



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 Waterloooville, 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

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536				
Statement of assets and liabilities as at 31st March 2024								
				2024				
				Unrestricted funds	Restricted funds	Total funds		
				£	£	£		
Cash funds								
Deposit accounts				107,043	-	107,043		
Current accounts				74,629	27,500	102,129		
				181,672	27,500	209,172		
Other monetary assets								
Gift Aid recoverable				-	-	-		
				-	-	-		
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:								
Lance Allen								
Trustee								
Date:								

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
WEST SUSSEX
RH19 3SE

Date:

19th AUGUST 2024