

We care.
We empower.
We are a community.

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

31st August 2024



Registered charity number 1186482



Live Well
with Cancer

www.livewellwithcancer.co.uk

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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



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 2024.

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 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.



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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.



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.



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 4th birthday on 11th 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 3rd 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 5th 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

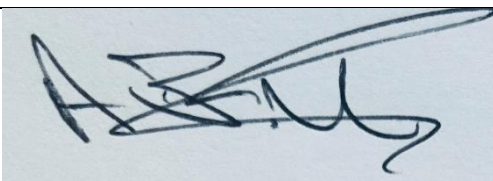
We are in a healthy position to fund our planned activities and overheads for the year ahead.

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 th May 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



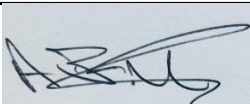
Receipts and payments accounts

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 £
A1 Receipts					
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
Sub total (Gross income for AR)	91,179	91,195	-	182,374	72,721
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	91,179	91,195	-	182,374	72,721
A3 Payments					
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
Sub total	63,598	79,671	-	143,269	46,027
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	63,598	79,671	-	143,269	46,027
Net of receipts/(payments)	27,581	11,524	-	39,105	26,694
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	23,340	34,906	-	58,246	31,552
Cash funds this year end	50,921	46,431	-	97,351	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	50,855	46,431	-
	Petty Cash	66	-	-
	Total cash funds	50,921	46,431	-
	(agree balances with receipts and payments account(s))	OK	OK	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
			Anthony Nicholson	16/05/2025

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