



TRUSTEE ANNUAL REPORT

27/10/2020 - 31/3/2021

ADMINISTRATIVE DETAILS

Trustees

Sue Morgan	Chair of Trustees
Steven Walder	Treasurer
Elizabeth Hirst	Head of Safeguarding
David Shaw	Trustee

REGISTERED CHARITY NUMBER

1192034

REGISTERED ADDRESS

Mind Over Cancer
PO Box 290
ROYSTON
SG8 1FP

ACCOUNTANT

Adrian Winter FCCA (Partner)
Taylor & Co
Chartered Certified Accountants
The Sycamores
43 Kneesworth Street
Royston
Herts
SG8 5AB

BANKERS

CAF BANK
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

STRUCTURE, GOVERNANCE AND MANAGAMENT

Mind Over Cancer is a Charitable Incorporated organisation whose only voting members are its charity trustees. It is governed by a foundation model constitution.

APPOINTMENT OF CHARITY TRUSTEES

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed.

A MESSAGE FROM OUR CHAIR OF TRUSTEES

"This charity started with the aim of just working with families in East Anglia and this year we have been able to support 43 young people directly with our service, largely from this area. We have recently celebrated our 2nd anniversary and now, this small, but dynamic charity continues to develop with plans to now grow beyond. We have been able to prove that this model of support to young people and their families works, with many wonderful testimonies that describe its benefit.

We are now spurred on to raise awareness and further funds, so that we can reach more young people. To date we have been able to impact on the national young person's cancer scene with representation at important professional networks, further raising our profile and influencing opportunities. We are very clear on our ambition to further develop community and corporate partnerships, and we are particularly proud of the way that we are working alongside the NHS to help young people, a true partnership. Referrals coming from these NHS professionals is a positive affirmation of the work that we are doing.

Our values are that we have integrity, we are invested, inclusive and innovative. We apply all of these into the work that we do, and plan to do in the future. Building upon our foundations in the first two years, we will support more young people and their families, by encouraging them to talk and providing them a space to do this professionally and safely. We aim to make the invisible cost of a young person's cancer visible.

Keep talking."

Sue Morgan - MBE

OBJECTIVES AND ACTIVITIES

To promote and protect the mental health of those who have been diagnosed with cancer aged up to 29 and their families/support network, by providing or assisting in the provision of a counselling service and mental health support programme. A service that can be accessed at any time of their life.

The service is available to all families living with a childhood or young adult cancer diagnosis from 0-29 years. We know that living with cancer as a child or young adult has a quite different impact on both the patient and their support network both during treatment and for some, many years later. The impact of late effects from treatment and everything that they witnessed and experienced is something that can have a lasting effect on the patients and those around them. This service not only offers support during treatment but more importantly later in their lives when many issues can emerge and have an impact on people's day to day living and general mental health. A cancer diagnosis lives with the patient and the support network which is why it's important to support everyone – when they need it.

The service will bring together groups of people who share the same experiences, mums sharing with mums, offering dad's support, patients at different stages of life being given a safe and trusted space to talk, listen and process. Creating a virtual place for people to talk and support each other not having to worry to about postcodes and travel.

Talking therapy can have a massively positive impact on people's mental health and wellbeing. Counselling allows people to recover from episodes of poor mental health and we hope in many cases avoiding getting to crisis point and saving lives, encouraging people to re-join their community, feel a sense of control and happiness without judgment on what they've been through.

Inclusive communities = stronger communities.

OUR ACHIEVEMENTS

Services

43 people engaged with the charity – a combination of counselling, support groups and one-off support sessions.

Over 230 hours of direct support was given.

Starting to make plans to roll the service out of East Anglia.

NHS relationships

We have a strong relationship with the Paediatric, Teenage and Young Adult (TYA) and adult teams at Addenbrookes hospital.

We have also engaged with local hospitals within the region, Norfolk & Norwich, Ipswich, Peterborough, and West Suffolk.

We have principal treatment centres across the NHS waiting to work with us including The Royal Marsden and The Queen Elizabeth Hospital, Birmingham

We were invited to be a member of East of England Cancer Alliance - Psychological support working group, which we now play an active part in.

Charity engagements

We have developed positive relationships with both national and local charities. Ellen Macarthur Cancer Trust, Young Lives vs Cancer, Macmillan, Teensunite, Littlelifts, Solving Kids Cancer.

Working groups

We became a member of Cancer52 which is an alliance of over 100 organisations working to address this inequality and improve outcomes for patients with these highly challenging diseases.

FINANCIAL REVIEW (who and where the money has come from)

Grants

Successful grant applications from the following brilliant organisations, Community Lottery, Peoples Postcode lottery, Alan Boswells charitable Trust, Biss Davies Trust.

Supporters

We have met some amazing people who have raised money and awareness of Mind Over Cancer through treks, bingo nights and many more.

GIFT IN KIND RECEIVED

'Flock Design' have kindly created and continue to run our website at no cost to us.

MAJOR RISKS IDENTIFIED

All risks are recorded via the risk register and reviewed on a quarterly basis via the Trustees Meetings – Risk Agenda item.

The major risks are as identified below and currently mitigated to a safe, manageable level

Inability to generate sufficient income to deliver services – reviewed on a quarterly basis via Trustee meetings

Operational Risks (Staffing) – Reviewed on a quarterly basis via Trustee meetings

Compliance with GDPR – GDPR policy in place to manage this – reviewed annually

Compliance with Safeguarding – Safeguarding policy in place – reviewed annually, and Trustee

Safeguarding Lead identified – standing item on the quarterly Board agenda

POLICIES

Below is a list of policies which have been developed and all are reviewed annually:

GDPR Policy
Safeguarding Policy
Diversity, Equality and inclusion Policy
Expenses Policy

ADDITIONAL INFORMATION (staff/volunteers) For the first 12 months the founder volunteered and ran the charity full time. After receiving funding, she become the first, and currently only employee of the charity. We have 1 part-time fundraiser working on a self-employed basis.

DECLARATION – Chair and one other trustee

The trustees declare that they have approved the trustees' report above.

SIGNATURE 1

A handwritten signature in black ink, appearing to read 'S Morgan'.

NAME: Sue Morgan MBE (Chair)

DATE: 06 January 2023

SIGNATURE 2

A handwritten signature in black ink, appearing to read 'S Walder'.

NAME: Steven Walder (Trustee)

DATE: 06 January 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

MIND OVER CANCER

1192034

Receipts and payments accounts

CC16a

For the period
from

27/10/2020

To

31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	40,762	43,350	-	84,112	-
Grants	-	10,000	-	10,000	-
Asset Grants	-	866	-	866	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	40,762	54,216	-	94,978	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40,762	54,216	-	94,978	-
A3 Payments					
Counselling	15,544	7,175	-	22,719	-
Promotion	1,432	-	-	1,432	-
Supervision	203	-	-	203	-
Computers	24	-	-	24	-
Insurance	213	-	-	213	-
Stationery	128	-	-	128	-
Postage	360	-	-	360	-
Bank Charges	80	-	-	80	-
Expenses	686	-	-	686	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,670	7,175	-	25,845	-
A4 Asset and investment purchases, (see table)					
Computer assets	-	570	-	570	-
	-	-	-	-	-
Sub total	-	570	-	570	-
Total payments	18,670	7,745	-	26,415	-
Net of receipts/(payments)	22,092	46,471	-	68,563	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	22,092	46,471	-	68,563	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	68,563	-	-
		-	-	-
		-	-	-
	Total cash funds	68,563	-	-
(agree balances with receipts and payments account(s))				
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

Mind over Cancer - Charity

Bank Rec

Period to 31/03/2022

	To 31.10.21		To 31.03.22		Total	
	Restricted	Un-Restricted	Restricted	Un-Restricted	Restricted	Un-Restricted
Donations	13000	39328.91	30350	1433.54	43350	40762.45
Grants	10000				10000	0
Asset grants	866.47				866.47	0
	23866.47	39328.91	30350	1433.54	54216.47	40762.45
Counselling	2243.4		4931.4	15544	7174.8	15544
Promotion		281.98		1150.39	0	1432.37
Supervision				202.5	0	202.5
Computers				23.99	0	23.99
Insurance		212.83			0	212.83
Stationery		128.41			0	128.41
Postage		360			0	360
Bank Charges		40		40	0	80
Expenses				686.1	0	686.1
Assets	569.97				569.97	0
	2813.37	1023.22	4931.4	17646.98	7744.77	18670.2
Total	21053.1	38305.69	25418.6	-16213.44	46471.7	22092.25
		59358.79		9205.16		68563.95
Cash at bank	68563.95					
Split						
	Restricted	46471.7	Donations	46175.2		
	Un-Restricted	22092.25	Assets	296.5		
		68563.95		46471.7		

S Morgan

Sue Morgan (MBE) Chair

06/01/2023

S Walder

Steven Walder (Trustee)

06/01/2023

