



Live
Through
This

ANNUAL REPORT

1st Apr 2022 - 31st Mar 2023

Objectives and Activities

Objects

To relieve the needs of LGBTIQ+ people affected by cancer through:

- (a) Providing support services for those affected;
- (b) Advancing education and raising equality and diversity within healthcare, existing cancer services, other third sector organisations and the public.

Summary of Main Activities

Live Through This carries out its charitable objects through three main pathways to progress:

Patients

- Providing peer support for any LGBTIQ+ person over the age of 18 who has been affected by cancer.

Professionals

- Educating clinicians and care providers on equitable treatment of LGBTIQ+ patients to improve the patient experience and the care received.
- Connecting examples of best practice across the country to foster an active network of improvement.

Production

- Creating resources and awareness campaigns that improve community knowledge about cancer and representation for LGBTIQ+ people affected by cancer

Trustees are aware of the Charity Commission's guidance on public benefit.

Objectives and Activities

The year in review

CEO Statement

This past year has been a fantastic year for the growth of Live Through This. Previously, the organisation was a full time volunteering commitment of its founder but with support from The National Lottery, the Charity's growth has accelerated allowing us to increase the scale of our impact from local to national.

This year we welcomed two new Trustees to the Charity who bring with them ample experience in charity governance, social research, and LGBTIQ+ advocacy.

We have developed deeper partnerships with key organisations in our field including partners like Macmillan, NHS England, and key consortia such as LGBT Consortium, National Voices, Cancer 52 and others.

I am thrilled to see the increased interest in our high quality education for professionals delivered across the UK through interactive webinars, and to see us launch multiple campaigns and resources informed by patient experience.

Managing this growth through external shocks such as covid and the cost of living crisis has required flexibility and a clear mission throughout. In addition, the rise in anti-LGBT hate has been an unfortunate obstacle, but I am pleased to see that we have persisted and prevailed.

Despite the challenges, we have been able to further cement our place in the cancer sector and influence clinical systems for patient benefit, all supported through our commitment to cooperation and collaboration with our beneficiaries, both patient and professional.



Stewart O'Callaghan

Founder and CEO

Objectives and Activities

Charitable activities

Peer support

Our peer support remains a powerful tool in listening to our community and their concerns. In these sessions we reach a broad variety of ages, genders, ethnicities and cancers. We commonly hear how people do not have any other support in their lives, often not even in their own family. One user described our space and the community they found in it as “life-changing”.

Conversations range from treatment and support structures, through to the difficulty of navigating systems as an LGBTIQ+ person and having one’s identity respected. In all of these instances, these service users are clear that the conversations they are having with us are not happening anywhere else, and they are asking for more.

We have built a strong and steady user base of peer support, which has now led to an expansion into Partners and Carers Support, led by our long-term volunteer Dom (he/him) who has personal and professional experience in this area. These sessions attract users who are grateful for an opportunity to speak openly about their fears and frustrations after finding the usual support groups on offer are not spaces where they feel comfortable to share their LGBTIQ+ identity.

Campaigns

This year, we were able to engage with our community beneficiaries more closely through our multiple campaigns, partnered with local NHS Cancer Alliances and Integrated Care Boards.

Through marrying insight gained from peer support with guided workshops and focus groups on key topics, we are able to deliver campaigns that truly speak to people’s needs. These sessions also feed into our educational content that we direct to our professional beneficiaries.

In the past year, we have been able to launch [Best for My Chest](#), an inclusive breast screening campaign, and [Screening MOT](#), a campaign advocating for patients to call their clinics in advance if they are nervous or avoidant. Both campaigns are diverse, exciting, and modern in their approach. They represent the breadth of our community, and speak directly to the call from focus groups about the need for greater visibility.

One of these campaign co-producers, Ramses (he/him), shared with us that working with LTT as a trans person left him “feeling heard in ways that [he] had never been heard before.” [You can read his full statement here](#). We were also able to elevate focus group members directly into the campaigns to support them in sharing their stories.

We are proud to amplify beneficiary voices on key cancer days as shown with [Ilona who shared her experience of a rare bile duct cancer](#) on its awareness day. We have also engaged in ‘social media lives’ with key partners like CoppaFeel and Black Women Rising that allowed us to reach over 12k people as part of the Best for my Chest campaign.

The campaigns received great engagement both online and in person, with good reach (790k+ impressions) and strong engagement rates (75k+ total page engagements). Anti-LGBTIQ+ activity online has increased over the year and presented barriers to promoting the campaigns more widely, but through organic strategies and close coordination with our key stakeholders, we are pleased to see them still have a positive impact.

We were also pleased to launch our screening information booklet specific to trans and non-binary people [on our website](#), with plans to release print versions next year.

Education

Our webinars are a vital tool in changing the face of cancer care. This year we have been able to increase the frequency of our talks and improve our reach to educate more healthcare professionals, reducing the 'postcode lottery' of affirming care that LGBTIQ+ so often face.

Our education is highly rated with an average rating of 4.7/5 for our speakers, slides, and overall session scores, and 99% of our education attendees say that they would apply something from our sessions. Each session we deliver is able to show an increase in awareness, knowledge and confidence within just one hour of content. 95% of our learners said they would recommend the content to others, which is why the majority of our new clients come through positive word-of-mouth referrals, allowing us to reach over two thousand professionals in the past year, including our presentations at conferences.

A recent attendee shared "Before the webinar, I didn't realise how detrimental misrepresentation can be for our patients and colleagues. I am sad to hear of the mistreatment of our LGBT+ communities in a healthcare setting, and going forward, will endeavour to be more inclusive and understanding." Many attendees echo this sentiment, with one describing our training as "Very informative, nuanced and essential training, [that] should be mandatory."

Advocacy and policy

As an emerging organisation with a highly specialised mission, it is important that we are able to coordinate and collaborate with other cancer charities and health bodies.

Through being vocal partners in our consortia memberships we have been able to directly support key actions including being a [signatory for One Cancer Voice](#) in their push for a Cancer Strategy after the 10 Year Cancer Plan was scrapped and replaced with the Major Conditions Strategy.

Next year we plan to expand our mission in the policy space and find new routes to promote LGBTIQ+ inclusion in cancer care.

The difference we're making

As our reputation grows, it has been encouraging to see our brand be used as a 'quality mark' for those who work with us or receive our training. We have supported other cancer charities' approaches to LGBTIQ+ cancer care and led to us consulting on their language and mapping future collaborative health campaigns.

Our position as the 'go to' experts extends to the Royal Colleges and Cancer Alliances who regularly contact us for support with their patient engagement and approaches to LGBTIQ+ inclusion at an interpersonal and systemic level.

This position has allowed us to be critical friends for the benefit of our patient groups, including commenting on and guiding Royal Colleges on their draft guidance intended for our community. Our CEO has also taken a position on the British Oncological Pharmacists Association's EDI Subcommittee and joined them at their annual conference in a plenary session about EDI in the sector. We have also advised on the European wide EU-CAYAS-NET project from an EDI perspective in young adult survivorship.

This year, we were grateful to have received an [Attitude Pride Award](#), the Sustainable Development Goals 3 [LEAD2030 award](#) from One Young World, and a “National LGBT Advisor Award for Services to LGBT Health” award from the NHSE LGBT Health Team in recognition of our work.

We were pleased to present at multiple conferences across the country and internationally including WPATH (World Professional Association for Trans Health), Royal College of General Practitioners, UK Imaging and Oncology Congress, Oncology Professional Care, HSJ Cancer Forum 22, and many more.

The year ahead

In the coming year, we have further plans to expand our team, specifically looking to address some of the barriers identified for patients through peer support and co-creation sessions.

We will appoint a full time role to review our peer services and what more we can do for our beneficiaries. We also intend to commence projects in screening and sexual wellness that are co-produced and patient-centred.

We are excited to bring our annual online roundtable into a physical space as a one-day conference for professionals and patient advocates who are keen to advance LGBTIQ+ cancer care.

We also look forward to continuing to expand our influence in our consortia and policy discussions, making sure that people appreciate the LGBTIQ+ informed care is person-centred care and a cross-cutting issue that can intersect with other inequalities or injustices that patients may face across the cancer pathway.



Structure, Governance and Management

Registered Name

Live Through This

Other names in use

None

Registered Address

94B Wallis Road, London, E9 5LN

Registration Number

1190756

Charity Structure

Charitable Interest Organisation (Foundation Model)

Governing Document

Constitution

Trustees

| Name | Dates Acting | Name of person/body entitled to appoint Trustee |
|--------------------------|-------------------------------------|---|
| Dr Alison Berner | 6 th Aug 2020 - Present | Live Through This (at registration) |
| Dr Kamilla Kamaruddin | 6 th Aug 2020 - Present | Live Through This (at registration) |
| Mr Jacob Bayliss (Chair) | 6 th Aug 2020 - Present | Live Through This (at registration) |
| Mr Andrew Berrie | 23 rd May 2022 - Present | Chair of the Board |
| Mx Cleo Pascal | 23 rd May 2022 - Present | Chair of the Board |

Trustee selection method

Trustee-led interview, selection, and appointment by Chair of the Board.

Charity management

Day to day management by the founding CEO, Stewart O'Callaghan. Decisions regarding the legal structure, any new directions or charity operations, or decisions regarding substantial financial investment are always taken to the Board.

Governance issues for period

None

Wider networks

Live Through This is a registered member of various consortia including LGBT Consortium, Cancer 52 and One Cancer Voice. None of these bodies has any direct impact on the operations of Live Through This.

Financial Review

Reserves

£18,000

Reserves are held in line with the Charity's Reserves Policy to cover core activity delivery for a limited period and cover any costs associated with closure of the organisation. Any additional unrestricted funds are allocated to projects delivering on the organisation's objects by the Trustees and executive board.

Risk Register

Risks facing the Charity are held in our Risk Register, categorised into the following sections: Governance, External, Regulatory & Compliance, Financial, and Operational. This document is reviewed annually by Trustees, or at any point whereby a new risk is identified or previous risk modified. There are no current risks in the register that pose serious concern to the organisation.

Financial controls

The charity operates with Trustee approval required for any purchase over £1000.

Insurance

Live Through This is protected by both Public and Employer's Liability Insurance, secured via Scrutton Bland, insurance specialists for the Third Sector.

Volunteer Contribution

Volunteer peer support facilitation from trained professionals.

Details of fund materially in deficit

There is no deficit and the organisation does not plan to operate with a deficit.

Trustee expenses

They have been no Trustee expenses or reimbursement in the reporting period.

Statement of Financial Activities

| | Unrestricted | | Restricted | | Total | | 2021-2022 | |
|---|--------------|---------------|------------|-----------------|----------|----------------|-----------|---------------|
| Income and endowments from | | | | | | | | |
| Donations and legacies | £ | 2,353 | £ | - | £ | 2,353 | £ | 3,591 |
| Charitable activities | £ | 88,840 | £ | 93,664 | £ | 182,504 | £ | 34,940 |
| Other trading activities | | - | | - | | - | | - |
| Investments | | - | | - | | - | | - |
| Other | | - | | - | | - | | - |
| Total | £ | 91,193 | £ | 93,664 | £ | 184,857 | £ | 38,531 |
| Expenditure on | | | | | | | | |
| Raising funds | £ | - | £ | - | £ | - | £ | - |
| Charitable activities | £ | 27,988 | £ | - | £ | 27,988 | £ | 10,389 |
| Operating costs | £ | 8,481 | £ | 80,490 | £ | 88,971 | £ | 4,339 |
| Total | £ | 36,469 | £ | 80,490 | £ | 116,959 | £ | 14,728 |
| Net gains/(losses) on investments | £ | - | £ | - | £ | - | £ | - |
| Net income/(expenditure) | £ | 54,724 | £ | 13,175 | £ | 67,898 | £ | 23,803 |
| Transfer between funds | £ | 23,640 | £ | (23,640) | £ | - | £ | - |
| Other recognised gains/(losses) | | | | | | | | |
| Gains/(losses) on revaluation of fixed assets | £ | - | £ | - | £ | - | £ | - |
| Actuarial gains/(losses) on defined benefit pension schemes | £ | - | £ | - | £ | - | £ | - |
| Other gains/(losses) | £ | - | £ | - | £ | - | £ | - |
| Net movement in funds | £ | - | £ | - | £ | - | £ | - |
| Reconcillation of funds | | | | | | | | |
| Total funds brought forward | £ | 20,136 | £ | 23,640 | £ | 43,776 | £ | 19,973 |
| Total funds carried forward | £ | 98,500 | £ | 13,175 | £ | 111,675 | £ | 43,776 |

Balance Sheet

| | Year end 2023 | | Year end 2022 | |
|---|---------------|----------------|---------------|---------------|
| Current assets | | | | |
| Cash at bank and in hand | £ | 93,541 | £ | 41,174 |
| Accounts receivable | £ | 17,530 | £ | - |
| Creditors (falling due within one year) | £ | 1,252 | £ | - |
| Net current assets (liabilities) | £ | 109,818 | £ | 41,174 |
| Total assets less current liabilities | £ | 111,675 | £ | 43,776 |
| Total net assets | £ | 111,675 | £ | 43,776 |
| Funds of the charity | | | | |
| Endowment funds | £ | - | | |
| Restricted funds | £ | 13,175 | | |
| Unrestricted funds | £ | 98,500 | | |
| Fair value reserve | £ | - | | |
| Total funds | £ | 111,675 | | |

Notes

1. Accounting policies

Basis of preparation

The Charity is a public benefit entity and therefore has prepared the financial statements in accordance with the Statement of Recommended Practice for charities registered in England and Wales.

Going concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

Functional currency

The functional currency is presented as pound sterling as this is the currency of the UK economic climate in which we operate. The financial statements are presented in pound sterling, rounded to the nearest £1.

Taxation

The Charity has suffered no tax charge as it is not subject to UK Corporation tax on its charitable activities. All of the Charity's income in this period is charitable and is applied for charitable purposes.

The charity is exempt from VAT on providing education under SCHEDULE 9: Exemptions, Part I, Index to exempt supplies of goods and services under Group 6 in the Value Added Tax Act 1994; and Paragraph 4.4 of the UK Government Guidance: 'Education and vocational training (VAT Notice 701/30)'.

Depreciation

Depreciation is provided to write off the cost of each asset over its useful life.

Funds accounting

General funds are unrestricted funds available for use at the discretion of the Trustees in furtherance of the general activities of the Charity and which have not been designated for other purposes. Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. Restricted funds are funds subject to specific restrictions imposed by donors or by the nature of the appeal.

Income

Income becoming available to the Charity is recognised when there is entitlement to the income, probability of receipt, and amounts can be measured reliably as per FRS 102 SORP.

Expenditure

Cost of raising funds includes costs associated with the fund-raising events in furtherance of the Charity's objects. Charitable expenditure includes costs associated with particular activities in furtherance of the Charity's objects. Governance costs are those incurred in connection with the management of the Charity's assets, organisational administration, and compliance with constitutional and statutory requirements.

Debtors and Creditors

Short term debtors and creditors are measured at transaction price, less any impairment.

Pension scheme

The Charity operates a defined contribution pension scheme. The amount listed in the financial notes is the Charity's contributions payable in the year. The assets of the scheme are held separately to the Charity.

Critical accounting estimates and areas of judgement

In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions carry a significant risk of material adjustment in the next financial year.

2. Income

| | Unrestricted | Restricted | Total | 2021-2022 |
|-------------------------------------|-----------------|-----------------|------------------|-----------------|
| Donations | | | | |
| Individual | £ 2,353 | £ - | £ 2,353 | £ 3,591 |
| Total | £ 2,353 | £ - | £ 2,353 | £ 3,591 |
| Charitable activities | | | | |
| The National Lottery Community Fund | | | | |
| RC England-wide | - | £ 60,164 | £ 60,164 | £ 500 |
| LGBT Consortium | - | £ 23,000 | £ 23,000 | £ 1,500 |
| Project funding | £ 39,077 | £ 10,500 | £ 49,577 | £ 30,240 |
| Education Delivery | £ 41,720 | - | £ 41,720 | £ 1,050 |
| Speaking fees | £ 2,979 | - | £ 2,979 | £ 850 |
| Consultancy fees | £ 5,065 | - | £ 5,065 | £ 800 |
| Total | £ 88,840 | £ 93,664 | £ 182,505 | £ 34,940 |
| Income total | £ 91,193 | £ 93,664 | £ 184,857 | £ 38,531 |

3. Expenditure

| | Unrestricted | Restricted | Total | 2021-2022 |
|-----------------------------------|-----------------|-----------------|------------------|-----------------|
| Direct costs | | | | |
| Projects / campaigns | £ 27,988 | £ - | £ 27,988 | £ - |
| Consultancy | £ - | £ 8,700 | £ 8,700 | £ 10,377 |
| Staff costs (incl eNIC + pension) | £ - | £ 56,088 | £ 56,088 | £ - |
| Travel - National | £ - | £ 1,256 | £ 1,256 | £ - |
| Recruitment | £ - | £ 1,800 | £ 1,800 | £ 615 |
| Support costs | | | | |
| Rent | £ 2,033 | £ 6,525 | £ 8,558 | £ 1,088 |
| Website | £ 4,210 | £ 440 | £ 4,650 | £ - |
| Depreciation | £ 2,237 | £ - | £ 2,237 | £ - |
| Software | £ - | £ 2,001 | £ 2,001 | £ 907 |
| Office costs | £ - | £ 1,030 | £ 1,030 | £ 104 |
| Staff costs | £ - | £ 906 | £ 906 | £ 195 |
| Other | £ - | £ 1,744 | £ 1,744 | £ 1,442 |
| Total | £ 36,469 | £ 80,490 | £ 116,959 | £ 14,728 |

4. Other financial service fees

| | Unrestricted | Restricted | Total | 2021-2022 |
|----------------------|--------------|------------|-------|-----------|
| Independent examiner | £ - | £ - | £ - | £ - |

Independent examiner services provided pro-bono.

5. Staff cost and numbers

| Staff costs | 2022-2023 | 2021-2022 |
|------------------------------------|-----------------|------------|
| Wages and salaries | £ 50,832 | £ - |
| Social security costs | £ 4,525 | £ - |
| Employers contribution to pensions | £ 731 | £ - |
| Total | £ 56,088 | £ - |

No employees receive employee benefits (excluding employer pension costs) of more than £60,000

| Average employee headcount | 2022-2023 | 2021-2022 |
|----------------------------|-----------|-----------|
| Chief executive | 1 | 0 |
| Education | 1 | 0 |
| Communications | 1 | 0 |
| Total | 3 | 0 |

6. Tangible fixed assets

| | |
|--------------|----------------|
| Cost | £ 3,711 |
| Depreciation | £ (1,854) |
| Total | £ 1,857 |

7. Intangible fixed assets

| | |
|--------------|------------|
| Total | £ - |
|--------------|------------|

8. Cash at bank in hand

| | 2022-2023 | 2021-2022 |
|--------------------------|-----------------|-----------------|
| Cash at bank and in hand | £ 93,541 | £ 41,174 |
| Total | £ 93,541 | £ 41,174 |

9. Creditors: amounts due within one year

| | 2022-2023 | 2021-2022 |
|------------------|----------------|------------|
| PAYE payable | £ 1,033 | £ - |
| Pensions payable | £ 219 | £ - |
| Total | £ 1,252 | £ - |

10. Debtors

| | 2022-2023 | 2021-2022 |
|--------------|-----------------|------------|
| Education | £ 7,730 | £ - |
| Consultancy | £ 300 | £ - |
| Project | £ 9,500 | £ - |
| Total | £ 17,530 | £ - |

12. Movement in funds

2022-2023

Unrestricted funds

| | Brought forward | Income | Expenditure | Transfers | Carried Forward |
|---------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| General fund | £ 20,136 | £ 91,193 | £ 36,469 | £ 23,640 | £ 98,500 |
| Total unrestricted | £ 20,136 | £ 91,193 | £ 36,469 | £ 23,640 | £ 98,500 |

Restricted funds

| | | | | | |
|---|-----------------|-----------------|-----------------|-------------------|-----------------|
| The National Lottery Community Fund RC England-wide | £ - | £ 60,164 | £ 60,164 | £ - | £ - |
| LGBT Consortium: LGBT+ Futures Equity Fund | £ - | £ 23,000 | £ 20,325 | £ - | £ 2,675 |
| Voluntary Sector North West | £ - | £ 1,000 | £ - | £ - | £ 1,000 |
| NHS England | £ - | £ 9,500 | £ - | £ - | £ 9,500 |
| Education income | £ 23,640 | £ - | £ - | £ (23,640) | £ - |
| Total restricted | £ 23,640 | £ 93,664 | £ 80,490 | £ (23,640) | £ 13,175 |

| | | | | | |
|--------------|-----------------|------------------|------------------|------------|------------------|
| Total | £ 43,776 | £ 184,857 | £ 116,959 | £ - | £ 111,675 |
|--------------|-----------------|------------------|------------------|------------|------------------|

2021-2022

| | Brought forward | Income | Expenditure | Transfers | Carried Forward |
|---------------------------|-----------------|-----------------|--------------|------------|-----------------|
| Unrestricted funds | £ 3,973 | £ 16,291 | £ 128 | £ - | £ 20,136 |
| Total unrestricted | £ 3,973 | £ 16,291 | £ 128 | £ - | £ 20,136 |

| | | | | | |
|-------------------------|-----------------|-----------------|-----------------|------------|-----------------|
| Restricted funds | £ 16,000 | £ 22,240 | £ 14,600 | £ - | £ 23,640 |
| Total restricted | £ 16,000 | £ 22,240 | £ 14,600 | £ - | £ 23,640 |

| | | | | | |
|--------------|-----------------|-----------------|-----------------|------------|-------------------|
| Total | £ 19,973 | £ 38,531 | £ 14,728 | £ - | £ 43,776 * |
|--------------|-----------------|-----------------|-----------------|------------|-------------------|

* Balance brought forward updated to include assets and liabilities

Independent Examiners Report

OUTpatients Annual Accounts Year Ending March 2023

Independent examiner's report to the trustees of OUTpatients

I report to the trustees on my examination of the accounts of the OUTpatients (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the charity's Trustees as a body, for my work or for this report. I make this report independently from the organisation where I am employed.



Signed:

Name: Lee Mauve Patron

Chief Operating Officer – Future First Alumni Ltd.

Date: 11 January 2024

Declaration

The Trustees declare that they have approved the report above.

The Chair has signed on behalf of the Trustees.

A handwritten signature in black ink, reading 'JF Bayliss', is enclosed within a thin purple rectangular border.

Full Name

Mr Jacob Bayliss

Position

Chair of the Board of Trustees

Date

12/01/24