

We care.
We empower.
We are a community.

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

31st August 2023



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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 31st 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 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
- 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.”

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.”

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.



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 3rd birthday on 11th November and the festive season at our 2nd 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."

"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."

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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 hopeful 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 th 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

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					
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	-
Sub total (Gross income for AR)	33,197	39,524	-	72,721	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,197	39,524	-	72,721	-
A3 Payments					
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	-
	-	-	-	-	-
Sub total	23,313	22,713	-	46,027	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	23,313	22,713	-	46,027	-
Net of receipts/(payments)	9,883	16,811	-	26,694	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	15,652	15,900	-	31,552	-
Cash funds this year end	25,535	32,711	-	58,246	-

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	bank balance	23,316	34,906	-
	Petty Cash	24	-	-
		-	-	-
	Total cash funds	23,340	34,906	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	



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.