

Live Well With Cancer

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



Registered Charity number : 118642

TABLE OF CONTENTS

Reference and Administrative details	2
Trustees' Report	3
<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>	
Fundraising Disclosure	5
<i>Fundraising activity</i>	
Objectives and Activities	6
Achievements and Performance	7
Financial Review	9
Declaration	10



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
---------------------------	---------

Bankers	Barclays Bank
---------	---------------

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:	





CHARITY COMMISSION
FOR ENGLAND AND WALES

LIVE WELL WITH CANCER

No (if any)

Receipts and payments accounts

CC16a

For the period
from

01/09/2020

To

31/08/2021

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 £
A1 Receipts					
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	-	-	-	-	-
Sub total (Gross income for AR)	19,728	29,390	-	49,118	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	19,728	29,390	-	49,118	-
A3 Payments					
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	-
	-	-	-	-	-
Sub total	4,732	6,296	-	11,028	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,732	6,296	-	11,028	-
Net of receipts/(payments)	14,995	23,094	-	38,089	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	14,995	23,094	-	38,089	-

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 £
B1 Cash funds	Opening Bank Bal	2,691	900	-
	Petty cash	255	-	-
	Cash in Bank	14,740	23,094	-
	Total cash funds	17,686	23,994	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	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	-
			-	-
			-	-
B5 Liabilities	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	
	S Dodds	SARAH DODDS	04/04/2022	
	M Elliott	MAUREEN ELLIOTT	04/04/2022	



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 <small>(remember to include the page numbers of additional sheets)</small>		
Responsibilities and basis of report	<p>I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/08/2021.</p> <p>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").</p> <p>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.</p>		
Independent examiner's statement	<p>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:</p> <ul style="list-style-type: none"> ● 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. <p>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.</p> <p><i>* Please delete the words in the brackets if they do not apply.</i></p>		
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.

--