

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

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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	1				
Voluntary Income		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					
	2				
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
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

	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 Al'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