

# Live Well with Cancer

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



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

## **“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



CHARITY COMMISSION  
FOR ENGLAND AND WALES

LIVE WELL WITH CANCER

No (if any)

## Receipts and payments accounts

CC16a

For the period from	Sep-21	To	Aug-22
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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>					
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>
<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>17,431</b>	<b>23,994</b>	<b>-</b>	<b>41,425</b>	<b>-</b>
<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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>			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	09/05/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## 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

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 / 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.**

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