

ABOVE & BEYOND CANCER FOUNDATION

England & Wales · Charity number 1173983

Details

Other names	ABOVE & BEYOND
Status	Registered
Legal form	CIO
Registered	2017-07-27
Register	View on the Charity Commission register

Contact

Address	3 The Rowlands Biggleswade SG18 8NY
Phone	07812008103
Email	karenchin68@gmail.com
Website	www.above-beyond.org.uk

Activities

Objects: To promote and protect good health for the public benefit, for those persons living with or affected by cancer by;a) offering 1 to 1 support in which people with a cancer diagnosis, their carers and family members can exchange a shared experience andb) provide practical advice and support including access to complimentary therapies, including but not exclusively limited to reflexology, reiki, massage and relaxation techniques.

Activities: Offering support to people, their carers, or family members who have been diagnosed with cancer. Provide a safe place for those to chat and talk through their experience. Provide access to complementary and holistic therapies, should they feel that this will aid in their wellbeing during this time.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£70,218	£66,685	-	-
2023-09-30	£62,310	£50,668	-	-
2022-09-30	£34,888	£37,391	-	-
2021-09-30	£39,167	£20,447	-	-
2020-09-30	£18,922	£14,340	-	-

Trustees

Name	Role	Appointed
Caroline Thursfield		2024-03-01
JAYNE PROCTOR		2017-07-25
JULIE MORRISON		2017-07-25
Karen Chin		2017-07-25
LIZ ROE		2017-07-25

ABOVE & BEYOND CANCER FOUNDATION

England & Wales - Charity number 1173983

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	October	2023		30	September	2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

3 The Rowlands
Biggleswade
Beds
Postcode SG18 8NY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Karen Chin	Head of Operations		
2	Jayne Proctor	Head of Trustees		
3	Julie Morrison	Finance Manager		
4	Liz Roe	Chair of Trustees		
5	Caroline Thursfield	Trustee	01/03/2024	
6				
11				
12				
13				
14				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	By appointment

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Policies & Procedures File

The policies outlined below were updated and approved all trustees.

A&BCF GDPR Privacy Notice – August 2024
 A&BCF Safe Working Practice & Safeguarding – August 2024
 A&BCF Volunteer Policy – March 2024
 A&BCF Equality Policy – July 2024

Organisational Structure

At the beginning of this operating year (01.10.23) discussions took place with regards to increasing our trusteeship as well as gaining clarity with regards to the organisational set up of the charity.

A meeting took place with David Brewer at our local CVS (Community Voluntary Services) offices in Bedford on the 22nd November 2023. Jayne Proctor & Karen Chin attended this meeting to discuss the following:

- organisational structure of the charity as well as the constitution that the charity was currently working under. The trustees of the charity specifically wanted to gain clarity that they were operating ethically within the guidelines of said constitution with regards to the remuneration of two of its trustees.
- amending the objects of the charity within the constitution.

The outcome of the above points are laid out below:

- David established and confirmed that the constitution that the charity is governed under is a model constitution and has not been altered in any way. He confirmed that the remuneration of the trustees is within the parameters of the constitution. He did state that for complete impartiality to exist on the board it may be wise to increase our trusteeship by at least 1 in order that the number of non-remunerated trustees outweighs the remunerated ones.

Caroline Thursfield was appointed Trustee on the 1st March 2024. Caroline has been a patient supported by the charity over the previous 5 years and brings a wealth of patient experience to the board.

- David did not see any reason as to why the objects of the charity could not be changed and gave Jayne and Karen advise on how best to do this. The original objects are as follows:

To promote and protect good health for the public benefit, living with or affected by cancer by;

- a) offering a safe and confidential network of support in which people with a cancer diagnosis, their carers and family members can exchange experiences, meet others and develop a network of support and mutual aid and;*
- b) providing practical advice and sensitive information and support including access to complimentary therapies, including but not exclusively limited to, aromatherapy, reflexology, massage, skincare, and relaxation techniques.*

The trustees agreed to change those original objects to the following:

To promote and protect good health for the public benefit, for those persons living with or affected by cancer by.

- a) offering 1 to 1 support in which people with a cancer diagnosis, their carers and family members can exchange a shared experience and*
- b) provide practical advice and support including access to complimentary therapies, including but not exclusively limited to reflexology, reiki, massage and relaxation techniques.*

The request for this change was submitted to the Charities Commission in January 2024 and confirmation was received by the charity in June 2024 that the change could be implemented.

At the trustees meeting held on the 12th of July 2024 a resolution was signed by all trustees indicating this change in the charity's objects.

Summary of the objects of the charity set out in its governing document

As mentioned previously our new objects are as follows:

To promote and protect good health for the public benefit, for those persons living with or affected by cancer by:

- a) offering 1 to 1 support in which people with a cancer diagnosis, their carers and family members can exchange a shared experience and
- b) provide practical advice and support including access to complimentary therapies, including but not exclusively limited to reflexology, reiki, massage and relaxation techniques.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Summary of Main Activities:

- a) meeting up with cancer patients and/or loved ones on a one-to-one basis to talk over their diagnosis and how this affects their day-to-day living.
- b) To explain and establish the objectives of the charity and how it can help them and their loved ones.
- c) Provide a space where cancer patients and loved ones can talk to someone with a lived and shared experience of a cancer diagnosis.
- d) Once their needs have been established (if any), pathways are put in place to assist and support.
- e) Offering access and funding to complimentary/holistic therapies (if needed/wanted). Trustees/members will approach therapists on their behalf and arrange for communication between the two parties for the treatments to take place. These are offered by local therapists/beauticians/counsellors and hypnotherapists.
- f) In this operating year we were able to organise and fund one Holistic & Wellbeing Event at a local spa resort, hiring out a training suite and inviting patients and their loved ones to attend either morning or afternoon appointments. This event was held on 19th November 2023.
- g) Organisation of three smaller holistic & wellbeing days held at the Happy Body Project in Wilstead for patients and their loved ones. These were held in March, June and September.
- h) Organising 'resource bundles' and gifts of encouragement.
- i) Writing funding applications to help fund projects and operating costs.
- j) Giving talks to local community groups to raise the profile of the charity

At the beginning of the accounting period the charity was overseen by 4 Trustees. As mentioned above Caroline Thursfield was appointed in on 1st March 2024. The charity is now overseen by 5 Trustees.

The following meetings have been held through this operating year:

1. Trustees Meeting – October 2023
2. EGM Meeting held to discuss constitution and charity objects – January 2024
3. Trustees Meeting – March 2024
4. Sustainability/Legacy Discussions Meeting – July 2024

The operational aspects of the charity are discussed at these meetings. Agenda points including but not limited to:

- patient and financial overview, policies and procedures,
- upcoming events and discussions regarding Income and expenditure throughout the year.
- Financial aspects
- Legacy/sustainability

The Trustees, in making decisions, have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment.
- contribution made by volunteers.

Contribution by Volunteers

At our holistic and wellbeing events many local therapists took time out of their busy schedule to volunteer their time and expertise to deliver wellbeing treatments to patients and their loved ones.

At our event at Wyboston Lakes (November 2023), 15 therapists gave up their day to offer their services without remuneration as well as one volunteer who has been supported by the charity and helped with making refreshments and talking to the attendees.

At our three events held at the Happy Body Project (March, June & September 2024) we had 7 therapists give up their time without remuneration at each event and one volunteer who has been supported by the charity and helped with making refreshments and talking to the attendees at one of these events.

Investment

In the previous report it was stated that the charity had invested £20,000 with Cambridge & Counties. This matured on 17th April 2024, with interest earned in the sum of £747.95. The Trustees made the decision to reinvest the same amount of money for a further year. With an interest rate of 5%.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

SUMMARY OF MAIN ACHIEVEMENTS

During this operating period

- a) We received 68 new patient referrals.
- b) We held approximately 194 face-to-face appointments with patients and their loved ones.
- c) We have actively supported 156 patients and their families at the end of this operating year.
- d) Offered over 1275 points of supports including, but not limited to one-to-one support, phone calls and texts.
- e) Funded and organised nearly 340 holistic treatments to help with the physical side effects of treatment.
- f) Funded approximately 74 counselling and hypnotherapy sessions to help patients deal with the emotional and mental impact of a diagnosis, including but not limited to anxiety, stress, hot flushes and panic attacks.
- g) Funded approximately 40 health and fitness sessions with a personal trainer specifically qualified in cancer rehabilitation.

Holistic & Wellbeing Day (H&WD) – 19th November 2023**Summary of the Day:**

- a) 14th holistic & wellbeing event held by A&BCF at a cost of £4,762.51
- b) held at The Salix Suite, Wyboston Lakes Resort, Wyboston, St Neots.
- c) 34 Cancer Patients & 18 loved ones attended the day.
- d) 15 holistic/complimentary therapists donated their time and services on the day.
- e) The day comprised of morning and afternoon appointments with each cancer patient having at least three treatments and if a loved one came with them, they had at least one treatment.
- f) The treatments on offer on the day were, Reflexology, Full Facials, Reiki, Manicure & Pedicures, Back Massages, and Indian Head Massage.
- g) Tea & coffee and refreshments were offered throughout the day, and lunch was provided for the therapists.
- h) 104 appointments were available on the day.
- i) At the conclusion of the event both attendees and therapists were invited to give feedback on their evaluation of the day. Cancer patients that attended indicated a significant improvement in their general wellbeing after the event and the therapists indicated how organised and well run the event was.
- j) Excluding the co-founders that organised and ran the event there was one more volunteer to help with serving refreshments as well as helping with the set up and dressing down of the venue. This volunteer had previously been supported by the charity and wanted to help with this event to give back to the charity.

Holistic & Wellbeing Event – 17th March 2024**Summary of the day:**

- a) 3rd event to be held at this venue.
- b) Held at The Happy Body Project in Wilstead, Beds
- c) 14 patients attended the event, spread out over morning and afternoon appointments.
- d) 7 holistic/complimentary therapists donated their time and services on the day.
- e) Each treatment was 45 minutes, and each patient had two treatments.
- f) Refreshments and cakes provided on the day.
- g) Funding was gained for this event by Asda Foundation in the sum of £655.00
- h) The event cost £670.97
- i) Cost to the charity was £15.97.

Holistic & Wellbeing Event – 9th June 2024

- a) 4th event one on this scale to be held.
- b) Held at The Happy Body Project in Wilstead, Beds
- c) 14 patients attended the event, spread out over morning and

- afternoon appointments.
- d) 7 loved ones attended the event
 - e) 8 holistic/complimentary therapists donated their time and services on the day.
 - f) 1 therapist provided a sound bath and relaxation session.
 - g) Each holistic treatment was 45 minutes, and each patient had two treatments plus a sound bath session lasting one hour
 - h) Refreshments and cakes provided on the day.
 - i) The interest accrued from the investment with Cambridge & Counties (£747.95) was allocated to fund this event.
 - j) The event cost £658.72

Holistic & Wellbeing Event – 8th September 2024

- a) 5th event one on this scale to be held.
- b) Held at The Happy Body Project in Wilstead, Beds
- c) 14 patients attended the event, spread out over morning and afternoon appointments.
- d) 4 loved ones attended the event
- e) 8 holistic/complimentary therapists donated their time and services on the day.
- f) 1 therapist provided a sound bath and relaxation session.
- g) Each holistic treatment was 45 minutes, and each patient had two treatments plus a sound bath session lasting one hour
- h) Refreshments and cakes provided on the day.
- i) Funding was gained for this event by Albert Trust in the amount of £500.00
- j) The event cost £673.40
- k) Cost to the charity was £84.17

NETWORKING AND FORMING PARTNERSHIPS

We have been able to maintain our existing partnerships and have built new ones with local therapists, particularly owners of holistic practices.

We have established connections with 38 local therapists and salons.

FUNDRAISING ACHIEVEMENTS

During this operating year the following fundraising events took place.

- a) £313.50 was raised by Bedfordshire Ladies Darts League in memory of one of their players who we supported who sadly passed away in 2023.
- b) Upper Caldecote Methodist Church held a coffee morning and raised £313.00
- c) Three local men completed Ride4London 100-mile bike ride in April 2024 and raised £3,380.00.
- d) A daughter of a patient we are supporting completed a skydive in Peterborough and raised £855.00
- e) £485.00 was raised by a father and son completing the Cambridge half Marathon
- f) £2,349 was raised by a team of hikers who completed the Three Peaks. One of the members of the group was a brother of a patient we support
- g) £835.00 was raised by a patient through organising a Cancer Party to celebrate end of treatment.
- h) £690.00 was raised by a patient and her friends by having an after party after completing a 5k run

Section D

Achievements and performance

- i) A bridge group raised over £2,000 by holding a charity bridge night. We support a daughter of one of the members.
- j) £23.74 was raised via a fundraising can of a local crafter.
- k) The charity held its first Nearly New Sale. Many items of clothing and bric-a-brac were donated to the event. It was held at a local hall that donated the venue for free. £1,600 was raised from the event with a local company (Strictly Beds & Bunks) donating £500.00 towards the sale. The leftover items were donated to a local homeless charity and local charity shops.
- l) A local primary school raised £800.00 by holding a charity event for parents and local residents to attend. Two of the mothers whose children attend the school are supported by the charity.
- m) Two local gentlemen took on the screwball rally. This event consisted of taking a rally car over 2000 miles, covering 7 countries in 5 days.
- n) £300 was raised by a patient and their family by holding a raffle and afternoon tea
- o) A local café that holds one of our fundraising cans raised £166.00 by making and selling doggy treats for their canine friends.
- p) A patient we have supported over the years organised a local 70's & 80's disco for family, friends and the local community in Dunstable and raised just over £500.
- q) A local running group chose Above & Beyond Cancer Foundation as their charity of choice and have been raising money in various events throughout the year. We will receive the fruits of this fundraising in our next operating year.
- r) A patient we supported organised a cancer charity event with a disco, raffle and silent auction raising funds for A&BCF as well as the Primrose Unit in Bedford Hospital. £1,040.00 was raised.
- s) Two local businessmen hold an annual fireworks display. In 2023 they chose Above & Beyond Cancer Foundation as the recipient of this year's fundraiser. £2,500 was raised.

Section E

Financial review

Brief statement of the charity's policy on reserves

Reserves are held in the form of cash at bank and within the investment currently held at Cambridge & Counties

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives

The main source of funds during the year were from fundraising activities organised by the community and donations from individuals and local companies, which we have highlighted in the Section D.

NOTABLE DONATIONS

We received just over £5,000 in donations gathered outside of any fundraising event. £200.00 was donated via a small equestrian organisation who were closing their doors. We support a woman who has connections to the organisation. As mentioned above we are also

- of the charity;
- investment policy and objectives including any ethical investment policy adopted.

very grateful to Mr Andrew Buchan of Strictly Beds & Bunks who donated £500. A portion of this money was also raised from families that have requested that the charity be in recipient of funeral tributes when a loved one that we have supported has sadly passed away. As a charity we are always constantly humbled when we have been chosen by the family and their expression of the gratitude, they feel towards the small part that the charity has played in their care and wellbeing during their diagnosis and treatment.

Our fundraising total for the year was £20,277.35. This included all fundraising amounts from our fundraising platforms and fundraising events outside of our platforms.

Individual donations amounted to £2,550.97.

FUNDING – NATIONAL LOTTERY COMMUNITY FUND

- In this operating year we entered our second year of funding with the National Lottery Community Fund. We were awarded £75,000 over three years commencing October 2022. This initial grant was to fund the following:
 - Salary and employment costs associated with employing Co-Founder Karen Chin to fulfil the charity objective.
 - Operating Costs, such as mileage, volunteer expenses, digital costs and patient resources, this including but not limited to resource gifts and gifts of encouragement.
 - The third payment of £12,573.50 was received on the 13th of October 2023.

During the monitoring process of this funding period it was discussed with the National Lottery Community Fund Officer, the aspect of the salary that Karen Chin was being remunerated. Discussions began about legacy and sustaining the charity in the future. It was deemed that should Karen Chin ever get to the position of wanting, or needing to step away from the day to day running of the charity that it would be very difficult to employ someone with the level of remuneration that Karen was currently receiving, especially as the needs of the charity are increasing year on year. The trustees of the charity then commenced discussions and undertook benchmarking exercises to establish the appropriate rate of pay for the position that Karen Chin was currently serving. It should be noted that Karen Chin was not involved in these discussions at any point.

With these discussions in place, the trustees of the charity then approached the National Lottery Community Funding Officer to see if the National Lottery would consider covering the uplift in the salary.

After a period of discussion, the National agreed to fund this uplift. The uplift consisted of the following.

For the remaining of the funding period (April 2024 – 30 September 2025) the National Lottery will cover the salary of Karen Chin in full. The uplift in the salary amounted to a further £18,865 in funding. It was agreed that the salary increase would commence from the 1st April 2024. Due to the National Lottery covering this uplift it was deemed appropriate for the charity to find other funding streams to cover the operating costs that the original grant had covered (i.e. mileage, volunteer expenses, digital costs and patient resources).

OTHER NOTABLE FUNDING SUCCESSES

The Wixamtree Charitable Trust.

Since 2020 we have been incredibly grateful to the support of the above charitable Trust. Every year we have been successful in receiving funding from them. When we put in our application in April 2024, they felt

that it was important that the chairman of the trustees meet us in person to find out more of the charity objects.

In June 2024, Karen Chin and Caroline Thursfield met with the chair of Wixamtree Charitable Trust and spend an hour or so over coffee talking about the impact and effect the charity is having on the local community. Caroline was able to offer her perspective of a patient and a newly appointed trustee. Mr Whitbread left the meeting having more information and perspective of the charity and its financial liabilities as well as the beneficiaries that it helps.

In July 2024 we were informed that the trust had agreed to continue funding and in fact, were so impressed with the impact, structure and running of the charity that they increased our requested funding amount and agreed to put a three-year multi-year funding programme in place.

We were also successful in our funding applications to the following:

Albert Hunt - £5,000

Arnold Clark Community Fund - £1,000

Harpur Trust -£ 400 (it should be noted that we were awarded this sum in our previous operating year, but it was paid into our charity account in Sept 2024)

The above funding amounts have gone towards the salary costs incurred for Jayne Proctor (co-Founder) to assist in the running of the charity, specifically with administrative tasks, social media, funding applications and patient support.

We were also successful in receiving the following grants to help cover some of our project costs incurred by our holistic and wellbeing events that are held throughout the year.

The Gale Family Trust - £2,000

This funding amount went towards the costs of our H&WD held at Wyboston lakes in November 2023.

Asda Foundation - £655

This funding amount helped cover the costs of our H&WD held at The Happy Body Project in March 2024

Co-op Community Fund - £1,020.35

INCOME & EXPENDITURE - INCOME

The income of this reporting year was £70,218.27.

This has helped us maintain our presence within the local cancer community and have continued to offer the services that have become a lifeline to cancer patients during this reporting year. This income has been spent in the interest of the public benefit set out in our charity objects.

We received just under £12,000.00 through our fundraising platforms: PayPal, GoFundMe, CAF, Easyfundraising and Enthuse.

INCOME & EXPENDITURE - EXPENDITURE

Our expenses for this reporting year, were £66,685.45.

Our main expenditure costs were:

- Salary for K. Chin & J. Proctor on a part time basis, in order that

the objectives of the charity could be met. This was a total expenditure of £30,554.39 including NIC payments of £4,962.11.

- Funding holistic/complimentary treatments totalled £18,951.04 (including counselling, hypnotherapy and health & wellbeing sessions). This exceeded our budget, which was just over £12,000. The trustees remained aware of the overspend throughout the operating period. The increase in expenditure was down to substantial increase in patient referrals and an increase in treatment costs.
- Our holistic & wellbeing events throughout the operational year totalled £7,252.42.
- Patient support: including, but not limited to flowers, gifts of encouragement, brunches and resource bundles = £5,767.04.
- Other operational costs such as mileage, stationery, digital costs, fundraising expenses = £3,098.05
- Purchase of new computer and keyboard = £1,062.51

The Charity investment objective is to raise enough funds to support the continued operation of the charity to enable it to meet its objectives.

Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)		
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**Position (eg Secretary, Chair,
etc)**

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Date

8 th January 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Above and Beyond Cancer Foundation	No (if any) 1173983
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Receipts and payments accounts

CC16a

For the period from	Period start date 10/1/2023	To	Period end date 9/30/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Fundraising	20,277	-	-	20,277	19,909
Donations	2,551	-	-	2,551	9,888
Grants	46,642	-	-	46,642	32,513
Interest	748	-	-	748	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	70,218	-	-	70,218	62,310
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	70,218	-	-	70,218	62,310
A3 Payments					
Patient Resources	5,767	-	-	5,767	4,566
H&W Treatments & Counselling	18,951	-	-	18,951	11,300
H&W Days	7,252	-	-	7,252	6,059
Operational Costs	4,161	-	-	4,161	3,952
Funding Support	30,554	-	-	30,554	24,791
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	66,685	-	-	66,685	50,668
A4 Asset and investment purchases, (see table)					
Privacy Boards	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	66,685	-	-	66,685	50,668
Net of receipts/(payments)	3,533	-	-	3,533	11,642
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	25,445	20,000	-	45,445	33,803
Cash funds this year end	28,978	20,000	-	48,978	45,445

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	28,978	20,000	-
	Petty Cash		-	-
		-	-	-
	Total cash funds	28,978	20,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Privacy Boards		250	250
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	JMorrison	Julie Morrison	3/10/2025	



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Above and Beyond Cancer Foundation

On accounts for the year ended

30/09/2024 Charity no (if any) 1173983

Set out on pages

2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity's trustees, 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 11/3/25

Name: DIANE SWANN

Relevant professional qualification(s) or body

ACMA

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

ABOVE & BEYOND CANCER FOUNDATION

England & Wales - Charity number 1173983

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	October	2022		30	September	2023

Section A Reference and administration details

Charity name Above & Beyond Cancer Foundation

Other names charity is known by Above & Beyond

Registered charity number (if any) 1173983

Charity's principal address
 3 The Rowlands
 Biggleswade
 Beds
 Postcode SG18 8NY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Karen Chin	Head of Operations		
2	Jayne Proctor	Head of Trustees		
3	Julie Morrison	Finance Manager		
4	Liz Roe	Chair of Trustees		
5				
6				
11				
12				
13				
14				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	By appointment

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Policies & Procedures File The policies outlined below were updated and approved all trustees.</p> <p>A&BCF GDPR Policy – August 2023</p> <p>Organisational Structure In our previous year (Year 9) it was reported that we had amended our structure to show division between the operational side and strategic and trusteeship of the charity. Due to the nature of the charity and it's fundraising/events activities it has now been deemed that having a dedicated organisational committee has become unnecessary and that those members of the organisation committee have moved sideways in becoming volunteers. Due to workloads and personal commitments Susannah and Diane who were members of this committee (along with Karen, the trustee) found that they could only commit to organising quiz nights throughout the year and unable to commit any more time than the organisation of these events.</p> <p>We do not believe that this will in anyway alter the running of events for the foreseeable future due to the nature of many fundraising/events are organised by supporters, donors of the charity.</p> <p>The Trustees will monitor this, and should they feel that this change then the charity will look into putting together another committee to meet these needs, should they arise.</p> <p>Jayne Proctor Due to the increase in patient numbers and the associated work within the charity It was decided by the trusteeship that Jayne was putting in more and more hours and after 10 years it was time for her to be remunerated. These discussions took place in March and April of 2023 without Jayne being present.</p> <p>In our minutes dated the 14th of March 2023, it was agreed and minuted that Jayne would be remunerated at the same rate of pay as Karen for 36 hours per month. This employment began at the beginning of April 2023.</p>
--	---

Summary of the objects of the charity set out in its governing document

To promote and protect good health for the public benefit, living with or affected by cancer by;

- a) offering a safe and confidential network of support in which people with a cancer diagnosis, their carers and family members can exchange experiences, meet others and develop a network of support and mutual aid and;
- b) providing practical advice and sensitive information and support including access to complimentary therapies, including but not exclusively limited to, aromatherapy, reflexology, massage, skincare, and relaxation techniques.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Summary of Main Activities:

- a) meeting up with cancer patients and/or loved ones to talk over their diagnosis and how this affects their day-to-day living.
- b) To explain and establish the objectives of the charity and how it can help them and their loved ones.
- c) Provide a space where cancer patients and loved ones can talk to someone with a lived and shared experience of a cancer diagnosis.
- d) Once their needs have been established (if any), pathways are put in place to assist and support.
- e) Offering access and funding to complimentary/holistic therapies (if needed/wanted). Trustees/members will approach therapists on their behalf and arrange for communication between the two parties for the treatments to take place. These are offered by local therapists/beauticians/counsellors and hypnotherapists.
- f) In this operating year we were able to organise and fund one Holistic & Wellbeing Event at a local spa resort, hiring out a training suite and inviting patients and their loved ones to attend either morning or afternoon appointments. This event was held on 28th November 2022.
- g) Organisation of two mini holistic & wellbeing days held at the Happy Body Project in Wilstead for patients and their loved ones.
- h) Organising 'resource bundles' and gifts of encouragement.
- i) Writing funding applications to help fund projects and operating costs.
- j) Holding celebratory 10th anniversary afternoon tea for trustees, previous committee members and therapists

At the beginning of the accounting period the charity was overseen by 4 Trustees.

We have held one operational meeting and two full trustee meetings as well as a mini trustee get together throughout this period. As stated in previous section the operational meetings have not entirely met the purpose for which it was established due to personal workloads of the two non-voting members of this committee. In Year 10 our meetings were held online as this helps with everyone's workload. The trustee meetings took place on 10th October 2022 and the 14th March 2023.

The operational aspects of the charity are discussed at these meetings. Agenda points including but not limited to;

- patient and financial overview, policies and procedures,
- upcoming events and discussions regarding Income and expenditure throughout the year.

The Trustees, in making decisions, have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Contribution by Volunteers

At our holistic and wellbeing events many local therapists took time out of their busy schedule to volunteer their time and expertise to deliver wellbeing treatments to patients and their loved ones.

At our event at Wyboston Lakes (November 2022), 13 therapists gave up their day to offer their services without remuneration as well as one volunteer who has been supported by the charity and helped with making refreshments and talking to the attendees.

At our two events held at the Happy Body Project (March & September 2023)) we had 7 therapists give up their time without remuneration and one volunteer who has been supported by the charity and helped with making refreshments and talking to the attendees at one of these events.

Investment

At the March 2023 Trustee Meeting it was agreed that the charity should investigate investing £20,000 as funds were remaining steady in our bank account. In April 2023 it was deemed that Cambridge & Counties offered competitive rates and £20,000 was deposited for a 12-month period with a return of 3.5%. It is the intention to use the interest earned to part fund holistic and wellbeing events.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

SUMMARY OF MAIN ACHIEVEMENTS

During this operating period

- a) We received 45 new referrals.
- b) We held approximately 141 face-to-face appointments with patients and their loved ones.
- c) We have supported 125 patients and their families at the end of this operating year.
- d) Offered over 1147 points of supports including, but not limited to phone calls, meet ups and texts.
- e) Funded and organised nearly 255 holistic treatments.
- f) Able to offer end of life resource bundle to one patient.

Holistic & Wellbeing Day (H&WD) – 28th November 2022

Summary of the Day:

- a) 10th holistic & wellbeing event held by A&BCF at a cost of £4,050.33.
- b) held at The Salix Suite, Wyboston Lakes Resort, Wyboston, St Neots.
- c) 24 Cancer Patients & 19 loved ones attended the day.
- d) 13 holistic/complimentary therapists donated their time and services on the day.
- e) The day comprised of morning and afternoon appointments with each cancer patient having at least three treatments and if a loved one came with them, they had at least one treatment.
- f) The treatments on offer on the day were, Reflexology, Full Facials, Reiki, Manicure & Pedicures, Back Massages, and Indian Head Massage.
- g) Tea & coffee and refreshments were offered throughout the day and lunch was provided for the therapists.
- h) 104 appointments were available on the day.

- i) At the conclusion of the event both attendees and therapists were invited to give feedback on their evaluation of the day. Cancer patients that attended indicated a significant improvement in their general wellbeing after the event and the therapists indicated how organised and well run the event was.
- j) The event was run with some covid protocols still in place. These included patients wearing masks if they felt more comfortable to do so. Seating arrangements were set out so there was space between patients as well as having hand sanitisers on tables.
- k) Excluding the co-founders that organised and ran the event there was one more volunteer to help with serving refreshments as well as helping with the set up and dressing down of the venue. This volunteer had previously been supported by the charity and wanted to help with this event to give back to the charity.

Holistic & Wellbeing Event – 12th March 2023

Summary of the day:

- a) First one on this scale to be held.
- b) Held at The Happy Body Project in Wilstead, Beds
- c) 14 patients attended the event, spread out over morning and afternoon appointments.
- d) 6 holistic/complimentary therapists donated their time and services on the day.
- e) Each treatment was 45 minutes and each patient had two treatments.
- f) Refreshments and cakes provided on the day.
- g) The event cost £635.52.

Holistic & Wellbeing Event – 10th September 2023

- a) Second one on this scale to be held.
- b) Held at The Happy Body Project in Wilstead, Beds
- c) 12 patients attended the event, spread out over morning and afternoon appointments.
- d) 6 holistic/complimentary therapists donated their time and services on the day.
- e) Each treatment was 45 minutes and each patient had two treatments.
- f) Refreshments and cakes provided on the day.
- g) The event cost £709.39.

NETWORKING AND FORMING PARTNERSHIPS

We have been able to maintain our existing partnerships and have built new ones with local therapists, particularly owners of holistic practices.

We also established links with the following:

Mon Paradis Salon & Wholesome Holistics
Songbird Hypnotherapy

10th ANNIVERSARY CELEBRATIONS

This operating year saw the charity celebrate 10 years of its inception. After discussions the co-founders and trustees agreed that the best way to celebrate this milestone was to honour those that have volunteered for us. Therefore, the people that we invited to the event consisted of the following:

- Therapists, including hypnotherapists and counsellors that have offered their services free of charge at our holistic and wellbeing events.
- Volunteers who have organised our quiz nights.

Section D

Achievements and performance

- Original trustees of the charity.

The event was held at a local garden centre and consisted of an afternoon tea. The co-founders spent some time thanking the attendees and acknowledging what the support of those in attendance had meant to them and more importantly to the patients that they have helped.

FUNDRAISING ACHIEVEMENTS

- During this operating year the following fundraising events took place.
- 2 quiz nights. One held in November 2022 and July 2023. Both held at Great Barford Village Hall and together raised approximately £1600.
- 100-mile Bike Ride. A group of 10 local men, several being partners/husbands of patients that the charity has supported. They rode 100 miles over a weekend throughout Bedfordshire and Cambridgeshire and raised over £3,300.
- Andrea McGrellis who is a patient that we are supporting ran a half marathon and raised over £460.00.
- Amelia Winter another patient who we are supporting organised a coffee morning at her workplace and held a raffle. The event raised just under £400.00. A local café in Baldock, makes treats for dogs and have one of our donation cans on their premises. They raised over £200.00.
- A disco was organised by a patient and her family. Held in Luton, this event raised just over £1,000.

- What has become an annual event organised by family who sadly lost their mum/sister to cancer a few years ago and we supported her, held a disco with a raffle and raised just over £1,500.
- A patient held a knit and Natter event and raised £325.00.
- A son of a patient, who is a musician in his spare time, organised an music event in a local pub one Sunday afternoon in the summer and raised £654.00.
- This operating year saw our youngest ever fundraiser at the age of 9 complete a scooter ride around a local landmark and raised £1,000 when her goal was to raise £100.00.
- A patient and his wife organised a coffee morning in the back garden, inviting their local walking group and held a raffle. This event raised over £500.00.
- We received a donation of nearly £800.00 from Bradworth Young Farmers Club that had organised a Pie and Wine evening.

Section E

Financial review

Brief statement of the charity's policy on reserves

Reserves are held in the form of cash at bank.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main source of funds during the year were from fundraising activities organised by the community and donations from individuals and local companies, which we have highlighted in the Section D.

NOTABLE DONATIONS

We received over £8,700 in donations gathered outside of any fundraising event. A very large proportion of this sum is due to the charity being nominated by a patient's family when they have sadly passed away. This money has been raised either at their funeral or by separate GoFundMe pages. As a charity we are always constantly humbled when we have been chosen by the family and their expression of the gratitude, they feel towards the small part that the charity has played in their care and wellbeing during their diagnosis and treatment.

Nearly £1,300 was received from business donations.

Our fundraising total for the year was £27,365.55. This included all fundraising amounts from our fundraising platforms and fundraising events outside of our platforms.

FUNDING – NATIONAL LOTTERY COMMUNITY FUND

- In February 2022, much time and energy were spent in trying to secure operating costs from The National Lottery Community Fund. Six months of work was dedicated to this, working closely with the local NL community funding officer. The charity was successful in its application and received its first funding amount in October 2022.
- The total amount awarded for three years is £75,000.
- The funding that was awarded would cover the operating costs of the charity for the next three years.
- The first year's funding amounted to just over £25,000.

This funding goes to support the following:

- Salary and employment costs associated with employing Co-Founder Karen Chin to fulfil the charity objective.
- Operating Costs, such as patient resources including but not limited to resource gifts and flowers.
- Mileage
- Stationery
- Volunteer Expenses
- Equipment
- Digital Costs

OTHER NOTABLE FUNDING SUCCESSES

- We were successful in receiving £3,000 in operating costs from The Wixamtree Charitable Trust.
- We were successful in receiving £1,000 in operating costs from Beds Charitable Trust
- We were successful in receiving £1600 from Harpur Trust to cover operating costs.

Wixamtee, BCT and Harpur Trust funding amounts have gone towards the salary costs incurred for Jayne Proctor (co-Founder) to assist in the running of the charity, specifically with administrative tasks, social media and patient support. This amount will cover the funding for 12 months from April 2022 to April 2023.

INCOME & EXPENDITURE - INCOME

The income of this reporting year was just over £62,563.97.

This has helped us maintain our presence within the local cancer community and have continued to offer the services that have become a lifeline to cancer patients during this reporting year.

We received over £10,000 through our fundraising platforms: Paypal, GoFundMe, CAF and Easy fundraising.

INCOME & EXPENDITURE - EXPENDITURE

Our expenses for this reporting year, were just over £70,921.85.

Our main expenditure costs were:

- Salary for K. Chin & J. Proctor on a part time basis, in order that the objectives of the charity could be met. This was a total expenditure of £24,790.56 including NIC payments.
- Funding holistic/complimentary treatments and wellness packages to cancer patients and their loved ones. This totalled just over £11,300.00. This provided over 250 treatment sessions to help patients with side effects of their treatment and diagnosis as well as being able to offer counselling and/or hypnotherapy sessions to deal with the mental health aspects of dealing with a diagnosis and loss in the case of those that have to deal with grief.
- We assisted with a contribution towards cleaning costs to a much-needed patient who had become bedbound due to her surgery and treatment.
- Patient support; including, but not limited to flowers, gifts of encouragement, brunches and resource bundles etc.
- Expenses and Mileage in meeting the needs of the patients that the charity is supporting.

The Charity investment objective is to raise enough funds to support the continued operation of the charity to enable it to meet its objectives.

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date	9 th January 2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Above and Beyond Cancer Foundation

No (if any)
1173983

CC16a

Receipts and payments accounts

For the period from	Period start date 10/1/2022	To	Period end date 9/30/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Fund Raising	19,909	-	-	19,909	21,154
Donations	9,888	-	-	9,888	9,734
Grants	32,513	-	-	32,513	4,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	62,310	-	-	62,310	34,888
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	62,310	-	-	62,310	34,888
A3 Payments					
Patient Resources	4,566	-	-	4,566	3,842
H&W Treatments & Counselling	11,300	-	-	11,300	7,809
H&W Days	6,059	-	-	6,059	2,806
Operational Costs	3,952	-	-	3,952	2,148
Funding Support	24,791	-	-	24,791	20,786
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	50,668	-	-	50,668	37,391
A4 Asset and investment purchases, (see table)					
Privacy Boards	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	50,668	-	-	50,668	37,391
Net of receipts/(payments)	11,642	-	-	11,642	- 2,503
A5 Transfers between funds	- 18,500	18,500	-	-	-
A6 Cash funds last year end	32,303	1,500	-	33,803	36,306
Cash funds this year end	25,445	20,000	-	45,445	33,803

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	25,446	20,000	-
	Petty Cash		-	-
		-	-	-
	Total cash funds	25,446	20,000	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Privacy Boards		250	250
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	JMorrison	Julie Morrison	3/3/2024	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Above and Beyond Cancer Foundation

On accounts for the year
ended

30/09/2023

Charity no
(if any)

1173983

Set out on pages

2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and
basis of report

As the charity's trustees, 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

11/6/24

Name:

DIANE SWANN

Relevant professional
qualification(s) or body

ACMA

(if any):

--

Address:

16 CRIME DELL
WHITWELL
HERTS SGH 8BS

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--

ABOVE & BEYOND CANCER FOUNDATION

England & Wales - Charity number 1173983

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	October	2021		30	September	2022

Section A Reference and administration details

Charity name

Above & Beyond Cancer Foundation

Other names charity is known by

Above & Beyond

Registered charity number (if any)

1173983

Charity's principal address

3 The Rowlands
 Biggleswade
 Beds
 Postcode SG18 8NY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Karen Chin	Head of Operations		
2	Jayne Proctor	Head of Trustees		
3	Julie Morrison	Finance Manager		
4	Liz Roe	Chair of Trustees		
5				
6				
7				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	By appointment

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none">• policies and procedures adopted for the induction and training of trustees;• the charity's organisational structure and any wider network with which the charity works;• relationship with any related parties;• trustees' consideration of major risks and the system and procedures to manage them.	<p>Policies & Procedures File</p> <p>We did an overhaul of all of our Policies and Procedures making them consistent and aligned.</p> <p>We updated the following policy</p> <ul style="list-style-type: none">• A&BCF Safe Working Practice Policy to include a Safeguarding Policy. This policy is now entitled A&BCF Safe Working Practice & Safeguarding Policy. Updated July 2022. <p>We made the decision to expand our safeguarding guidelines to incorporate a dedicated safeguarding officer and outline a more detailed process than what was already in place.</p> <p>The following policies were put in place</p> <ul style="list-style-type: none">• Volunteer Policy – March 2022• Conflict of Interest Policy – March 2022 <p>The above policies and documents were overseen and agreed by all trustees.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote and protect good health for the public benefit, living with or affected by cancer by;

- A) offering a safe and confidential network of support in which people with a cancer diagnosis, their carers and family members can exchange experiences, meet others and develop a network of support and mutual aid and;
- B) providing practical advice and sensitive information and support including access to complimentary therapies, including but not exclusively limited to, aromatherapy, reflexology, massage, skincare, and relaxation techniques.

Summary of Main Activities:

- a) meeting up with cancer patients and/or loved ones to talk over their diagnosis and how this affects their day to day living.
- b) To explain and establish the objectives of the charity and how it can help them and their loved ones
- c) Provide a space where cancer patients and loved ones can talk to someone with a lived and shared experience.
- d) Once their needs have been established (if any), pathways are put in place to assist and support
- e) Offering access and funding to complimentary/holistic therapies (if needed/wanted). Trustees/members will approach therapists on their behalf and arrange for communication between the two parties for the treatments to take place. These are offered by local therapists/beauticians/counsellors and hypnotherapists.
- f) In this operating year we were able to organise and fund one Holistic & Wellbeing Event at a local spa resort, hiring out a training suite and inviting patients and their loved ones to attend either morning or afternoon appointments. This event was held on the 14th November 2021.
- g) Organisation of a Yoga & Relaxation Day at the Happy Body Project in Wilstead for patients and their loved ones.
- h) Organising 'resource bundles' and gifts of encouragement.
- i) Writing funding applications to help fund projects and operating costs.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

At the beginning of the accounting period the charity was overseen by 4 Trustees 2 non-voting committee members/volunteers.

We have held operational meetings and trustee meetings throughout this period. The operational meetings are now more to talk through and organise fundraising events, such as the quiz nights and any upcoming events.

We have held one trustee meeting throughout this period. We have made the decision to keep these online as this helps with everyone's workload and since the separation of operational and trustee these meetings have become a lot more effective and efficient. We would normally hold two in each operating year, unfortunately this did not happen. A briefing note was sent to Trustees in January 2022 to update and inform trustees and a meeting was then held in May 2022.

The operational aspects of the charity are discussed at these meetings. Agenda points including but not limited to;

- patient and financial overview, policies and procedures,
- upcoming events and discussions regarding Income and expenditure throughout the year.

The Trustees, in making decisions, have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

SUMMARY OF MAIN ACHIEVEMENTS

During this operating period

- a) We received 35 new referrals
- b) We held approximately 117 face-to-face appointments with patients and their loved ones
- c) We have supported 105 patients and their families at the end of this operating year
- d) Offered over 1142 points of supports including, but not limited to phone calls, meet ups and texts
- e) Funded and organised nearly 200 holistic treatments.
- f) Able to offer end of life resource bundle to one patient who died at home

Holistic & Wellbeing Day (H&WD) – 14th November 2021

We were able to hold our first H&WD since the beginning of the Covid-19 pandemic.

Summary of the Day:

- a) 9th Pamper day held by A&BCF at a cost of £1,875.
- b) held at The Salix Suite, Wyboston Lakes Resort, Wyboston, St Neots.
- c) 24 Cancer Patients & 17 loved ones attended the day
- d) 14 holistic/complimentary therapists donated their time and services on the day.
- e) The day comprised of morning and afternoon appointments with each cancer patient having at least three treatments and if a loved one came with them, they had at least one treatment.
- f) The treatments on offer on the day were, Reflexology, Full Facials, Reiki, Manicure & Pedicures, Back Massages and Indian Head Massage.
- g) Tea & coffee and refreshments were offered throughout the day and lunch was provided for the therapists.
- h) 116 appointments were available on the day.
- i) At the conclusion of the event both attendees and therapists were invited to give feedback on their evaluation of the day. Cancer patients that attended indicated a significant improvement in their general wellbeing after the event and the therapists indicated how organised and well run the event was.
- j) The event was run with very strict covid protocols in place. These included each patient and each therapist taking a lateral flow test before the event, masks to be worn when moving around the venue, social distancing protocols in place, changing over of chairs at each session as well as sanitisers on each table.
- k) 14 therapists volunteered their time, resources and energies for free to provide the holistic treatments necessary for the patients and their loved ones.
- l) Excluding the co-founders that organised and ran the event there was one more volunteer to help with serving refreshments as well as helping with the set up and dressing down of the venue.

Yoga & Relaxation Morning – 28th May 2022**Summary of the Morning:**

- a) First one of these events to be held
- b) Held at The Happy Body Project in Wilstead, Beds
- c) 6 patients and 3 loved ones attended the event
- d) 2 yoga specialists conducted relaxation and yoga sessions.
- e) Refreshments and cakes provided on the day.
- f) Those that attended spoke of being interested in attending more sessions like these. We therefore plan to put more of these in our calendar within the next twelve months.
- g) The event cost £200.00.

NEWSLETTER

We produced two newsletters in this operating period.

NETWORKING AND FORMING PARTNERSHIPS

We have been able to maintain our existing partnerships and have built new ones with local therapists, particularly owners of holistic practices.

We also established links with the following:

Saxon Pool & Fitness, Biggleswade.

Due to our links with this organisation and the personnel that work within, we are able to now offer a dedicated course, specifically for cancer patients. The cancer rehab programme, helps patients work out in a gym environment on the watchful eye of personal trainers that have been specifically trained in cancer rehab. We are able to offer a credit system to those patients that feel ready to embark on fitness and rehab.

Letchworth Weight Loss

We have been able to send one patient to the above as a way of being able to manage weight loss that is needed to be able to proceed with further needed surgery.

Andrew Whelan Hypnotherapy

This hypnotherapist has come on board with us to offer many techniques to help patients deal with anxiety, confidence and grief.

The Happy Body Project

This is a wellbeing centre that opened in January of 2022 and we have been fortunate enough to establish links with them to help provide relaxation and holistic space for our patients and their families. We have already held one event at this venue, which is situated in the heart of Bedfordshire and surrounded by the countryside, and plan to offer more in the coming year.

9

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Brief statement of the charity's policy on reserves

Reserves are held in the form of cash at bank.
There is also a restricted amount of **£160.00** (remaining from £250 donated in Year 8) donated from a family in memory of a loved one and they would like us to specifically use this with regards to buying 'end of life' products.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main source of funds during the year were from fundraising activities organised by the community and donations from individuals and local companies, which we have highlighted in the Section D.

NOTABLE DONATIONS

We continue to be humbled when receiving donations from family and loved ones of those that have sadly passed away who we have had the privilege in supporting through their diagnosis.

We received £350.00 in company donations.

FUNDRAISING EVENTS

Below is a summary of the fundraising activities that took place during this operating year.

- a) Through our partnership with Primark and their commitment to us, the team voted to continue their commitment to us. This has meant we have received £750.00 from the retail company
- b) A local lady, we have supported through her cancer treatment held several coffee mornings and raised £178.
- c) A local café in Baldock, makes treats for dogs and have one of our donation cans on their premises. They raised £365.82.
- d) A patients family held a fundraising raffle which raised £1010.
- e) Above & Beyond Cancer Foundation held two quiz nights. One in November 2021 and the other in June 2022 and raised just over £1,950.00
- f) A patient who was about to undergo chemotherapy did a 'Brave The shave' fundraiser and raised just over £1,450
- g) A local race night organised by a patient we supported raised £1350.00
- h) An afternoon tea and raffle was organised by a patient at her home and raised £450.00.
- i) A black-tie event was held in memory of a sister/mum who we supported organised by the family was held locally and raised just under £800.00
- j) £350.00 was received from business/corporate donations.
- k) We received donations outside of fundraising events in the sum of £4,475
- l) We received just over £12,560 via Amazon, PayPal and GoFundMe.

FUNDING

- a) Karen and Jayne applied for the Co-op Community Fund and were successful in being accepted onto the next funding stream. The charity will not receive this funding until the beginning Nov 2023.
- b) February 2022, much time and energy was spent in trying to secure operating costs from The National Lottery Community Fund. Six months of work was dedicated to this, working closely with the local NL community funding officer. The charity was successful in its application, but would not receive this funding until the beginning of Year 10, October 2022, therefore more will be written about this in our next report and accounts.
- c) We were successful in receiving £3,000 in operating costs from The Wixamtree Charitable Trust.
- d) We received £1,000 into our bank account from The Harpur Trust which was the second instalment of the funding we acquired in Year 8.

INCOME & EXPENDITURE

The income of this reporting year was just over £34,884 and this has helped us maintain our presence within the local cancer community and have continued to offer the services that have become a lifeline to cancer patients during this reporting year. Our expenses for this reporting year, were just over £37,086.

Our Main expenditure costs were:

- a) Salary for K. Chin on a part time basis, in order that the objectives of the charity could be met. This was a total expenditure of £20,785.53 including NIC payments.
- b) Funding holistic/complimentary treatments and wellness packages to cancer patients and their loved ones. This totalled just over £7,800. This provided over 200 treatment sessions to help patients with side effects of their treatment and diagnosis as well as being able to offer counselling and/or hypnotherapy sessions to deal with the mental health aspects of dealing with a diagnosis and loss in the case of those that have to deal with grief.
- c) Patient support; including, but not limited to flowers, gifts of encouragement, brunches and resource bundles etc
- d) Expenses and Mileage in meeting the needs of the patients that the charity is supporting.

The Charity investment objective is to raise enough funds to support the continued operation of the charity to enable it to meet its objectives.

Section F**Other optional information**

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Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>J Morrison</i>	
Full name(s)	Julie Morrison	
Position (eg Secretary, Chair, etc)	Trustee – Finance Manager	
Date	10 th January 2023	

Receipts and payments accounts

For the period from	Period start date 01/10/2021	To	Period end date 30/09/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Fund Raising	21,154	-	-	21,154	17,544
Donations	9,734	-	-	9,734	5,916
Grants	4,000	-	-	4,000	17,207
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	34,888	-	-	34,888	40,667
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	34,888	-	-	34,888	40,667
A3 Payments					
Stationery	241	-	-	241	201
Fundraising Expenses	195	-	-	195	767
Client Ente Gifts & Flowers	3,842	-	-	3,842	3,300
Pamper Day & Treatments	10,615	-	-	10,615	3,455
Misc Exp inc mileage/welcome bag	1,712	-	-	1,712	1,504
Funding Support	20,786	-	-	20,786	11,220
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	37,391	-	-	37,391	20,447
A4 Asset and investment purchases, (see table)					
Privacy Boards	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	37,391	-	-	37,391	20,447
Net of receipts/(payments)	- 2,503	-	-	- 2,503	20,220
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,806	1,500	-	36,306	36,306
Cash funds this year end	32,303	1,500	-	33,803	56,526

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	32,303	1,500	-
	Petty Cash		-	-
		-	-	-
	Total cash funds	32,303	1,500	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Privacy Boards		250	250
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	<i>J Morrison</i>	Julie Morrison		30/05/2023



Section A Independent Examiner's Report

Report to the trustees/ members of	Above and Beyond Cancer Foundation		
On accounts for the year ended	30/09/2022	Charity no (if any)	1173983
Set out on pages	1-2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity's trustees, 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

~~[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]] - Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

* Please delete the words in the brackets if they do not apply.

Signed:  Date: 10/7/23

Name: DIANE SWANN

Relevant professional qualification(s) or body: CIMA

(if any):

--

Address:

16 CHIME DELL
WHITWELL
HERTS SGH 8 BS

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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ABOVE & BEYOND CANCER FOUNDATION

England & Wales - Charity number 1173983

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	October	2020		30	September	2021

Section A Reference and administration details

Charity name Above & Beyond Cancer Foundation

Other names charity is known by Above & Beyond

Registered charity number (if any) 1173983

Charity's principal address
 3 The Rowlands
 Biggleswade
 Beds
Postcode SG18 8NY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Karen Chin	Head of Operations		
2	Jayne Proctor	Head of Trustees		
3	Julie Morrison	Finance Manager		
4	Susannah King		Oct 20 - Aug 21	
5	Liz Roe			
6	Melinda Bettsworth		Oct 20 - Dec 20	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	By appointment

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

Procedures File

We did an overhaul of all of our Policies and Procedures making them consistent and aligned.

We updated the following policies

- A&BCF Safe Working Practice Policy

We put in in place the following new policies

- A&BCF Equality Policy
- A&BCF Financial Controls Policy

We also put in place a couple of guidance documents:

- A&BCF Holistic & Wellbeing Treatments
- A&BCF Wyboston Lakes Booking Procedure

We also updated our Welcome Letter and & GDPR to include Covid-19 measures undertaken during the pandemic in the running of the charity.

All the above policies and documents were overseen and agreed by all trustees.

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote and protect good health for the public benefit, living with or affected by cancer by;

- A) offering a safe and confidential network of support in which people with a cancer diagnosis, their carers and family members can exchange experiences, meet others and develop a network of support and mutual aid and;
- B) providing practical advice and sensitive information and support including access to complimentary therapies, including but not exclusively limited to, aromatherapy, reflexology, massage, skincare, and relaxation techniques.

Summary of Main Activities:

- a) meeting up with cancer patients and/or loved ones to talk over their diagnosis and how the diagnosis is affecting their day to day living. Due to the pandemic these have been less than in 'normal years' but as restrictions eased in-person support has resumed, albeit not to its normal numbers as many patients still felt uneasy meeting in public places.
- b) To explain and establish the objectives of the charity and how it can help them and their loved ones
- c) Provide a space where cancer patients and loved ones can talk to someone with a lived and shared experience.
- d) Once their needs have been established (if any), pathways are put in place to assist and support
- e) Offering access and funding to complimentary/holistic therapies (if needed/wanted). Trustees/members will approach therapists on their behalf and arrange for communication between the two parties for the treatments to take place. These are offered by local therapists/beauticians,
- f) Once or twice a year organising and funding a Wellbeing/Pamper Day, which we now call Holistic & Wellbeing Days are run exclusively and funded by Above & Beyond Cancer Foundation at a local venue. This event normally takes place on a Sunday, within the months of May/June & November. Due to the pandemic we have not been able to hold this event since Dec 2019
- g) Organising 'resource bundles' and gifts of encouragement.
- h) During this accounting period the charity has helped 81 cancer patients, plus their loved ones as families.
- i) Have taken on supporting 18 new cancer patients and 2 bereaved spouses known to the charity.
- j) Provided over 1000 points of support, including 1 to 1 face to face meet ups, phone calls, texts (not including holistic treatments or counselling)

At the beginning of the accounting period the charity was overseen by 6 Trustees and 1 non-voting committee member. In Dec 2020 due to health challenges one Trustee, Melinda Bettsworth felt it was in the best interest of the charity to step down. In August 2021, it was deemed in the best interest of the charity that Susannah King step down as Trustee to focus on the Operational side of the charity and assist Karen Chin in event organising.

Due to Covid-19 we have not been able to hold any in-person committee meetings and therefore these have taken place over zoom. We have held 4 Committee meetings and 2 Trustee meetings. During the course of the year, it became apparent that it had become necessary to separate the trusteeship and the operational sides of the charity. Since our inception, trustees and committee members have been one and the same, except for 1 non-voting member. This had worked well until this year however, our meetings were becoming drawn out, covering too many items in such a short timescale. We would cover all operational issues as well as Trustee issues within the same meeting. It was agreed that a restructure of the charity should be considered. The restructure involves, Karen Chin, Jayne Proctor, Julie Morrison and Liz Roe remaining as Trustees. Jayne Proctor becoming Head of Trustees and stepping away from the day to day running of charity and providing remote support for Karen Chin, becomes Head of Operations. This means that Susannah King has stepped down as Trustee moved into an operational role alongside Karen to help with event organising. Susannah King was offered the opportunity to remain as a Trustee, but she felt that for the betterment of the charity it was best that she focused her efforts in the operational side of the charity as this is where her strengths lay. All of the discussions and procedures have all been recorded and agreed throughout the course of the accounting period.

A trustee's meeting was held during the middle part of the year to discuss what the charity needed in order for its charitable activities to be discharged. Discussions ensued as to whether it was now time that the charity take the step into employing Karen Chin on a part-time basis, due to the ever-increasing workload that she was facing. It was decided that the charity would pay Karen Chin £10.00 an hour and that she would record her hours on a timesheet and submit this to our Finance Director, Julie Morrison and Head of Trustees, Jayne Proctor.

At each meeting at least 4 members have been present and minutes have been drawn up and agreed after each sitting. Items on the Agenda include, but not limited to Fundraising, funding opportunities, financial overview of expenditure and income since the previous meeting. Reports are given with regards to how many people are being helped and what if any action needs to be taken with regards to their support.

The Trustees, in making decisions, have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional details of objectives and activities (Optional information)

Due to the nature of the pandemic and those that the charity seeks to support, we were unable to hold any of our Holistic & Wellbeing Days for the period.

However, once the restrictions were eased and therapists and beauticians were able to work face-to-face once more, we were able to fund holistic treatments for those that felt confident enough to attend/receive these treatments.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

SUMMARY OF MAIN ACHIEVEMENTS

FUNDRAISING EVENTS

Due to the pandemic, the fundraising activities were impacting on a very large scale. Thankfully, once restrictions were lifted, many members of the local community got in touch to offer their support in participating/organising fundraising events on our behalf. These are outlined below:

- a) Through our partnership with Primark and their commitment to us, the team voted to continue their commitment to us. This meant that during the year, they held a sponsored walk from Bedford to Northampton and raised over £800.00.
- b) A team comprising of 5 runners entered the Brighton Marathon, that was run in September 2021. 3 participated and completed the marathon itself and 2 participated and completed the 10K course. Altogether, they raised nearly £3,000.
- c) A couple decided to Cycle for Cancer in the month of July. They cycled over 300km and raised over £700
- d) Coffee mornings were held monthly by a lady who has been helped by the charity in the past. She held these in her home, every month on a Thursday. She held 5 during the accounting year and raised just under £1,000
- e) A group of 9 cyclists undertook to cycle 100 miles from Ilfracombe to Plymouth in September. This was organised by a partner of someone we had helped and had been moved to raise funds on our behalf. To-date, the team raised just under £7,500. A celebration evening was arranged and attended.
- f) In remembrance of a gentleman that we had supported during the last few years of his life, friends and family undertook some fundraising in his name. Three friends walked 100 miles in the month of May and a large group of family and friends participated and completed The Great North Run also in his memory.
- g) Abigail MacKenzie a young lady, who helps us with delivering holistic treatments to our patients undertook the Virgin London Virtual Marathon and raised just over £750. Even though the event took place on the 3rd October 2021 and therefore went over into our Year 9 accounting year, much of the money raised was banked in this accounting period.

NEWSLETTER

Due to the pandemic and not having such a visible presence we decided to start a Newsletter. Our first issue came out in February 2021 and each issue comes out every 3 to 4 months. We use this newsletter to inform the community on what we are doing, signposting and encouragement. We also advertise fundraising events.

NETWORKING AND FORMING PARTNERSHIPS

We have been able to maintain our existing partnerships and have built new ones with local therapists, particularly owners of holistic practices. We have also become more prominent within local councils and trusts within the area.

FUNDING

Karen and Jayne were able to secure just over £17,000 in grants and these are detailed in Section E.

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Brief statement of the charity's policy on reserves

Reserves are held in the form of cash at bank. For this accounting period, there were restricted reserves of £1,250 from Co-op Community Fund, which was awarded for our next Holistic and Wellbeing Day. As stated previously, this was not able to take place due to the pandemic, but we are due to hold one in November 2021.

There is also a restricted amount of £250 donated from a family in memory of a loved one and they would like us to specifically use this with regards to buying 'end of life' products.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main source of funds during the year were from fundraising activities organised by the community and donations from individuals and local companies, which we have highlighted in the Section D. This accounting year is the first year that we have been able to secure funding from local and national grant makers

NOTABLE DONATIONS

We were humbled to receive cheques during the Christmas period from family and friends of patients that had sadly passed away. One family donated £1,500 and another family member in honour of the same patient, gave £100.

These kind of donations always mean so much as it reflects the gratitude that family and friends feel towards the charity, which obviously in turn is an endorsement that the support we provide is meeting the needs of not only the patient but their loved ones also.

FUNDING

As mentioned in Section D, due to the pandemic and the charity being hit financially due to the lack of fundraising, Karen & Jayne undertook to try and secure funding from local and national grant-makers, trusts and lotteries. Other than receiving some money from Co-op Community Fund or local supermarket community funds, the charity has not applied for received any other funding.

We were able to secure the following funding for core costs, for this accounting period:

National Lottery (6month Covid Emergency Grant)	£8,000
The Wixamtree Charitable Trust	£2,000
St Neots Roundtable	£250
Shefford Town Council	£200
The Harpur Trust	£1,000
Bedfordshire Charitable Trust	£1,000
The Gale Family Trust	£2,000

We also secured the following funding for holistic treatments:

National Lottery	£2,000
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The income of this reporting year was just over £40,500 and this has helped us maintain our presence within the local cancer community and have continued to offer the services that have become a lifeline to cancer patients during this reporting year. Our expenses for this reporting year, were just over £20,500. It is worth noting that our expenses, except for the funding for K.Chin, is much lower than in recent years because of the pandemic and the effect it had on us being able to deliver our full support during the whole of the accounting period.

Our Main expenditure costs were:

- a) As mentioned in Section B, the charity took the vote to employ K. Chin on a part time basis, in order that the objectives of the charity could be met.
- b) Funding holistic/complimentary treatments and wellness packages to cancer patients and their loved ones.
- c) Patient support; including, but not limited to flowers, gifts of encouragement, brunches and resource bundles etc
- d) Expenses and Mileage in meeting the needs of the patients that the charity is supporting.

The Charity investment objective is to raise enough funds to support the continued operation of the charity to enable it to meet it's objectives.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date	24 March 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Above and Beyond Cancer Foundation

Receipts and payments account

For the period from	Period start date 10/1/2020	To
---------------------	--------------------------------	----

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Fund Raising	17,544	-	-
Donations	5,916	-	-
Grants	15,707	1,500	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	39,167	1,500	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	39,167	1,500	-
A3 Payments			
Stationery	201	-	-
Fundraising Expenses	767	-	-
Client Ente Gifts & Flowers	3,300	-	-
Pamper Day & Treatments	3,455	-	-
Misc Exp inc mileage/welcome bag	1,504	-	-
Funding Support	11,220	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total	20,447	-	-
A4 Asset and investment purchases, (see table)			
Privacy Boards	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	20,447	-	-
Net of receipts/(payments)	18,720	1,500	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	16,086	-	-
Cash funds this year end	34,806	1,500	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	Bank Account	34,806
	Petty Cash	-
		-
	Total cash funds	34,806
	(agree balances with receipts and payments account(s))	OK

Categories	Details	Unrestricted funds to nearest £
B2 Other monetary assets		-
		-
		-
		-
		-
		-
		-

Categories	Details	Fund to which asset belongs
B3 Investment assets		

Categories	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use	Privavy Boards	

Categories	Details	Fund to which liability relates
B5 Liabilities		

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name

to (if any)

Accounts

Period end date
9/30/2021

CC16a



Total funds	Last year
to the nearest £	to the nearest £

17,544	11,129
5,916	7,793
17,207	-
-	-
-	-
-	-
-	-
-	-
40,667	18,922

-	-
-	-
-	-

40,667	18,922
--------	--------

201	4
767	21
3,300	1,621
3,455	4,885
1,504	747
11,220	7,062
-	-
-	-
-	-
-	-
20,447	14,340

-	-
-	-
-	-

20,447	14,340
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20,220	4,582
-	-
16,086	11,504
36,306	16,086

Period

Restricted funds to nearest £	Endowment funds to nearest £
1,500	-
-	-
-	-
1,500	-
OK	OK

Restricted funds to nearest £	Endowment funds to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
250	250
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

Amount due (optional)	When due (optional)
-	
-	
-	
-	
-	

Name	Date of approval



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name: Above and Beyond Cancer Foundation

On accounts for the year ended

30/09/2021 Charity no (if any): 1173983

Set out on pages

[Empty box for page numbers]

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity's trustees, 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did not accord with the accounting records; or
the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 15/7/2022

Name: MICHAEL JAMES

Relevant professional: ACCOUNTS DIRECTOR.

**qualification(s) or body
(if any):**

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Address:

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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ABOVE & BEYOND CANCER FOUNDATION

England & Wales - Charity number 1173983

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	October	2019		30	September	2020

Section A Reference and administration details

Charity name

Above & Beyond Cancer Foundation

Other names charity is known by

Above & Beyond

Registered charity number (if any)

1173983

Charity's principal address

3 The Rowlands
 Biggleswade
 Beds
 Postcode SG18 8NY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Karen Chin	Chair		
2	Jayne Proctor	Secretary		
3	Julie Morrison	Finance Manager		
4	Susannah King			
5	Liz Roe			
6	Melinda Bettsworth			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	By appointment

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The charity provide each Volunteer with a letter outlining the expectations when volunteering on behalf of the charity.</p> <p>A Therapist Letter was set up to help and protect those that offer their therapies on behalf of the charity.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

<p>To promote and protect good health for the public benefit, living with or affected by cancer by;</p> <ul style="list-style-type: none"> A) offering a safe and confidential network of support in which people with a cancer diagnosis, their carers and family members can exchange experiences, meet others and develop a network of support and mutual aid and; B) providing practical advice and sensitive information and support including access to complimentary therapies, including but not exclusively limited to, aromatherapy, reflexology, massage, skincare, and relaxation techniques.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Summary of Main Activities:

- a) meeting up with cancer patients and/or loved ones to talk over their diagnosis and how the diagnosis is affecting their day to day living. Due to the pandemic and subsequent lockdowns that took place during the reporting period, the majority of support was given over the telephone or via Zoom or FaceTime.
- b) To explain and establish the objectives of the charity and how it can help them and their loved ones
- c) Once their needs have been established (if any), pathways are put in place to assist and support
- d) Offering access and funding to complimentary/holistic therapies (if needed/wanted). Trustees/members will approach therapists on their behalf and arrange for communication between the two parties for the treatments to take place. These are offered by local therapists/beauticians,
- e) Once or twice a year organising and funding a Wellbeing/Pamper Day, which we now call an Holistic & Wellbeing Day are run exclusively and funded by Above & Beyond Cancer Foundation at a local venue. This event normally takes place on a Sunday, within the months of May/June & November.
- f) Organising 'resource bundles' and gifts of encouragement.

At the beginning of the accounting period the charity was overseen by 7 Trustees and 1 non-voting committee member. In March 2020 one of our Trustees stepped down, due to pressure of work.

Due to Covid-19 we have only been able to hold two in-person committee meetings, these were held in Nov 2019 and March 2020. An EGM was held in January. At each meeting at least 4 members have been present and minutes have been drawn up and agreed after each sitting. Items on the Agenda include, but not limited to Fundraising, funding opportunities, financial overview of expenditure and income since the previous meeting. Reports are given with regards to how many people are being helped and what if any action needs to be taken with regards to their support.

Due to Covid-19, the Chair put together 3 Briefing Notes covering the period between March and September, these were dated May, July & September. These briefing notes covered all the above aspects of the running of the charity as well as the operational changes due to the pandemic. These were emailed to each committee member and these were received positively as they covered all aspects of the charity.

The Trustees, in making decisions, have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We can not survive as a charity without the support and commitment of the volunteers that come from the local community. Particularly, the volunteering of therapists/beauticians that give up their time to deliver complimentary/holistic treatments at our wellbeing/pamper day events. During this account period, the charity held one Holistic & wellbeing Day in November 2019. Another was scheduled for June 2020, but had to be cancelled due to the pandemic.

For these events to also run smoothly, we have help from loved ones as well as family and friends from the committee who help make cups of tea and sit and talk to those that attend these events.

Due to the ongoing commitment of all of the therapists we introduced a Therapist Letter, which is sent out to each therapist before the event that their services are being used for. This informs them of charity standards and details of the event itself.

At the end of the previous reporting year we won a nomination to be the chosen charity of a local clothes shop. This required Volunteers and Trustees alike to 'shake a can' outside the shop once a month. Sadly, due to the pandemic from March onwards these collections stopped due to the government guidelines.

Due to the ongoing commitment of volunteers we introduced a Volunteer Policy which is emailed to each volunteer and informs them of the event they are volunteering for and the standards that the charity needs to maintain.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

SUMMARY OF MAIN ACHIEVEMENTS

Holistic & Wellbeing Day –

Summary of the Day:

- a) 8th Pamper day held by A&BCF at a cost of £1,275
- b) held at The Oakley Suite, Wyboston Lakes Resort, Wyboston, St Neots.
- c) 24 Cancer Patients & 18 loved ones attended the day
- d) 14 holistic/complimentary therapists donated their time and services on the day.
- e) 1 relaxation therapist donated her time and services.
- f) The day comprised of morning and afternoon appointments with each cancer patient having at least three treatments and if a loved one came with them, they had at least one treatment.
- g) The treatments on offer on the day were, Reflexology, Hot stones, Full Facials, Reiki, Manicure & Pedicures, Skincare makeovers, Bamboo Massage and Back Massages. The relaxation sessions on offer were Tibetan Singing Bowls.
- h) Tea & coffee and refreshments were offered throughout the day and lunch was provided for the therapists.
- i) 106 appointments were available on the day and 98 appointments were utilised.
- j) At the conclusion of the event both attendees and therapists were invited to give feedback on their evaluation of the day. Cancer patients that attended indicated a significant improvement in their general wellbeing after the event and the therapists indicated how organised and well run the event was.

FUNDRAISING EVENTS

We are tremendously humbled by the support of the local community and have received the following in the way of fundraising:

- a) Through our partnership with Primark and their commitment to fundraising for us
- b) One of our Trustees and Husband did a 21 mile swim and half marathon and raised over £1,100
- c) A husband of one of a patient who sadly passed away, who we supported completed the Royal Parks Half Marathon as well as doing a fundraiser for us during Covid-19 raised in the region of £750.00
- d) A local amateur dramatics society put on a performance of their version of The Greatest Show and raised £2,250.00
- e) A local gentleman did Sober October and raised £235
- f) A relation of one of our trustees took on the epic challenge of completing the Himalyan 100 Mile Stage Race and raised just over £3,000.
- g) The mother of our trustees undertook an Afternoon Tea Fundraiser and raised £435.00
- h) Coffee mornings were held monthly by a lady who has been helped by the charity and raised just over £300, another lady raised nearly £300, by organising a Pink Night in her community.
- i) During this reporting period we were the recipient of Community Matters from Waitrose and Asda Green Token Scheme.
- j) We were pleased to be accepted into the Co-Op Community Fund Scheme and received £1,250 during this reporting period.
- k) The charity held a Quiz Night in November at a local bowls club that involved the local community and raised just over £800 with approximately 60 people in attendance

GROWTH OF CHARITY

At the end of the accounting period the charity was actively helping 55

CORPORATE DONATION

We were informed by Primark in Bedford that they will continue to chose us as their charity of choice for the coming year due to the pandemic having an adverse effect on fundraising in-store and in-house.

NETWORKING AND FORMING PARTNERSHIPS

We have been able to maintain our existing partnerships and have built new ones with local therapists, particularly owners of holistic practices.

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Brief statement of the charity's policy on reserves

Reserves are held in the form of cash at bank and are all unrestricted funds. They are held to help fund the future activities of the charity in line with it's charitable objectives.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main source of funds during the year were from fundraising activities organised by the community and donations from individuals and local companies, which we have highlighted in the Section D

NOTABLE DONATIONS

- a) Sadly, several of those that we supported during the reporting year sadly passed away and their families chose us as their charity of choice at their funerals and this raised nearly £500
- b) A very special young lady that we supported until her death in Nov 2019, left us £3,000 which was passed to us via her family mid 2020.

The income of this reporting year was just over £18,922 and this has helped us maintain our presence within the local cancer community and have continued to offer the services that have become a lifeline to cancer patients during this reporting year.

Our Main expenditure costs were:

- a) hiring of venues for the Pamper Days, however we rely heavily on volunteers to supply the holistic and wellbeing treatments.
- b) Funding holistic/complimentary treatments and wellness packages to cancer patients and their loved ones
- c) Client support; including, but not limited to flowers, gifts of encouragement, brunches and resource bundles etc
- d) Expenses and Mileage in meeting the needs of the clients that the charity is supporting.
- e) Retained Services of K. Chin, not as an employee but on a retainer basis, for the objectives of the charity to be met.

The Charity investment objective is to raise enough funds to support the continued operation of the charity to enable it to meet it's objectives.

Section F**Other optional information**

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Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Julie Morrison</i>	
Full name(s)	JULIE MORRISON	
Position (eg Secretary, Chair, etc)	FINANCE MANAGER	
Date	13 th December 2020	