



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)

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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.

Policies & Procedures File

The policies outlined below were updated and approved all trustees.

A&BCF GDPR Policy – August 2023

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.

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.

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.

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.

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.

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;

- 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;
- 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:

- meeting up with cancer patients and/or loved ones to talk over their diagnosis and how this affects their day-to-day living.
- To explain and establish the objectives of the charity and how it can help them and their loved ones.
- Provide a space where cancer patients and loved ones can talk to someone with a lived and shared experience of a cancer diagnosis.
- Once their needs have been established (if any), pathways are put in place to assist and support.
- 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.
- 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.
- Organisation of two mini holistic & wellbeing days held at the Happy Body Project in Wilstead for patients and their loved ones.
- Organising 'resource bundles' and gifts of encouragement.
- Writing funding applications to help fund projects and operating costs.
- 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.

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)

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.

Section F**Other optional information**

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Section G	Declaration
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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	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	3/3/2024	



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.