

# MISSION REMISSION

England & Wales · Charity number 1186956

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-12-16

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 82 Tanner Street  
London  
SE1 3GN

**Phone** 07717562596

**Email** [hello@mission-remission.org.uk](mailto:hello@mission-remission.org.uk)

**Website** [www.mission-remission.com](http://www.mission-remission.com)

## Activities

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**Objects:** TO RELIEVE THOSE IN NEED BY REASON OF ILL-HEALTH BY DEVELOPING AND FACILITATING SUPPORT SERVICES FOR CANCER SURVIVORS, IN PARTICULAR (BUT NOT LIMITED TO) BY: DEVELOPING AND MAKING AVAILABLE DIGITAL FORUMS AND RESOURCES TO CONNECT THOSE IN NEED WITH EACH OTHER

**Activities:** To relieve those in need by reason of ill-health by developing and facilitating support services for cancer survivors.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£116,909	£98,350	-	-
2023-12-01	£130,434	£66,958	-	-
2022-12-01	£67,341	£55,009	-	-
2021-12-01	£25,175	£21,200	-	-
2020-12-01	£23,791	£15,758	-	-

## Trustees

Name	Role	Appointed
<b>Dr Jane Spurgeon</b>	Chair	2020-01-01
Alison Mary Foden		2026-02-11
Andrew Morgan		2019-05-01
Dr Christine Linda Oates		2025-02-11
Gavin Wilkinson		2025-02-11
Kirstie Sneyd		2026-02-11
Ryan Pickett		2019-05-01
Sarifa Patel		2025-02-11

**MISSION REMISSION**

England & Wales - Charity number 1186956

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# Accounts

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# mission remission

**The Charity for Cancer Survivors**

Registered Charity No: 1186956

**Annual Report 2023 - 2024**

**Life**

**beyond**

**cancer**



# Who We Are

## Why We Exist

93% of cancer survivors experience long-term health issues after treatment. The world expects us to bounce back, but everything feels different: your body, your mind, your life.

Life after cancer can be incredibly tough. Right now, 2.5 million people live with cancer in the UK, yet survivors often receive little to no support to navigate the aftermath of treatment. Information is limited. Clinical research into life beyond cancer is still too scarce.

Three-quarters of survivors say the lack of support after treatment holds them back from returning to work and building a fulfilling life.

### **We knew that had to change.**

Mission Remission is the UK's first and only charity solely dedicated to helping people move forward after cancer. We support a community of more than 19,000 cancer survivors to lead happy, healthy, independent lives.

We're a grassroots user-led charity, built by and for people who have lived with cancer: not only our founder but also our chair, 85% of our trustees, every member of our staff, volunteers, administrators, and even our specialist medical advisors, have all lived with cancer. We understand its journey - the treatment itself, and the often-overlooked issues that arise afterwards.

Alongside offering daily support to people in remission, we speak up for change. We believe every survivor deserves to live their very best life. That means a more compassionate world; one where no-one faces poverty or work barriers after cancer. This year, our change work is focused on tackling financial injustice, helping survivors build stronger futures, with better rehabilitation and income protection.

# A Message From Our Chair

It has been quite a year!

I came back to Mission Remission following my 3 year sabbatical while working abroad and I'm amazed by the growth of the charity.

We now have volunteers running our bookclub, Recovery Cafe sessions, fundraising and supporting our accounts.

We've secured funding from a wide range of trusts and foundations, which has enabled us to improve our support services via our 'Mission Thrive', 'Mission Connect' and 'Mission Fitness' projects. Not to mention our impactful research and advocacy project which aims to improve the financial security of cancer survivors called 'Mission Secure'.

These projects have helped us grow our offer to people recovering or living with cancer and have helped us to address the key issues that matter most to our community. The draft report of our Mission Secure survey findings was, in particular, real food for thought.

It is thanks to the passion and determination of everyone at Mission Remission that we are able to start tackling these issues head on.

Over the course of the year we said goodbye to Joe, Kas, Hasan, Helen, Emily, Bal and Branwen and would like to thank them for their work.

I stepped into the position of chair in August, and at the very end of the year we appointed some new trustees, who we're looking forward to working with in 2025. This was a very interesting and rewarding experience. We heard from many people how we are genuinely making a difference to the lives of people coping after and living with cancer.

Next year is going to be a busy year as we continue to move forward as more people deal with cancer, our projects grow and we continue to make a difference.

**Dr Jane Spurgeon, chair of trustees**



# A Message From Our Founder

It's incredible to think how far Mission Remission has come: from a tiny Community Interest Company back in 2017 to a small but mighty charity, and a force to be reckoned with!

This year, I'm thrilled that Hannah has stepped into the role of Director of Operations. She now leads all operational matters and governance compliance with strength, care, and passion. She's everything we need and more. Mission Remission is so lucky to have her. Working with Hannah is Chelle, our Events Fundraiser and Fitness Guru, you've never met such an enthusiastic and passionate powerhouse of energy! And Susanna, who manages our socials and provides such support to our community.

One of the most powerful moments this year has been bringing together our findings for our Mission Secure campaign. It's been shocking, and in many ways personally validating. Thousands of people face what I did: endless battles with the DWP, and a quiet push out onto the scrapheap. Cancer has cost me £130,000 and that's not unusual, it's just not talked about enough.

I've had a painfully close-up view of what critical illness really means. So when I read through the findings from our research into income protection and critical illness cover, I couldn't help but think: yes, of course! It's staggering that I never fully considered how transformative that critical illness insurance could have been. Not just during cancer (twice), but when my son was a baby facing meningitis and sepsis, and the long road of recovery that followed.

Like so many small charities, we're powered by passion and sometimes it's frustrating that we can't do everything we dream of doing and fix the system ourselves. From our Five Calls to improve early diagnosis, to our 15 Changes to create a better experience of life with and beyond cancer – we know what needs to change. And we won't stop pushing for it.

**Laura Fulcher, founder and CEO**



# Activities & Achievements: Mission Thrive

## Project Aims

'Mission Thrive' was designed to help cancer survivors to not just survive cancer – but to thrive afterwards through a comprehensive package of support activities. To read the full project report [click here](#)

Supported by **The National Lottery Community Fund**, the project delivered six coordinated 'missions', which addressed the long-term emotional, social, and physical impact of cancer.



## Activities

**Mission Connect:** Built relationships with 82 GP surgeries, collaborated with social prescribers, and hosted 71 in-person meetups including 24 'Walk & Talk' sessions. Over 1,000 support resources were shared across our digital platform, to reduce isolation and spark dialogue.

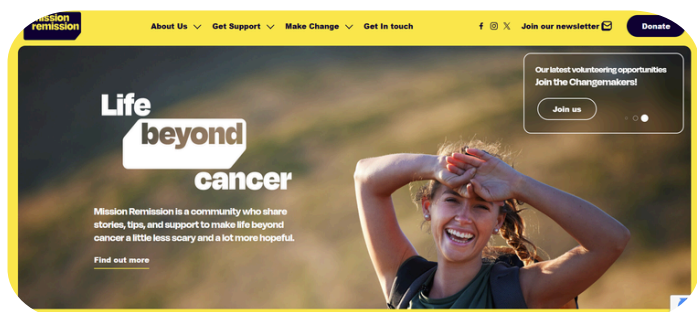
**Mission Support:** Delivered a programme of psychological support activities, including resilience coaching, anxiety management workshops, meditation classes, and Recovery Café peer support meetups.

**Mission First Steps:** Provided a personal trainer led, online fitness programme, in-person guided walks, and access to expert Q&As to support people's first steps back to physical activity, regardless of fitness level.

**Mission Supportive Resources:** Co-produced 52 action plans and survivor stories, covering relationships, physical and emotional side effects, and the financial impact of cancer. These were widely shared across social media and formed part of the website's 'cancer survivors toolkit'.

**Mission Changemakers:** 187 volunteer cancer survivors designed, delivered, and amplified Mission Remission's work - from generously offering peer support to others, to leading activities and events, to fundraising. A further 1250 people supported our campaign survey.

**Mission Platform:** EPLS Design rebuilt and rebranded the website. With an updated toolkit. (now with 200+ survivor action plans) and a bold and vibrant new look.



# Activities & Achievements:

## Mission Thrive

### Key Outcomes and Impact

- 100% felt better connected and less isolated
- 100% reported improved resilience and confidence in moving forward after treatment
- 80% felt more confident about managing their anxiety
- 78% benefitted from sharing their lived experience with their peers
- 75% better understood the symptoms and causes of anxiety
- 75% felt physical benefits, like improvements to activity levels and sleep.
- More than 128,000 people were reached via social media; 940 joined the changemaker newsletter. 10,000+ website users benefited from resources, with 8,500+ 'voting' articles as helpful.

#### Resilience Coaching, Anxiety Workshops, Meditation

"I would recommend any cancer patient experiencing psychological challenges to engage with Mission Remission."

"Glenda has such a calming voice... the grounding exercises were practical and reassuring."

"I slept better and felt more relaxed after the meditation session."

#### Changemakers & Recovery Cafe

"I've gone through this and now I want to give something back."

"Being part of Recovery Café has been a privilege – the impact is immediate when people feel heard."

"Talking to others gives me strength to help someone else going through a rough time."

"You don't want to worry family – but I can be honest here."

#### Supportive Resources

"Sharing publicly isn't something I would naturally do... but it helped me and it helps others too."

"I love that you speak our language - it really resonates."

"Just being able to speak to other survivors is so helpful and reassuring."

# Activities & Achievements:

## Mission Secure

### Project Aims

We want cancer survivors to thrive. That means creating a world where no one who's had cancer also faces poverty or barriers to work after treatment.

During our lived experience project in 2021–22, people shared the financial struggles they faced and the many obstacles to returning to work. With the support of our wonderful funders, **Trust for London**, we knew we needed to go deeper – to better understand the challenges and find real solutions.

### Activities



Our community survey of 1,230 people along with our 95 in-depth case studies revealed systemic failings in support of survivors, leaving many in poverty, unable to rebuild their careers or live fulfilling lives.

Surviving cancer shouldn't mean sacrificing your career and livelihood.

**93%**

of survivors **continue to suffer physical and mental health challenges** long after treatment ends.

**75%**

struggle to return to work, citing poor health and inadequate rehabilitation support as major barriers. **Even a decade later**, 67% face ongoing challenges.

**88%**

of people who applied for benefits felt the process could be improved. They **found it daunting and complex**.

**51%**

felt that fear that cancer would return **discouraged them from returning to work**.

**87%**

report that **benefit advisors misunderstand the holistic effects of cancer**, relying on outdated clinical evidence.

**66%**

face significant income drops - 31% lose over £10,000 annually. **Even a decade later**, over half continue to face a drop in income.

# 5 Calls for change

## Key Outcomes and Impact

With our Changemaker Team, we developed Five Calls for Change, to take into 2025/6 and launch exclusively with the BBC.

**Huge things are to come for 2025!**

### Provide tailored mental health support

- 1** People need 1:1 counselling to rebuild their lives, especially before returning to work.

### Allow a benefit break for five years post-treatment

- 2** As cancer survivors, we live with the fear that it will come back, so we're scared to return to work. We shouldn't have to fight for benefits again if it does - they should be granted automatically.

### Automatic financial support

- 3** No more bureaucracy. Stop making us prove what's already in our medical records. If we qualify, support should be automatic

### Support & train benefits advisors & politicians to understand cancer's long-term impact

- 4** Cancer is not the "short-term" illness the government perceives it to be. Comparing it to pregnancy sick leave is dangerously out of touch.

### Start a national conversation about critical illness cover and poverty:

- 5** Everyone deserves to be financially prepared and protected - no one should face illness and poverty alone.

To read the full Mission Secure report [click here](https://mission-remission.com/end-the-toll/) or visit

<https://mission-remission.com/end-the-toll/>

# Activities & Achievements: Mission Fitness

## Project Aims

Cancer survivors can face a more complicated journey back to fitness. This project aimed to reduce barriers to fitness after cancer, to support people to feel more confident to exercise, take their first steps towards fitness, and experience an improvement in their well-being.

With support from **Sport England**, 'Mission Fitness', a ten-month Fitness Programme, ran from October 23 to July 24.



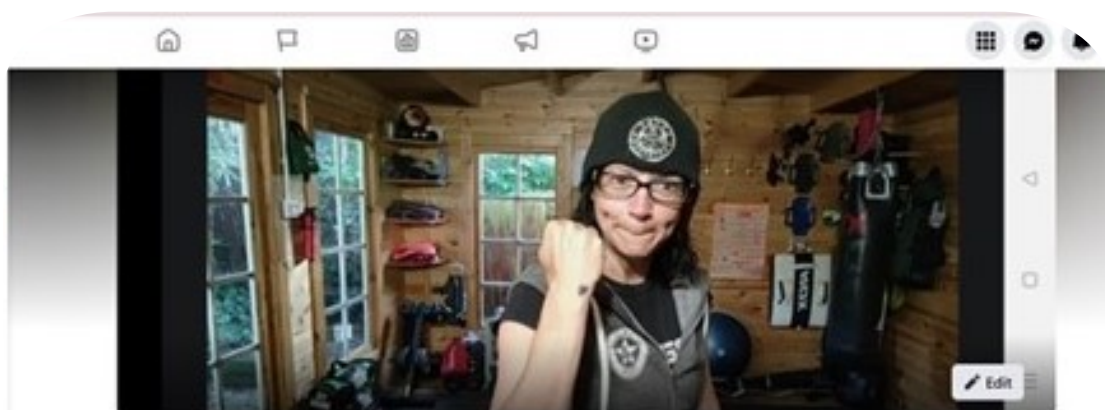
## Activities

### Online Fitness Programme

Led by cancer survivor Chelle Kime, a personal trainer and specialist in long-term conditions, weekly activities comprised of:

- Goal setting and accountability sessions, focusing on fitness, mindset and nutrition.
- 'Rise' – a seated exercise group including warm-up and cool-down, for those fresh back to exercise.
- 'Flourish' – a weekly group dedicated to those with greater fitness levels.
- Weekly reflection time and celebrations of achievements.

1:1 advice was given to those lacking confidence, or with specific health concerns and questions, supported by our GP Chair Jane Spurgeon. Online Q&A sessions were delivered by Chelle, and by BBC broadcaster Dr Helen Wall.



Mission Fitness

# Activities & Achievements: Mission Fitness

## Key Outcomes and Impact

- 159 fitness sessions delivered online
- 315 participants joined the Mission Fitness Facebook group, generating 13,927 video views and 1,419 likes and comments
- 37 participants attended Walk & Talk events in Dorset and Norwich
- Participants reported increased activity levels, better posture, pain relief, and improved sleep
- The activities inspired long-term motivation and optimism about physical recovery after cancer treatment.

“That was awesome! It was just enough for me. I feel like this might just be possible!”

“It’s made a huge difference to my posture and hip pains. I’ve also lost 5.5 lbs in weight – you’ve set me on a very positive path.”

“Michelle, the workout was good – left me slightly breathless which I think is a good sign! Looking forward to the next class.”

“It was just enough to start with... I thoroughly enjoyed it.”

“That was awesome!! I feel like this might just be possible!”

“It was great feeling those muscles stretch, had a bit of a pain round my lymph node scar but nothing to worry about. I found it just enough to start with as being out of action for quite a while, thoroughly enjoyed it.”

Comments ▼



★ Level 1

This week I want to do 3 home fitness sessions again - I managed that last week 👍 so am also adding a walk...

19w Like Reply



★ Level 1

Thank you. 🙏 I did this as my first exercise after getting go ahead from surgeon. Hard but great! 🥰

# Charity Structure & Governance

Mission Remission was formed by Constitution agreed on 7 September 2017 and registered as a Community Interest Company on this date and converted to a charity, registering with the Charities Commission of England & Wales on 16 December 2019.

Trustees during the period 2/12/2023- 30/11/2024:

Jane Spurgeon  
Ryan Pickett  
Andrew Morgan  
Emma Robertson  
Hasan Reza  
Helen Mee  
Branwen Hywel  
Emily Hodge  
Balwinder Nanray  
Kasmyn Chen  
Joseph Sargeant

Recruitment and appointment of new trustees is the responsibility of the existing trustees. The trustees may appoint any person willing to act as trustee subject to the requirements of the Charities Commission and the Constitution.

No trustees are paid for carrying out their duties as trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The trustees and Mission Remission team make all decisions regarding the running and management of the charity.

The trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2023-24.

**“Mission Remission is like the sun coming through the clouds.”**

# Financial Statements 23-24

## MISSION REMISSION

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 2ND DECEMBER 2023 TO 30TH NOVEMBER 2024

	Unrestricted	Restricted	Total funds
<b>INCOME</b>			
Donations	£13,159		£13,159
Grants (unrestricted)			
- Albert Hunt	£5,000		
- Postcode Local Trust	£22,000		
- 1961 Charitable Trust	£4,000		£31,000
Grants (restricted)			
- The Fore / Bulldog Trust		£15,000	
- Trust for London		£48,750	
- Sport England		£9,000	£72,750
<b>Sub total</b>	£44,159	£72,750	£116,909
<b>EXPENDITURE</b>			
Charitable Activities	£423	£81,463	£81,886
Fundraising & Administration		£16,464	£16,464
<b>Total Expenditure</b>	£423	£97,927	£98,350
Net movement in funds	£43,736	-£25,177	£18,559
<b>Reconciliation of funds</b>			
Total funds brought forward	£10,414	£83,437	£93,851
Total funds carried forward	£54,150	£58,260	£112,410

# MISSION REMISSION

## BALANCE SHEET

AT 30TH NOVEMBER 2024

### CURRENT ASSETS

Debtors

Cash in Bank and in hand

£112,410

Creditors

**Net Current Assets**

**£112,410\***

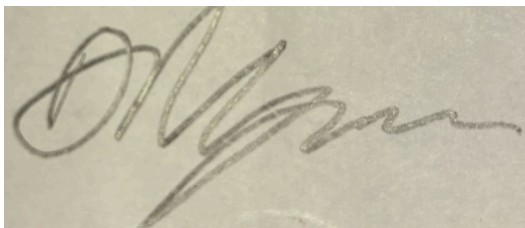
**\*Note: £112,410:**

- **Restricted Funds**

£58,260 restricted funding is allocated specifically for charitable activities and projects in 2024/25.

- **Unrestricted Funds**

Reserves are designated by Trustees, in line with Mission Remission's policy to maintain funds equivalent to three months' operating costs, reflecting our commitment to the long-term sustainability of the charity.



**Andrew Morgan, Treasurer**





**Section A Independent Examiner's Report**

**Report to the trustees** Charity Name  
Mission Remission

**On accounts for the year ended** 30 November 2024 **Charity no (if any)** 1186956

**Set out on pages** 1-2  
(remember to include the page numbers of additional sheets)

**Responsibilities and basis of report** I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/11/2024.

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:** Nick Brereton **Date:** 6/9/25

**Name:** Nick Brereton

**Relevant professional qualification(s) or body (if any):** MICB

**Address:** Dockwray Ltd, 17a Northumberland Square, North Shields NE30 1PX

# Thank you!

We'd like to thank our vibrant community and our committed volunteers.

We'd also like to thank our funders who have supported us:



The 29<sup>th</sup> May 1961  
Charitable Trust



**MISSION REMISSION**

England & Wales - Charity number 1186956

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# Accounts

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*Mission  
Remission*

**ANNUAL REPORT**

**2022/2023**

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# WHO ARE WE?

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**Mission Remission is the only UK charity solely dedicated to supporting people moving forward from cancer.**

Our vision is for everyone to live a **happy, healthy, independent life after cancer** and we plan to improve the experience of recovery for every cancer survivor in the UK, by fostering:

- **community & connection**
- **recognition & acceptance**
- **inspiration & motivation**
- **resilience & strength**
  - **choice & control**
  - **purpose & change**

We are a grassroot user-led & user-run charity, entirely formed by, and for, people who have lived with cancer: not only our founder but also our Chair, 85% of our trustees, 100% of our workforce, volunteers, administrators, and specialist medical advisors, have lived with cancer. We know its journey; the treatment, and post-treatment challenges that arise afterwards.

Alongside supporting those in remission, we want to build a more compassionate world, in which no-one who has had cancer also faces poverty or barriers to work after treatment. Our campaign work this year targets financial injustice and aims to improve the financial stability and work opportunities of cancer survivors.

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## WHY DO WE EXIST?

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**we exist because**

**90%**

**of people with cancer  
feel the time **after**  
treatment is **just as**  
**traumatic as the**  
**diagnosis\*****

*\*Breast Cancer Care*

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# WHY DO WE EXIST?

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## **Life after cancer can be tough.**

Once the cancer 'battle' is won, everyone celebrates your tale's happy ending. It's time to forget, move on, and feel grateful to be alive. Yet most don't realise that recovery can be a battle in itself.

It's difficult to forget cancer if, like more than four-fifths of those who took part in our survey, the fear of a recurrence paralyses with anxiety. It's difficult to move on when you're one of the two-thirds of people facing serious health issues, your body no longer working as it once did. And difficult to feel grateful when the very loves and hopes that defined you as a person now feel out of reach.

2.5 million people live with cancer in the UK, yet survivors currently receive little to no support to help deal with the aftermath of treatment. In fact, more widely, there's sparse information on life after cancer, with scant clinical research.

## **So we wanted to do something about it.**

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# WHY DO WE EXIST?

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## **Mission Remission champions cancer survivors.**

We believe that cancer survivors are experts by experience. We are a community-run organisation, with all activities run by survivors. Our projects focus on building a strong community, forming connections and support between cancer advocates, and sharing peer support.

We promote role models who inspire and motivate. Our uplifting stories of recovery prove to those feeling dispirited, isolated, and incapacitated by ill health, that moving forward after cancer is possible. We've found that believing in recovery is often the first step, yet can be the biggest hurdle

We aim to support all 2.5 million cancer survivors reach their full potential, including the 48% of people who face a rarer cancer, who do not have a large disease-specific charity to put them first.

We make survival less isolating and more empowering. We have doctors and mental health specialists on hand, and have created a community helping tens of thousands of people share positive stories and practical tips. We support survivors to move forward with their lives.

So glad this charity exists.  
Resources for cancer survivors are  
hard to find. It's wrong to post  
alongside people who are still  
being treated or have a terminal  
diagnosis, like gloating that I made  
it to the other side and I'm still  
complaining.

***Mission Remission Community  
Member***

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# MISSION REMISSION'S STRUCTURE, GOVERNANCE & MANAGEMENT

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Mission Remission was formed by Constitution agreed on 7 September 2017 and registered as a Community Interest Company on this date and converted to a charity, registering with the Charities Commission of England & Wales on 16 December 2019.

**Our trustees for the period 2/12/2022 - 1/12/2023:**

Hasan Reza  
Helen Mee  
Branwen Hywel  
Emily Hodge  
Balwinder Nanray  
Kasmyn Chen  
Joseph Sargeant  
Emma Robertson  
Jane Spurgeon  
Ryan Pickett  
Andrew Morgan

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees. The Trustees may appoint any person willing to act as Trustee subject to the requirements of the Charities Commission and the Constitution.

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The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2022-2023.

Every day I have to fight the demons of anxiety, pain and fear but I now see a light at the end of the tunnel... and if anyone wants to know how I coped I will say 'Mission Remission!'

**Mission Remission Community  
Member**

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## THE IMPACT WE'VE HAD

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**We have**

**15,000**

**organic members of our  
active social media  
community**

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## THE IMPACT WE'VE HAD

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**Over**

**80%**

**of survivors say reading  
our practical tips  
improves their well-  
being**

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## THE IMPACT WE'VE HAD

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**Our stories and  
strategies have been  
voted helpful over  
20,000  
times.**

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## A MESSAGE FROM OUR FOUNDER, LAURA FULCHER

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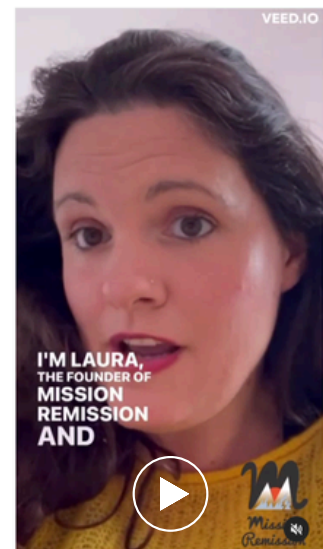
2022 has brought highs and lows for our people. Yes, we can venture out again after the long winter of the pandemic, embracing the joy of family, friendship, and nature. Yet for many cancer survivors, the pandemic may have a long-lasting physical and psychological impact.

For example, the lockdown conversations, so focused on isolating the clinically vulnerable, can't help but make people question when or if they should return to society. Where do we belong?

There was a sense in the early days of 2020 that society was pooling together, building that village-like mentality of support around those that need it. With rising prices, cuts to services, and the whole country seemingly struggling, that sense seems to be diminishing. How do we keep those community-feelings alive?

So too, are people struggling with health services. 'It feels impenetrable,' one said. 'I just can't get hold of anyone that can help me.' For many cancer survivors, it feels like the NHS, in crisis-mode due to lengthy waiting times, has had to batten down its hatches - it's a a lot harder to communicate with the people who are there to help and it feels more challenging to navigate the health system.

**That's why we've really expanded our support services two-fold in 2022, thanks to our wonderful funders, such as the National Lottery's People Projects, and the thousands of people across the country who voted for our charity to win the one-year grant.**



So how are things at Mission Remission?

How grateful I am to have found Hannah, our Head of Organisation and Community, who we welcomed to the team this year. She has been absolutely pivotal, bringing fresh organisation and knowledge from her extensive work in the charity sector, both operationally and within governance.

When I also welcomed my son, Rory, the youngest member of the Mission Remission team, born in September 2023, I had no doubt the charity and our community were in the strongest of hands. Hannah's empathy, creativity, and hard work is seen reflected in the impact we've made - over 8560 people told us that our new support resources online were helpful, over 5000 joined our specialist-run activities, and 581 joined our support groups.

Helen Mee joined our trustee board to work hard on a governance review and skills audit and Chelle took on the mantle of our resident personal trainer - her passion and enthusiasm shine right off the screen. Meanwhile, Susanna has been working incredibly hard to refresh our website, bringing it all back to life with a bang, and Glenda, Alice & Andrea supported our people with psychological support sessions, such as how to build resilience - something so many of our people requested.

As we move into next year, I'm so looking forward to changing the world through our Mission Secure project - so that no one facing cancer must also face poverty or barriers to work. Watch this space!

**Laura Fulcher, Founder & CEO**



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## **ACTIVITIES & ACHIEVEMENTS: MISSION COMMUNITY**

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### **Aims**

**Mission Community aimed to provide daily peer-support online, supported by our volunteers.**

### **Online Community Support & Daily Chats**

Our Facebook community, run by our wonderful team of volunteers, led daily talking points and chats around the key challenges and trigger points that people face after cancer. These include topics such as: anxiety, fear of the future, isolation, feelings of overwhelm, returning to work, and dealing with new health issues.

### **The Cancer Survivors' Book Club**

We ran an online book club bi-monthly, suggested by our community, which allows survivors to explore emotions. 'Reading helps me find a piece of myself again,' says one of our readers.

## **IMPACT**

- **We supported over 15,000 people**
- **Our website has been used over 500,000 times**

---

## ACTIVITIES & ACHIEVEMENTS: ADVICE & INFORMATION

---

### Aims

**To provide advice and information for cancer survivors we run an online hub for life after cancer.**

The hub is hosted on Mission Remission website and accessible through our social media channels.

**We help people share resilience, self belief and motivation from others.**

We have developed the site so it is now organised into 6 themes:

- Mission Mind – tips on coping psychologically
- Mission Body – tips on handling the physical effects of treatment
- Mission Control – ways to gain autonomy again
- Mission Life – looking towards the future
- Mission Humanity – tips on dealing with others
- Mission Change – ideas for change in society

In 2022/23 we particularly focused on working with our community to co-produce new resources, strategies and tips for our hub toolkit.

### IMPACT

- **We've helped tens of thousands of people share positive stories and practical tips on how to rehabilitate physically, psychologically, and socially after treatment**
- **Our survey shows that over 80% of people are helped by reading our stories and strategies and they've been voted 'helpful' on our website over 20,000 times**

---

## ACTIVITIES & ACHIEVEMENTS: MISSION SECURE

---

### Aims

**We want to create a world where no-one who's had cancer also faces poverty and barriers to work after treatment.** Mission Secure is a two year evidence-based policy and advocacy project, funded by Trust for London, which aims to improve the financial stability and work opportunities of people who have, or have had, cancer.

### Activities

Work in 22/23 has included collaborating with a researcher and a team of Changemakers from our community to develop our evidence base - bringing together both qualitative and quantitative data on the impact of cancer on work, finances, empowerment and health after treatment.

- Changemaker advocates were welcomed onto a project team to guide this work and to share their own recommendations for change.
- **We ran an extensive survey, capturing the experiences of 1,350 cancer survivors across the UK.**

## IMPACT

**Our survey was promoted extensively and helped us to reach new potential advocates, as well as helping us to shed light on the challenges faced by many cancer survivors.**

**We welcomed everyone's perspective and will continue to amplify their voices through phase 2 of the project, where their five calls for change will form a campaign.**

I was diagnosed with breast cancer. I went off sick from work, heard nothing from my employer, when I emailed to ask about returning to work, I was told that my job no longer existed.

**Mission Secure  
Survey Respondent**

I can no longer afford my mortgage, I'm 62 and still not able to work and employers are not interested in employing someone of my age, in poor health who has had cancer. The future looks bleak.

**Mission Secure  
Survey Respondent**

---

## ACTIVITIES & ACHIEVEMENTS: *MISSION CHANGE*

---

### Aims

This two year project, funded by The FORE, enabled us to recruit Hannah, our Head of Community & Organisation, with a view to increasing the capacity of our leadership team and organisational sustainability.

### Activities

- We recruited Hannah Elton-Wall, Head of Community & Organisation in May 2023.
- We launched a programme of Changemaker online meetups in July - fortnightly sessions which focus on projects, campaigns and peer support.
- We developed a fundraising and sustainability plan, applying to Trusts and Foundations for support in 24/25.
- We planned a new community fundraising initiative, to increase online donations via fitness challenges in 24.
- Trustees began work on an internal governance review and skills audit.

### IMPACT

**Our Changemaker team has grown from 60 to 213.**

**We've connected 43 people via changemaker meetups, 32 helped with project related work, 49 raised funds, 40 contributed their experiences and strategies to our website toolkit, 8 volunteered their expertise to a programme of Q&A's, 5 developed a Changemakers guide to health research.**

**We secured project funding from Trusts and Foundations and we're in a strong position to develop new contributed income streams in 24/25.**

I've gone through this [cancer] and now I want to give something back.

**Changemakers Member**

Feeling more positive afterwards - it is nice to help other people who are going through a tough time.

**Changemakers Member**

---

# ACTIVITIES & ACHIEVEMENTS: *MISSION THRIVE*

---

## **Aims**

With support from the National Lottery People's Project, Mission Thrive was designed to help people in Dorset, and across the UK online, **to not just help people survive cancer - but to thrive afterwards** through a comprehensive package of support activities that were split into 6 distinct areas:

## **Activities**

### **1) Mission Connect**

- We made links with Dorset GP surgeries and Primary Care Trusts.
- We connected people online and in-person to reduce isolation and encourage conversations about mental and physical health, sharing over a thousand pieces of supportive content on our online platform, and **facilitating 60 opportunities for people to meet up online and in person.**

### **2) Mission Support**

With the help of specialists, we supported people to cope with cancer's long-term consequences through regular psychological support sessions. Activities from September - December 23 included:

- 'Mission Resilience' coaching and anxiety management
- 'Mission First Steps' online and in person activities
- 'Mission Changemakers' Recovery Cafe - peer support sessions.
- 'Cancer Survivors Bookclub' which allows survivors to explore emotions. 'Reading helps me find a piece of myself again,' says one of our readers.

---

## **ACTIVITIES & ACHIEVEMENTS: *MISSION THRIVE (2)***

---

### **3) Mission First Steps**

Our First Steps programme included supportive 'Walk & Talks' and specialist Q&As which aimed to support people to take their first steps back to exercise. We worked in partnership with Dorset charity, Axminster & Lyme Cancer Services to plan a Summer 24 programme of supportive walks for cancer survivors and their families led by a cancer counsellor.

### **4) Mission Supportive Resources**

We worked with our community to co-produce action plans, positive stories and practical tips on how to rehabilitate physically, psychologically, and socially after treatment, covering topics including relationships, work and finance, and physical and emotional side effects.

### **5) Mission Changemaker**

We worked with cancer survivors who helped to design our support services and establish the topics and that matter most to our community. We recruited volunteer experts from within our own community to deliver monthly Q&A sessions, sharing advice in print and in person.

### **6) Mission Remission Platform**

We updated and revitalised the support and information on our online platform, which shares a toolbox of over 150 action plans and inspiring stories. 2025 will see the launch of our brand new website.

---

## ACTIVITIES & ACHIEVEMENTS: *MISSION THRIVE (3)*

---

### IMPACT

We helped thousands of people to borrow resilience, self-belief and motivation from others, with website feedback mechanisms showing **over 8,560 'voting' the new content helpful, and our social media content reaching 220,000 people via facebook and Instagram.**

We supported **over 5,000 people** both online and in-person through specialist-run activities - coaching, daily connection topics, fitness activities and Q&As.

**581 cancer survivors** attended workshops, groups and activities which improved physical and mental resilience.

I love that sessions are tailored to the needs of the participants, and there's plenty of time devoted for queries to be raised and the difficulties experienced to be discussed in an inviting, safe and understanding environment.

**(Mission Resilience Coaching  
Participant)**

---

## ACTIVITIES & ACHIEVEMENTS: *MISSION THRIVE (4)*

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*Sharing my journey so publicly isn't something that I would naturally do...however I know how much it helped me in my recovery journey and I will forever be grateful to Mission Remission for the support you provide.*

***(Contributor to Website)***



This site is the best met some really nice people who has gone though a similar journey,,,,, brilliant

5 d Like Reply Send message Hide



Write a reply...



Top fan

This is such an amazing group. What an achievement Thank you for everything that you do. ❤️



---

## ACTIVITIES & ACHIEVEMENTS: *MISSION THRIVE (5)*

---



### **Cancer Survivors Book Club Meetup**

You don't want to worry family so don't tell them how you feel - I can be honest here.

**(Recovery Cafe Sessions)**

You immediately feel at ease in this space and free to express your thoughts.

Thank you.

**(Anxiety Management Workshops)**

---

## **ACTIVITIES & ACHIEVEMENTS: MISSION FITNESS**

---

### **Aims**

Cancer survivors can face a more complicated journey back to fitness than others who've been inactive for a long time. People tell us the real fitness challenge lies in feeling unsure and scared about taking their first steps back to exercise – this lack of confidence can often be the greatest fitness barrier after cancer.

With support from Sport England, delivery of 'Mission Fitness', a 10 month Fitness Programme, started in October 23. The project aimed to support people to feel more confident to exercise and experience an improvement in their well-being.

### **Activities**

Led by cancer survivor Chelle Kime, a personal trainer and specialist in long term conditions, weekly activities comprised of;

- Goal setting and accountability sessions, focusing on fitness, mindset and nutrition.
- 'Rise' – a seated exercise group including warm up and cool down, for those fresh back to exercise.
- 'Flourish' – a weekly group dedicated to those with greater fitness levels.
- Weekly reflection and celebrating achievements at week's end.

1:1 support was given to those lacking confidence, or with specific health concerns and questions, supported by our GP trustee.

---

## ACTIVITIES & ACHIEVEMENTS: *MISSION FITNESS (2)*

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### IMPACT

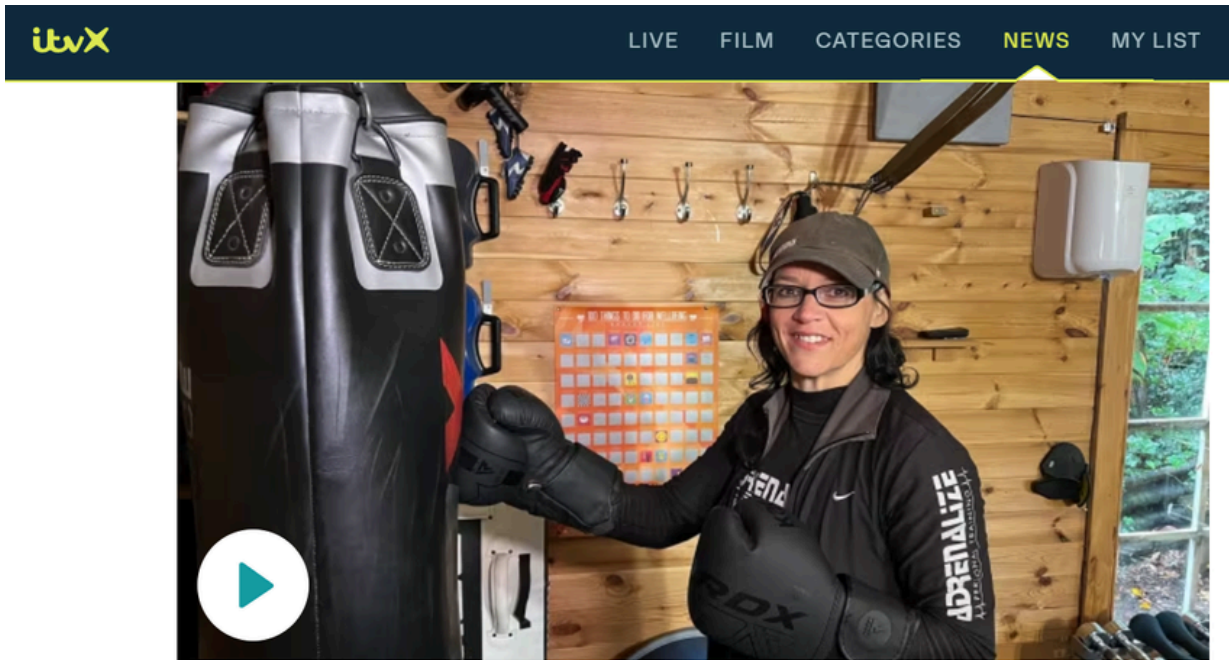
To date, **485 people have joined** our 'Mission Fitness' and 'On a Mission' facebook communities, where Chelle's activities and fitness fundraising challenges take place.

Chelle's motivational videos, exercise sessions and Q&A's have been **viewed more than 6,000 times**.

Mission Fitness received interest from ITV news, and from BBC Breakfast's resident GP, who joined Chelle in the Mission Fitness facebook group for a live Q&A.

The project also sparked a new initiative with Wild Legs Active Sportswear, after the Mission Fitness community helped highlight a need for a sports bras suitable for working out post surgery.

# ACTIVITIES & ACHIEVEMENTS: MISSION FITNESS (3)



• Andy Ward reports on the new venture by Michelle Kime for ITV News Anglia

## Top comments ▼



★ Level 1

This week I want to do 3 home fitness sessions again - I managed that last week 👍 so I am also adding a walk...

19w Like Reply



★ Level 1

Thank you. 🙏 I did this as my first exercise after getting go ahead from surgeon. Hard but great! 😊

8w Like Reply

It was just enough for me, I liked that we could push ourselves as much as we could/wanted too. I'm going to do the other class later today! Thank you!

**Mission Fitness  
Participant**

It's made a huge difference to my posture and hip pains. I have also lost 5.5lb in weight. You have set me on a very positive path.

***Mission Fitness  
Participant***

---

## ACTIVITIES & ACHIEVEMENTS: REFLECTIONS

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### REFLECTIONS

- As a small charity, Mission Remission's impact feels broad and strong. Our community is actively engaged in conversations with each other on social media and in-person, with our peer support thriving
- We strive for a truly diverse cancer community, but know there are groups we haven't been able to impact as much as others. This continues to be at the top of our agenda
- We have had significant changes in our Trustee team through 2021 and beyond, and feel that we are in a great standing to maintain and grow our impactful charity
- Many of our projects make even greater impact as time passes. This is both a good thing and a difficult thing in reporting within year impact
- We strive to clearly report our impact and have plans to enable this to happen even more profoundly in future years
- We are constantly striving to be financially sustainable, with a focus on unrestricted community fundraising and further increasing our reserves in 2023/4

Thank you for this community. The one place I can feel honest.

**Mission Remission  
Community Member**

Mission Remission is like sunshine coming through the clouds. Bless you a thousand times over because it can be so lonely.

**Mission Remission  
Community Member**

---

# THANK YOU

---

**We'd like to thank our vibrant community and our committed volunteers.**

**We'd also like to thank our funders who have supported us:**

The 29<sup>th</sup> May 1961  
Charitable Trust



Never underestimate how important Mission Remission has been to my recovery. Just having a place where you can explore what's happened in a positive way has been invaluable.

**Mission Remission  
Community Member**

# MISSION REMISSION

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 2ND DECEMBER 2022 TO 1ST DECEMBER 2023

	Unrestricted	Restricted	Total
<b>INCOME</b>			
Donations	£6,084		£6,084
Grants			
- Trust for London		£16,250	
- The National Lottery		£79,000	
- 1969 Charitable Trust		£4,000	
- Sport England		£8,100	
- The Fore / Bulldog Trust		£15,000	
- Albert Hunt		£2,000	
		£124,350	124,350
<b>Total Income</b>	£6,084	£124,350	£130,434
<b>EXPENDITURE</b>			
Charitable Activities		£59,458	£59,458
Fundraising & Administration	£3,171	£4,329	£7,500
<b>Total Expenditure</b>	£3,171	£63,787	£66,958
Net movement in funds	£2,913	£60,563	£63,476
<b>Reconciliation of funds</b>			
Total funds brought forward	£7,501	£22,874	£30,375
Total funds carried forward	£10,414	£83,437	£93,851

# MISSION REMISSION

## BALANCE SHEET AS AT 1ST DECEMBER 2023

### CURRENT ASSETS

Debtors

Cash in Bank and in hand

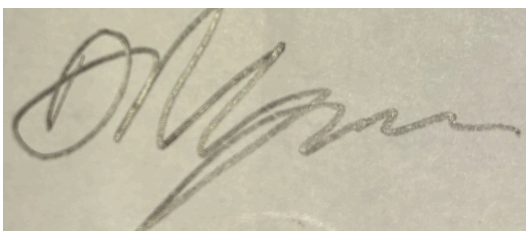
£93,851

Creditors

**Net Current Assets**

**£93,851\***

\*Note: £83,437 of funds carried forward are restricted for 2023/24 charitable activities/projects (National Lottery, Sport England, 1969 Charitable Trust, Albert Hunt)



**Andrew Morse, Interim Treasurer**





**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Mission Remission

**On accounts for the year  
ended**

1 December 2023

**Charity no  
(if any)**

**1186956**

**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 01/12/2023.

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, 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 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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed:** Nick Brereton

**Date:** 4 Sept 2024

**Name:** Nick Brereton

**Relevant professional  
qualification(s) or body  
(if any):**

Member ICB

**Address:**

Dockwray Ltd  
100 Howard Street  
North Shields NE30 1NA

**MISSION REMISSION**

England & Wales - Charity number 1186956

---

# Accounts

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*Mission  
Remission*

**ANNUAL REPORT**

**2021/2022**

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The logo for Mission Remission, featuring the words "Mission" and "Remission" stacked vertically in a black, cursive-style font. The text is centered within a light yellow circular background.

Mission  
Remission

---

# EXECUTIVE SUMMARY

---

## Executive Summary

**This report covers the period of activity for the charity Mission Remission from: 02/12/2021 to 01/12/2022**

### ***Statement from Chair:***

Looking back at 2021/22 I am in awe of the hard work and dedication with which everyone involved with our charity has been working towards our common goal of bettering the life experience of people living in remission across the UK.

I must thank all of you who have and continue to support us, be it with donations, engaging with our support activities and campaigns, or with your time as a member of our trustee team or many action teams. Without our supporters so much of what we have achieved in 2021/22 and that we have already got planned for 2022/23 would not be possible.

Becoming the charity's first Chair has been both a huge learning curve as well as a real honour. The work Mission Remission does is very close to my heart given my own lived experience with cancer and being someone living in remission myself. The trust Laura and the Trustee team have placed in me throughout the year since I transitioned from being a Trustee solely to also being Chair has been not only kind of them, but humbling.

The charity enters this next period with a strong leadership team, experienced and dedicated Trustees and it's first employee! I am confident that 2022/23 will be another year of growth and success for Mission Remission allowing us to continue helping more of our community thrive.



A stylized handwritten signature in black ink.

**Hasan M Reza**  
Chairman  
Mission Remission

---

## WHO ARE WE?

---

**Mission Remission is the only UK charity solely dedicated to supporting people moving forward from cancer.**

Our vision is for everyone to live a **happy, healthy, independent life after cancer** and we plan to improve the experience of recovery for every cancer survivor in the UK.

We're a peer-support organisation entirely formed by, and for, people who have lived with cancer: not only our founder but also our Chair & Trustees, members and volunteers, administrators and specialist medical advisors have all lived with cancer.

We know its journey; the treatment, and post-treatment challenges that arise afterwards, in remission, when supposedly "moving forward".

Alongside supporting those in remission, we work to improve outcomes by collaborating with NHS services. We work to remove barriers to faster diagnosis and ensure people with cancer are better heard.

---

## WHY DO WE EXIST?

---

**we exist because**

**90%**

**of cancer sufferers feel  
the time **after** cancer  
treatment is **just as**  
**traumatic as the**  
**diagnosis\*****

*\*Breast Cancer Care*

---

# WHY DO WE EXIST?

---

## **Life after cancer can be tough.**

Once the cancer 'battle' is won, everyone celebrates your tale's happy ending. It's time to forget, move on, and feel grateful to be alive. Yet most don't realise that recovery can be a battle in itself.

It's difficult to forget cancer if, like more than four-fifths of those who took part in our survey, the fear of a recurrence paralyses with anxiety. It's difficult to move on when you're one of the two-thirds of people facing serious health issues, your body no longer working as it once did. And difficult to feel grateful when the very loves and hopes that defined you as a person now feel out of reach.

2.5 million people live with cancer in the UK, yet survivors currently receive little to no support to help deal with the aftermath of treatment. In fact, more widely, there's sparse information on life after cancer, with scant clinical research.

## **So we wanted to do something about it.**

---

# WHY DO WE EXIST?

---

## **Mission Remission champions cancer survivors.**

We believe that cancer survivors are experts by experience. We are a community-run organisation, with all activities run by survivors. Our projects focus on building a strong community, forming connections and support between cancer advocates, and sharing peer support.

We promote role models who inspire and motivate. Our uplifting stories of recovery prove to those feeling dispirited, isolated, and incapacitated by ill health, that moving forward after cancer is possible. We've found that believing in recovery is often the first step, but biggest hurdle.

We aim to support all 2.5million cancer survivors reach their full potential, including the 48% of people who face a rarer cancer, who do not have a large disease-specific charity to put them first.

We make survival less isolating and more empowering. We have doctors and mental health specialists on hand, and have created a community helping tens of thousands of people share positive stories and practical tips. We support survivors to move forward with their lives.

*So glad this charity exists.  
Resources for cancer survivors are  
hard to find. It's wrong to post  
alongside people who are still being  
treated or have a terminal  
diagnosis, like gloating that I made  
it to the other side and I'm still  
complaining.*

***Mission Remission Community  
Member***

---

# MISSION REMISSION'S STRUCTURE, GOVERNANCE & MANAGEMENT

---

Mission Remission was formed by Constitution agreed on 7 September 2017 and registered as a Community Interest Company on this date and converted to a charity, registering with the Charities Commission of England & Wales on 16 December 2019.

**Our trustees are:**

Hasan Reza, Chair

Andrew Morgan, Treasurer until December 2022

Joe Sargeant, Treasurer from December 2022

Emily Hodge, Secretary

Emma Robertson

Jane Spurgeon

Kasmyn Chen

Ryan Pickett

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees. The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charities Commission and the Constitution. The Trustees manage the charity, along with the CEO, Laura Fulcher, who works on a voluntary basis.

No Trustees are paid for carrying out their duties as Trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees and Founder make all decisions regarding the running and management of the charity and are supported by volunteers who carry out specific tasks and roles.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2021-2022.

*Every day I have to fight the demons of anxiety, pain and fear but I now see a light at the end of the tunnel... and if anyone wants to know how I coped I will say 'Mission Remission!'*

***Mission Remission Community  
Member***

---

**THE IMPACT WE'VE HAD**

---

**We have**

**15,000**

**organic members of our  
active Facebook  
community**

---

## THE IMPACT WE'VE HAD

---

**Over**

**80%**

**of survivors say reading  
our practical tips  
improves their well-  
being**

---

## THE IMPACT WE'VE HAD

---

**Our stories and  
strategies have been  
voted helpful over  
20,000  
times.**

---

## THE IMPACT WE'VE HAD

---

**Our Mission Diagnosis  
work alone was shared  
with**

**145,000**

**people, with over**

**1000**

**people reporting using  
our support themselves**

---

# ACTIVITIES & ACHIEVEMENTS

---

**Our activities and achievements within 21/22 are summarised below:**

**Mission Walk & Talk:**

- The 'walk and talk challenge'
- Nordic walking
- Exercise check-ins & support

**Mission Community:**

- Online community support +Daily online chats
- The Cancer Survivors' Book club
- Advice and Information

**Mission Diagnosis:**

- Development of Our FIVE patient-led calls for change
- Dorset diagnosis support

**Mission Change:**

- North East London Strategic Change
- Changemakers pilot



---

## **ACTIVITIES & ACHIEVEMENTS: MISSION WALK & TALK (1)**

---

### **Aims**

**Mission Walk & Talk aimed to help us all get out there walking and talking again. It improved fitness and built connections.**

**We all know how important exercise is to fitness rehab after cancer treatment. Often, the first hurdle to returning to exercise is self-belief – having faith that you *\*can\** do it.**

### **The ‘Walk & Talk’ Challenge**

We ran a weekly ‘walk and talk’ challenge, whereby we encouraged our community to walk, hike, or ramble with someone they cared about, or someone who inspired them. Whether this was an old friend, family member, idol, changemaker, community leader, or someone who’s helped you in the past. We shared stories of our own ‘walk and talks’ – and shared others’ stories too.

### **Nordic Walking Classes**

We piloted a monthly Nordic Walking class for 6 months. The pandemic has been particularly hard for our community, many of whom were shielding. This was an opportunity to take first steps back to group activities.

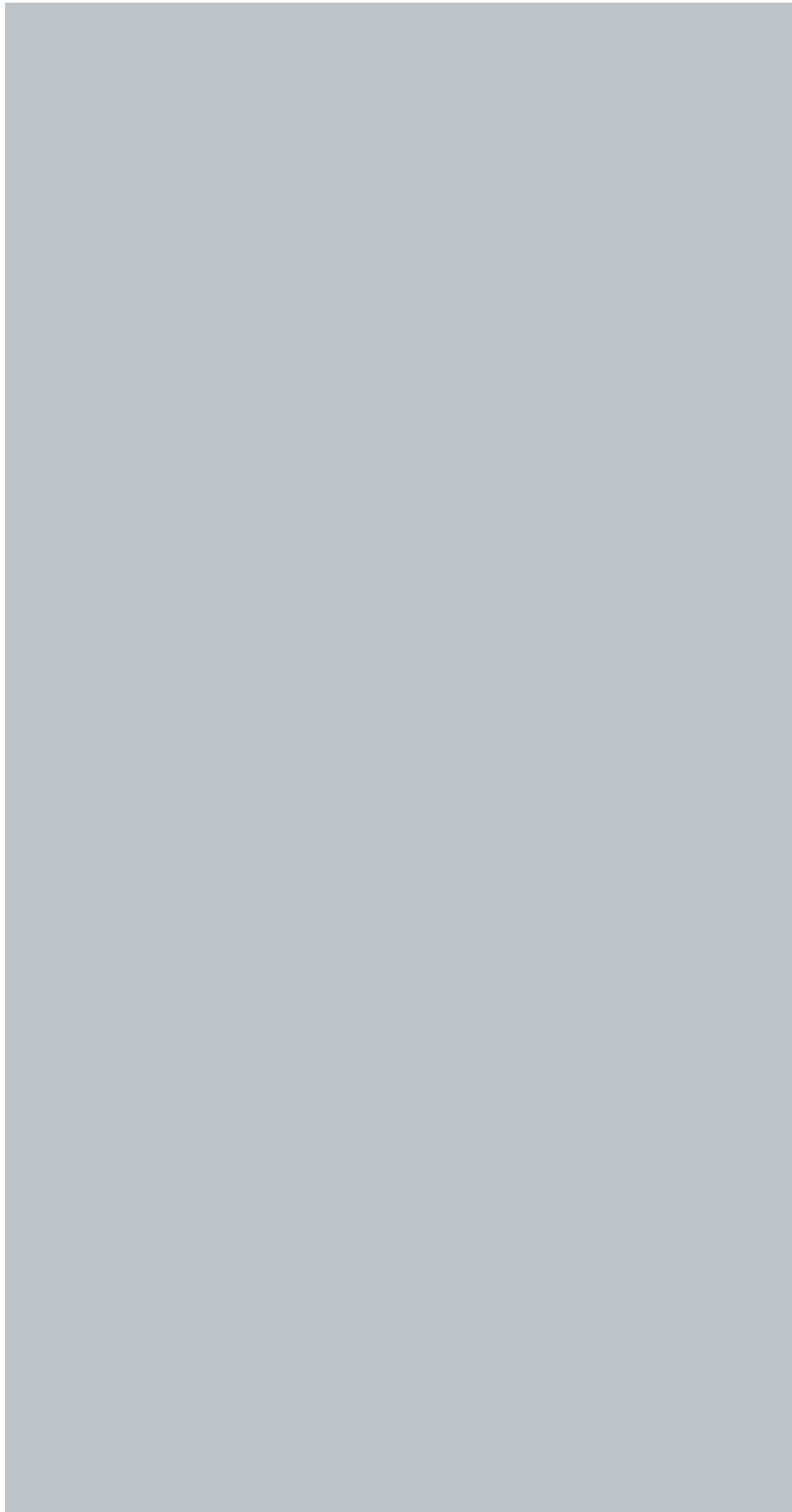
### **Exercise Check-ins & Support**

We ran weekly check-ins and support seeking and sharing fitness wins and struggles, through our monthly online catch-ups, social media, and our support emails.

---

**ACTIVITIES & ACHIEVEMENTS:**  
***MISSION WALK & TALK (2)***

---



---

## **ACTIVITIES & ACHIEVEMENTS: MISSION COMMUNITY**

---

### **Aims**

**Mission Community aimed to provide daily peer-support online, supported by our volunteers.**

### **Online Community Support & Daily Chats**

Our Facebook community, run by our wonderful team of volunteers, led daily talking points and chats around the key challenges and trigger points that people face after cancer. These include topics such as: anxiety, fear of the future, isolation, feelings of overwhelm, returning to work, and dealing with new health issues.

### **The Cancer Survivors' Book Club**

We ran an online book club bi-monthly, suggested by our community, which allows survivors to explore emotions. 'Reading helps me find a piece of myself again,' says one of our readers.

## **IMPACT**

- **We supported over 15,000 people**
- **Our website has been used over 500,000 times**

*Thank you for this  
community. The one  
place I can feel honest.*

***Mission Remission  
Community Member***

---

## **ACTIVITIES & ACHIEVEMENTS: ADVICE & INFORMATION**

---

### **Aims**

**To provide advice and information for cancer survivors we run an online hub for life after cancer.**

The hub is hosted on Mission Remission website and accessible through our social media channels.

**We help people share resilience, self belief and motivation from others.**

We have developed the site so it is now organised into 6 themes:

- Mission Mind – tips on coping psychologically
- Mission Body – tips on handling the physical effects of treatment
- Mission Control – ways to gain autonomy again
- Mission Life – looking towards the future
- Mission Humanity – tips on dealing with others
- Mission Change – ideas for change in society

In 2021/2 we particularly focused on sharing our website resources through social media channels to promote discussion and community support.

### **IMPACT**

- **We've helped tens of thousands of people share positive stories and practical tips on how to rehabilitate physically, psychologically, and socially after treatment**
- **Our survey shows that over 80% of people are helped by reading our stories and strategies and they've been voted 'helpful' on our website over 20,000 times**

---

## **ACTIVITIES & ACHIEVEMENTS: MISSION DIAGNOSIS (1)**

---

### **Aims**

**To prevent life-long disabilities after cancer and save lives by speeding up diagnosis.**

**To also help people find purpose after trauma, by amplifying voices and experiences of diagnosis delays.**

Every month a cancer diagnosis is delayed, it increases the risk of death from cancer by 10% (BMJ). At Mission Remission, we've identified barriers people face to diagnosis, and this project helps dismantle them, so more people are diagnosed quickly - and lives are saved.

Even before the pandemic, over 50% of cancer patients are not referred along the cancer pathway and are not flagged by GPs as 'urgent' (Public Health England research).

Covid exacerbated the issue and meanwhile, international comparisons paint a poor picture of UK cancer care, diagnosing later than comparable countries.

Our goal was to increase early diagnosis of cancer and help more people champion their health and survive the disease. A faster diagnosis can often result in less invasive treatment and a quicker recovery. To do that, we needed to find out where the gaps were.

---

## ACTIVITIES & ACHIEVEMENTS: MISSION DIAGNOSIS (2)

---

In our 2021 survey, we asked our community how their cancer diagnosis might've been hastened. We heard from over 350 people sharing these challenges and opportunities for change:

We found people often feel scared, powerless, isolated, unheard, and unconfident when faced with bodily changes. Without information or tools to help them feel more in control, this can result in feelings of frustration or avoidant behaviour.

Our findings highlight how UK residents are more reluctant to bother GPs, while GPs are less likely to refer people to hospital at an early stage.

### We also found a broad information gap:



65% were **not clearly instructed** that they needed to return to their GP if symptoms didn't clear up.



Over half expected GPs to lead the discussion by asking questions and **didn't realise they needed to clearly share their cancer symptoms** without being asked specifically about them.



72% of people didn't feel confident to guide themselves to a diagnosis as they **didn't receive the necessary information**



66% of people felt that **keeping a diary of symptom changes would help them** to feel more confident sharing symptoms with their doctor - yet **only 20% of people keep a diary**.



84% of people felt they **didn't receive a clear explanation of how the process worked**.

---

## ACTIVITIES & ACHIEVEMENTS: *MISSION DIAGNOSIS (3)*

---

We produced a detailed report of our findings through workshops, online discussions, email narratives, and phone calls; developing five patient-driven calls for change from our survey and wider change work.

These are:

1. **Strategic Change:** Make improving the 'patient journey' to diagnosis (and dismantling barriers) a strategic priority, with a focus on communication and navigation
2. **'Dismantling Barriers' Workstream:** In co-production with patients, identify barriers to diagnosis nationally and locally - and dismantle them.
3. **Communication & Navigational Tools:** Create patient empowerment tools and embed these in local communities.
4. **Address Inequalities & Care for ALL patients in Performance Data:** Reduce the time to diagnosis for ALL patients, not just urgent referrals.
5. **Next Steps:** 'Next Step' discussions must be an explicit part of every GP interaction, e.g., when do we return if symptoms don't clear up?

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**ACTIVITIES & ACHIEVEMENTS:  
MISSION DIAGNOSIS (4)**

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*This project has never been so important. Something isn't working in the pathway to cancer diagnosis. This work will make cancer symptoms easier to talk about, make the pathway more straightforward, and support people receiving help during their very first contact – whether that's with a receptionist, a phlebotomist, a practice nurse or to a GP*

***Dr Jane Spurgeon, GP, Cancer  
Survivor, & Mission Remission  
Trustee***

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## **ACTIVITIES & ACHIEVEMENTS: MISSION DIAGNOSIS (5)**

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### **IMPACT**

- **Our calls were featured in: The Guardian BBC Breakfast & Newsnight Dorset Echo The EDP The HSJ Daily Mail**
- **We were invited to meet Sajid Javid, the then Health Secretary, who supported our mission**
- **Wessex Cancer Alliance in Dorset picked up our findings to support their communications and messaging with health services**
- **To have a wider impact, we would like this work to be further funded demonstrate how increasing early diagnosis leads to less invasive treatment and a quicker recovery**



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## **ACTIVITIES & ACHIEVEMENTS: DORSET DIAGNOSIS SUPPORT**

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### **Aims**

**To help people navigate to a faster diagnosis when feeling unwell**

The Wessex Cancer Alliance in Dorset picked up our Mission Diagnosis findings to work with, to help people get a faster diagnosis when feeling unwell. They disseminated much of our findings to their community through social media and through their community groups in person and online.

### **IMPACT**

**We shared resources with 145,000 people and 1237 people reported actively used them directly.**

**We also helped people by sharing:**

- **Symptom diaries (we were delighted that it was launched by the Daily Mail - and we'd love to share it far and wide!)**
- **Promoting family support, stories of delays and how people navigated past them**
- **A guide to diagnosis**
- **How to seek GP support if you can't get an appointment**
- **Seeking second opinions**
- **Having 'Next step' discussions - i.e. when to return or what to do next**

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## **ACTIVITIES & ACHIEVEMENTS: MISSION CHANGE (1)**

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### **North East London Strategic Change - Aims**

**To implement calls for change from people with cancer in North East London and support health commissioners to ensure services meet people's needs**

Our 'lived experience' project involved interviewing 73 people seeking their experiences of cancer and what might need to change. With our community, we developed 16 calls for change and presented these to the North East London Cancer Alliance, who sought our help in their strategic plan for 2022.

We also supported North East London commissioners to embed the patient recommendations within their strategic plan and look forward to further collaborations.

### **IMPACT**

**We are incredibly proud of this piece of work, with the local NHS commissioner finding it, 'detailed, meaningful, and powerful,' and the most comprehensive patient experience project they've ever been involved with.**

---

## **ACTIVITIES & ACHIEVEMENTS: MISSION CHANGE (2)**

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### **Changemakers Pilot - Aims**

**To bring together our community to support Mission Diagnosis, along with exploring future ideas for change**

We piloted 6 changemaker meetups to discuss how and to what purpose we could develop further change work. It also allowed us to ensure our community were core to our diagnosis work.

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## ACTIVITIES & ACHIEVEMENTS: REFLECTIONS

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### REFLECTIONS

- As a small charity, Mission Remission's impact feels broad and strong. Our community is actively engaged in conversations with each other on social media and in-person, with our peer support thriving
- We strive to represent as much of the cancer community as we possibly can, but know there are groups we haven't been able to impact as much as others. We will continue to have this on our agenda
- We have had significant changes in our Trustee team through 2021 and beyond, and feel that we are in a great standing to maintain and grow our impactful charity
- Many of our projects make even greater impact as time passes. This is both a good thing and a difficult thing in reporting within year impact
- We strive to clearly report our impact and have plans to enable this to happen even more profoundly in future years
- We are constantly striving to be financially sustainable, with a focus on unrestricted community fundraising and further increasing our reserves in 2023/4

*Mission Remission is like  
sunshine coming through the  
clouds. Bless you a thousand  
times over because it can be  
so lonely.*

***Mission Remission  
Community Member***

---

# THANK YOU

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**We'd like to thank our volunteers who run much of our work.**

**We'd also like to thank our funders who have supported us:**



Never underestimate how important Mission Remission has been to my recovery. Just having a place where you can explore what's happened in a positive way has been invaluable.

***Mission Remission  
Community Member***

# MISSION REMISSION

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 2ND DECEMBER 2021 TO 1ST DECEMBER 2022

	£	£
<b>Income from:</b>		
Donations: (Unrestricted)		406
Funders: (Restricted)		55,515
Sports England		
National Lottery		
Warwick Council		
Postcode Lottery		
Services:		
North East London		11,420
NHS Commissioners		
<b>TOTAL INCOME</b>		<b>67,341</b>
<b>Expenditure:</b>		
Administration & Fundraising		14,148
Charitable Projects		40,861
<b>TOTAL EXPENDITURE</b>		<b>55,009</b>
<b>Net Income for the year</b>		<b>12,332</b>



  
**Hasan M Reza**  
Chairman  
Mission Remission

**MISSION REMISSION**

**BALANCE SHEET**  
**AS AT 1ST DECEMBER 2022**

CURRENT ASSETS	£
Debtors	0
Cash in Bank and in hand	30,375
Creditors	0
<b>Net Current Assets</b>	30,375
<b>Cash funds from last year end</b>	18,043
<b>Cash funds this year end</b>	30,375



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Mission Remission

**On accounts for the year  
ended**

1 December 2022

**Charity no  
(if any)**

**1186956**

**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 01/12/2022.

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, 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 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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed:** Nick Brereton

**Date:** 20 June 2023

**Name:** Nick Brereton

**Relevant professional  
qualification(s) or body  
(if any):**

Member ICB

**Address:**

Dockwray Ltd  
100 Howard Street  
North Shields NE30 1NA

**MISSION REMISSION**

England & Wales - Charity number 1186956

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# Accounts

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*Mission  
Remission*

**ANNUAL REPORT**

**2020/2021**

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## WHO ARE WE?

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**Mission Remission is the only UK charity solely dedicated to supporting people moving forward from cancer.**

Our vision is for everyone to live a happy, healthy, independent life after cancer and we plan to improve the experience of recovery for every cancer survivor in the UK.

We're an organisation entirely formed by, and for, people who have lived with cancer: not only our founder but also our Chair & Trustees, members and volunteers, administrators and specialist medical advisors have all lived with cancer.

We know its journey; the treatment, and post-treatment challenges that arise afterwards, in remission, when supposedly "moving forward".

Alongside supporting those in remission, we work to improve outcomes by collaborating with NHS services. We work to remove barriers to faster diagnosis and ensure people with cancer are better heard.

---

# WHY DO WE EXIST?

---

## **Life after cancer can be tough.**

Once the cancer 'battle' is won, everyone celebrates your tale's happy ending. It's time to forget, move on, and feel grateful to be alive. Yet most don't realise that recovery can be a battle in itself.

It's difficult to forget cancer if, like more than four-fifths of those who took part in our survey, the fear of a recurrence paralyses with anxiety. It's difficult to move on when you're one of the two-thirds of people facing serious health issues, your body no longer working as it once did. And difficult to feel grateful when the very loves and hopes that defined you as a person now feel out of reach.

90% of people feel the time after cancer treatment is just as traumatic as the diagnosis (Breast Cancer Care). You're faced with the need to return to 'normal' life, when life no longer feels normal.

2.5 million people live with cancer in the UK, yet survivors currently receive little to no support to help deal with the aftermath of treatment. In fact, more widely, there's sparse information on life after cancer, with scant clinical research.

## **So we wanted to do something about it.**

---

# WHY DO WE EXIST?

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## **Mission Remission champions cancer survivors.**

We're a grassroots, community-run charity and help people by running our online platform, now with over 15,000 community members. We also run support groups, online discussions, a book club, and our early diagnosis campaign, Something's Not Right.

We aim to support all 2.5million cancer survivors reach their full potential, including the 48% of people who face a rarer cancer, who do not have a large disease-specific charity to put them first.

We make survival less isolating and more empowering. We've doctors and mental health specialists on hand, and have created a community helping tens of thousands of people share positive stories and practical tips. We support survivors to move forward with their lives.

We believe that cancer survivors are experts by experience. We are a community-run organisation, with all activities run by survivors. Our projects focus on building a strong community, forming connections and support between cancer advocates, and sharing peer support.

We promote role models who inspire and motivate. Our uplifting stories of recovery prove to those feeling dispirited, isolated, and incapacitated by ill health, that moving forward after cancer is possible. We've found that believing in recovery is often the first step, but biggest hurdle.

In the four years we've been running, we've reached hundreds of thousands of people. Over 80% of survivors state reading our practical tips improves their well-being and our stories and strategies have been voted helpful over 20,000 times.

*"I'm so grateful to you for all the information and support you've provided to me since I finished treatment.*

*Everyone seems to expect you to bounce back immediately, so I've not found this kind of support anywhere else."*

***Breast cancer survivor***

---

# MISSION REMISSION'S STRUCTURE, GOVERNANCE & MANAGEMENT

---

Mission Remission was formed by Constitution agreed on 7 September 2017. It was registered as a Community Interest Company on this date and converted to a charity, registering with the Charities Commission of England & Wales on 16 December 2019.

## **Our trustees are:**

Hasan Reza, Chair  
Andrew Morgan, Treasurer  
Kasmyn Chen, Secretary  
Emily Hodge  
Emma Robertson  
Ryan Pickett  
Jane Spurgeon

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees. The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charities Commission and the Constitution. The Trustees manage the charity, along with the President, Laura Fulcher, who works on a voluntary basis.

No Trustees are paid for carrying out their duties as Trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees and Founder make all decisions regarding the running and management of the charity and are supported by volunteers who carry out specific tasks and roles.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2020-2021.

*“Every day I have to fight the demons of anxiety, pain and fear but I now see a light at the end of the tunnel... and if anyone wants to know how I coped I will say ‘Mission Remission!’”*

**Community Member**

---

# ACTIVITIES & ACHIEVEMENTS

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**Our activities and achievements within 20/21 are summarised below. These are grouped as:**

***ADVICE AND INFORMATION***

***BUILDING AN ACTIVE COMMUNITY***

***HACKNEY & CITY PATIENT RECOMMENDATIONS  
FOR CHANGE***

***'SOMETHING'S NOT RIGHT' CAMPAIGN***

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## **ACTIVITIES & ACHIEVEMENTS: ADVICE AND INFORMATION**

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**To provide advice and information for cancer survivors we run an online hub for life after cancer.**

The hub is hosted on Mission Remission website and accessible through our social media channels. We've helped tens of thousands of people share positive stories and practical tips on how to rehabilitate physically, psychologically, and socially after treatment. Our survey shows that over 80% of people are helped by reading our stories and strategies and they've been voted 'helpful' on our website over 20,000 times.

**We help people share resilience, self belief and motivation from others.**

We have developed the site so it is now organised into 6 themes:

- Mission Mind – tips on coping psychologically
- Mission Body – tips on handling the physical effects of treatment
- Mission Control – ways to gain autonomy again
- Mission Life – looking towards the future
- Mission Humanity – tips on dealing with others
- Mission Change – ideas for change in society

In 2020/1 we particularly focused on Mission Change – sharing stories of lived experience that bring change in society.

*I wish I'd found Mission Remission earlier. It would have helped me feel less alone and that there are other people who've faced the same struggles - people who do go on to get better.*

**Facebook Community Member**

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## **ACTIVITIES & ACHIEVEMENTS: BUILDING AN ACTIVE COMMUNITY**

---

We are proud that our community across all platforms stands at over 15,000 people, and our website used over 500,000 times now, since we were formed.

### **Hosting Forum & Social Media Communities**

Our online forum for cancer survivors on our website and social media provides a safe sanctuary to read and share. We've found that our community used the website forum for reading and thinking, and Facebook for communication, so we've used the forum primarily for sharing resources. Over 1,000 people are registered with our forum and our resources were accessed over 10,000 times.

### **The Cancer Survivors' Book Club**

We ran an online book club every month or 2 months, suggested by our community, which allows survivors to explore emotions. 'Reading helps me find a piece of myself again,' says one of our readers.

### **Volunteer Meet-ups**

We ran monthly volunteer meet-ups and were thrilled to build a group of over 100 people. This also helped to strengthen our Change programme, so that lived experience impacts service improvements.

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## **ACTIVITIES & ACHIEVEMENTS: HACKNEY & CITY PATIENT RECOMMENDATIONS FOR CHANGE**

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This project supported North East London NHS providers to improve their cancer services to better meet patients' needs. Mission Remission and our team of cancer survivors spoke to 73 people who have experienced cancer in Hackney and the City. Discussions lasted an hour.

We listened to people's experiences of how cancer impacted their lives both during and after treatment. We asked what circumstances were necessary and what support was needed for them to live their lives to the fullest. People shared their experiences of seeking medical and psychological help, the usefulness of health and wellbeing information, the ease of communicating with clinicians and organisations, and how simple it is to navigate the system. We spoke about the 'pain points' – the times of desperate frustration that many experienced – but also the good moments when people felt empowered to continue their lives with prompt, holistic support, bolstered by empathetic relationships with clinicians, administrators and their communities.

We did this so that people facing cancer can build a vision for the future – and we built 16 patient-created recommendations for change.

They range from specific and practical improvements around better mental health support, a rehabilitation programme after treatment, better information to help navigate the NHS when cancer signs first arise, and ideas on how the NHS can better listen and improve when collaborating with patients.

We are incredibly proud of this piece of work, with the local NHS commissioner finding it, 'detailed, meaningful, and powerful,' and the most comprehensive patient experience project they've ever been involved with.

---

## ACTIVITIES & ACHIEVEMENTS: 'SOMETHING'S NOT RIGHT' CAMPAIGN

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Our five-year campaign (2020–2025), 'Something's Not Right' encourages patients worried about the symptoms of cancer to gain the confidence to say: 'Something's Not Right'. It calls for clinicians to know to take these words and symptoms seriously. It also calls for specific policy and system change to ensure faster diagnosis.

2021 was the year of listening and developing our call for change. We listened to people's experiences and ran a survey seeking ideas on how cancer diagnosis could be hastened. We heard from over 350 people sharing their challenges and opportunities for change:

- 65% were not clearly instructed that they needed to return to their GP if symptoms didn't clear up
- Over half expected GPs to lead the discussion by asking questions and didn't realise they needed to clearly share their cancer symptoms without being asked specifically about them
- 72% of people didn't feel confident to guide themselves through cancer treatment
- 84% of people felt they didn't receive a clear explanation of how the process worked
- 66% of people felt that keeping a diary of symptom changes would help them to feel more confident sharing symptoms with their doctor - yet only 20% of people keep a diary

In 2022, we will continue to work with our community on how these findings can improve services, so more people go on to live happy, healthy lives after treatment.

*In this world of guidelines and pathways there's a worrying loss of trust. We don't give importance to what patients are saying, or how they feel about their own body. We're losing trust in the clinician's art or skill too. With the forms and checklists, the words 'something's not right' fall between the cracks. Referrals get downgraded, quite literally, because the computer says no.*

***GP & breast cancer survivor***

---

# THANK YOU

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We'd love to thank our volunteers who run much of our work.

We'd also love to thank the following funders who supported what we do:

- City Bridge Trust
- National Lottery Community Fund
- Derwent London
- Hackney & the City CCG
- Mr J. Stancer

*Mission Remission is  
like sunshine coming  
through the clouds.  
Bless you a thousand  
times over because it  
can be so lonely.*

**Mission Remission  
Community Member**

# MISSION REMISSION

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 2ND DECEMBER 2020 TO 1ST DECEMBER 2021

£ £

### Income from:

Donations: (Unrestricted)	245
Funders: (Restricted) City of London	9600
Services: City & Hackney CCG	15330

---

**25175**

### TOTAL INCOME

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### Expenditure:

Administration & Core Work	7197
Charitable Projects	14003

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**21200**

### TOTAL EXPENDITURE

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### Net Income for the year

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**3975**

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**REMISSION MISSION  
BALANCE SHEET  
AS AT 1ST DECEMBER 2021**

<b>CURRENT ASSETS</b>	<b>£</b>
Debtors	0
Cash in Bank and in hand	17042
Creditors	0
<b>Net Current Assets</b>	<b>17042</b>
<b>Cash funds from last year end</b>	<b>14068</b>
<b>Cash funds this year end</b>	<b>18042</b>

# Independent examiner's report on the accounts

## Section A

## Independent Examiner's Report

Report to the trustees/  
members of

Mission Remission

On accounts for the year  
ended

1 December 2021

Charity no  
(if any)

1186956

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 01/12/2021

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 give 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: *Nick Brereton*

Date: 27 Sept 2022

Name: Nick Brereton

Relevant professional  
qualification(s) or body  
(if any):

Institute of Certified Book-keepers

Address:

Dockwray Ltd

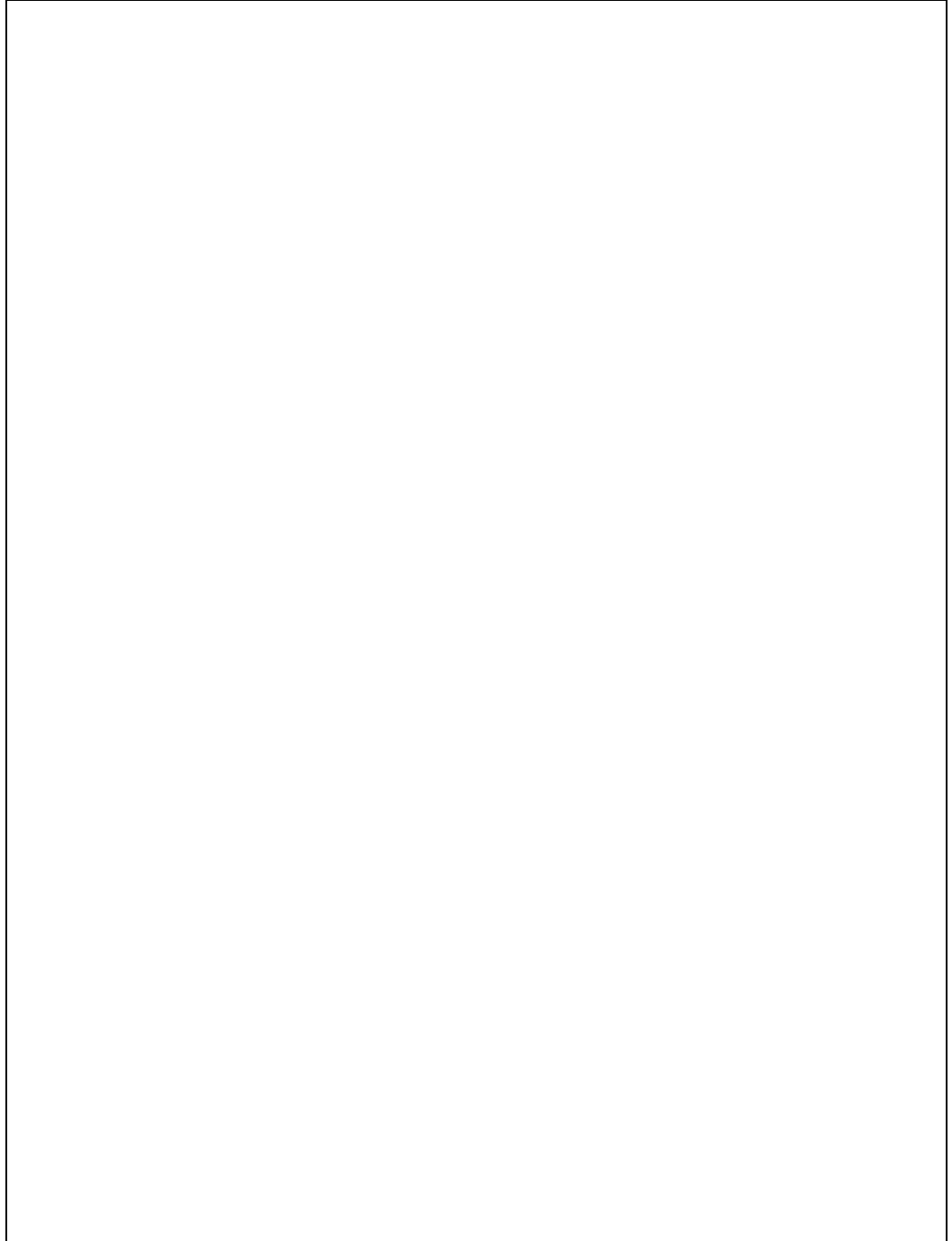
64 Saville Street

**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.**



**MISSION REMISSION**

England & Wales - Charity number 1186956

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# Accounts

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ANNUAL  
REPORT

 *Mission  
Remission*

2019/2020

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**03** Purpose

**04** Structure, Governance & Management

**05** Why do we exist?

**06** Activities & Achievements

**08** Something's Not Right

**09** Thank you's

**10** Financial Statement





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## PURPOSE

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Mission Remission is the only UK charity solely dedicated to supporting cancer survivors. Our vision is for everyone to live a happy, healthy, independent life after cancer and we plan to improve the experience of recovery for every cancer survivor in the UK.

To summarise the purposes of Mission Remission, as set out in our governing document, our 'Charitable Objects' are:

- To promote physical and mental health by developing resources and services to connect, inspire and inform cancer survivors.
- To advance the education of the public, clinicians, and health leaders in the experience of cancer and other cancer related subjects such as but not limited to cancer prevention and cancer diagnosis.

*"Once I had the 'you're now in remission' talk with the oncologist, I was in limbo. My biggest hurdle was the ability to give myself permission to live again."*

# MISSION REMISSION'S STRUCTURE, GOVERNANCE & MANAGEMENT

Mission Remission was formed by Constitution agreed on 7 September 2017. It was registered as a Community Interest Company on this date and converted to a charity, registering with the Charities Commission of England & Wales on 16 December 2019.

Our trustees are:

Ryan Pickett

Jane Spurgeon

Andrew Morgan, Treasurer

Kasmyn Chen, Secretary

Lisa Whittleton resigned as a trustee in 2020 and we thank her for her fantastic contribution to the charity and help to those facing cancer. She provided so much useful advice on support for mental health issues and was a much-cherished sounding board for all charity decisions.

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees. The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charities Commission and the Constitution. The Trustees manage the charity, along with the founder, Laura Fulcher, who works on a voluntary basis.

No Trustees are paid for carrying out their duties as Trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees and founder make all decisions regarding the running and management of the charity and are supported by volunteers who carry out specific tasks and roles.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2019-2020.

*"Every day I have to fight the demons of anxiety, pain and fear but I now see a light at the end of the tunnel... and if anyone wants to know how I coped I will say 'Mission Remission!'"*

# WHY DO WE EXIST?

## Life after cancer can be tough

Once the cancer 'battle' is won, everyone celebrates your tale's happy ending. It's time to forget, move on, and feel grateful to be alive. Yet most don't realise that recovery can be a battle in itself.

It's difficult to forget cancer if, like more than four-fifths of those who took part in our survey, the fear of a recurrence paralyses with anxiety. It's difficult to move on when you're one of the two-thirds of people facing serious health issues, your body no longer working as it once did. And difficult to feel grateful when the very loves and hopes that defined you as a person now feel out of reach.

90% of people feel the time after cancer treatment is just as traumatic as the diagnosis (BCC). You're faced with the need to return to 'normal' life, when life no longer feels normal.

2.5 million people live with cancer in the UK, yet survivors currently receive little to no support to help deal with the aftermath of treatment. In fact, more widely, there's sparse information on life after cancer, with scant clinical research.

## So we wanted to do something about it.

Mission Remission champions cancer survivors, filling the gap in support. We're a small grassroots community-run charity and help people by running our online platform, now with over 15,000 community members. We also run support groups, online discussions, a book club, and our early diagnosis campaign, Something's Not Right. We aim to support all 2.5million cancer survivors reach their full potential, including the 48% of people who face a rarer cancer, who do not have a large disease-specific charity to put them first.

We make survival less isolating and more empowering. We've doctors and mental health specialists on hand, and have created a community helping tens of thousands of people share positive stories and practical tips. We support survivors to move forward with their lives.

We believe that cancer survivors are experts by experience. We are a community-run organisation, with all activities run by survivors. Our projects focus on building a strong community, forming connections and support between cancer advocates, and sharing peer support.

We promote role models who inspire and motivate. Our uplifting stories of recovery prove to those feeling dispirited, isolated, and incapacitated by ill health, that moving forward after cancer is possible. We've found that believing in recovery is often the first step, but biggest hurdle.

In the four years we've been running, we've reached hundreds of thousands of people. Over 80% of survivors state reading our practical tips improves their well-being and our stories and strategies have been voted helpful over 20,000 times.

# ACTIVITIES & ACHIEVEMENTS

Our online hub is a place for survivors to read and share experiences and practical strategies for moving forward. Every week in 2019/20 we curated new strategies with our community and we now have over 100 topics and ideas that inform, inspire and motivate.

We developed the site so it is now organised into 6 themes:

- Mission Mind – tips on coping psychologically
- Mission Body – tips on handling the physical effects of treatment
- Mission Control – ways to gain autonomy again
- Mission Life – looking towards the future
- Mission Humanity – tips on dealing with others
- Mission Change – ideas for change in society

We were supported by organisations like Lush, The Blurt Foundation, and Headspace to support our community with free products and ‘pick-me-ups’.

By the end of 2020, we reached hundreds of thousands of people. Over 80% experience an improvement in wellbeing from reading our strategies. Those that contribute say, ‘you constantly remind me I’ve something to give and my experience can help others. This helps me tremendously.’

The hub allows people to say a thank you on individual posts to show that they have helped. These posts were marked as helpful tens of thousands of times and hundreds of thousands have engaged with them on Facebook.

## **Building an active community**

We are very proud that our community stands at over 15,000 people and our platform used over 30,000 times.

### ·The Cancer Survivors’ Book Club

We ran a regular online book club, suggested by our community, which allows survivors to explore emotions. ‘Reading helps me find a piece of myself again,’ says one of our readers.

### ·Hosting Forum

We ran our online forum for cancer survivors, providing a safe sanctuary to read and share. We’ve found that our community used the forum for reading and thinking, and Facebook for communication, so we’ve used the forum primarily for sharing resources. Over 1,000 people are registered with our forum and our resources were accessed over 10,000 times.

### ·London Meetup

We ran a London meetup for the first few months before Covid-19 hit. Our meetup group were encouraged to join our online activities and participate in our ‘Something’s Not Right’ campaign.



## **'Late Effects' project**

5... 20... 30 years after cancer treatment, research shows that almost every single survivor continues to face physical and psychological issues (Treanor & Donnelly, 2014).

These late effects of treatment - consequences of cancer not identified when treatment finishes - were what we addressed in this project. Late effects can include anything from long-term implications of surgery or treatment, to psychological issues, such as PTSD. As one community member describes, "I face many physical problems, deteriorating further with time... extreme fatigue, memory and self-esteem issues, depression, constant fear and introversion."

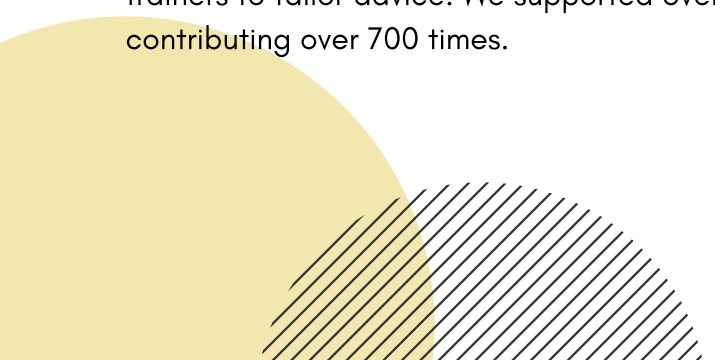
With cancer survivors, we created 34 resources dedicated to the late effects of cancer and ran guided online discussions normalising, building empathy and sharing ideas about late effects.

"YOU CONSTANTLY  
REMINDE ME THAT I HAVE  
SOMETHING TO GIVE  
AND THAT MY  
EXPERIENCE CAN HELP  
OTHERS AND THIS IN  
TURN HELPS ME  
TREMENDOUSLY."

## **Covid-related activities**

2019-2020 was an unprecedented year globally. We directly support some of those at highest risk of COVID-19. Many in our community are on immunosuppression medication, whilst others suffer the effects of chemotherapy. People were anxious, scared and very unwell at the same time as follow-up appointments and treatment were delayed. This community is not only at risk of contracting COVID-19, but also experienced increasingly negative implications of shielding.

In 2020, we ran community-led weekly online support on our social media groups and community platform. We focused each week on different issues, sharing resources and running discussions on topics like financial concerns, exploring at-home exercise tips, or navigating hospital cancellations. We worked with our volunteer professionals, such as GPs, mental health specialists, and personal trainers to tailor advice. We supported over 1,000 people with these activities, with survivors actively contributing over 700 times.



# SOMETHING'S NOT RIGHT

Our five-year campaign (2020-2025), 'Something's Not Right' encourages patients worried about the symptoms of cancer to gain the confidence to say: 'Something's Not Right'. It calls for clinicians to know to take these words and symptoms seriously. It also calls for specific policy and system change to ensure faster diagnosis.

We use both social and traditional media genres to build public support for earlier cancer diagnosis which will place pressure on health leaders to address issues.

In 2020 we focused on creating our '10 steps to diagnosis' resource. It helps people feeling overwhelmed by worry and helps people navigate the NHS. We are very proud that the '10 steps to diagnosis' is fully community-created, developed by a team of 23 people who have faced cancer. It has also been supported by clinicians, who are also cancer survivors.

Read more about our 'Something's Not Right' [campaign here](#), which was developed at the beginning of 2020, before Covid struck.

*'In this world of guidelines and pathways there's a worrying loss of trust. We don't give importance to what patients are saying, or how they feel about their own body. We're losing trust in the clinician's art or skill too. With the forms and checklists, the words 'something's not right' fall between the cracks. Referrals get downgraded, quite literally, because the computer says no.'*

**- GP & breast cancer survivor**

# THANK YOU FOR THE YEAR

We'd love to thank our volunteers who run much of our work. We'd also like to thank Lisa Whittleton for her invaluable support through the early years of establishing Mission Remission.

Much work went into Mission Remission becoming a fully fledged charity in 2019. We're thrilled that the charity commission confirmed our registration. Our next plan is to develop our trustee and volunteer team further.

We'd also love to thank the following funders who supported what we do:

- National Lottery Community Fund
- Derwent London
- Arup
- Rayne Trust
- Sheila McKechnie Foundation
- Mr J. Stancer

*"Mission Remission is  
like sunshine coming through  
the clouds.  
Bless you a thousand times  
over because it can be so  
lonely."*

# MISSION REMISSION

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD TO 2ND DECEMBER 2020

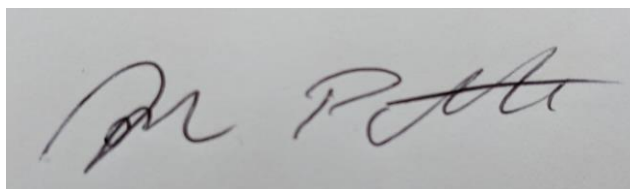
### Receipts & Payments

	£	£ Total
<b>Income from:</b>		
Donations: (Unrestricted)	8141	<b>8141</b>
Grants: (Restricted)		
National Lottery	9900	
Derwent London	2000	
Sheila McKecknie	3750	
		<b>15650</b>
<b>TOTAL INCOME</b>		<b>23791</b>
<b>Expenditure:</b>		
Administration		4558
Charitable Projects		11200
<b>TOTAL EXPENDITURE</b>		<b>15758</b>
<b>Net Income for the year</b>		<b>8033</b>

**MISSION REMISSION  
BALANCE SHEET  
AS AT 2ND DECEMBER 2020**

<b>CURRENT ASSETS</b>	<b>£</b>
Debtors	0
Cash in Bank and in hand	14068
Creditors	0
<b>Net Current Assets</b>	<b>14068</b>
Cash funds last year end (from Mission Remission CIC)	6035
Cash funds this year end	14068

The charity is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 2 December 2020. The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company. The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476. The financial statements were approved by the Trustees on 20 September 2021.



Ryan Pickett (trustee)