



ANNUAL REPORT

2022/2023

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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, 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.

WHY DO WE EXIST?

we exist because

90%

**of people with cancer
feel the time **after**
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, 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***

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 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.

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 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**

THE IMPACT WE'VE HAD

We have
15,000
organic members of our
active social media
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.**

A MESSAGE FROM OUR FOUNDER, LAURA FULCHER

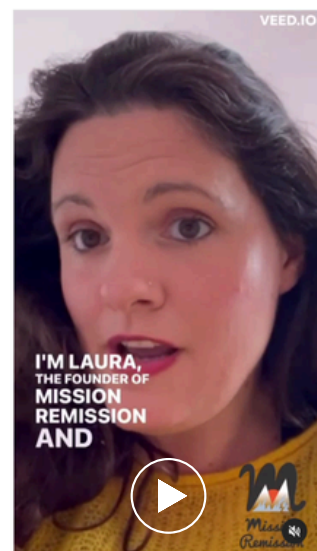
2022 has brought highs and lows for our people. Yes, we can venture out again after the long winter of the pandemic, embracing the joy of family, friendship, and nature. Yet for many cancer survivors, the pandemic may have a long-lasting physical and psychological impact.

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 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



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**

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.

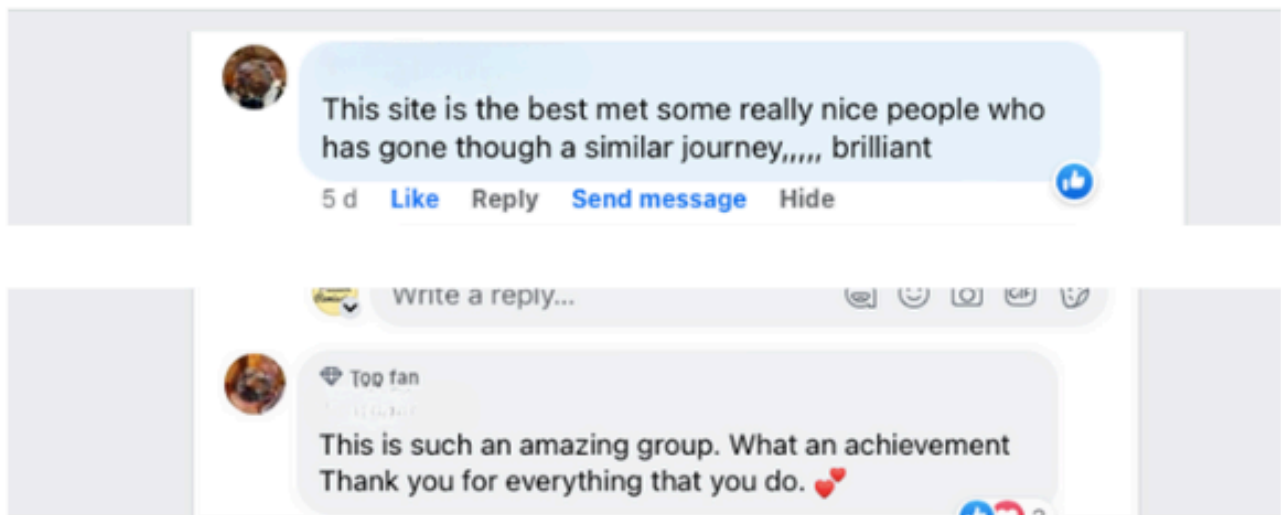
I love that sessions are tailored to the needs of the participants, and there's plenty of time devoted for queries to be raised and the difficulties experienced to be discussed in an inviting, safe and understanding environment.

**(Mission Resilience Coaching
Participant)**

ACTIVITIES & ACHIEVEMENTS: *MISSION THRIVE (4)*

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)



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)*



IMPACT

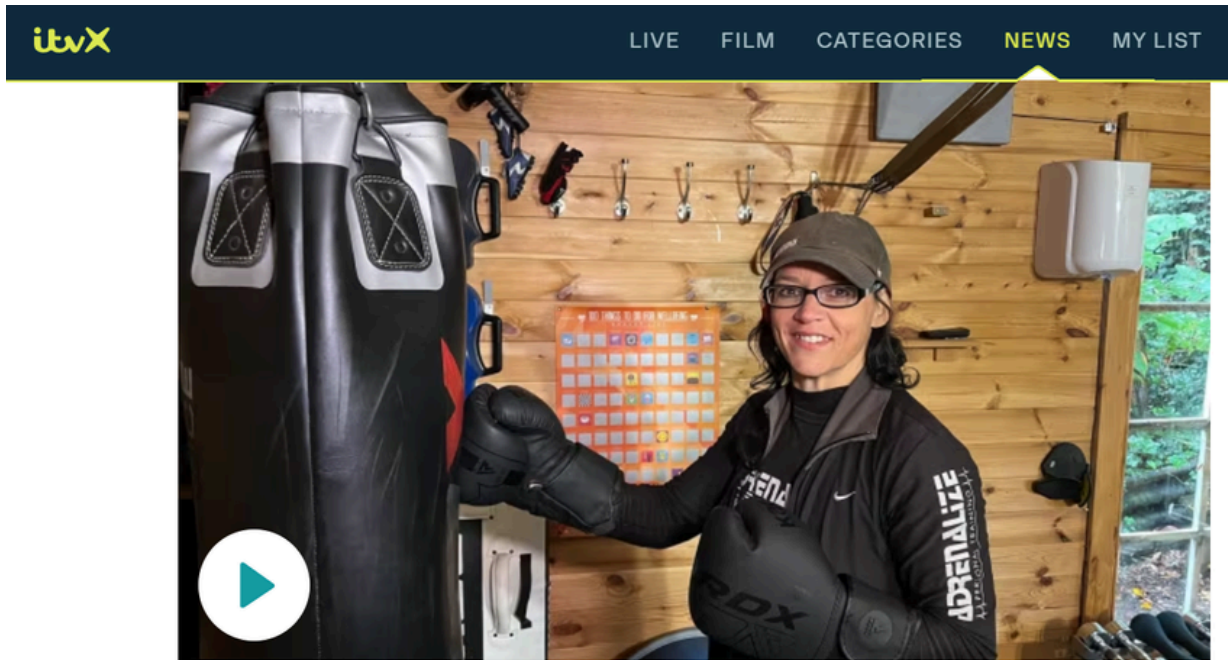
To date, **485 people have joined** our 'Mission Fitness' and 'On a Mission' facebook communities, where Chelle's activities and fitness fundraising challenges take place.

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

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 29th May 1961
Charitable Trust



City and Hackney
Clinical Commissioning Group



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
INCOME			
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
Total Income	£6,084	£124,350	£130,434
EXPENDITURE			
Charitable Activities		£59,458	£59,458
Fundraising & Administration	£3,171	£4,329	£7,500
Total Expenditure	£3,171	£63,787	£66,958
Net movement in funds	£2,913	£60,563	£63,476
Reconciliation of funds			
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

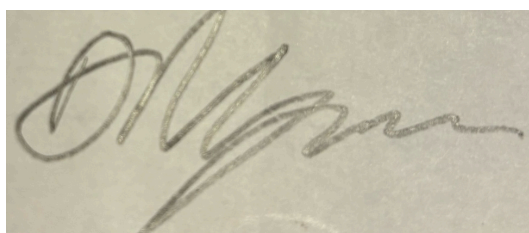
£93,851

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