

ALS PALS

England & Wales - Charity number 1184001

Details

Status Registered

Legal form CIO

Registered 2019-06-20

Register [View on the Charity Commission register](#)

Contact

Address Adams Moore Ltd
7 Victoria Road
Tamworth
Staffordshire
B79 7HS

Phone 07958800081

Email info@alspals.org.uk

Website www.alspals.org.uk

Activities

Objects: For the public benefit to relieve the needs of people affected by cancer and their families/carers in the Milton Keynes, Northamptonshire, Bedfordshire, Buckinghamshire and Hertfordshire areas by providing support, assistance and information.

Activities: FundraisingSupport to cancer patients emotionally and practically in hospital, at home, online and in the communityTelephone supportAdvocacySignpostingGifts

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Bedford
- Buckinghamshire
- Hertfordshire
- Milton Keynes
- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£99,217	£68,658	-	-
2024-07-31	£79,497	£66,235	-	-
2023-07-31	£57,387	£65,311	-	-
2022-07-31	£30,726	£28,188	-	-
2021-07-31	£12,319	£6,046	-	-

Trustees

Name	Role	Appointed
Antony Smith	Chair	2022-07-01
Darren Smallridge		2024-07-09
Fiona Jones		2025-06-01
John Alan Edwards		2025-06-01
Sandra Burch		2025-06-01
Stephen Whitton		2021-11-22

ALS PALS

England & Wales - Charity number 1184001

Accounts

Als Pals
Financial Statements
To The Year Ending 31st July 2025



al's pals

Supporting Cancer Patients
in Milton Keynes

Registered Charity No. 1184001

Als Pals

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

CONTENTS

- 1. Legal and Administrative Information**
- 2. Trustee Chair Report**
- 3. Treasurer Report**
- 4. Independent Examiner Report**
- 5. Statement of Financial Activities**
- 6. Statement of Assets and Liabilities**
- 7. Notes to the Financial Statements**

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Legal and Administrative Information

Trustees: Antony Smith
Darren Smallridge
Stephen Whitton
David Dumbell
Fiona Jones (Appointed on 01 June 2025)
John Alan Edwards(Appointed on 01 June 2025)
Sandra Burch (Appointed on 01 June 2025)

Principal Office: 50 Westfield Avenue
Deanshanger
Milton Keynes
MK19 6LJ

Registered Number: 1184001

Bankers: Metro Bank
One Southampton Row
London

WC1B 5HA

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Trustee Chair Report

Al's Pals Chairperson's Report

Charity overview

Al's Pals aims to be at the heart of the emotional , practical and friendly support for Cancer patients and their families

Our goal Support patients and their families in hospital, in their homes and any relevant support group.

To everyone in the Al's Pals family

Despite the tough start to 2024/2025 financial year, the end results did end up in a more positive situation.

These are some brief highlights:

- Funds Received were 25% more than that of the last year.
- Admin costs were maintained at a similar level to last year.
- There is a positive net movement of the funds in the current year.

As we approach our 6th anniversary (July 2026) our charity continues to deliver, through our excellent team of volunteers, dedicated trustees, the extraordinary commitment of our CEO , as well as excellent support, friendship and care to Cancer patients and their families in Milton Keynes and beyond. Our dedicated , passionate and hard-working core of 40 + Volunteers, represent our charity day in day out in the most accomplished way. This is truly appreciated by the Trustee board.

Thank You.

I would also like recognise the commitment and support from our Trustees. Our inspirational CEO Suzanne, whose passion and commitment helps set the tone for our charity. Stephen who has been there almost from the start and continues to deliver great counsel as well as Darren, a great friend of the Charity who joined the Trustee team in the summer of 2024 and adds value to all he is involved in . I would also like to extend a big welcome to our new Trustees Fiona Jones , Sandra Burch and John Edwards, who all have a wealth of commercial as well as charity-based skills and experience. I have no doubt that they will add tremendous value in the year ahead.

I would also like you to join us in welcoming the new volunteers who joined this year. We had a number of new volunteers and I would like to welcome them to the Al's Pals family and thank them for their time, support and contributions so far. A particular a big thank you to our much-valued volunteer Tracy Evans , who not only joined as a volunteer but then quickly took on the very important role of Home Support and Hospital Volunteer Coordinator. Tracy is doing a great job being the link between the team on the ground and the Trustee Board. She is really making an impact in her role.

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Trustee Chair Report

Some of my personal highlights from our activity this year include:

- The continued delivery of fantastic support to the many Cancer patients and their families in Milton Keynes and beyond by our wonderful volunteers, and the positive feedback we receive .
- The great work done by our colleague Adam in securing much needed funding via Grant applications.
- We were nominated for Outstanding local charity award in the MK Inspiration awards and got down to the last finalists, sadly missing out to the 17 year old charity The Medical Detection dogs. This was an achievement in itself to become a finalist beating hundreds of different charity entries.

As always, we must extend our gratitude to all our businesses for their sponsorship and financial support in particular our friends at Sava, led by the irrepressible Austin Baggot.

Our success is also directly linked to the hard work of our team of volunteers . We have made some really good progress this year, and I'd like to personally thank every volunteer for giving up their time, their energy, commitment and consistency in delivering the level of support that our charity strives to deliver. It is worth reissuing a quote we received about the service we deliver in Milton Keynes University Hospital from Sally Burnie Head of Cancer Services and Lead Cancer Nurse at MKUH :

You must be so proud for the difference you are making to these patients; your vision has turned to reality and it is a fantastic service which is growing fast

We are so privileged to have you working with us and look forward to the ongoing work together. Thank You !

Recently , with the aid of the new Trustees we have updated and developed our strategy for the next 3 years. The summary is below.

Our Charities key purpose is to ensure , ' Nobody should go through cancer alone '

Our 3-year Vision is ' To provide support at home and in the community for patients and their families. We aim to be present in every cancer ward or cancer related NHS treatment in Milton Keynes and the surrounding areas '

Our Mission is to be :

- 1)At the heart of the emotional , practical and friendly support for Cancer patients and their families
- 2)Support patients and their families in hospital, in their homes and any relevant support group.

We aim to deliver these through delivering key objectives in ;

- Maximising our Business Funding
- Effective Marketing and Fundraising
- Developing our Professional relationships
- Valuing our People.
- Strong Governance
- Everything in the most Sustainable way

'Kind hearts not faint hearts'

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Trustee Chair Report

A complete strategy document is available and as these plans develop, I look forward to sharing the progress with you all soon.

Thank you all for another productive year. I look forward to continuing to delivering class leading cancer care and support for our patients and their families further into 2026 and beyond.

Antony Smith
Chairman Al's Pals Trustees

Signed by:

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06/11/2025

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Treasurer Report

Al's Pals Treasurer's Report

This report will look at the year 1 August 2024 - 31 July 2025

Treasurer's Report – Financial Year 2024/25

As Al's Pals enters its 6th year of operation, the financial wellbeing of what is still a new and emerging charity, continues to be both a concern and an opportunity.

Further to the Chairman's annual report, this period was another year that showed growth, success, impact and potential. When this is set against the backdrop of starting a charity at the peak of a global pandemic, in a new hospital environment and some of the challenges faced by all communities at this present time, I believe it should be noted that remaining in a solvent position, without overdraft, creditors or investors, will be reflected upon as a remarkable achievement and is testament to the unwavering work and commitment of the CEO, the Board of Trustees and the amazing band of volunteers.

For the year 24/25 continual progress was made towards a more stable and sustainable financial position. Grant applications and fundraising activities were carried out in earnest and the resultant increase in revenue reflects this. Indeed Grant applications since the appointment of Adam in spring have contributed significantly to the 25% growth in income. We see this as only going from strength the strength in the coming year.

The year was not without its challenges, not least the cost control measures needed and the reactive nature of a precarious cash-flow situation. It's worth noting that whilst this was a tough period, the diligence, care and attention provided by all Trustees and the CEO, prevented a negative cash-flow scenario and ensured services were not interrupted. This was a great example of teamwork and resilience. This resulted in posting cost figures in line with last year whilst growing revenue significantly.

There is a greater emphasis and energy now for Al's Pals in this financial year with increased demand creating a bigger focus on regular income generation. Changes within the Trustee Board (in the 24 /25 year) has resulted in a very positive stepping back from low level fund-raising to a more holistic, strategic approach of relationships with businesses and regular donors. The charity is well placed to move forward in delivering its core purpose, using the backdrop of a year of challenges to develop and grow.

Key areas of income generation remain.

- Al's Business Pals.
- Fundraising Events.
- Grants.
- Donations.

With a more 'business' like approach to fundraising, Al's Pals is raising its profile and awareness and as a result, attracting more interest from businesses and regular donors.

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Treasurer Report

Greater controls and processes are now in place following the intensive focusing on costs and revenue generation. This has already proven to be beneficial with regular reconciliations and reviews enabling the CEO, Treasurer and Board to make timely, informed decisions which are more strategic and less reactive.

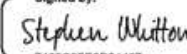
There have been some significant donations made – through fundraising events and personal challenges (skydives for example). Grant applications have seen some success and there are some potential legacies bequeathed which are yet to materialise.

Whilst financial strength is always a concern, Al's Pals is robustly managing revenue and expenditure and looking for every opportunity to grow and increase, in order to provide much needed services to Cancer communities.

Stephen J. Whitton
Treasurer.

Signed by:

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Signed by:

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Date: 06/11/2025

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Independent Examiners Report

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF THE
Al's Pals – charity Number 1184001**

I report to the charity trustees on my examination of the accounts of the Al's Pals for the year ended 31st July 2025 which are set out on pages 2 to 3.

Respective responsibilities of trustees and examiner

The charity's trustees 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Roger Eddowes

For and on behalf of Essendon Accounts and Tax Limited
3 Warren Yard
Warren Park
Stratford Road
Milton Keynes MK12 5NW

Date: 06/11/2025

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Statement of Financial Activities

	Notes	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
Incoming Resources					
Incoming Resources from Generated Funds	1				
Donations		42,480	20,975	63,455	67,197
Incoming Resources from Charitable Activities					4,998
Grant Income		34,639	1,123	35,762	7,302
Total Incoming Resources		77,119	22,098	99,217	79,497
Resources Expended					
Resources Expended	2				
Costs of Charitable Activities		45,216	12,829	58,045	31,816
Costs of Fundraising		5,427		5,427	2,585
Cost of Governance		5,186		5,186	31,834
Total Resources Expended		55,829	12,829	68,658	66,235
Transfer between funds		16,516	(16,516)		
Net Movement in Funds		37,806	(7,247)	30,559	13,263
Funds Brought forward 1st August 2024		809	20,148	20,957	7,695
Funds Carried Forward 31st July 2025	6 & 7	38,615	12,901	51,516	20,957

All results are from continuing operations.

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Statement of Assets and Liabilities

	Notes	2025 £	2024 £
Current Assets			
Debtors	3	11,549	8,220
Cash at Bank and in Hand		46,185	16,978
Total Current Assets		<u>57,734</u>	<u>25,197</u>
Creditors: amounts falling due within one year			
Creditors	4	6,218	4,240
Total Liabilities		<u>6,218</u>	<u>4,240</u>
Net Assets		<u>51,516</u>	<u>20,957</u>
Charity Funds			
Unrestricted Funds	6	38,615	809
Restricted Funds	7	12,901	20,148
		<u>51,516</u>	<u>20,957</u>

The financial statements of Als Pals, charity number 1184001, were approved by

The Board of Trustees and authorised for issue on 06/11/2025 and signed on their behalf by:

Antony Smith
(Chair of Trustees)

Signed by:

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Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Notes to the Financial Statements

1. Summary of significant accounting policies

(a) General information and basis of preparation

Charity Name is a charity in England. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are fundraising Support to cancer patients emotionally and practically in hospital, at home, online and in the community Telephone support Advocacy Signposting Gifts.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

(c) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Notes to the Financial Statements

(d) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(e) Support costs allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative costs.

(f) Debtors and creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

(g) Employee benefits

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

(h) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

<u>2. Incoming Resources from Generated Funds</u>	Total Unrestricted	Total Restricted	Total	Total
	Funds	Funds	Funds 2025	Funds 2024
Donations	42,480	20,975	63,455	67,197
Charitable Activities			-	4,998
Grant Income	34,639	1,123	35,762	7,302
Total Incoming Resources from Generated Funds	77,119	22,098	99,217	79,497

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Notes to the Financial Statements

3. Analysis of Total Resources Expended	Direct Costs	Support Costs	Total 2025	Total 2024
Costs of Charitable Activities				
Charitable expenses	4,095		4,095	10,105
Advertising and marketing	8,751		8,751	10,105
Consultancy - Medical	1,845		1,845	3,060
Insurance	468		468	284
IT and software costs	1,993		1,993	1,895
Printing , postage and Stationary	388		388	822
Subscription	519		519	411
Telephone and Internet	1,540		1,540	1,232
Travel expenses	1,186		1,186	2,847
Other expenses	2,422		2,422	1,055
Wages and salaries	21,446		21,446	-
Pension costs	386		386	-
Social security costs			-	-
Legal and Consultancy - Non medical	12,970	35	13,005	-
	58,010	35	58,045	31,816
Costs of Fundraising	5,427		5,427	2,585
Cost of Governance				
Accountancy		5,186	5,186	1,632
Wages and salaries			-	21,446
Pension costs			-	456
Social security costs			-	1,136
Legal and Consultancy - Non medical			-	7,164
	-	5,186	5,186	31,834
Total Resources Expended	63,437	5,221	68,658	66,235

Charity Number: 1184001

For The Period 1st August 2024 - 31st July 2025

Notes to the Financial Statements

4. Debtors	2025	2024
Debtors	1,800	-
Prepayments and other debtors	9,749	8,220
	11,549	8,220

5. Creditors	2025	2024
Creditors	2,722	1,593
PAYE Payable	3,407	2,577
Pensions Payable	89	70
	6,219	4,240

5. Staff Costs and Pension Schemes	2025	2024
Average Number of Employees During the Period	1	1
Wages and Salaries	21,446	21,446
	21,446	21,446

7. Unrestricted Funds	At 01/08/2024 \net movemen At 31/07/2025		
	in funds		
Unrestricted funds	809	37,806	38,615
	809	37,806	38,615

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

8. Movement in restricted funds

	At 01/08/2024 \net movemen At 31/07/2025		
	in funds		
Groundwork UK	968	(968)	-
National Lottery Funding	7,071	3,496	10,567
Rachel Queral - Murder Mystery	260	(260)	-
Masons	7,181	(7,181)	-
Wixamtree Trust	2,334		2,334
MK Community Fund	2,334	(2,334)	-
Total funds	20,148	(7,247)	12,901

8. Trustees' Remuneration , Expenses and Related Party Transactions

Darren Smallridge paid £500 to Als Pals for fundraising events during the year.

There are no other related party transactions during the period .

ALS PALS

England & Wales - Charity number 1184001

Accounts

Als Pals
Financial Statements
To The Year Ending 31st July 2024



al's pals

Supporting Cancer Patients
in Milton Keynes

Registered Charity No. 1184001

Als Pals

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

CONTENTS

1. Legal and Administrative Information

2. Statement of Financial Activities

3. Statement of Assets and Liabilities

4. Notes to the Financial Statements

6. Chair report

9. Treasurer Report

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Legal and Administrative Information

Trustees: Karen Plested
Antony Smith
Andrea Shoel
Stephen Whitton
David Dumbell

Principal Office: 15 Bedford Road
Marston Moretaine
Bedfordshire
MK43 0ND

Registered Number: 1184001

Bankers: Metro Bank
One Southampton Row
London
WC1B 5HA

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Statement of Financial Activities

	Notes	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
Incoming Resources					
Incoming Resources from Generated Funds	1				
Voluntary Income		49,851	17,347	67,197	41,767
Incoming Resources from Charitable Activities		4,998		4,998	
Grant Income			7,302	7,302	15,620
Total Incoming Resources		54,849	24,648	79,497	57,387
Resources Expended					
	2				
Costs of Charitable Activities		27,316	4,500	31,816	29,042
Costs of Fundraising		2,585		2,585	
Cost of Governance		31,834		31,834	30,590
Total Resources Expended		61,735	4,500	66,235	59,632
Net Movement in Funds		(6,886)	20,148	13,263	(2,246)
Funds Brought forward 1st August 2023		7,695	-	7,695	9,940
Funds Carried Forward 31st July 2024	6	809	20,148	20,957	7,695

All results are from continuing operations. All remaining funds are unrestricted.

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Statement of Assets and Liabilities

		2024	2023
	Notes	£	£
Current Assets			
Cash at Bank and in Hand		16,978	4,059
Debtors	3	8,220	6,679
Total Current Assets		<u>25,197</u>	<u>10,738</u>
Current Liabilities			
Creditors	4	4,240	3,043
Total Liabilities		<u>4,240</u>	<u>3,043</u>
Net Assets		<u>20,957</u>	<u>7,695</u>
Funds			
Unrestricted Funds	6	809	7,695
Restricted Funds	7	20,148	-
		<u>20,957</u>	<u>7,695</u>

The financial statements of Als Pals, charity number 1184001, were approved by The Board of Trustees and authorised for issue on and signed on their behalf by:

Antony Smith
(Chair of Trustees)

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Notes to the Financial Statements

<u>1. Incoming Resources from Generated Funds</u>	Total Unrestricted Funds 2024	Total Restricted Funds 2024	Total Funds 2024	Total Funds 2023
General Donations	49,851	17,347	67,197	41,767
Charitable Activities	4,998		4,998	
Grant Income		7,302	7,302	15,620
Total Incoming Resources from Generated Funds	54,849	24,648	79,497	57,387
<u>2. Analysis of Total Resources Expended</u>	Direct Costs 2024	Support Costs 2024	Total 2024	Total 2023
Costs of Charitable Activities	27,316	4,500	31,816	29,042
Costs of Fundraising	2,585		2,585	-
Cost of Governance	31,834		31,834	30,590
Total Resources Expended	61,735	4,500	66,235	59,632
Net movement in funds	(6,886)	20,148	13,263	(2,246)
<u>3. Debtors</u>	2024	2023		
Debtors	-	1,000		
Prepayments and other debtors	8,220	5,679		
	8,220	6,679		
<u>4. Creditors</u>	2024	2023		
Creditors	1,593	528		
PAYE Payable	2,577	2,169		
Pensions Payable	70	346		
	4,240	3,043		
<u>5. Staff Costs and Pension Schemes</u>	2024	2023		
Average Number of Employees During the Period	1	1		
Wages and Salaries	21,446	21,349		
	21,446	21,349		

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Notes to the Financial Statements

6. Unrestricted Funds	At 01/08/2023	Net movement	At 31/07/2024
	in funds		
Unrestricted funds	7,695	- 6,886	809
	7,695	- 6,886	809

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

7. Movement in restricted funds

	At 01/08/2023	Net movement	At 31/07/2024
	in funds		
Groundwork UK	-	968	968
National Lottery Funding	-	7,072	7,072
Rachel Queral - Murder Mystery	-	260	260
Masons	-	7,181	7,181
Wixamtree Trust	-	2,334	2,334
Hackleton Church & School	-	-	-
MK Community Fund	-	2,334	2,334
Total funds	-	20,148	20,148

8. Trustees' Remuneration , Expenses and Related Party Transactions

Karen Plested received £4,194 for expenses and consultancy fees during the year.

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Trustee Chair Report

Al's Pals Chairperson's Report

Charity overview: Al's Pals mission is to support Cancer patients and their families in hospital, at home , online and in the community.

To everyone in the Al's Pals family

Despite the tough start to 2023/2024 financial year, the end results did end up in a more positive situation.

These are some brief highlights:

- Funds Received were +51% versus Last year
- Admin costs were maintained at a similar level to last year
- Operating Profit was in a healthy positive versus a minus last year

As we approach our 5th anniversary (July 2025) our charity continues to deliver, through our excellent team of volunteers, dedicated trustees and the extraordinary commitment of our CEO , excellent support, friendship and care to Cancer patients and their families in Milton Keynes and beyond. Our dedicated , passionate and hard-working core of 20 + Volunteers, represent our charity day in day out in the most accomplished way. This is truly appreciated by the Trustee board.

Thank You.

I would also like recognise the commitment and support from our Trustees. Stephen who has been there almost from the start and continues to deliver great counsel as well as our inspirational CEO Suzanne, whose passion and commitment helps set the tone for our charity. Also, a big welcome to our newest Trustee Darren, who I am sure will add tremendous value in the year ahead.

I would also like you to join us in welcoming the new volunteers who joined this year. We had a number of new volunteers and I would like to welcome them to the Al's Pals family and thank them for their time, support and contributions so far. I particular a big thank you to one of our new (this year) volunteers Tracy Evans , who not only joined as a volunteer but then quickly took on the very important role of Home Support and Hospital Volunteer Coordinator. Tracy is doing a great job being the link between the team on the ground and the Trustee Board and she is really making an impact in her role.

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Trustee Chair Report

Some of my personal highlights from our activity this year include:

- The continued delivery of fantastic support to the many Cancer patients and their families in Milton Keynes and beyond by our wonderful volunteers.
- The great job Karen Plested did in 6 months as our dedicated fundraiser instrumental in delivering an increase of circa 34% in our fundraising!
- Winning Silver medal in Community Business Awards Charity of the year, only beaten by a well-established MK charity of 20 years standing.
- The London – Paris bike ride team who did an amazing job and raised significant funds for our charity
- Some fantastic fundraising events in particular the team who braved a cyclone at the Woburn Music festival and did a great job of ensuring our marquee wasn't blown away!
- Our annual Skydive that goes from strength to strength. In particular the efforts from Claire at Sava who raised £5K (which was then matched by the generous owner at Sava)

As always, we must extend our gratitude to all our businesses for their sponsorship and financial support in particular our friends at Sava, led by the irrepressible Austin Baggot

Our success is also directly linked to the hard work of our team of volunteers . We have made some really good progress this year, and I'd like to personally thank every volunteer for giving up their time, their energy, commitment and consistency in delivering the level of support that our charity strives to deliver. It is worth reissuing a quote we received about the service we deliver in MK.

*You must be so proud for the difference you are making to these patients, your vision has turned to reality and it is a fantastic service which is growing fast
We are so privileged to have you working with us and look forward to the ongoing work together*

Thank you

Sally Burnie

Head of Cancer Services and Lead Cancer Nurse

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Trustee Chair Report

This year, our plans include:

- A drive to recruit more support from the business community in and outside Milton Keynes
- Build on the investment we have seen in the past year to ensure our charity continues to be on a firm footing financially.
- Deliver more revenue through our Grant applications
- Appointed a dedicated Fundraiser who can create more fundraising opportunities at different levels through regular but ever more creative fundraising ideas
- Continue to develop the market leading Home Support function

As these plans develop, I look forward to sharing the progress with you all soon.

Thank you all for another productive year. I look forward to continuing to up our game even further into 2025

Antony Smith
Chairman Al's Pals Trustees

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Treasurer Report

Al's Pals Treasurer's Report

This report will look at the year 1 August 2023 - 31 July 2024

As Al's Pals enters its 5th year of operation, the financial wellbeing of what is still a new and emerging charity, continues to be both a concern and an opportunity.

Extract from the 22/23 report;

Further to the Chairman's annual report, this period was another year that showed growth, success, impact and potential. When this is set against the back-drop of starting a charity at the peak of a global pandemic, in a hospital environment AND the personal challenges of the CEO / Founder, I believe it should be noted that remaining in a solvent position, without overdraft, creditors or investors, will be reflected upon as a remarkable achievement and is testament to the unwavering work and commitment of the CEO, the Board of Trustees and the amazing band of volunteers.

For the year 23/24 continual progress was made towards a more stable and sustainable financial position. Grant applications and fundraising activities were carried out in earnest and the resultant increase in revenue reflects this.

The year was not without its challenges, not least the cost control measures needed and the reactive nature of a precarious cash-flow situation. It's worth noting that whilst this was a tough period, the diligence, care and attention provided by all Trustees and the CEO, prevented a negative cash-flow scenario and ensured services were not interrupted. This was a great example of teamwork and resilience.

There is a greater emphasis and energy now for Al's Pals in this financial year with increased demand creating a bigger focus on regular income generation. Changes within the Trustee Board (in the 24 /25 year) has resulted in a very positive stepping back from low level fund-raising to a more holistic, strategic approach of relationships with businesses and regular donors. The charity is well placed to move forward in delivering its core purpose, using the back-drop of a year of challenges to develop and grow.

Charity Number: 1184001

For The Period 1st August 2023 - 31st July 2024

Treasurer Report

Key areas of income generation remain;

Al's Business Pals.
Fundraising Events.
Grants.
Donations.

With a more 'business' like approach to fundraising, Al's Pals is raising its profile and awareness and as a result, attracting more interest from businesses and regular donors.

Greater controls and processes are now in place following the intensive focusing on costs and revenue generation and along with this was the appointment of a new accountancy firm, Essendon Accounts and Tax Ltd. This has already proven to be beneficial with regular reconciliations and reviews enabling the CEO, Treasurer and Board to make timely, informed decisions which are more strategic and less reactive.

There have been some significant donations made – through fundraising events and personal challenges (skydives for example). Grant applications have seen some success and there are some potential legacies bequeathed which are yet to materialise.

Whilst financial strength is always a concern, Al's Pals is robustly managing revenue and expenditure and looking for every opportunity to grow and increase, in order to provide much needed services to Cancer communities.

Stephen J. Whitton
Treasurer.

ALS PALS

England & Wales - Charity number 1184001

Accounts

Als Pals
Financial Statements
To The Year Ending 31st July 2023



al's pals

Supporting Cancer Patients
in Milton Keynes

Registered Charity No. 1184001

Als Pals

Charity Number: 1184001

For the Period 1st August 2022 - 31st July 2023

CONTENTS

- 3. Legal & Administrative Information**
- 4. Statement of Financial Activities**
- 5. Statement of Assets and Liabilities**
- 6. Notes to the Financial Statements**
- 7. Chair report**
- 8. Treasurer Report**
- 9. Independent Examiners Report**

Trustees: Karen Plested
Antony Smith
Andrea Shoel
Stephen Whitton
David Dumbell

Principal Office: 24 Silver Street
Stony Stratford
Milton Keynes
MK11 1JR

Registered Number: 1184001

Bankers: Metro Bank
One Southampton Row
London
WC1B 5HA

	Notes	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
Incoming Resources					
Incoming Resources from Generated Funds					
Voluntary Income	1	41,766.63	-	41,766.63	30,726.05
Incoming Resources from Charitable Activities					
Grant Income		6,600.00	9,020.00	15,620.00	-
Total Incoming Resources		48,366.63	9,020.00	57,386.63	30,726.05
Resources Expended					
Costs of Charitable Activities	2	34,721.31	-	34,721.31	20,753.15
Costs of Fundraising					1,101.05
Cost of Governance		21,569.98	9,020.00	30,589.98	6,333.91
Total Resources Expended		56,291.29	9,020.00	65,311.29	28,188.11
Net Movement in Funds		(7,924.66)	-	(7,924.66)	2,537.94
Funds Brought forward 31st July 2022		9,940.31	-	9,940.31	7,402.37
Funds Carried Forward 31st July 2023	6	2,015.65	-	2,015.65	9,940.31

All results are from continuing operations. All remaining funds are unrestricted

Charity Number: 1184001

As at 31st July 2023

Statement of Assets and Liabilities

	Notes	2023 £	2022 £
Current Assets			
Cash at Bank and in Hand		4,059.02	9,940.31
Debtors	3	1,000.00	-
Total Current Assets		<u>5,059.02</u>	<u>9,940.31</u>
Current Liabilities			
Creditors	4	3,043.37	-
Total Liabilities		<u>3,043.37</u>	<u>-</u>
Net assets		<u>2,015.65</u>	<u>9,940.31</u>
Funds			
Unrestricted Funds	6	2,015.65	9,940.31
Restricted Funds		-	-
		<u>2,015.65</u>	<u>9,940.31</u>

The financial statements of Als Pals, charity number 1184001, were approved by The Board of Trustees and authorised for issue on 11th March 2024 and signed on their behalf by:

 Antony Smith
 (Chair of Trustees)

<u>1. Incoming Resources from Generated Funds</u>	Total Unrestricted Funds 2023	Total Restricted Funds 2023	Total Funds 2023	Total Funds 2022
General Donations	41,766.63	-	41,766.63	30,726.05
Grant Income	6,600.00	9,020.00	15,620.00	-
Total Incoming Resources from Generated Funds	48,366.63	9,020.00	57,386.63	30,726.05
<u>2. Analysis of Total Resources Expended</u>	Direct Costs 2023	Support Costs 2023	Total 2023	Total 2022
Costs of Charitable Activities	34,721.31	-	34,721.31	20,753.15
Costs of Fundraising	-	-	-	1,101.05
Cost of Governance	21,569.98	9,020.00	30,589.98	6,333.91
Total Resources Expended	56,291.29	9,020.00	65,311.29	28,188.11
<u>3. Debtors</u>	2023	2022		
Debtors	1,000.00	-		
Other Debtors	-	-		
	1,000.00	-		
<u>4. Creditors</u>	2023	2022		
Creditors	528.00	-		
PAYE Payable	2,168.95	-		
Pensions Payable	346.42	-		
	3,043.37	-		
<u>5. Staff Costs and Pension Schemes</u>	2023	2022		
Average Number of Employees During the Period	1	1		
Wages and Salaries	21,348.52	-		
	21,348.52	-		
<u>6. Funds</u>	2023	2022		
Balance Brought Forward 31st July 2022	9,940.31	7,402.37		
Movement in Funds for the Year	(7,924.66)	2,537.94		
Balance Carried Forward 31st July 2023	2,015.65	9,940.31		

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

7. Trustees' Remuneration, Expenses and Related Party Transactions

Karen Plested received £800 for expenses and wages during the year.

Al's Pals Chairperson's Report

Charity overview: Al's Pals mission is to support Cancer patients and their families in hospital, at home , online and in the community.

Dear Al's Pals family

2022 was another positive year for us, we are now in our 5th year and continue to deliver excellent support, friendship and care to Cancer patients in Milton Keynes and beyond. We now have a dedicated , passionate and hard-working core of 20 + Volunteers, daily representing our charity in the most accomplished way. Thank You.

I would also like to say a big thanks to the tireless work of our Trustees , Andrea, David , Karen, Lisa, Stephen and our CEO Suzanne, your passion and commitment helps set the tone for our charity

We'd also like you to join us in welcoming our new volunteers this year. We had 12 new volunteers, too many to list here, but I would like to welcome all of them and thank them for their time, support and their contributions so far.. We also said goodbye to Lyn Jones this year who did a superb job leading the Home Support Team as well as being a valuable member of our Trustees , we can all agree Lynn, made a big impact during her time here.

Some of my personal highlights from our activity this year include:

- The continued delivery of fantastic support to the many Cancer patients and their families in Milton Keynes and beyond by our wonderful volunteers.
- The great job Karen did in 6 months as our dedicated fundraiser one day per week- instrumental in delivering circa £29k of funds !
- Winning Silver medal in Community Business Awards Charity of the year, only beaten by a well-established MK charity of 20 years standing.
- Our annual Skydive that goes from strength to strength and raised just short of £8k this year

As always, we must extend our gratitude to all our businesses for their sponsorship and financial support in particular our friends at Sava, led by the irrepressible Austin Baggot as well as the kind support and generous donations from our friends at the Magiovinium Masonic Lodge 8091.

Our success is also directly linked to the hard work of our team of volunteers . We have made some really good progress this year, and I'd like to personally thank every volunteer for giving up their time, their energy, commitment and consistency in delivering the level of support that our charity strives to deliver. Please see a fantastic quote supporting our role in the hospital.

You must be so proud for the difference you are making to these patients, your vision has turned to reality and it is a fantastic service which is growing fast. We are so privileged to have you working with us and look forward to the ongoing work together. Thank you

Sally Burnie

Head of Cancer Services and Lead Cancer Nurse

This year, our plans include:

- A drive to recruit more support from the business community in and outside Milton Keynes.
- Create further investment to ensure our charity is on a much firmer footing financially.
- Creating more fundraising opportunities through regular but ever more creative fundraising ideas.
- Delivering a more enhanced Home Support function.

There are also some plans that are in their very early stages, but I look forward to sharing the progress with you all soon.

Thank you all for another productive year. I look forward to continuing to up our game even further throughout 2024.

Antony Smith

Chairman AI's Pals Trustees

Al's Pals Treasurer Report

This report will look at the year 1 August 2022 - 31 July 2023

The financial wellbeing of what is still a new and emerging charity, continues to be both a concern and an opportunity.

Further to the Chairman's annual report, this period was another year that showed growth, success, impact and potential. When this is set against the back-drop of starting a charity at the peak of a global pandemic, in a hospital environment AND the personal challenges of the CEO / Founder, I believe it should be noted that remaining in a solvent position, without overdraft, creditors or investors, will be reflected upon as a remarkable achievement and is testament to the unwavering work and commitment of the CEO, the Board of Trustees and the amazing band of volunteers.

As income has grown in the period, so to have out-goings and the need for increased salaries to support the activities. However, as we began the new financial year a full and thorough review of the charity's out-goings was conducted with the following conclusions;

A clear and concise expense policy and procedure will be drawn up in order for everyone to have clarity on what constitutes a legitimate 'business' expense.

A thorough review of the regular out-goings and expenditure to align these with the current state of the cash-flow.

Decisions were to be made regarding the essential expenditure, which was rightly put in place to help manage the start-up of the charity and the extra costs which were being incurred as the charity grew.

Controls and processes are to be put in place for both the apportioning of revenue and the allocation of expense.

Access to the accounting software was granted for several of the Board of Trustees in order that the burdens of day to day management can be shared and 'lifted' from solely the responsibility of the CEO.

The differentiation made between 'revenue' generation and 'fundraising' – whilst amounting to the same outcome, revenue generation relates to the requirement for on-going day to day funding, whilst 'fund-raising' relates to the myriad activities that create awareness, PR, impact, engagement AND much needed funds, to use in support of patients.

A cash-flow projection tool was implemented, in order for the Board of Trustees to be able to check and balance the reflective governance with the activities required for income generation.

From this, the Board are able to consult with the CEO to advise on and agree the courses of action for the achievement of short, medium, long-term objectives.

Fundraising activity in the period took a massive boost with the involvement of a part-time fundraiser to focus on events, activities and engagement of local businesses to assist.

Income generation from grants was also boosted with the utilisation of a grant application consultant, who has managed to secure some substantial grants – much of which falls into the 2023/24 financial year.

Al's Business Pals has some great supporters, but this remains the best opportunity for generating 'regular' revenue, through the monthly schemes and charity of the year proposition.

Growth – several conversations have happened or are under-way regarding the opportunities for Al's Pals to grow – to cover more areas, offer more services, increase capacity. So, for this to become possible, the Board of Trustees focus for 2024 will be on income generation, cost and expenditure control (not cost cutting and restriction) and growth.

Finally, the charity, born out of purpose and a clear mission, (in accordance with UK Charity Commission and UK.Gov guidelines), aims to establish itself even more in 2024 and beyond, and so it would be beneficial to consider and look at the finances from a business footing – i.e. growth, sustainability, supporting the cause even more.

Stephen Whitton
Treasurer Al's Pals Trustees

Independent examiner's report to the trustees of Als Pals

I report to the trustees on my examination of the accounts of Als Pals for the year ended 31st July 2023.

Responsibilities and basis of report

As the charity 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 accounts carried out under s. 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under s. 145(5)(b) of the Act.

Independent examiner's statement

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

(1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or

(2) the accounts do not accord with those records; or

(3) the accounts do not comply with the applicable requirements concerning the form and content of

I have no concerns and have come across no other matters in connection with the examination to

Name: David Goodrum

Relevant professional qualification or body: ACCA

Address: 5 Old Chapel Mews, Codicote, SG4 8SY

Date: 11th March 2024

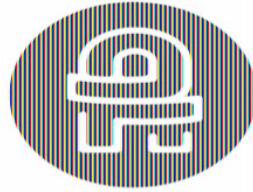
ALS PALS

England & Wales - Charity number 1184001

Accounts

ALS PALS

FINANCIAL STATEMENTS
FOR YEAR END 31 JULY 2022



al's pals

Registered charity no.1184001

ALS PALS**(Charity number: 1184001)****LEGAL AND ADMINISTRATIVE INFORMATION****FOR THE PERIOD 1 AUGUST 2021 - 31 JULY 2022**

Trustees: Lynn Jones Dumbell Pauline

Emma Wright
David Dumbell
Stephen Whitton
Antony Smith
Andrea Shoel

Principal office: 15 Bedford Road
Marston
Moretaine
Beds
MK430ND

Registered number:
1184001

Bankers: Metro Bank
One
Southampton
Row
London
WC1B 5HA

(Charity number: 1184001)
LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE PERIOD 1 AUGUST 2021 - 31 JULY 2022

PAGE

4. Legal and administrative information

2. Receipts and payments

3. Statements of assets and liabilities

4 Notes to the report and financial statements

ALS PALS

(Charity number: 1184001)

LEGAL AND ADMINISTRATIVE INFORMATION**FOR THE PERIOD 1 AUGUST 2021 - 31 JULY 2022**

	Note	Unrestrict ed funds	Re strict ed funds	Total funds 2021	Total funds 2022
		£	£	£	£
Receipts					
Voluntary receipts		30,726.05	0.00	12,319.81	30,726.05
Total receipts		30,726.05	0.00	12,319.81	30,726.05
Payments					
Cost of charitable activities		20,753.15	5,477.72	20,753.15	
Fundraising costs		1,101.05	554.54	1,101.05	
Governance costs		6,333.91	518.80	6,333.91	
Total payments		28,188.11	28,188.11	6,551.06	
Net of receipts		2,537.94	5,768.75	2,537.94	
Cash funds last year end				7,402.37	
CASH FUNDS THIS YEAR END					£9,940.31

ALS PALS**(Charity number: 1184001****LEGAL AND ADMINISTRATIVE INFORMATION****FOR THE PERIOD 1st AUGUST 2021 - 31 JULY 2022**

	Note	Unrestrict ed funds	Restrict ed funds	Total funds 2022	Tot al funds 2021
Current Assets		£		£	£
		£			
Bank account		9,940.31		9,940.31	7,402.37
Total current asset		9,940.31		9,940.31	7,402.37
Liabilities					
Total assets less Current Liabilities		9,940.31		9,940.31	7,402.37
Income funds					
Total funds		9,940.31		9,940.31	7,402.37

Approved by Trustees on and signed on their behalf by;

Lynn Jones
Chairman/Trustee

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention and in accordance with;

- Financial Reporting Standard for Smaller Entities (effective 2008)
- Accounting and Reporting by Charities - Statement of Recommended Practice (SORP 2015); and
- The Charities Act 2011.

2. TAXATION

The charity is exempt from corporation tax.

3. REMUNERATION OF TRUSTEES AND BENEFITS - No Trustees were paid

ALS PALS
Charity number: 1184001
LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE PERIOD 1st AUGUST 2021 - 31 JULY 2022

4. CHARITABLE ACTIVITIES -

	Unrestricted Funds £	Restrict ed Funds £	Total funds 2021/22 £
Fundraising events	30,726.05		30,726.05
	30, 726.05		30,726.05
	<hr/>		

5. FUNDS

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance 01-Aug -21 £	Receipts £	Payments £	Transfer between fund s £	Balance 01-Aug- 22 £
Unrestricted Funds	7,402.37	30,726.0 5	28,188.11		9,940.31
Restricted Funds					
	<hr/>				
	7,402.37	30,726.0 5	28,188.1 1		9,940.31
	<hr/>				

ALS PALS

(Charity number: 1184001)

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE PERIOD 1st AUGUST 2021 - 31 JULY 2022

Chair Report

2021-2022 has seen a huge growth for the charity and we are so pleased with its development. There have still been various obstacles with some restrictions in place within the hospital and not enough home support volunteers coming through. We have powered through this and are still able to achieve a good income growth this past year.

We have also seen the introduction of our online community with Als Pals and ME. Although slow to get off the ground this is mainly because of logistics.

Our support groups are due to start in September 2022 and we are continuing to apply for various grants to enable us to continue with these services and grow them.

Board Changes

All of our trustees are very focused and with it being a difficult year still for our CEO our trustees have stepped up to assist.

We have seen the appointment of 2 new Trustees Andrea Shoel and Antony Smith. As chair I am assisting Suzanne in home support and support groups, David Dumbell continues to help with technical support, Andrea and Antony are the business team, vision and marketing and Stephen Whitton assists with presentations, technical and development of the charity.

Fundraising Successes

This year has been an incredible year for fundraising and events. We have seen over 20 individual fundraisers raise money for the charity and in effect raise just under £6000. We have also been part of a BNI network and this has helped the charity bring in around £5000.

Alongside this we have strived to bring in monies from various grant applications and raise awareness of our Al's Business Pals which is going from strength to strength. We now have 5 businesses supporting us.

Digital Platforms and Capabilities

The development of our Al's Pals and ME online platform has been exciting and volunteers have got on board. This will take time to raise more awareness of this and it is logistically difficult to manage currently due to availability but so far so good.

Our website continues to be managed effectively and changed accordingly as new things arrive on the horizon. Our social media is also managed and regular posts go out on these channels and they do seem to be effective.

Treasurer report Year to 31st July 2022

This report will look at the year 1st August 2021 to 31st July 2022 inclusive.

INCOME

I have split income into 2 sections; Fundraising and Grants. While fundraising is quite broad it includes money raised through our own fundraising as well as those who fundraise on our behalf. We can separate grants from fundraising, and we worked very hard to be successful in attracting grants. We thank them for the kind donations.

Grants have been difficult to achieve this year and some of this has been restricted with time in applying as running the services are taking up considerable time.

The individual fundraising activities have been highly successful and we are so appreciative of those who completed these and raised money as it did help to raise around £6000

Grants

We attracted the following grants this year:

- Benefact group £1,000
- Magic grant £500

Totaling £1500

Fundraising

Significant fundraising events this year included, Skydives, Marathon, abseils and bike rides. These individual fundraisers are effective and they are a great fundraiser. The networking group has also completed various fundraisers and assisted in the money coming into the charity

Expenditure

This year we have taken the step to grow our services providing cancer patients and their families with more choice and more support as the need is there. It has been a difficult year obtaining grants but our fundraising activities have really seen a growth and this has carried us throughout the year.

Our Main Areas of expenditure are:-

Beneficiaries, this includes therapy with our Psychologist for patients, gifts for patients and expenses for home support volunteers that are travelling to various families.

Employees, this includes salaries and legal costs.

Operating costs, running the charity, promotion, stationary, equipment, etc...

Volunteer costs, which are a minimal cost to the charity.
Fundraising costs.

Summary

We have been able to significantly increase our income this year. Whilst managing to support more patients and families than ever.

Due to the hard work of our CEO and new Trustees we have been able to communicate effectively and assist each other to enable us to grow.

Thank you to all our donors this year, you really make a difference in the lives of cancer patient and their families.

Thank you to Suzanne and all the Trustees and volunteers.
Without all of you none of this would be possible

**Pauline
Dumbell
Treasurer**

ALS PALS

England & Wales - Charity number 1184001

Accounts

ALS PALS

FINANCIAL STATEMENTS

FOR YEAR END 31 JULY 2021



al's pals

Registered charity no.1184001

ALS PALS**(Charity number: 1184001)****LEGAL AND ADMINISTRATIVE INFORMATION****FOR THE PERIOD 1 AUGUST 2020 – 31 JULY 2021**

Trustees: Joseph Charter
Pauline Dumbell
Emma Wright

Principal office: 17 Farholme
Middleton
Milton Keynes
MK109RS

Registered number: 1184001

Bankers: Metro Bank
One
Southampton
Row
London
WC1B 5HA

ALS PALS

(Charity number: 1184001)

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE PERIOD 1 AUGUST 2020 – 31 JULY 2021

PAGE

4. Legal and administrative information

2. Receipts and payments

3. Statements of assets and liabilities

4 Notes to the report and financial statements

ALS PALS

(Charity number: 1184001)

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE PERIOD 1 AUGUST 2020 – 31 JULY 2021

	Note	Unrestricted funds	Re stricted funds	Total funds 2020	Total funds 2021
		£	£	£	£
Receipts					
Voluntary receipts		12,319.81	0.00	3,619.88	12,319.81
Total receipts		12,319.81	0.00	3,619.88	12,319.81
Payments					
Cost of charitable activities		4,973.07		1,320.99	4,973.07
Fundraising costs		554.54		350.00	554.54
Governance costs		518.80		315.27	518.80
Total payments		6,046.41		1,986.26	6,046.41
Net of receipts		6,273.40		1,633.62	6,273.40
Cash funds last year end				1,633.62	
CASHFUNDSTHISYEAREND					£7,907.02

ALS PALS

(Charity number: 1184001)

LEGAL AND ADMINISTRATIVE INFORMATION**FOR THE PERIOD 1st AUGUST 2020 – 31 JULY 2021**

	Note	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
Current Assets		£		£	£
		£			
Bank account		7,907.02		7,907.02	1633.62
Total current asset		7,907.02		7,907.02	1633.62
Liabilities					
Total assets less Current Liabilities		7,907.02		7,907.02	1633.62
Income funds					
Total funds		7,907.02		7,907.02	1633.62

Approved by Trustees on and signed on their behalf by;

Joseph Charters
Chairman/Trustee

ALS PALS

(Charity number: 1184001)

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE PERIOD 1st AUGUST 2020 – 31 JULY 2021

1. ACCOUNTING POLICIES**Basis of accounting**

The financial statements have been prepared under the historical cost convention and in accordance with;

- Financial Reporting Standard for Smaller Entities (effective 2008)
- Accounting and Reporting by Charities - Statement of Recommended Practice (SORP 2015); and
- The Charities Act 2011.

2. TAXATION

The charity is exempt from corporation tax.

3. REMUNERATION OF TRUSTEES AND BENEFITS – No Trustees were paid

ALS PALS
Charity number: 1184001
LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE PERIOD 1st AUGUST 2020 – 31 JULY 2021

4. CHARITABLE ACTIVITIES –

	Unrestricted Funds £	Restricted Funds £	Total funds 2020/21 £
Fundraising events	12,319.81		12,319.81
	12,319.81		12,319.81

5. FUNDS

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance 01-Aug -20 f	Receipts f	Payments f	Transfer between funds f	Balance 01-Aug-21 f
Unrestricted Funds	393.62	12,319.81	4,806.41		7,907.02
Restricted Funds	1240.00		1,240.00		
	1,633.62	12,319.81	6,046.41		7,907.02

ALS PALS**(Charity number: 1184001****LEGAL AND ADMINISTRATIVE INFORMATION****FOR THE PERIOD 1st AUGUST 2020 – 31 JULY 2021**

Chair Report

2020-2021 has been a busy and changeable year for Al's Pals, we have seen a lot of development and growth with some great successes with volunteer support and fundraising and development within the hospital environment huge successes in fund raising and events, However at its core Al's Pals has not changed its impact and values, the charity has continued to support cancer patients across Milton Keynes, There is an ever expanding need for services like Al's Pals not only within the chemotherapy ward but especially in the cancer ward where we have been welcomed and valued with the staff, patients and their families and we feel there is a need for the service within the whole of the cancer centre to ensure that all patients feel supported.

Board Changes

Joseph Charters (Chair) has sadly made it known that he is having to step down from his role as chair due to work commitments, so interviews are taking place. We have also appointed David Dumbell as a chair to join Al's Pals. David was in fact Alan's son and brings to the charity a wealth of knowledge about Alan personally but he is also a professional photographer and a whizz at anything technical.

Fundraising Successes

This year has been a year of improvement for fundraising and events. At the end of 2020 we held an afternoon tea week and a Xmas wish list for patients receiving treatment Xmas week. This went down really well considering we were in and out of lockdown.

Sadly there were no real events face to face from January until April 2021, however we knew we were coming up to our year anniversary and we wanted to celebrate this in some way. We held an online Musical event and sold 62 tickets for £10 each so this was a real success.

We started to organize another Skydive to be held in July/August and although this has been postponed a few times our amazing 9 skydivers have raised over £3500 so far.

We repeated our Wear red for AL day and managed to get a few businesses on board as well. A progression from last year and this has been evident in the unrestricted funds raised from this of **£12,319.81**

We support and chat to over 100 cancer patients weekly in the Chemotherapy and outpatient area of the cancer ward and then as of May/June 2021 we have now started supporting patients upstairs in the cancer ward.

Digital Platforms and Capabilities

David Dumbell our fellow trustee continues to assist us with the website development and updates, and he helped greatly with the You Tube account and managing the online Al's night at the Musicals event. The website is the gateway to our support services for the community and help to raise awareness for patients and their families in need of that support, as well as attracting new volunteers. As our volunteers grow (we are currently at 25) we now need to look at ways that we can manage these volunteers effectively and professionally. Currently Suzanne keeps in touch with emails and phone calls/text messages. This needs to slowly develop into a system of some form which needs to be investigated.

Overall this year has been an incredible journey for the Charity supported by incredible people, doing incredible things every day, and I would personally like to thank you all for your contributions.

ALS PALS**(Charity number: 1184001****LEGAL AND ADMINISTRATIVE INFORMATION****FOR THE PERIOD 1st AUGUST 2020 – 31 JULY 2021**

Treasurer report Year to 31st July 2021

This report will look at the year 1st August 2020 to 31st July 2021 inclusive. Income has increased from £3619.88 to £12,319.81 An increase of 240% Expenditure has increased from £1986 to £6046

INCOME

I have split income into 2 sections; Fundraising and Grants. While fundraising is quite broad it includes money raised through our own fundraising as well as those who fundraise on our behalf. We can separate grants from fundraising, and we worked very hard to be successful in attracting grants. We thank them for the kind donations

Fundraising

Significant fundraising events this year included, the Skydive, Night at the Musicals, afternoon tea week and our Xmas gift list has worked really well this year.

Expenditure

Our expenditure is purely operational costs for the patients in the cancer wards. We still don't pay volunteers or staff any expenses or salary costs Our expenditure is purchasing items for the patients, such as afternoon tea gifts, items for gift bags etc

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Summary

We have been able to significantly increase our income this year while controlling our expenditure as best as we can. Whilst managing to support more patients and their families as much as we can even with the restrictions of Covid.

Thank you to all our donors this year, you really make a difference in the lives of patients in the cancer ward/centre

Thank you to Suzanne Brown for all your hard work and support. And thank you do all our volunteers for everything you do.

Pauline Dumbell**Treasurer**