

CAMBRIDGE CANCER HELP CENTRE

England & Wales · Charity number 1188745

Details

Status Registered

Legal form CIO

Registered 2020-03-25

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

Contact

Address Scotsdale Nursery & Garden Centre L
120 Cambridge Road
Great Shelford
Cambridge
CB22 5JT

Phone 01223840105

Email manager@cambridgecancerhelp.org

Website <https://www.cambridgecancerhelp.org/>

Activities

Objects: TO RELIEVE PERSONS SUFFERING FROM CANCER AND OTHER ILLNESSES AND THE FAMILIES AND FRIENDS OF SUCH PERSONS IN PARTICULAR BY TEACHING METHODS OF RELAXATION AND BY PROVIDING ADVICE AND COUNCELLING WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF SUCH PERSONS AND THEIR FAMILIES.

Activities: To relieve persons suffering from cancer and other illnesses and their families and friends, in particular by teaching methods of relaxation and by providing advice and counselling, with the object of improving the conditions of life of such persons and their families.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Cambridgeshire
- Central Bedfordshire
- Essex
- Hertfordshire
- Peterborough City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£104,732	£83,732	-	-
2024-04-30	£73,740	£70,781	-	-
2023-04-30	£56,839	£35,821	-	-
2022-04-30	£38,918	£94,907	-	-
2021-04-30	£38,918	£42,941	-	-

Trustees

Name	Role	Appointed
Arthur William Gibbons		2022-07-06
Dr Richard John Dickenson		2021-09-21
Edward Leslie Sage		2020-05-01
Graham Rowland Howell		2024-06-05
Hilary Jean Seaward		2024-12-15
Janet Hickman		2020-05-01
Robert Jackson		2020-05-01
Stephen Gold		2023-10-11

CAMBRIDGE CANCER HELP CENTRE

England & Wales - Charity number 1188745

Accounts

Cambridge Cancer Help Centre CIO
(Registered Charity No. 1188745)

Annual Report and Accounts

For the year ended 30 April 2025



Cambridge Cancer Help Centre CIO

Trustees Annual Report for the year ended 30 April 2025

The Trustees of Cambridge Cancer Help Centre (the Centre) present their annual report together with the financial statements of the CIO for the year ended 30 April 2025. The administrative information forms part of this report.

Charity Objectives

The mission of the Cambridge Cancer Help Centre, (CCHC) is to improve the quality of life for people suffering from cancer along with their relatives and carers. This is achieved through teaching relaxation techniques, by counselling and by offering practical along with pastoral care support, but not medical advice.

The Centre offers a wide range of complementary therapies and courses that focus on individuals' wellbeing, social activities and the opportunity to take part in activities such as art and craft groups, dance and fitness exercise, yoga and tai chi, to name a few.

The Trustees have referred to the guidance in the Charity Commission's general guidance on Public Benefit when reviewing its Aims and Objectives and in planning the Centre's current and future activities. We believe that the activities of the Centre clearly demonstrate a direct public benefit.

Review of the last year

Events & activities.

This year has been an exceptional year with numerous and successful events, activities and outings. We have introduced new support groups, fitness sessions, workshops and activities.

Our membership numbers are growing, with the charity now supporting over 400 people each year.

Direct support to members

We are also now in a position where we can offer a taxi service to those that would not otherwise be able to access our support and services.

Social events

A members' trip to Stamford was so successful and popular we will be organising further trips which will communicate these as soon as they have been arranged.

Supporting individuals Living with Cancer at the Centre

We continue to build on our relationships with hospital teams and will also be focussing on building our connections with organisations such as Maggie's, local GP practices and other Charities.

We continue to deliver the "Macmillan Hope" and "Take Control" courses at the Centre; this year our focus has been on delivering the 2-session course, Take Control which has proved popular.

A dietician from Addenbrookes has given several informative talks.

The Breast Cancer Now 'Moving Forward' course for ladies with primary breast cancer has been very successful with more courses planned for the rest of the year.

The relaxation sessions continue to be popular online and at the Centre. Time is allocated to 'Talking Together' at the beginning of each session.

This year we have organised a Fatigue Management workshop and Anxiety workshop for Centre members, both of which were delivered by an experienced Occupational Therapist. There are plans to offer further workshops in the autumn.

Exercise classes which include Dance, Tai Chi and Yoga continue to be successful with a full programme delivered regularly at the Centre.

The Complementary Therapy and Counselling sessions are always very popular. New therapists have been recruited to assist with the continuing demand. We owe an immense debt of gratitude to all the volunteer Therapists and Counsellors for giving their time and expertise to the Centre.

Collaborative Support / workshops

We continue to work jointly with Macmillan and the CUH Cancer Information team, and now regularly deliver the Look Good Feel Better sessions at the Centre.

This year we have also introduced Nina's miniature Canvas Art Workshops and Cheryl's 3D Sculpture event with some very talented members participating. Future art workshops are planned.

A 'Meet the Therapists' event took place this year which was an informative session giving members a chance to learn about Complementary therapies.

Patient and Carer's Support Groups

Support Groups for people with specific cancers and a carer's support group continue to be offered at the Centre monthly. The groups support the following cancers:

urostomy, gynae, prostate, lymphoma, breast, myeloma and a new group Living With Cancer that covers all other cancers. This list is not exhaustive.

Breast Cancer Now, has started a secondary breast cancer support group at the Centre, continuing our collaboration with this charity.

Volunteer Team

The Centre relies enormously on a dedicated team of volunteers who undertake a range of tasks vital to its smooth running. We thank all the wonderful therapists, volunteers and course facilitators for their dedication to the Centre. Their continued support is massively appreciated.

Looking forward

As fundraising from Trusts and Foundations becomes increasingly difficult year on year, the Centre will continue to nurture relationships with local businesses, charities and expand our fundraising events. Plans are well underway for a second cycle event which raises not only incredible income, but great awareness of the Centre.

Keen to expand the activities of the Centre, the Manager is investigating the possibility of providing a small gym for members' use, a quiet welcoming space away from the usual pumping iron nature of standard gyms which may be considered less suited to people with cancer and post-surgical scars.

Financial Review

Successes in fundraising, particularly the first cycle event, has led to an increase in income to £104,732 (2024: £73,740). A breakdown of fundraising income and donations can be found in notes 3 and 4 to the accounts.

Despite a small increase in costs there was an overall surplus for the year of £15,805 (2024: £2,959)

Reserves policy

The Trustees have reviewed the reserves policy.

The Trustees recognise the reliance on fundraising to ensure the Centre can continue to operate. To buffer against any future instability such as the last pandemic, the Trustees have set aside funds to cover one year's operating costs, currently £90,000 in a "Continuing Operations" designated fund. To be able to explore other ways to expand the activities the Centre provides, either geographically or practically the Trustees have set up an Expanding Reach designated fund, allowing an initial investment in this plan of £20,000. Matched funding for this will be sought.

The general unrestricted reserve at the year end was £17,541 (2024: £111,316)

Structure, Governance and Management

The Board of Trustees are responsible for all aspects of the Centre's activity. Trustees are elected annually at the Annual General Meeting. Casual vacancies may be filled by the Board who may also co-opt individuals to support specific activities and project streams.

In addition, the Board may appoint Advisors, people who bring specific skill and experience, in an ongoing capacity to enhance the management and governance of the Centre.

Policy is determined and Objectives are set by the Committee of Management which is made up of the Board of Trustees, Advisors and the Centre Manager.

At the last AGM (2024) Ted Sage expressed his intention to step down from his long standing duties as Chairman to the Board of Trustees. I had been asked to join the board with a view of supporting Ted and potentially succeeding him as Chair at the 2025 AGM. Unfortunately, due to illness Ted had to step down early and I assumed the role of Chair with Ted kindly becoming Immediate Past Chairman (IPC) supporting me, which he has done admirably, and for which I thank him, the rest of trustees and Centre manager Julie, for their immense support over the year.

On behalf of the Board, we would like to thank everyone for their support.



Graham Howell
Chair of Trustees

**Cambridge Cancer Help Centre
Administrative Information**

Registered as a Charitable Incorporated Organisation 25 March 2020

Charity number 1188745

Registered address 120 Cambridge Road, Great Shelford, Cambridge CB22 5JT

Trustees Richard Dickson
 Arthur Gibbons
 Stephen Gold
 Janet Hickman
 Graham Howell (Chair)
 Robert Jackson (Treasurer)
 Claire Mackenzie
 Edward Sage
 Hilary Seaward

Advisor Nick Wright

Patron Prof Robert Thomas

Bank HSBC, Cambridge City Office, PO Box 85, Cambridge CB2 3HZ

Website www.cambridgecancerhelp.org

Manager Julie.paterson@cambridgecancerhelp.org

Accountant Fairway Tax and Accounting, 11c Alma Road, Snettisham, Norfolk PE31 7NY

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES' OF CAMBRIDGE CANCER HELP CENTRE CIO**

We report on the financial statements of the charity for the year ended 30 April 2025, which consist of the statement of assets and liabilities, the statement of receipts and payments and the notes to the accounts.

This report is made solely to the charity's trustees', as a body, in accordance with section 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees' those matters we are required to state to them in this report and for no other purpose. To the fullest extent permitted by law we do not accept to assume responsibility to anyone other than the charity and the charity's members as a body for this report, or for the opinions we have formed.

Respective responsibilities of Trustees' and Examiner

As the charity's trustees' you are responsible for the preparation of accounts; you consider that the audit requirement of Section 144(2) of the Charities Act 2011 (The 2011 Act) does not apply. It is our responsibilities to state, on the basis on procedures specified in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations for you as Trustees' concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in any audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement of the 2011 Act

have not been met; or

2. to which, in our opinion, attentions should be drawn to in order to enable a proper understanding of the accounts to be reached

Gary Eves (FCCA)



.....
Fairway Tax and Accounting Limited
11C Alma Road
Snettisham
King's Lynn
Norfolk
PE31 7NY

10 September 2025

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 APRIL 2025

		<u>Unrestricted</u> <u>Funds</u> <u>2025</u> £	<u>Restricted</u> <u>Funds</u> <u>2025</u> £	<u>Total</u> <u>Funds</u> <u>2025</u> £	<u>Unrestricted</u> <u>Funds</u> <u>2024</u> £	<u>Restricted</u> <u>Funds</u> <u>2024</u> £	<u>Total</u> <u>Funds</u> <u>2024</u> £
	<i>Notes</i>						
<u>INCOME FROM</u>							
Subscriptions	2	7,383	-	7,383	5,707	-	5,707
Donations	3	18,429	-	18,429	22,253	-	22,253
Fundraising	4	58,472	19,500	77,972	43,104	2,000	45,104
Bank Interest	15	948	-	948	676	-	676
Total Income		<u>85,232</u>	<u>19,500</u>	<u>104,732</u>	<u>71,740</u>	<u>2,000</u>	<u>73,740</u>
<u>EXPENDITURE ON</u>							
Raising Funds		<u>5,195</u>	<u>-</u>	<u>5,195</u>	<u>1,833</u>	<u>-</u>	<u>1,833</u>
Charitable activities							
Members' Welfare	5	4,812	4,920	9,732	2,966	3,630	6,596
Accommodation	6	21,054	-	21,054	15,510	-	15,510
Staff	7	29,001	15,000	44,001	38,971	-	38,971
Office Expenditure	8	3,718	-	3,718	2,598	-	2,598
Other Payments	9	3,316	-	3,316	4,159	-	4,159
Depreciation	11	1,911	-	1,911	1,114	-	1,114
Cost of Charitable Activities		<u>63,812</u>	<u>19,920</u>	<u>83,732</u>	<u>65,318</u>	<u>3,630</u>	<u>68,948</u>
Total Expenditure		<u>69,007</u>	<u>19,920</u>	<u>88,927</u>	<u>67,151</u>	<u>3,630</u>	<u>70,781</u>
Net Movements in Funds		16,225	(420)	15,805	4,589	(1,630)	2,959
Balance b/f at 30 April 2024		111,316	1,464	112,780	106,727	3,094	109,821
Balance c/f at 30 April 2025		<u>127,541</u>	<u>1,044</u>	<u>128,585</u>	<u>111,316</u>	<u>1,464</u>	<u>112,780</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2025

1 **Accounting Policies**

These accounts are prepared in accordance with the *Statement of Recommended Practice* for Charities, as applicable to small charities (with gross income not exceeding £250,000).

2 **Members' Subscriptions**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2025</u> £	<u>Total</u> <u>2024</u> £
Annual Subscriptions	6,057	-	6,057	4,637
Monthly Covenants	1,326	-	1,326	1,070
	<u>7,383</u>	<u>-</u>	<u>7,383</u>	<u>5,707</u>

The amount of subscription is at the discretion of the member.

3 **Donations**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2025</u> £	<u>Total</u> <u>2024</u> £
General Donations				
B Blackburn	-	-	-	190
B Hylton	-	-	-	234
Black Infotech Ltd	125	-	125	375
Cambridge Wind Band	257	-	257	-
Dance Class	1,893	-	1,893	706
Dirk Periera	2,495	-	2,495	1,290
Freemasons	-	-	-	600
Imo G Clarke	-	-	-	819
Imo J Borley	-	-	-	440
Imo M Gammans	-	-	-	220
Imo P Tome-Fernandez	136	-	136	-
J Dawson	-	-	-	263
L2DLtd	-	-	-	246
Lymphoma Group	80	-	80	117
M Gourmans	-	-	-	100
Mills & Reeve (Solicitors)	-	-	-	1,500
N & G Clarke	1,000	-	1,000	700
Therapies	6,208	-	6,208	5,319
Urostomy Assoc	540	-	540	900
Yoga Class	3,431	-	3,431	2,490
Other Donations (less than £100)	2,264	-	2,264	5,744
	<u>18,429</u>	<u>-</u>	<u>18,429</u>	<u>22,253</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2025

4 Fundraising

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2025</u> £	<u>Total</u> <u>2024</u> £
Corporate Fundraising				
Balsham Plough Monday	-	-	-	1,500
Cambridge Community Trust	1,000	-	1,000	-
Cambridge United FC	-	-	-	750
Cambridge Wind Band	257	-	257	-
Charities Trust	-	-	-	1,000
Evelyn Trust	3,334	-	3,334	1,666
F Pundole	344	-	344	-
G Smith	-	5,000	5,000	10,000
Gonville Hotel	212	-	212	-
Great Shelford Feast	100	-	100	-
James McNeil	-	10,000	10,000	5,000
John Lewis Plc	1,000	-	1,000	-
Macmillan Charity	6,340	-	6,340	-
NFDC L&SC Region	-	-	-	1,000
Redrow Housing	-	-	-	1,500
Rotary Clubs	-	-	-	1,000
Rotary Club - Sawston Fun Run	-	-	-	2,500
South Cambs DC	-	2,000	2,000	2,000
South Cambs Rotary Club	2,000	-	2,000	-
Thriplow Daffodils	597	-	597	-
Trustees of E E Lawley	2,000	-	2,000	-
Trustees of S Gibson	10,000	-	10,000	-
	<u>27,184</u>	<u>17,000</u>	<u>44,184</u>	<u>27,916</u>
Fundraising Relating to the Charity Cycle Ride				
A Gold	100	-	100	-
Fourways Plant Ltd	300	-	300	-
Funds Contributed by Cyclists and Supporters	8,286	-	8,286	-
Galileo Multimedia	250	-	250	-
Hills Demolition	250	-	250	-
K Bose	360	-	360	-
PHD London	250	-	250	-
Savills (UK) Ltd	5,000	2,500	7,500	-
	<u>14,796</u>	<u>2,500</u>	<u>17,296</u>	<u>3,205</u>
Fundraising Events				
Cambridge Half Marathon	3,233	-	3,233	-
Christmas Fair	2,821	-	2,821	2,742
Coffee Morning	195	-	195	-
Concert	765	-	765	-
Fundraising by Members and Supporters	5,569	-	5,569	7,764
Jazz	1,068	-	1,068	-
Quiz Nights	300	-	300	778
Sale of Goods	2,541	-	2,541	2,699
	<u>16,492</u>	<u>-</u>	<u>16,492</u>	<u>13,983</u>
	<u>58,472</u>	<u>19,500</u>	<u>77,972</u>	<u>45,104</u>

Fundraising by Members and Supporters includes generous contributions from :-

Craft Group £1,163

Claire Mackenzie's Swim £1,496

5 Members' Welfare

<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2025</u> £	<u>Total</u> <u>2024</u> £
<u>4,812</u>	<u>4,920</u>	<u>9,732</u>	<u>6,596</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2025

6 Accommodation

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2025</u>	<u>Total 2024</u>
	£	£	£	£
Insurance	3,412	-	3,412	2,947
Rent	1	-	1	2
Electricity	5,498	-	5,498	3,634
Maintenance/Cleaning/Consumables	12,143	-	12,143	8,927
	<u>21,054</u>	<u>-</u>	<u>21,054</u>	<u>15,510</u>

7 Staff

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2025</u>	<u>Total 2024</u>
	£	£	£	£
	<u>29,001</u>	<u>15,000</u>	<u>44,001</u>	<u>38,971</u>

8 Office Expenditure

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2025</u>	<u>Total 2024</u>
	£	£	£	£
Stationery	89	-	89	65
Telephone	859	-	859	343
Office Equipment	2,770	-	2,770	2,174
Postage	-	-	-	16
	<u>3,718</u>	<u>-</u>	<u>3,718</u>	<u>2,598</u>

9 Other Payments

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2025</u>	<u>Total 2024</u>
	£	£	£	£
Printing	1,124	-	1,124	1,282
Advertising	629	-	629	1,216
Professional Fees	1,563	-	1,563	1,586
Kitchenware/Soft Furnishings/Adornments	-	-	-	75
	<u>3,316</u>	<u>-</u>	<u>3,316</u>	<u>4,159</u>

10 Asset Purchases

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2025</u>	<u>Total 2024</u>
	£	£	£	£
Additions during the year	<u>840</u>	<u>-</u>	<u>840</u>	<u>3,144</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2025

11 Fixed Assets	Total 2025	Total 2024
	£	£
Fixed Assets as at 1 May 2024	3,340	1,310
Disposals during the period	-	-
Additions during the period	840	3,144
Less Depreciation at 25%	(1,911)	(1,114)
Fixed Assets at period end	2,269	3,340

12 Creditors : Amounts Falling Due Within One Year

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Trade Creditors	8,772	-	8,772	-
Tax and NI	2,684	-	2,684	-
Income Received in Advance	1,094	-	1,094	-
Sundry Creditors	30,390	-	30,390	30,390
	42,940	-	42,940	30,390

13 Funds

	Balance at 01/05/2024	Income	Expenditure	Transfers	Balance at 30/04/2025
	£	£	£	£	£
Unrestricted General	111,316	85,232	(69,007)	(110,000)	17,541
Designated					
Continuing Operations	-	-	-	90,000	90,000
Extending Reach	-	-	-	20,000	20,000
	-	-	-	110,000	110,000
Restricted	1,464	19,500	(19,920)	-	1,044
	112,780	104,732	(88,927)	-	128,585

Designated Funds

Continuing Operations - The funds are set aside to meet one year's costs to ensure the Centre can meet any unexpected future events and continue to operate.

Extending Reach - The funds are to explore ways to expand the Centre's reach and support it offers members.

Restricted Funds - Donations and grants received for specific purpose usually spent within a year.

14 Payments to Trustees'

No payments were made to Trustees' except as repayment of expenditure incurred on behalf of the Centre.

15 Investment Income

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Deposit Account (COIF)	179	-	179	185
Cambridge Building Society	456	-	456	300
Saffron Building Society	22	-	22	18
Bank Deposit Account	291	-	291	173
	948	-	948	676

CAMBRIDGE CANCER HELP CENTRE

England & Wales - Charity number 1188745

Accounts

Cambridge Cancer Help Centre CIO
(Registered Charity No. 1188745)

Annual Report and Accounts

For the year ended 30 April 2024



REPORT FOR THE PERIOD 1 MAY 2023 TO 30 APRIL 2024

Introduction

This report is presented in accordance with the Charities (Accounts and Reports) Regulations 2005 made under Part VI of the Charities Act 1993. Administrative information about Cambridge Cancer Help Centre ("*The Centre*") is contained in the Appendix.

Objectives

The mission of the Centre is to improve the quality of life of persons suffering from cancer, and their relatives and carers. This is achieved by teaching methods of relaxation, by counselling and by offering practical (but not medical) advice.

It offers a wide range of complementary therapies, courses that focus on individual wellbeing, social activities and the opportunity to take part in art and craft groups, dance and fitness exercise, yoga and tai chi.

Organisation of the Centre

The Board of Trustees is responsible for all aspects of the Centre's activity. There are three officers: a Chairperson, a Secretary and a Treasurer. The members of the Board are elected annually at the Annual General Meeting. Casual vacancies may be filled by the Board who may also co-opt individuals to support specific activities.

In addition, the Board may appoint Advisors. These are people who bring specific skills and experience (in an ongoing capacity) to enhance the management and governance of the Centre.

Policy is determined, and objectives are set, by the Committee of Management which is made up of the Board of Trustees (including Advisors) and the Centre Manager.

The patron of the charity is Professor Robert Thomas.

Voting at the General Meetings

Members are entitled to vote at General Meetings.

Operations

Julie Paterson was appointed Centre Manager late February 2023. She is contracted to work 3 days in the office and 2 days flexibly.

Her focus has been on improving service delivery, implementing new member services, and cost control and fund raising. There has also been a drive to improve internal and external communication through a quarterly newsletter and social media input.

The fundraising committee now meets on a regular basis and has done an amazing job. It planned an evening quiz, the Easter Fair, and the Family Jazz afternoon. The Xmas Fair was a great success and another is being planned.

Grant applications have been very successful. Details are shown in the financial section of the report.

Because the benefits of exercise are recognised, weekly body toning and resistance classes were introduced alongside the regular dance sessions and a new yoga programme.

As therapy demand has increased new therapists have joined us. We have however had to prioritise those that have a cancer diagnosis over carers/family support.

We have now introduced a further partnership with Macmillan who will deliver financial support and advice from the centre.

Supporting Individuals Living with Cancer at the Centre

After the tumultuous years of 21/22 – Covid19, and the disastrous kitchen flood, the Centre has been much busier.

Since the start of 2023 we have delivered all HOPE courses at the Centre with a good number of participants attending. Discussions have recently taken place with Breast Cancer Now and we have the first 'Moving Forward' course for patients with breast cancer starting in November.

During this same period, we have continued to deliver a regular programme of 'Guided Imagery, Mindfulness and Relaxation' online and at the Centre. These sessions continue to be popular with very positive feedback:

"The sessions have helped me to relax – something I have always found difficult. I have realised the importance of relaxation in a day. I have become more realistic about what I can achieve in a day, and it has given me time to think about what is important to me in life"

The online 'Talking Together' group was incorporated into the 'Guided Imagery, Mindfulness and Relaxation' held at the Centre which has proved to be successful.

Our Complementary Therapies and Counselling sessions have gradually been introduced back into the Centre, and with other centres locally not able to offer as many therapies, these invaluable treatments have proved to be popular again with some lovely feedback:

"All the complimentary therapies have been a life-saver for me, they have really made me feel better about myself and I thank all the therapists for their generous time and professionalism."

We strive to improve and update the services that we offer by seeking feedback from members via surveys.

We were pleased to welcome our patron, Professor Robert Thomas, who gave a well-attended talk on his research into the importance of gut health and how to maintain it.

Patient Support Groups and Carer's Support Groups

Support groups for people with specific cancers, and carer's support groups have now resumed.

These generally meet monthly and now support the following cancers:

Urostomy, gynae, prostate, lymphoma, breast cancer, secondary cancers and myeloma. There is also a support group for carers.

Volunteer Team

The Centre relies on a dedicated team of volunteers who undertake a range of tasks vital to its smooth running. All of the team go above and beyond without exception and without this amazing team we would not have achieved the success that we have had this last year.

We thank all the wonderful therapists and volunteers for their dedication to the Centre and their continuous support is greatly appreciated.

During the year two successful craft fairs were organised by volunteers. There was a variety of stalls ranging from jewellery, handbags to wooden items. These events continue to raise funds for the centre and are well attended.

Communications and Community relations

Joint working with CUH (Addenbrookes) continues together with a partnership with Macmillan Boots Skin Specialists. A joint wellbeing event took place at Boots department store with members participating. We also held 'Look Good Feel Better' at the centre which was a great success. Further sessions are planned later in the year.

To increase awareness in the health community, information about the Centre has been included in the newsletters for the Cancer Directorate at Cambridge University Hospitals NHS Foundation Trust and on the electronic video screens within the hospital.

Further work is planned to further extend awareness of the Centre across the local community. We are also now mentioned in the Smile Publication which is the magazine for Addenbrooke's Hospital. To further improve our visibility we will have a desk in the main concourse at Addenbrookes every quarter.

The Centre has again continued to enjoy strong community support during the year and we are extremely grateful for all acts of support, big or small.

Our leaflet detailing information about the Centre is now included in packs made up for cancer patients and this approach will be further developed. We are now regularly receiving new members signposted to the Centre by the Cancer Directorate and Maggies.

The Cambridge Cancer Help Centre newsletter is distributed on line every quarter. This includes information on what has been happening, future activities and news items. We hope that members enjoy it and welcome feedback and suggestions.

Increased joint working and support with Scotsdales, Macmillan's, Rotary, other outside support from Given Gain (fundraising platform).

What next? Our 3 year plan

The Cambridge Cancer Help Centre newsletter distributed every quarter provides support, friendship and connection to others living with cancer alongside access to therapies and activities that are not freely available elsewhere. The recent years have been challenging for so many. With pressure on core healthcare services these services will be even more critical in the period ahead. To that end, the Trustees and Management team have continued to implement a 3-year plan to guide the Centre's ongoing development. Our core aims are to:

1. Maintain a focus for what we are known for: delivering support advice and activities to those living with cancer (including family members and carers) in Cambridge and the surrounding areas.

2. Reach more people by increasing visibility of what we offer to prospective members, and increase our appeal to a diverse local community. We will work with our members to secure sufficient funding and the team to allow us to extend our opening hours offering greater flexibility.

3. Increase our impact in Society. We will develop and extend the services we offer to a diverse spectrum of individuals with cancer as patients, friends/family members or carers and maximise the use of the David Rayner Building.

4. Secure funding for our work and establish longer-term income streams to fund the increased running of the centre and our aspiration to benefit more people.

5. Build foundations for the future and ensure the sustainability of the charity, expanding our volunteer team and strengthening our governance, policies, and ways of working.

This is a challenging and ambitious plan but one we are committed to pursue with the support of our staff, volunteers, members, funders and partners.

Progress is being made on all of these challenging aims.

Dependence on unpaid services and donations in kind

As already indicated, the Centre could not operate without the unpaid services of its band of volunteers, therapists and course facilitators provide their services free of charge.

Financial position of the Centre

As at 30th April 2024, the Centre had funds of £112,780, of which £111,316 for unrestricted use with a further £1,464 being restricted to spending on fitness activities for our members. The primary purpose of the unrestricted funds is to secure the long-term viability of the Centre.

Thanks to the efforts of our fundraising team, we received a number of generous donations from organisations and individuals during the year. These are detailed in the Annual Accounts accompanying this report.



Edward Sage

Chair of the Trustees

APPENDIX

CAMBRIDGE CANCER HELP CENTRE ("The Centre") became a Charitable Incorporated Organisation (CIO) registered number 1188745 on 1 May 2020. The constitution of the Centre contains provisions which regulate the purposes and administration of the charity.

The officers of the Centre who have served during the year are as follows:

Chairperson	Edward Sage
Treasurer	Robert Jackson
Secretary	Vacant

The names of members of the Committee of Management, being the Centre's Trustees and Advisors, who have served during the year, are as follows:

Trustees

Edward Sage	Robert Jackson
Janet Hickman	Claire Mackenzie
Richard Dickinson	Arthur Gibbons
Stephen Gold	

Advisors

Nick Wright

Address:	120 Cambridge Road, Great Shelford, Cambridge CB22 5JT
Telephone:	01223 840105
Website:	www.cambridgecancerhelp.org
E-mail address:	manager@cambridgecancerhelp.org
Bank:	HSBC Bank plc, Cambridge City Office, P.O. Box 85, Cambridge CB2 3HZ
Accountant:	Fairway Tax and Accounting Limited, 11C Alma Road, Snettisham, King's Lynn, Norfolk PE31 7NY

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES' OF CAMBRIDGE CANCER HELP CENTRE CIO**

We report on the financial statements of the charity for the year ended 30 April 2024, which consist of the statement of assets and liabilities, the statement of receipts and payments and the notes to the accounts.

This report is made solely to the charity's trustees', as a body, in accordance with section 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees' those matters we are required to state to them in this report and for no other purpose. To the fullest extent permitted by law we do not accept to assume responsibility to anyone other than the charity and the charity's members as a body for this report, or for the opinions we have formed.

Respective responsibilities of Trustees' and Examiner

As the charity's trustees' you are responsible for the preparation of accounts; you consider that the audit requirement of Section 144(2) of the Charities Act 2011 (The 2011 Act) does not apply. It is our responsibilities to state, on the basis on procedures specified in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations for you as Trustees' concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in any audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement of the 2011 Act

have not been met; or

2. to which, in our opinion, attentions should be drawn to in order to enable a proper understanding of the accounts to be reached

Gary Eves (FCCA)




.....
Fairway Tax and Accounting Limited
11C Alma Road
Snettisham
King's Lynn
Norfolk

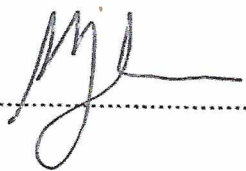
CAMBRIDGE CANCER HELP CENTRE CIO (Registered Charity No. 1188745)

STATEMENT OF ASSETS AND LIABILITIES
AT 30 APRIL 2024

	<u>30.04.24</u>	<u>30.04.23</u>
	<u>£</u>	<u>£</u>
<u>FIXED ASSETS</u>		
Tangible assets	3,340	<u>1,310</u>
<u>MONETARY ASSETS</u>		
Bank current accounts and petty cash	139,830	138,901
<u>CURRENT LIABILITIES</u>		
Sundry creditors	(30,390)	(30,390)
<u>NET CURRENT ASSETS</u>	<u>109,440</u>	<u>108,511</u>
<u>NET ASSETS</u>	<u>112,780</u>	<u>109,821</u>
<u>FUNDS OF THE CHARITY</u>		
General	111,316	106,727
Designated	1,464	3,094
TOTAL FUNDS	<u>112,780</u>	<u>109,821</u>

[signed]

.....




Members of the
 Committee of
 Management

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 30 APRIL 2024

		<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Total 2023</u> £
	<i>Notes</i>				
<u>RECEIPTS</u>					
Grants and Donations					
Subscriptions	2	5,707	-	5,707	3,066
Donations	3	22,253	-	22,253	18,324
Fundraising	4	43,104	2,000	45,104	35,303
Investment Income					
Bank Interest	13	676	-	676	146
Total Receipts		<u>71,740</u>	<u>2,000</u>	<u>73,740</u>	<u>56,839</u>
<u>PAYMENTS</u>					
Direct Charitable Expenditure					
Members' Welfare	5	2,966	3,630	6,596	3,782
Accommodation	6	15,510	-	15,510	15,594
Staff	7	38,971	-	38,971	6,946
Office Expenditure	8	2,598	-	2,598	2,628
Other Payments	9	5,992	-	5,992	6,250
Depreciation	11	1,114	-	1,114	621
Total Payments		<u>67,151</u>	<u>3,630</u>	<u>70,781</u>	<u>35,821</u>
Surplus/Deficit of Receipts over Payments		4,589	(1,630)	2,959	21,018
Balance b/f at 30 April 2023		106,727	3,094	109,821	88,803
Transfers between funds		-	-	-	-
Balance c/f at 30 April 2024		<u>111,316</u>	<u>1,464</u>	<u>112,780</u>	<u>109,821</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2024

1 Accounting Policies

These accounts are prepared in accordance with the *Statement of Recommended Practice* for Charities, as applicable to small charities (with gross income not exceeding £100,000).

2 Members' Subscriptions

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2024</u>	<u>Total</u> <u>2023</u>
	£	£	£	£
Annual Subscriptions	4,637	-	4,637	2,236
Monthly Covenants	1,070	-	1,070	830
	<u>5,707</u>	<u>-</u>	<u>5,707</u>	<u>3,066</u>

The amount of subscription is at the discretion of the member.

3 Donations

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2024</u>	<u>Total</u> <u>2023</u>
	£	£	£	£
General Donations				
B Blackburn	190	-	190	-
B Hylton	234	-	234	-
Black Infotech Ltd	375	-	375	-
Dance Class	706	-	706	-
Dirk	1,290	-	1,290	-
Freemasons	600	-	600	-
Herts Variety	-	-	-	400
Imo Christine Barclay	-	-	-	3,210
Imo Evelyn Wiseman	-	-	-	610
Imo G Clarke	819	-	819	-
Imo G G Searle	-	-	-	700
Imo Ian Reedman	-	-	-	243
Imo J Borley	440	-	440	-
Imo M Gammans	220	-	220	-
J. Dawson	263	-	263	150
J & R Puxley	-	-	-	100
Julia Evans	-	-	-	100
L2DLtd	246	-	246	-
Lymphoma Group	117	-	117	119
M Gourmans	100	-	100	-
Mills & Reeve (Solicitors)	1,500	-	1,500	-
N & G Clarke	700	-	700	800
Prof. J Sanders	-	-	-	100
R & A Gregory	-	-	-	100
S A Gibson	-	-	-	200
Therapies	5,319	-	5,319	-
Urostomy Assoc	900	-	900	240
Yoga Class	2,490	-	2,490	3,581
Payment for Services (Therapies)	-	-	-	2,588
Other Donations (less than £100)	5,744	-	5,744	5,083
	<u>22,253</u>	<u>-</u>	<u>22,253</u>	<u>18,324</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2024

4 Fundraising

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £	<u>Total</u> <u>2023</u> £
Corporate Fundraising				
Balsham Plough Monday	1,500	-	1,500	-
Black Infotech Ltd	-	-	-	500
Cambridge Community Foundation	-	-	-	2,800
Cambridge Masonic	-	-	-	2,000
Cambridge Mobility Ltd	-	-	-	150
Cambridge South Rotary Club	-	-	-	3,000
Cambridge United FC	750	-	750	-
Charities Trust	1,000	-	1,000	-
Cole Charitable Trust	-	-	-	1,000
Copewell Ltd	-	-	-	600
Evelyn Trust	1,666	-	1,666	-
G Smith	10,000	-	10,000	5,000
Issured Ltd	-	-	-	930
James McNeil	5,000	-	5,000	5,000
Living Sport	-	-	-	(1,930)
NFDC L&SC Region	1,000	-	1,000	-
Pye Foundation	-	-	-	3,364
Redrow Housing	1,500	-	1,500	-
Rotary Clubs	1,000	-	1,000	-
Rotary Club - Sawston Fun Run	2,500	-	2,500	-
Shelford Feast	-	-	-	250
South Cambs DC	-	2,000	2,000	-
Fundraising Events				
Bazaars	2,742	-	2,742	-
Cycle Ride	3,205	-	3,205	-
Quiz Nights	778	-	778	-
Sale of Goods	2,699	-	2,699	1,814
Fundraising by Members and Supporters	7,764	-	7,764	10,825
	<u>43,104</u>	<u>2,000</u>	<u>45,104</u>	<u>35,303</u>

Fundraising by Members and Supporters includes generous contributions from :-

- Art Group £236
- C Holloway £225
- Cambridge Half Marathon Runners £3,460
- Craft Group £807
- G Wombwell (Charity Ball) £737
- K Izzard £250
- Stephen Gold Sawston Fun Run £850
- Wooden Craft £115

5 Members' Welfare

<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £	<u>Total</u> <u>2023</u> £
<u>2,966</u>	<u>3,630</u>	<u>6,596</u>	<u>3,782</u>

6 Accommodation

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £	<u>Total</u> <u>2023</u> £
Insurance	2,947	-	2,947	3,812
Rent	2	-	2	-
Electricity	3,634	-	3,634	3,062
Maintenance/Cleaning/Consumables	8,927	-	8,927	8,720
	<u>15,510</u>	<u>-</u>	<u>15,510</u>	<u>15,594</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2024

7 Staff

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Total 2023</u>
	£	£	£	£
	<u>38,971</u>	<u>-</u>	<u>38,971</u>	<u>6,946</u>

8 Office Expenditure

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Total 2023</u>
	£	£	£	£
Stationery	65	-	65	108
Telephone	343	-	343	683
Office Equipment	2,174	-	2,174	1,730
Postage	16	-	16	107
	<u>2,598</u>	<u>-</u>	<u>2,598</u>	<u>2,628</u>

9 Other Payments

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Total 2023</u>
	£	£	£	£
Printing	1,282	-	1,282	1,217
Advertising	1,216	-	1,216	1,431
Professional Fees	1,586	-	1,586	1,668
Fundraising Expenditure	1,833	-	1,833	1,786
Kitchenware/Soft Furnishings/Adornments	75	-	75	119
Sundries	-	-	-	29
	<u>5,992</u>	<u>-</u>	<u>5,992</u>	<u>6,250</u>

10 Asset Purchases

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Total 2023</u>
	£	£	£	£
Additions during the year	<u>3,144</u>	<u>-</u>	<u>3,144</u>	<u>269</u>

11 Fixed Assets

	<u>Total 2024</u>	<u>Total 2023</u>
	£	£
Fixed Assets as at 1 May 2023	1,310	1,662
Disposals during the period	-	-
Additions during the period	3,144	269
Less Depreciation at 25%	(1,114)	(621)
Fixed Assets at period end	<u>3,340</u>	<u>1,310</u>

12 Payments to Trustees'

No payments were made to Trustees' except as repayment of expenditure incurred on behalf of the Centre.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2024

13 Investment Income

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £	<u>Total</u> <u>2023</u> £
Deposit Account (COIF)	185	-	185	60
Cambridge Building Society	300	-	300	63
Saffron Building Society	18	-	18	6
Bank Deposit Account	173	-	173	17
	<u>676</u>	<u>-</u>	<u>676</u>	<u>146</u>

CAMBRIDGE CANCER HELP CENTRE

England & Wales - Charity number 1188745

Accounts

Cambridge Cancer Help Centre CIO
(Registered Charity No. 1188745)

Annual Report and Accounts

For the year ended 30 April 2023



REPORT FOR THE PERIOD 1 MAY 2022 TO 30 APRIL 2023

Introduction

This report is presented in accordance with the Charities (Accounts and Reports) Regulations 2005 made under Part VI of the Charities Act 1993. Administrative information about Cambridge Cancer Help Centre ("*The Centre*") is contained in the Appendix.

Objectives

The mission of the Centre is to improve the quality of life of persons suffering from cancer, and their relatives and carers. This is achieved by teaching methods of relaxation, by counselling and by offering practical (but not medical) advice.

It offers a wide range of complementary therapies, courses that focus on individual wellbeing, social activities and the opportunity to take part in art and craft groups, dance and fitness exercise, yoga and tai chi.

David Rayner

The Centre came about through the personal generosity and foresight of David Rayner. David was personally involved in the design and build of the Centre and became a frequent and welcome visitor. David died earlier this year and is fondly remembered by all who knew him.

Organisation of the Centre

The Board of Trustees is responsible for all aspects of the Centre's activity. There are three officers: a Chairperson, a Secretary and a Treasurer. The members of the Board are elected annually at the Annual General Meeting. Casual vacancies may be filled by the Board who may also co-opt individuals to support specific activities.

In addition, the Board may appoint Advisors. These are people who bring specific skills and experience (in an ongoing capacity) to enhance the management and governance of the Centre.

Policy is determined, and objectives are set, by the Committee of Management which is made up of the Board of Trustees (including Advisors) and the Centre Manager.

Voting at the General Meetings

Members are entitled to vote at General Meetings.

Organisation Changes

In January 2022, for financial and operational reasons, the Board determined that action had to be taken to reduce operational costs and took the difficult decision to restructure.

The members of the Board then managed the Centre between them whilst recruiting and training an enhanced team of volunteers and seeking additional sources of funding.

As new sources of funding were obtained the need for a newly defined Charity Manager role was determined and the role advertised. There were many applicants with Julie Paterson finally starting in late February 2023. She is contracted to work 3 days in the office and 2 days flexibly, and the benefits of this arrangement soon became apparent. Her focus has been on improving service delivery, implementing new member services, and cost control and fund raising. There has also been a drive to improve internal and external communication through a new quarterly newsletter and social media input.

Supporting Individuals Living with Cancer at the Centre

After the tumultuous years of 22/21 – Covid19, the disastrous kitchen flood, the management upheavals, the slow improvement in member confidence and attendance - the Centre has been much busier.

Since the start of 2022 we have delivered all Hope courses at the Centre with a good number of participants attending.

During this same period, we have continued to deliver a regular programme of 'Guided Imagery, Mindfulness and Relaxation' online and at the Centre. These sessions continue to be popular with very positive feedback:

"The sessions have helped me to relax – something I have always found difficult. I have realised the importance of relaxation in a day. I have become more realistic about what I can achieve in a day, and it has given me time to think about what is important to me in life"

The online 'Talking Together' group was incorporated into the 'Guided Imagery, Mindfulness and Relaxation' held at the Centre which has proved to be successful.

Our Complementary Therapies and Counselling sessions have gradually been introduced back into the Centre, and with other centres locally not able to offer as many therapies, these invaluable therapies have proved to be popular again with some lovely feedback:

"All the complimentary therapies have been a life-saver for me, they have really made me feel better about myself and I thank all the therapists for their generous time and professionalism."

Activities and Events

The Centre is now back offering a full range of activities such as the art and craft groups, yoga, and tai chi, and in January we started the popular dance and fitness classes. New activities will include a body toning class, a professionally led art course and a new yoga class.

A regular monthly afternoon tea/coffee morning has been introduced.

A fundraising committee now meets on a regular basis and others are welcome to join. Three fundraising events are scheduled for this year - Jazz afternoon (16 Sept), Quiz evening (5 Oct) and our first Xmas bazaar (25 Nov).

Very generous support from Issured has enabled the development on an entirely new website and social media presence. The website has an entirely new look and feel and is modern and user friendly. We are now able to make minor changes ourselves and external support costs are much reduced. The new large TV screen came from the relationship with Issured.

Thanks are due to the many who contributed to the design and implementation of this really important and beneficial development that will do so much to show case the work done by the CCHC.

Patient Support Groups and Carer's Support Groups

Support groups for people with specific cancers. and carer's support groups have now resumed. These now include groups for prostate and gynae sufferers.

Volunteer Team

The Centre relies on a dedicated team of volunteers who undertake a range of tasks vital to its smooth running. As we worked to reopen the Centre in phases during 2021/22, this team was progressively rebuilt, and new volunteers actively sought.

We thank all the wonderful therapists and volunteers for their dedication to the Centre and their continuous support is greatly appreciated.

During the year two successful craft fairs were organised by volunteers. There was a variety of stalls ranging from jewellery, handbags to wooden items. These events continue to raise funds for the centre and are well attended.

Communications and Community relations

To increase awareness in the health community, information about the Centre has been included in the newsletters for the Cancer Directorate at Cambridge University Hospitals NHS Foundation Trust and on the electronic video screens within the hospital. Further work is planned to further extend awareness of the Centre across the local community. We are also now mentioned in the Smile Publication which is the magazine for Addenbrooke's Hospital.

The Centre has again continued to enjoy strong community support during the year and we extremely grateful for all acts of support, big or small.

Our leaflet detailing information about the Centre is now included in packs made up for cancer patients and this approach will be further pursued. We are now regularly receiving new members signposted to the Centre by the Cancer Directorate and Maggie's.

The CCHC was made a major beneficiary of the Sawston Fun Run held in May. There were over 1300 participants so our gazebo and support team were very visible. Julie took part in the run and we were awarded £2500 towards running costs. Participation of the Rotary managed Christmas car parking scheme in Cambridge provided a further £3000.

What next? Our 3-year plan

The Cambridge Cancer Help Centre provides support, friendship and connection to others living with Cancer alongside access to therapies and activities that are not freely available elsewhere. The recent years have been challenging for so many. With pressure on core healthcare services these services will be even more critical in the period ahead. To that end, the Trustees and Management team have continued to implement the 3-year plan to guide the Centre's ongoing development. Our core aims are to:

1. Maintain a focus for what we are known for: delivering support advice and activities to those living with cancer (including family members and carers) in Cambridge and the surrounding areas.
2. Reach more people by increasing visibility of what we offer to prospective members, and increase our appeal to a diverse local community. We will work with our members to secure sufficient funding and the team to allow us to extend our opening hours offering greater flexibility.

3. Increase our impact in Society. We will develop and extend the services we offer to a diverse spectrum of individuals with cancer as patients, friends/family members or carers and maximise the use of the David Rayner Building.

4. Secure funding for our work and establish longer-term income streams to fund the increased running of the centre and our aspiration to benefit more people.

5. Build foundations for the future and ensure the sustainability of the charity, expanding our volunteer team and strengthening our governance, policies, and ways of working.

This is a challenging and ambitious plan but one we are committed to pursue with the support of our staff, volunteers, members, funders and partners.

Dependence on unpaid services and donations in kind

As already indicated, the Centre could not operate without the unpaid services of its band of volunteers. Therapists and course facilitators provide their services free of charge.

Financial position of the Centre

As at 30th April 2023, the Centre had funds of £109,821, of which £106,727 were for unrestricted use with a further £3,094 being restricted to spending on fitness activities for our members. The primary purpose of the unrestricted funds is to secure the long-term viability of the Centre.

Thanks to the efforts of our fundraising team, we received a number of generous donations from organisations and individuals during the year. These are detailed in the Annual Accounts accompanying this report.

However, as the cost of running the Centre will rise to more than £85,000 annually (£54,000 in 2022), the Trustees are concentrating on fund raising activities through events, approaches to local businesses and applications for grants from various foundations.

If we are to continue to offer and develop the range of services that members find so valuable we can all do our part to help by contacting anyone that we know that might be approached to help with a donation or expertise.



Edward Sage

Chair of the Trustees

03 August 2023

APPENDIX

CAMBRIDGE CANCER HELP CENTRE ("The Centre") became a Charitable Incorporated Organisation (CIO) registered number 1188745 on 1 May 2020. The constitution of the Centre contains provisions which regulate the purposes and administration of the charity.

The officers of the Centre who have served during the year are as follows:

Chairpersons	Edward Sage and Debbie Pugh (Sept 2021)
Treasurer	Robert Jackson
Secretary	Vacant

The names of members of the Committee of Management, being the Centre's Trustees and Advisors, who have served during the year, are as follows:

Trustees

Edward Sage	Robert Jackson
Janet Hickman	Claire Mackenzie
Richard Dickinson	Arthur Gibbons

Advisors

Nick Wright

Address:	120 Cambridge Road, Great Shelford, Cambridge CB22 5JT
Telephone:	01223 840105
Website:	www.cambridgecancerhelp.org
E-mail address:	manager@cambridgecancerhelp.org
Bank:	HSBC Bank plc, Cambridge City Office, P.O. Box 85, Cambridge CB2 3HZ
Accountant:	Andrew Webster Limited, 10 Wellington Street, Cambridge CB1 1HW

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES' OF CAMBRIDGE CANCER HELP CENTRE CIO**

We report on the financial statements of the charity for the year ended 30 April 2023, which consist of the statement of assets and liabilities, the statement of receipts and payments and the notes to the accounts.

This report is made solely to the charity's trustees', as a body, in accordance with section 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees' those matters we are required to state to them in this report and for no other purpose. To the fullest extent permitted by law we do not accept to assume responsibility to anyone other than the charity and the charity's members as a body for this report, or for the opinions we have formed.

Respective responsibilities of Trustees' and Examiner

As the charity's trustees' you are responsible for the preparation of accounts; you consider that the audit requirement of Section 144(2) of the Charities Act 2011 (The 2011 Act) does not apply. It is our responsibilities to state, on the basis on procedures specified in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations for you as Trustees' concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in any audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement of the 2011 Acthave not been met; or
2. to which, in our opinion, attentions should be drawn to in order to enable a proper understanding of the accounts to be reached

Gary Eves (FCCA)



.....
Websters Cambridge Limited
A tax, legal and accounting firm
10 Wellington Street
Cambridge
CB1 1HW

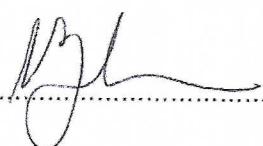
23 August 2023

CAMBRIDGE CANCER HELP CENTRE CIO (Registered Charity No. 1188745)

STATEMENT OF ASSETS AND LIABILITIES
AT 30 APRIL 2023

	<u>30.04.23</u>	<u>30.04.22</u>
	<u>£</u>	<u>£</u>
<u>FIXED ASSETS</u>		
Tangible assets	1,310	<u>1,662</u>
<u>MONETARY ASSETS</u>		
Bank current accounts and petty cash	138,901	117,531
<u>CURRENT LIABILITIES</u>		
Sundry creditors	(30,390)	(30,390)
<u>NET CURRENT ASSETS</u>	<u>108,511</u>	<u>87,141</u>
<u>NET ASSETS</u>	<u>109,821</u>	<u>88,803</u>
<u>FUNDS OF THE CHARITY</u>		
General	106,727	85,913
Designated	3,094	2,890
TOTAL FUNDS	<u>109,821</u>	<u>88,803</u>

[signed]

.....


Members of the
Committee of
Management

CAMBRIDGE CANCER HELP CENTRE CIO (Registered Charity No. 1188745)

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 30 APRIL 2023

		<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2023</u>	<u>Total 2022</u> £
	Notes				
<u>RECEIPTS</u>					
Grants and Donations					
Subscriptions	2	3,066	-	3,066	5,240
Donations	3	18,324	-	18,324	10,392
Fund-raising	4	33,869	1,434	35,303	18,919
Investment Income					
Bank Interest	13	146	-	146	768
Total Receipts		<u>55,405</u>	<u>1,434</u>	<u>56,839</u>	<u>35,319</u>
<u>PAYMENTS</u>					
Direct Charitable Expenditure					
Members' Welfare	5	2,852	930	3,782	2,458
Accommodation	6	15,594	-	15,594	4,589
Staff	7	6,946	-	6,946	25,402
Office Expenditure	8	2,628	-	2,628	2,022
Other Payments	9	6,250	-	6,250	6,398
Depreciation	11	621	-	621	554
Total Payments		<u>34,891</u>	<u>930</u>	<u>35,821</u>	<u>41,423</u>
Surplus/Deficit of Receipts over Payments		20,514	504	21,018	(6,104)
Balance b/f at 30 April 2022		85,913	2,890	88,803	94,907
Transfers between funds		300	(300)	-	-
Balance c/f at 30 April 2023		<u>106,727</u>	<u>3,094</u>	<u>109,821</u>	<u>88,803</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2023

1 Accounting Policies

These accounts are prepared in accordance with the *Statement of Recommended Practice* for Charities, as applicable to small charities (with gross income not exceeding £100,000).

2 Members' Subscriptions

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	£	£	£	£
Annual Subscriptions	2,236	-	2,236	4,280
Monthly Covenants	830	-	830	960
	<u>3,066</u>	<u>-</u>	<u>3,066</u>	<u>5,240</u>

The amount of subscription is at the discretion of the member.

3 Donations

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	£	£	£	£
General Donations				
Imo Christine Barclay	3,210	-	3,210	-
Julia Evans	100	-	100	-
J. Dawson	150	-	150	275
Lymphoma Group	119	-	119	-
Imo Ian Reedman	243	-	243	-
N & G Clarke	800	-	800	-
Imo Evelyn Wiseman	610	-	610	-
Urostomy Assoc	240	-	240	500
Prof. J Sanders	100	-	100	-
Herts Variety	400	-	400	-
R & A Gregory	100	-	100	-
Imo G G Searle	700	-	700	-
J & R Puxley	100	-	100	-
S A Gibson	200	-	200	-
Yoga Class	3,581	-	3,581	2,460
Payment for Services(Therapies)	2,588	-	2,588	1,658
Other Donations	-	-	-	3,370
Other Donations (less than £100)	5,083	-	5,083	2,129
	<u>18,324</u>	<u>-</u>	<u>18,324</u>	<u>10,392</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2023

4 Fundraising

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £	<u>Total</u> <u>2022</u> £
Corporate Fundraising				
Issured Ltd	930	-	930	-
Pye Foundation	-	3,364	3,364	-
Copewell Ltd	600	-	600	-
Shelford Feast	250	-	250	-
Cole Charitable Trust	1,000	-	1,000	-
Black Infotech Ltd	500	-	500	-
Cambridge South Rotary Club	3,000	-	3,000	-
G Smith	5,000	-	5,000	-
James McNeil	5,000	-	5,000	-
Cambridge Community Foundation	2,800	-	2,800	2,100
Cambridge Mobility Ltd	150	-	150	-
Cambridge Masonic	2,000	-	2,000	-
Postcode Places Trust	-	-	-	10,992
Living Sport	-	(1,930)	(1,930)	3,430
Fundraising Events	10,825	-	10,825	2,198
Sale of Goods	1,814	-	1,814	167
Collecting Boxes	-	-	-	32
	<u>33,869</u>	<u>1,434</u>	<u>35,303</u>	<u>18,919</u>

Fundraising Events includes generous contributions from: :-

Jen Hickman's Royal Parks 1/2 marathon £2,250

Our runners in the Cambridge 1/2 marathon £2,400

Our Craft Group £1,735

Purchase by E Mayo of Elton John concert tickets generously donated by Issured Ltd, £2,500

In addition we are grateful to our many members who give up their time to raise money on our behalf.

5 Members' Welfare

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £	<u>Total</u> <u>2022</u> £
	<u>2,852</u>	<u>930</u>	<u>3,782</u>	<u>2,458</u>

This figure includes £2,100 for dance & fitness classes partly funded by Living Sport

6 Accommodation

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £	<u>Total</u> <u>2022</u> £
Insurance	3,812	-	3,812	1,475
Rent	-	-	-	1
Electricity	3,062	-	3,062	-
Maintenance/Cleaning/Consumables	8,720	-	8,720	3,113
	<u>15,594</u>	<u>-</u>	<u>15,594</u>	<u>4,589</u>

7 Staff

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £	<u>Total</u> <u>2022</u> £
	<u>6,946</u>	<u>-</u>	<u>6,946</u>	<u>25,402</u>

From the beginning of the financial year the Centre operated entirely with the help of volunteers.
On 20th February 2023 we welcomed Julie Paterson as our new Centre Manager.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2023

8 Office Expenditure

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	£	£	£	£
Stationery	108	-	108	111
Telephone	683	-	683	-
Office Equipment	1,730	-	1,730	1,730
Postage	107	-	107	181
	<u>2,628</u>	<u>-</u>	<u>2,628</u>	<u>2,022</u>

9 Other Payments

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	£	£	£	£
Printing	1,217	-	1,217	994
Advertising	1,431	-	1,431	1,133
Professional Fees	1,668	-	1,668	4,055
Fundraising Expenditure	1,786	-	1,786	216
Kitchen Ware/Soft Furnishings/Adornments	119	-	119	-
Sundries	29	-	29	-
	<u>6,250</u>	<u>-</u>	<u>6,250</u>	<u>6,398</u>

10 Asset Purchases

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	£	£	£	£
Additions during the year	<u>269</u>	<u>-</u>	<u>269</u>	<u>2,216</u>

11 Fixed Assets

	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	£	£
Fixed Assets as at 1 May 2022	1,662	-
Disposals during the period	-	-
Additions during the period	269	2,216
Less Depreciation at 25%	(621)	(554)
Fixed Assets at period end	<u>1,310</u>	<u>1,662</u>

12 Payments to Trustees'

No payments were made to Trustees' except as repayment of expenditure incurred on behalf of the Centre.

CAMBRIDGE CANCER HELP CENTRE CIO (Registered Charity No. 1188745)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2023

13 Investment Income

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>2023</u>	<u>Total</u> <u>2022</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Deposit Account (COIF)	60	-	60	1
Cambridge Building Society	63	-	63	17
Saffron Building Society	6	-	6	750
Bank Deposit Account	17	-	17	-
	<u>146</u>	<u>-</u>	<u>146</u>	<u>768</u>

CAMBRIDGE CANCER HELP CENTRE

England & Wales - Charity number 1188745

Accounts

Cambridge Cancer Help Centre CIO
(Registered Charity No. 1188745)

Annual Report and Accounts

For the year ended 30 April 2022



TRUSTEES' REPORT FOR THE PERIOD 1 MAY 2021 TO 30 APRIL 2022

Introduction

This report is presented in accordance with the Charities (Accounts and Reports) Regulations 2005 made under Part VI of the Charities Act 1993. Administrative information about Cambridge Cancer Help Centre ("*The Centre*") is contained in the Appendix.

Objects

The objects of the Centre are to support persons suffering from cancer along with their carers, families, and friends, with the aim of improving the conditions of life of such persons and their families. These objects are to be met by teaching methods of relaxation, by providing advice and counselling and by offering practical (but not medical) information together with a wide range of complementary therapies that focus on individual wellbeing.

Organisation of the Centre

The Board of Trustees is responsible for all aspects of the Centre's activity. There are three officers: a Chairperson, a Secretary and a Treasurer. The members of the Board are elected annually at the Annual General Meeting. Casual vacancies may be filled by the Board who may also co-opt individuals to support specific activities.

In addition, the Board may appoint Advisors. These are people who bring specific skills and experience (in an ongoing capacity) to enhance the management and governance of the Centre.

Policy is determined and objectives are set by the Committee of Management which is made up of the Board of Trustees (including Advisors) and the Centre Manager.

The Centre was run day-to-day by the Centre Manager.

Voting at the General Meetings

Members are entitled to vote at General Meetings. It is not necessary to make a donation to be a member, only to have supplied contact details.

Organisation Changes

This has been a difficult year for the Charity. Government mandated Covid restrictions remained in place until April 2021. They were then gradually phased out to an agreed and carefully monitored implementation plan, and from 21 June the Centre was able to resume close to normal operations. Some social distancing and protective measures remained in place however.

Attendance was low initially and on-line and telephone support continued.

Although the Centre had been able to secure some short-term COVID-related funding during the previous two years for specific material items, and the SCF had generously waived their service

charges, the Centre was not raising enough funding to cover its costs and had in fact been in financial deficit for the past 5 years.

In January 2022 the new Board determined that action had to be taken to reduce operational costs and took the difficult decision to restructure, making the roles of Centre Manager and Volunteer Coordinator redundant. After the appropriate consultation this took effect from February 2022.

As the Centre once ran successfully on a largely voluntary basis, it was decided to return to this way of operating whilst looking at ways to increase the focus on fundraising and events. The members of the Board agreed to manage the Centre between them whilst recruiting and training an enhanced team of volunteers and seeking additional sources of funding. They understood that this change would not be easy, but the ambition remained for the Centre to be there for as many people as possible across Cambridgeshire who are experiencing cancer as a patient, carer, family member or friend. Following the pandemic, and with the challenges faced by the NHS and healthcare system, what the Centre offers is needed more than ever.

Supporting Individuals Living with Cancer at the Centre

The Board is grateful to the support from the Scotsdales Charitable Foundation in seizing the opportunity to further improve the facilities in the building following the damage suffered from the flood in spring 2020. As a result, the main kitchen was completely replaced with new equipment installed, carpets replaced throughout the building and walls repainted. The Centre team also took the opportunity to have a major “spring clean” ensuring that as we reopened the Centre would have a fresh, bright, clean and uncluttered look. Donated medical standard air purification units for the main areas, and later the therapy rooms, further improved the environment for members.

The Centre team continued to work throughout this difficult period with the support of volunteers. This approach ensured we could retain on-line phone emotional support, reaching many members who had faced long periods of social isolation. Some had consultations, scans or treatments postponed, or suffered from bereavement.

Contact was maintained with our 350 members during the year by phone, email messages, post and the introduction of monthly email newsletters.

Courses and Therapies

Since June 2021 when the Centre re-opened, we have been able to deliver the Macmillan Hope course, online initially, and then to gradually introduce courses back at the Centre. Since the start of 2022 we have delivered all Hope courses at the Centre with a good number of participants attending.

During this same period, we have continued to deliver a regular programme of ‘Guided Imagery, Mindfulness and Relaxation’ online and at the Centre. These sessions continue to be popular with very positive feedback:

“The sessions have helped me to relax – something I have always found difficult. I have realised the importance of relaxation in a day. I have become more realistic about what I can achieve in a day, and it has given me time to think about what is important to me in life”

The online ‘Talking Together’ group was incorporated into the ‘Guided Imagery, Mindfulness and Relaxation’ held at the Centre which has proved to be successful.

Our Complementary Therapies and Counselling sessions have gradually been introduced back into the Centre, and with other centres locally not able to offer as many therapies, these invaluable therapies have proved to be popular again with some lovely feedback:

“All the complimentary therapies have been a life-saver for me, they have really made me feel better about myself and I thank all the therapists for their generous time and professionalism.”

Activities and Events

The Centre is now back offering a full range of activities such as the art and craft groups, Yoga, Tai Chi, and since Jan 2022 we have introduced Dance and Fitness classes to our members.

A regular monthly afternoon tea/coffee morning has also been introduced with speakers giving talks about a range of subjects of interest.

Patient Support Groups and Carer’s Support Groups

Support groups for people with specific cancers and carer’s support groups were unable to meet at the Centre during lockdown but since May 2021 many have now resumed meeting there regularly.

Volunteer Team

The Centre relies on a dedicated team of volunteers who undertake a range of tasks vital to its smooth running. As we worked to reopen the Centre in phases during 2021/22, this team was progressively rebuilt, and new volunteers actively sought.

We thank all the wonderful therapists and volunteers for their dedication to the Centre and their continuous support is greatly appreciated.

COVID-19 – Ensuring the Centre is a safe place to meet

During the lockdown closures, the Centre team worked hard to ensure that measures were implemented to ensure that the Centre provides a safe place for our members, staff, volunteers and visitors to meet.

With the support of grants and other funding, perspex safety screening, PPE (masks, gloves), signage and cleaning and sanitisation equipment was purchased. Medical standard air purification units were also purchased. COVID-19 risk assessments were undertaken with enhanced cleaning procedures implemented.

Communications and Community relations

To increase awareness in the health community, information about the Centre has been included in the newsletters for the Cancer Directorate at Cambridge University Hospitals NHS Foundation Trust and on the electronic video screens within the hospital. Further work is planned to further extend awareness of the Centre across the local community.

The Centre has again continued to enjoy strong community support during the year and we are extremely grateful for all acts of support, big or small.

What next? Our new 3-year plan

The Cambridge Cancer Help Centre provides support, friendship and connection to others living with Cancer alongside access to therapies and activities that are not freely available elsewhere. The COVID-19 pandemic has been a challenging period of time for so many. With pressure on core healthcare services these services will be even more critical in the period ahead. To that end, the

Trustees and Management team have laid out a 3-year plan to guide the Centre's ongoing development. Our core aims are to:

1. Maintain a focus for what we are known for: delivering support advice and activities to those living with cancer (including family members and carers) in Cambridge and the surrounding areas.
 2. Reach more people by increasing visibility of what we offer to prospective members and increase our appeal to a diverse local community. We will work with our members to secure sufficient funding and the team to allow us to extend our opening hours offering greater flexibility.
 3. Increase our impact in Society. We will develop and extend the services we offer to a diverse spectrum of individuals with cancer as patients, friends/family members or carers and maximise the use of the David Rayner Building.
 4. Secure funding for our work and establish longer-term income streams to fund the increased running of the centre and our aspiration to benefit more people.
 5. Build foundations for the future and ensure the sustainability of the charity, expanding our volunteer team and strengthening our governance, policies, and ways of working.
- This is a challenging and ambitious plan but one we are committed to pursue with the support of our staff, volunteers, members, funders and partners.

Dependence on unpaid services and donations in kind

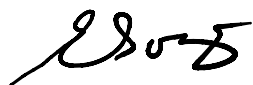
As already indicated, the Centre could not operate without the unpaid services of its band of volunteers. Therapists and course facilitators provide their services free of charge.

Financial position of the Centre

As at 30th April 2022, the Centre had funds of £88,802, of which £85,912 were for unrestricted use with a further £2,890 being restricted to spending on fitness activities for our members. The primary purpose of the unrestricted funds is to secure the long-term viability of the Centre.

Thanks to the efforts of our fundraising team, we received a number of generous donations from organisations and individuals during the year. These are detailed in the Annual Accounts accompanying this report.

The cost of running the Centre now exceeds £1,000 per week and the Trustees are clear that there must be an increased focus on fundraising if we are to continue to offer and develop the range of services that our members find so valuable.



.....

E L Sage
Chair of the Trustees
17 October 2022

APPENDIX

CAMBRIDGE CANCER HELP CENTRE ("The Centre") became a Charitable Incorporated Organisation (CIO) registered number 1188745 on 1 May 2020. The constitution of the Centre contains provisions which regulate the purposes and administration of the charity.

The officers of the Centre who have served during the year are as follows:

Chairpersons	Edward Sage and Debbie Pugh (Sept 2021)
Treasurer	Robert Jackson
Secretary	John Skilbeck

The names of members of the Committee of Management, being the Centre's Trustees and Advisors, who have served during the year, are as follows:

Trustees

Edward Sage	Robert Jackson
Janet Hickman	Debbie Pugh
Claire Mackenzie	Nick Wright
Lucy Sales	Richard Dickinson

Advisors

Barry Pridmore

Address:	120 Cambridge Road, Great Shelford, Cambridge CB22 5JT
Telephone:	01223 840105
Website:	www.cambridgecancerhelp.org
E-mail address:	contact@cambridgecancerhelp.org
Bank:	HSBC Bank plc, Cambridge City Office, P.O. Box 85, Cambridge CB2 3HZ
Accountant:	Andrew Webster Limited, 10 Wellington Street, Cambridge CB1 1HW

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES' OF CAMBRIDGE CANCER HELP CENTRE CIO**

We report on the financial statements of the charity for the year ended 30 April 2022, which consist of the statement of assets and liabilities, the statement of receipts and payments and the notes to the accounts.

This report is made solely to the charity's trustees', as a body, in accordance with section 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees' those matters we are required to state to them in this report and for no other purpose. To the fullest extent permitted by law we do not accept to assume responsibility to anyone other than the charity and the charity's members as a body for this report, or for the opinions we have formed.

Respective responsibilities of Trustees' and Examiner

As the charity's trustees' you are responsible for the preparation of accounts; you consider that the audit requirement of Section 144(2) of the Charities Act 2011 (The 2011 Act) does not apply. It is our responsibilities to state, on the basis on procedures specified in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations for you as Trustees' concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in any audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement of the 2011 Act

have not been met; or

2. to which, in our opinion, attentions should be drawn to in order to enable a proper understanding of the accounts to be reached

Gary Eves (FCCA)



.....
Websters Cambridge Limited
A tax, legal and accounting firm
10 Wellington Street
Cambridge
CB1 1HW

17 October 2022

CAMBRIDGE CANCER HELP CENTRE CIO (Registered Charity No. 1188745)

STATEMENT OF ASSETS AND LIABILITIES
AT 30 APRIL 2022

	<u>30.04.22</u>	<u>30.04.21</u>
	<u>£</u>	<u>£</u>
<u>FIXED ASSETS</u>		
Tangible assets	1,662	<u>-</u>
<u>MONETARY ASSETS</u>		
Bank current accounts and petty cash	117,530	125,612
<u>CURRENT LIABILITIES</u>		
Sundry creditors	(30,390)	(30,705)
<u>NET CURRENT ASSETS</u>	<u>87,140</u>	<u>94,907</u>
<u>NET ASSETS</u>	<u>88,802</u>	<u>94,907</u>
<u>FUNDS OF THE CHARITY</u>		
General	85,912	94,907
Designated	2,890	-
TOTAL FUNDS	<u>88,802</u>	<u>94,907</u>

[signed]

.....

Members of the
 Committee of
 Management

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 30 APRIL 2022

		<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>	<u>Total 2021</u> £
	<i>Notes</i>				
<u>RECEIPTS</u>					
Grants and Donations					
Subscriptions	2	5,240	-	5,240	1,295
Donations	3	10,392	-	10,392	4,184
Fund-raising	4	15,489	3,430	18,919	33,324
Investment Income					
Bank Interest	13	767	-	767	115
Total Receipts		<u>31,888</u>	<u>3,430</u>	<u>35,318</u>	<u>38,918</u>
<u>PAYMENTS</u>					
Direct Charitable Expenditure					
Members' Welfare	5	1,918	540	2,458	1,929
Accommodation	6	4,589	-	4,589	1,516
Staff	7	25,402	-	25,402	32,940
Office Expenditure	8	2,022	-	2,022	3,035
Other Payments	9	6,398	-	6,398	3,521
Depreciation	11	554	-	554	-
Total Payments		<u>40,883</u>	<u>540</u>	<u>41,423</u>	<u>42,941</u>
Deficit of Receipts over Payments		(8,995)	2,890	(6,105)	(4,023)
Balance b/f at 30 April 2021		94,907	-	94,907	98,930
Balance c/f at 30 April 2022		<u>85,912</u>	<u>2,890</u>	<u>88,802</u>	<u>94,907</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2022

1 **Accounting Policies**

These accounts are prepared in accordance with the *Statement of Recommended Practice* for Charities, as applicable to small charities (with gross income not exceeding £100,000).

2 **Members' Subscriptions**

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>	<u>Total 2021</u>
	£	£	£	£
Annual Subscriptions	4,280	-	4,280	185
Monthly Covenants	960	-	960	1,110
	<u>5,240</u>	<u>-</u>	<u>5,240</u>	<u>1,295</u>

The amount of subscription is at the discretion of the member.

3 **Donations**

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>	<u>Total 2021</u>
	£	£	£	£
General Donations				
A & J Betts	609	-	609	-
J. Dawson	275	-	275	335
Cambs & District Keep Fit Association	1,000	-	1,000	-
Imo S Kadioglu	250	-	250	-
Imo A Norton	543	-	543	-
Imo Gill Overhill	-	-	-	251
Urostomy Assoc	500	-	500	350
Paypal Giving	318	-	318	-
Friday Singers	400	-	400	-
M & C Baker	150	-	150	-
S & S Steed	100	-	100	-
Yoga Class	2,460	-	2,460	220
Payment for Services(Therapies)	1,658	-	1,658	-
M Davies	-	-	-	1,000
B Hylton	-	-	-	140
Anon	-	-	-	140
Other Donations (less than £100)	2,129	-	2,129	1,748
	<u>10,392</u>	<u>-</u>	<u>10,392</u>	<u>4,184</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2022

4 **Fundraising**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £	<u>Total</u> <u>2021</u> £
Corporate Fundraising				
Cambridge Community Foundation	2,100	-	2,100	10,000
Postcode Places Trust	10,992	-	10,992	-
Living Sport	-	3,430	3,430	-
Pink Ribbon Foundation	-	-	-	7,000
National Lottery	-	-	-	7,393
The Foyle Foundation	-	-	-	5,000
Rotary Club of Sawston Fun Run	-	-	-	2,000
Fundraising Events	2,198	-	2,198	1,931
Sale of Goods	167	-	167	-
Collecting Boxes	32	-	32	-
	<u>15,489</u>	<u>3,430</u>	<u>18,919</u>	<u>33,324</u>

Other fundraising includes generous contributions from: our Craft Group; our Art Group; Adrian Shepherd; Sandra Allen; Julia Smith

5 **Members' Welfare**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £	<u>Total</u> <u>2021</u> £
	<u>1,918</u>	<u>540</u>	<u>2,458</u>	<u>1,929</u>

This figure includes the provision of PPE and other items essential for the continued safe running of the Centre. Also included is £540 for dance/exercise classes which was funded from the restricted donation from Living Sport.

6 **Accommodation**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £	<u>Total</u> <u>2021</u> £
Insurance	1,475	-	1,475	1,148
Rent	1	-	1	4
Maintenance/Cleaning/Consumables	3,113	-	3,113	364
	<u>4,589</u>	<u>-</u>	<u>4,589</u>	<u>1,516</u>

We would like to express our thanks to our landlords, the Scotsdales Charitable Foundation, who have not passed on maintenance and other charges during this period.

7 **Staff**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £	<u>Total</u> <u>2021</u> £
	<u>25,402</u>	<u>-</u>	<u>25,402</u>	<u>32,940</u>

Azra Krsic was the Centre's manager from April 2021 to February 2022.

Claire Milbourne was Assistant Centre Manager from April 2021 to January 2022.

Due to financial constraints, the Centre has operated entirely with the help of volunteers from March 2022 onwards.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2022

8 Office Expenditure

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>	<u>Total 2021</u>
	£	£	£	£
Stationery	111	-	111	-
Telephone	-	-	-	20
Office Equipment	1,730	-	1,730	2,949
Postage	181	-	181	66
	<u>2,022</u>	<u>-</u>	<u>2,022</u>	<u>3,035</u>

9 Other Payments

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>	<u>Total 2021</u>
	£	£	£	£
Printing	994	-	994	265
Advertising	1,133	-	1,133	961
Professional Fees	4,055	-	4,055	1,761
Fundraising Expenditure	216	-	216	216
Kitchen Ware/Soft Furnishings/Adornments	-	-	-	294
Sundries	-	-	-	24
	<u>6,398</u>	<u>-</u>	<u>6,398</u>	<u>3,521</u>

10 Asset Purchases

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>	<u>Total 2021</u>
	£	£	£	£
Additions during the year	<u>2,216</u>	<u>-</u>	<u>2,216</u>	<u>-</u>

11 Fixed Assets

	<u>Total 2022</u>	<u>Total 2021</u>
	£	£
Fixed Assets as at 1 May 2021	-	-
Disposals during the period	-	-
Additions during the period	2,216	-
Less Depreciation at 25%	(554)	-
Fixed Assets at period end	<u>1,662</u>	<u>-</u>

12 Payments to Trustees'

No payments were made to Trustees' except as repayment of expenditure incurred on behalf of the Centre.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2022

13 Investment Income

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £	<u>Total</u> <u>2021</u> £
Deposit Account (COIF)	1	-	1	9
Cambridge Building Society	17	-	17	79
Saffron Building Society	749	-	749	26
Bank Deposit Account	-	-	-	1
	<u>767</u>	<u>-</u>	<u>767</u>	<u>115</u>

CAMBRIDGE CANCER HELP CENTRE

England & Wales - Charity number 1188745

Accounts

Cambridge Cancer Help Centre CIO
(Registered Charity No. 1188745)

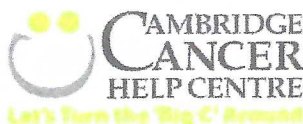
Annual Report and Accounts

For the year ended 30 April 2021



CAMBRIDGE CANCER HELP CENTRE CIO
CHARITY REGISTRATION NUMBER 1188745
TRUSTEES' REPORT

REPORT FOR THE YEAR ENDED 30 APRIL 2021



INTRODUCTION

This report is presented in accordance with the Charities (Accounts and Reports) Regulations 2005 made under Part VI of the Charities Act 1993. Administrative information about Cambridge Cancer Help Centre ("The Centre") is contained in the Appendix.

OBJECTS

The objects of the Centre are to support persons suffering from cancer along with their carers, families and friends with the aim of improving the conditions of life of such persons and their families. These objects are to be met by teaching methods of relaxation, by providing advice and counselling and by offering practical (but not medical) information together with a wide range of complementary therapies that focus on individual wellbeing. The Centre also seeks to provide a safe place to meet and socialise with others on the same journey.

STRUCTURE AND ORGANISATION OF THE CENTRE

CHANGE OF CHARITABLE STRUCTURE

On 1 st May 2020, after representation from the Trustees' and the agreement of members, the Charity Commission changed the charitable classification of Cambridge Cancer Help Centre to that of Charitable Incorporated Organisation (CIO). This was seen as the most appropriate structure for the Centre given its current stage of development.

Subsequently, charity 297886 ceased to exist and all the assets were transferred to the new CIO 1188745.

ORGANISATION OF THE CENTRE

The Board of Trustees' is responsible for all aspects of the Centre's activity. There are three officers: a Chairperson, a Secretary and a Treasurer. Members of the Board are elected annually at the Annual General Meeting. Casual vacancies may be filled by the Board who may also co-opt individuals to support specific activities.

In addition, the Board may appoint Advisors. These are people who bring specific skills and experience (in an ongoing capacity) to enhance the management and governance of the Centre. There are currently three such appointees.

The Centre is run day-to-day by the management team of Centre Manager and Volunteer Coordinator.

Policy is determined and objectives are set by the Committee of Management which is made up of the Board of Trustees' (including Advisors) together with the Centre Manager.

**CAMBRIDGE CANCER HELP CENTRE CIO
CHARITY REGISTRATION NUMBER 1188745
TRUSTEES' REPORT**

VOTING AT GENERAL MEETINGS

Members are entitled to vote at General Meetings. It is not necessary to make a donation to be a member, only to have provided contact details.

CENTRE OPERATIONS

CENTRE CLOSURE

In common with many organisations, the last year has proven to be an extremely challenging time. It was necessary to close the Centre physically for almost the entire year primarily in response to the COVID-19 pandemic but also because major repairs were required to rectify damage caused by a leaking pipe which went undetected for some time during the early stages of closure.

The Centre was able partially to re-open to members on 12th April 2021 offering outdoor space and pre-booked 1:1 emotional support. The Centre will gradually re-open further in line with changes in UK Government guidelines.

COVID-19: ENSURING THE CENTRE IS A SAFE PLACE TO MEET

During closure, the Centre team planned and implemented measures to ensure that, once reopened, the Centre would provide a safe place for members, staff, volunteers and visitors.

With the support of grant and other funding, perspex safety screening, PPE (masks, gloves), signage and cleaning and sanitisation equipment was purchased. COVID-19 risk assessments were undertaken and enhanced cleaning procedures implemented.

CENTRE REFURBISHMENT

We are grateful to Scotsdales Charitable Foundation, owners of the David Rayner Building in which the Centre operates, for taking the opportunity provided by closure to repair and improve the facilities within the building following the damage caused by the flood in Spring 2020. As a result, the main kitchen has been completely refurbished, carpets and flooring have been replaced throughout and walls have been repainted.

The staff team also took the opportunity to undertake a major "spring clean" and internal reorganisation to ensure that the re-opened Centre offered a fresh, clean and uncluttered space.

VOLUNTEER TEAM

Smooth running of the Centre relies on a dedicated team of volunteers who undertake a range of tasks in support of the management team. During the extended period of closure, this team was not required in the same way. Further, some volunteers decided that they would not be returning at the end of the period of closure. As we work to re-open the Centre in phases during 2021, this team is being rebuilt and new volunteers are actively being sought.

COMMUNICATIONS AND COMMUNITY RELATIONS

With the Centre physically closed, the team has worked hard to maintain the connection with our members. This is described in more detail in the following sections.

A new email newsletter was introduced in February 2021 which is distributed monthly to all of our registered members. To date, the newsletter has had a very positive average opening rate of 65%. Social media has been used to increase awareness of our services with frequent postings on both Facebook and Twitter. The Centre team has also contacted members by telephone and letter where email is not the preferred contact mechanism.

CAMBRIDGE CANCER HELP CENTRE CIO
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TRUSTEES' REPORT

To increase awareness in the health community, information about the Centre has been included in the newsletters for the Cancer Directorate at Cambridge University Hospitals NHS Foundation Trust and on the video screens within the hospital. Additional work is planned during the next year to extend awareness of the Centre further across the local community.

Despite having to close our doors for much of the period, the Centre has again continued to enjoy strong community support during the year. We are extremely grateful for all acts of support, big or small. In particular, we appreciated the contribution from the team at the Black Bull in Balsham who, in marking World Cancer Day 2021, raised £351 through a tea-party hamper event.

ONGOING MEMBER SUPPORT THROUGHOUT CLOSURE

Despite being closed physically, the Centre team continued to work remotely throughout the year with the help and support of volunteers.

Contact was maintained with our 350 members during this period by phone, email and post and enhanced, more recently, by the introduction of the monthly email newsletter. This work ensured that we could continue to provide vital emotional support to our members, many of whom found themselves in very difficult circumstances: for example, dealing with treatment being postponed, coping with bereavement or simply facing long periods of social isolation, particularly during lockdown.

During this period, a number of virtual therapies and courses were developed. These included regular programmes of Guided Imagery, Mindfulness and Relaxation, Managing Anxiety and Stress and Fatigue Management. The Centre also pioneered an approach to running the six-week Macmillan HOPE Course virtually.

These programmes have been offered to members using Zoom conferencing with an introductory course (Zoom for Non-zoomers) available for those unfamiliar with the technology. Feedback has been very positive.

Since the partial re-opening of the Centre in April, it has been possible once again to deliver these programmes face-to-face. However, since not all members are yet able or feel comfortable to return to the Centre, online delivery over Zoom has continued in parallel ensuring that support continues to be accessible to all.

With the Centre physically closed, the opportunity for members to meet and chat informally or provide peer support has been lost. This has always been an important and valuable part of the Centre's work. To recreate this experience, new small-group Talking Together sessions were introduced as a virtual alternative. They have been held weekly, again using Zoom.

Across the period, regular feedback has been sought from members attending the various programmes available. This has reinforced the importance and value of the range of support provided. The two examples below give the flavour of the feedback received:

"They are well-presented sessions and have taught us how to take a step back, enjoy the moment and try to accept that there are things in life you can't change. The sessions help deal with anxiety and stress, which is inevitable with a cancer diagnosis. Psychological support is equally as important as physical support and treatment for the patient and family members."

"The [relaxation] sessions really help me to sit still, breath and relax and I feel an immediate and enduring benefit from taking part."

In addition to this work, three specific areas of support are mentioned below.

CAMBRIDGE CANCER HELP CENTRE CIO
CHARITY REGISTRATION NUMBER 1188745
TRUSTEES' REPORT

COMPLEMENTARY THERAPIES

Complementary therapies are invaluable for the wellbeing and development of our members and an important part of the support we offer. The Centre could not operate without the dedication of all our therapists and volunteers. This is greatly appreciated.

Although it has not been possible to offer therapies face-to-face while the Centre has been closed, all the therapists have been keen to support our members. To this end, videos on Self-Help Massage and Reflexology were created and these continue to be delivered using Zoom. In addition, telephone consultation on Bach Flower Remedies has also been available.

Since the Centre re-opened, the demand for treatments has been high. Along with the Centre itself, treatment rooms are thoroughly sanitised and kept well-ventilated and appointment times are spaced out to ensure they remain safe places in which to carry out treatments.

Once again, member feedback has been positive feedback throughout as illustrated by the following examples:

*"The session was very good for me. I felt really relaxed at the end.
Thank you for your time and expertise."*

"Just to say thank you for another lovely session. I do enjoy them."

ACTIVITIES AND EVENTS

Whilst the Centre has been closed, popular activities such as art and craft groups, yoga, singing and social events have not been possible.

Yoga, Mindfulness and Relaxation classes and Meditation were provided online or by telephone. Access to Arts & Crafts activities was provided working with Scottish charity TRACtion Cancer.

The Centre worked with Life Kitchen to offer free online cookery classes to members. Life Kitchen works with the World Cancer Research Fund and Maggie's to offer classes for those living with Cancer along with their carers. The focus is on taste and flavour, senses which are impacted during cancer treatment.

PATIENT SUPPORT GROUPS

Support groups for people with specific cancers were unable to meet at the Centre during lockdown. We look forward to continuing to partner with local patient support groups as we reopen through the course of 2021.

FINANCIAL POSITION OF THE CENTRE

During the closure, member subscriptions and donations effectively ceased. In response to this, the Trustees' established a fundraising team whose remit was to identify appropriate funding bodies (COVID-specific support funds and other funds) and apply for grants where appropriate.

As a result of the work of the fundraising team, the Centre received the following grants totalling £31.4k:

• Cambridge Community Foundation	£10,000
• Pink Ribbon Foundation	£7,000
• National Lottery	£7,393
• The Foyle Foundation	£5,000
• Rotary Club of Cambridge Sawston	£2,000

CAMBRIDGE CANCER HELP CENTRE CIO
CHARITY REGISTRATION NUMBER 1188745
TRUSTEES' REPORT

Expenditure for the year was significantly reduced when the Scotsdales Charitable Foundation kindly stopped charging the Centre for use of the David Rayner Building.

As a result, the year-end position was as follows: year-end income was £38.9k (including investment income) and year-end expenditure was £42.9k. The resultant small loss of £4k was a significant achievement given the many challenges faced during the year.

At 30 April 2021, the Centre had unrestricted cash funds amounting to £94.9k

DEPENDENCE ON UNPAID SERVICES AND DONATIONS IN KIND

As noted above, the Centre could not operate without the unpaid services of its team of volunteers. Therapists and course facilitators also provide their services free of charge. The Centre continues to be grateful for their vital contribution.

FUTURE STRATEGY

WHAT NEXT? OUR NEW THREE-YEAR PLAN

Cambridge Cancer Help Centre provides support, friendship and connection to others living with cancer alongside access to therapies and activities that are not freely available elsewhere. The COVID-19 pandemic has been a challenging period for so many. With increased pressure now being placed on core healthcare services, these services will be even more critical in the period ahead.

To that end, the Trustees' and Management team have laid out a three-year plan to guide the Centre's ongoing development. Our core aims are to:

1. **Maintain a focus for what we are known for:** delivering support advice and activities to those living with cancer (including family members, friends and carers) in Cambridge and the surrounding areas.
2. **Reach more people** by increasing visibility of what we offer to prospective members and increase our appeal to a diverse local community.
3. **Increase our impact** in society. We will develop and extend the services we offer to reach a diverse spectrum of individuals with cancer (together with their family members, friends or carers) and maximise the use of the David Rayner Building.
4. **Secure funding for our work** and establish longer-term income streams to fund the expanded and extended running of the Centre and support our aspiration to reach and benefit more people.
5. **Build foundations for the future and ensure the sustainability of the charity**, expanding our volunteer team and strengthening our governance, policies, and ways of working.

The annual report was approved by the trustees' of the charity on
signed on its behalf by:

6 August 2021 and



E L Sage
Chairman

**CAMBRIDGE CANCER HELP CENTRE CIO
CHARITY REGISTRATION NUMBER 1188745
TRUSTEES' REPORT**

APPENDIX

CAMBRIDGE CANCER HELP CENTRE ("The Centre") became a Charitable Incorporated Organisation (CIO) registered number 1188745 on 1 st May 2020. The constitution of the Centre contains provisions which regulate the purposes and administration of the charity.

Professor Robert Thomas continues as our Patron. We are grateful for his ongoing support.

The officers of the Centre who have served during the year are as follows:

CHAIR OF TRUSTEES'	Edward Sage
TREASURER	Robert Jackson
SECRETARY	John Skilbeck

The names of members of the Committee of Management, being the Centre's Trustees' and Advisors, who have served during the year, are as follows:

TRUSTEES'

Edward Sage	Robert Jackson
Fran Dawson	Janet Hickman
Claire Mackenzie	Nick Wright
Debbie Pugh	Lucy Sales
Richard Dickinson	Anny Stari

ADVISORS

John Skilbeck	Barry Pridmore
Adrian Shepherd	

The Centre's contact details are as follows:

ADDRESS:	120 Cambridge Road, Great Shelford, Cambridge CB22 5JT
TELEPHONE:	01223 840105
WEBSITE:	www.cambridgecancerhelp.org
EMAIL ADDRESS:	contact@cambridgecancerhelp.org

Details of the Centre's Bank and Independent Examiner are as follows:

BANK:	HSBC Bank plc, Cambridge City Office, P.O. Box 85, Cambridge CB2 3HZ
INDEPENDENT EXAMINER:	Websters Cambridge Limited, 10 Wellington Street, Cambridge CB1 1HW

**INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES' OF CAMBRIDGE CANCER HELP CENTRE CIO**

We report on the financial statements of the charity for the year ended 30 April 2021, which consist of the statement of assets and liabilities, the statement of receipts and payments and the notes to the accounts.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. Our work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in this report and for no other purpose. To the fullest extent permitted by law we do not accept to assume responsibility to anyone other than the charity and the charity's members as a body for this report, or for the opinions we have formed.

Respective responsibilities of Trustees' and Examiner

As the charity's trustees you are responsible for the preparation of accounts; you consider that the audit requirement of Section 144(2) of the Charities Act 2011 (The 2011 Act) does not apply. It is our responsibilities to state, on the basis on procedures specified in the General Directions given by the Charity Commissioners under Section 145(5)(b) of the 2011 Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations for you as Trustees' concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in any audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirement of the 2011 Acthave not been met; or
2. to which, in our opinion, attentions should be drawn to in order to enable a proper understanding of the accounts to be reached

Gary Eves (FCCA)



Websters Cambridge Limited
A tax, legal and accounting firm
10 Wellington Street
Cambridge
CB1 1HW


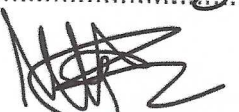
August 2021

CAMBRIDGE CANCER HELP CENTRE CIO (Registered Charity No. 1188745)

STATEMENT OF ASSETS AND LIABILITIES
AT 30 APRIL 2021

	<u>30.04.21</u> £
<u>Monetary Assets</u>	
Bank current accounts and petty cash	125,612
<u>Current Liabilities</u>	
Sundry creditors	(30,705)
<u>Net Current Assets</u>	<u>94,907</u>

[signed]


.....

.....

Members of the
Committee of
Management

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 30 APRIL 2021

		<u>Unrestricted Funds</u>
		<u>Year Ended 30.04.21</u>
		£
	<i>Notes</i>	
<u>RECEIPTS</u>		
Grants and Donations		
Subscriptions	2	1,295
Donations	3	4,184
Fund-raising	4	33,324
Investment Income		
Bank Interest	13	115
Total Receipts		<u>38,918</u>
<u>PAYMENTS</u>		
Direct Charitable Expenditure		
Members' Welfare	5	1,929
Accommodation	6	1,516
Staff	7	32,940
Office Expenditure	8	3,035
Other Payments	9	3,521
Asset Purchases	10	-
Total Payments		<u>42,941</u>
Deficit of Receipts over Payments		(4,023)
Introduced from Cambridge Cancer Help Centre		98,930
Balance c/f at 30 April 2021		<u>94,907</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2021

1 Accounting Policies

These accounts are prepared in accordance with the *Statement of Recommended Practice* for Charities, as applicable to small charities (with gross income not exceeding £100,000).

2 Members' Subscriptions

	<u>Year Ended</u> <u>30.04.21</u>
	£
Annual Subscriptions	185
Monthly Covenants	1,110
	<u>1,295</u>

3 Donations

	<u>Year Ended</u> <u>30.04.21</u>
	£
General Donations	
Imo Gill Overhill	251
Urostomy Assoc	350
J. Dawson	335
M Davies	1,000
B Hylton	140
Anon	140
Yoga Class	220
Other Donations (less than £100)	1,748
	<u>4,184</u>

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2021

4 Fundraising

	<u>Year Ended</u> <u>30.04.21</u> £
Corporate Fundraising	
Cambridge Community Foundation	10,000
Pink Ribbon Foundation	7,000
National Lottery	7,393
The Foyle Foundation	5,000
Rotary Club of Sawston Fun Run	2,000
Fundraising Events	1,931
	<u>33,324</u>

Other fundraising includes generous contributions from: our Craft Group; our Art Group; The Black Bull, Balsham; Claire MacKenzie; Lorna Gough; and Adrian Shepherd.

5 Members' Welfare

<u>Year Ended</u> <u>30.04.21</u> £
<u>1,929</u>

This figure includes the provision of PPE and other items essential for the continued safe running of the Centre

6 Accommodation

	<u>Year Ended</u> <u>30.04.21</u> £
Insurance	1,148
Rent	4
Maintenance/Cleaning/Consumables	364
	<u>1,516</u>

7 Staff

<u>Year Ended</u> <u>30.04.21</u> £
<u>32,940</u>

Azra Krsic was the Centre's manager for the whole of this financial period.
Lorna Gough was employed in the role of Operations Co-ordinator from the beginning of the financial year until her resignation on 31st March 2021.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2021

8 Office Expenditure

	<u>Year Ended</u> <u>30.04.21</u>
Telephone	£ 20
Office Equipment	2,949
Postage	66
	<u>3,035</u>

9 Other Payments

	<u>Year Ended</u> <u>30.04.21</u>
Printing	£ 265
Advertising	961
Professional Fees	1,761
Fundraising Expenditure	216
Kitchen Ware/Soft Furnishings/Adornments	294
Sundries	24
	<u>3,521</u>

10 Asset Purchases

	<u>Year Ended</u> <u>30.04.21</u>
Additions during the year	£ -

11 Fixed Assets

Fixed Assets as at 1 May 2020	£ -
Disposals during the period	-
Additions during the period	-
Less Depreciation at 25%	-
Fixed Assets at period end	<u>-</u>

12 Payments to Trustees'

No payments were made to Trustees' except as repayment of expenditure incurred on behalf of the Centre.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2021
13 Investment Income

	<u>Year Ended</u> <u>30.04.21</u>
	<u>£</u>
Deposit Account (COIF)	9
Cambridge Building Society	79
Saffron Building Society	26
Bank Deposit Account	1
	<u>115</u>