

REGISTERED COMPANY NUMBER: CEO17498 (England and Wales)
REGISTERED CHARITY NUMBER: 1183413

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021
FOR
FROM ME TO YOU**

Sargeant Partnership LLP
Chartered Accountants
5 White Oak Square
London Road
Swanley
Kent
BR8 7AG

FROM ME TO YOU

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

	Page
Report of the Trustees	1 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Balance Sheet	10 to 11
Notes to the Financial Statements	12 to 15
Detailed Statement of Financial Activities	16

FROM ME TO YOU

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The Trustees have adopted the Receipts and Payments method of accounting as the charity's gross income was less than £250,000.

OBJECTIVES AND ACTIVITIES

Objectives and aims

From Me to You tackles the social isolation often experienced by cancer patients. It encourages and educates people to stay connected with friends, relatives, and strangers by writing letters. The Donate A Letter campaign asks people to write anonymous letters to cancer patients receiving treatment. The charity receives 10,000 letters a year from all over the world which are distributed across the UK to hospitals, cancer centres and individuals' homes.

Significant activities

During the period to 31 December 2021, the charity achieved its objectives and aims through:

- Education through on line, hybrid and inperson workshops, presentations, writing groups and interaction with companies.
- Production and distribution of material to enable and empower people to connect through writing.
- Maintaining an up-to-date website and on-line presence to educate and connect.
- Distributing letters to hospitals, cancer centres and homes.

FROM ME TO YOU

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

OBJECTIVES AND ACTIVITIES

Public Benefit

A 2013 Macmillan and University of Southampton report concluded that 30% of cancer patients experience social isolation and of those 25% go on to suffer from depression. Our own research has found that cancer patients not only experience friends and family moving away from them when they have cancer, but that they, the patients, also isolate themselves, perhaps no longer able to connect via work, school gates or social activities.

We aim to inspire and educate two groups of people: those who have a friend or relative suffering from cancer and want to find a way to connect; and those who want to make a connection from a human point of view from one stranger to another.

A written communication is a way to maintain a connection with someone suffering from cancer, and at the same time reduce any social isolation and loneliness they may be experiencing. At the same time the letter does not invade the patient's privacy but provides them with a connection to the world beyond the cancer and to be a supportive friend or relative. Those receiving letters through our Donate A Letter scheme receive the same connections to the real world and experience the kind support of an unmet friend. The communication gives them a moment of distraction. One of our recipients described the experience, 'As I read the letter, just for that moment, I felt normal.'

The writer will also benefit from the activity as it affords them the opportunity to do something positive for someone else, as well as giving them space to be creative and mindful. A 2013 BMC Public Health report, and work produced out of Harvard, concludes that doing activities to help another increases our own sense of wellbeing and furthermore, this wellbeing is additionally enhanced when the giving creates a social connection.

There is currently no other organisation in the UK offering the guidance and related activities to support cancer patients in the way that From Me to You does. A letter provides a very specific and unique connection between two individuals. It is exceptionally low cost and can be easily tailored to needs - a short postcard or a long letter can both provide connection. As an increasing % of the population now live alone the threat of social isolation during illness is heightened, and as more and more of us are touched by cancer, either directly or indirectly, we need to feel comfortable with a disease which is so prevalent. During the pandemic, Macmillan Cancer Support reported that over 500,000 people living with cancer had not left their homes and 270,000 had experienced panic and anxiety attacks. Creating a connection with cancer patients has never been more needed.

FROM ME TO YOU

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

From Me to You provides a solution to the social isolation so often experienced by cancer patients as their illness not only keeps them away from work and social environments but also causes them to be vulnerable for reasons of mental health.

During the period of this report, From Me to You was able to continue its educational services from in person to online, holding regular online letter writing workshops reaching hundreds of participants through the year. In Sept 2021 we were able to hold our first hybrid event. The charity's social media reach is extensive (over 10,000 connected followers) and communicates with an engaged community of donors, supporters, writers and letter recipients. 2021 saw an extension of some covid restriction but many limitations were eased meaning we no longer needed to quarantine letters. However, some of the processes introduced have been maintained as they were enablers for those with mobility restrictions, so writers can now email their photographed letters or Word document letters to us for us to print off. The demand at hospitals for letters continued to increase through 2021 as patients continued to attend appointments alone and were not allowed visitors. We worked closely with charity partners to ensure the flow of letters could increase.

Our Donate A Letter campaign, where people write anonymous letters to cancer patients receiving treatment for cancer either in hospital or at home distributed close to 10,000 letters through 2021 via charity partners, NHS hospital staff and individual requests. The volunteer letter writers live all over the world and letters are donated from 30 countries. Letters are delivered to 20 outlets across the UK with further ones in the pipeline. The charity is continually experiencing an increase in the number of letter recipients contacting them directly asking to receive letters. Many Donate A Letter writers tell us that the confidence writing for the charity has given them means that they now connect with their own friends and family who are going through cancer treatment.

From Me to You is frequently featured on BBC local radio and TV raising awareness of the charity and its work and during the period of the report has also been featured in national media such as The Daily Telegraph and You Me & Big C podcast. The charity has 3000 volunteer writers and a database of 3,700 people who receive a monthly newsletter.

Every October we host the Big Letter Write - a month long initiative for groups to get together and write letters for Donate A Letter. In October 2021 we were able to take advantage of people's familiarity with socialising on Zoom, and the event happened online in a covid safe way.

We also held 12 letter writing workshops under the campaign Letters Connect. This is a membership programme and so created great connectivity of the writers involved. All profits are donated to the charity. We trialled a Thank You Letter Service and Pen Pal programme in 2021. We surveyed our letter recipients and over 80% said they would like to have the ability to send a thank you letter to the person who had written to them and have the option to become a penpal. However, during the 6 month trial, we had a take up of only 10%. The process was very admin-heavy in order to ensure data protection and so we concluded this was not a worthwhile activity to continue.

World Postcard Day on October 1st saw us join with our partners Postal Museum and Postcrossing to hold an in-person event at the museum. This was our first wholly in person event of the year and we were able to encourage people to write postcards for those living with cancer.

In December 2021 we facilitated an extensive Xmas card campaign, ensuring that thousands of cancer patients received a christmas card.

FROM ME TO YOU

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

In November 2021 we planned a rebranding and website update exercise, to be completed in 2022. This coincided with new Trustees joining our Board, Anne James, previously the Chair of Restore, and Liz Kentish who brings a wealth of commercial acumen. Operationally, we secured the PR services of volunteer Clare Watson and the marketing expertise of Lexi Radcliffe-Hart.

In November 2021 we also secured a publishing deal with Spellbound Publishing for our book From Me, To You. The publishers offered to donate their profits to the charity.

FROM ME TO YOU

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

FINANCIAL REVIEW

Principal funding sources

The main sources of funding during the period ended 31 December 2021 has been through grants and public donations.

During 2021 the Covid -19 Pandemic continued to curtail our plans for face-to-face meetings, workshops and presentations as the economy locked down for most of the year. Our overheads were therefore less than budgeted as we moved online for most of our activities.

As a result there is a surplus of money left over at the end of the financial year. However, this is needed to continue to fund activities into 2022 as there is an increased demand that we are receiving for our materials as the awareness of From Me to You grows and isolation and fear of socialising is still evident. The surplus fund will enable us to extend our reach without compromising the quality and quantity of what is already provided to writers and recipients.

We plan to extend our services via local hubs, so enhancing the connectivity between community, writers, recipients and supporters.

Incoming Resources

Total incoming resources for the year amounted to £39,730. Significant fundraising activities are:

During 2021 we ran a 10 For 10 fundraising campaign to mark the 10 year anniversary of our co-founder Brian Greenley's cancer diagnosis. This spawned several other challenge campaigns, including Trustee Pamela Thompson-Hall's own 39 For 39 challenge in memory of a work colleague who died at the age of 39. Her employer, Willis Towers Watson, matched her fundraising, leading to total donations of over £6,031.

Our Xmas card stamp appeal in 2021 was also very successful, due to the enhanced understanding of isolation during a 'cancelled' Christmas, raising £1,800.

Our collaboration with New Perspectives Theatre, raising funds for over 50 people living with cancer to receive a postcard-play through their letterboxes over a period of 6 weeks.

We received a grant of just over £2,491 from Lottery Community Fund, "Lottery for Loneliness" to allow us to extend our reach and service more hospitals and cancer centres during the pandemic.

During 2021 we saw donations from the public increase by a third and stamp donations increase by 156% on 2020.

Outgoing Resources

Main expenditure for the period ended 31 December 2021 is social media consultancy amounting to £11,026. The charity very much relies on having an online presence on three major social media platforms: Twitter, Facebook and Instagram. As a national charity social media builds an online community, encouraging and promoting our aims and objectives as well as providing an avenue to obtaining financial support.

During 2021 as we very much operated online so our social media presence became essential to our supporters, letter writer, beneficiaries and donors.

FROM ME TO YOU

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

FINANCIAL REVIEW

Reserves policy

In order that From Me to You can continue to operate at the highest level and to continue to support the Donate A Letter scheme, the Trustees have set a reserves policy which requires:

- reserves are maintained at a level which ensures that From Me to You's core activity can continue during a period of unforeseen activity;
- provide funds which can be designated at short notice to projects in the event of a perceived need;
- to cover additional management, administration, fundraising and volunteer expenses when necessary;
- a proportion of reserves are maintained in a readily accessible form.

Changes in funding and the growing demand for the services of From Me to You require us to review our reserves policy on an annual basis to ensure that service levels and future growth can be adequately funded.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Constitution of a Charitable Incorporated Organisation (CIO) Whose Only Voting Members Are Its Charitable Trustees.

Adopted: 1st December 2018

Approval date: 14th May 2019

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE017498 (England and Wales)

Registered Charity number

1183413

Registered office

14 Heathfield Gardens
LONDON
W4 4JY

Trustees

B Greenley
Mrs P Thomson-Hall
Miss F Smith
Ms A Burgin
Mrs A James (appointed 7/9/2021)
Ms L A Jepson (appointed 23/5/2022)
Ms E Kentish (appointed 11/10/2021)

FROM ME TO YOU

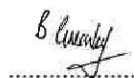
**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Gary Sargeant
ICAEW
Sargeant Partnership LLP
Chartered Accountants
5 White Oak Square
London Road
Swanley
Kent
BR8 7AG

Approved by order of the board of trustees on25 October 2022..... and signed on its behalf by:


.....

B Greenley - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FROM ME TO YOU

Independent examiner's report to the trustees of From Me to You ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

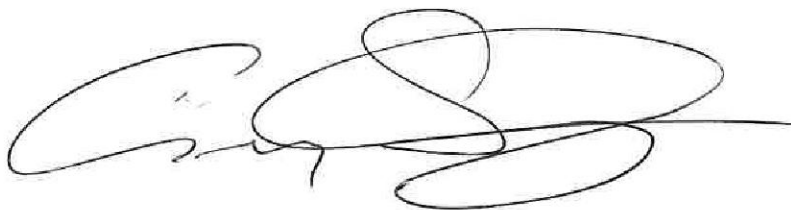
Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Gary Sargeant
ICAEW
Sargeant Partnership LLP
Chartered Accountants
5 White Oak Square
London Road
Swanley
Kent
BR8 7AG



Date: 25/10/2022.....

FROM ME TO YOU

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		39,730	40,588
EXPENDITURE ON			
Charitable activities			
Other Charitable Activities			
		17,588	12,537
NET INCOME		22,142	28,051
RECONCILIATION OF FUNDS			
Total funds brought forward		44,451	16,400
TOTAL FUNDS CARRIED FORWARD		66,593	44,451

The notes form part of these financial statements

FROM ME TO YOU

BALANCE SHEET 31 DECEMBER 2021

		2021 Unrestricted fund £	2020 Total funds £
CURRENT ASSETS	Notes		
Debtors	4	3,234	1,282
Cash at bank		63,359	43,169
		<u>66,593</u>	<u>44,451</u>
NET CURRENT ASSETS		<u>66,593</u>	<u>44,451</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		66,593	44,451
NET ASSETS		<u>66,593</u>	<u>44,451</u>
FUNDS	5		
Unrestricted funds		66,593	44,451
TOTAL FUNDS		<u>66,593</u>	<u>44,451</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

FROM ME TO YOU

BALANCE SHEET - continued **31 DECEMBER 2021**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on
25 October 2022 and were signed on its behalf by:


.....
B Greenley - Trustee


.....
A Burgin - Trustee

FROM ME TO YOU

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

FROM ME TO YOU

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

There were no trustees expenses paid for the year ended 31 December 2021 and trustee expenses in 2020 only took the form of mileage claims.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

		Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		40,588
EXPENDITURE ON		
Charitable activities		
Other Charitable Activities		
		12,537
NET INCOME		28,051
RECONCILIATION OF FUNDS		
Total funds brought forward		16,400
TOTAL FUNDS CARRIED FORWARD		44,451
DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2021	2020
	£	£
Other debtors	3,234	1,282

FROM ME TO YOU

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

5. MOVEMENT IN FUNDS

	At 1/1/21 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General fund	44,451	22,142	66,593
TOTAL FUNDS	<u>44,451</u>	<u>22,142</u>	<u>66,593</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	39,730	(17,588)	22,142
TOTAL FUNDS	<u>39,730</u>	<u>(17,588)</u>	<u>22,142</u>

Comparatives for movement in funds

	At 1/1/20 £	Net movement in funds £	At 31/12/20 £
Unrestricted funds			
General fund	16,400	28,051	44,451
TOTAL FUNDS	<u>16,400</u>	<u>28,051</u>	<u>44,451</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	40,588	(12,537)	28,051
TOTAL FUNDS	<u>40,588</u>	<u>(12,537)</u>	<u>28,051</u>

FROM ME TO YOU

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

5. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/20 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General fund	16,400	50,193	66,593
TOTAL FUNDS	<u>16,400</u>	<u>50,193</u>	<u>66,593</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	80,318	(30,125)	50,193
TOTAL FUNDS	<u>80,318</u>	<u>(30,125)</u>	<u>50,193</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

