newsletter costs				409		409	579
Support to members		317		396		713	401
Awareness		2,546	6,581			9,127	7,985
Expenses - PSA Testing	6,915	35,555	52,470			94,940	66,349
Advertising		374	677			1,051	187
Fundraising - collections		120				120	0
Fundraising - Events						0	0
Donations		672	6,047			6,719	21,460
Capital expenditure & software		308		945		1,253	2,099
Other	69			100		169	1,249
Inter-Account transfers						0	0
	7,053	40,853	66,427	4,735	0	119,068	103,517
Receipts less payments	485	24,470	42,240	-5,859		61,336	2,429
Total Funds	43,947	61,519	86,869	16,837	0	209,172	147,836
Cash & Bank Balances							
HSBC Current Accounts	13,554	19,169	62,546	6,860		102,129	71,415
CAF Deposit Account				3		3	3
Bath Building Society Deposit A/C		30,000				30,000	
Virgin Money Charity Deposit A/C	30,393	12,350	24,323	9,974		77,040	76,418
Total Cash Balances at end of year	43,947	61,519	86,869	16,837	0	209,172	147,836
Restricted Funds							
Breeze club donation			22,500.00			22,500.00	
T Clake donation			5,000.00			5,000.00	
	-	-	27,500.00	-	-	27,500.00	
Debtors & creditors							
Debtors						-	
Creditors & accruals						-	
Net General Funds						-	
Notes							
1	Breeze club donation to be used for...?						
2	T Clarke donation to be used for						
3							

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536				
Receipts and Payments Account for the year ended 31st March 2024								
						2024		2023
				Unrestricted funds	Restricted funds	Total funds		Total funds
				£	£	£		£
Receipts								
Members' subscriptions				82		82		48
Donations: members				3,522		3,522		3,405
Donations: non-members				22,358		22,358		14,845
Donations: corporate				21,604	27,500	49,104		19,883
Donations at PSA testing events				88,857		88,857		53,452
Fundraising: public meetings				623		623		138
Fundraising: collections				173		173		2,931
Fundraising: events				-		-		22
Interest on deposit account				621		621		201
Gift Aid				14,873		14,873		10,834
Other				191		191		187
				152,904	27,500	180,404		105,946
Payments								
Governance				4,031		4,031		2,442
Trustee & Public Liability Insurance				488		488		588
Charitable activity: newsletter				409		409		579
Charitable activity: support to members				761		761		579
Charitable activity: awareness				9,127		9,127		7,985
Charitable activity: PSA Testing				94,940		94,940		66,349
Charitable activity: donations to charities				6,719		6,719		21,460
Fundraising				120		120		-
Advertising				1,051		1,051		187
Other				169		169		1,249
				117,815	-	117,815		101,418
Asset and investment purchases								
				1,253		1,253		2,099
				1,253	-	1,253		2,099
Total payments								
				119,068	-	119,068		103,517
Net receipts/(payments)				33,836	27,500	61,336		2,429
Transfers between funds						-		-
Cash funds at beginning of year				147,836	-	147,836		145,407
Cash funds at end of year				181,672	27,500	209,172		147,836

Independent examiner's report to the trustees of PCaSO Prostate Cancer Support Organisation - charity number 1170536

I report to the trustees on my examination of the accounts of PCaSO Prostate Cancer Support Organisation for the year ended 31st March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name:

GERARD SWEETING

Relevant professional qualification or membership of professional bodies (if any):

CHARTERED INSTITUTE FOR SECURITY PROFESSIONALS

Address:

WHITELEAF
ASHURSTWOOD
WREST SUSSEX
RH19 3SE

Date:

19th AUGUST 2024

PCASO PROSTATE CANCER SUPPORT ORGANISATION

England & Wales - Charity number 1170536

Accounts



Prostate Cancer Support Organisation

Dorset Hampshire Sussex

Trustees Annual Report

Year ending 31st March 2023

Charity Name: PCaSO Prostate Cancer Support Organisation

Charity Registration Number: 1170536

Postal Address: PO Box 66, Emsworth, Hants PO10 7ZP

Website: www.pcaso.org

The charity has no offices so the registered address with the Charity Commission is the Honorary Secretary's home address.

History

PCaSO is a charitable incorporated organisation registered with the Charity Commission and with the Information Commission. A group was originally set up in 1999 by the late David Rowlands and others in Emsworth, Hampshire, under the auspices of another charity. It became a separate unincorporated association in 2002 and in 2016/17 moved to the current form of governance.

Executive Committee

For the year ending 31st March 2023

All Trustees are members of the Executive Committee.

Brian Holden Chairman

Kevin Simons Treasurer

David Hurst Secretary

Lance Allen

Roger Bacon

Allan Higgin

Derek Pilling

Barry Taylor

Peter Weir

At the Annual General Meeting held on 5th October 2023 all Trustees stood down. David Hurst resigned as a Trustee and Secretary on that day. All others named above were re-elected by the assembled membership.

At the previous AGM on 24th July 2022 Roger Bacon had stood down as Chairman after ten years in post. At the first meeting of the Executive Committee after that, on 1st November 2022, Brian Holden was elected as the new Chairman. The Trustees thanked Roger Bacon for his leadership and hard work as Chairman and were pleased he was staying on as a Trustee.

Purposes and Aims

The objects of PCaSO as laid down in the Constitution are:

1. To promote and protect the physical and mental health of sufferers of prostate cancer and their families and carers, those at risk of prostate cancer and those who have been bereaved through prostate cancer by the provision of support, education and practical advice.
2. To advance the education of the general public in all areas relating to prostate cancer.

The Organisation of PCaSO.

PCaSO does not own or rent any offices and has no employees. Everything is handled by volunteers working from home. Meetings are held online or in rooms usually rented for that purpose.

PCaSO is a membership organisation with, at 31st March 2023, 955 members, an increase of 37 in total over the year, across the three branches described below including some from around the country who have either joined through contact via the internet or have moved away from our branch areas after joining. There are also two living abroad.

PCaSO works across four counties along the south coast, East Sussex and West Sussex, Hampshire and Dorset. It is organised into three Branches, namely, Sussex, Hampshire and Dorset, and each Branch has its own committee and bank account. Each Branch has rented a commercial self-storage unit to store literature, publicity material and miscellaneous equipment. The Executive Committee had agreed at the meeting on 29th October 2019 that it would not seek to expand beyond the current area.

Under the Constitution PCaSO can have up to 12 Trustees and currently aims to have three from each Branch. For the year under consideration Hampshire had just one. There are currently five Trustees resident in Sussex, one in Hampshire and three in Dorset.

PCaSO is also a member of the National Federation of Prostate Cancer Support Groups, which operates as Tackle Prostate Cancer or just as Tackle. This is made up of some 90 support groups from across the country.

Difficulties getting volunteers

Probably the most significant problem facing PCaSO – which is currently faced by most other charities and voluntary organisations – is the difficulty in attracting enough people to carry out all the ideas and proposals generated.

About a dozen years ago PCaSO decided to split the management of the charity into branches under the Executive Committee as the distance between the furthest groups was some 120 miles and travel to meetings could be onerous. Currently there are three branches corresponding to the counties of Dorset, Hampshire and East and West Sussex together.

In the year under report the three Dorset Trustees made frequent calls for volunteers to step forward to run the charity at least at group or branch level and none have done so. Consequently they decided to reduce activities to occasional PSA testing events mainly run using the systems of the Graham Fulford Charitable Trust.

Hampshire are now running with less than 10 active volunteers and are therefore only able to hold a few meetings or events.

Sussex have, with one exception, generally stopped having face-to-face meetings. The one exception is Eastbourne but they have cut the number of meetings held. Contact has largely moved online using social media as exemplified by the new Central Sussex group. This was set up by new Chairman, Brian Holden, and has been taken over as group leader by Rob Stanley. A WhatsApp group was started and has spread to include anyone who wants to take part. There are cycle rides and walks to encourage the healthy living ethic.

The Secretary, who has also held the position for ten years, stepped down at the 2023 AGM and Lance Allen has agreed to take up the post.

The editor of the Updates newsletter resigned in autumn 2021 having done five years and no-one has volunteered to take that job on so publication in print is in abeyance although there is an online newsletter four times a year.

PCaSO has sufficient funds to continue for some years but not enough people willing to do the work. It is expected that there will be changes in the coming year.

The focus of our work

With the return to normal activities following the pandemic PCaSO has two main areas of work and is developing a third area. The main centre of work is to encourage the early diagnosis of prostate cancer. If the cancer is diagnosed before it causes symptoms then it is almost always curable. However, although prostate cancer is now diagnosed more often than any other cancer, the knowledge of prostate cancer in the population at large is very limited. Consequently men at risk often ignore or do not realise the significance of symptoms and the eventual diagnosis is often terminal.

PCaSO devotes much resource to running public events to offer any men between 45 and 80 years a free PSA test. These are discussed in more detail below. These events encourage men to talk about prostate cancer and in turn they encourage their friends to be tested, so spreading knowledge and building awareness. In addition PCaSO volunteers will take part in 'Wellbeing' events put on by other organisations to discuss health matters. We publish a series of leaflets on prostate cancer which are distributed free of charge at such events.

PCaSO encourages its active members to talk openly about prostate cancer and the Trustees together with other members will take phone calls from men – or their partners – who have concerns or maybe are concerned about friends or relations. There is a WhatsApp group open to anyone to join and ask questions. It is important for men to learn about the cancer and understand the treatments offered and this knowledge often starts with a tentative enquiry.

An area which PCaSO is moving into is living with cancer. Many men diagnosed with prostate cancer may not be able to be cleared of cancer but will live with it for many years following various treatments. It has been shown that diet and exercise can be important in reducing the effects of cancer so PCaSO has published a free book titled Healthy Living which concentrates on the benefits of exercise and good diet. The first edition of 5000 copies has been reprinted with a further 4000 copies.

How our activities deliver public benefit

PCaSO has members but the membership is as much about spreading information and knowledge of prostate cancer to others and supporting treatments as it is about getting any personal benefits. Many people who join are those who have been diagnosed early and cured and now want 'to put something back' as those who are seeking to improve their knowledge of the cancer they have. The Executive decided this year to drop the requirement to pay £12 for life membership.

We follow a membership pattern mainly for the credibility it gives us when talking to clinicians and those in authority. To say we represent around 900 members who are almost all prostate patients will make them pay attention.

Almost all our activities are aimed at men and their partners who are in the age bracket likely to be diagnosed with prostate cancer i.e. men over 40. We run public prostate cancer screening events (called PSA testing events) several times a year (see below for details). The PSA testing events are restricted to those in the age bracket likely to be at risk of prostate cancer but the public meetings are advertised as open to anyone who might be interested.

In January 2020 we published an updated and expanded edition of our comprehensive 76-page booklet on prostate cancer written, as we say, by patients for patients and this is given away to anyone who wants it free of charge. Doctors have complimented us on it and some hospitals take bulk copies to give to patients. Tackle have adopted this booklet for distribution to all their 90 support groups. Early in 2023 we started updating this book and it will be published later in the year.

We produced a free booklet titled Healthy Living to support and encourage men living with cancer to follow recognised practices to improve their health and resilience. The first edition has had a second print and an update will follow next year.

In addition there are four other leaflets given away free of charge aimed at particular areas of concern. The Sussex Branch has produced leaflets for local hospitals explaining brachytherapy and radiotherapy procedures. The hospitals produce the text and PCaSO organise and pay for the design and printing of the leaflet in return for having an advertisement saying that the charity is available to help patients.

PCaSO also provide radiotherapy units in three local hospitals with 500ml biodegradable bottles for those patients having treatment for prostate cancer. Each patient has to drink half a litre before treatment and the bottles replace single-use plastic cups.

Who uses our services

The vast majority of those making contact with PCaSO live in our three branch areas. We do get contact from those who live elsewhere in UK and, very occasionally, in other countries but those are generally through the internet following a search for a particular aspect of prostate cancer. We do not seek those contacts but will happily answer their queries and discuss their problems.

However the target is to get men aged over 45 to learn about prostate cancer, to consider their vulnerability to prostate cancer and decide to have a PSA test. A high percentage of those tested, 92.5% is our average, will have a normal reading but those who have a raised reading will be referred to their GP for further action and that often means referring onwards to a hospital for further checks and possible diagnosis. Men sometimes return to PCaSO for more information when they are offered a choice of treatments by doctors or when the cancer has spread from the prostate and they are faced with living with the cancer as the doctors follow treatments to control further spread.

Men are notorious for ignoring symptoms and being too busy, important, embarrassed or ignorant to check symptoms by going to their doctor. Many of the initial contacts are by women who are concerned about their partners and often accompany their partner to the PSA test session to check they are taking the test. Many men do not know what a prostate does, where it is or even (17% according to one survey) that they have one. So education is important, especially as if symptoms are evident the cancer has probably progressed too far to be cured.

In the last decade research has discovered that it is likely that if close relatives (father, brother, uncle) have had prostate cancer then it is twice as likely that you will get it. Men of Afro-Caribbean descent are also in the frame. There is a shared gene between breast and prostate cancer, so those men with a family history of breast cancer can also be at risk of having prostate cancer. PCaSO wants to get this information better known as it is most important that these men get checked early.

The PSA test

Organising and running PSA testing events is a large commitment by a relatively small group of volunteers. Each Branch is responsible for organising events in their area and there is one man who takes the lead for that area.

The prostate produces a protein, Prostate Specific Antigen, which is secreted into the blood and can be measured in a pathology laboratory. A small vial of blood is taken from the arm by a phlebotomist and sent to the laboratory. The result comes back in a few days. This does not indicate cancer but can indicate a problem with the prostate.

The test is not completely accurate and can give false positives and false negatives but it is the only quick and easy test that yet exists. The NHS declines to spend the money required to have a universal screening process when the test is not completely accurate so charities such as PCaSO have tried to fill the gap. PCaSO will organise an event, often working with a local Lions, Rotary or Masons group, where, on a specific day, men can have a blood test and then see the result a week or two later. Those with a raised reading are recommended to speak to their GP to discuss the result. At no time does PCaSO diagnose anything, merely reports the result and recommends further action. There is no charge to the men though contributions to costs are suggested.

We usually limit the testing to any men between the ages of 45 and 80 as these are men most likely to be at risk.

The Sussex and Hampshire Branches of PCaSO organised 5,809 PSA tests at 14 different locations within the two counties during 2022, a record number of men tested during the year. We found red results needing further investigation in 273 men and amber results in another 173 men who need a further follow up test. Since we started PSA testing in 2011, we have now arranged over 26,000 PSA tests in Hampshire, Sussex and Dorset.

Every man attending the event is given a briefing on the test and its pros and cons. We know that this has resulted in men talking about prostate cancer with families, friends and colleagues. At almost every test event men say that they came because someone they know had been before.

In earlier years all bookings were made by telephone which was onerous on the person accepting the calls. All the administration was on paper with the consequent need to check and double check. Many other groups around the country now run their own events. The central point is the Graham Fulford Charitable Trust (GFCT) which has a system where consultant urologists check the results and then the Trust despatches the emails and letters to the individuals. This system was being overwhelmed with paper and has been computerised with an online booking system which automated the administration beforehand and on the day. This was then extended so that the pathology labs used by PCaSO could add the individual results to a spreadsheet and then the results were electronically despatched to GFCT for checking and despatch.

Regulatory Notice

PCaSO is a registered charity and as such is regulated by the Charities Commission. We are additionally mindful of the recommendations of the Fundraising Regulator.

PCaSO is fortunate to have a trustee who has developed expertise in the Data Protection Regulations and he has accepted the voluntary position of Data Protection Officer. Under his guidance the Trustees are confident that the charity complies with the requirements of the Regulations. The subject is permanently on the agenda of the Executive Committee.

Financial Report

It is with some relief that the activity in the year 2022/23 has returned to pre-COVID levels. Receipts totalled £105,946 which is 276% up on the previous year and is mainly donations from PSA test events, both individually from attendees and from the partners with whom we worked.

Payments were 288% up to £103,517 with PSA testing showing expenses of £66,349 and a donation of £14,353 to the Royal Bournemouth Hospital for a biopsy chair and £6,353 to Eastbourne District General Hospital for furniture for the urology unit.

Cash balances increased by £2,429 to £147,836. The trustees consider that our funds are more than sufficient to continue activities for the foreseeable future. There is concern that PCaSO is holding so much in reserve and the need to look for more places which need support.

Reserves. At the meeting on 29th August 2023 the trustees reviewed and agreed the policy that there would be a minimum financial reserve comprising two years of operating costs (excluding PSA testing event costs) plus one year of PSA event costs.

Statements

No Trustee received any payment for services beyond normal expenses and no Trustee had any interest in any organisation receiving any payments from PCaSO.

The Trustees are not aware of any funds received from abroad nor of any payments made to an overseas body.

The Trustees declare that they are not aware of any serious incidents or other matters that they should have reported to the Commission and have not done so.

Approved by the Executive Committee at the meeting of 29th August 2023 and signed on their behalf



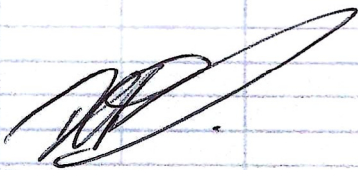
David Hurst
Honorary Secretary

PCaSO Prostate Cancer Support Organisation		Charity number: 1170536		
Receipts and Payments Account for the year ended 31st March 2023				
	2023			2022
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Receipts				
Members' subscriptions	48		48	348
Donations: members	3,405		3,405	5,365
Donations: non-members	14,845		14,845	7,128
Donations: corporate	19,883		19,883	3,013
Donations at PSA testing events	53,452		53,452	18,998
Fundraising: public meetings	138		138	-
Fundraising: collections	2,931		2,931	50
Fundraising: events	22		22	-
Interest on deposit account	201		201	107
Gift Aid	10,834		10,834	3,171
Other	187		187	221
	<u>105,946</u>	-	<u>105,946</u>	<u>38,401</u>
Payments				
Governance	2,442		2,442	1,861
Trustee & Public Liability Insurance	588		588	534
Charitable activity: newsletter	579		579	175
Charitable activity: support to members	579		579	1,055
Charitable activity: awareness	7,985		7,985	427
Charitable activity: PSA Testing	68,448		68,448	15,182
Charitable activity: donations to charities	21,460		21,460	15,816
Fundraising	-		-	
Advertising	187		187	764
Other	1,249		1,249	15
	<u>103,517</u>	-	<u>103,517</u>	<u>35,829</u>
Asset and investment purchases				
	-		-	162
	-		-	162
	<u>103,517</u>	-	<u>103,517</u>	<u>35,991</u>
Net receipts/(payments)				
Net receipts/(payments)	2,429	-	2,429	2,410
Transfers between funds				-
Cash funds at beginning of year	145,407	-	145,407	142,997
Cash funds at end of year	<u>147,836</u>	-	<u>147,836</u>	<u>145,407</u>

Statement of assets and liabilities as at 31st March

	2023		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Cash funds			
Deposit accounts	76,421	-	76,421
Current accounts	71,415	-	71,415
	<u>147,836</u>	<u>-</u>	<u>147,836</u>
Other monetary assets	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>
Assets retained for the charity's own use	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>
Liabilities			
Amounts owed to suppliers	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>

Approved by the trustees and signed on their behalf by:



David Hurst

Trustee

Date: 29 August 2023

Independent examiner's report to the trustees of PCaSO Prostate Cancer Support Organisation - charity number 1170536

I report to the trustees on my examination of the accounts of PCaSO Prostate Cancer Support Organisation for the year ended 31st March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Gerard Sweeting

Address: Whiteleaf House, Cansiron Lane, Ashurst Wood, West Sussex, RH19 3SE

Date: 26th August 2023

PCASO PROSTATE CANCER SUPPORT ORGANISATION

England & Wales - Charity number 1170536

Accounts



Prostate Cancer Support Organisation

Dorset Hampshire Sussex

Trustees Annual Report

Year ending 31st March 2022

Charity Name: PCaSO Prostate Cancer Support Organisation

Charity Registration Number: 1170536

Postal Address: PO Box 10, Emsworth, Hants PO10 7ZP

Website: www.pcaso.org

The charity has no offices so the registered address with the Charity Commission is the Honorary Secretary's home address.

History

PCaSO is a charitable incorporated organisation registered with the Charity Commission and with the Information Commission. A group was originally set up in 1999 by the late David Rowlands and others in Emsworth, Hampshire, under the auspices of another charity. It became a separate unincorporated association in 2002 and in 2016/17 moved to the new form of governance.

Executive Committee

For the year ending 31st March 2022

All Trustees are members of the Executive Committee.

Roger Bacon Chairman

Kevin Simons Treasurer

David Hurst Secretary

Lance Allen

Allan Higgin

Brian Holden (from 11th January 2022)

Derek Pilling

Barry Taylor

Peter Weir

At the Annual General Meeting held on 24th July 2022 all Trustees stood down and all were re-elected by the assembled membership.

Purposes and Aims

The objects of PCaSO as laid down in the Constitution are:

1. To promote and protect the physical and mental health of sufferers of prostate cancer and their families and carers, those at risk of prostate cancer and those who have been bereaved through prostate cancer by the provision of support, education and practical advice.
2. To advance the education of the general public in all areas relating to prostate cancer.

The Organisation of PCaSO.

PCaSO does not own or rent any offices and has no employees. Everything is handled by volunteers working from home. Meetings are held in rooms usually rented for that purpose.

PCaSO is a membership organisation with, currently, 918 members across the three branches described below including some from around the country who have either joined through contact via the internet or have moved away from our branch areas after joining. There are also two now living abroad.

PCaSO works across four counties along the south coast, East Sussex and West Sussex, Hampshire and Dorset. It is organised into three Branches, namely, Sussex, Hampshire and Dorset, and each Branch has its own committee and each has its own bank account. The Executive Committee had agreed at the meeting on 29th October 2019 that it would not seek to expand beyond the current area. Each Branch has rented a commercial self-storage unit to store literature, publicity material and miscellaneous equipment.

Under the Constitution PCaSO can have up to 12 Trustees and currently aims to have three from each Branch. For the year under consideration Hampshire had just one and in July 2021 Lance Allen and Kevin Simons took up their positions as Trustees and this was ratified at the AGM in August. On 12th October 2021 Kevin Simons was formally elected as Treasurer. On 11th January 2022 Brian Holden was elected as a Trustee and we ended the year under report with nine Trustees.

PCaSO is also a member of the National Federation of Prostate Cancer Support Groups, which operates as Tackle Prostate Cancer or just as Tackle. This is made up of some 90 support groups from across the country.

Difficulties getting volunteers

About a dozen years ago PCaSO decided to split the management of the charity into branches under the Executive Committee as the distance between the furthest groups was some 120 miles and travel to meetings could be onerous. Currently there are three branches corresponding to the counties of Dorset, Hampshire and East and West Sussex together.

In the year under report the three Dorset Trustees made frequent calls for volunteers to step forward to run the charity at least at group or branch level and none have done so. Consequently they decided to make the branch dormant and hold no more meetings or events.

Hampshire are now running with less than 10 active volunteers and are therefore only able to hold a few meetings or events.

Sussex have had the group leaders of Chichester and Bexhill die this year and no-one has stepped forward to take on those groups so they have shut down. Pulborough has not restarted after COVID because the

group leader has other pressures and the ladies who run Eastbourne group are actively looking for replacements as they want to step back in autumn 2022.

After the AGM in July 2022, the Chairman will step down after ten years in the post, but will remain a Trustee and it is expected that Brian Holden will take over. In addition the Secretary, who has also held the position for ten years, has announced he will step down in 2023.

The editor of the Updates newsletter resigned after the autumn 2021 issue having done five years and no-one has volunteered to take that job on so publication is in abeyance.

PCaSO has sufficient funds to continue for some years but not enough people willing to do the work. It is expected that there will be changes in the coming year.

The effects of the COVID pandemic

PCaSO's main work involves face-to-face meetings of groups of members and public who want to know more about prostate cancer and its effects and a series of events where we offer free PSA blood tests to men who have booked appointments. In addition there are usually regular face-to-face committee meetings.

In line with the government regulations it was not practical to hold these events at times during the year so some planned meeting and test events were cancelled.

We continued the committee meetings online by using Zoom and after a few months decided to start holding meetings for members also using Zoom. These were usually talks by clinicians and others and advertised by invitations to members by email.

There were requests for literature by hospitals and individuals which were handled by post and occasional phone calls to officers from men needing information.

The significant change was the greater acceptance of Zoom for communications and most committee meetings were now held online. The Executive Committee had decided to have one meeting a year face-to-face in order to keep the personal contact.

PSA testing events restarted in Hampshire and Sussex in October and November 2021, initially with small events but demand meant that larger events quickly happened. Face-to-face group meetings were held but with greatly reduced attendance.

The focus of our work

In normal years - and when the COVID regulations are relaxed again - PCaSO has two main areas of work and is developing a third area. The main centre of work is to encourage the early diagnosis of prostate cancer. If the cancer is diagnosed before it causes symptoms then it is almost always curable. However, although prostate cancer is now diagnosed more often than any other cancer, the knowledge of prostate cancer in the population at large is very limited. Consequently men at risk often ignore or do not realise the significance of symptoms and the eventual diagnosis is often terminal.

PCaSO devotes much resource to running public events to offer any men between 45 and 80 years a free PSA test. These are discussed in more detail below. These events encourage men to talk about prostate cancer and in turn they encourage their friends to be tested, so spreading knowledge and building awareness. In addition PCaSO volunteers will take part in 'Wellbeing' events put on by other organisations to discuss health matters. We publish a series of leaflets on prostate cancer which are distributed free of charge at such events.

PCaSO runs open public meetings to give a place where men and their partners can come and talk about their diagnosis or treatment and perhaps hear from expert speakers about aspects of treatments. The frequency and make-up of the meetings depends on many factors. Some are monthly while others are

quarterly. Some are discussions between individuals while others concentrate more on the speaker and his or her subject.

PCaSO encourages its active members to talk openly about prostate cancer and the Trustees together with other members will take phone calls from men – or their partners – who have concerns or maybe are concerned about friends or relations. It is important for men to learn about the cancer and understand the treatments offered and this knowledge often starts with a tentative enquiry.

An area which PCaSO is moving into is living with cancer. Many men diagnosed with prostate cancer may not be able to be cleared of cancer but will live with it for many years following various treatments. It has been shown that diet and exercise can be important in reducing the effects of cancer so PCaSO has provided extensive information within recent editions of Updates magazine and talked to the Penny Brohn organisation, who run courses for those suffering with cancer, to explore the possibilities and costs of them running a series of courses free to PCaSO members when regulations allow.

How our activities deliver public benefit

PCaSO has members but the membership is as much about spreading information and knowledge of prostate cancer to others and supporting treatments as it is about getting any personal benefits. Many people who join are those who have been diagnosed early and cured and now want 'to put something back' as those who are seeking to improve their knowledge of the cancer they have. However the price of membership - £12 to be a life member – is not considered likely to put people off joining. We follow a membership pattern mainly for the credibility it gives us when talking to clinicians and those in authority. To say we represent around 900 members who are almost all prostate patients will make them pay attention.

Almost all our activities are aimed at men and their partners who are in the age bracket likely to be diagnosed with prostate cancer i.e. men over 40. We run public prostate cancer screening events (called PSA testing events) several times a year (see below for details). The PSA testing events are restricted to those in the age bracket likely to be at risk of prostate cancer but the public meetings are advertised as open to anyone who might be interested.

In January 2020 we published an updated and expanded edition of our comprehensive 76-page booklet on prostate cancer written, as we say, by patients for patients and this is given away to anyone who wants it free of charge. Doctors have complimented us on it and some hospitals take bulk copies to give to patients. Tackle have adopted this booklet for distribution to all their 90 support groups. Since we have not had group meetings nor test events we have a large stock of these booklets so may hold off updating it for another year.

In the year under report work started on a publication called Healthy Living which draws together information on the benefits of a good diet and exercise. This is expected to be published next year.

In addition there are four other leaflets given away free of charge aimed at particular areas of concern. The Sussex Branch has produced leaflets for local hospitals explaining brachytherapy and radiotherapy procedures. The hospitals produce the text and PCaSO organise and pay for the design and printing of the leaflet in return for having an advertisement saying that the charity is available to help patients.

PCaSO also provide radiotherapy units in three local hospitals with 500ml biodegradable bottles for those patients having treatment for prostate cancer. Each patient has to drink half a litre before treatment and the bottles replace single-use plastic cups.

Who uses our services

The vast majority of those making contact with PCaSO live in our three branch areas. We do get contact from those who live elsewhere in UK and, very occasionally, in other countries but those are generally through the internet following a search for a particular aspect of prostate cancer. We do not seek those contacts but will happily answer their queries and discuss their problems.

Many of the initial contacts are by women who are concerned about their partners and we have produced a leaflet written by some of our female members aimed particularly at those contacts. However the target is to get men aged over 45 to learn about prostate cancer, to consider their vulnerability to prostate cancer and decide to have a PSA test. A high percentage of those tested, 92.5% is our average, will have a normal reading but those who have a raised reading will be referred to their GP for further action and that often means referring onwards to a hospital for further checks and possible diagnosis. Men sometimes return to PCaSO for more information when they are offered a choice of treatments by doctors or when the cancer has spread from the prostate and they are faced with living with the cancer as the doctors follow treatments to control further spread.

Men are notorious for ignoring symptoms and being too busy, important, embarrassed or ignorant to check symptoms by going to their doctor. Many men do not know what a prostate does, where it is or even (17% according to one survey) that they have one. So education is important, especially as if symptoms are evident the cancer has probably progressed too far to be cured.

In the last decade research has discovered that it is likely that if close relatives (father, brother, uncle) have had prostate cancer then it is twice as likely that you will get it. Men of Afro-Caribbean descent are also in the frame. There is a shared gene between breast and prostate cancer, so those men with a family history of breast cancer can also be at risk of having prostate cancer. PCaSO wants to get this information better known as it is most important that these men get checked early.

The PSA test

Organising and running PSA testing events is a large commitment by a relatively small group of volunteers. Each Branch is responsible for organising events in their area and there is one man who takes the lead for that area.

The prostate produces a protein, Prostate Specific Antigen, which is secreted into the blood and can be measured in a pathology laboratory. A small vial of blood is taken from the arm by a phlebotomist and sent to the laboratory. The result comes back in a few days. This does not indicate cancer but can indicate a problem with the prostate.

The test is not completely accurate and can give false positives and false negatives but it is the only quick and easy test that yet exists. The NHS declines to spend the money required to have a universal screening process when the test is not completely accurate so charities such as PCaSO have tried to fill the gap. PCaSO will organise an event, often working with a local Lions, Rotary or Masons group, where, on a specific day, men can have a blood test and then be sent the result a week or two later. Those with a raised reading are recommended to speak to their GP to discuss the result. At no time does PCaSO diagnose anything, merely reports the result and recommends further action. There is no charge to the men though contributions to costs are suggested.

We usually limit the testing to any men between the ages of 45 and 80 as these are men most likely to be at risk.

In calendar year 2021/22, across Sussex, Hampshire and Dorset, PCaSO held just six free PSA testing events (pre-COVID this would be around 20 events) and tested 1,744 men. We found exactly 100 men with a raised PSA level, about 5.7% of those tested. Those men with a raised PSA were recommended to see their GP to discuss their result. Since we started testing in 2011 we have tested 21,030 men in our area.

Every man attending the event is given a briefing on the test and its pros and cons. We know that this has resulted in men talking about prostate cancer with families, friends and colleagues. At almost every test event men say that they came because someone they know had been before.

Before the current year all bookings were made by telephone which was onerous on the person accepting the calls. All the administration was on paper with the consequent need to check and double check. Many other groups around the country now run their own events. The central point is the Graham Fulford Charitable Trust (GFCT) which has a system where consultant urologists check the results and then the Trust despatches the emails and letters to the individuals. This system was being overwhelmed with paper and has been computerised. PCaSO, through the IT consultant members, devised an online booking system which automated the administration beforehand and on the day. This was then extended so that the pathology labs used by PCaSO could add the individual results to a spreadsheet and then the results were electronically despatched to GFCT for checking and despatch.

Regulatory Notice

PCaSO is a registered charity and as such is regulated by the Charities Commission. We are additionally mindful of the recommendations of the Fundraising Regulator.

PCaSO is fortunate to have a trustee who has developed expertise in the Data Protection Regulations and he has accepted the voluntary position of Data Protection Officer. Under his guidance the Trustees are confident that the charity complies with the requirements of the Regulations. The subject is permanently on the agenda of the Executive Committee.

Financial Report

The previous year, 2020/21, had shown a 77% drop in turnover because government precautions for the pandemic meant PCaSO had, more or less, to cease activity. This year, 2021/22, shows a climb back as activity restarted gently in autumn 2021. Receipts totalled £38,401, almost entirely through donations and the resulting Gift Aid, which was 68% up on the previous year though still well under half the figure for the last pre-COVID year.

Payments totalled £35,991. Governance at £2,395 was mainly annual fees for services such as insurance, storage, the PO Box, etc. The cost of PSA testing events came to £15,182 and there were donations out totalling £15,816.

Cash balances increased over the year by £2,411 from £142,996 to £145,407. The trustees consider that our funds are more than adequate to continue our activities during this difficult time.

Reserves. At the meeting of the Executive Committee on 27th July 2021 the Trustees agreed a policy on reserves that there would be a minimum reserve comprising two years of operating costs (excluding PSA events) plus one year of PSA testing event costs. The policy and the figures would be reviewed annually.


Statements

No Trustee received any payment for services beyond normal expenses and no Trustee had any interest in any organisation receiving any payments from PCaSO.

The Trustees are not aware of any funds received from abroad nor of any payments made to an overseas body.

The Trustees declare that they are not aware of any serious incidents or other matters that they should have reported to the Commission and have not done so.

Approved by the Executive Committee and signed on their behalf



28th July 2022

David Hurst
Honorary Secretary

Independent examiner's report to the trustees of PCaSO Prostate Cancer Support Organisation - charity number 1170536

I report to the trustees on my examination of the accounts of PCaSO Prostate Cancer Support Organisation for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

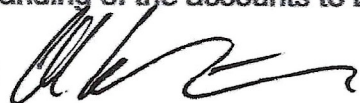
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Gerard Sweeting

Address: Whiteleaf House, Cansiron Lane, Ashurst Wood, West Sussex, RH19 3SE

Date:

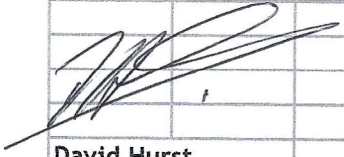
6/7/22

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536			
Receipts and Payments Account for the year ended 31st March 2022							
				2022			2021
				Unrestricted funds	Restricted funds	Total funds	Total funds
				£	£	£	£
Receipts							
Members' subscriptions				348		348	96
Donations: members				5,365		5,365	10,854
Donations: non-members				7,128		7,128	1,592
Donations: corporate				3,013		3,013	4,420
Donations at PSA testing events				18,998		18,998	
Fundraising: public meetings				-		-	
Fundraising: collections				50		50	246
Fundraising: events				-		-	
Interest on deposit account				107		107	400
Gift Aid				3,171		3,171	5,067
Other				221		221	75
				38,401	-	38,401	22,750
Payments							
Governance				2,395		2,395	2,492
Trustee & Public Liability Insurance				-		-	646
Charitable activity: newsletter				175		175	1,561
Charitable activity: support to members				1,055		1,055	
Charitable activity: awareness				427		427	5,132
Charitable activity: PSA Testing				15,182		15,182	2,971
Charitable activity: donations to charities				15,816		15,816	3,056
Fundraising				-		-	
Advertising				764		764	-
Other				15		15	136
				35,829	-	35,829	15,994
Asset and investment purchases							
				162		162	-
				162		162	-
Total payments							
				35,991	-	35,991	15,994
Net receipts/(payments)							
				2,410		2,410	6,756
Transfers between funds							
						-	-
Cash funds at beginning of year							
				142,997		142,997	136,240
Cash funds at end of year							
				145,407		145,407	142,996

Statement of assets and liabilities as at 31st March 2022

			2022		
			Unrestricted funds	Restricted funds	Total funds
			£	£	£
Cash funds					
Deposit accounts			76,219	-	76,219
Current accounts			69,188	-	69,188
			<u>145,407</u>	<u>-</u>	<u>145,407</u>
Other monetary assets					
Gift Aid recoverable			-	-	-
			<u>-</u>	<u>-</u>	<u>-</u>
Assets retained for the charity's own use					
Office Equipment			-	-	-
			<u>-</u>	<u>-</u>	<u>-</u>
Liabilities					
Amounts owed to suppliers			-	-	-
			<u>-</u>	<u>-</u>	<u>-</u>

Approved by the trustees and signed on their behalf by:



David Hurst
 Secretary
 Date: 12 July 2022

PCASO PROSTATE CANCER SUPPORT ORGANISATION

England & Wales - Charity number 1170536

Accounts



Prostate Cancer Support Organisation

Dorset Hampshire Sussex

Trustees Annual Report

Year ending 31st March 2021

Charity Name: PCaSO Prostate Cancer Support Organisation

Charity Registration Number: 1170536

Postal Address: PO Box 10, Emsworth, Hants PO10 7ZP

Website: www.pcaso.org

The charity has no offices so the registered address with the Charity Commission is the Honorary Secretary's home address.

History

PCaSO is a charitable incorporated organisation registered with the Charity Commission and with the Information Commission. A group was originally set up in 1999 by the late David Rowlands and others in Emsworth, Hampshire, under the auspices of another charity. It became a separate unincorporated association in 2002 and in 2016/17 moved to the new form of governance. The previous charity number may still be seen in some older literature.

Executive Committee

For the year ending 31st March 2021

All Trustees are members of the Executive Committee.

Roger Bacon Chairman

Vivian Miles Treasurer, became seriously ill in July 2020 and resigned on 31st August 2020.

David Hurst Secretary

Nicky Annells

Allan Higgin

Derek Pilling

Barry Taylor

Peter Weir

At the Annual General Meeting held on 26th August 2021 all remaining Trustees stood down and all were re-elected by the assembled membership. Lance Allen and Kevin Simons were invited to become Trustees and the members at the AGM ratified that decision.

Purposes and Aims

The objects of PCaSO as laid down in the Constitution are:

1. To promote and protect the physical and mental health of sufferers of prostate cancer and their families and carers, those at risk of prostate cancer and those who have been bereaved through prostate cancer by the provision of support, education and practical advice.
2. To advance the education of the general public in all areas relating to prostate cancer.

The Organisation of PCaSO.

PCaSO does not own or rent any offices and has no employees. Everything is handled by volunteers working from home. Meetings are held in rooms usually rented for that purpose.

PCaSO is a membership organisation with, currently, 901 members across the three branches described below including some from around the country who have either joined through contact via the internet or have moved away from our branch areas after joining. There are also two now living abroad.

PCaSO works across four counties along the south coast, East Sussex and West Sussex, Hampshire and Dorset. It is organised into three Branches, namely, Sussex, Hampshire and Dorset, and each Branch has its own committee and each has its own bank account. The Executive Committee had agreed at the meeting on 29th October 2019 that it would not seek to expand beyond the current area. Each Branch has rented a commercial self-storage unit to store literature, publicity material and miscellaneous equipment.

Under the Constitution PCaSO can have up to 12 Trustees and currently aims to have three from each Branch. For most of the year under consideration Hampshire had just one and in July 2020 the treasurer, Viv Miles, was taken ill and resigned on 31st August and later died. For the rest of the year so there were six Trustees as named above and all sit on the Executive Committee which meets quarterly to oversee the management of the charity.

PCaSO is also a member of the National Federation of Prostate Cancer Support Groups, which operates as Tackle Prostate Cancer or just as Tackle. This is made up of some 90 support groups from across the country.

The effects of the COVID pandemic

PCaSO's main work involves face-to-face meetings of groups of members and public who want to know more about prostate cancer and its effects and a series of events where we offer free PSA blood tests to men who have booked appointments. In addition there are usually regular face-to-face committee meetings.

In line with the government regulations it was not practical to hold any of these events during the year so all planned meeting and test events were cancelled.

We continued the committee meetings online by using Zoom and after a few months decided to start holding meetings for members also using Zoom. These were usually talks by clinicians and others and advertised by invitations to members by email.

The Updates newsletter was published as usual three times a year and circulated by both post and email.

There were requests for literature by hospitals and individuals which were handled by post and occasional phone calls to officers from men needing information.

The focus of our work

In normal years - and when the COVID regulations are relaxed again - PCaSO has two main areas of work and is developing a third area. The main centre of work is to encourage the early diagnosis of prostate cancer. If the cancer is diagnosed before it causes symptoms then it is almost always curable. However, although prostate cancer is now diagnosed more often than any other cancer, the knowledge of prostate cancer in the population at large is very limited. Consequently men at risk often ignore or do not realise the significance of symptoms and the eventual diagnosis is often terminal.

PCaSO devotes much resource to running public events to offer any men between 45 and 80 years a free PSA test. These are discussed in more detail below. These events encourage men to talk about prostate cancer and in turn they encourage their friends to be tested, so spreading knowledge and building awareness. In addition PCaSO volunteers will take part in 'Wellbeing' events put on by other organisations to discuss health matters. We publish a series of leaflets on prostate cancer which are distributed free of charge at such events.

PCaSO runs open public meetings to give a place where men and their partners can come and talk about their diagnosis or treatment and perhaps hear from expert speakers about aspects of treatments. The frequency and make-up of the meetings depends on many factors. Some are monthly while others are quarterly. Some are discussions between individuals while others concentrate more on the speaker and his or her subject.

PCaSO encourages its active members to talk openly about prostate cancer and the Trustees together with other members will take phone calls from men – or their partners – who have concerns or maybe are concerned about friends or relations. It is important for men to learn about the cancer and understand the treatments offered and this knowledge often starts with a tentative enquiry.

An area which PCaSO is moving into is living with cancer. Many men diagnosed with prostate cancer may not be able to be cleared of cancer but will live with it for many years following various treatments. It has been shown that diet and exercise can be important in reducing the effects of cancer so PCaSO has provided extensive information within recent editions of Updates magazine and talked to the Penny Brohn organisation, who run courses for those suffering with cancer, to explore the possibilities and costs of them running a series of courses free to PCaSO members when regulations allow.

How our activities deliver public benefit

PCaSO has members but the membership is as much about spreading information and knowledge of prostate cancer as it is about getting any benefits to help improve their personal situation. Many people who join are those who have been diagnosed early and cured and now want 'to put something back' as those who are seeking to improve their knowledge of the cancer they have. However the price of membership - £12 to be a life member – is not considered likely to put people off joining.

We follow a membership pattern mainly for the credibility it gives us when talking to clinicians and those in authority. To say we have around 900 members and that we represent the patients will make them pay attention.

Almost all our activities are aimed at men and their partners who are in the age bracket likely to be diagnosed with prostate cancer i.e. men over 40. We run public prostate cancer screening events (called

PSA testing events) several times a year (see below for details). The PSA testing events are restricted to those in the age bracket likely to be at risk of prostate cancer but the public meetings are advertised as open to anyone who might be interested.

In January 2020 we published an updated and expanded edition of our comprehensive 76-page booklet on prostate cancer written, as we say, by patients for patients and this is given away to anyone who wants it free of charge. Doctors have complimented us on it and some hospitals take bulk copies to give to patients. Tackle have adopted this booklet for distribution to all their 90 support groups. Since we have not had group meetings nor test events we have a large stock of these booklets so may hold off updating it for another year.

In addition there are four other leaflets given away free of charge aimed at particular areas of concern. The Sussex Branch has produced leaflets for local hospitals explaining brachytherapy and radiotherapy procedures. The hospitals produce the text and PCaSO organise and pay for the design and printing of the leaflet in return for having an advertisement saying that the charity is available to help patients.

PCaSO also provide radiotherapy units in three local hospitals with 500ml biodegradable bottles for those patients having treatment for prostate cancer. Each patient has to drink half a litre before treatment and the bottles replace single-use plastic cups.

Who uses our services

The vast majority of those making contact with PCaSO live in our three branch areas. We do get contact from those who live elsewhere in UK and, very occasionally, in other countries but those are generally through the internet following a search for a particular aspect of prostate cancer. We do not seek those contacts but will happily answer their queries and discuss their problems.

Many of the initial contacts are by women who are concerned about their partners and we have produced a leaflet written by some of our female members aimed particularly at those contacts. However the target is to get men aged over 45 to learn about prostate cancer, to consider their vulnerability to prostate cancer and decide to have a PSA test. A high percentage of those tested, 92.5% is our average, will have a normal reading but those who have a raised reading will be referred to their GP for further action and that often means referring onwards to a hospital for further checks and possible diagnosis. Men sometimes return to PCaSO for more information when they are offered a choice of treatments by doctors or when the cancer has spread from the prostate and they are faced with living with the cancer as the doctors follow treatments to control further spread.

Men are notorious for ignoring symptoms and being too busy, important, embarrassed or ignorant to check symptoms by going to their doctor. Many men do not know what a prostate does, where it is or even (17% according to one survey) that they have one. So education is important, especially as if symptoms are evident the cancer has probably progressed too far to be cured.

In the last decade research has discovered that it is likely that if close relatives (father, brother, uncle) have had prostate cancer then it is twice as likely that you will get it. Men of Afro-Caribbean descent are also in the frame. There is a shared gene between breast and prostate cancer, so those men with a family history of breast cancer can also be at risk of having prostate cancer. PCaSO wants to get this information better known as it is most important that these men get checked early.

The PSA test

Organising and running PSA testing events is a large commitment by a relatively small group of volunteers. Each Branch is responsible for organising events in their area and there is one man who takes the lead for that area.

The prostate produces a protein, Prostate Specific Antigen, which is secreted into the blood and can be measured in a pathology laboratory. A small vial of blood is taken from the arm by a phlebotomist and sent to the laboratory. The result comes back in a few days. This does not indicate cancer but can indicate a problem with the prostate.

The test is not completely accurate and can give false positives and false negatives but it is the only quick and easy test that yet exists. The NHS declines to spend the money required to have a universal screening process when the test is not completely accurate so charities such as PCaSO have tried to fill the gap. PCaSO will organise an event, often working with a local Lions, Rotary or Masons group, where, on a specific day, men can have a blood test and then be sent the result a week or two later. Those with a raised reading are recommended to speak to their GP to discuss the result. At no time does PCaSO diagnose anything, merely reports the result and recommends further action. There is no charge to the men though contributions to costs are suggested.

We usually limit the testing to any men between the ages of 45 and 80 as these are men most likely to be at risk.

In calendar year 2019, across Sussex, Hampshire and Dorset, PCaSO held 25 free PSA testing events and tested 5,776 men. We found 401 men with a raised PSA level, about 7% of those tested. Those men with a raised PSA were recommended to see their GP to discuss their result. Since we started testing in 2011 we have tested 19,286 men in our area.

Every man attending the event is given a briefing on the test and its pros and cons. We know that this has resulted in men talking about prostate cancer with families, friends and colleagues. At almost every test event men say that they came because someone they know had been before.

Before the current year all bookings were made by telephone which was onerous on the person accepting the calls. All the administration was on paper with the consequent need to check and double check. Many other groups around the country now run their own events. The central point is the Graham Fulford Charitable Trust (GFCT) which has a system where consultant urologists check the results and then the Trust despatches the emails and letters to the individuals. This system was being overwhelmed with paper and has been computerised. PCaSO, through the IT consultant members, devised an online booking system which automated the administration beforehand and on the day. This was then extended so that the pathology labs used by PCaSO could add the individual results to a spreadsheet and then the results were electronically despatched to GFCT for checking and despatch.

PCaSO is keen to restart the PSA test events as soon as it is safe to do so and at the time of writing discussions are underway with interested parties.

Regulatory Notice

PCaSO is a registered charity and as such is regulated by the Charities Commission. We are additionally mindful of the recommendations of the Fundraising Regulator.

PCaSO is fortunate to have a trustee who has developed expertise in the Data Protection Regulations and he has accepted the voluntary position of Data Protection Officer. Under his guidance the Trustees are

confident that the charity complies with the requirements of the Regulations. The subject is permanently on the agenda of the Executive Committee.

Financial Report

This was a very unusual year with very little activity because of the COVID pandemic resulting in turnover being 77% down on the previous year. Receipts totalled £22,750, almost entirely through donations and the resulting Gift Aid.

Payments totalled £15,994. Governance at £2,492 was mainly annual fees for services such as storage, the PO Box, etc. The newsletter cost £1,561; the cost of printing literature and other Awareness matters was £5,132 and there were donations out totalling £3,056.

Cash balances increased over the year by £6,756 from £136,240 to £142,996. The trustees consider that our funds are more than adequate to continue our activities during this difficult time.

Reserves. At the meeting of the Executive Committee on 27th July 2021 the Trustees agreed a policy on reserves that there would be a minimum reserve comprising two years of operating costs (excluding PSA events) plus one year of PSA testing event costs. The policy and the figures would be reviewed annually.

Statements

No Trustee received any payment for services beyond normal expenses and no Trustee had any interest in any organisation receiving any payments from PCaSO.

The Trustees are not aware of any funds received from abroad nor of any payments made to an overseas body.

The Trustees declare that they are not aware of any serious incidents or other matters that they should have reported to the Commission and have not done so.

Approved by the Executive Committee and signed on their behalf



27 August 2021

David Hurst
Honorary Secretary

**Independent examiner's report to the trustees of PCaSO Prostate Cancer Support Organisation,
charity number 1170536.**

Report on the accounts of the charity for the year ended 31st March 2021, which are set out on pages 2 and 3.

Respective responsibilities of the trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:-

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.




R Quested

Greenford, Batts Lane, Pulborough RH20 2ED

Date

August 14, 2021

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536			
Receipts and Payments Account for the year ended 31st March 2021							
				2021		2020	
				Unrestricted funds	Restricted funds	Total funds	Total funds
				£	£	£	£
Receipts							
Members' subscriptions				96		96	240
Donations: members				10,854		10,854	6,504
Donations: non-members				1,592		1,592	3,545
Donations: corporate				4,420		4,420	18,058
Donations at PSA testing events				-		-	47,705
Fundraising: public meetings				-		-	1,379
Fundraising: collections				246		246	2,147
Fundraising: events				-		-	11,101
Interest on deposit account				400		400	604
Gift Aid				5,067		5,067	6,126
Other				75		75	550
				22,750	-	22,750	97,959
Payments							
Governance				2,492		2,492	2,249
Trustee & Public Liability Insurance				646		646	751
Charitable activity: newsletter				1,561		1,561	3,587
Charitable activity: support to members				-		-	3,057
Charitable activity: awareness				5,132		5,132	5,038
Charitable activity: PSA Testing				2,971		2,971	45,496
Charitable activity: donations to charities				3,056		3,056	27,427
Fundraising				-		-	722
Advertising				-		-	-
Other				136		136	-
				15,994	-	15,994	88,327
Asset and investment purchases							
				-		-	3,704
				-	-	-	3,704
Total payments							
				15,994	-	15,994	92,031
Net receipts/(payments)							
				6,756	-	6,756	5,928
Transfers between funds							
						-	-
Cash funds at beginning of year				136,240	-	136,240	130,312
Cash funds at end of year				142,996	-	142,996	136,240

PCaSO Prostate Cancer Support Organisation		Charity number: 1170536				
Statement of assets and liabilities as at 31st March						
2021						
		Unrestricted funds	Restricted funds	Total funds		
		£	£	£		
Cash funds						
Deposit accounts		81,812	-	81,812		
Current accounts		61,186	-	61,186		
		142,998	-	142,998		
Other monetary assets						
Gift Aid recoverable		1,298		1,298		
		1,298	-	1,298		
Assets retained for the charity's own use						
Office Equipment		-		-		
		-	-	-		
Liabilities						
Amounts owed to suppliers		-		-		
		-	-	-		
Approved by the trustees and signed on their behalf by:						
						
David Hurst						
Trustee						
Date: <i>17 Aug 2021</i>						