

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.

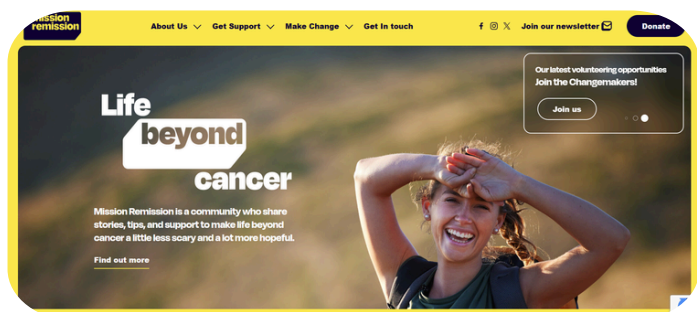
Mission Support: Delivered a programme of psychological support activities, including resilience coaching, anxiety management workshops, meditation classes, and Recovery Café peer support meetups.

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.



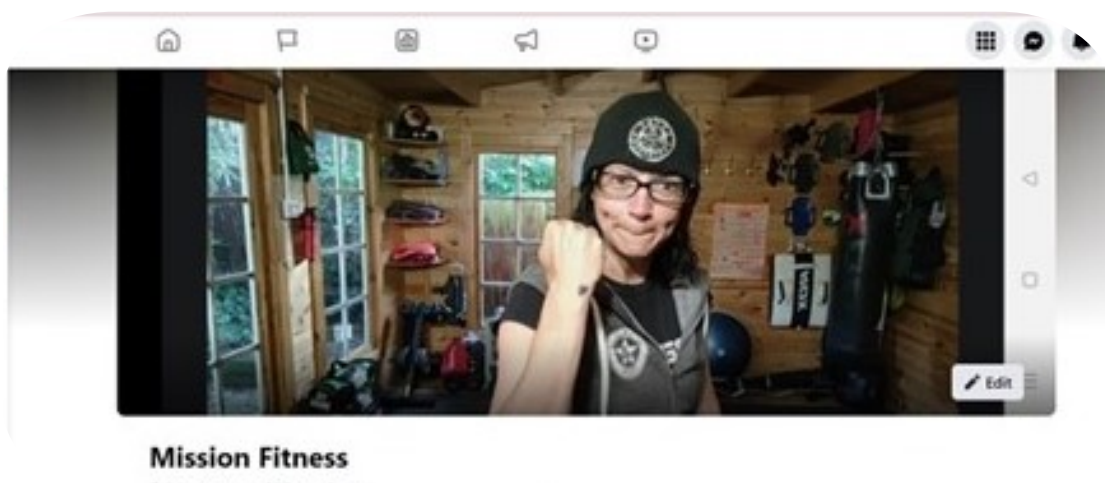
Activities

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.



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
INCOME			
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
Sub total	£44,159	£72,750	£116,909
EXPENDITURE			
Charitable Activities	£423	£81,463	£81,886
Fundraising & Administration		£16,464	£16,464
Total Expenditure	£423	£97,927	£98,350
Net movement in funds	£43,736	-£25,177	£18,559
Reconciliation of funds			
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*

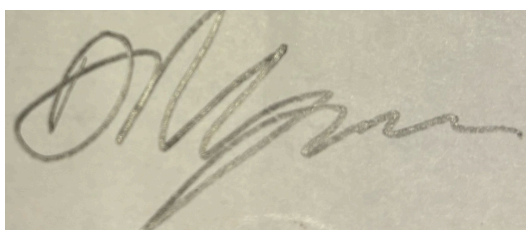
***Note: £112,410:**

- **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





CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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)

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

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

* Please delete the words in the brackets if they do not apply.

Signed: 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 29th May 1961
Charitable Trust

