



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	August	2023		31	July	2024

## Section A Reference and administration details

Charity name

BONDED THRU CANCER

Other names charity is known by

N/A

Registered charity number (if any)

1183619

Charity's principal address

The Trampery, Import Building, 2 Clove Crescent

London

Postcode

E14 2BE

### 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	Natasha Veerasawmy	Chair		
2	Paulina Balogun	Treasurer		
3	Pamela Hammond	Secretary		
4				
5				
6				
7				
8				
9				
10				
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)	Trust
Trustee selection methods (eg. appointed by, elected by)	Trustees are elected by Committee Members.

### **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.

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

To promote the wellbeing of newly diagnosed cancer patients.  
To befriend newly diagnosed patients and support them through their medical treatment and their aftermath.  
To educate the public and the medical profession about the emotional needs of those who have been newly diagnosed with cancer.  
To offer wellbeing education around diet and exercise.

### Buddy System Overview and Public Benefit

#### Buddy System Programme Description:

The Buddy System is an initiative designed to provide emotional and practical support to newly diagnosed cancer patients through a team of dedicated volunteer buddies. The programme includes the following key elements:

**Volunteer Support:** Trained volunteer buddies are paired with newly diagnosed cancer patients to offer friendship, encouragement, and emotional support during an incredibly challenging time.

**Hospital Assistance:** Buddies accompany patients to and from hospital appointments, providing both emotional reassurance and practical assistance.

**Meal Delivery:** Volunteers deliver free, nutritious meals once a week to newly diagnosed cancer patients, helping to support their physical health and reduce the stress on patients and their families.

In addition to the Buddy System, Bonded Thru Cancer runs free workshops focused on diet and exercise. These workshops are offered to a wide range of participants, including:

- Volunteers,
- Members of the medical profession,
- Members of the public who are supporting cancer patients,
- Newly diagnosed cancer patients themselves.

The workshops aim to empower participants with practical knowledge and tools to improve the physical and mental wellbeing of cancer patients.

#### Public Benefit

The primary public benefit of this programme is an improvement in the physical and mental wellbeing of newly diagnosed cancer patients.

Through the Buddy System and workshops, the programme aims to:

- Enhance coping mechanisms for patients by addressing emotional and practical needs,
- Reduce symptoms of poor mental health, such as anxiety and depression,
- Improve physical health and resilience, thereby supporting the effectiveness of initial medical treatments.

The programme extends its benefits to the wider community, including:

- Medical professionals, who gain greater insight into the needs of patients,
- Volunteers, who experience the personal reward of helping others,
- Family members and members of the public, who are better equipped to support loved ones with cancer.

### 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)

**Evaluation and Monitoring:**

To ensure the programme is effective and impactful, Bonded Thru Cancer conducts the following evaluations:

**1. Pre- and Post-Workshop Surveys:**

- Newly diagnosed cancer patients and their family members complete surveys about their mental health and wellbeing before attending the workshops and again after completing them. These surveys assess changes in emotional resilience, coping mechanisms, and overall outlook.

**2. Community Dinner Programme Surveys:**

- Participants in the meal delivery programme complete surveys to measure their sense of connectedness, confidence, and general outlook both before and after receiving their meals.

The results of these surveys enable Bonded Thru Cancer to continually refine and improve the programme, ensuring it delivers maximum public benefit.

By addressing both emotional and physical needs, the Buddy System and its associated workshops make a meaningful difference to the lives of cancer patients and their communities, fostering hope, resilience, and improved wellbeing.

**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.

**Section D****Achievements and performance**

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

BTC was able to fundraise £8423.50 this went towards BTC main activities.

BTC was able to utilise 11 volunteers to carry out its objectives.

BTC was able to support 21 newly diagnosed cancer patients via our food delivery service.

BTC was able to support the wellbeing and mental health of 12 family members via our support workshops and community meals which were delivered virtually.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

All reserves are carried forward to the next financial year and allocated to the Trusts objectives and constituted activities.

### Details of any funds materially in deficit

n/a

### 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.

## 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)

Paulina Balogun

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**Position (eg Secretary,  
Chair, etc)**

Treasurer	
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**Date**

31.05.2025
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 <div>CHARITY COMMISSION FOR ENGLAND AND WALES</div>	Bonded Thru Cancer		No (if any)		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 1 Aug 23	To	Period end date 31 July 2024	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
	8,424	-	-	8,424	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total(Gross income for AR)	8,424	-	-	8,424	-
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	8,424	- 0	- 0	8,424	- 0
A3 Payments					
	16,366	-	-	16,366	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total	16,366	-	-	16,366	-
A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	
Sub total	- 0	- 0	- 0	-	- 0
Total payments	16,366	- 0	- 0	16,366	- 0
Net of receipts/(payments)	- 7,942	-	-	- 7,942	-
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	- 0	-	-	-	-
Cash funds this year end	- 7,942	-	-	- 7,942	-

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	3,184	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-



		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 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
	P A Balogun		P A Balogun	31/05/2025