

RAY OF LIGHT CANCER SUPPORT

England & Wales · Charity number 1190392

Details

Status Registered

Legal form CIO

Registered 2020-07-13

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

Contact

Address The Meadows
Peterston Road
Groesfaen
Pontyclun
Mid Glamorgan
CF72 8NU

Phone 07971349703

Email contactus@rayoflightwales.org.uk

Website rayoflightwales.org.uk

Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF, AND PRESERVE AND PROTECT GOOD HEALTH AND WELLBEING AMONGST, PEOPLE DIAGNOSED WITH AND RECOVERING FROM CANCER (INCLUDING THEIR FAMILY AND CARERS WHO HAVE BEEN AFFECTED BY SUCH CANCER) IN WALES AND SUCH OTHER PARTS OF THE UK AS THE TRUSTEES SHALL DETERMINE, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING: • HEALTH, SOCIAL, COUNSELLING, EDUCATIONAL, CREATIVE, MUSICAL AND RECREATIONAL ACTIVITIES AND SERVICES; • TRANSPORT TO AND FROM MEDICAL APPOINTMENTS AND SUPPORT THROUGH ADVOCACY; • ASSISTANCE WITH PRACTICAL TASKS, SUCH AS SHOPPING AND OBTAINING ESSENTIAL MEDICATION; • PEER TO PEER SUPPORT, BEFRIENDING, ADVICE, INFORMATION AND A SIGNPOSTING SERVICE DESIGNED TO BETTER INFORM AND ASSIST PEOPLE IN NEED OF SUPPORT.

Activities: Ray of Light Wales Cancer Support has been providing online support to those whose lives are affected by cancer during the pandemic. Since June we have offered several groups which are open to carers supporting someone with a cancer diagnosis. We have been running our Just Ask project which is funded by the National Lottery which allows us to provide free starter packs for our online courses.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£254,760	£233,831	-	-
2024-03-31	£193,708	£188,254	-	-
2023-04-01	£185,853	£156,067	-	-
2022-04-01	£116,289	£123,203	-	-
2021-04-01	£119,749	£74,853	-	-

Trustees

Name	Role	Appointed
Sofia Spagnoli	Chair	2020-01-07
Lisa Nurton		2020-02-07
Sindy Richards		2020-05-29

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**



(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1190392

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

RAY OF LIGHT CANCER SUPPORT
(Charitable Incorporated Organisation)

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RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1190392
DATE OF REGISTRATION	13th July 2020
START OF FINANCIAL YEAR	1st April 2024
END OF FINANCIAL YEAR	31st March 2025
TRUSTEES AT 31ST MARCH 2025	Sofia Spagnoli Sindy Richards Lisa Nurton
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 13th July 2020

OBJECTS

For the public benefit to relieve the needs of, and preserve and protect the good health and wellbeing amongst people diagnosed with and recovering from cancer (including their family and carers who have been affected by such cancer) in Wales and such other parts of the UK as the Trustees shall determine, in particular but not exclusively by providing; health, social counselling, education, creative, musical and recreational activities and services. Transport to and from medical appointments and support through advocacy. Assistance with practical tasks, such as shopping and obtaining essential medication. Peer to peer support, befriending, advice, information and signposting services designed to better inform and assist peoples in need of support.

CORRESPONDENCE ADDRESS	The Meadows Peterston Road Groesfaen Pontyclun Mid Glamorgan CF72 8NU
PRIMARY BANKERS	Lloyds Bank Plc 25 Gresham Street London EC2V 7HN
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ



ANNUAL REPORT

2024/2025

REGISTERED CHARITY NO.1190392



MISSION STATEMENT

At Ray of Light Cancer Support, our mission is to provide free, high-quality support to anyone whose life has been affected by cancer.

We are dedicated to making sure every beneficiary can access the social, practical and emotional support they need, tailored to their individual circumstances.

We believe no one should face cancer alone and our services are designed to nurture wellbeing and strengthen resilience throughout the journey.

More than just a service, Ray of Light is a community of care, offering compassion, understanding and connection to individuals, their families, friends and carers.



MEET THE TEAM



SUE NORRIS

FOUNDER AND OPERATIONAL DIRECTOR

Sue draws on her extensive background in social care and her own personal experience of supporting both her parents and other close family members through cancer. During that time, she often felt lost and isolated, which inspired her to create a safe space for others facing similar challenges.

What began as a small initiative has since grown into a registered charity, now reaching and supporting a growing number of beneficiaries and families affected by cancer.

As the founder, Sue continues to lead the development and day-to-day management of the charity's services, ensuring they adapt to meet the changing needs of the community we serve.



REBECCA O'MAHONEY

PROJECT MANAGER

As Project Manager and Project Leader for our Amser i Mi project, Rebecca plays a key role in delivering compassionate, hands-on support to those we provide support. She attends all of our support groups, offering a consistent and caring presence, and also volunteers with our Warblers choir, helping to create moments of joy and connection.

Rebecca's dedication ensures that everyone facing the challenges of cancer feels supported, valued and never alone on their journey.



ANNE SWALLOW

COMMUNITY PROJECT CO-ORDINATOR

Anne plays a vital role in supporting our beneficiaries through our Telephone Befriending Service and is an active member of our weekly Connecting with Nature group at Velindre Cancer Centre.

In addition to her direct support work, Anne's passion for fundraising shines through her initiative of setting up a community book exchange at a local hairdresser's, helping to raise both funds and awareness for Ray of Light Cancer Support.

MEET THE TEAM



KATIE MOTTRAM

DIGITAL MARKETING FUNDRAISING OFFICER

Katie, our Digital Marketing and Fundraising Officer, has been on maternity leave this year. In her role, she is responsible for raising awareness of our work and promoting the wide range of services we provide.



BECKY FAWCETT

FACILITATOR

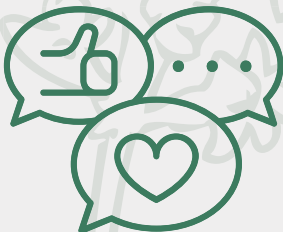
A lifelong nature enthusiast, Becky is passionate about harnessing the healing power of the outdoors to support emotional and physical well-being. Through both indoor and outdoor sessions, she uses natural resources to help people connect, reflect and grow.

FEEDBACK



"My weekly call is the highlight of my week. It gives me someone to laugh with, share my worries and for a little while, forget about my illness. It makes such a difference knowing someone is there just for me."

"Joining the Warblers has lifted my spirits more than I can say. Singing with others gives me joy and helps me feel part of a community. It's not just music – it's friendship and hope in every note."

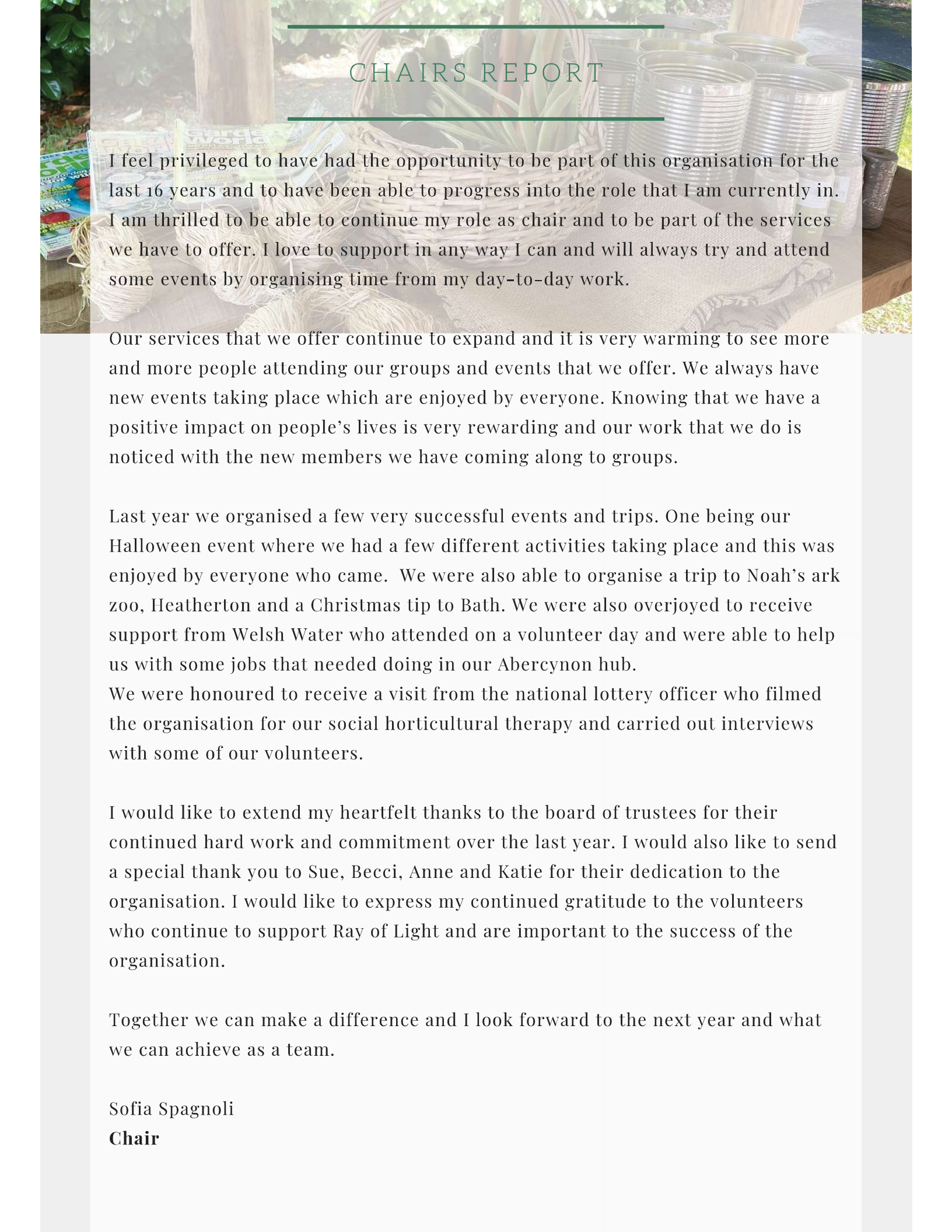


"The woodcraft sessions have been amazing. Learning new skills and creating something with my hands has given me confidence and a real sense of achievement. Plus, the group feels like a family now."

"Spending time in the gardens at Velindre has brought me so much peace. Being surrounded by nature while sharing with others has helped me feel calm and supported during a very difficult time."



"So lovely to spend time as a family, it is not always possible due to my mothers health and also finances make it difficult. Today was just perfect, quality family time, lots of laughs and memories made. Just want to say a big thank you to all of the team and hard work. Well organised trip, snack bag was lovely. TOP DAY - THANK YOU SO MUCH!!"



CHAIRS REPORT

I feel privileged to have had the opportunity to be part of this organisation for the last 16 years and to have been able to progress into the role that I am currently in. I am thrilled to be able to continue my role as chair and to be part of the services we have to offer. I love to support in any way I can and will always try and attend some events by organising time from my day-to-day work.

Our services that we offer continue to expand and it is very warming to see more and more people attending our groups and events that we offer. We always have new events taking place which are enjoyed by everyone. Knowing that we have a positive impact on people's lives is very rewarding and our work that we do is noticed with the new members we have coming along to groups.

Last year we organised a few very successful events and trips. One being our Halloween event where we had a few different activities taking place and this was enjoyed by everyone who came. We were also able to organise a trip to Noah's ark zoo, Heatherton and a Christmas trip to Bath. We were also overjoyed to receive support from Welsh Water who attended on a volunteer day and were able to help us with some jobs that needed doing in our Abercynon hub.

We were honoured to receive a visit from the national lottery officer who filmed the organisation for our social horticultural therapy and carried out interviews with some of our volunteers.

I would like to extend my heartfelt thanks to the board of trustees for their continued hard work and commitment over the last year. I would also like to send a special thank you to Sue, Becci, Anne and Katie for their dedication to the organisation. I would like to express my continued gratitude to the volunteers who continue to support Ray of Light and are important to the success of the organisation.

Together we can make a difference and I look forward to the next year and what we can achieve as a team.

Sofia Spagnoli

Chair



VICE CHAIRS REPORT

As Duty Chair for Ray of Light Wales, I am proud to support an organisation dedicated to assisting those who are vulnerable due to health challenges or the responsibility of caring for others.

Volunteering for this important cause allows me to express my gratitude for the support I have previously received, and I chose Ray of Light Wales because of its commitment to providing crucial services to individuals during their most vulnerable moments.

Serving on the board has given me a renewed sense of purpose, offered meaningful challenges, and contributed significantly to my personal development. I have also had the opportunity to expand my network and enhance my overall life satisfaction.

In my capacity as Duty Chair and Safeguarding Lead, I am responsible for addressing and reporting safeguarding concerns, as well as stepping in when the Chairperson is unavailable. Over the past year, I have contributed by reviewing updated policies and participating in volunteer opportunities at various events.

Sindy Richards
Vice Chair



SPECIAL THANKS

Our amazing Staff and dedicated Volunteers
Ruth Bradshaw – Singing Director
Melanie Holly-Jones
Wizard Communications
Rhiannon Freshney – Sustainability Manager Velindre
Cancer Centre
Kath Bownds – Book-Keeping
Paul Burnell – C M Management Services
Janis Werrett – Cynon Valley Organic Adventures
Interlink
Carers Trust Wales
Helen Ley – Macmillan Engagement Lead
Funders
National Lottery Community Fund
Interlink
Carers Trust Wales
Welsh Government
Community Matters Fund
Macmillan Cancer Support
Rhondda Cynon Taff
CRT Together

Website – www.rayoflightwales.org.uk

Facebook – www.facebook.com/rayoflightwales

Twitter – @rayoflightwales

Instagram – ray_of_light_cancer_support

www.youtube.com/channel/UCJohKzfA-YlpIJTVx9VYUog





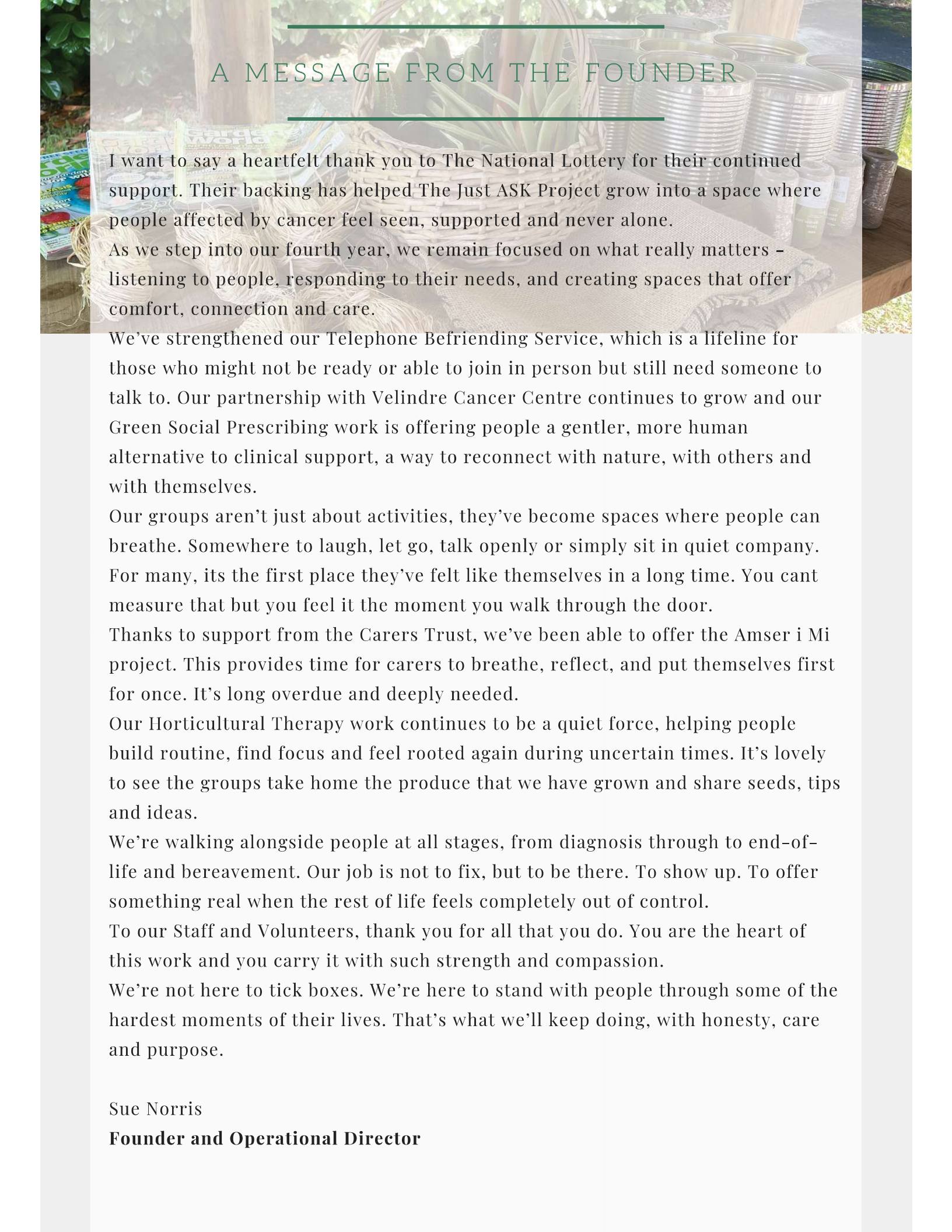
TREASURER'S REPORT

I'm pleased to present this year's Treasurer's Report and confirm that Ray of Light Cancer Support remains in a strong, stable, and healthy financial position. My thanks go to CM Management Services for their ongoing support in helping us maintain transparency and accuracy in how we manage and report our finances. Over the past year, we've received generous funding from several key partners, allowing us to continue and grow our work with people affected by cancer. Our main funders include the People and Places National Lottery Community Fund, which has supported our horticultural therapy, wellbeing sessions and outreach services; the Coalfields Regeneration Trust, helping us reach families in disadvantaged communities; and the Welsh Government and Carers Trust, who have funded our Short Breaks programme and vital support for carers. We also remain grateful to local businesses, charitable trusts, donors, and fundraisers for their continued contributions.

This funding has enabled us to provide a wide range of support, including emotional and practical help, family activities, creative wellbeing groups, and peer connections through music, arts and community events. Every act of support has helped us reduce isolation and bring comfort to those going through incredibly tough times.

On behalf of Ray of Light Cancer Support, I want to thank our funders, especially the National Lottery for believing in our work. To our trustees, thank you for your guidance; to our staff, for your compassion and hard work; and to our volunteers, whose dedication shines through in everything we do. Together, we are bringing light, support, and connection to those who need it most.

Lisa Nurton
Treasurer



A MESSAGE FROM THE FOUNDER

I want to say a heartfelt thank you to The National Lottery for their continued support. Their backing has helped The Just ASK Project grow into a space where people affected by cancer feel seen, supported and never alone.

As we step into our fourth year, we remain focused on what really matters - listening to people, responding to their needs, and creating spaces that offer comfort, connection and care.

We've strengthened our Telephone Befriending Service, which is a lifeline for those who might not be ready or able to join in person but still need someone to talk to. Our partnership with Velindre Cancer Centre continues to grow and our Green Social Prescribing work is offering people a gentler, more human alternative to clinical support, a way to reconnect with nature, with others and with themselves.

Our groups aren't just about activities, they've become spaces where people can breathe. Somewhere to laugh, let go, talk openly or simply sit in quiet company. For many, it's the first place they've felt like themselves in a long time. You can't measure that but you feel it the moment you walk through the door.

Thanks to support from the Carers Trust, we've been able to offer the Amser i Mi project. This provides time for carers to breathe, reflect, and put themselves first for once. It's long overdue and deeply needed.

Our Horticultural Therapy work continues to be a quiet force, helping people build routine, find focus and feel rooted again during uncertain times. It's lovely to see the groups take home the produce that we have grown and share seeds, tips and ideas.

We're walking alongside people at all stages, from diagnosis through to end-of-life and bereavement. Our job is not to fix, but to be there. To show up. To offer something real when the rest of life feels completely out of control.

To our Staff and Volunteers, thank you for all that you do. You are the heart of this work and you carry it with such strength and compassion.

We're not here to tick boxes. We're here to stand with people through some of the hardest moments of their lives. That's what we'll keep doing, with honesty, care and purpose.

Sue Norris

Founder and Operational Director

Ray of Light
Cancer Support

CONTACT US



07971349703



contactus@rayoflightwales.org.uk



www.rayoflightwales.org.uk

RAY OF LIGHT CANCER SUPPORT
(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST MARCH 2025

Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable Law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure of the Charity for that period. In preparing those financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 19/12/25.....

Signed on their behalf by Trustee LNUATON.....

Printed Name: LISA NUATON

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2025

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOMING RESOURCES						
Incoming Resources from Generated Funds						
Donations, Grants & Legacies	3a	3,759	-	246,731	250,490	188,964
Investment Income	3b	-	-	-	-	1
Other Incoming Resources	3c	4,170	-	100	4,270	4,743
TOTAL INCOMING RESOURCES		7,929	-	246,831	254,760	193,708
RESOURCES EXPENDED						
Costs of Generating Funds						
Cost of Charitable Activities	4a	4,225	-	227,391	231,616	187,285
Governance Costs	4b	1,380	-	835	2,215	969
TOTAL RESOURCES EXPENDED		5,605	-	228,226	233,831	188,254
NET INCOMING (OUTGOING) RESOURCES		2,324	-	18,605	20,929	5,454
Funds Brought Forward		9,888	-	63,334	73,222	67,768
Transfer Between Funds	2 & 6	14,499	-	(14,499)	-	-
TOTAL FUNDS CARRIED FORWARD		26,711	-	67,440	94,151	73,222

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 18 to 25 form part of these financial statements.

RAY OF LIGHT CANCER SUPPORT
(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Assets					
Tangible Assets	2	10,874	-	10,874	-
Investments	7	-	-	-	-
Total Fixed Assets		10,874	-	10,874	-
Current Assets					
Debtors & Prepayments	9	-	-	-	-
Cash at Bank and in Hand	8	17,217	67,440	84,657	73,222
Total Current Assets		17,217	67,440	84,657	73,222
Creditors: Amounts falling due within one year	10	1,380	-	1,380	-
NET CURRENT ASSETS		15,837	67,440	83,277	73,222
TOTAL ASSETS less current liabilities		26,711	67,440	94,151	73,222
Creditors: Amounts due in more than one year	11	-	-	-	-
NET ASSETS		26,711	67,440	94,151	73,222
Funds of the Charity					
General Funds		26,711	-	26,711	9,888
Designated Funds	5	-	-	-	-
Restricted Funds	6	-	67,440	67,440	63,334
TOTAL CHARITY FUNDS		26,711	67,440	94,151	73,222

Approved by the Trustees on 19/12/25

Signed on their behalf by Trustee *Lisa Narton*

Printed Name: LISA NARTON

RAY OF LIGHT CANCER SUPPORT
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Unrestricted Funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted Funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated Funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis
Motor Vehicles	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

		Motor Vehicles £	Fittings & Equipment £	Total 2024/25 £
Cost	01-Apr-24	-	-	-
Additions		14,499	-	14,499
Cost Value at	31-Mar-25	14,499	-	14,499
Depreciation	01-Apr-24	-	-	-
Charge		3,625	-	3,625
Depreciation at	31-Mar-25	3,625	-	3,625
Net Book Value	31-Mar-25	10,874	-	10,874
Net Book Value	31-Mar-24	-	-	-

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2025: None

31st March 2024: None

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Donations, Grants & Legacies						
Gifts & Donations		3,759	-	-	3,759	1,770
Grants Received	6	-	-	246,731	246,731	187,194
		3,759	-	246,731	250,490	188,964
b) Investment Income						
Interest		-	-	-	-	1
		-	-	-	-	1
c) Other Incoming Resources						
Sundry Income	6	4,170	-	100	4,270	4,743
		4,170	-	100	4,270	4,743

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Cost of Charitable Activities						
Activities & Events	6	482	-	39,961	40,443	38,574
Advertising & Publicity	6	-	-	1,615	1,615	1,722
Bank Charges		4	-	-	4	-
Depreciation Expense		3,625	-	-	3,625	-
Equipment Costs	6	-	-	2,300	2,300	2,619
Insurance Costs	6	-	-	715	715	548
License & Subscriptions	6	-	-	1,260	1,260	553
Motor Vehicle Expenses	6	-	-	1,652	1,652	-
Office Costs	6	-	-	541	541	522
Premises Expense	6	-	-	11,171	11,171	5,298
Repairs & Maintenance	6	114	-	23,412	23,526	151
Staff Costs	6	-	-	132,462	132,462	127,153
Sundry Expenses	6	-	-	53	53	147
Training Costs	6	-	-	987	987	1,364
Travel & Hospitality	6	-	-	5,874	5,874	5,043
Utility Costs	6	-	-	958	958	942
Volunteers Expenses	6	-	-	1,537	1,537	1,114
Website Costs	6	-	-	2,893	2,893	1,535
		4,225	-	227,391	231,616	187,285
				-		
b) Governance Costs						
Independent Examiners Fees	10	1,380	-	-	1,380	-
Legal & Professional Fees	6	-	-	835	835	969
		1,380	-	835	2,215	969

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

5. DESIGNATED FUNDS

The CIO held no designated funds during this or the financial year.

6. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Apr-04 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-25 £
Amser Continuation Fund	-	31,417	31,417	-	-
Amser Project	1,696	-	1,665	-	31
Awards for All	407	19,291	816	(9,553)	9,329
BUPA Fund	1	145	146	-	-
Carers Grant Fund	1,989	21,168	23,157	-	-
Carers Trust	-	5,220	5,220	-	-
Coalfields Fund	-	17,000	10,565	-	6,435
Community Matters Grant	-	4,980	3,892	-	1,088
Interlink Fund	-	1,000	919	-	81
Just Ask Yr 1	-	116,185	101,827	-	14,358
Just Ask Yr 2	-	-	103	-	(103)
Just Ask Yr 2 Extra	13,992	-	7,503	(3,614)	2,875
Just Ask Yr 3	15,851	(10,759)	5,092	-	-
Just Ask-Extra	-	32,500	14,217	-	18,283
Lloyds Bank Foundation	500	(500)	-	-	-
MacMillan Fund	12,397	-	11,409	-	988
Magic Stars	-	-	-	-	-
Moondance Foundation	16,501	-	1,101	(1,333)	14,067
RCT Multiply Grant	-	7,239	7,238	-	1
RCT Warm Hub & Lunches	-	1,945	1,939	-	6
	63,334	246,831	228,226	(14,499)	67,440

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL PERIOD

	Balance 01-Apr-03 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-24 £
Ambassadors Fund	-	275	275	-	-
Amser Project	-	35,909	34,213	-	1,696
Awards for All	407	-	-	-	407
BUPA Fund	-	1,301	1,300	-	1
Carers Grant	-	10,706	8,717	-	1,989
Carers Trust	-	10,750	10,750	-	-
Green Shoots	-	4,950	4,950	-	-
Just Ask Yr 2	19,202	17,558	36,760	-	-
Just Ask Yr 2 Extra	25,824	-	11,832	-	13,992
Just Ask Yr 3	-	90,785	74,934	-	15,851
Lloyds Bank Foundation	-	500	-	-	500
MacMillan Fund	-	13,836	1,439	-	12,397
Magic Stars	-	506	506	-	-
Moondance Foundation	16,501	-	-	-	16,501
Neighbourly Foundation	-	118	118	-	-
Prosperity Fund	436	-	436	-	-
RCT Warm Hub & Lunches	1,986	-	1,986	-	-
	64,356	187,194	188,216	-	63,334

The Restricted Funds held are wholly represented by the CIO's cash reserves and are to be expended as specified above.

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

7. INVESTMENTS

The CIO held no fixed assets investments during this or the financial year.

8. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Cash at Bank & in Hand	17,217	67,440	84,657	73,222
	17,217	67,440	84,657	73,222

9. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Sundry Debtors	-	-	-	-
	-	-	-	-

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Independent Examiners Fees	1,380	-	1,380	-
	1,380	-	1,380	-

11. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the financial year.

12. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	26,711	67,440	94,151	136,127
Long Term Liabilities	-	-	-	-
	26,711	67,440	94,151	136,127

RAY OF LIGHT CANCER SUPPORT

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

13. STAFF COSTS AND NUMBERS

	TOTAL 2024/25 £	TOTAL 2023/24 £
Gross Wages, Salaries & Fees	116,050	111,263
Employer's National Insurance Costs	9,829	9,723
Pension Contributions	6,584	6,167
	<u>132,462</u>	<u>127,153</u>

Employees who were engaged in each of the following activities:

	TOTAL 2024/25	TOTAL 2023/24
Charitable Activities	5	5

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000 (2023/24:None).

14. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

15. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

16. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

17. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Ray of Light Cancer Support on the accounts for the year ended 31st March 2025 set out on pages 16 to 25.

Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- Follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- State whether particular matters have come to my attention

Basis of Independent Examiner's Statement

I conducted my examination in accordance with the General Directions given by the Charity Commissioners for England & Wales in relation to the conducting of an independent examination, referred to above. An independent examination includes a review of the accounting records kept by the Charity and of the accounting systems employed by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as trustees concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of the Charities legislation and that the financial statements comply with the SORP, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtain written assurances from the trustees of all material matters.

Independent Examiner's Statement

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

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

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

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ



Date: 22nd December 2025

Accounts

2024

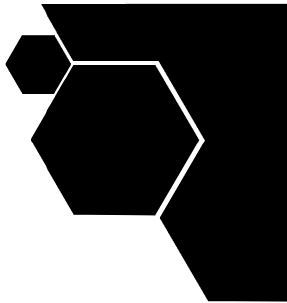
Ray of Light

Cancer Support

Annual Report



REGISTERED CHARITY NO. 1190392



Foreword

As we reflect on 2024, it is with immense pride and gratitude that we share this year's Annual Report for Ray of Light Cancer Support. This year has been a testament to the strength of our community, the dedication of our volunteers and staff, and the unwavering support from our funders. Together, we have continued to offer vital services to beneficiaries and families navigating the challenges of cancer, ensuring no one feels alone.

In 2024, we expanded our outreach, introduced new workshops, and enhanced our services, all while listening to the voices of those we support. Whether it was through our craft and mindfulness sessions, family day trips, or one-to-one support, we witnessed countless moments of connection, resilience, and hope.

Our achievements this year would not have been possible without the trust and engagement of those who turn to us for help. Your stories inspire us to do more, reach further and provide better. We are equally grateful to our dedicated team of staff and volunteers, whose passion and hard work are the foundation of all we do.

As we look ahead to 2025 we remain committed to growing our impact and responding to the evolving needs of our community. Together, we will continue to light the way for those facing the darkest of times.

Thank you for being part of the Ray of Light family and for supporting our mission. We hope this report highlights the difference we've made together and inspires continued collaboration in the future.

Sindy Richards
Vice Chair

Mission statement

Our mission at Ray of Light Cancer Support is to provide exceptional, free support to anyone affected by cancer.

We are committed to ensuring that beneficiaries impacted by cancer can access tailored social, practical, and emotional assistance. No one should face cancer alone—our services are designed to improve overall health outcomes by meeting the unique needs of each person.

Ray of Light Cancer Support is more than a resource; we are a welcoming community offering compassionate care to beneficiaries, their families, friends, and carers.


Ray of Light
Cancer Support



Meet Our Team



SUE NORRIS

FOUNDER AND OPERATIONAL DIRECTOR

Sue brings a wealth of experience from her background in social care. She supported both parents and other family members through their cancer diagnosis and at the time felt she was completely lost and isolated. What began as a small initiative has grown over the years into a registered charity, reaching and supporting many more beneficiaries and families affected by cancer.

As the founder, Sue oversees the development and operational management of the Charity's services, ensuring they continue to meet the evolving needs of the community.



REBECCA O'MAHONEY

SENIOR PROJECT CO-ORDINATOR

Rebecca is the Senior Project Co-Ordinator and Project Leader for Amser I Mi at Ray of Light Cancer Support. She provides compassionate support to our beneficiaries by attending all support groups and volunteering at the Warblers choir sessions.

Her role focuses on being a reliable presence for those facing the challenges of cancer, ensuring they feel supported and valued every step of the way.



ANNE SWALLOW

COMMUNITY PROJECT CO-ORDINATOR

Anne joined Ray of Light as a volunteer during the Covid-19 pandemic, providing essential telephone support and delivering care packs to those in need.

Anne supports some of our beneficiaries through our Telephone Befriending Service and is part of our weekly Connecting with Nature group at Velindre Cancer Centre.

Anne is also passionate about fundraising and has set up a community book exchange in a local hairdressers.



KATIE MOTTRAM

COMMUNITY PROJECT CO-ORDINATOR AND DIGITAL MARKETING FUNDRAISING OFFICER

Katie holds two part-time roles: she helps coordinates support services for those affected by cancer, collaborating with other organisations to strengthen community support. as part of the Digital Marketing and Fundraising Officer role, Katie also raises awareness and helps to provide vital funds.



BECKY FAWCETT

COMMUNITY PROJECT CO-ORDINATOR AND FACILITATOR

Becky joined Ray of Light in 2019 to lead woodland well-being sessions, focusing on social forestry and horticultural therapy.

A lifelong nature enthusiast, Becky is passionate about using the outdoors to improve well-being. She has seen firsthand how nature can transform lives, running both outdoor and indoor sessions using natural resources. Becky also works with other organisations to share best practices and expand the impact of social prescribing.

Feedback



Just wanted to send a quick note to say a massive **THANK YOU** for organising such an incredible carers retreat! It was an absolute game-changer for me. Taking a breather from the day to day caring for my mum and spending quality time with my kids in such a supportive environment was beyond amazing.

It felt like a mini holiday where we all got to bond, laugh, and share stories with others who truly understand the journey we're on. Can't express how much it meant to me. Count me in for the next one, for sure!

feedback



I wanted to share some Positive feedback regarding your green social Prescribing Project. I've observed a significant Positive impact on my Patients' confidence and social connections since they began Participating.

I highly recommend Ray of Light based on the Positive experience my Patient has had.

feedback



Dealing with stage 4 lung cancer is a daily challenge, but your group has been a lifeline for me.

Attending your group each week means more to me than words can express. I have found a Place where I feel welcomed and accepted. In a world where I often feel like an outsider, your group is the one Place where I feel truly understood.

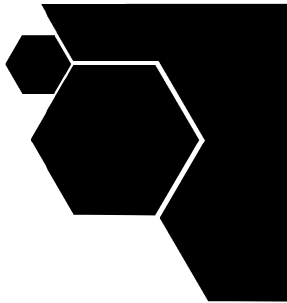
Thank you for Providing a space where I can be myself, where I can choose to Participate or simply sit back and enjoy the company. Your kindness and has made a world of difference in my Journey.

feedback



I've lost multiple family members to cancer. My sister, my father, grandparents. I had a breakdown, and my GP referred me to Ray of Light. You're with likeminded People, you can relate to others. You don't have to talk, you can just listen. They're like a second family to me!

feedback



| Chair's Report

I have been very happy to have been part of the charity for another year, and this year I was thrilled to be voted Chair again at our AGM. It has been incredibly rewarding to be part of the charity since 2009 and to see the continuous growth over the last year.

The services we have to offer continue to expand, and it is wonderful to see more and more people attending our support groups and enjoying the events we have to offer. The positive impact we have on the lives of those affected by cancer is something we can all be proud of, and it's heartening to witness the growing sense of community within our sessions.

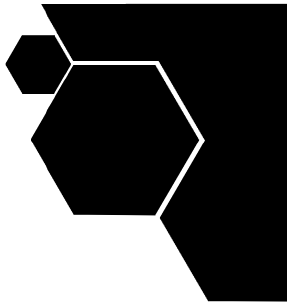
Looking ahead, I am excited to see what the next year brings for Ray of Light Wales. I have full confidence in our ability to continue developing and making a difference in the lives of many.

I would like to extend my heartfelt thanks to the Board of Trustees for their continued hard work and commitment over the last year. A special thank you to Sue, Becci, Anne, Becky, and Katie for their unwavering dedication to the organisation. I would also like to express my deep gratitude to our volunteers, whose support is integral to the success of Ray of Light.

Together, we have achieved so much, and I look forward to what we will accomplish in the coming year!

Sofia Spagnoli

Chair



A Year of Growth and Gratitude: Achievements in 2023/24

This year has been an incredible journey of growth, gratitude, and collaboration. With the amazing support of The National Lottery Community Fund Grant and through co-production with our beneficiaries, our Just ASK Project (Access, Support & Kindness) has created safe, welcoming spaces for beneficiaries and families affected by cancer.

By listening to the voices of those we support, we've been able to shape our services to better meet their needs. We have reached 1,494 beneficiaries, a true reflection of the power of teamwork, compassion, and the dedication of our Staff, Volunteers, Funders, and Partners. Together, we've achieved so much and will continue to work with those who need us most.

Highlights of the Year

Family Events:

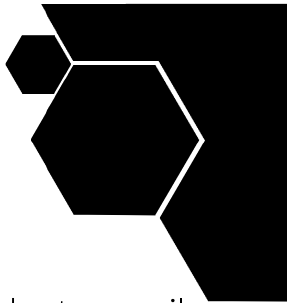
This year, we have created heartfelt opportunities for families to come together, escape the challenges of their daily lives, and simply be with one another. Through trips, days out, and shared experiences, these moments have allowed families to create precious memories that will last a lifetime. For many, these events offered a rare chance to laugh, connect, and find joy in each other's company, reminding them of the strength and love that unites them, even during the most difficult times.

Art Therapy and Arts & Crafts:

These sessions provided participants with a creative outlet for self-expression and stress relief, both online and in-person at our weekly groups. Many shared how these moments of connection eased their stress and brought comfort.

Weekly Holistic Therapies, Including Chair Yoga:

Gentle and inclusive, these sessions nurtured both physical and emotional well-being. Participants described them as a "lifeline," offering calm, renewed energy, and the flexibility to join online when caring or other responsibilities made in-person attendance difficult.



Connecting with Nature Groups:

In the serene woodlands of Cynon Valley Organics, beneficiaries enjoyed a tranquil retreat filled with light activity, friendship, and “ME time.” Time spent in nature helped them feel re-energised and supported by peers.

The Ray of Light Warblers Choir:

Weekly music sessions brought joy and harmony, culminating in a special recording for the Lleswyl Festival 2024, in partnership with Daring to Dream Charity. These sessions not only lifted spirits but also fostered a deep sense of belonging and created lasting memories.

Green Social Prescribing:

Collaborating with Velindre Cancer Centre, we offered mindfulness and outdoor activities to help participants reconnect with nature. Many reported reduced anxiety, improved clarity, and moments of emotional balance.

Telephone Befriending Service:

For those unable to attend in person, this compassionate service provided a listening ear and emotional support. It proved to be a lifeline for many, reducing loneliness and fostering connection.

Amser I Mi – Me Time Respite for Carers:

Supported by Carers Trust, this initiative offered carers family events, retreats, and grants to recharge. Carers felt recognised, valued, and empowered to continue their caring roles with renewed strength.

Winter Warm Hubs:

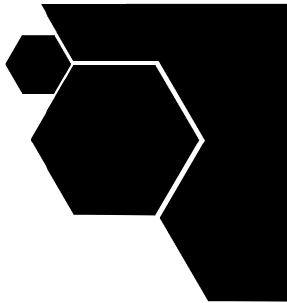
As part of the RCT initiative, we provided a warm hub with a wholesome meal, we distributed winter care packs and energy-awareness kits. These acts of kindness not only provided warmth but also conveyed a sense of community and support during challenging times.

Looking Ahead: Building a Brighter Future

As we move forward, we remain deeply committed to providing tailored, compassionate care for our community. Our future plans include:

- Expanding family bereavement support
- Introducing innovative projects to foster healing and connection
- Continuing to create safe spaces where beneficiaries can find solace, strength, and understanding

With secured funding for the next three years, we are excited to expand our reach and welcome even more beneficiaries and families into our community.



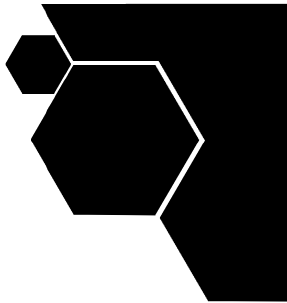
A Heartfelt Thank You

To our incredible Volunteers, Staff, Funders, and Partners thank you. Your kindness and generosity make it possible for us to stand alongside those navigating life with cancer, offering comfort, light, and hope every step of the way.

Together, we are making a real and lasting difference in the lives of so many.

Sue Norris

Founder and CEO



Special thanks

Our amazing Staff and dedicated Volunteers

Ruth Bradshaw - Singing Director

Melanie Holly-Jones

Wizard Communications

Rhiannon Freshney - Sustainability Manager Velindre Cancer Centre

Sam Holliday - Maggie's Cardiff

Kath Bownds - Book-Keeping

Paul Burnell - C M Management Services

Janis Werrett - Cynon Valley Organic Adventures

Interlink

Carers Trust Wales

Helen Ley - Macmillan Engagement Lead

Funders

National Lottery Community Fund

Interlink

Carers Trust Wales

Welsh Government

Community Matters Fund

Macmillan Cancer Support

Rhondda Cynon Taff

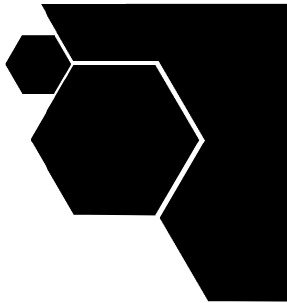
Website - www.rayoflightwales.org.uk

Facebook - www.facebook.com/rayoflightwales

Twitter - @rayoflightwales

Instagram - ray_of_light_cancer_support

www.youtube.com/channel/UCJohKzfA-YIpIJTVx9VYUog



Treasurer's Report

It is my privilege to present our audited accounts and express heartfelt gratitude to Paul Burnell of C Management Services for his efficient and thorough handling of another year's registered accounts.

Since our founding in 2009, our commitment to supporting those affected by cancer has remained steadfast. I am proud to report that we have further enhanced our hybrid support system, increasing the accessibility of our services. Through the "Just ASK Project" (Access, Support & Kindness), we continue to provide free resources to ensure help is available to everyone who needs it.

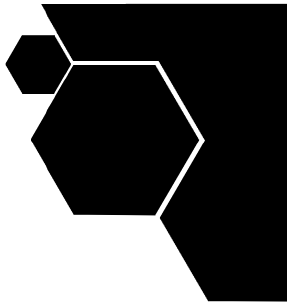
Our partnerships across Cardiff, RCT, Bridgend, and The Vale have been strengthened by working alongside esteemed organisations such as Velindre Cancer Centre, Coalfields CRT Together, Marie Curie, Macmillan Cancer Support, MIND, Maggie's Cardiff, Carers Trust Wales, and others. These collaborations are vital in extending the reach and impact of our work.

We remain committed to transparency and compliance with Charity Commission regulations, underpinned by robust financial monitoring. Funders receive quarterly reports with real-time data, demonstrating the meaningful outcomes their support enables.

We continue to benefit from the National Lottery Community Fund Grant, which plays a crucial role in sustaining our services. Additionally, we are delighted to have secured funding from Carers Trust through the "Amser Me Time" initiative. This program offers essential respite and support for carers of loved ones with cancer, profoundly impacting their lives by giving them the opportunity to recharge and focus on their well-being.

None of these accomplishments would be possible without the extraordinary dedication of our staff and volunteers and trustees. Their compassion, commitment, and tireless efforts are the foundation of our success, and we are sincerely grateful for all they do.

Lisa Nurton
Treasurer



Contact Us



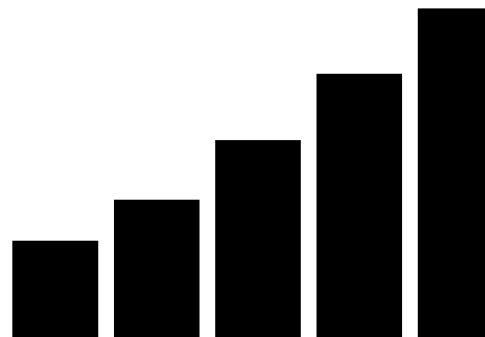
07971349703



contactus@rayoflightwales.org.uk



www.rayoflightwales.org.uk



RAY OF LIGHT CANCER SUPPORT
FOR THE YEAR ENDED 31ST MARCH 2024
CHARITY INFORMATION

Trustees:	Sofia Spagnoli Lisa Nurton Sindy Richards
Charitable position:	Registered Charity number 1190392
Governing Document:	CIO Foundation Model dated 13 th July 2020
Address for correspondence:	The Meadows, Peterston Road, Groesfaen, Pontyclun CF72 8NU
Independent Examiner:	Paul Burnell ACMI C Management Services 69 Velindre Road CARDIFF CF14 2TF
Bankers:	Lloyds Bank 514 Cowbridge Road East Cardiff CF5 1BL

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF RAY OF LIGHT CANCER SUPPORT

I report on the accounts of the Trust for the period ended 31st March 2024, which are set out below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me reasonable cause to believe that in any material respect:

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

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

Paul Burnell

Paul Burnell ACMI

Date: 28th November 2024

For and on behalf of:

C Management Services (trading name of C Mgmnt Services Ltd)
69 Velindre Road, Cardiff CF14 2TF

RAY OF LIGHT CANCER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31st MARCH 2024

	Not e	Unrestri cted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
RECEIPTS					
<i>Receipts from generated funds</i>	2	1,770	-	1,770	1,974
<i>Receipts from charitable activities</i>	3	-	-	-	-
<i>Other receipts</i>	4	4,743	187,194	191,937	183,879
Interest received		1	-	1	-
Total Receipts		6,514	187,194	193,708	185,853
PAYMENTS					
Charitable activities	5	38	187,247	187,285	155,779
Governance costs		-	969	969	288
Total payments		38	188,216	188,254	156,067
Net Receipts/(Payments)		6,476	(1,022)	5,454	29,786
Transfers between funds		-	-		
Fund balances at 1 st April 2023		3,412	64,356	67,768	37,982
Fund balances at 31 st March 2023		9,912	63,310	73,222	67,768

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31ST MARCH 2024

1. Fixed Assets

	Insurance Value	
	2024	2023
	£	£
The value of assets owned are:		
Equipment	<u>22,720</u>	<u>22,720</u>
	22,720	22,720

2. Bank & Cash Balances

	2024	2023
	£	£
Cash at bank and in hand	<u>73,222</u>	<u>67,768</u>
	73,222	
67,768		

3. Other Assets and Liabilities

	2024	2023
	£	£
<i>Assets</i>		
Gift aid tax recovery not yet received	-	-
<i>Liabilities</i>		
Unbilled fee for Independent Examination	300	300

The accounts were approved by the Trustees and signed on their behalf on 28th November 2024

Lisa Nurton

The notes below form part of these accounts.

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities

2. Voluntary receipts

2. Voluntary receipts	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Donations	1,770	-	1,770	1,974
	1,770	-	1,770	1,974

3. Receipts from charitable activities

Conferences and events	-	-	-
------------------------	---	---	---

4. Other Receipts

4. Other Receipts	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Grant received	-	187,194	187,194	183,719
Other sundry receipts	4,743	-	4,743	160
	<u>4,743</u>	<u>187,194</u>	<u>191,937</u>	<u>183,879</u>

5. Charitable activities

5. Charitable activities	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£

a. Direct Charitable Costs

Salaries & staff expenses	38	133,669	133,707	99,189
Volunteer expenses	-	1,114	1,114	457
Wellbeing & Activities	-	38,574	38,574	28,663
	38	173,357	173,395	128,309

b. Support and Administration

Premises expenses	-	6,939	6,939	20,261
Office expenses	-	3,694	3,694	3,435
Publicity and Marketing expenses	-	1,722	1,722	2,667
Website & IT expenses	-	1,535	1,535	1,107
Governance	-	969	969	288
	-	14,859	14,859	27,758

6. Staff and Trustees

The charity has five part-time employed members of staff. Its activities are generally carried out by volunteers. No staff received salaries at a rate of more than £60,000 per annum.

No remuneration or trustee expenses were paid to any other trustee during the year, nor to any person connected to them.

7. Restricted Funds

The restricted funds represent amounts received for specific purposes and the movements in the year areas follows:

Fund	Opening Balance £	Receipts £	Payments £	Transfers in the Year £	Closing Balance £
Awards for All	407	-	-	-	407
MacMillan grant	-	13,836	1,439	-	12,397
Moondance Foundation	16,501	-	-	-	16,501
Just Ask Yr 3	-	90,785	74,934	-	15,851
Just Ask Yr 2	19,202	17,558	36,760	-	-
Magic Stars	-	506	506	-	-
Just Ask Yr 2 extra	25,824	-	11,832	-	13,992
Carers Trust	-	10,750	10,750	-	-
RCT Warm Hub & Lunches	1,986	-	1,986	-	-
Prosperity grant	436	-	436	-	-
Amser Project	-	35,909	34,213	-	1,696
Ambassadors	-	275	275	-	-
Green Shoots	-	4,950	4,950	-	-
Lloyds Bank Foundation	-	500	-	-	500
BUPA	-	1,301	1,300	-	1
Carers Grant	-	10,706	8,717	-	1,989
Neighbourly Foundation	-	118	118	-	-
4TOTAL	64,356	187,194	188,216	-	63,334

Accounts



Ray of Light Cancer Support
ANNUAL REPORT 2023

Registered Charity No. 1190392

FOREWORD

A Volunteer's View - Odette



Odette's journey with Ray of Light began this year, after we crossed paths at a networking event. Drawn by our organisation's mission, she stepped forward, driven by an unwavering commitment to give back.

Her volunteering journey found its purpose in the maintenance of our cherished outdoor space in Abercynon. Odette devoted her time and energy to nurture and preserve this haven, recognising the solace it offers to those navigating their own cancer journeys. Through her efforts, she became a beacon of positivity, transforming our surroundings into an oasis of tranquillity.

Odette said "As someone that has had many members of my family suffer from cancer, having the opportunity to give back is just wonderful. Working outside

and making a space that will help others heal both mentally and physically and seeing a smile on their face is a gift in itself. Also, trying to be sustainable and creative in what and how we use things is a great opportunity. I have made some lovely friends already and I hope that as the weather changes more people will be able to use the space outside.”

Odette’s story is a testament to the transformative power of compassion and community. Her selfless dedication exemplifies the spirit of Ray of Light, embodying the belief that even the smallest gestures can illuminate the lives of those affected by cancer. Her presence has brought warmth and care to our organisation, leaving a mark on the hearts of everyone she has touched.

Thank you Odette!

MISSION STATEMENT

To offer the best possible support to anyone affected by cancer. Ray of Light Cancer Support is dedicated to ensuring that people impacted by cancer have the opportunity to access free social, practical and emotional support.

No one should face cancer alone, we provide the support that is proven to improve overall health outcomes and allows us to offer needs led support.

Ray of Light Cancer Support is a welcoming community, a place to go for free support for everyone, along with their families, friends and carers.

FEEDBACK



“

FEEDBACK

Living alone with a disability and no family can be challenging, but your weekly phone calls have truly been my "Ray of Light." The crafts and books you send not only fill my day but also fill my heart with gratitude. As my treatment takes its toll, your empathy and care shine through, and I can't thank you enough for making a meaningful difference in my life. Your support means the world to me

”

“

FEEDBACK

I recently attended a conference at Cardiff University where we had the pleasure of hearing about the support you offer and your Green Social Prescribing Groups. Your service truly is a breath of fresh air, providing a welcome respite during what can be an otherwise stressful and worrying time. Thank you for offering such valuable support and contributing to a more holistic approach to well-being for those affected by cancer.

”



Chairs Report

I have had the privilege of another year as chair for Ray of light Cancer support and it has been amazing to see and be part of the events that Ray of light has to offer.

The organisation is continuing to grow with the services that we have to offer and the people that receive support from us has grown considerably too.

We have been involved in a government funded project called Amser I Mi where we have been able to offer breaks for carers, hotel stays and weekend family events where they can take part in individual or group activities alongside our normal weekly groups. The project also offers day trips and cinema/bowling vouchers. Our trips to Noah's Ark Farm and Parkwood Brecon were both a success.

Our site in Abercynon continues to grow and we have expanded the site by adding a unit where we can store our crafting tools and is also a place for our activities to take place if the weather doesn't allow for it outdoors. Our choir is also still a popular activity and is now taking place weekly instead of monthly.

As well as being a trustee for Ray of Light, I work for Welsh Water. They support a different charity every month and they have been able to promote the organisation within the workplace, promoting and letting people know who we are and what services we have to offer.

I look forward to seeing what the next year has to bring. It has been an honour to be part of this wonderful organisation for the last 13 years and I look forward to continuing my role with this amazing charity and the work that we have to offer.

Finally, I would like to give thanks again to the board of Trustees and to the dedication and hard work to Sue, Becci, Anne and Katie for their continued hard work and to the amazing volunteers who continue to support Ray of Light Cancer support.

Thank you.

Sofia Spagnoli

Chair

The Team



Sue

I want to express our heartfelt gratitude for the continued support from The National Lottery, which has propelled The Just ASK Project into its third year of success. We have tailored our services to address the unique needs of those affected by cancer.

Through a diverse range of activities such as Art Therapy, Arts & Crafts, Social Horticultural Therapy, Family Events, Weekend Retreats, Tubing, Family Sessions, and Yoga, we've created a supportive community. Our renowned Ray of Light Warblers choir now meets weekly, contributing to the vibrancy of our offerings.

This year, our groups have expanded, touching the lives of 1,296 beneficiaries through the dedication of our Volunteers and Staff. The Telephone Befriending Service has been crucial in reducing isolation, providing a listening ear, and offering emotional support.

In collaboration with Velindre Cancer Centre, our Green Social Prescribing sessions have flourished, offering a non-judgmental space for anyone affected

by cancer. From outdoor crafts to mindfulness, each session fosters connections and supports well-being during challenging times. There is nothing more rewarding than seeing the changes and increased self-esteem and confidence our groups bring.

Our groups at Abercynon, Barry and Bridgend have grown, providing a space for those affected by cancer to come together, create crafts, connect with nature, and create lasting memories. Despite the emotional challenges, our events are filled with laughter and enjoyment, underscoring their vital importance.

Thanks to the Carers Trust funding for our "Amser Me Time" initiative, we've been able to make a significant difference for those who selflessly support a loved one with cancer. This programme, designed to provide much-needed respite and support for carers, has not only offered a break but also created a meaningful impact on their well-being. We're grateful for the support that allows us to make a positive difference.

Our Social Horticultural Therapy Groups provide a nurturing space where people affected by cancer can engage in plant care, increase physical activity, and forge meaningful friendships. This unique initiative not only supports the well-being of participants but also creates a supportive community, fostering both physical and emotional growth. We're proud to offer a space where individuals can find solace, connection, and the therapeutic benefits of nurturing plants together.

As we navigate hybrid approaches in response to the evolving needs of our beneficiaries, we remain dedicated to providing support through bereavement and end-of-life care. The privilege of being part of the development and operational management of Ray of Light Cancer Support is so rewarding.

Our groups are truly unique, comprising of cancer patients, carers, friends, and relatives who come together to create activities and enjoy a much-needed break. While we understand that these gatherings can't change the circumstances, they undoubtedly provide a valuable source of support and relief. The shared experiences and activities foster a sense of community and offer moments of respite, making a positive impact on the well-being of all involved.

We are truly blessed and would like to say a HUGE thank you to our amazing Staff and Volunteers for being an integral part and back bone of our charity. We look forward to continuing our successful partnership and further developing our services this year.

Sue Norris Founder and Operational Director

Becci

As the Senior Project Co-Ordinator and Project Leader for Amser I Mi at Ray of Light Cancer Support, my role includes a wide range of responsibilities that revolve around providing comprehensive support and care to our community.

One of my key responsibilities is to ensure that I am present and engaged with our beneficiaries by attending all of our support groups. This commitment allows me to establish a strong connection with our beneficiaries, fostering trust, and providing a dependable source of support.

In addition to my project leadership and co-ordination responsibilities, I volunteer weekly at our Warblers choir sessions. These sessions provide an opportunity for our community members to come together, find joy in music, and build meaningful connections. My involvement in these sessions reflects my dedication to creating moments of happiness and togetherness.

Ultimately, my role as Senior Project Co-Ordinator and Project Leader revolves around providing unwavering support to our beneficiaries. I am committed to being a compassionate and empathetic presence in their lives, offering a helping hand and a listening ear during their journey through the challenges of cancer. My dedication to the well-being of our beneficiaries is at the core of my role, and I am honoured to be part of the Ray of Light team.

Anne

The past year at Ray of Light Cancer Support has seen a lot of growth in our Weekly Groups.

I work part time as Community Project Co-Ordinator and attend the Connecting with Nature Group at Velindre Cancer Centre which is thoroughly enjoyed by all our Service Users, the same familiar faces, and the new ones. We have enjoyed social horticultural therapy, pyrography, carving, arts &

crafts, gardening projects and the new Hive project with our new home in the Velindre Grounds.

Our New Amser Project has also been a great success, I have taken part in the weekend activity break and other events with children & families enjoying outside life & Fun Activities and have have seen families having fun, laughter and enjoyment during their journey.

I also support beneficiaries who are in receipt of telephone be-friending which has helped those who are not able to access the Community but make them still feel part of our Family. I provide regular weekly calls and home delivered crafts/books help them with their journey.

I am solely responsible for the setting up and co-ordinating the sale of books which runs throughout the year. This project helps recycles books in a local Hairdressers, B Beautiful, Cardiff. Donations are made which help raise funds which have been used for snacks/treats and selection boxes for our families who attend our Events. I constantly collect books for this little project. I also attend local Raising Awareness Events which are enjoyable and necessary to spread the good projects that we have.

One day a year I Have my Day to Make a Difference from my employer, Lloyds Bank to also support the project and raise vital funds.

Our Team, work together as one to include and ensure that any person that attend Ray of Light Services have a great, well supported unique experience.

I am proud to be part of the Team.

Katie

As a Project Co-ordinator, my role involves overseeing and managing various aspects of Ray of Light Cancer Supports Community Projects. This may include coordinating and organising groups for beneficiaries, trips, and events, liaising with volunteers and stakeholders, managing project timelines and budgets, and ensuring the smooth implementation of Ray of Lights objectives. My main focus is on ensuring that support and resources are delivered to anyone affected by cancer within our community in South-East Wales.

A part of my role that I enjoy is getting to meet beneficiaries that attend the groups and events. It's an honour to be able to hear their stories and partake

in their journey. Our therapeutic groups provide a safe and supportive environment for individuals affected by cancer to come together and connect with others who have similar experiences. These groups aim to combine socialisation and engagement in activities with the opportunity to openly discuss the challenges and emotions associated with cancer. Whether someone is a patient, a caregiver, or a loved one of someone who has been diagnosed, these groups offer a platform to engage with professionals, exchange advice, and can give beneficiaries solace in knowing they are not alone.

As a Digital Marketing and Fundraising Officer at Ray of Light, my role entails employing digital marketing strategies to raise funds and awareness for Ray of Light Cancer Support. This can involve creating and implementing online fundraising campaigns, managing social media platforms, and developing engaging content. Part of my role means I am responsible for securing funding through grants to support our various projects by researching and identifying potential grant opportunities that are suitable for our organisation. I work closely with the team to gather necessary data, statistics, and case studies that showcase the impact the grant has had on our organisation.

Both roles are crucial in supporting Ray of Light Cancer Supports vision and goals. Together, these roles contribute to the overall success and impact of the project in providing valuable support to individuals affected by cancer within the community.

‘Sometimes all we need is a little bit of hope, a helping hand, and a listening ear. Be that support for someone in their darkest moments and you may just be their guiding light.’

OUR FACILITATOR

Becky

The hub had been such a great contribution it's provided a reliable base where people have attended whatever the weather, regardless of feeling unwell. It's sheltered us from the sun in summer, autumn winds and Welsh rain. The area around the hub has been developing with flowers vegetables and willow for us to share with our groups.

We've developed our whittling skills making Deep sea glowing fish, beach scenes, mushrooms and love spoons. It's been wonderful seeing the group developing their pyrography skills.

In Velindre we've expanded from our craft container area to redecorate a lovely summerhouse. It's a lovely setting for our tea parties and gives us a peaceful space to take time for quiet one to one chats. The group is so keen with people attending every week through the year encouraging friends and family to join us. We've been making willow baskets, beach themed crafts such as wooden mackerel and beach huts, lots of pyrography as well as art sessions led by a local artist. We held an Easter event making Easter bunny wreaths and using shave horses to make hazel flowers.

We have started running social horticultural therapy courses. The group planned prepared and planted stunning flowerbeds, planted herb containers, made flower arrangements and Kokedama moss balls. It's been so lovely to see the more experienced gardeners sharing their skills and knowledge. One lovely thing about the variety of experiences we give each group is that each individual has a chance to be the expert guiding the others whether they are a participant, a leader or a volunteer. This was so true with the gardening, but I've seen it with the woodcraft, painting, pyrography, willow weaving even axe throwing. It's part of the magic that we teach and nurture each other and so develop strong bonds. I think that's why we have such a warm and cohesive group who quickly absorb new members into the fold. It's also the reason why participants are so keen to encourage others to join us.

We've had so many exciting events, these too help us develop bonds. It is no surprise that I've heard more than one person describe groups feeling like family. I can see long term attendance at our sessions is a great support to our participants.

Trips to the zoo, residential courses at outdoor pursuits centre, Halloween climbing towers in monster mine, axe throwing in Central Cardiff.

GREEN SOCIAL PRESCRIBING AND SOCIAL HORTICULTURAL THERAPY

Our Social Horticultural Therapy Group represents more than just a gardening initiative - it's a nurturing haven, a source of exercise, and a profound support system for those affected by the challenges of cancer.

Over the course of four weeks, this group blossomed into a sanctuary where participants discovered the therapeutic power of gardening. Beyond the vibrant colours and scents of the garden, it fostered a sense of community and healing.

Beneficiaries engaged in various horticultural activities, cultivating not just plants but also resilience and hope. Through planting, nurturing, and harvesting, they found a sense of accomplishment and connection with nature, uplifting spirits and fostering a sense of purpose.

Shared experiences, stories, and laughter created an environment of understanding and empathy. Participants found solace in knowing they're not alone in their struggles.







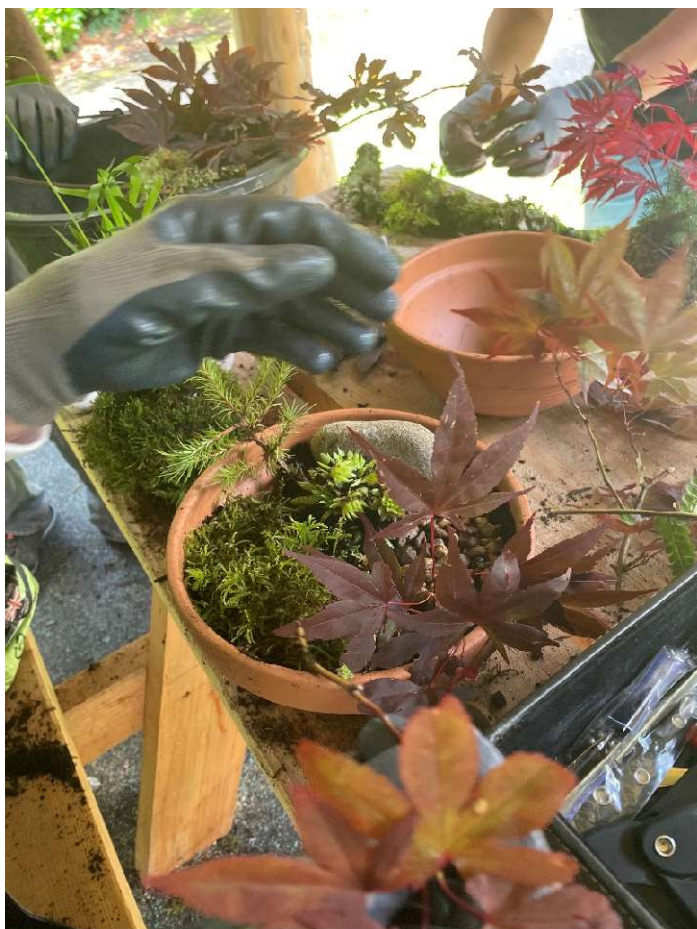
In a span of four transformative weeks, our efforts at Velindre went beyond nurturing plants; we cultivated a sense of rejuvenation and joy for both staff and patients through the restoration of raised beds and the creation of personalised green treasures.

The restoration of the raised beds stands as a testament to our collective dedication. By reviving these spaces, we've not only beautified the surroundings but also created tranquil sanctuaries for staff and patients to enjoy amidst their daily routines.

The crafting of moss balls, herb gardens, and teacup flowers was a labor of love. Moreover, these creations weren't just crafted, they were gifts of empowerment. The moss balls and herb gardens offered beneficiaries the chance to nurture life and witness its flourishing, while the teacup flowers became tokens of beauty and serenity to grace their homes, reminding them of the therapeutic journey shared at Velindre.

The impact of these creations extends far beyond their physical form. They represent the culmination of shared experiences, the embodiment of teamwork and of newfound hope. Each restored bed, each moss ball, herb garden, and teacup flower represented the spirit of resilience and serves as a reminder of the transformative power of nature and collective effort in fostering healing and joy amidst the challenges of cancer.





Special Thanks to:

Our amazing Staff and dedicated Volunteers

Ruth Bradshaw - Singing Director

Melanie Holly-Jones

Rhiannon Freshney - Sustainability Manager Velindre Cancer Centre

Sam Holliday - Maggie's Cardiff

Kath Bownds – Book-keeping

Paul Burnell - C Management Services

Janis Werrett - Cynon Valley Organic Adventures

Interlink

Carers Trust Wales

Welsh Government

Helen Ley - Macmillan Engagement Lead

Funders

National Lottery Community Fund

Interlink

NEA Energy Awareness

Magic Stars

Community Matters Fund

Macmillan Cancer Support

Website - www.rayoflightwales.org.uk

Facebook - www.facebook.com/rayoflightwales

Twitter - @rayoflightwales

Instagram - ray_of_light_cancer_support

www.youtube.com/channel/UCJohKzfA-YlpIJTVx9VYUog

Treasurer's Report

I am pleased to submit our audited accounts and extend sincere thanks to Paul Burnell of C Management Services for his prompt and thorough service in managing our third year of registered accounts.

Since 2009, our commitment to supporting those affected by cancer has been unwavering, and I am delighted to share that we have implemented a fully operational hybrid system of support to broaden access to our services. Under our "Just ASK Project (Access, Support & Kindness)," we continue to provide our resources free of charge, ensuring inclusivity for all.

Our strong partnerships and networks in Cardiff, Cwm Taf Morgannwg, and surrounding areas have been validated by esteemed organisations including Velindre Cancer Centre, Macmillan Cancer Support, MIND, Maggie's Cardiff, Carers Trust Wales, and others.

To maintain transparency and compliance with charity commission governance, our accounting system undergoes regular monitoring, allowing immediate access to statistical and financial information. Quarterly reports are diligently shared with our funders, keeping them informed about the positive impact of our work.

As we enter our third year of the National Lottery Community Fund Grant, we are grateful to have secured additional funds for energy awareness sessions, free energy-saving packs, and bereavement support.

It's truly heartening to share the positive impact of our Carers Trust funding for carers through our "Amser Me Time" initiative. This programme, specifically designed to provide respite and support for individuals caring for a loved one with cancer, has made a significant difference. We've witnessed firsthand the positive changes and relief it brings to the lives of these dedicated carers, offering them much-needed time for themselves. We are immensely grateful for the support that allows us to make a meaningful difference in the lives of those who give so much to others.

These accomplishments stand as a testament to the unwavering support of our hardworking, caring, and committed staff and volunteers. We express our deepest gratitude for their invaluable contributions, as we genuinely value and appreciate all that they do.

Lisa Nurton

Treasurer

8th December 2023

**RAY OF LIGHT CANCER SUPPORT
FOR THE YEAR ENDED 31ST MARCH 2023
CHARITY INFORMATION**

Trustees:	Sofia Spagnoli Lisa Nurton Sindy Richards
Charitable position:	Registered Charity number 1190392
Governing Document:	CIO Foundation Model dated 13 th July 2020
Address for correspondence:	The Meadows, Peterston Road, Groesfaen, Pontyclun CF72 8NU
Independent Examiner:	Paul Burnell ACMI C Management Services 69 Velindre Road CARDIFF CF14 2TF
Bankers:	Lloyds Bank 514 Cowbridge Road East Cardiff CF5 1BL

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF RAY OF LIGHT CANCER SUPPORT

I report on the accounts of the Trust for the period ended 31st March 2023, which are set out below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me reasonable cause to believe that in any material respect:

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

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

Paul Burnell

Paul Burnell ACMI

Date: 8th December 2023

For and on behalf of:

C Management Services (trading name of C Mgmnt Services Ltd)
69 Velindre Road, Cardiff CF14 2TF

RAY OF LIGHT CANCER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31st MARCH 2023

	Not e	Unrestri cted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
RECEIPTS					
<i>Receipts from generated funds</i>	2	1,974	-	1,974	2,819
<i>Receipts from charitable activities</i>	3	-	-	-	-
<i>Other receipts</i>	4	160	183,719	183,879	113,470
Interest received		-	-	-	
Total Receipts		2,134	183,719	185,853	116,289
PAYMENTS					
Charitable activities	5	601	155,178	155,779	122,913
Governance costs		-	288	288	290
Total payments		601	155,466	156,067	123,203
Net Receipts/(Payments)		1,533	28,253	29,786	(6,914)
Transfers between funds		-	-		
Fund balances at 1 st April 2022		1,879	36,103	37,982	44,896
Fund balances at 31 st March 2023		3,412	64,356	67,768	37,982

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31ST MARCH 2023

1. Fixed Assets

	Insurance Value	
	2023	2022
	£	£
The value of assets owned are:		
Equipment	<u>22,720</u>	<u>25,000</u>
	22,720	25,000

2. Bank & Cash Balances

	2023	2022
	£	£
Cash at bank and in hand	<u>67,768</u>	<u>37,982</u>
	67,768	37,982

3. Other Assets and Liabilities

	2023	2022
	£	£
<i>Assets</i>		
Gift aid tax recovery not yet received	-	-
<i>Liabilities</i>		
Unbilled fee for Independent Examination	300	300

The accounts were approved by the Trustees and signed on their behalf on 8th December 2023

Lisa Nurton

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST MARCH 2023

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities

2. Voluntary receipts

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Donations	1,974	-	1,974	2,819
	1,974	-	1,974	2,819

3. Receipts from charitable activities

Conferences and events	-	-	-	-
------------------------	---	---	---	---

4. Other Receipts

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Grant received	-	183,719	183,719	112,857
Other sundry receipts	160	-	160	613
	160	183,719	183,879	113,470

5. Charitable activities

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
a. Direct Charitable Costs				
Salaries & staff expenses	-	99,189	99,189	79,024
Volunteer expenses	-	457	457	2,343
Wellbeing & Activities	-	28,663	28,663	28,141
	-	128,309	128,309	109,508

b. Support and Administration

Premises expenses	601	19,660	20,261	518
Office expenses	-	3,435	3,435	7,843
Publicity and Marketing expenses	-	2,667	2,667	2,455
Website & IT expenses	-	1,107	1,107	2,589
Governance		288	288	290
	601	27,157	27,758	13,695

6. Staff and Trustees

The charity has five part-time employed members of staff. Its activities are generally carried out by volunteers. No staff received salaries at a rate of more than £60,000 per annum.

No remuneration or trustee expenses were paid to any other trustee during the year, nor to any person connected to them.

7. Restricted Funds

The restricted funds represent amounts received for specific purposes and the movements in the year areas follows:

Fund	Opening Balance £	Receipts £	Payments £	Transfers in the Year £	Closing Balance £
Awards for All	407	-	-	-	407
Mental Health Covid Response grant	178	1,034	1,212	-	-
MacMillan grant (2)	1,057	-	1,057	-	-
Moondance Foundation	19,044	-	2,543	-	16,501
Poverty Grant	8	-	8	-	-
Bereavement Group	1,447	-	1,447	-	-
Woodcraft MBSCF	865	-	865	-	-
Coalfields Regeneration	(5,345)	7,000	1,655	-	-
Just Ask Yr 1	18,442	14,144	32,586	-	-
Tesco Outdoors	-	5,000	5,000	-	-
Screwfix Outdoors	-	5,000	5,000	-	-
Jubilee grant	-	500	500	-	-
Kindness grant	-	4,500	4,500	-	-
Just Ask Yr 2	-	92,127	72,925	-	19,202
Magic Stars	-	500	500	-	-
Bridgend Arts	-	1,500	1,500	-	-
Just Ask Yr 2 extra	-	31,180	5,356	-	25,824
Carers Trust	-	11,300	11,300	-	-
RCT Warm Hub & Lunches	-	1,986	-	-	1,986
Prosperity grant	-	7,948	7,512	-	436
TOTAL	36,103	183,719	155,466	-	64,356



Ray of Light Cancer Support
ANNUAL REPORT 2023

Registered Charity No. 1190392

FOREWORD

A Volunteer's View - Odette



Odette's journey with Ray of Light began this year, after we crossed paths at a networking event. Drawn by our organisation's mission, she stepped forward, driven by an unwavering commitment to give back.

Her volunteering journey found its purpose in the maintenance of our cherished outdoor space in Abercynon. Odette devoted her time and energy to nurture and preserve this haven, recognising the solace it offers to those navigating their own cancer journeys. Through her efforts, she became a beacon of positivity, transforming our surroundings into an oasis of tranquillity.

Odette said "As someone that has had many members of my family suffer from cancer, having the opportunity to give back is just wonderful. Working outside

and making a space that will help others heal both mentally and physically and seeing a smile on their face is a gift in itself. Also, trying to be sustainable and creative in what and how we use things is a great opportunity. I have made some lovely friends already and I hope that as the weather changes more people will be able to use the space outside.”

Odette’s story is a testament to the transformative power of compassion and community. Her selfless dedication exemplifies the spirit of Ray of Light, embodying the belief that even the smallest gestures can illuminate the lives of those affected by cancer. Her presence has brought warmth and care to our organisation, leaving a mark on the hearts of everyone she has touched.

Thank you Odette!

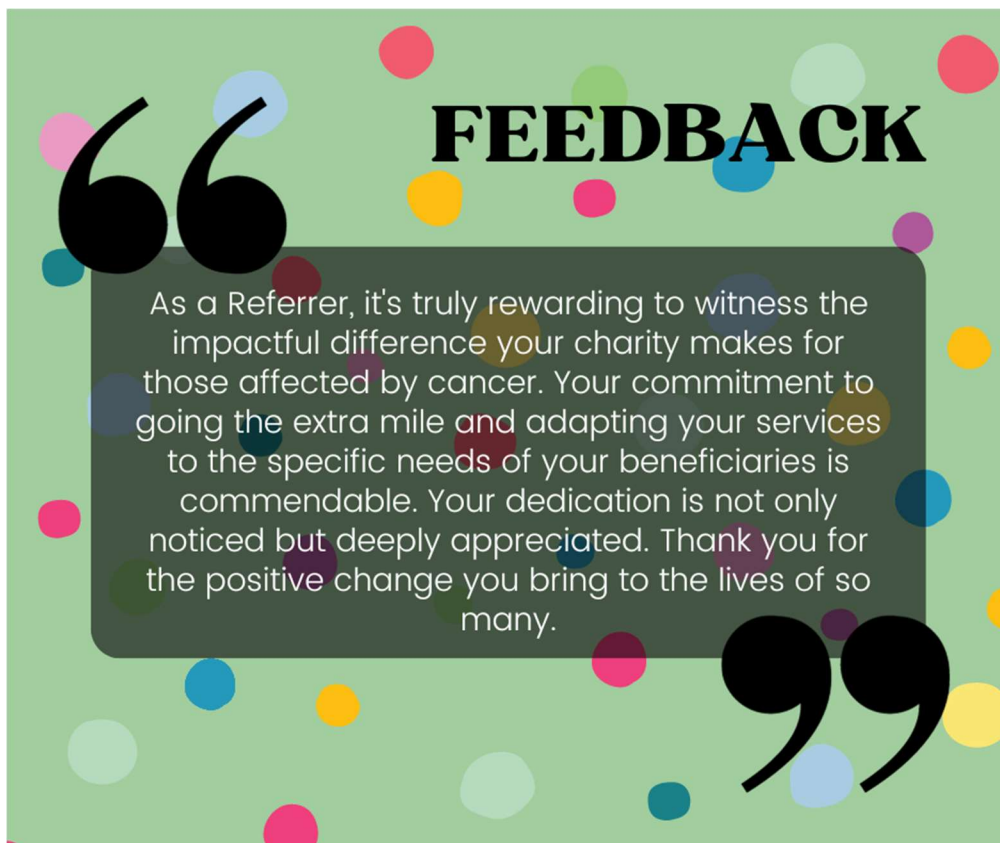
MISSION STATEMENT

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No one should face cancer alone, we provide the support that is proven to improve overall health outcomes and allows us to offer needs led support.

Ray of Light Cancer Support is a welcoming community, a place to go for free support for everyone, along with their families, friends and carers.

FEEDBACK



“

FEEDBACK

Living alone with a disability and no family can be challenging, but your weekly phone calls have truly been my "Ray of Light." The crafts and books you send not only fill my day but also fill my heart with gratitude. As my treatment takes its toll, your empathy and care shine through, and I can't thank you enough for making a meaningful difference in my life. Your support means the world to me

”

“

FEEDBACK

I recently attended a conference at Cardiff University where we had the pleasure of hearing about the support you offer and your Green Social Prescribing Groups. Your service truly is a breath of fresh air, providing a welcome respite during what can be an otherwise stressful and worrying time. Thank you for offering such valuable support and contributing to a more holistic approach to well-being for those affected by cancer.

”



Chairs Report

I have had the privilege of another year as chair for Ray of light Cancer support and it has been amazing to see and be part of the events that Ray of light has to offer.

The organisation is continuing to grow with the services that we have to offer and the people that receive support from us has grown considerably too.

We have been involved in a government funded project called Amser I Mi where we have been able to offer breaks for carers, hotel stays and weekend family events where they can take part in individual or group activities alongside our normal weekly groups. The project also offers day trips and cinema/bowling vouchers. Our trips to Noah's Ark Farm and Parkwood Brecon were both a success.

Our site in Abercynon continues to grow and we have expanded the site by adding a unit where we can store our crafting tools and is also a place for our activities to take place if the weather doesn't allow for it outdoors. Our choir is also still a popular activity and is now taking place weekly instead of monthly.

As well as being a trustee for Ray of Light, I work for Welsh Water. They support a different charity every month and they have been able to promote the organisation within the workplace, promoting and letting people know who we are and what services we have to offer.

I look forward to seeing what the next year has to bring. It has been an honour to be part of this wonderful organisation for the last 13 years and I look forward to continuing my role with this amazing charity and the work that we have to offer.

Finally, I would like to give thanks again to the board of Trustees and to the dedication and hard work to Sue, Becci, Anne and Katie for their continued hard work and to the amazing volunteers who continue to support Ray of Light Cancer support.

Thank you.

Sofia Spagnoli

Chair

The Team



Sue

I want to express our heartfelt gratitude for the continued support from The National Lottery, which has propelled The Just ASK Project into its third year of success. We have tailored our services to address the unique needs of those affected by cancer.

Through a diverse range of activities such as Art Therapy, Arts & Crafts, Social Horticultural Therapy, Family Events, Weekend Retreats, Tubing, Family Sessions, and Yoga, we've created a supportive community. Our renowned Ray of Light Warblers choir now meets weekly, contributing to the vibrancy of our offerings.

This year, our groups have expanded, touching the lives of 1,296 beneficiaries through the dedication of our Volunteers and Staff. The Telephone Befriending Service has been crucial in reducing isolation, providing a listening ear, and offering emotional support.

In collaboration with Velindre Cancer Centre, our Green Social Prescribing sessions have flourished, offering a non-judgmental space for anyone affected

by cancer. From outdoor crafts to mindfulness, each session fosters connections and supports well-being during challenging times. There is nothing more rewarding than seeing the changes and increased self-esteem and confidence our groups bring.

Our groups at Abercynon, Barry and Bridgend have grown, providing a space for those affected by cancer to come together, create crafts, connect with nature, and create lasting memories. Despite the emotional challenges, our events are filled with laughter and enjoyment, underscoring their vital importance.

Thanks to the Carers Trust funding for our "Amser Me Time" initiative, we've been able to make a significant difference for those who selflessly support a loved one with cancer. This programme, designed to provide much-needed respite and support for carers, has not only offered a break but also created a meaningful impact on their well-being. We're grateful for the support that allows us to make a positive difference.

Our Social Horticultural Therapy Groups provide a nurturing space where people affected by cancer can engage in plant care, increase physical activity, and forge meaningful friendships. This unique initiative not only supports the well-being of participants but also creates a supportive community, fostering both physical and emotional growth. We're proud to offer a space where individuals can find solace, connection, and the therapeutic benefits of nurturing plants together.

As we navigate hybrid approaches in response to the evolving needs of our beneficiaries, we remain dedicated to providing support through bereavement and end-of-life care. The privilege of being part of the development and operational management of Ray of Light Cancer Support is so rewarding.

Our groups are truly unique, comprising of cancer patients, carers, friends, and relatives who come together to create activities and enjoy a much-needed break. While we understand that these gatherings can't change the circumstances, they undoubtedly provide a valuable source of support and relief. The shared experiences and activities foster a sense of community and offer moments of respite, making a positive impact on the well-being of all involved.

We are truly blessed and would like to say a HUGE thank you to our amazing Staff and Volunteers for being an integral part and back bone of our charity. We look forward to continuing our successful partnership and further developing our services this year.

Sue Norris Founder and Operational Director

Becci

As the Senior Project Co-Ordinator and Project Leader for Amser I Mi at Ray of Light Cancer Support, my role includes a wide range of responsibilities that revolve around providing comprehensive support and care to our community.

One of my key responsibilities is to ensure that I am present and engaged with our beneficiaries by attending all of our support groups. This commitment allows me to establish a strong connection with our beneficiaries, fostering trust, and providing a dependable source of support.

In addition to my project leadership and co-ordination responsibilities, I volunteer weekly at our Warblers choir sessions. These sessions provide an opportunity for our community members to come together, find joy in music, and build meaningful connections. My involvement in these sessions reflects my dedication to creating moments of happiness and togetherness.

Ultimately, my role as Senior Project Co-Ordinator and Project Leader revolves around providing unwavering support to our beneficiaries. I am committed to being a compassionate and empathetic presence in their lives, offering a helping hand and a listening ear during their journey through the challenges of cancer. My dedication to the well-being of our beneficiaries is at the core of my role, and I am honoured to be part of the Ray of Light team.

Anne

The past year at Ray of Light Cancer Support has seen a lot of growth in our Weekly Groups.

I work part time as Community Project Co-Ordinator and attend the Connecting with Nature Group at Velindre Cancer Centre which is thoroughly enjoyed by all our Service Users, the same familiar faces, and the new ones. We have enjoyed social horticultural therapy, pyrography, carving, arts &

crafts, gardening projects and the new Hive project with our new home in the Velindre Grounds.

Our New Amser Project has also been a great success, I have taken part in the weekend activity break and other events with children & families enjoying outside life & Fun Activities and have have seen families having fun, laughter and enjoyment during their journey.

I also support beneficiaries who are in receipt of telephone be-friending which has helped those who are not able to access the Community but make them still feel part of our Family. I provide regular weekly calls and home delivered crafts/books help them with their journey.

I am solely responsible for the setting up and co-ordinating the sale of books which runs throughout the year. This project helps recycles books in a local Hairdressers, B Beautiful, Cardiff. Donations are made which help raise funds which have been used for snacks/treats and selection boxes for our families who attend our Events. I constantly collect books for this little project. I also attend local Raising Awareness Events which are enjoyable and necessary to spread the good projects that we have.

One day a year I Have my Day to Make a Difference from my employer, Lloyds Bank to also support the project and raise vital funds.

Our Team, work together as one to include and ensure that any person that attend Ray of Light Services have a great, well supported unique experience.

I am proud to be part of the Team.

Katie

As a Project Co-ordinator, my role involves overseeing and managing various aspects of Ray of Light Cancer Supports Community Projects. This may include coordinating and organising groups for beneficiaries, trips, and events, liaising with volunteers and stakeholders, managing project timelines and budgets, and ensuring the smooth implementation of Ray of Lights objectives. My main focus is on ensuring that support and resources are delivered to anyone affected by cancer within our community in South-East Wales.

A part of my role that I enjoy is getting to meet beneficiaries that attend the groups and events. It's an honour to be able to hear their stories and partake

in their journey. Our therapeutic groups provide a safe and supportive environment for individuals affected by cancer to come together and connect with others who have similar experiences. These groups aim to combine socialisation and engagement in activities with the opportunity to openly discuss the challenges and emotions associated with cancer. Whether someone is a patient, a caregiver, or a loved one of someone who has been diagnosed, these groups offer a platform to engage with professionals, exchange advice, and can give beneficiaries solace in knowing they are not alone.

As a Digital Marketing and Fundraising Officer at Ray of Light, my role entails employing digital marketing strategies to raise funds and awareness for Ray of Light Cancer Support. This can involve creating and implementing online fundraising campaigns, managing social media platforms, and developing engaging content. Part of my role means I am responsible for securing funding through grants to support our various projects by researching and identifying potential grant opportunities that are suitable for our organisation. I work closely with the team to gather necessary data, statistics, and case studies that showcase the impact the grant has had on our organisation.

Both roles are crucial in supporting Ray of Light Cancer Supports vision and goals. Together, these roles contribute to the overall success and impact of the project in providing valuable support to individuals affected by cancer within the community.

‘Sometimes all we need is a little bit of hope, a helping hand, and a listening ear. Be that support for someone in their darkest moments and you may just be their guiding light.’

OUR FACILITATOR

Becky

The hub had been such a great contribution it's provided a reliable base where people have attended whatever the weather, regardless of feeling unwell. It's sheltered us from the sun in summer, autumn winds and Welsh rain. The area around the hub has been developing with flowers vegetables and willow for us to share with our groups.

We've developed our whittling skills making Deep sea glowing fish, beach scenes, mushrooms and love spoons. It's been wonderful seeing the group developing their pyrography skills.

In Velindre we've expanded from our craft container area to redecorate a lovely summerhouse. It's a lovely setting for our tea parties and gives us a peaceful space to take time for quiet one to one chats. The group is so keen with people attending every week through the year encouraging friends and family to join us. We've been making willow baskets, beach themed crafts such as wooden mackerel and beach huts, lots of pyrography as well as art sessions led by a local artist. We held an Easter event making Easter bunny wreaths and using shave horses to make hazel flowers.

We have started running social horticultural therapy courses. The group planned prepared and planted stunning flowerbeds, planted herb containers, made flower arrangements and Kokedama moss balls. It's been so lovely to see the more experienced gardeners sharing their skills and knowledge. One lovely thing about the variety of experiences we give each group is that each individual has a chance to be the expert guiding the others whether they are a participant, a leader or a volunteer. This was so true with the gardening, but I've seen it with the woodcraft, painting, pyrography, willow weaving even axe throwing. It's part of the magic that we teach and nurture each other and so develop strong bonds. I think that's why we have such a warm and cohesive group who quickly absorb new members into the fold. It's also the reason why participants are so keen to encourage others to join us.

We've had so many exciting events, these too help us develop bonds. It is no surprise that I've heard more than one person describe groups feeling like family. I can see long term attendance at our sessions is a great support to our participants.

Trips to the zoo, residential courses at outdoor pursuits centre, Halloween climbing towers in monster mine, axe throwing in Central Cardiff.

GREEN SOCIAL PRESCRIBING AND SOCIAL HORTICULTURAL THERAPY

Our Social Horticultural Therapy Group represents more than just a gardening initiative - it's a nurturing haven, a source of exercise, and a profound support system for those affected by the challenges of cancer.

Over the course of four weeks, this group blossomed into a sanctuary where participants discovered the therapeutic power of gardening. Beyond the vibrant colours and scents of the garden, it fostered a sense of community and healing.

Beneficiaries engaged in various horticultural activities, cultivating not just plants but also resilience and hope. Through planting, nurturing, and harvesting, they found a sense of accomplishment and connection with nature, uplifting spirits and fostering a sense of purpose.

Shared experiences, stories, and laughter created an environment of understanding and empathy. Participants found solace in knowing they're not alone in their struggles.







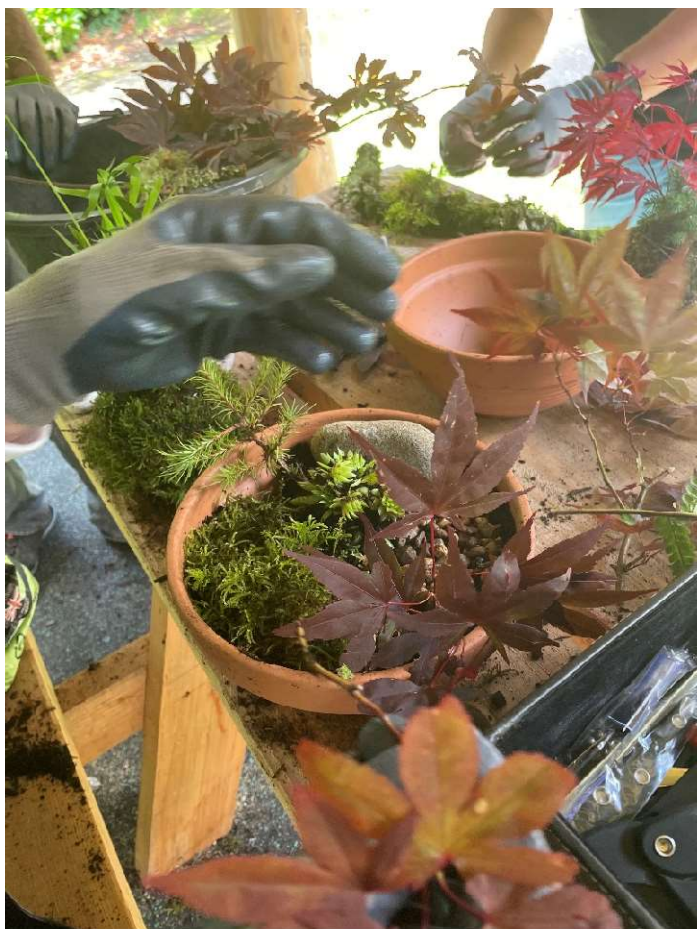
In a span of four transformative weeks, our efforts at Velindre went beyond nurturing plants; we cultivated a sense of rejuvenation and joy for both staff and patients through the restoration of raised beds and the creation of personalised green treasures.

The restoration of the raised beds stands as a testament to our collective dedication. By reviving these spaces, we've not only beautified the surroundings but also created tranquil sanctuaries for staff and patients to enjoy amidst their daily routines.

The crafting of moss balls, herb gardens, and teacup flowers was a labor of love. Moreover, these creations weren't just crafted, they were gifts of empowerment. The moss balls and herb gardens offered beneficiaries the chance to nurture life and witness its flourishing, while the teacup flowers became tokens of beauty and serenity to grace their homes, reminding them of the therapeutic journey shared at Velindre.

The impact of these creations extends far beyond their physical form. They represent the culmination of shared experiences, the embodiment of teamwork and of newfound hope. Each restored bed, each moss ball, herb garden, and teacup flower represented the spirit of resilience and serves as a reminder of the transformative power of nature and collective effort in fostering healing and joy amidst the challenges of cancer.





Special Thanks to:

Our amazing Staff and dedicated Volunteers

Ruth Bradshaw - Singing Director

Melanie Holly-Jones

Rhiannon Freshney - Sustainability Manager Velindre Cancer Centre

Sam Holliday - Maggie's Cardiff

Kath Bownds – Book-keeping

Paul Burnell - C Management Services

Janis Werrett - Cynon Valley Organic Adventures

Interlink

Carers Trust Wales

Welsh Government

Helen Ley - Macmillan Engagement Lead

Funders

National Lottery Community Fund

Interlink

NEA Energy Awareness

Magic Stars

Community Matters Fund

Macmillan Cancer Support

Website - www.rayoflightwales.org.uk

Facebook - www.facebook.com/rayoflightwales

Twitter - @rayoflightwales

Instagram - ray_of_light_cancer_support

www.youtube.com/channel/UCJohKzfA-YlpIJTVx9VYUog

Treasurer's Report

I am pleased to submit our audited accounts and extend sincere thanks to Paul Burnell of C Management Services for his prompt and thorough service in managing our third year of registered accounts.

Since 2009, our commitment to supporting those affected by cancer has been unwavering, and I am delighted to share that we have implemented a fully operational hybrid system of support to broaden access to our services. Under our "Just ASK Project (Access, Support & Kindness)," we continue to provide our resources free of charge, ensuring inclusivity for all.

Our strong partnerships and networks in Cardiff, Cwm Taf Morgannwg, and surrounding areas have been validated by esteemed organisations including Velindre Cancer Centre, Macmillan Cancer Support, MIND, Maggie's Cardiff, Carers Trust Wales, and others.

To maintain transparency and compliance with charity commission governance, our accounting system undergoes regular monitoring, allowing immediate access to statistical and financial information. Quarterly reports are diligently shared with our funders, keeping them informed about the positive impact of our work.

As we enter our third year of the National Lottery Community Fund Grant, we are grateful to have secured additional funds for energy awareness sessions, free energy-saving packs, and bereavement support.

It's truly heartening to share the positive impact of our Carers Trust funding for carers through our "Amser Me Time" initiative. This programme, specifically designed to provide respite and support for individuals caring for a loved one with cancer, has made a significant difference. We've witnessed firsthand the positive changes and relief it brings to the lives of these dedicated carers, offering them much-needed time for themselves. We are immensely grateful for the support that allows us to make a meaningful difference in the lives of those who give so much to others.

These accomplishments stand as a testament to the unwavering support of our hardworking, caring, and committed staff and volunteers. We express our deepest gratitude for their invaluable contributions, as we genuinely value and appreciate all that they do.

Lisa Nurton

Treasurer

8th December 2023

RAY OF LIGHT CANCER SUPPORT
FOR THE YEAR ENDED 31ST MARCH 2023
CHARITY INFORMATION

Trustees:	Sofia Spagnoli Lisa Nurton Sindy Richards
Charitable position:	Registered Charity number 1190392
Governing Document:	CIO Foundation Model dated 13 th July 2020
Address for correspondence:	The Meadows, Peterston Road, Groesfaen, Pontyclun CF72 8NU
Independent Examiner:	Paul Burnell ACMI C Management Services 69 Velindre Road CARDIFF CF14 2TF
Bankers:	Lloyds Bank 514 Cowbridge Road East Cardiff CF5 1BL

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF RAY OF LIGHT CANCER SUPPORT

I report on the accounts of the Trust for the period ended 31st March 2023, which are set out below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me reasonable cause to believe that in any material respect:

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

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

Paul Burnell

Paul Burnell ACMI

Date: 8th December 2023

For and on behalf of:

C Management Services (trading name of C Mgmnt Services Ltd)
69 Velindre Road, Cardiff CF14 2TF

RAY OF LIGHT CANCER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31st MARCH 2023

	Not e	Unrestri cted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
RECEIPTS					
<i>Receipts from generated funds</i>	2	1,974	-	1,974	2,819
<i>Receipts from charitable activities</i>	3	-	-	-	-
<i>Other receipts</i>	4	160	183,719	183,879	113,470
Interest received		-	-	-	
Total Receipts		2,134	183,719	185,853	116,289
PAYMENTS					
Charitable activities	5	601	155,178	155,779	122,913
Governance costs		-	288	288	290
Total payments		601	155,466	156,067	123,203
Net Receipts/(Payments)		1,533	28,253	29,786	(6,914)
Transfers between funds		-	-		
Fund balances at 1 st April 2022		1,879	36,103	37,982	44,896
Fund balances at 31 st March 2023		3,412	64,356	67,768	37,982

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31ST MARCH 2023

1. Fixed Assets

	Insurance Value	
	2023	2022
	£	£
The value of assets owned are:		
Equipment	<u>22,720</u>	<u>25,000</u>
	22,720	25,000

2. Bank & Cash Balances

	2023	2022
	£	£
Cash at bank and in hand	<u>67,768</u>	<u>37,982</u>
	67,768	37,982

3. Other Assets and Liabilities

	2023	2022
	£	£
<i>Assets</i>		
Gift aid tax recovery not yet received	-	-
<i>Liabilities</i>		
Unbilled fee for Independent Examination	300	300

The accounts were approved by the Trustees and signed on their behalf on 8th December 2023

Lisa Nurton

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST MARCH 2023

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities

2. Voluntary receipts

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Donations	1,974	-	1,974	2,819
	1,974	-	1,974	2,819

3. Receipts from charitable activities

Conferences and events - - -

4. Other Receipts

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Grant received	-	183,719	183,719	112,857
Other sundry receipts	160	-	160	613
	160	183,719	183,879	113,470

5. Charitable activities

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
a. Direct Charitable Costs				
Salaries & staff expenses	-	99,189	99,189	79,024
Volunteer expenses	-	457	457	2,343
Wellbeing & Activities	-	28,663	28,663	28,141
	-	128,309	128,309	109,508

b. Support and Administration

Premises expenses	601	19,660	20,261	518
Office expenses	-	3,435	3,435	7,843
Publicity and Marketing expenses	-	2,667	2,667	2,455
Website & IT expenses	-	1,107	1,107	2,589
Governance		288	288	290
	601	27,157	27,758	13,695

6. Staff and Trustees

The charity has five part-time employed members of staff. Its activities are generally carried out by volunteers. No staff received salaries at a rate of more than £60,000 per annum.

No remuneration or trustee expenses were paid to any other trustee during the year, nor to any person connected to them.

7. Restricted Funds

The restricted funds represent amounts received for specific purposes and the movements in the year areas follows:

Fund	Opening Balance £	Receipts £	Payments £	Transfers in the Year £	Closing Balance £
Awards for All	407	-	-	-	407
Mental Health Covid Response grant	178	1,034	1,212	-	-
MacMillan grant (2)	1,057	-	1,057	-	-
Moondance Foundation	19,044	-	2,543	-	16,501
Poverty Grant	8	-	8	-	-
Bereavement Group	1,447	-	1,447	-	-
Woodcraft MBSCF	865	-	865	-	-
Coalfields Regeneration	(5,345)	7,000	1,655	-	-
Just Ask Yr 1	18,442	14,144	32,586	-	-
Tesco Outdoors	-	5,000	5,000	-	-
Screwfix Outdoors	-	5,000	5,000	-	-
Jubilee grant	-	500	500	-	-
Kindness grant	-	4,500	4,500	-	-
Just Ask Yr 2	-	92,127	72,925	-	19,202
Magic Stars	-	500	500	-	-
Bridgend Arts	-	1,500	1,500	-	-
Just Ask Yr 2 extra	-	31,180	5,356	-	25,824
Carers Trust	-	11,300	11,300	-	-
RCT Warm Hub & Lunches	-	1,986	-	-	1,986
Prosperity grant	-	7,948	7,512	-	436
TOTAL	36,103	183,719	155,466	-	64,356



Ray of Light Cancer Support
ANNUAL REPORT 2023

Registered Charity No. 1190392

FOREWORD

A Volunteer's View - Odette



Odette's journey with Ray of Light began this year, after we crossed paths at a networking event. Drawn by our organisation's mission, she stepped forward, driven by an unwavering commitment to give back.

Her volunteering journey found its purpose in the maintenance of our cherished outdoor space in Abercynon. Odette devoted her time and energy to nurture and preserve this haven, recognising the solace it offers to those navigating their own cancer journeys. Through her efforts, she became a beacon of positivity, transforming our surroundings into an oasis of tranquillity.

Odette said "As someone that has had many members of my family suffer from cancer, having the opportunity to give back is just wonderful. Working outside

and making a space that will help others heal both mentally and physically and seeing a smile on their face is a gift in itself. Also, trying to be sustainable and creative in what and how we use things is a great opportunity. I have made some lovely friends already and I hope that as the weather changes more people will be able to use the space outside.”

Odette’s story is a testament to the transformative power of compassion and community. Her selfless dedication exemplifies the spirit of Ray of Light, embodying the belief that even the smallest gestures can illuminate the lives of those affected by cancer. Her presence has brought warmth and care to our organisation, leaving a mark on the hearts of everyone she has touched.

Thank you Odette!

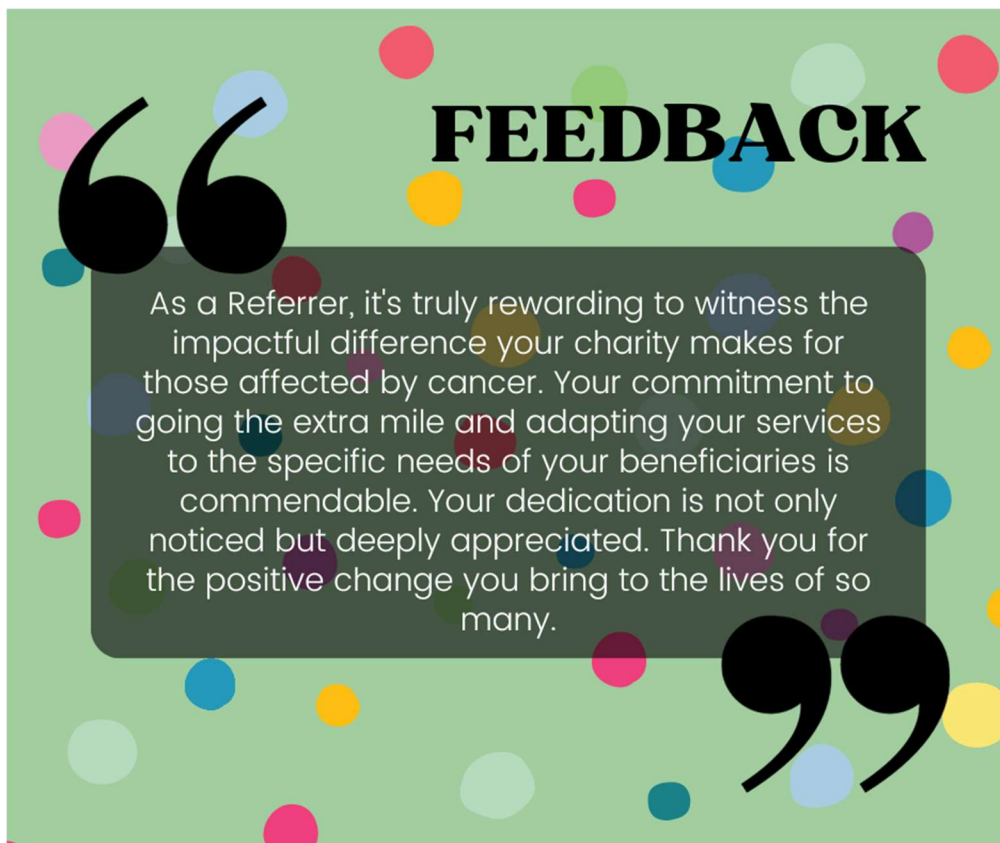
MISSION STATEMENT

To offer the best possible support to anyone affected by cancer. Ray of Light Cancer Support is dedicated to ensuring that people impacted by cancer have the opportunity to access free social, practical and emotional support.

No one should face cancer alone, we provide the support that is proven to improve overall health outcomes and allows us to offer needs led support.

Ray of Light Cancer Support is a welcoming community, a place to go for free support for everyone, along with their families, friends and carers.

FEEDBACK



“

FEEDBACK

Living alone with a disability and no family can be challenging, but your weekly phone calls have truly been my "Ray of Light." The crafts and books you send not only fill my day but also fill my heart with gratitude. As my treatment takes its toll, your empathy and care shine through, and I can't thank you enough for making a meaningful difference in my life. Your support means the world to me

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We have been involved in a government funded project called Amser I Mi where we have been able to offer breaks for carers, hotel stays and weekend family events where they can take part in individual or group activities alongside our normal weekly groups. The project also offers day trips and cinema/bowling vouchers. Our trips to Noah's Ark Farm and Parkwood Brecon were both a success.

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As well as being a trustee for Ray of Light, I work for Welsh Water. They support a different charity every month and they have been able to promote the organisation within the workplace, promoting and letting people know who we are and what services we have to offer.

I look forward to seeing what the next year has to bring. It has been an honour to be part of this wonderful organisation for the last 13 years and I look forward to continuing my role with this amazing charity and the work that we have to offer.

Finally, I would like to give thanks again to the board of Trustees and to the dedication and hard work to Sue, Becci, Anne and Katie for their continued hard work and to the amazing volunteers who continue to support Ray of Light Cancer support.

Thank you.

Sofia Spagnoli

Chair

The Team



Sue

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Thanks to the Carers Trust funding for our "Amser Me Time" initiative, we've been able to make a significant difference for those who selflessly support a loved one with cancer. This programme, designed to provide much-needed respite and support for carers, has not only offered a break but also created a meaningful impact on their well-being. We're grateful for the support that allows us to make a positive difference.

Our Social Horticultural Therapy Groups provide a nurturing space where people affected by cancer can engage in plant care, increase physical activity, and forge meaningful friendships. This unique initiative not only supports the well-being of participants but also creates a supportive community, fostering both physical and emotional growth. We're proud to offer a space where individuals can find solace, connection, and the therapeutic benefits of nurturing plants together.

As we navigate hybrid approaches in response to the evolving needs of our beneficiaries, we remain dedicated to providing support through bereavement and end-of-life care. The privilege of being part of the development and operational management of Ray of Light Cancer Support is so rewarding.

Our groups are truly unique, comprising of cancer patients, carers, friends, and relatives who come together to create activities and enjoy a much-needed break. While we understand that these gatherings can't change the circumstances, they undoubtedly provide a valuable source of support and relief. The shared experiences and activities foster a sense of community and offer moments of respite, making a positive impact on the well-being of all involved.

We are truly blessed and would like to say a HUGE thank you to our amazing Staff and Volunteers for being an integral part and back bone of our charity. We look forward to continuing our successful partnership and further developing our services this year.

Sue Norris Founder and Operational Director

Becci

As the Senior Project Co-Ordinator and Project Leader for Amser I Mi at Ray of Light Cancer Support, my role includes a wide range of responsibilities that revolve around providing comprehensive support and care to our community.

One of my key responsibilities is to ensure that I am present and engaged with our beneficiaries by attending all of our support groups. This commitment allows me to establish a strong connection with our beneficiaries, fostering trust, and providing a dependable source of support.

In addition to my project leadership and co-ordination responsibilities, I volunteer weekly at our Warblers choir sessions. These sessions provide an opportunity for our community members to come together, find joy in music, and build meaningful connections. My involvement in these sessions reflects my dedication to creating moments of happiness and togetherness.

Ultimately, my role as Senior Project Co-Ordinator and Project Leader revolves around providing unwavering support to our beneficiaries. I am committed to being a compassionate and empathetic presence in their lives, offering a helping hand and a listening ear during their journey through the challenges of cancer. My dedication to the well-being of our beneficiaries is at the core of my role, and I am honoured to be part of the Ray of Light team.

Anne

The past year at Ray of Light Cancer Support has seen a lot of growth in our Weekly Groups.

I work part time as Community Project Co-Ordinator and attend the Connecting with Nature Group at Velindre Cancer Centre which is thoroughly enjoyed by all our Service Users, the same familiar faces, and the new ones. We have enjoyed social horticultural therapy, pyrography, carving, arts &

crafts, gardening projects and the new Hive project with our new home in the Velindre Grounds.

Our New Amser Project has also been a great success, I have taken part in the weekend activity break and other events with children & families enjoying outside life & Fun Activities and have have seen families having fun, laughter and enjoyment during their journey.

I also support beneficiaries who are in receipt of telephone be-friending which has helped those who are not able to access the Community but make them still feel part of our Family. I provide regular weekly calls and home delivered crafts/books help them with their journey.

I am solely responsible for the setting up and co-ordinating the sale of books which runs throughout the year. This project helps recycles books in a local Hairdressers, B Beautiful, Cardiff. Donations are made which help raise funds which have been used for snacks/treats and selection boxes for our families who attend our Events. I constantly collect books for this little project. I also attend local Raising Awareness Events which are enjoyable and necessary to spread the good projects that we have.

One day a year I Have my Day to Make a Difference from my employer, Lloyds Bank to also support the project and raise vital funds.

Our Team, work together as one to include and ensure that any person that attend Ray of Light Services have a great, well supported unique experience.

I am proud to be part of the Team.

Katie

As a Project Co-ordinator, my role involves overseeing and managing various aspects of Ray of Light Cancer Supports Community Projects. This may include coordinating and organising groups for beneficiaries, trips, and events, liaising with volunteers and stakeholders, managing project timelines and budgets, and ensuring the smooth implementation of Ray of Lights objectives. My main focus is on ensuring that support and resources are delivered to anyone affected by cancer within our community in South-East Wales.

A part of my role that I enjoy is getting to meet beneficiaries that attend the groups and events. It's an honour to be able to hear their stories and partake

in their journey. Our therapeutic groups provide a safe and supportive environment for individuals affected by cancer to come together and connect with others who have similar experiences. These groups aim to combine socialisation and engagement in activities with the opportunity to openly discuss the challenges and emotions associated with cancer. Whether someone is a patient, a caregiver, or a loved one of someone who has been diagnosed, these groups offer a platform to engage with professionals, exchange advice, and can give beneficiaries solace in knowing they are not alone.

As a Digital Marketing and Fundraising Officer at Ray of Light, my role entails employing digital marketing strategies to raise funds and awareness for Ray of Light Cancer Support. This can involve creating and implementing online fundraising campaigns, managing social media platforms, and developing engaging content. Part of my role means I am responsible for securing funding through grants to support our various projects by researching and identifying potential grant opportunities that are suitable for our organisation. I work closely with the team to gather necessary data, statistics, and case studies that showcase the impact the grant has had on our organisation.

Both roles are crucial in supporting Ray of Light Cancer Supports vision and goals. Together, these roles contribute to the overall success and impact of the project in providing valuable support to individuals affected by cancer within the community.

‘Sometimes all we need is a little bit of hope, a helping hand, and a listening ear. Be that support for someone in their darkest moments and you may just be their guiding light.’

OUR FACILITATOR

Becky

The hub had been such a great contribution it's provided a reliable base where people have attended whatever the weather, regardless of feeling unwell. It's sheltered us from the sun in summer, autumn winds and Welsh rain. The area around the hub has been developing with flowers vegetables and willow for us to share with our groups.

We've developed our whittling skills making Deep sea glowing fish, beach scenes, mushrooms and love spoons. It's been wonderful seeing the group developing their pyrography skills.

In Velindre we've expanded from our craft container area to redecorate a lovely summerhouse. It's a lovely setting for our tea parties and gives us a peaceful space to take time for quiet one to one chats. The group is so keen with people attending every week through the year encouraging friends and family to join us. We've been making willow baskets, beach themed crafts such as wooden mackerel and beach huts, lots of pyrography as well as art sessions led by a local artist. We held an Easter event making Easter bunny wreaths and using shave horses to make hazel flowers.

We have started running social horticultural therapy courses. The group planned prepared and planted stunning flowerbeds, planted herb containers, made flower arrangements and Kokedama moss balls. It's been so lovely to see the more experienced gardeners sharing their skills and knowledge. One lovely thing about the variety of experiences we give each group is that each individual has a chance to be the expert guiding the others whether they are a participant, a leader or a volunteer. This was so true with the gardening, but I've seen it with the woodcraft, painting, pyrography, willow weaving even axe throwing. It's part of the magic that we teach and nurture each other and so develop strong bonds. I think that's why we have such a warm and cohesive group who quickly absorb new members into the fold. It's also the reason why participants are so keen to encourage others to join us.

We've had so many exciting events, these too help us develop bonds. It is no surprise that I've heard more than one person describe groups feeling like family. I can see long term attendance at our sessions is a great support to our participants.

Trips to the zoo, residential courses at outdoor pursuits centre, Halloween climbing towers in monster mine, axe throwing in Central Cardiff.

GREEN SOCIAL PRESCRIBING AND SOCIAL HORTICULTURAL THERAPY

Our Social Horticultural Therapy Group represents more than just a gardening initiative - it's a nurturing haven, a source of exercise, and a profound support system for those affected by the challenges of cancer.

Over the course of four weeks, this group blossomed into a sanctuary where participants discovered the therapeutic power of gardening. Beyond the vibrant colours and scents of the garden, it fostered a sense of community and healing.

Beneficiaries engaged in various horticultural activities, cultivating not just plants but also resilience and hope. Through planting, nurturing, and harvesting, they found a sense of accomplishment and connection with nature, uplifting spirits and fostering a sense of purpose.

Shared experiences, stories, and laughter created an environment of understanding and empathy. Participants found solace in knowing they're not alone in their struggles.







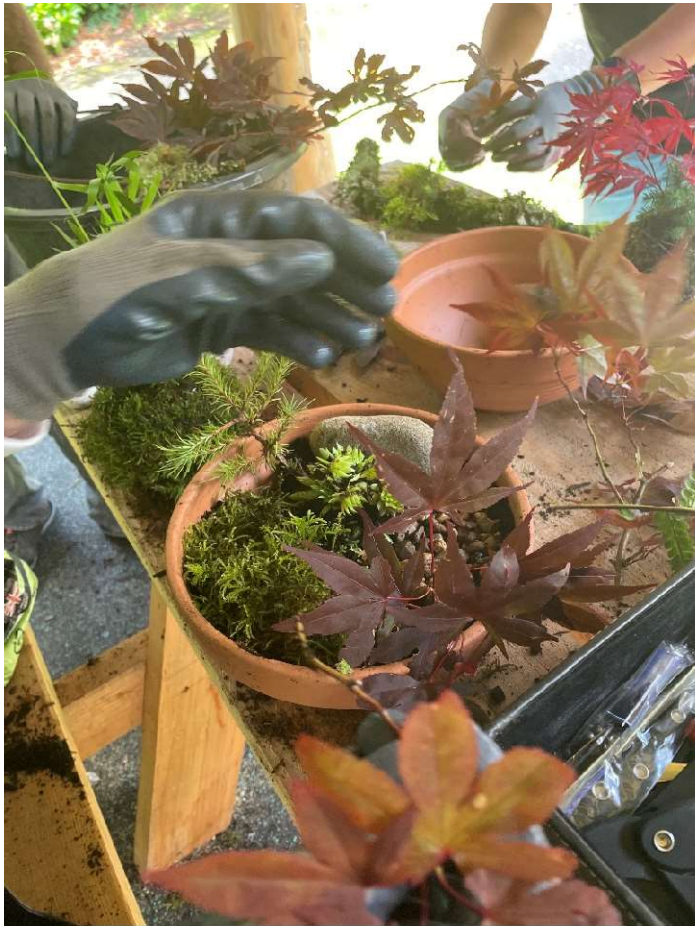
In a span of four transformative weeks, our efforts at Velindre went beyond nurturing plants; we cultivated a sense of rejuvenation and joy for both staff and patients through the restoration of raised beds and the creation of personalised green treasures.

The restoration of the raised beds stands as a testament to our collective dedication. By reviving these spaces, we've not only beautified the surroundings but also created tranquil sanctuaries for staff and patients to enjoy amidst their daily routines.

The crafting of moss balls, herb gardens, and teacup flowers was a labor of love. Moreover, these creations weren't just crafted, they were gifts of empowerment. The moss balls and herb gardens offered beneficiaries the chance to nurture life and witness its flourishing, while the teacup flowers became tokens of beauty and serenity to grace their homes, reminding them of the therapeutic journey shared at Velindre.

The impact of these creations extends far beyond their physical form. They represent the culmination of shared experiences, the embodiment of teamwork and of newfound hope. Each restored bed, each moss ball, herb garden, and teacup flower represented the spirit of resilience and serves as a reminder of the transformative power of nature and collective effort in fostering healing and joy amidst the challenges of cancer.





Special Thanks to:

Our amazing Staff and dedicated Volunteers

Ruth Bradshaw - Singing Director

Melanie Holly-Jones

Rhiannon Freshney - Sustainability Manager Velindre Cancer Centre

Sam Holliday - Maggie's Cardiff

Kath Bownds – Book-keeping

Paul Burnell - C Management Services

Janis Werrett - Cynon Valley Organic Adventures

Interlink

Carers Trust Wales

Welsh Government

Helen Ley - Macmillan Engagement Lead

Funders

National Lottery Community Fund

Interlink

NEA Energy Awareness

Magic Stars

Community Matters Fund

Macmillan Cancer Support

Website - www.rayoflightwales.org.uk

Facebook - www.facebook.com/rayoflightwales

Twitter - @rayoflightwales

Instagram - ray_of_light_cancer_support

www.youtube.com/channel/UCJohKzfA-YlpIJTVx9VYUog

Treasurer's Report

I am pleased to submit our audited accounts and extend sincere thanks to Paul Burnell of C Management Services for his prompt and thorough service in managing our third year of registered accounts.

Since 2009, our commitment to supporting those affected by cancer has been unwavering, and I am delighted to share that we have implemented a fully operational hybrid system of support to broaden access to our services. Under our "Just ASK Project (Access, Support & Kindness)," we continue to provide our resources free of charge, ensuring inclusivity for all.

Our strong partnerships and networks in Cardiff, Cwm Taf Morgannwg, and surrounding areas have been validated by esteemed organisations including Velindre Cancer Centre, Macmillan Cancer Support, MIND, Maggie's Cardiff, Carers Trust Wales, and others.

To maintain transparency and compliance with charity commission governance, our accounting system undergoes regular monitoring, allowing immediate access to statistical and financial information. Quarterly reports are diligently shared with our funders, keeping them informed about the positive impact of our work.

As we enter our third year of the National Lottery Community Fund Grant, we are grateful to have secured additional funds for energy awareness sessions, free energy-saving packs, and bereavement support.

It's truly heartening to share the positive impact of our Carers Trust funding for carers through our "Amser Me Time" initiative. This programme, specifically designed to provide respite and support for individuals caring for a loved one with cancer, has made a significant difference. We've witnessed firsthand the positive changes and relief it brings to the lives of these dedicated carers, offering them much-needed time for themselves. We are immensely grateful for the support that allows us to make a meaningful difference in the lives of those who give so much to others.

These accomplishments stand as a testament to the unwavering support of our hardworking, caring, and committed staff and volunteers. We express our deepest gratitude for their invaluable contributions, as we genuinely value and appreciate all that they do.

Lisa Nurton

Treasurer

8th December 2023

**RAY OF LIGHT CANCER SUPPORT
FOR THE YEAR ENDED 31ST MARCH 2023
CHARITY INFORMATION**

Trustees:	Sofia Spagnoli Lisa Nurton Sindy Richards
Charitable position:	Registered Charity number 1190392
Governing Document:	CIO Foundation Model dated 13 th July 2020
Address for correspondence:	The Meadows, Peterston Road, Groesfaen, Pontyclun CF72 8NU
Independent Examiner:	Paul Burnell ACMI C Management Services 69 Velindre Road CARDIFF CF14 2TF
Bankers:	Lloyds Bank 514 Cowbridge Road East Cardiff CF5 1BL

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF RAY OF LIGHT CANCER SUPPORT

I report on the accounts of the Trust for the period ended 31st March 2023, which are set out below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me reasonable cause to believe that in any material respect:

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

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

Paul Burnell

Paul Burnell ACMI

Date: 8th December 2023

For and on behalf of:

C Management Services (trading name of C Mgmnt Services Ltd)
69 Velindre Road, Cardiff CF14 2TF

RAY OF LIGHT CANCER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31st MARCH 2023

	Not e	Unrestri cted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
RECEIPTS					
<i>Receipts from generated funds</i>	2	1,974	-	1,974	2,819
<i>Receipts from charitable activities</i>	3	-	-	-	-
<i>Other receipts</i>	4	160	183,719	183,879	113,470
Interest received		-	-	-	
Total Receipts		2,134	183,719	185,853	116,289
PAYMENTS					
Charitable activities	5	601	155,178	155,779	122,913
Governance costs		-	288	288	290
Total payments		601	155,466	156,067	123,203
Net Receipts/(Payments)		1,533	28,253	29,786	(6,914)
Transfers between funds		-	-		
Fund balances at 1 st April 2022		1,879	36,103	37,982	44,896
Fund balances at 31 st March 2023		3,412	64,356	67,768	37,982

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31ST MARCH 2023

1. Fixed Assets

	Insurance Value	
	2023	2022
	£	£
The value of assets owned are:		
Equipment	<u>22,720</u>	<u>25,000</u>
	22,720	25,000

2. Bank & Cash Balances

	2023	2022
	£	£
Cash at bank and in hand	<u>67,768</u>	<u>37,982</u>
	67,768	37,982

3. Other Assets and Liabilities

	2023	2022
	£	£
<i>Assets</i>		
Gift aid tax recovery not yet received	-	-
<i>Liabilities</i>		
Unbilled fee for Independent Examination	300	300

The accounts were approved by the Trustees and signed on their behalf on 8th December 2023

Lisa Nurton

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST MARCH 2023

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities

2. Voluntary receipts

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Donations	1,974	-	1,974	2,819
	<u>1,974</u>	<u>-</u>	<u>1,974</u>	<u>2,819</u>

3. Receipts from charitable activities

Conferences and events	-	-	-	-
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4. Other Receipts

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Grant received	-	183,719	183,719	112,857
Other sundry receipts	160	-	160	613
	<u>160</u>	<u>183,719</u>	<u>183,879</u>	<u>113,470</u>

5. Charitable activities

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
a. Direct Charitable Costs				
Salaries & staff expenses	-	99,189	99,189	79,024
Volunteer expenses	-	457	457	2,343
Wellbeing & Activities	-	28,663	28,663	28,141
	<u>-</u>	<u>128,309</u>	<u>128,309</u>	<u>109,508</u>

b. Support and Administration

Premises expenses	601	19,660	20,261	518
Office expenses	-	3,435	3,435	7,843
Publicity and Marketing expenses	-	2,667	2,667	2,455
Website & IT expenses	-	1,107	1,107	2,589
Governance		288	288	290
	<u>601</u>	<u>27,157</u>	<u>27,758</u>	<u>13,695</u>

6. Staff and Trustees

The charity has five part-time employed members of staff. Its activities are generally carried out by volunteers. No staff received salaries at a rate of more than £60,000 per annum.

No remuneration or trustee expenses were paid to any other trustee during the year, nor to any person connected to them.

7. Restricted Funds

The restricted funds represent amounts received for specific purposes and the movements in the year areas follows:

Fund	Opening Balance £	Receipts £	Payments £	Transfers in the Year £	Closing Balance £
Awards for All	407	-	-	-	407
Mental Health Covid Response grant	178	1,034	1,212	-	-
MacMillan grant (2)	1,057	-	1,057	-	-
Moondance Foundation	19,044	-	2,543	-	16,501
Poverty Grant	8	-	8	-	-
Bereavement Group	1,447	-	1,447	-	-
Woodcraft MBSCF	865	-	865	-	-
Coalfields Regeneration	(5,345)	7,000	1,655	-	-
Just Ask Yr 1	18,442	14,144	32,586	-	-
Tesco Outdoors	-	5,000	5,000	-	-
Screwfix Outdoors	-	5,000	5,000	-	-
Jubilee grant	-	500	500	-	-
Kindness grant	-	4,500	4,500	-	-
Just Ask Yr 2	-	92,127	72,925	-	19,202
Magic Stars	-	500	500	-	-
Bridgend Arts	-	1,500	1,500	-	-
Just Ask Yr 2 extra	-	31,180	5,356	-	25,824
Carers Trust	-	11,300	11,300	-	-
RCT Warm Hub & Lunches	-	1,986	-	-	1,986
Prosperity grant	-	7,948	7,512	-	436
TOTAL	36,103	183,719	155,466	-	64,356

Accounts



Ray of Light Cancer Support
ANNUAL REPORT 2022

Registered Charity No. 1190392

FOREWORD

A Beneficiary and Volunteer's View - Trish



Trish first found out about Ray of Light from Macmillan Cymru Wales Y Bwthyn Palliative Care Unit in Royal Glamorgan Hospital, following her husband Mark's diagnosis of cancer.

Trish started coming along to our weekly online Art Therapy Class which allowed her the opportunity to have a little time for her whilst being able to stay close to Mark.

Sadly, Mark passed away and, in time Trish decided to attend some of our other groups including our Connecting with Nature Woodland Group at Abercynon and our Bereavement Support Group.

Trish has grown in confidence, she now Volunteers with us at one of our woodland support groups, helping others who are in a similar situation to her. Trish says...

“When I first decided to attend the classes I was a bit nervous at first but immediately, they put me at ease. I've thoroughly enjoyed every class since, and I've met some amazing people that have also been touched by cancer in some way. The support me and my family have received has been such a life saver for me after losing my husband. I feel privileged to be volunteering so I can give back some of the support that Ray of Light has given me and my family. I can't thank you enough!”

Thank you for all that you do for us Trish!

Anne – Volunteer

My name is Anne & during the pandemic I became a volunteer for Ray of Light. I completed online training, DBS and was ready to go.

Having previously been a be-friending volunteer for another charity, I realised the importance of this service and the difference it can make to a person's life.

I supported a few people by way of a weekly telephone call and really felt a great sense of achievement and self-worth by doing this. The people I supported were very grateful for these calls and looked forward to them and indeed I still support one of them now who is close to a full recovery and for me to see him thrive is sooooo rewarding. He is so grateful to ROL.

It gave me the confidence to apply for a part-time role within the Charity, which I was lucky to be accepted for and the sense of achievement and gratitude I receive from Beneficiaries is one of the greatest aspects of my new role.

We work together as a Team to give all Beneficiaries a positive outlook and be the best they can be!! We aim to bring a Ray of Light to them.



MISSION STATEMENT

To offer the best possible support to anyone affected by cancer. Ray of Light Cancer Support is dedicated to ensuring that people impacted by cancer have the opportunity to access free social, practical and emotional support.

No one should face cancer alone, we provide the support that is proven to improve overall health outcomes and allows us to offer needs led support.

Ray of Light Cancer Support is a welcoming community, a place to go for free support for everyone, along with their families, friends and carers.



"A VERY PROFESSIONAL SERVICE THAT
OOZES EMPATHY AND PROVIDES A SAFE
ENVIRONMENT FOR THOSE GOING
THROUGH A VERY DIFFICULT TIME. WE
WILL DEFINITELY CONTINUE TO REFER
TO YOUR AMAZING SERVICE."

feedback



“There were NO services that I could refer my patient to. As soon as he heard about your great work we referred and, thankfully at very short notice you introduced a telephone befriender for weekly contact. This has been a lifeline for so many, keep up the amazing work and thank you again for your service.”

feedback



Young Person - Teenage Cancer Trust
"I received one of the care packs when I was
an inpatient last week.

Thank you so much, they really made my
time a lot easier while being in hospital and
there were plenty of activities to do.
Thank you so much for all that you do."

feedback



My name is **** and I have been singing with Ray of Light from the start. I sing to help my husband who is dealing with ongoing treatment for Prostate Cancer amongst other things. It gives him enormous comfort to know that I am singing with the choir and that it has been helping my own health and wellbeing as well as his. Singing at home together breaks up isolation due to Covid 19 and does lift our spirits enormously. My husband was shielding until 16 August and now has to protect himself from infection. Being on Lockdown in Cardiff it prevents us both from contact with family any friends outside the area. 'Ray of Light' is exactly what it says it gives us hope. Thank you!"

feedback

Chairs Report

I have been part of this Charity for 12 years and during this time I have seen this amazing organisation grow considerably.

it's been a privilege and I feel honoured to be chair of the wonderful Charity for 2 years and I am looking forward to what next year brings.

We have continued to see another very busy year and due to this we have been able to welcome new members to the team.

Since covid-19 restrictions have lifted we have been able to expand on our services and offer more support to those who need it.

Our wood crafting site continues to be a success and it's been amazing to see this grow further over the last year.

Finally, I would like to give thanks again to the board of trustees, to Sue and Becci for their continued dedication and hard work and for the amazing volunteers who continue to support Ray of Light Cancer Support. Without your dedication and hard work, the charity would not be what it is today.

Thank You

Sofia Spagnoli

Chair

I have been involved with Ray of Light as a Trustee for around 2 1/2 years. During this time, I have witnessed the service grow from strength to strength offering a range of support throughout a range of groups.

I have witnessed what a difference having a safe space - somewhere nurturing and allowing people to be in the here and now has meant.

It warms me knowing that this service is built on volunteers and these people give everything to give another a little comfort

I feel privileged to be part of such a worthy cause.

Sindy Light

Vice Chair

ORGANISATIONAL REPORT

Thanks to The National Lottery Community Fund we are now in our second year, our Team has grown and we now have 4 members of Staff who take the lead on The Just ASK Project (Access, Support & Kindness)

We have had to work hard to tailor our groups to help meet the needs of people affected by cancer. We offer Art Therapy, Arts & Crafts. Knit & Natter, Book Club, Let's Create family sessions, Holistic Therapies, family nights online, quiz nights, rock painting group and bingo.

Our famous Choir Ray of Light Warblers has continued online. We created 4 videos during the year, each member recorded themselves singing in their own homes, with the help of Bethan Frieze our Singing Director. We were privileged and honoured to appear with Hegsy and Caitlin Mae as their backing choir on their latest single.

During the year our groups increased, providing support to 296 new beneficiaries. In total this year our dedicated Volunteers and Staff and have supported 1,192 beneficiaries.

Our befriending support by mail and telephone continued, providing a listening ear and emotional support which helped to reduce isolation. We signposted to statutory services, and for welfare benefit advice.

Two members of Staff achieved their Level 3 Teaching Qualification and City & Guilds Level 3 Energy Awareness delivering energy awareness sessions and offering 82 packs of energy saving devices, tips and LED Light Bulbs.

The biggest challenge we had was to continue our project online as well as returning face to face, we weren't expecting the demand to continue remotely and had to improvise and adapt our timetable to provide a hybrid approach for the services we offer. Sadly, bereavement support has increased, together with end of life telephone support. Although the palliative team are heavily involved we complement this service by supporting the whole family. In the past 12 months we have supported 28 families who have lost a family member and we continue to support and review through a difficult time.

Due to the increased demand we are in the early stages of exploring bereavement support groups for families which we aim to deliver online and face to face.

Velindre Cancer Centre and Ray of Light Cancer Support have formed a partnership to provide weekly free green social prescribing sessions in a non-judgemental space for anyone affected by cancer. The attendees range from staff, patients, carers, families all who are enabled to connect with nature and their local community, with each session ending in a mindfulness activity.

The weekly groups are restorative and include a mindfulness session. The sessions provide a supportive space to engage in crafts with natural and found materials, embedding the circular economy through activities such as painting with paints made from vegetables, whittling found wood and weaving baskets with branches found on a nature walk.

Each beneficiary has their own experiences with cancer. The sessions are all in the outdoors providing the opportunity to meet people face to face, during an especially stressful time following the isolative measures due to Coronavirus restrictions.

We are also one of 12 Organisations who are part of Cwm Taf Morgannwg Health Board Mental Health Project providing digital groups, weekly woodcraft events and care packs to help reduce isolation and improve the emotional wellbeing of our beneficiaries. Working in partnership has secured greater outcomes.

Our Green Social Prescribing initiative at Abercynon has continued to grow. It provides an opportunity for people who are affected by cancer to come together with others who understand. Our family events are extremely successful allowing the whole family to make new memories and connect with nature.

Although there is potentially a lot of emotion, support and connection with others, there is also laughter and enjoyment which illustrates why these initiatives are so important.

We look forward to continuing a successful partnership with our funders whilst developing our services.

It's been a privilege to be part of the development and operational management of Ray of Light Cancer Support. We have such a dedicated Team of Staff and Volunteers who really do make a difference.

Sue Norris

Founder & Operational Director

A LITTLE ABOUT OUR CONNECTING WITH NATURE PROJECTS

This year we have successfully run two sessions a week throughout the year whatever the weather, as well as running family groups. The provision of a consistent group on a weekly basis is the basis of our success. It has been described as the highlight of the week by several people. Our participants are clearly enjoying being part of a supportive and friendly team. The manner with which they welcome new members reflects on the way they value the experience.

Our Velindre group has a number of regular participants as well as regular drop ins from staff, patients and their companions who would normally waiting in cars. Recently we had some nurses using their coffee break to make an Autumn leaf wreath, they reflected that it was a welcome break during a challenging day. One family painted a set of hand painted spoons, another made pressed flower bookmarks and had a cream tea to celebrate the jubilee, some just drop in for a cup of tea and a chat. One patient was frustrated by delays in the hospital and had been upset on behalf of her companion waiting in the car park. Her companion apologised and explained she had “been having a lovely time in our tepee doing crafts and hadn’t noticed the time “.



Some join us for a few sessions as they have weekly treatment.

The aim of our outdoor sessions is to provide a safe, cosy, welcoming space to allow our participants to connect with nature and each other. The distractions of the craft activities allow each member of the group to participate in conversation or take time to become mindfully absorbed in creating.

Our provision of fluffy blankets, hot drinks and snacks allows each person to feel nurtured. The indoor spaces we now have access to mean that participants are able to attend whatever the weather.

We try to choose crafts which meet the skills of the individuals. We like to challenge the more experienced members of the group while ensuring novices have success in each craft.

One participant was initially disappointed to be told she couldn't currently use whittling knives (health issue) Becky was able to teach her to use a shave horse and draw knife to make three legged stools. It was very rewarding to watch her being tutored by another member who has lifelong experience with woodworking. A few sessions later she was herself giving advice to a novice. Such building up and sharing of skills and confidence is rewarding to observe in every session. These experiences build on the friendships within each group and allow quiet interactions where peers can support each other.

This sketch was done by a gentleman who had been waiting in his car for his partner to come out from treatment.





We have a range of tools and equipment to allow appropriate challenges and safety. The shave horses are safe and easy for novices to use under supervision.

We enjoy sitting outside, chatting about the wildlife around us with an amiable group, a hot chocolate, and concentrating on craft, taking our focus off the issues of life affected by cancer. Participants can also take time to walk and talk one to one with one of our team if they need support in privacy.

The inclusion of children in our family sessions is very rewarding. Both sites have safe spaces where children can be supervised while they get absorbed in the fun of exploring their natural environment. Providing a safe space and close supervision, they can enjoy roasting marshmallows on the campfire.

Sharing my fascination with entomology is always a delight, using a range of sampling methods, observing using macro lenses etc.

One parent (who has been bereaved) was delighted that his daughter happily set off with me on a spider hunt, as she normally wouldn't leave his side.

Teaching children to get involved and absorbed with nature crafts is part of their well-being, for example making sun prints of natural flora using cyanotype paper. These provide reminders of nature which are given as gifts to those too unwell to get out and about.

Becky Fawcett our amazing Facilitator describes our sessions here:

All activities are chosen to be safe and be accessible to all no previous skill is necessary. It's about trying something new each week, learning the process together, accepting the challenge of trying something new, less about always creating a perfect product. Though we all treasure our end results, however wonky they are.



Areas we use are accessible to all with solid paths and toilets nearby. We ask all participants to fill in an induction form, so we are aware of any health and well-being issues.

Connecting with nature has strong links with improved wellbeing. This is achieved on a range of ways depending on the preferences of the group. Some individuals are comfortable taking a few silent peaceful moments mindfully focusing on a leaf meditation. Other participants will resist this style but will become fully absorbed in making a detailed charcoal sketch. Others relax by experiencing the flow of focusing on the grain of wood when whittling.



Using natural materials links us to our natural history and gives us common ground. Sharing recipes, passing on skills remembering family traditions and folklore all connect us with each other, nature, and our heritage. The materials we use are gathered locally. I can collect willow from the banks Forestry fire breaks, hazel from my hedgerows, and forage plant materials from my fields. This reduces material costs and ensures we are using sustainable and biodegradable materials as much as possible.

We have made use of a range of foraged materials in different ways as the seasons change. Collecting fireweed blossoms to make syrups in summer then using fireweed leaves in wax as Autumn wreaths.

The creations of our craft sessions are treasured by our participants. A recent example of this is when we whittled hearts, using hazel coppiced on the Abercynon site. One of our groups took the heart, which she carved and painted, to leave where her partner's ashes were scattered.

This year we have delivered natural craft sessions twice a week in two locations. It is challenging to keep finding activities to challenge the group. I was delighted to hear a participant saying she was always surprised to see a new craft to try each week. It takes a lot of my time to research new activities,

risk assess them, practice the skills, collect and prepare materials but it's worth every moment.

Below is a list of some of the crafts we have offered this year.

Foraged berry and wildflower mocktails.

Living Willow sculptures, willow wreaths with waxed flowers.

Coil baskets using grass rope, hedgerow baskets.

Using shave horses to make three leg stools and hazel flowers.

Bath salts using rose petals mineral salts and natural oils

Dried flower candles and cards.

Family sessions for Easter and Halloween, bug hunts, marshmallow roasting, driftwood art seagulls

Whittling and painting comfort birds, dala horses, mushrooms, hearts, coat hooks, axe splitting logs to make candle holders

Making butter and roasting bread on the fire whittling and painting butter knives

Using natural products to dye silk scarves

Making charcoal and mindful sketching

Driftwood wind chimes

Cyanotype

Lip balms

I am also involved as one of the Volunteers in the book club. Once a month we meet online to discuss the book of the month. We discuss any other books we have been inspired by and often listen to a short story. The range of books we've discussed has been huge. Some are a fun distraction; others are more mindful. We try to suggest books which suit the limited time and challenges typical to people affected by cancer. Each session is typically a strange mix of sensitive support for the challenges group members face, degrading into cackling laughter as we admit losing the plot of the story. It's a lovely group who have formed strong bonds through the year and obviously derive a lot of pleasure from interacting each month.

I feel privileged to be part of a team who provide such a wide range of resources and support. The provision of the woodcraft group has drawn on individuals (particularly men) who themselves reflect that they may not have reached out for support. By accessing a relaxed woodcraft group, they have gained the confidence to make greater use of the support offered through other aspects of Ray of lights work. One participant described our support as "fundamental" to her continuing on her journey through treatment. I feel this illustrates perfectly the benefits our participants can attain through access to our services.

Special Thanks to:

Our amazing Staff and dedicated Volunteers

Bethan Frieze - Singing Director

Becky Fawcett

Melanie Holly-Jones

Rhiannon Freshney - Sustainability Manager Velindre Cancer Centre

Leigh Ann Porter - Velindre Cancer Centre add Kate

Sam Holliday - Maggie's Cardiff

Kath Bownds – Book-Keeping

Paul Burnell - C M Management Services

Janis Werrett - Cynon Valley Organic Adventures

Interlink

Helen Ley - Macmillan Engagement Lead

Funders

National Lottery Community Fund

Interlink

Cwm Taf Morgannwg Mental Health Covid Response Grant

NEA Energy Awareness

Magic Stars

Community Matters Fund

Macmillan Cancer Support

Coalfields Regeneration Grant

Screwfix Grant

Tesco Grant

Website - www.rayoflightwales.org.uk

Facebook - www.facebook.com/rayoflightwales

Twitter - @rayoflightwales

Instagram - ray_of_light_cancer_support

www.youtube.com/channel/UCJohKzfA-YlpIJTVx9VYUog

Treasurer's Report

I have pleasure in submitting our audited accounts and I would like to thank Paul Burnell of C M Management Services for a prompt and thorough service for our second year of registered accounts.

Since 2009 we have been supporting those affected by cancer.

We now have a fully up and running hybrid system of support to enable more beneficiaries to access our services.

As part of our "Just ASK Project (Access, Support & Kindness) we have once again been able to provide our resources free of charge.

We have built strong partnerships and networks in Cardiff, Cwm Taf Morgannwg and surrounding areas. Our services are validated by Velindre Cancer Centre, Macmillan Cancer Support, MIND, Maggie's Cardiff to name a few.

Our accounting system is regularly monitored in line with the charity commission compliance governance. All statistical and financial information is available immediately. We continue to provide detailed quarterly reports for our funders informing them of our good works.

We are now in our 2nd year of the National Lottery Community Fund Grant and have been very fortunate to securing additional funds to provide energy awareness sessions and free energy saving packs and also bereavement support.

All of this has been achieved due to the continuing support of our hardworking, caring and committed Staff and Volunteers.

We would like to take this opportunity to express our deepest gratitude for all they do as we value them greatly.

Lisa Nurton
Treasurer

RAY OF LIGHT CANCER SUPPORT
FOR THE YEAR ENDED 31ST MARCH 2022
CHARITY INFORMATION

Trustees:	Sofia Spagnoli Lisa Nurton Sindy Richards
Charitable position:	Registered Charity number 1190392
Governing Document:	CIO Foundation Model dated 13 th July 2020
Address for correspondence:	The Meadows, Peterston Road, Groesfaen, Pontyclun CF72 8NU
Independent Examiner:	Paul Burnell ACMI C Management Services 69 Velindre Road CARDIFF CF14 2TF
Bankers:	Lloyds Bank 514 Cowbridge Road East Cardiff CF5 1BL

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF RAY OF LIGHT CANCER SUPPORT

I report on the accounts of the Trust for the period ended 31st March 2022, which are set out below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me reasonable cause to believe that in any material respect:

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

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

Paul Burnell

Paul Burnell ACMI

Date: 1st December 2022

For and on behalf of:

C Management Services (trading name of C Mgmnt Services Ltd)
69 Velindre Road, Cardiff CF14 2TF

RAY OF LIGHT CANCER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31st MARCH 2022

	No te	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
RECEIPTS					
<i>Receipts from generated funds</i>	2	2,819	-	2,819	3,292
<i>Receipts from charitable activities</i>	3	-	-	-	-
<i>Other receipts</i>	4	613	112,857	113,470	116,457
Interest received		-	-		-
Total Receipts		3,432	112,857	116,289	119,749
PAYMENTS					
Charitable activities	5	4,263	118,650	122,913	74,853
Governance costs		-	290	290	-
Total payments		4,263	118,940	123,203	74,853
Net Receipts/(Payments)		(831)	(6,083)	(6,914)	44,896
Transfers between funds		-	-		-
Fund balances at 1 st April 2021		2,710	42,186	44,896	-
Fund balances at 31 st March 2022		1,879	36,103	37,982	44,896

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31ST MARCH 2022

1. Fixed Assets

	Insurance Value	
	2022	2021
	£	£
The value of assets owned are:		
Equipment	<u>25,000</u>	<u>25,000</u>
	25,000	25,000

2. Bank & Cash Balances

	2022	2021
	£	£
Cash at bank and in hand	<u>37,982</u>	<u>44,896</u>
	37,982	44,896

3. Other Assets and Liabilities

	2022	2021
	£	£
<i>Assets</i>		
Gift aid tax recovery not yet received	-	-
<i>Liabilities</i>		
Unbilled fee for Independent Examination	300	250

The accounts were approved by the Trustees and signed on their behalf on 1st December 2022

Lisa Nurton

Lisa Nurton

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST MARCH 2022

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities

2. Voluntary receipts

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Donations	2,819	-	2,819	1,918
From old charity	-	-	-	1,374
	<u>2,819</u>	<u>-</u>	<u>2,819</u>	<u>3,292</u>

3. Receipts from charitable activities

Conferences and events	-	-	-	-
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4. Other Receipts

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Grant received	-	112,857	112,857	116,457
Other sundry receipts	613	-	613	-
	<u>613</u>	<u>112,857</u>	<u>113,470</u>	<u>116,457</u>

5. Charitable activities

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
a. Direct Charitable Costs				
Salaries & staff expenses	-	79,024	79,024	48,929
Volunteer expenses	1,710	633	2,343	1,771
Wellbeing & Activities	1,004	27,137	28,141	14,117
	<u>2,714</u>	<u>106,794</u>	<u>109,508</u>	<u>64,817</u>

b. Support and Administration

Premises expenses	157	361	518	388
Office expenses	1,392	6,451	7,843	3,570
Publicity and Marketing expenses	-	2,455	2,455	2,872
Website & IT expenses	-	2,589	2,589	3,206
Governance		290	290	-
	<u>1,549</u>	<u>12,146</u>	<u>13,695</u>	<u>10,036</u>

6. Staff and Trustees

The charity has five part-time employed members of staff. Its activities are generally carried out by volunteers. No staff received salaries at a rate of more than £60,000 per annum.

No remuneration or trustee expenses were paid to any other trustee during the year, nor to any person connected to them.

7. Restricted Funds

The restricted funds represent amounts received for specific purposes and the movements in the year areas follows:

Fund	Opening Balance £	Receipts £	Payments £	Transfers in the Year £	Closing Balance £
Awards for All	407	-	-	-	407
Lottery Just Ask	1,825	-	1,825	-	-
MacMillan grant (1)	5	-	5	-	-
Response Grant Corona Fund	2,017	-	2,017	-	-
Mental Health Covid Response grant	4,312	23,271	27,405	-	178
MacMillan grant (2)	1,840	-	783	-	1,057
Moondance Foundation	31,780	-	12,736	-	19,044
Arnold Clark	-	1,000	1,000	-	-
Interlink	-	250	250	-	-
Poverty Grant	-	1,200	1,192	-	8
Totally Digitised	-	300	300	-	-
Bereavement Group	-	5,000	3,553	-	1,447
Western Power Energy Saving	-	3,000	3,000	-	-
Woodcraft MBSCF	-	865	-	-	865
Coalfields Regeneration	-	-	5,345	-	-5,345
Just Ask Yr 1	-	77,971	59,529	-	18,442
TOTAL	42,186	112,857	118,940	-	36,103

Accounts

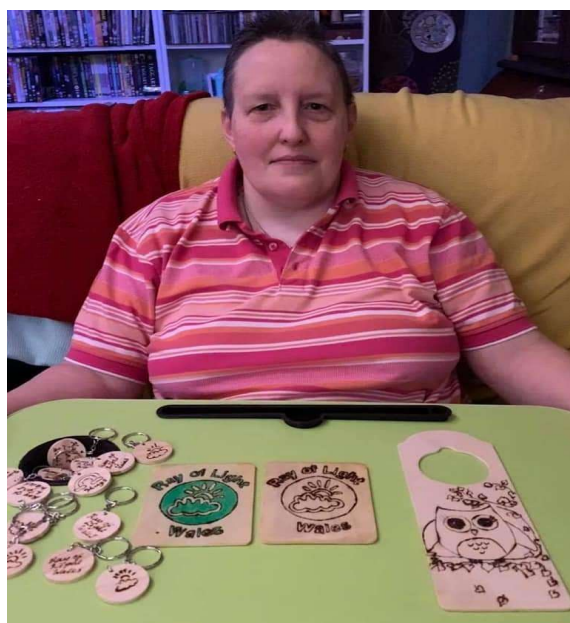


Ray of Light Cancer Support
ANNUAL REPORT &
ACCOUNTS 2021

Registered Charity No. 1190392

FOREWORD

A Beneficiary's View



Welcome to our Befriending by Mail Service



Hi everyone.....

During the current climate of social distancing we have decided to set up a new service, designed to support cancer patients and carers who would like support but don't yet feel ready for face to face contact. A letter will be sent to you by post or email, you can either respond or just enjoy reading with a cuppa.

If you are interested in receiving a letter, email or ongoing support please send us a message and we will be in touch. If you would like to volunteer for our project to write to patients and carers please get in touch for more information. (All letters will be sent via our Project Co-Ordinator)



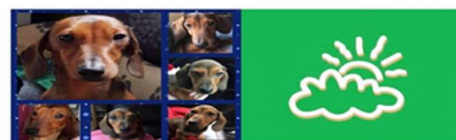
My name is Donna Pearce I was diagnosed with cancer in December 2018 and have had huge support from Ray of light which I will always be grateful for. Ray of Light have helped me in so many ways..... through a very difficult time. I would not have got through the last 18 months without them. The various groups offered by ROL have helped immensely as well as the emotional support I've received. I decided to make some key rings so that they can be included in the lovely care packs that are being delivered.

I have received letters from volunteers and they have really brightened my day. So.... I thought I'd love to do something similar for others who have received a cancer diagnosis or are carers. Sue has given me the opportunity to volunteer for Ray of Light and undertake the Befriending by mail project which I am very proud to do!" I also take the lead on Ray of Light's monthly Book Club Angus's Retreat and enjoy meeting new people.

This has been the most challenging period of my life but also a blessed period because I have made some wonderful friends. Thank you is not enough.

Ray of Light **ANGUS'S RETREAT**

*Know Dickens about books?
Like to get Tolkien about books?
Come gather where the Twain will meet.
Don't Steinbeck and watch.
Hope to Harper Lee you there*



FEEDBACK FROM BENEFICIARIES

"I would like to say a big thank you to Becci and Ben from Ray of Light Rocks for the amazing rock workshop on zoom that I took part in with my 2 daughters for the first time last Thursday. A friend suggested the workshop to me and it was just the tonic that the 3 of us needed as we are currently approaching the second anniversary of losing my best friend (and the girls godmother) following her fight with breast cancer. The workshop was such fun and Becci and Ben were amazing hosts by dressing up (Halloween theme), including all the families participating, encouraging and praising all the super efforts everyone was making on their rocks and being a friendly new face. It was an hour and a half of therapy in my eyes as even my usually hormonal teenager said how much fun it was and asked if we can join again. It was lovely to have the opportunity to sit down as a family and paint together and meet new friends who may be going through a similar situation to us. Not only was the workshop superb but the packs we received directly to our door were outstanding too with everything we needed to join the session. So thank you Ray of Light you did bring a ray of light into our home that day and we look forward to joining you again in the future and supporting the group in any way we can."

"My Consultant asked me what has changed since the last time I saw him, I explained that I no longer feel on my own, I can face my challenges knowing I have a weekly call from someone that cares and I've now joined the art therapy which has been an absolute delight. I love all that you do."

"My name is **** and I have been singing with Ray of Light from the start. I sing to help my husband who is dealing with ongoing treatment for Prostate Cancer amongst other things. It gives him enormous comfort to know that I am singing with the choir and that it has been helping my own health and wellbeing as well as his. Singing at home together breaks up isolation due to Covid 19 and does lift our spirits enormously. My husband was shielding until 16 August and now has to protect himself from infection. Being on Lockdown in Cardiff it prevents us both from contact with family and friends outside the area. 'Ray of Light' is exactly what it says it gives us hope. Thank you!"

“I have recently lost my mum and have been finding things difficult. The events you provide allow my daughter to express herself. It was lovely to watch her get involved and have fun as she has been really withdrawn.”

“Hello, Once again I really enjoyed the Let's Create session as everyone got to show off their creativity from the reindeer statue to the marshmallow snowman kit. I found it very fun and I would love to come again, once again I don't have any bad feedback I just wish that these sessions keep going!”

“Lots of festive fun, some great ideas! The pack we received was delivered to our door which was jampacked with Christmas crafts and treats. The children loved the hot chocolate and making the marshmallow snowmen. My personal favourite was the wooden reindeer we made. He is proudly sat on my mantelpiece and makes me smile every time I look at it. It was great fun dressing up using the props provided to us, I kept mine on even after the session ended. It really got us in the mood for Christmas and gave us that much needed family time. Thank you!”

“Where do I start, the Christmas event was fantastic. The Christmas box we received was beautiful and came with everything we needed to take part. The girls loved musical statues and making all of the Christmas crafts. The support you provide really does make a difference. Please keep up the good work!”

“We really love the Ray of Light family sessions. My children have missed out on so much because of cancer, so it's just really nice to spend some quality time with them doing something they enjoy. And it's nice to do it with a group of people who have been through something similar and just get it. Thank you Ray of Light, we really appreciate all of your support.”

MISSION STATEMENT

To offer the best possible support to anyone affected by cancer. Ray of Light Cancer Support is dedicated to ensuring that people impacted by cancer have the opportunity to access free social, practical and emotional support.

No one should face cancer alone, we provide the support that is proven to improve overall health outcomes and allows us to offer needs led support.

Ray of Light Cancer Support is a welcoming community, a place to go for free support for everyone, along with their families, friends and carers.

FEEDBACK FROM REFERRER'S

"There were NO services that I could refer my patient to. As soon as he heard about your great work we referred and, thankfully at very short notice you introduced a telephone befriender for weekly contact. This has been a lifeline for so many, keep up the amazing work and thank you again for your service."

"I know that V thoroughly enjoys the fabulous worthwhile service you offer! You meet a great need within the community! V' is more positive as a person and feels less isolated, thanks for all of your help!"

"What can I say? Except thank you! You have made a real difference and have complemented the clinical support greatly. M is now accessing services herself and without your intervention I don't think that would have happened."

"Thank you so much for the care packs last week. They have been very gratefully received by several of our patients."

"A very professional service that oozes empathy and provides a safe environment for those going through a very difficult time. We will definitely continue to refer to your amazing service."

CHAIR'S REPORT

I am privileged to write a few words. It has been an extremely busy year. I have been part of this charity for 11 years and during this time things have moved forward and for the last year I am very proud to say I'm Chair of this amazing Organisation.

Sadly, due to the Covid-19 Pandemic so many services were on hold or ceased. Ray of Light Cancer Support continued throughout offering remote services and delivering care packs to those who were isolated.

Ray of Light's telephone befriending service continues to grow and develop and delivers the best possible professional service thanks to our dedicated Volunteers.

Finally, my thanks go to the Board of Trustees, to Sue, Becci and Mary as without this supporting hardworking frame and our amazing Volunteers, Ray of Light Cancer Support would not be what it is today.

Thank you.

Sofia Spagnoli
Chair

Organisational Report

Wow! What a year! We have looked back and proudly seen the difference that the support has made.

Unfortunately, Covid-19 hit us and our telephone befriending service commenced with immediate effect. We had to meet the challenges and react quickly and effectively.

We became a registered Charity, with a board of Trustees with a skill base to complement the support that we provide.

Thanks to the National Lottery Community Fund we were in a position to employ 3 members of Staff to take the lead on the Just ASK Project (Access, Support & Kindness)

So many were alone, isolated and some supporting loved ones who sadly were coming to the end of their lives. Our beneficiaries could not visit hospices or hospitals to say their goodbyes.

Due to the impact of the pandemic we quickly established remote groups which were tailored to meet the needs of anyone affected by cancer, including: Art Therapy, Arts & Crafts, Knit & Natter, Book Club, Let's Create family sessions, Holistic therapies together with regular bingo and quiz nights.

As a result, we positively impacted on 1,188 beneficiaries. This provided a strong foundation of evidence of the need for the social, emotional and practical support and the positive outcomes both for our beneficiaries and our dedicated Volunteers.

Our famous Choir Ray of Light Warblers increased to fortnightly reducing isolation and providing a little time away We are proud to say that we also created 4 videos during the year which each member recorded in their own homes with the help from Bethan Frieze our Singing Director.

We have continued to receive the support from Velindre Cancer Centre and Macmillan Cancer Support who funded our Choir videos and also our Art Therapy Groups.

We are also one of 12 Organisations who are part of Cwm Taf Morgannwg Health Board Mental Health Project providing digital groups, weekly woodcraft events and care packs to help reduce isolation and improve the emotional well

-being of our beneficiaries. Working in partnership has secured greater outcomes.

Now restrictions are slowly lifting, we are in the process of establishing a Green Social Prescribing Project providing an opportunity for the whole family to come together, connect with nature and make new memories.

The year ahead will present with new challenges and we look forward to continuing a successful partnership with our funders whilst developing our services with a blended approach offering face to face support together with continuing with our remote services.

It's been a privilege to be part of the development and operational management of Ray of Light Cancer Support. We are blessed to have such dedicated Staff and Volunteers who are the backbone of our Organisation.

Sue Norris

Founder & Operational Director

Ray of Light Cancer Support Staff

Sue Norris - Founder & Operational Manager

Rebecca O'Mahoney - Project Co-Ordinator & Volunteer

Mary Coles – Project Co-Ordinator

Funders

National Lottery Community Fund

Awards for All

Moondance Covid 19 Relief Fund

Interlink

Cwm Taf Morgannwg Mental Health Covid Response Grant

Magic Stars

Macmillan Cancer Support

Dwr Cymru

Covid 19 Response Fund In Wales

Brian Frieze

Bethan Frieze

Special Thanks to:

Our amazing Staff and dedicated Volunteers

Becky Fawcett - Woodcraft Facilitator and Volunteer

Leigh Ann Porter - Velindre Cancer Support

Sam Holliday - Maggie's Cardiff

Paul Burnell & Kath Bownds - C Management Services
Janis Werrett & Mike Jenkins - Cynon Valley Organic Adventures
Staff at WCVA
Staff at Interlink
Helen Ley – Macmillan Engagement Lead

Website - www.rayoflightwales.org.uk
Facebook - www.facebook.com/rayoflightwales
Twitter - @rayoflightwales
Instagram - ray_of_light_cancer_support
www.youtube.com/channel/UCJohKzfA-YlpIJTVx9VYUog

Mental Health: Covid Response

Capturing Moments and capturing Breath Creative www.breathcreative.org Bridgend Phone: 01492 501400 Email: info@breathcreative.org www.breathcreative.org	Community Crisis Team Support Workers ECLD 10-12 Week www.community.org Bridgend Phone: 01492 501400 Email: info@community.org	Mental Health Advisory - New Initiative www.mh4a.co.uk 10-12 Week Bridgend Phone: 01492 501400 Email: info@mh4a.co.uk
Spring Forward Emotional Literacy through Forest Arts www.springforward.org Tania Limited Bridgend Phone: 01492 501400 Email: info@springforward.org	Mental Health Nursery Support Hub www.mh4a.co.uk CTM Mind Bridgend Phone: 01492 501400 Email: info@mh4a.co.uk	Eating Disorder Support www.mh4a.co.uk 10-12 Week Bridgend Phone: 01492 501400 Email: info@mh4a.co.uk
Cwm Taf Morgannwg Self-Help Project www.cwm-taf-morgannwg.org New Horizons Bridgend Phone: 01492 501400 Email: info@cwm-taf-morgannwg.org	Just Ask Advisory Support and Workshop www.justask.org Ray of Light Bridgend Phone: 01492 501400 Email: info@justask.org	Seize the Day and experience The Parent Network & HeadStart www.seizetheday.org Mentor Tydd Bridgend Phone: 01492 501400 Email: info@seizetheday.org
Art Across the Generations www.art-across-the-generations.org Arts Community Bridgend Phone: 01492 501400 Email: info@art-across-the-generations.org	Expanding the Horizons of self-reliant groups in RCT www.expanding-the-horizons.org Pulse Studio Business Funding Bridgend Phone: 01492 501400 Email: info@expanding-the-horizons.org	A Space for Us and a Generation Mentor Tydd RCT www.spaceforus.org Bridgend Phone: 01492 501400 Email: info@spaceforus.org

These projects are funded as part of the Mental Health Crisis Response Grant from DePaul University's University Health Board.



Ray of Light

UNDERSTANDING MY NEEDS

**FREE SIX WEEK SELF MANAGEMENT COURSE
FOCUSED UPON SELF-CARE & COPING SKILLS
FOR THOSE AFFECTED BY CANCER**

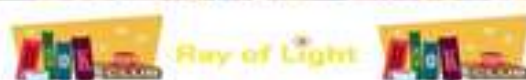
WEDNESDAYS
6PM-7PM
VIA ZOOM

EMOTIONS
POSITIVE THINKING
LOSS, GRIEF & RENEWAL
STRESS
MINDFULNESS
SELF CARE



Ray of Light

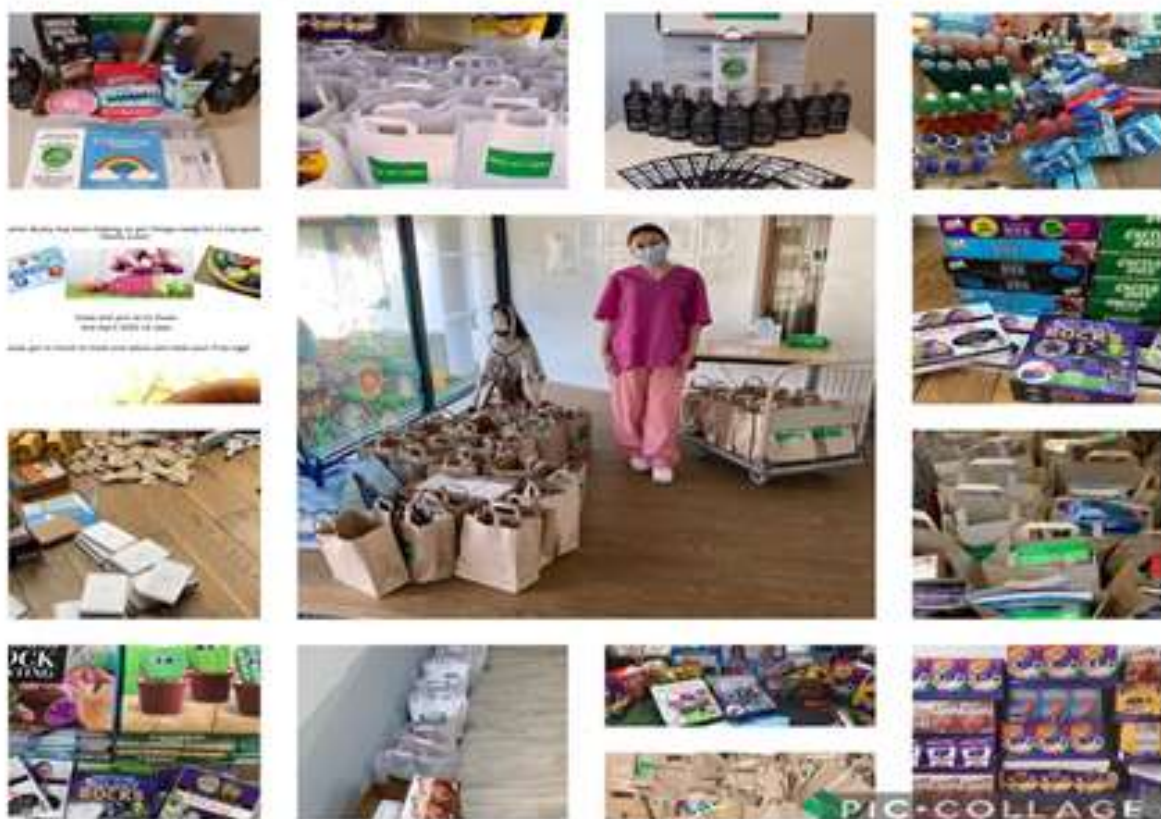
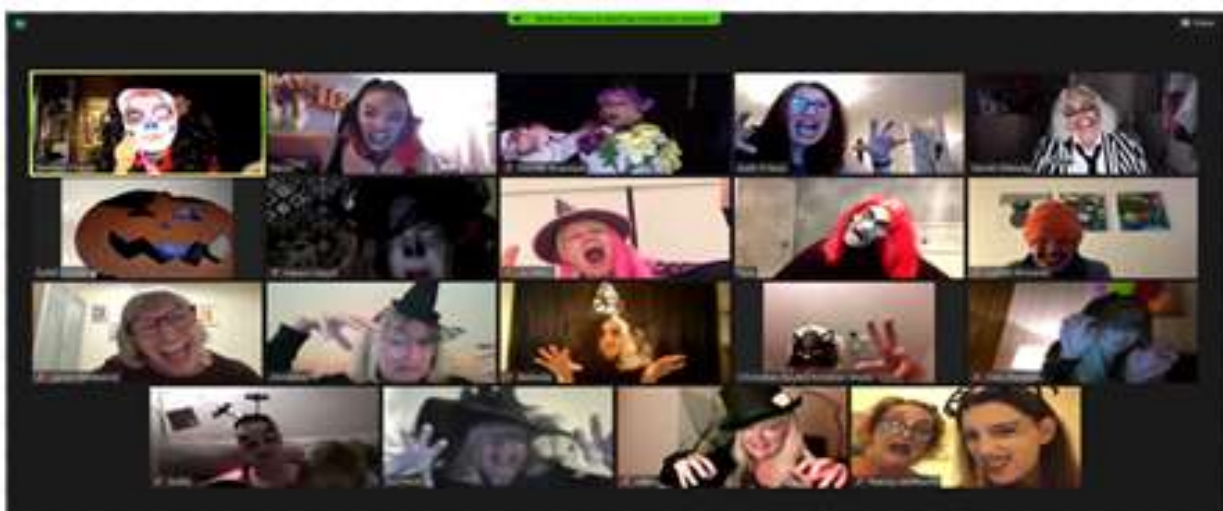




ANGUS'S RETREAT

*Know Dickens about books?
Like to get Tolkien about books?
Come gather where the Twain will meet.
Don't Steinbeck and watch,
Hope to Harper Lee you there*





Treasurer's Report

I have pleasure in submitting our audited accounts and I would like to thank Paul Burnell of C Management Services for a prompt and thorough service for our first year of registered accounts.

For more than 10 years we have been supporting those affected by cancer and are now a registered charity.

The impact of Covid-19 meant we were inundated with the demand for our services, we had to switch from face to face support to digital platforms and our telephone befriending service.

We delivered 1296 care packs to our beneficiaries providing a much needed and deserved emotional boost.

Thanks to the generosity of our funders and grants received we have provided our resources free of charge.

Our services are validated by Macmillan Cancer Support, Velindre Cancer Centre and Maggie's Cardiff.

We have built strong partnerships and networks in Cardiff, Cwm Taf Morgannwg and surrounding areas.

Our computerised accounting systems are regularly monitored ensuring that we achieve best value for money whilst adhering to our budget. We will continue to provide detailed quarterly reports for our funders informing them of our good works.

Thanks to the National Lottery Community Fund we have secured 3 years funding which will go a long way to providing support and comfort for our beneficiaries.

None of this would be possible without the continuing support of our hard working and committed Staff and Volunteers and for this we would like to thank them whole heartedly.

Lisa Nurton
Treasurer

RAY OF LIGHT CANCER SUPPORT
FOR THE YEAR ENDED 31ST MARCH 2021
CHARITY INFORMATION

Trustees:	Sofia Spagnoli Lisa Nurton Sindy Richards
Charitable position:	Registered Charity number 1190392
Governing Document:	CIO Foundation Model dated 13 th July 2020
Address for correspondence:	The Meadows, Peterston Road, Groesfaen, Pontyclun CF72 8NU
Independent Examiner:	Paul Burnell ACMI C Management Services 69 Velindre Road CARDIFF CF14 2TF
Bankers:	Lloyds Bank 514 Cowbridge Road East Cardiff CF5 1BL

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF RAY OF LIGHT CANCER SUPPORT

I report on the accounts of the Trust for the period ended 31st March 2021, which are set out below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me reasonable cause to believe that in any material respect:

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

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

Paul Burnell

Paul Burnell ACMI

Date: 15th October 2021

For and on behalf of:

C Management Services (trading name of C Mgmnt Services Ltd)
69 Velindre Road, Cardiff CF14 2TF

RAY OF LIGHT CANCER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31st MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
RECEIPTS				
<i>Receipts from generated funds</i>	2	3,292	-	3,292
<i>Receipts from charitable activities</i>	3	-	-	-
<i>Other receipts</i>	4	-	116,457	116,457
Interest received		-	-	-
Total Receipts		3,292	116,457	119,749
PAYMENTS				
Charitable activities	5	582	74,271	74,853
Governance costs		-	-	-
Total payments		582	74,271	74,853
Net Receipts/(Payments)		2,710	42,186	44,896
Transfers between funds		-	-	-
Fund balances at 1 st April 2020		-	-	-
Fund balances at 31 st March 2021		2,710	42,186	44,896

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31ST MARCH 2021

1. Fixed Assets

	Insurance Value 2021 £
The value of assets owned are:	
Equipment	<u>25,000</u> 25,000

2. Bank & Cash Balances

	2021 £
Cash at bank and in hand	<u>44,896</u> 44,896

3. Other Assets and Liabilities

	2021 £
<i>Assets</i>	
Gift aid tax recovery not yet received	-
<i>Liabilities</i>	
Unbilled fee for Independent Examination	250

The accounts were approved by the Trustees and signed on their behalf on 15th October

Lisa Nurton

The notes below form part of these accounts.

RAY OF LIGHT CANCER SUPPORT
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31ST MARCH 2021

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities

2. Voluntary receipts

	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£
Donations	1,918	-	1,918
From old charity	1,374	-	1,374
	<u>3,292</u>	<u>-</u>	<u>3,292</u>

3. Receipts from charitable activities

Conferences and events

- - -

4. Other Receipts

	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£
Grant received	-	116,457	116,457
Other sundry receipts	-	-	-
	<u>-</u>	<u>116,457</u>	<u>116,457</u>

5. Charitable activities

	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£
a. Direct Charitable Costs			
Salaries & staff expenses	-	48,929	48,929
Volunteer expenses	-	1,771	1,771
Wellbeing & Activities	-	14,117	14,117
	<u>-</u>	<u>64,817</u>	<u>64,817</u>

b. Support and Administration

Premises expenses	89	299	388
Office expenses	493	3,077	3,570
Publicity and Marketing expenses	-	2,872	2,872
Website & IT expenses	-	3,206	3,206
	<u>582</u>	<u>9,454</u>	<u>10,036</u>

6. Staff and Trustees

The charity has three part-time employed members of staff. Its activities are generally carried out by volunteers. No staff received salaries at a rate of more than £60,000 per annum.

No remuneration or trustee expenses were paid to any other trustee during the year, nor to any person connected to them.

7. Restricted Funds

The restricted funds represent amounts received for specific purposes and the movements in the year areas follows:

Fund	Opening Balance £	Receipts £	Payments £	Transfers in the Year £	Closing Balance £
Magic Stars grant	-	500	500	-	-
Corona Fund Grant	-	1,900	1,900	-	-
Awards for All	-	10,000	9,593	-	407
Lottery Just Ask	-	51,183	49,358	-	1,825
Dwr Cymru	-	200	200	-	-
MacMillan grant (1)	-	646	641	-	5
Response Grant Corona Fund	-	5,000	2,983	-	2,017
Mental Health Covid Response grant	-	9,562	5,250	-	4,312
MacMillan grant (2)	-	1,840	-	-	1,840
Moondance Foundation	-	35,626	3,846	-	31,780
TOTAL	-	116,457	74,271	-	42,186

