

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 | 1 | | | | |
| Generated Funds | | | | | |
| Voluntary Income | | 49,851 | 17,347 | 67,197 | 41,767 |
| Incoming Resources from | | 4,998 | | 4,998 | |
| Charitable Activities | | | | | |
| 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 Curent 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.