

# LIVE WELL WITH CANCER

England & Wales · Charity number 1186482

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-11-20

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

## Contact

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**Address** 38 Nile Street  
North Shields  
Newcastle upon Tyne  
Tyne and Wear  
NE29 0BB

**Phone** 07552966097

**Email** [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

**Website** [www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)

## Activities

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**Objects:** TO RELIEVE THE NEED OF THOSE SUFFERING FROM A CANCER DIAGNOSIS WHO LIVE IN NORTH TYNESIDE AND THE SURROUNDING AREAS IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF SUPPORT GROUPS AND WORKSHOPS.

**Activities:** We deliver free workshops and events to people affected by cancer, to help them live with and beyond a diagnosis. Our main aim is to empower people affected by cancer to improve their mental and physical health and wellbeing through proven techniques and exercises. Our services are free to anyone over the age of 18 affected by cancer living in North Tyneside and the surrounding areas.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes

## Geography

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- North Tyneside

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£175,974	£172,780	-	-
2024-08-31	£182,374	£143,269	-	-
2023-09-01	£72,721	£46,027	-	-
2022-09-01	£28,332	£38,204	-	-
2021-09-01	£49,118	£11,028	-	-

## Trustees

Name	Role	Appointed
<b>Anthony Nicholson</b>	Chair	2023-10-02
Charles Simpkin		2025-11-28
Jenny Johns		2025-10-15
Sarah Dodds		2019-08-01
Sarah Nicholson		2019-08-01

**LIVE WELL WITH CANCER**

England & Wales - Charity number 1186482

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# Accounts

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We care.  
We empower.  
We are a community.

# Live Well with Cancer Annual Report and Financial Statements for the Year Ended

31<sup>st</sup> August 2025



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# Table of Contents

## **1. Reference and Administrative Details**

## **2. Trustees' Report**

Structure, Governance and Management

Recruitment and appointment of trustees

Induction and training of trustees

Risks and management

## **3. Fundraising Disclosure**

Fundraising activity

## **4. Objectives and Activities**

## **5. Achievements and Performance**

## **6. Financial Review**

## **7. Declaration**

## **8. Independent Examiners Report**

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## 1. Reference and Administrative Details

**Trustees**

A Nicholson (Chair)  
S Dodds (Treasurer)  
S Nicholson  
M Williams - Left the board of trustees (27/11/25)  
R Grecian - Left the board of trustees (2/05/2025)

**Principal Office**

38 Nile Street  
North Shields  
Newcastle upon Tyne  
NE29 0BB

**Registered Charity  
Number**

1186482

**Bankers**

Barclays Bank

## Independent Examination

Solutions Accountancy & Bookkeeping Ltd  
1 The Mews  
Little Brunswick Street  
Huddersfield  
HD1 5JL

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## 2. Trustees' Report

The trustees present the annual report together with the financial statements and auditors' report of the charity for the year ended 31<sup>st</sup> August 2025.

### **Structure, Governance and Management**

The charity is a registered charity – number 1186482 – with a constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.

The name of the charity is Live Well with Cancer, but also uses its abbreviated initials (LWWC) as a working name. The charity is governed by its constitution, dated 20<sup>th</sup> November 2019.

### **Recruitment and Appointment of Trustees**

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

The charity will advertise for new trustees when necessary, using VODA to advertise any available posts. Existing trustees will vote for any new appointment.

### **Induction and Training of Trustees**

New trustees are inducted by the Chair of the board and provided with a range of resources to support their understanding of the charity's purpose.

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- A. a copy of the current version of the constitution; AND
- B. a copy of the latest Trustees' Annual Report and Statement of Accounts.

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The trustees meet on a regular basis to discuss the affairs of the charity and to decide overall financial and policy matters. Live Well with Cancer has a robust and growing suite of policies designed to ensure good governance, compliance, and a safe, inclusive environment for all staff, trustees, and volunteers. Current policies include:

**Core Policies:** Data Protection, Finance, Conflict of Interest, Health & Safety at Work, Lone Working, and Social Media.

**People and Safeguarding Policies:** Recruitment (Staff & Volunteers), Volunteers Policy, Children's Safeguarding & Strategy, Adult Safeguarding Procedure, and Equal Opportunities & Diversity.

The charity holds a bank account in its own name. Two signatures shall be required for the signing of cheques, and these shall be from the CEO and Treasurer. All invoices raised are signed off by the CEO and Treasurer.

## **Risks and Management**

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the exposure to major risks.

The greatest risks to the charity are potential loss of income and increased overheads. Since moving into our premises on Nile Street, North Shields, we have agreed to pay rent and bills so that we can run our Wellbeing Centre. In October 2024 we made the decision to close our attached North Bank Café, and repurpose the space to improve accessibility and increase the number of available workshops.

We have been extremely grateful to receive generous support from the majority of funders we have approached, with some of these funds now able to contribute to running the centre instead of hiring different spaces. We continue to apply to trusts and foundations where appropriate to increase our service provision, both in group and 1-2-1 settings. Since moving into the heart of the North Shields community, we have seen an increase in community fundraising efforts as we meet more and more people from our wonderful community.

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Another risk to consider is the rapid growth of our charity, which continues to increase our reach but also stretches our already limited resources. The closure of another local cancer charity reduced the provision of services in our region, resulting in a further increase in demand for our services. Moving forward, our focus is on increasing our available resources so that we can continue to address the unmet needs of our community.

To help mitigate risks, in August 2025 we reviewed our strategy, ensuring service-user, board, and volunteer voices remain at the heart of our defined direction. Moving forward, we will endeavour to secure more multi-year funds, further diversify our income to improve sustainability, define our growth plans, and identify the correct roles needed to ensure we're not only meeting our current need, but able to give our community the support needed long-term.

### **3. Fundraising Disclosures**

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised directly from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

#### **Fundraising Activity**

Despite the challenging year in the third sector the charity has generated income from various sources, with the bulk coming from grant funding gratefully received from the following trusts and foundations:

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<b>Who</b>	<b>Amount</b>	<b>What for</b>
<b>Greggs Foundation</b>	£19,700	Core Costs
<b>Post Code Lottery</b>	£24000	Core Costs
<b>Northern Cancer Alliance Community Foundation</b>	£8548	Prehab/ Rehab support
<b>Louise Dalton Foundation</b>	£1000	Crafts
<b>UKSPF</b>	£1000	Wellness Week
<b>Karbon Homes</b>	£3600	Secondary Cancer Support
<b>RW Mann</b>	£2000	Art Group
<b>Bright Northumbria Healthcare Charity</b>	£5550	Secondary Cancer Support
<b>Catherine Cookson</b>	£3000	Patient Stories - Anthology
<b>Barbour Foundation</b>	3,000	Workshops
<b>UKSPF</b>	£9,640	Live Well in West Moor- supporting people in the West of the Borough
<b>Sports England</b>	£7570	Movement classes, equipment and staff Training

We continue to generate funds through various fundraising activities, such as raffles and tombola's at our Coffee Mornings, the Great North Run, and our increasingly popular annual Christmas Fayre. This year we introduced a fundraising fashion show, where we showcased 20 of our service users raising £5555. We also raise funds through sales of our own products, including journals, calendars and Christmas cards.

Our volunteers and beneficiaries also take time to raise funds for us with birthday fundraisers, company donations and much more. We are extremely grateful for every

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penny we receive and look forward to building relationships with more of our community as we grow.

## 4. Objectives and Activities

*“Live Well with Cancer aims to relieve the needs of those suffering from a cancer diagnosis who live in North Tyneside and the surrounding areas in particular, but not exclusively, through the provision of workshops, support groups and events.”*

### **Our Mission**

To empower anyone affected by cancer to improve their health and wellbeing.

### **Our Vision**

To create a community that supports anyone affected by a cancer diagnosis to live with and beyond cancer.

### **Our Values**

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*“Cancer doesn’t discriminate, and neither do we.”*

Almost 50% of people will get cancer in their lifetime. There are currently over 2.5 million people living with cancer in the UK, which is expected to increase to 4 million by 2030. Rising referrals and a growing population will increase pressure on cancer services that are already struggling to reach cancer patients.

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As the number of people living with cancer increases, more people have significant unmet needs, particularly at treatment end. Cancer and its treatment often leave a gruelling physical and mental legacy. There is growing evidence to support the role of healthy lifestyle choices in promoting better outcomes and survival rates, and yet many of these services have been reduced in our community. That is why we created our charity; because, together, we can live well with cancer.

Live Well with Cancer aims to empower anyone affected by cancer to improve their overall health and wellbeing. Operating in North Tyneside and the surrounding areas, we host free online and in-person workshops, events and support groups that help people make positive lifestyle changes, recently adding a 1-2-1 service to provide invaluable support to our community. All our sessions are facilitated by professionals and focus on helping people address the most common health and wellbeing issues faced by people, such as anxiety, depression, and isolation.

## 5. Achievements and Performance

Live Well with Cancer continues to grow as we help more and more people to improve their health and wellbeing. All our workshops, events, and support groups teach proven techniques and exercises that empower people to make positive lifestyle changes. Our workshops are free to anyone affected by cancer, including family, friends, carers and healthcare professionals. Our regular sessions include:

Creative	Support groups	Health & Fitness	Wellbeing
<ul style="list-style-type: none"><li>• Fun with Acrylics</li><li>• Crafting for Wellbeing</li><li>• Creative Drop-in</li><li>• Writing</li></ul>	<ul style="list-style-type: none"><li>• Breast cancer</li><li>• Bowel cancer</li><li>• Open to all</li><li>• Veterans</li><li>• Fishermen</li></ul>	<ul style="list-style-type: none"><li>• Run club</li><li>• Yoga</li><li>• Tai Chi</li><li>• Movement</li><li>• Football</li></ul>	<ul style="list-style-type: none"><li>• Counselling</li><li>• 1-2-1 support</li><li>• Healthy Habits</li><li>• Sleep &amp; Fatigue</li><li>• Coffee Mornings</li></ul>

In 2024/25 we delivered **4,293** instances of support across our workshops and 1-2-1 support. The vast majority of instances occurred within our Live Well Hub, however numbers continue to rise in our sessions within West Moor Community Centre. An additional, **361** patients and healthcare professionals attended our regional masterclasses.

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After celebrating our 5<sup>th</sup> birthday on 11<sup>th</sup> November 2024 with a birthday fundraising challenge of taking £5 and creatively increasing the amount. People bought £5 worth of ingredients then made cakes which they sold for a profit. We entered the Christmas period, which has proven to be very important for our charity. At our 4<sup>th</sup> Christmas Fayre, we joined hundreds of visitors in picking up some Christmas presents and saying hi to Mr and Mrs Clause. We proudly sold our range of products that celebrate the North East and the talented people who live here. Our local Christmas cards continue to be our biggest seller, being sent to Geordies all over the world, while our annual calendar celebrated art work of local landmarks from our region. Our Christmas Bauble appeal saw well over one hundred volunteers making over a thousand handmade baubles for patients in hospital at Christmas.

In addition to our sessions and products, we are developing our educational arm to help people to live well with cancer. In partnership with Northern Cancer Alliance, we ran the second year of regional masterclasses this year focusing on Cancer Related fatigue. At the end of the financial year we delivered 2 masterclasses in Newcastle and Middlesbrough. We have two more to deliver in Durham and Hexham, we are one of the few organisations to bring patients and professionals together for the day. Feedback has been excellent with 100% recommending the day to other patients or professionals. We are developing another learning resources which will be housed on both the NCA and LWWC websites.

Each week, we collaborate with at least a dozen partner organisations, including Transformational Learning; Northumbria NHS Trust; NT Life; Walking With; YMCA; VODA; I Love North Shields; Retired Fishermen – C-Aware; FACT; The Grief Circle; Age UK; Operation Veterans; Northern Cancer Alliance; Newcastle University; Breast Cancer Now; North Tyneside Council; Active North Tyneside; Sarah's Star; West Moor Community Centre; White Swan Centre; North East Nipple Project; and Nicola Jane.

Northumbria Healthcare Trust Oncology Day Unit funded our self-care packs for newly diagnosed cancer patients living in our community, while the prehab team works with patients out of our Wellbeing Centre every Tuesday, a collaboration that has seen many patients accessing our services to improve their health and wellbeing. We proudly attended

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and presented at events across the regions and online, including Northern Cancer Alliance, Ovacome and Cancer Research UK.

Bailey's Bears campaign has seen over 100 support bears sent to children affected by cancer. We are also helping North Tyneside based community groups, such as Project Nile Street and I Love North Shields with the NS800 celebrations with our service users making bunting for the streets of North Shields.

Finally, we would like to thank the volunteers who have given their time to help us empower anyone affected by cancer to improve their mental and physical health and wellbeing. This includes dozens of people who helped with our Annual Christmas Bauble appeal, where we delivered hundreds of handmade baubles to people receiving cancer treatment over the Christmas period. And that is not to mention the volunteers who have helped with our workshops, events, and support groups, all of whom have helped us to help others – we couldn't be more grateful for everyone who has given their time, energy, and money to our cause.

As we near our 6<sup>th</sup> birthday, Live Well with Cancer is growing into a cornerstone of the North Tyneside cancer community. Since moving into our home in the heart of North Shields, we have seen a marked increase in attendances as our community continues to grow. Building partnerships with different teams within the NHS and Northern Cancer Alliance, we have been able to increase the quality and quantity of our output without an increase in the amount of resources available. Our model of employing facilitators to deliver sessions has become even more cost effective from our Wellbeing Centre. While it is important that we continue to seek funding for core costs and increase our fundraising, the future is bright for our charity as we continue to find better ways to address unmet needs and provide invaluable support to our cancer community.



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## 6. Financial Review

We are in a healthy position to fund our planned activities and overheads for the year ahead.


We ended the year with £100,545 in reserves, consisting of £32,285 restricted funds and £68,260 unrestricted funds. Of these unrestricted funds £5,000 will be designated for counselling services. The remaining will be held to cover core costs and initiate new projects to improve the wellbeing of people affected by cancer.

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## 7. Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

<b>Signature</b>	
<b>Full Name</b>	<b>Anthony Nicholson</b>
<b>Position</b>	<b>Chair</b>
<b>Date</b>	<b>5TH March 2026</b>

## 8. Independent Examiners Report

Independent Examiner's Report to the trustees of Live Well with Cancer I report to the trustees on my examination of the financial statements of Live Well with Cancer for the year ended 31st August 2025.

### **Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning The form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.

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Vicky Newham  
CPAA  
Solutions Accountancy & Bookkeeping Ltd 1 The Mews  
Little Brunswick Street Huddersfield  
HD1 5JL  
3<sup>rd</sup> March 2026

Registered charity number 1186482



Live Well  
with Cancer

[www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)



## Receipts and payments accounts


CC16a

For the period from	Sep-24	To	Aug-25
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### Section A Receipts and payments

	Unrestricted to the nearest	Restricted to the nearest £	Endowment to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
B&Q Foundation		5,000	-	5,000	
COMMUNITY FOUNDA		1,000	-	1,000	750
Greggs Foundation	19,700		-	19,700	19,700
Northtynside Council UKSPF		1,000	-	1,000	9,940
POSTCODE NEIGHBOUR	24,000		-	24,000	
COMMUNITY FOUNDA		8,549	-	8,549	19,200
NHS NE & NCUMBRIA		18,700	-	18,700	33,620
Greggs Foundation	800		-	800	
NORTHUMBRIA HEALTH		2,600	-	2,600	
The Catherine Cookson		3,000	-	3,000	
Northtynside Council UKSPF		9,640	-	9,640	
NORTHUMBRIA HEALTH		5,670	-	5,670	
FAF		900	-	900	-
Sir James Knott		3,000	-	3,000	3,000
ESC LOTTERY FUND		7,570	-	7,570	
Hadrian Trust		500	-	500	
THE LINSKILL X N/T		1,000	-	1,000	
Charities Trust					2,000
Screwfix					5,170
VODA					1,075
The Morrisons Foundation					9,440
Pink Ribbon					6,000
NSL					2,000
Petty Cash	1,731		-	1,731	4,252
Donations	40,278	-	-	40,278	39,363
Sales	14,404		-	14,404	-
Café Sales	-	-	-	-	25,514
Event Proceeds	6,931	-	-	6,931	1,349
<b>Sub total (Gross income for AR)</b>	<b>107,845</b>	<b>68,129</b>	<b>-</b>	<b>175,974</b>	<b>182,374</b>
<b>A2 Asset and investment sales,</b>					
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>107,845</b>	<b>68,129</b>	<b>-</b>	<b>175,974</b>	<b>182,374</b>
<b>A3 Payments</b>					
Facilitators	4,743	56,576	-	61,319	25,686
Wages	39,881	12,086	-	51,967	66,782
Other Running Costs	44,230	13,612	-	57,842	46,591
Petty Cash	1,652		-	1,652	4,211
<b>Sub total</b>	<b>90,506</b>	<b>82,275</b>	<b>-</b>	<b>172,780</b>	<b>143,269</b>
<b>A4 Asset and investment</b>					
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>90,506</b>	<b>82,275</b>	<b>-</b>	<b>172,780</b>	<b>143,269</b>
<b>Net of receipts/(payments)</b>	<b>17,339</b>	<b>- 14,146</b>	<b>-</b>	<b>3,194</b>	<b>39,105</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>50,921</b>	<b>46,431</b>	<b>-</b>	<b>97,352</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>68,260</b>	<b>32,285</b>	<b>-</b>	<b>100,546</b>	<b>39,105</b>

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

Categories	Details	Unrestricted to nearest £	Restricted to nearest £	Endowment to nearest £
<b>B1 Cash funds</b>	bank balance	68,115	32,285	-
	Petty Cash	145	-	-
	<b>Total cash funds</b>	<b>68,260</b>	<b>32,285</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
<b>B3 Investment assets</b>	Details	Fund to which	Cost (optional)	Current value
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Camera	Pink Ribbon	-	-
	Camera Equipment	Pink Ribbon	-	-
	MacBook Pro	Community Foundation	-	-
	Acer Projector	Community Foundation	-	-
	Tripod Screen	Community Foundation	-	-
	HP Chromebook	Community Foundation	-	-
	MacBook Pro	Pink Ribbon	-	-
	Coffee Machine		-	-
	Furniture		-	-
<b>B5 Liabilities</b>	Details	Fund to which	Amount due	When due
			-	
Signed by one or two trustees on	Signature	Print Name	Date of	
		Anthony Nicholson	5th March 2026	

## Independent Examiners Report

Independent Examiner's Report to the trustees of Live Well with Cancer I report to the trustees on my examination of the financial statements of Live Well with Cancer for the year ended 31st August 2025.

### Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
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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 financial statements to be reached.

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Vicky Newham  
CPAA  
Solutions Accountancy & Bookkeeping Ltd 1 The Mews  
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3<sup>rd</sup> March 2026

Registered charity number 1186482



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**LIVE WELL WITH CANCER**

England & Wales - Charity number 1186482

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# Accounts

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# Live Well with Cancer Annual Report and Financial Statements for the Year Ended

31st August 2024



Registered charity number 1186482



Live Well  
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# Table of Contents

## 1. Reference and Administrative Details

## 2. Trustees' Report

Structure, Governance and Management  
Recruitment and appointment of trustees  
Induction and training of trustees  
Risks and management

## 3. Fundraising Disclosure

Fundraising activity

## 4. Objectives and Activities

## 5. Achievements and Performance

## 6. Financial Review

## 7. Declaration



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## 1. Reference and Administrative Details

**Trustees**                      A Nicholson (Chair)  
   S Dodds (Treasurer)  
   R Grecian  
   S Nicholson

**Principal Office**              38 Nile Street  
   North Shields  
   Newcastle upon Tyne  
   NE29 0BB

**Registered Charity  
Number**                          1186482

**Bankers**                          Barclays Bank

**Independent Examination**  
Solutions Accountancy & Bookkeeping Ltd  
1 The Mews  
Little Brunswick Street  
Huddersfield  
HD1 5JL



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## 2. Trustees' Report

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### **Structure, Governance and Management**

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The name of the charity is Live Well with Cancer but also uses its abbreviated initials (LWWC) as a working name. The charity is governed by its constitution, dated 20<sup>th</sup> November 2019.

### **Recruitment and Appointment of Trustees**

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

The charity will advertise for new trustees when necessary, using VODA to advertise any available posts. Existing trustees will vote for any new appointment.

### **Induction and Training of Trustees**

New trustees are inducted by the Chair of the board and provided with a range of resources to support their understanding of the charity's purpose.

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- A. a copy of the current version of the constitution; AND
- B. a copy of the latest Trustees' Annual Report and Statement of Accounts.

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The trustees meet on a regular basis to discuss the affairs of the charity and to decide overall financial and policy matters.

We have a number of policies available on our website:

- Data Protection Policy
- Lone Working Policy
- Finance Policy
- Volunteer Policy
- Volunteer Application Form and Confidentiality Agreement
- Safeguarding Procedure Policy
- Children Safeguarding and Strategy Policy
- Equal Opportunities and Diversity Policy

The charity holds a bank account in its own name. Two signatures shall be required for the signing of cheques, and these shall be from the CEO and Treasurer. All invoices raised are signed off by the CEO and Treasurer.

## **Risks and Management**

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the exposure to major risks.

The greatest risks to the charity are potential loss of income and increased overheads. Since moving into our premises on Nile Street, North Shields, we have agreed to pay rent and bills so that we can run our Wellbeing Centre and attached community café, North Bank Café. This risk is minimised as we are able to generate funds through sales of food, drinks and our own products, in North Bank Café. We are seeking funding to cover core costs, including wages for Café Manager and 1-2-1 Community Nurse roles.



We care.  
We empower.  
We are a community.

We have been extremely grateful to receive generous support from the majority of funders we have approached, with some of these funds now able to contribute to running the centre instead of hiring different spaces. While we hold enough funds to cover our core workshops for the next year, we will continue to apply to trusts and foundations where appropriate to increase our service provision, both in group and 1-2-1 settings. Since moving into the heart of the North Shields community, we have seen an increase in community fundraising efforts as we meet more and more people from our wonderful community.

Another risk to consider is the rapid growth of our charity, which continues to increase our reach but also stretches our already limited resources. The recent closure of another local cancer charity has reduced the provision of services in our region, resulting in a further increase in demand for our services. Moving forward, our focus is on increasing our available resources so that we can continue to address the unmet needs of our community.



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### 3. Fundraising Disclosures

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised directly from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

#### Fundraising Activity

Despite the challenging year, the charity has generated income from various sources, with the bulk coming from grant funding gratefully received from the following trusts and foundations:

Who	Amount	What for
Greggs Foundation	£19,700	Core costs
The National Lottery	£19,200	Wellbeing Wednesdays
Grow and Eat	£491	Back garden
Pink Ribbon Foundation	£6,000	Movement classes
Morrisons Foundation	£9,440	Sleep and Wellbeing
Sir James Knott Foundation	£3,000	Workshops
R W Mann Trust	£2,000	Workshops
Barbour Foundation	£3,000	Workshops
UKSPF	£9,940	Live Well in West Moor
Active North Tyneside	£584	5-a-side Football

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We continue to generate funds through various fundraising activities, such as raffles and tombolas at our Coffee Mornings, the Great North Run, and our increasingly popular annual Christmas Fayre. We raised over £27k via Just Giving. We also raise funds through sales of our own products, including journals, calendars and Christmas cards. Our volunteers and beneficiaries also take time to raise for us with birthday fundraisers, company donations and much more. We are extremely grateful for every penny we receive and look forward to building relationships with more of our community as we grow.

## 4. Objectives and Activities

**“Live Well with Cancer aims to relieve the needs of those suffering from a cancer diagnosis who live in North Tyneside and the surrounding areas in particular, but not exclusively, through the provision of workshops, support groups and events.”**

### **OUR MISSION**

To empower anyone affected by cancer to improve their health and wellbeing.

### **OUR VISION**

To create a community that supports anyone affected by a cancer diagnosis to live with and beyond cancer.

### **OUR VALUES**

We Care. We Empower. We are a Community.

**“Cancer doesn’t discriminate, and neither do we.”**



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Almost 50% of people will get cancer in their lifetime. There are currently over 2.5 million people living with cancer in the UK, which is expected to increase to 4 million by 2030. Rising referrals and a growing population will increase pressure on cancer services that are already struggling to reach cancer patients.

As the number of people living with cancer increases, more people have significant unmet needs, particularly at treatment end. Cancer and its treatment often leave a gruelling physical and mental legacy. There is growing evidence to support the role of healthy lifestyle choices in promoting better outcomes and survival rates, and yet many of these services have been reduced in our community. That is why we created our charity; because, together, we can live well with cancer.

Established as a registered charity in November 2019, Live Well with Cancer is led by an incredible team of volunteers who have all been personally affected by a cancer diagnosis. So far, our workshops, events and support groups have been made possible by the generosity and support of donors, fundraisers, and volunteers. We have also been fortunate to receive grant funding from our friends at various trusts and foundations.

Live Well with Cancer aims to empower anyone affected by cancer to improve their overall health and wellbeing. Operating in North Tyneside and the surrounding areas, we host free online and in-person workshops, events and support groups that help people make positive lifestyle changes, recently adding a 1-2-1 service to provide invaluable support to our community. All our sessions are facilitated by professionals and focus on helping people address the most common health and wellbeing issues faced by people, such as anxiety, depression, and low mood.



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## 5. Achievements and Performance

Live Well with Cancer continues to grow as we help more and more people to improve their health and wellbeing. All our workshops, events, and support groups teach proven techniques and exercises that empower people to make positive lifestyle changes. Our workshops are free to anyone affected by cancer, including family, friends, carers and healthcare professionals. Our regular sessions include Yoga, Crafting for Wellbeing, Football, Movement, Wellbeing 9-a-Day, Craft & Craic, Tai Chi and many more. We also have regular support groups, including groups for breast and bowel cancer, as well as hosting coffee mornings and pop-up events in our community, including Storytelling, Sound Baths, Mandala Stones and The Self Care Place yoga sessions.

After celebrating our 4<sup>th</sup> birthday on 11<sup>th</sup> November 2023 with a birthday dip in the North Sea, we entered the Christmas period, which has proven to be very important for our charity. At our 3<sup>rd</sup> Christmas Fayre, we joined hundreds of visitors in picking up some Christmas presents and saying hi to Mr and Mrs Clause. We proudly sold our range of products that celebrate the North East and the talented people who live here. Our local Christmas cards continue to be our biggest seller, being sent to Geordies all over the world, while our annual calendar celebrated photographs of famous landmarks from our region. Our Christmas Bauble appeal saw well over one hundred volunteers making over a thousand handmade baubles for patients in hospital at Christmas.

In addition to our sessions and products, we are developing our educational arm to help people to live well with cancer. We trialled The Wellbeing 9-a-Day, a holistic wellness journal that helps people build the nine foundational habits of a healthy lifestyle, hosting in-person and online workshops funded by the National Lottery Community Fund. In partnership with Northern Cancer Alliance, we also developed our first e-Learning course, The Sleep Better Series, which served as the basis for our latest wellness product, The Sleep Better Journal.



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Community is at the heart of everything we do, and we are proud to have partnerships with organisations in various industries. Northumbria Healthcare Trust Oncology Day Unit funded our self-care packs for newly diagnosed cancer patients living in our community, while the prehab team works with patients out of our Wellbeing Centre every Tuesday, a collaboration that has seen many patients accessing our services to improve their health and wellbeing. We proudly attended and presented at events across the regions and online, including Northern Cancer Alliance, Ovacome and Cancer Research UK. We have partnered with fellow charities to deliver sessions, such as therapeutic drumming with Sarah's Star, while our Bailey's Bears campaign has seen over 100 support bears sent to children affected by cancer. We are also helping North Tyneside based community groups, such as Project Nile Street and I Love North Shields.

At North Bank Café, our volunteer service is expanding and we now working with Walking With to offer volunteering opportunities to refugees and asylum seekers to provide them with café experience and barista training so that it will be easier for them to secure jobs in the future. We also work closely to support those with learning difficulties, offering them the chance to gain working experience as they get involved with the local community.

Finally, we would like to thank the volunteers who have given their time to help us empower anyone affected by cancer to improve their mental and physical health and wellbeing. This includes dozens of people who helped with our Annual Christmas Bauble Appeal, where we delivered hundreds of handmade baubles to people receiving cancer treatment over the Christmas period. And that is not to mention the volunteers who have helped with our workshops, events, and support groups, all of whom have helped us to help others – we couldn't be more grateful for everyone who has given their time, energy, and money to our cause.



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**“Live Well with Cancer is my safety net. I know it’s there if I need it.”**

–

**“Live Well with Cancer has been a massive help in my cancer recovery, simply by making me feel less alone and isolated. The sense of community is amazing, and any session or activity I’ve been to with you always feels like the safest of safe places.”**

–

**“Live Well with Cancer has allowed me to be part of a supportive and thriving group, empowering people and sharing knowledge and experiences. It has allowed us all to channel feelings and thoughts in a positive way, supporting others and raising awareness of so many issues.”**

## **Looking Forward**

As we near our 5<sup>th</sup> birthday, Live Well with Cancer is growing into a cornerstone of the North Tyneside cancer community. Since moving into our home in the heart of North Shields, we have seen a marked increase in attendances as our community continues to grow. Building partnerships with different teams within the NHS and Northern Cancer Alliance, we have been able to increase the quality and quantity of our output without an increase in the number of resources available. Our model of employing facilitators to deliver sessions has become even more cost effective from our Wellbeing Centre, while our community café acts as a bridge for people in our community who might not want to access more formal cancer services. While it is important that we continue to seek funding for core costs and increase our fundraising, the future is bright for our charity as we continue to find better ways to address unmet needs and provide invaluable support to our cancer community.



## 6. Financial Review

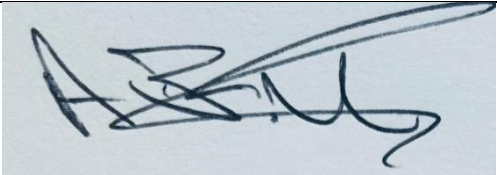
We are in a healthy position to fund our planned activities and overheads for the year ahead.

We ended the year with £97,351 in reserves, consisting of £46,431 in restricted funds and £50,921 in unrestricted funds. These unrestricted funds will be held in reserve to cover core costs and initiate new projects designed to improve the health and wellbeing of people affected by cancer.

## 7. Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature	
Full Name	Anthony Nicholson
Position	Chair
Date	16 <sup>th</sup> May 2025

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## 8. Independent Examiners Report

### Independent Examiner's Report to the trustees of Live Well with Cancer

I report to the trustees on my examination of the financial statements of Live Well with Cancer for the year ended 31st August 2024.

#### Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Vicky Newham

CPAA

Solutions Accountancy & Bookkeeping Ltd 1 The Mews

Little Brunswick Street Huddersfield

HD1 5JL

12th May 2025



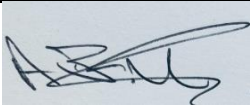
Receipts and payments accounts

For the period from	01/09/2023	To	31/08/2024
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Albert Hunt				-	5,000
COMMUNITY FOUNDATON	-	750	-	750	7,440
NHS NE & NCUMBRIA	-	22,460	-	22,460	-
CHARITIES TRUST	-	1,000	-	1,000	-
Greggs Foundation	19,700	-	-	19,700	-
Screwfix	-	5,170	-	5,170	-
NHS NE & NCUMBRIA	-	11,160	-	11,160	-
Northumbria Healthcare	-	-	-	-	2,600
COMMUNITY FOUNDA	-	19,200	-	19,200	-
VODA	-	491	-	491	-
VODA	-	584	-	584	-
CHARITIES TRUST	1,000	-	-	1,000	-
THE MORRISONS FOUNDATION	-	9,440	-	9,440	-
Postcode Lottery	-	-	-	-	23,635
Pink Ribbon	-	6,000	-	6,000	5,849
Sir James Knott	-	3,000	-	3,000	-
North Tyneside Council	-	9,940	-	9,940	-
NSL	-	2,000	-	2,000	-
Petty Cash	4,252	-	-	4,252	800
Donations	39,363	-	-	39,363	17,492
Sales	-	-	-	-	4,617
Café Sales	25,514	-	-	25,514	1,106
Event Proceeds	1,349	-	-	1,349	4,183
<b>Sub total (Gross income for AR)</b>	<b>91,179</b>	<b>91,195</b>	<b>-</b>	<b>182,374</b>	<b>72,721</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>91,179</b>	<b>91,195</b>	<b>-</b>	<b>182,374</b>	<b>72,721</b>
<b>A3 Payments</b>					
Facilitators	530	25,156	-	25,686	4,738
Wages	29,808	36,974	-	66,782	10,740
Other Running Costs	29,511	17,080	-	46,591	16,963
Premises Refurbishment	-	-	-	-	12,682
Petty Cash	3,750	461	-	4,211	904
<b>Sub total</b>	<b>63,598</b>	<b>79,671</b>	<b>-</b>	<b>143,269</b>	<b>46,027</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>63,598</b>	<b>79,671</b>	<b>-</b>	<b>143,269</b>	<b>46,027</b>
<b>Net of receipts/(payments)</b>	<b>27,581</b>	<b>11,524</b>	<b>-</b>	<b>39,105</b>	<b>26,694</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>23,340</b>	<b>34,906</b>	<b>-</b>	<b>58,246</b>	<b>31,552</b>
<b>Cash funds this year end</b>	<b>50,921</b>	<b>46,431</b>	<b>-</b>	<b>97,351</b>	<b>58,246</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	bank balance	50,855	46,431	-
	Petty Cash	66	-	-
	<b>Total cash funds</b>	<b>50,921</b>	<b>46,431</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Anthony Nicholson	16/05/2025	

# 8. Independent Examiners Report

## Independent Examiner's Report to the trustees of Live Well with Cancer

I report to the trustees on my examination of the financial statements of Live Well with Cancer for the year ended 31st August 2024.

### Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 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 can 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:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Vicky Newham

CPAA

Solutions Accountancy & Bookkeeping Ltd 1 The Mews

Little Brunswick Street Huddersfield

HD1 5JL

12th May 2025

Registered charity number 1186482



Live Well  
with Cancer

[www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)

**LIVE WELL WITH CANCER**

England & Wales - Charity number 1186482

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# Accounts

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We care.  
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We are a community.

# Live Well with Cancer Annual Report and Financial Statements for the Year Ended

31<sup>st</sup> August 2023



We care.  
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## Table of contents

- 1. Reference and Administrative details**
- 2. Trustees' Report**
  - Structure, Governance and Management
  - Recruitment and appointment of trustees
  - Induction and training of trustees
  - Risks and management
- 3. Fundraising Disclosure**
  - Fundraising activity
- 4. Objectives and Activities**
- 5. Achievements and performance**
- 7. Financial Review**
- 8. Declaration**



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## 1. Reference and Administrative Details

### Trustees

M Elliott (Chair)  
S Dodds (Treasurer)  
R Grecian  
C Singleton  
S Nicholson

### Principal Office

38 Nile Street  
North Shields  
Newcastle upon Tyne  
NE29 0BB

**Registered Charity Number**      1186482

**Bankers**      Barclays Bank

## 2. Trustees' Report

The trustees present the annual report together with the financial statements and auditors' report of the charity for the year ended 31<sup>st</sup> August 2023.

### Structure, Governance and Management

The charity is a registered charity - number 1186482 - with a constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.

The name of the charity is Live Well with Cancer, but also uses its abbreviated initials (LWWC) as a working name. The charity is governed by its constitution, dated 20<sup>th</sup> November 2019.



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### **Recruitment and Appointment of Trustees**

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

The charity will advertise for new trustees when necessary, using VODA to advertise any available posts. Existing trustees will vote for any new appointment.

### **Induction and Training of Trustees**

New trustees are inducted by the Chair of the board and are provided with a range of resources to support their understanding of the charity's purpose.

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- A. a copy of the current version of the constitution; AND
- B. a copy of the latest Trustees' Annual Report and Statement of Accounts.

The trustees meet on a regular basis to discuss the affairs of the charity and to decide overall financial and policy matters.

We have a number of policies available on our website:

- Data Protection Policy
- Lone Working Policy
- Finance Policy
- Volunteer Policy
- Volunteer Application Form and Confidentiality Agreement
- Safeguarding Procedure Policy
- Children Safeguarding and Strategy Policy
- Equal Opportunities and Diversity Policy

The charity holds a bank account in its own name. Two signatures from the board of trustees shall be required for the signing of cheques, and these shall be from the Chair and Treasurer.

### **Risks and Management**

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the exposure to major risks.



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The greatest risks to the charity are potential loss of income and increased overheads. Since moving into our premises on Nile Street, North Shields, we have agreed to pay rent and bills so that we can run our Wellbeing Centre and attached community café, North Bank Café. This risk is minimised as we are able to generate funds through sales of food and drink, and our own products, in North Bank Café. We are seeking funding to cover core costs, including wages for Café Manager and 1-2-1 Community Nurse roles. We have been extremely grateful to receive generous support from the majority of funders we have approached, with some of these funds now able to contribute to running the centre instead of hiring different spaces. While we hold enough funds to cover our core workshops for the next year, we will also continue to apply to trusts and foundations where appropriate to increase our service provision, both in group and 1-2-1 settings. As we have moved into the heart of the North Shields community and aim to increase our fundraising efforts as we meet more and more people from our wonderful community.

### 3. Fundraising Disclosures

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised directly from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

#### Fundraising Activity

Despite the challenging year, the charity has generated income from various sources, with the bulk coming from grant funding gratefully received from the following trusts and foundations:

NAME	AMOUNT	PURPOSE
Community Fund	£7,440	Wellbeing workshops
Albert Hunt	£5,000	Core costs
Northumbria Health	£2,600	Self-care packs
Pink Ribbon	£5,849	Breast Cancer Awareness
Postcode Neighbourhood Trust	£23,635	1-2-1 drop-in sessions

We have also continued to generate funds by continuing various fundraising activities, such as raffles and tombolas at our Coffee Mornings, the Great North Run, and our increasingly popular annual Christmas Fayre. We also raise funds through sales of our own products, including colouring books, journals and Christmas cards. Our volunteers and beneficiaries also take time to raise for us with birthday fundraisers, company donation and much more. We are extremely grateful for every penny we receive and look forward to building relationships with more of our community as we grow.

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## 4. Objectives and Activities

**“Live Well with Cancer aims to relieve the needs of those suffering from a cancer diagnosis who live in North Tyneside and the surrounding areas in particular, but not exclusively, through the provision of workshops, support groups and events.”**

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As the number of people living with cancer increases, more people have significant unmet needs, particularly at treatment end. Cancer and its treatment often leave a gruelling physical and mental legacy. There is growing evidence to support the role of healthy lifestyle choices in promoting better outcomes and survival rates, and yet many of these services have been reduced in our community. That is why we created our charity; because, together, we can live well with cancer.

Established as a registered charity in November 2019, Live Well with Cancer is led by an incredible team of volunteers who have all been personally affected by a cancer diagnosis. So far, our workshops, events and support groups have been made possible by the generosity and support of donors, fundraisers, and volunteers. We have also been fortunate to receive grant funding from our friends at various trusts and foundations.

Live Well with Cancer aims to empower anyone affected by cancer to improve their overall health and wellbeing. Operating in North Tyneside and the surrounding areas, we host free online and in-person workshops, events and support groups that help people make positive lifestyle changes, recently adding a 1-2-1 service to provide invaluable support to our community. All our sessions are facilitated by professionals and focus on helping people address the most common health and wellbeing issues faced by people, such as anxiety, depression, and low mood.



## 5. Achievements and Performance

Live Well with Cancer continues to grow as we continue to help people to improve their health and wellbeing. All our workshops, events, and support groups teach proven techniques and exercises that empower people to make positive lifestyle changes and improve their mental and physical health and wellbeing. Our workshops are free to anyone affected by cancer, or for a small donation from others in our community who could benefit. Our regular sessions include Sleep, Relaxation, Art Therapy, Movement, Wellbeing 9-a-Day, Craft & Craic, Breast Cancer Support Group, Walk & Talk and monthly Coffee Mornings. We ran Storytelling sessions, Sound Baths, Mandala Stone Masterclasses, and yoga sessions with The Self Care Place. An Afternoon with Michael Bauble saw over fifty crafters sewing baubles together at Linksill Centre.

We celebrated our 3<sup>rd</sup> birthday on 11<sup>th</sup> November and the festive season at our 2<sup>nd</sup> annual Christmas Fayre. Our Christmas Bauble appeal saw dozens of volunteers making hundreds of handmade baubles for patients in hospital at Christmas. We launched our Bailey's Bears campaign, giving dozens of support bears to children affected by cancer. We trialled The Wellbeing 9-a-Day Journal, hosting online and in-person workshops funded by the National Lottery Community Fund. Our supporters made rainbows for the coronation, hosted Italian nights and hosted charity events. We attended various events across the regions hosted by the Northern Cancer Alliance, Ovacom and more. Northumbria Healthcare Trust Oncology Day Unit funded our self-care packs to people newly diagnosed with cancer living in our community. We were also proud to sell our range of products that celebrate the northeast and the talented people who live here. Our local Christmas Cards continued to be our biggest seller, being sent to Geordies all over the world, while our colouring books continue to be popular.

Finally, we would like to thank the volunteers who have given their time to help us empower anyone affected by cancer to improve their mental and physical health and wellbeing. This includes dozens of people who helped with our Annual Christmas Bauble appeal, where we delivered hundreds of handmade baubles to people receiving cancer treatment over the Christmas period. And that is not to mention the volunteers who have helped with our workshops, events, and support groups, all of whom have helped us to help others - we couldn't be more grateful for everyone who has given their time, energy, and money to our cause.

*"Live Well with Cancer is my safety net. I know it's there if I need it."*

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*"Live Well with Cancer has been a massive help in my cancer recovery, simply by making me feel less alone and isolated. The sense of community is amazing, and any session or activity I've been to with you always feels like the safest of safe places."*

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We are a community.



## Looking Forward

Since moving into our new premises, Live Well with Cancer has set our roots in the heart of the North Shields community. We aim to offer in-person and online support to anyone affected by cancer in North Tyneside and the surrounding areas, including family, friends, carers and healthcare professionals. We will run 1-2-1 and group sessions from our Wellbeing Centre, while offering an informal setting in North Bank Café downstairs. We seek funding for core costs and we are hopefully that our bids will be successful in the coming weeks and months. The future is bright with our charity and we hope to continue to grow as we provide invaluable support to our cancer community.

## 6. Financial Review

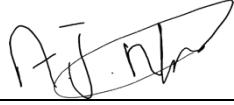
We are in a healthy position to fund our planned activities and our overheads for next year. We have increased our overheads since taking on new premises but have income coming in from the café we run to help cover these as well as healthy free reserves.

We ended the year with £58,246 in our bank account, consisting of £32,711 in restricted funds and £25,535 in unrestricted funds. These unrestricted funds will be held in reserve to cover core costs and initiate new projects designed to improve the health and wellbeing of people affected by cancer.

## 7. Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature	
Full name	Anthony Nicholson
Position	Chair
Date	8 <sup>th</sup> April 2024



CHARITY COMMISSION  
FOR ENGLAND AND WALES

LIVE WELL WITH CANCER

No (if any)

## Receipts and payments accounts

CC16a

For the period from	Sep-22	To	Aug-23
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Albert Hunt	5,000		-	5,000	-
Community Foundation		7,440	-	7,440	-
Northumbria Healthcare		2,600	-	2,600	-
Postcode Lottery		23,635	-	23,635	-
Pink Ribbon		5,849	-	5,849	-
Petty Cash	800			800	
Donations	17,492	-	-	17,492	-
Sales	4,617			4,617	
Café Sales	1,106			1,106	
Event Proceeds	4,183	-	-	4,183	-
<b>Sub total (Gross income for AR)</b>	<b>33,197</b>	<b>39,524</b>	<b>-</b>	<b>72,721</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>33,197</b>	<b>39,524</b>	<b>-</b>	<b>72,721</b>	<b>-</b>
<b>A3 Payments</b>					
Facilitators		4,738	-	4,738	-
Wages	1,360	9,380		10,740	
Other Running Costs	9,023	7,939		16,963	
Premises Refurbishment	12,462	221		12,682	
Petty Cash	469	435		904	
	-	-		-	
<b>Sub total</b>	<b>23,313</b>	<b>22,713</b>	<b>-</b>	<b>46,027</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>23,313</b>	<b>22,713</b>	<b>-</b>	<b>46,027</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>9,883</b>	<b>16,811</b>	<b>-</b>	<b>26,694</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>15,652</b>	<b>15,900</b>	<b>-</b>	<b>31,552</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>25,535</b>	<b>32,711</b>	<b>-</b>	<b>58,246</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	bank balance	23,316	34,906	-
	Petty Cash	24	-	-
		-	-	-
	<b>Total cash funds</b>	<b>23,340</b>	<b>34,906</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



**Independent examiner's report on the  
accounts**

**Report to the trustees**

Live Well With Cancer

**On accounts for the year  
ended**

31/08/2023

**Charity no  
(if any)**

1186482

**Set out on pages**

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2023**.

**Responsibilities and basis  
of report**

As the charity's 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 Trust's accounts carried out under section 145 of the 2011 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

**Date:**

08/04/2024

**Name:**

Heather McDermott

**Relevant professional  
qualification(s) or body (if  
any):**

Part Qualified ACCA (4880495)

**Address:** 6 Upper Crone Street

Shiremoor

NE27 0HP

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

**LIVE WELL WITH CANCER**

England & Wales - Charity number 1186482

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# Accounts

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# Live Well with Cancer

Annual Report and Financial  
Statements for the Year Ended  
*1st September 2022*



# TABLE OF CONTENTS

<b>Reference and Administrative details</b>	.....	<b>2</b>
<b>Trustees' Report</b>	.....	<b>3, 4</b>
<i>Structure, Governance and Management</i>		
<i>Recruitment and appointment of trustees</i>		
<i>Induction and training of trustees</i>		
<i>Risks and management</i>		
<b>Fundraising Disclosure</b>	.....	<b>5</b>
<i>Fundraising activity</i>		
<b>Objectives and Activities</b>	.....	<b>6</b>
<b>Achievements and Performance</b>	.....	<b>7, 8</b>
<b>Financial Review</b>	.....	<b>9</b>
<b>Declaration</b>	.....	<b>10</b>

## REFERENCE AND ADMINISTRATIVE DETAILS

TRUSTEES	<i>M. Elliott (Chair)</i>
	<i>S. Dodds (Treasurer)</i>
	<i>R. Grecian</i>
	<i>C. Singleton</i>
	<i>S. Nicholson</i>

PRINCIPAL OFFICE	<i>26 West Lane</i>
	<i>Forest Hall</i>
	<i>Newcastle Upon Tyne</i>
	<i>NE12 7BD</i>

REGISTERED CHARITY NUMBER	<i>1186482</i>
---------------------------	----------------

BANKERS	<i>Barclays Bank</i>
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# TRUSTEE'S REPORT

The trustees present the annual report together with the financial statements and auditor's report of the charity for the year ended 1st September 2022.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a registered charity - number 1186482 - with a constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.

The name of the charity is Live Well with Cancer, but also uses its abbreviated initials (LWWC) as a working name. The charity is governed by its constitution, dated 20th November 2019.

## RECRUITMENT AND APPOINTMENT OF TRUSTEES

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

The charity will advertise for new trustees when necessary using VODA to advertise any available posts. Existing trustees will vote for any new appointment.

## INDUCTION AND TRAINING OF TRUSTEES

New trustees are inducted by the Chair of the board and are provided with a range of resources to support their understanding of the charity's purpose.

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

a) a copy of the current version of the constitution; and b) a copy of the latest Trustees' Annual Report and Statement of Accounts.

The trustees meet on a regular basis to discuss the affairs of the charity and to decide overall financial and policy matters.

**We have a number of policies available on our website:**

- *Data Protection Policy*
- *Lone Working Policy*
- *Finance Policy,*
- *Volunteer Policy*
- *Safeguarding Procedure Policy*
- *Equal Opportunities and Diversity Policy*
- *Volunteer Application Form and Confidentiality Agreement*

The charity holds a bank account in its own name. Two signatures from the board of trustees shall be required for the signing of cheques, and these shall be from the Chairman and Treasurer.

## RISKS AND MANAGEMENT

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the exposure to major risks. As a volunteer-led charity, we have minimal overheads as we have no premises or permanent staff members.

The greatest risk to the charity is that of potential loss of income. However, this risk is minimised as we have already secured the funding necessary to pay for next year's schedule and we will not add to this without securing additional funding. We have been extremely grateful to receive generous support from a the majority of the funders we have approached, and we will continue to apply where appropriate. We are also keen to increase our fundraising efforts and hope to use this increase of funds to expand our services further where desirable.

# FUNDRAISING DISCLOSURES

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised directly from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

## FUNDRAISING ACTIVITY

Despite the challenging year, the charity has generated income from various sources, with the bulk coming from grant funding gratefully received from the following trusts and foundations:

NAME	AMOUNT	PURPOSE
<i>Northumbria Health</i>	<i>£5,000</i>	<i>Breast Cancer Support Group</i>
<i>Community Foundation (Barbour)</i>	<i>£2,000</i>	<i>Creative Arts workshops</i>
<i>Community Foundation</i>	<i>£500</i>	<i>Craft &amp; Craic</i>

A number of very kind individuals have also opted to support the charity through Facebook fundraising, an area that we are dedicating time and resource to increase. We also secured spaces on the Great North Run from unused spaces from another charity, where we raised over £6,000 from our 8 runners. We have had great success running two Christmas Fayres raising over £2,000 each time. Our volunteers have also taken time out to generate funds for us. Examples include coffee mornings, birthday fundraisers, company donations and much more. We are extremely grateful for every penny we receive and look forward to building relationships with more of our community as we grow.

# OBJECTIVES AND ACTIVITIES

*“Live Well with Cancer aims to relieve the needs of those suffering from a cancer diagnosis who live in North Tyneside and the surrounding areas in particular, but not exclusively, through the provision of workshops, support groups and events.”*

OUR MISSION	OUR VISION	OUR VALUES
<p><i>To empower anyone affected by cancer to improve their mental and physical health and wellbeing.</i></p>	<p><i>To create a community that supports anyone affected by a cancer diagnosis to live with and beyond cancer.</i></p>	<p><i>We Care. We empower. We are a community.</i></p>

## “Cancer doesn’t discriminate, and neither do we.”

Almost 50% of people will get cancer in their lifetime. There are currently over 2.5 million people living with cancer in the UK, which is expected to increase to 4 million by 2030. Rising referrals and a growing population will increase pressure on cancer services that are already struggling to reach cancer patients. As the number of people living with cancer increases, more people have significant unmet needs, particularly at treatment end. Cancer and its treatment often leave a gruelling physical and mental legacy. There is growing evidence to support the role of healthy lifestyle choices in promoting better outcomes and survival rates, and yet many of these services have been reduced in our community. That is why we created our charity; because, together, we can live well with cancer.

Established as a registered charity in November 2019, Live Well with Cancer is led by an incredible team of volunteers who have all been personally affected by a cancer diagnosis. So far, our workshops, events and support groups have been made possible by the generosity and support of donors, fundraisers, and volunteers. We have also been fortunate to receive grant funding from our friends at various trusts and foundations.

Live Well with Cancer aims to empower anyone affected by cancer to improve their overall health and wellbeing. Operating in North Tyneside and the surrounding areas, we host free online and in-person workshops, events and support groups that help people make positive lifestyle changes. All our sessions are facilitated by professionals and focus on helping people address the most common health and wellbeing issues faced by people, such as anxiety, depression, and low mood.



# ACHIEVEMENTS AND PERFORMANCE

While many charities were hit hard by the Covid-19 pandemic, Live Well with Cancer was able to adjust our approach and thrive due to our limited overheads. With the restrictions in place, and the health risks associated with many cancer patients, we moved all our workshops, events, and support groups online to protect everyone involved. Since the restrictions have eased, we have been able to host sessions in person again, and it has been brilliant to see our supporters in person!

All our workshops, events, and support groups teach proven techniques and exercises that empower people to make positive lifestyle changes and improve their mental and physical health and wellbeing. Our workshops are free to anyone affected by cancer, or for a small donation from others in our community who could benefit. Our regular sessions include Sleep, Relaxation, Art Therapy, Mandala Stones, Cancer and Mental Wellbeing, Craft & Craic, Breast Cancer Support Group, Walk & Talk and monthly Coffee Mornings.

Our workshops, events, and support groups have been made possible in large part by grants we have received from various trusts and foundations, many of which were received in 2021. Funding received in 2021 but used in part during 2022 include £16,800 from the Postcode Neighbourhood Trust to fund our Creative Arts for Cancer project and £9,980 from two grants given by the National Lottery Community Fund to fund Mental Care workshops and support groups. In 2022, we received £5,000 from Northumbria Health for our Breast Cancer Support Group, £2,000 for creative arts workshops, and £500 for our Craft & Craic sessions.

Our fundraising efforts have been productive, raising over £2,000 at our Christmas Fayre and over £6,000 from our supporters of the Great North Run. Mini raffles and tombolas at our monthly coffee mornings help cover the costs of the regular event.



Live Well with Cancer is also proud to create products that celebrate the northeast and the talented people who live here. Our North Tyneside Mindfulness Colouring books and Calendars proved incredibly popular, selling hundreds of copies online and in person at Tynemouth Market and Cook and Baker in Tynemouth. We also were overwhelmed by the response to our 'local themed' Christmas Cards selling over 5,000. We had to do a reprint due to the local demand.

Finally, we would like to thank the volunteers who have given their time to help us empower anyone affected by cancer to improve their mental and physical health and wellbeing. This includes dozens of people who helped with our Annual Christmas Bauble appeal, where we delivered hundreds of handmade baubles to people receiving cancer treatment over the Christmas period. We were also helped by numerous professionals who volunteered their time to help us create our wellbeing videos, including Professor John Saxton, Talking Therapies, and our favourite Italian chef, Tommaso. And that is not to mention the volunteers who have helped with our workshops, events, and support groups, all of whom have helped us to help others – we couldn't be more grateful for everyone who has given their time, energy, and money to our cause.

*"I've just done an online relaxation session with Live Well with Cancer and it honestly was so amazing and soothing. It helped take away so much stress that I'm carrying."*

*"I really, really enjoyed the [art therapy] session! Gave me so much confidence in my ability to doodle!! I recently received some presents of adult colouring books, but this is much better fun and great for stress reduction!"*

*"You hold such a warm, welcoming space. I felt so reluctant to turn up empty handed, although I'm glad that I did. What an inspiring group of writers!"*

*"I cannot tell you how nice it is to talk about wellbeing books with a group of like-minded people. Whether reading the Tao Te Ching or The Power of Now, it's always a pleasure to discuss the month's book."*

## LOOKING FORWARD

As we reach the end of our fourth year, we are already looking at ways to expand our services and ensure our service users get the help they need when they need it. In addition to our ongoing workshops, events, and support groups, we have already secured funds for additional sessions, including expanding our Wellbeing 9-a-Day campaign and introducing regular movement classes. Our focus for the next year is to employ people in key positions so that the charity can grow, as we are currently running at capacity due to being a volunteer-led charity.



## FINANCIAL REVIEW

We are in a healthy position to fund our planned activities and currently have minimal overheads to cover. Our annual bills and subscriptions are all paid upfront.

We ended the year with £31,552 in our bank account, consisting of £15,900 in restricted funds and £15,652 in unrestricted funds. These unrestricted funds will be held in reserve to cover core costs and initiate new projects designed to improve the health and wellbeing of people affected by cancer.

A comprehensive Excel spreadsheet of Live Well with Cancer's accounts are available.

# DECLARATIONS

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

<b>SIGNATURE</b>	<i>M. Elliott</i>
<b>FULL NAME</b>	Maureen Elliott
<b>POSITION</b>	Founder of the charity
<b>DATE</b>	28th April 2023



## Receipts and payments accounts

CC16a

For the period from	Sep-21	To	Aug-22
---------------------	--------	----	--------

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Northumbria Health	5,000		-	5,000	-
Community FoundaTION		2,000	-	2,000	-
Community FoundaTION		500	-	500	-
			-	-	-
			-	-	-
Petty Cash	786 #			786	
Donations	8,601	-	-	8,601	-
Sales	5,415			5,415	
Event Proceeds	6,029	-	-	6,029	-
<b>Sub total (Gross income for AR)</b>	<b>25,832</b>	<b>2,500</b>	<b>-</b>	<b>28,332</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>25,832</b>	<b>2,500</b>	<b>-</b>	<b>28,332</b>	<b>-</b>
<b>A3 Payments</b>					
Room Hire	1,881	-	-	1,881	-
Facilitators		10,594	-	10,594	-
Graphic Design	8,535	-	-	8,535	-
Equipment	-	-	-	-	-
Misc	12,233	-	-	12,233	-
Reimbursements	4,304	-	-	4,304	-
Petty Cash	658	-	-	658	-
	-	-	-	-	-
<b>Sub total</b>	<b>27,611</b>	<b>10,594</b>	<b>-</b>	<b>38,204</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>27,611</b>	<b>10,594</b>	<b>-</b>	<b>38,204</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>(1,779)</b>	<b>- 8,094</b>	<b>-</b>	<b>- 9,873</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,431	23,994	-	41,425	-
<b>Cash funds this year end</b>	<b>15,652</b>	<b>15,900</b>	<b>-</b>	<b>31,552</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Balance	15,524	15,900	-
	petty cash	128	-	-
		-	-	-
	<b>Total cash funds</b>	<b>15,652</b>	<b>15,900</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	S Dodds	Sarah Dodds	09/05/2023	
	M Elliott	Maureen Elliott	<b>09/05/2023</b>	



**Independent examiner's report on the  
accounts**

**Report to the trustees/  
members of**

Charity Name  
Living Well with Cancer

**On accounts for the year  
ended**

31 August 2022	<b>Charity no (if any)</b>	1186482
----------------	--------------------------------	---------

**Set out on pages**

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 08 / 2022.

**Responsibilities and basis  
of report**

As the charity's 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 Trust's accounts carried out under section 145 of the 2011 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

**Signed:** 

**Date:** 28/12/2022

**Name:** Heather McDermott

**Relevant professional  
qualification(s) or body (if  
any):**

ACCA Part Qualified (4880495)

<b>Address:</b>	6 Upper Crone Street
	Shiremoor
	NE27 0HP

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

**LIVE WELL WITH CANCER**

England & Wales - Charity number 1186482

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# Accounts

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# **Live Well With Cancer**

**Annual Report and Financial  
Statements for the Year Ended**  
*September 2021*



live well  
with cancer  
North Tyneside Community

Registered Charity number : 118642

# TABLE OF CONTENTS

<b>Reference and Administrative details</b> .....	<b>2</b>
<b>Trustees' Report</b> .....	<b>3</b>
<i>Structure, Governance and Management</i>	
<i>Recruitment and appointment of trustees</i>	
<i>Induction and training of trustees</i>	
<i>Risks and management</i>	
<b>Fundraising Disclosure</b> .....	<b>5</b>
<i>Fundraising activity</i>	
<b>Objectives and Activities</b> .....	<b>6</b>
<b>Achievements and Performance</b> .....	<b>7</b>
<b>Financial Review</b> .....	<b>9</b>
<b>Declaration</b> .....	<b>10</b>

## REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	M Elliott (Chair)
	S Dodds (Treasurer)
	R Grecian
	A McDonald
	S Nicholson

Principal Office	2 Lovelady Court
	Tynemouth
	Newcastle Upon Tyne
	NE30 4RP

Registered Charity Number	1186482
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Bankers	Barclays Bank
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# TRUSTEES' REPORT

The trustees present the annual report together with the financial statements and auditor's report of the charity for the year ended 30th September 2021.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a registered charity - number 1186482 - with a constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.

The name of the charity is Live Well with Cancer, but also uses its abbreviated initials (LWWC) as a working name. The charity is governed by its constitution, dated 20th November 2019.

## RECRUITMENT AND APPOINTMENT OF TRUSTEES

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

The charity will advertise for new trustees when necessary using VODA to advertise any available posts. Existing trustees will vote for any new appointment.

## INDUCTION AND TRAINING OF TRUSTEES

New trustees are inducted by the Chair of the board and are provided with a range of resources to support their understanding of the charity's purpose.

The charity trustees will make available to each new charity trustee, on or before his or her first appointment: a) a copy of the current version of the constitution; and b) a copy of the latest Trustees' Annual Report and Statement of Accounts.

The trustees meet on a regular basis to discuss the affairs of the charity and to decide overall financial and policy matters.

We have a number of policies available on our website:

- *Data Protection Policy*
- *Lone Working Policy*
- *Finance Policy*
- *Volunteer Policy*
- *Safeguarding Procedure Policy*
- *Equal Opportunities and Diversity Policy*
- *Volunteer Application Form and Confidentiality Agreement*

The charity holds a bank account in its own name. Two signatures from the board of trustees shall be required for the signing of cheques, and these shall be from the Chairman and Treasurer.



## MAJOR RISKS AND MANAGEMENT OF THOSE RISKS

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the exposure to major risks. As a volunteer-led charity, we have minimal overheads as we have no premises or permanent staff members.

The greatest risk to the charity is that of potential loss of income. However, this risk is minimised as we have already secured the funding necessary to pay for next year's schedule and we will not add to this without securing additional funding. We have been extremely grateful to receive generous support from a the majority of the funders we have approached, and we will continue to apply

where appropriate. With restrictions lifting, we are also keen to increase our fundraising efforts and hope to use this increase of funds to expand our services further where desirable.

## FUNDRAISING DISCLOSURES

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised directly from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

### FUNDRAISING ACTIVITY

Despite the challenging year, the charity has generated income from various sources, with the bulk coming from grant funding gratefully received from the following trusts and foundations:

NAME	AMOUNT	PURPOSE
Postcode Neighbourhood Trust	£16,800.00	Creative Arts and Writing workshops
National Lottery Community Fund	£9,890.00	Mental care workshops / support groups
Albert Hunt Trust	£5,000.00	Core costs
Community Foundation	£5,000.00	To help us grow as a charity
Foyle Foundation	£3,000.00	Equipment / Facilitator costs
Sir James Knott	£1,000.00	Equipment

A number of very kind individuals have also opted to support the charity through Facebook fundraising, an area that we are dedicating time and resource to increase.

Our volunteers have also taken time out to generate funds for us. Examples include rainbow crochets, social distance walk of North Tyneside, company donations and much more. We are extremely grateful for every penny we receive and look forward to building relationships with more of our community as we grow.

# OBJECTIVES AND ACTIVITIES

*“To relieve the needs of those suffering from a cancer diagnosis who live in North Tyneside and the surrounding areas in particular, but not exclusively, through the provision of workshops, support groups and events.”*

## OUR MISSION

To empower anyone affected by cancer to improve their mental and physical health and wellbeing.

## OUR VISION

To create a community that supports anyone affected by a cancer diagnosis to live with and beyond cancer.

## OUR VALUES

We Care. We Empower. We are a Community.

*“Cancer doesn’t discriminate, and neither do we.”*

Almost 50% of people will get cancer in their lifetime. There are currently over 2.5 million people living with cancer in the UK, which is expected to increase to 4 million by 2030. Rising referrals and a growing

population will increase pressure on cancer services that are already struggling to reach cancer patients.

As the number of people living with cancer increases, more people have significant unmet needs, particularly at treatment end. Cancer and its treatment often leave a gruelling physical and mental legacy. There is growing evidence to support the role of healthy lifestyle choices in promoting better outcomes and survival rates, and yet many of these services have been reduced in our community. That is why we created our charity; because, together, we can live well with cancer.

Established as a registered charity in November 2019, Live Well with Cancer is led by an incredible team of volunteers who have all been personally affected by a cancer diagnosis. So far, our workshops, events and support groups have been made possible by the generosity and support of donors, fundraisers, and volunteers. We have also been fortunate to receive grant funding from our friends at a number of trusts and foundations.

Live Well with Cancer aims to empower anyone affected by cancer to improve their overall health and wellbeing. Operating in North Tyneside and the surrounding areas, we host free online and in-person workshops, events and support groups that help people make positive lifestyle changes. All our sessions are facilitated by professionals and focus on helping people address the most common health and wellbeing issues faced by people, such as anxiety, depression, and low mood.



## ACHIEVEMENTS AND PERFORMANCES

While many charities have been hit hard by the Covid-19 pandemic, Live Well with Cancer has been able to adjust and approach and thrive due to our limited overheads. With the restrictions in place, and the health risks associated with many cancer patients, we moved all our workshops, events, and support groups online to protect everyone involved. Since the restrictions have eased, we have been able to host sessions in person again, and it has been brilliant to see our supporters in person!

All our workshops, events, and support groups teach proven techniques and exercises that empower people to make positive lifestyle changes and improve their mental and physical health and wellbeing. Our workshops are free to anyone affected by cancer, or for a small donation from others in our community who could benefit. Our regular sessions include our Wellbeing Book Club, Creative Writing, Creative Art, Art Therapy in the Garden, Mandala Stones, Cancer and Mental Wellbeing, and Relaxation/Hypnotherapy. We also held our first Coffee Morning, which we hope to make a quarterly event going forward.

Our workshops, events, and support groups have been made possible in large part by grants we have received from various trusts and foundations. We received £16,800 from the Postcode Neighbourhood Trust to fund our upcoming Creative Arts for Cancer project; £9,980 from two grants given by the National Lottery Community Fund to fund Mental Care workshops and support groups; £5,000 from Albert Hunt to help with our core costs; £5,000 from two grants given by the Community Foundation to help us grow as a charity and improve the wellbeing of people affected by cancer; £3,000 from the Foyle Foundation to fund much-needed equipment and facilitator costs; and £1,000 from Sir James Knott Trust to purchase equipment for our ongoing video project.

Our fundraising efforts have been limited due to the Covid-19 restrictions, with our 1st birthday party, which was booked to be held in Whitley Bay Playhouse, one of many planned fundraising events that had to be postponed or cancelled. Even so, we have been blessed to be supported by many individuals and organisations over the past year. These include Zach's 7-mile swim around Loch Doon, which

raised £1,750 for Live Well with Cancer and a further £500 for If U Care Share Foundation, Helen raising £500 by 'going for the chop', Abi raising £130.85 through a cake sale fundraiser, and Susan completing the Great North Run for our charity, something we hope to see more of going forward! Lisa and the team at Avicenna Pharmacy raised £263, while Made.UpNorth donated £200 raised during their market to fund our 3rd annual Christmas bauble appeal.

Live Well with Cancer is also proud to create products that celebrate the northeast and the talented people who live here. Our North Tyneside Mindfulness Colouring books and Calendars proved incredibly popular, selling hundreds of copies online and in person at Tynemouth Market and Cook and Baker in Tynemouth. We also made doggy bandanas as part of our socially distanced "Take on the Waggin' Way in the Month of May" campaign, which encouraged people and their four-legged friends to get out and about and raise funds and awareness for our charity. Hilary from Labour of Love designed an iconic piece of original art – featuring our chair and founder no less – that captured a part of our history as our local community moved through the pandemic, with profits from the prints and cups coming to our charity. Any funds generated from sales are used to fund our free workshops, events, and support groups.

Finally, we would like to thank the volunteers who have given their time to help us empower anyone affected by cancer to improve their mental and physical health and wellbeing. This includes dozens of people who helped with our 2nd annual Christmas Bauble appeal in 2020, where we delivered hundreds of handmade baubles to people receiving cancer treatment over the Christmas period – unfortunately, our trustees were unable to hand out the baubles due to restrictions, but we are lucky that are founder works in the hospital! Many of these also helped make the doggy bandanas for our Waggin' Way challenge. We were also helped by numerous professionals who volunteered their time to help us create our wellbeing videos, including Professor John Saxton, Talking Therapies, and our favourite Italian chef, Tommaso. And that is not to mention the volunteers who have helped with our workshops, events, and support groups, all of whom have helped us to help others – we couldn't be more grateful for everyone who has given their time, energy, and money to our cause.

**“ I've just done online a relaxation session with Live Well with Cancer and it honestly was so amazing and soothing. It helped take away so much stress that I'm carrying. ”**

**“ I really, really enjoyed the [art therapy] session! Gave me so much confidence in my ability to doodle!! I recently received some presents of adult colouring books, but this is much better fun and great for stress reduction! ”**

**“ You hold such a warm, welcoming space. I felt so reluctant to turn up empty handed, although I'm glad that I did. What an inspiring group of writers! ”**

**“ I cannot tell you how nice it is to talk about wellbeing books with a group of like-minded people. Whether reading the Tao Te Ching or The Power of Now, it's always a pleasure to discuss the month's book. ”**

## LOOKING FORWARD

As we reach the end of our second year, we are already looking at ways to expand our services and ensure our service users get the help they need when they need it. In addition to our ongoing workshops, events, and support groups, we have already secured funds for additional sessions, including a men's health and wellbeing support group. We have just released our first Christmas cards, which have been incredibly well received, and will be releasing a new 2022 calendar and Northumberland colouring book in the build up to Christmas. We are also hopeful to secure funding for our Wellbeing 9-a-Day project, which will empower people to build good habits that are proven to improve people's health and wellbeing. Our focus for the next year is to employ people in key positions so that the charity can grow, as we are currently running at capacity due to being a volunteer-led charity.

## FINANCIAL REVIEW

We are in a healthy position to fund our planned activities and currently have minimal overheads to cover. Our annual bills and subscriptions are all paid upfront.

We ended the year with £37,834 in our bank account, consisting of £23,094 in restricted funds and £14,740 in unrestricted funds. These unrestricted funds will be held in reserve to cover core costs and initiate new projects designed to improve the health and wellbeing of people affected by cancer.

A comprehensive Excel spreadsheet of Live Well with Cancer's accounts are available.

## DECLARATIONS

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature(s) :	
Full name(s) :	
Position (e.g Secretary, Chair etc) :	
Date:	



## Receipts and payments accounts

CC16a

For the period from	01/09/2020	To	31/08/2021
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
COMMUNITY FOUNDA		2,000	-	2,000	-
COMMUNITY FOUNDA	3,000		-	3,000	-
COMMUNITY FOUNDA	-	1,000	-	1,000	-
Community Foundation	-	8,890	-	8,890	-
Sir James Knott	1,000		-	1,000	-
Postcode Neighbour		16,800	-	16,800	-
The Foyle Foundation	3,000 #		-	3,000	-
Albert Hunt	5,000		-	5,000	-
National lottery		700	-	700	-
Donations	4,450	-	-	4,450	-
Sales	2,675			2,675	-
Petty cash	603			603	-
Event Proceeds	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>19,728</b>	<b>29,390</b>	<b>-</b>	<b>49,118</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,728</b>	<b>29,390</b>	<b>-</b>	<b>49,118</b>	<b>-</b>
<b>A3 Payments</b>					
Room Hire	140	131	-	271	-
Facilitators		2,424	-	2,424	-
Graphic Design	1,933	-	-	1,933	-
Equipment		2,078	-	2,078	-
Misc	678	100	-	778	-
Reimbursements	1,633	1,563	-	3,196	-
Petty Cash	348	-	-	348	-
	-	-	-	-	-
<b>Sub total</b>	<b>4,732</b>	<b>6,296</b>	<b>-</b>	<b>11,028</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>4,732</b>	<b>6,296</b>	<b>-</b>	<b>11,028</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>14,995</b>	<b>23,094</b>	<b>-</b>	<b>38,089</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>14,995</b>	<b>23,094</b>	<b>-</b>	<b>38,089</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Opening Bank Bal	2,691	900	-
	Petty cash	255	-	-
	Cash in Bank	14,740	23,094	-
	<b>Total cash funds</b>	<b>17,686</b>	<b>23,994</b>	<b>-</b>

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Camera	Pink Ribbon	1,973	-
	Camera Equipment	Pink Ribbon	654	-
	MacBook Pro	Community Foundation	1,599	-
	Acer Projector	Community Foundation	277	-
	Tripod Screen	Community Foundation	124	-
	HP Chromebook	Community Foundation	199	-
	Mac	Pink Ribbon	2,078	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	S Dodds	SARAH DODDS	04/04/2022
	M Elliott	MAUREEN ELLIOTT	<b>04/04/2022</b>



**Independent examiner's report  
on the accounts**

**Section A Independent Examiner's Report**

**Report to the trustees/ members of** Charity Name  
Live Well With Cancer

**On accounts for the year ended** Aug 2021 **Charity no (if any)** 1186482

**Set out on pages** 1-2  
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/08/2021.

**Responsibilities and basis of report** As the charity's 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 Trust's accounts carried out under section 145 of the 2011 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 (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**  **Date:** 06/04/2022

**Name:** Heather McDermott

**Relevant professional qualification(s) or** ACCA Part Qualified

**body (if any):**

**Address:**

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**