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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 2025



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## 1. Reference and Administrative Details

<b>Trustees</b>	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)
<b>Principal Office</b>	38 Nile Street North Shields Newcastle upon Tyne NE29 0BB
<b>Registered Charity Number</b>	1186482
<b>Bankers</b>	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 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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Who	Amount	What for
Greggs Foundation	£19,700	Core Costs
Post Code Lottery	£24000	Core Costs
Northern Cancer Alliance Community Foundation	£8548	Prehab/ Rehab support
Louise Dalton Foundation	£1000	Crafts
UKSPF	£1000	Wellness Week
Karbon Homes	£3600	Secondary Cancer Support
RW Mann	£2000	Art Group
Bright Northumbria Healthcare Charity	£5550	Secondary Cancer Support
Catherine Cookson	£3000	Patient Stories - Anthology
Barbour Foundation	3,000	Workshops
UKSPF	£9,640	Live Well in West Moor- supporting people in the West of the Borough
Sports England	£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

- Fun with Acrylics
- Crafting for Wellbeing
- Creative Drop-in
- Writing

### Support groups

- Breast cancer
- Bowel cancer
- Open to all
- Veterans
- Fishermen

### Health & Fitness

- Run club
- Yoga
- Tai Chi
- Movement
- Football

### Wellbeing

- Counselling
- 1-2-1 support
- Healthy Habits
- Sleep & Fatigue
- Coffee Mornings

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.

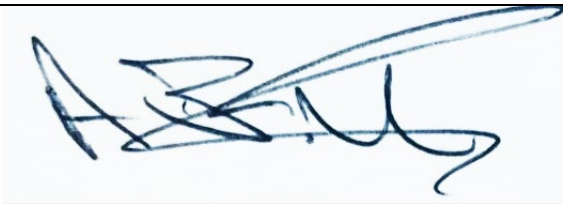
We ended the year with £100,545 in reserves, consisting of £32,285 restricted funds and £68,260 unrestricted funds. Of these unrestricted funds £5,000 will be designated for counselling services. The remaining will be held to cover core costs and initiate new projects to improve the wellbeing of people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

Signature	
Full Name	Anthony Nicholson
Position	Chair
Date	5TH March 2026

## 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  
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3<sup>rd</sup> March 2026

Registered charity number 1186482



Live Well  
with Cancer

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



CHARITY COMMISSION  
FOR ENGLAND AND WALES

LIVE WELL WITH CANCER

1186482

## Receipts and payments accounts

CC16a

For the period  
from

Sep-24


To

Aug-25

### 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
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>		-	-	-
		<b>Fund to which</b>	<b>Cost (optional)</b>	<b>Current value</b>
<b>B3 Investment assets</b>			-	-
		<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B4 Assets retained for the charity's own use</b>	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>Fund to which</b>	<b>Amount due</b>	<b>When due</b>
<b>B5 Liabilities</b>			-	
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.

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### Independent examiner's statement

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3<sup>rd</sup> March 2026

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