



TRUSTEE ANNUAL REPORT

01/04/2022 - 31/3/2023

ADMINISTRATIVE DETAILS

Trustees

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

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 where the 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 has been another year of uncertainty in the charity world. The pandemic has been declared over, but the economy is now in crisis and the cost of living has increased, and grants have many more applicants. For us, this means that finding funding is a daily challenge. Yet, despite all of this, this small charity has provided support to over 50 individuals and changed lives in the process. I am very proud of the determined way in which the founder and the trustees have been able to rise to the challenges and continue to grow.

This year we were joined by a fundraiser, who has helped with writing grant applications, which has yielded results. We have also been joined by three dynamic Patrons, who will help us to raise our profile, and in doing so bring in extra funding.

Young people who have, or have had cancer, and their families, often struggle to come to terms with what has happened; this can be years later. They need and require support to move forward. We know this, and we know what can help them – and this is what we provide.

This coming year, we aim to explore other avenues for working with the NHS providers so that we can spread the service wider. We know these are small steps, but we are committed to doing this.

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 an 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 along with everything that they have 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 may emerge and impact on people's day to day living and general mental health. A cancer diagnosis and experience stay with the patient and the support network long after treatment has finished, which is why it's important to support everyone at the time that they need it.

The service brings together groups of people who share the same experiences, mums sharing with mums, dads with dads, patients at different stages of life. They are given a safe and trusted space to talk, listen and process. We create a virtual place for people to talk and support each without the worry of 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 thus saving lives. We encourage people to re-join their community, feel a sense of control and happiness without judgment about what they've been through.

We are the only cancer charity to offer this lifelong support to this specific group of people.

OUR ACHIEVEMENTS

Service delivery

We are very proud to say that we have been able to provide support to 52 users over the past year (Figure 1), the majority are young people, but we are encouraged to see other family members taking up the offer. We hope that this will increase year on year. This has been against a background of reduced income, meaning that we needed to pause recruitment, other than urgent cases, until further funds came in.

We have been able to demonstrate that there is a need for this service, so we hope that we are now able to attract more funding.

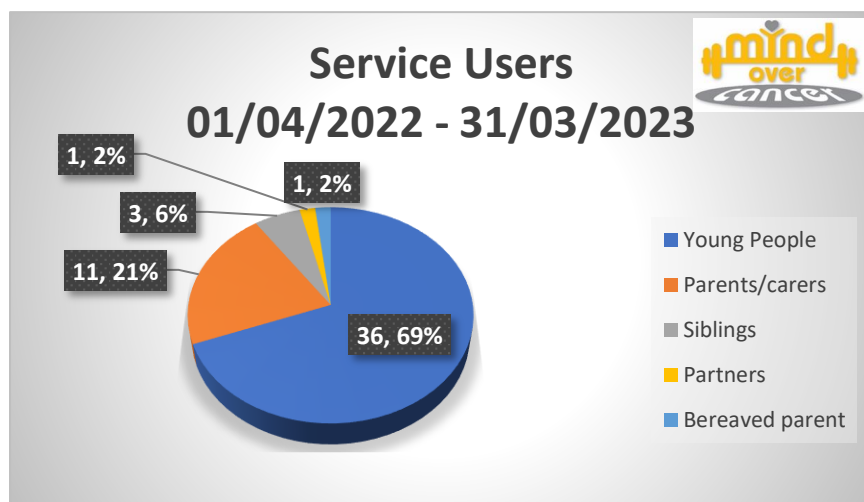
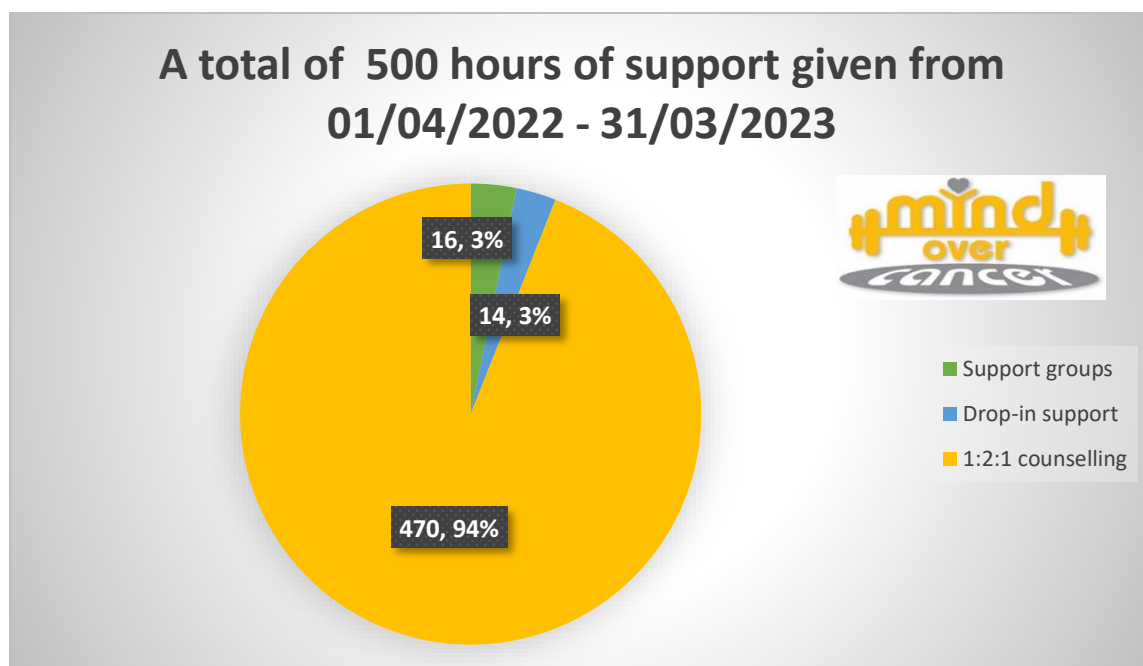


Figure 1.

We have provided 500 hours of support over the last year (Fig 2). The majority of this has been through 1:2:1 counselling. This is an online service where we refer the user to an established counselling service, which is separate from the charity. We gain feedback after the sessions have completed (they are offered 10) and the evaluation has been positive. If at any time the counsellor and the user feel that they don't work well together, then we are open and honest and help them to find the best fit with another counsellor.

There is a drop-in service where anyone can book a session to speak to a qualified counsellor for a one-off session, this might be to off-load and discuss any possible triggers. There is a high number of young people who have completed 10 sessions of counselling who are accessing this service, as well as people who are yet ready to commit to regular counselling. We also offer online support groups which have been well attended and evaluated. These are largely attended by young people who have been off treatment for a long time. Indeed, this is a trend we are seeing across the whole service (Fig 3)

Figure 2



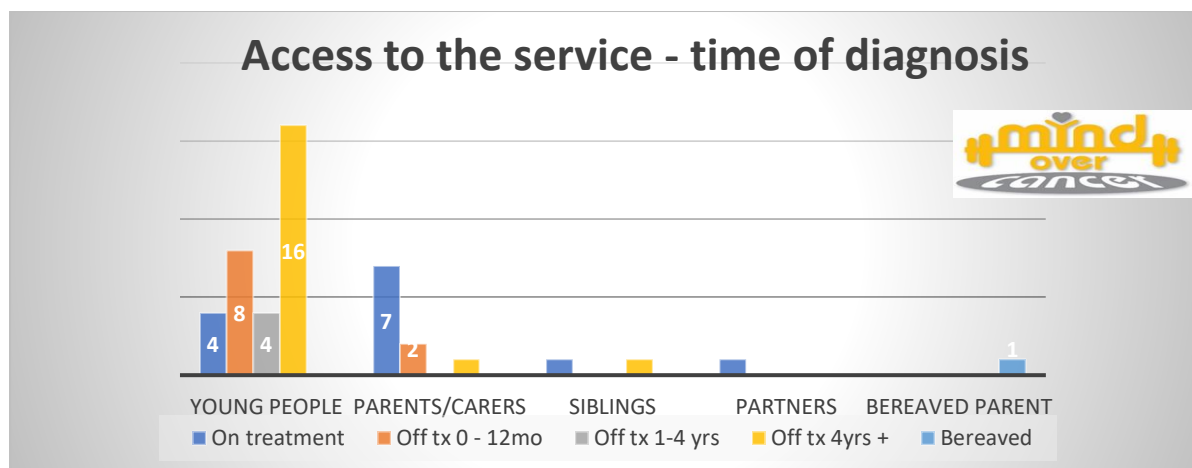


Figure 3

NHS relationships

We continue to have a strong relationship with the Paediatric, TYA and adult teams at Addenbrookes hospital and receive referrals from the multi-disciplinary team across the region. This is a model we have worked hard to develop and will become the template for other centres across the UK when we roll out the support.

We have Principal Treatment Centres across the NHS waiting to work with us, they are The Royal Marsden, Birmingham, and London hospitals. We require funding to do this robustly, and we are working to secure funding for these areas.

We continue to play an active role in the East of England Cancer alliance working group for TYA psychological support.

Engaging with other charities

We are very proud to be the charity mental health partner to the Ellen MacArthur Cancer Trust. We are excited to be working with them to achieve their Ambitions for the next 3 years with their mental health and wellbeing agenda.

We continue to work closely with national and local charities to deliver the support to individuals in need of our support, working with the needs of each area.

Working groups

We have become a member of the CYPC (Children's & Young People's Cancer Coalition).

FINANCIAL REVIEW

Grants - We have had successful grant applications from the following organisations, TNL community fund and St James Place Charitable Trust.

Community – We have seen an increase in our community fundraising and we start the next year engaging with more community groups.

Supporters

We continue to grow our community support through local events via families, schools, and colleges. This year we have been proud to announce our 3 patrons:

Remi Rough – a renowned artist from Peckham, South London. Remi has been creating powerful graffiti inspired abstract compositions and large-scale murals for over 35 years. His incredible talent has meant he has exhibited at galleries and cities across the world, including New York, Paris, Los Angeles, Tokyo, and Hong Kong, and most recently featured in the summer exhibition at The Royal Academy of Arts in London. Remi is also an accomplished music producer and rapper and one half of hip hop art duo TheDeadCanRap. Remi intends to use his artistic talent to help with the charity's fundraising and spread awareness of its free mental health services which support current and former cancer patients.

Anna and Richard Park - Anna Park is the well-known owner/retailer of the Anna chain of shops in Norfolk, Suffolk, Essex, and London. She is resident in Burnham market where she opened her first store 30 years ago. She launched her own clothing brand, Primrose Park which has customers around the globe. Her headquarters are now in Primrose Hill, London.

Richard has been associated with radio, tv and music successfully for many years. He has run radio stations including Heart, Capital and LBC and was voted most important person in the music industry during his time on BBC show Fame Academy.

Anna and Richard are delighted to have joined the team at Mind Over Cancer and are already determined fund raisers. They understand our mission clearly.

All three of our Patrons bring enthusiasm, passion, and support to Mind Over Cancer and are keen to explore ways of supporting the charity.

GIFT IN KIND RECEIVED

We continue to have our website hosted by Flock design/Angel Fernandez with no charge to the charity.

RISKS IDENTIFIED

All risks are recorded via the risk register and reviewed bi-monthly 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 bi-monthly 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 bi-monthly Board agenda.

POLICIES

Equality and Diversity and inclusion

Safeguarding

GDPR

Management of risks – reviewed bi-monthly at trustee meeting.

Conflict of interest – reviewed bi-monthly at trustee meeting.

ADDITIONAL INFORMATION (staff/volunteers)

We continue to have one full time employed member of staff who oversees the running of the charity and leads on service delivery, and one part-time/self-employed fundraiser.

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 – S. Morgan

DATE – 17/07/2023

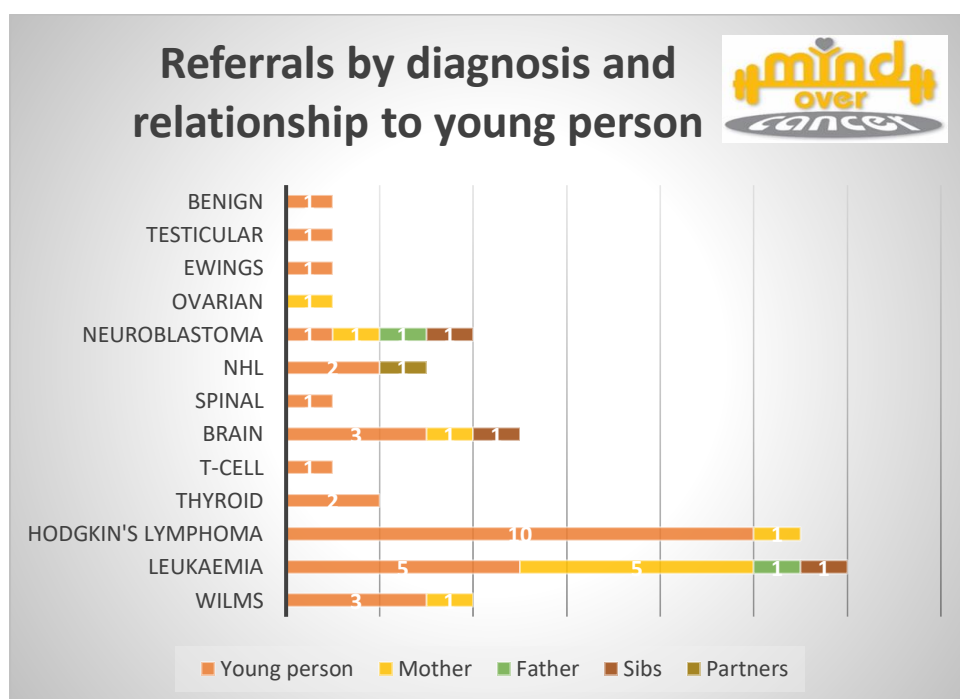
SIGNATURE 2

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

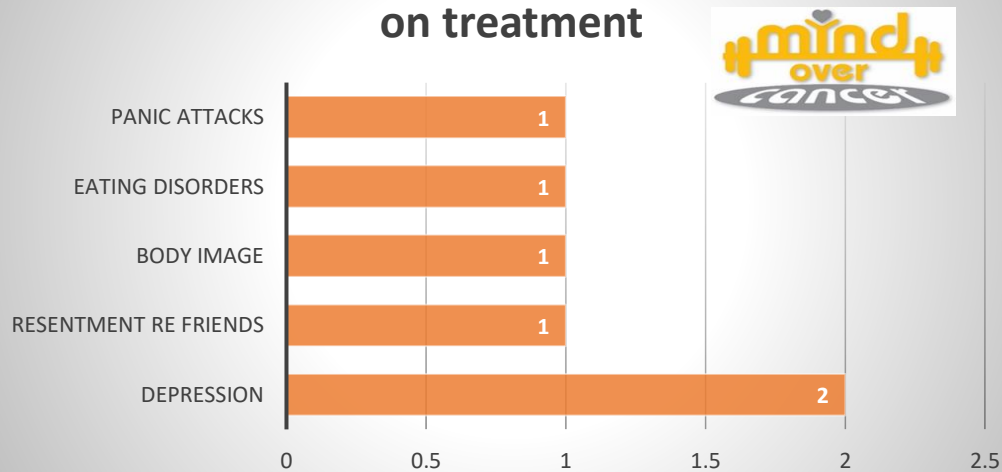
NAME – S. Walder

DATE – 17/07/2023

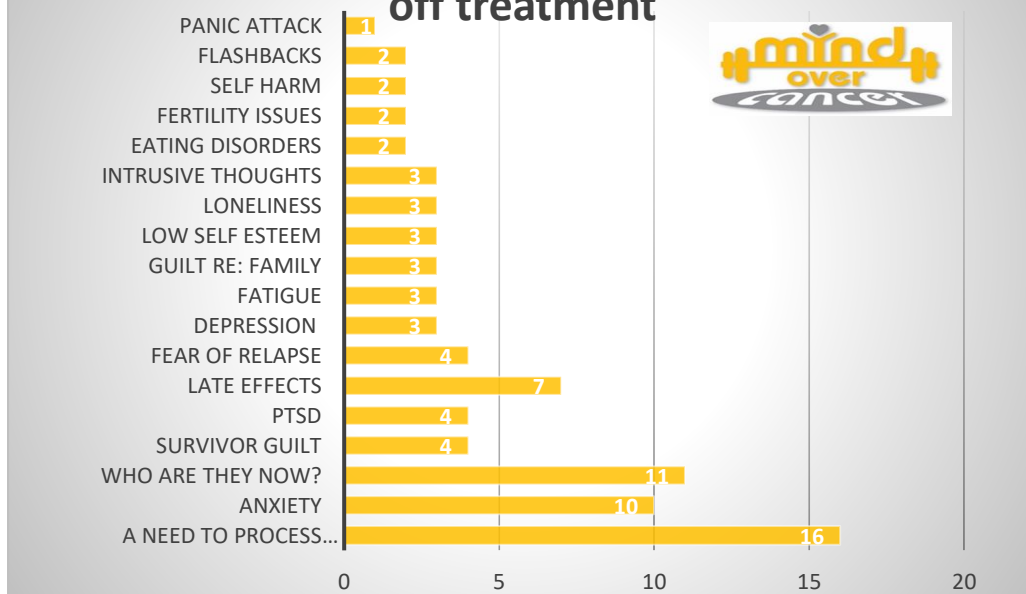
Appendix – Data collected re service users



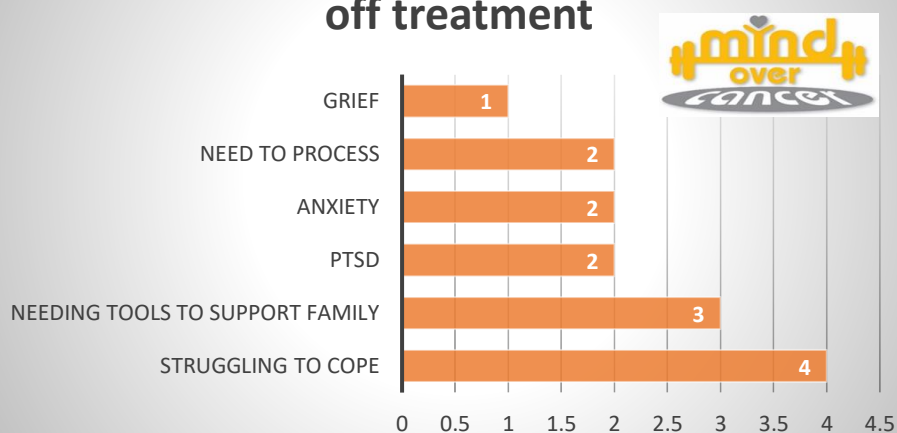
Main presenting issues for young people on treatment



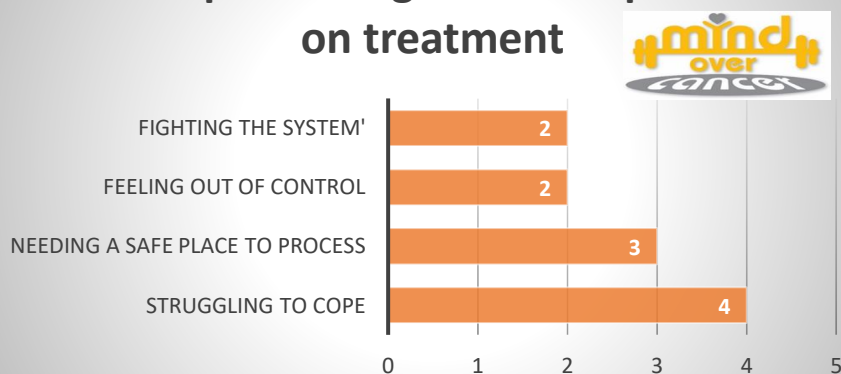
Main presenting issues for young people off treatment



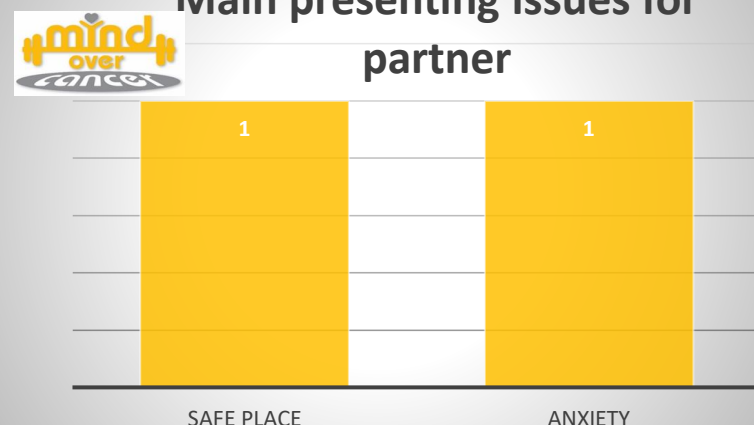
Main presenting issues for parents off treatment



Main presenting issues for parents on treatment



Main presenting issues for partner



Main presenting issues for siblings





CHARITY COMMISSION
FOR ENGLAND AND WALES

MIND OVER CANCER

1192034

Receipts and payments accounts

CC16a

For the period
from

01/04/2022

To

31/03/2023

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	10,522	26,703	-	37,225	84,112
Grants	-	-	-	-	10,000
Asset Grants	-	-	-	-	866
Interest Received	62	-	-	62	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,584	26,703	-	37,287	94,978
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,584	26,703	-	37,287	94,978
A3 Payments					
Counselling	3,770	18,953	-	22,723	22,719
Promotion	8,718	-	-	8,718	1,432
Supervision	810	-	-	810	203
Computers	94	-	-	94	24
Insurance	-	-	-	-	213
Stationery	172	-	-	172	128
Telephone	28	-	-	28	-
Postage	378	-	-	378	360
Bank Charges	72	-	-	72	80
Expenses	1,528	-	-	1,528	686
Accountancy	180	-	-	180	-
Sundries	308	-	#	308	-
Wages	-	43,328	-	43,328	-
	-	-	-	-	-
Sub total	16,058	62,281	-	78,339	25,845
A4 Asset and investment purchases, (see table)					
Computer assets	-	-	-	-	570
	-	-	-	-	-
Sub total	-	-	-	-	570
Total payments	16,058	62,281	-	78,339	26,415
Net of receipts/(payments)	- 5,474	- 35,578	-	- 41,052	68,563
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22,092	46,471	-	68,563	-
Cash funds this year end	16,618	10,893	-	27,511	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	16,618	10,893	-
		-	-	-
		-	-	-
	Total cash funds	16,618	10,893	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

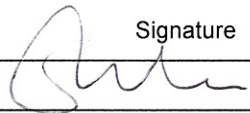
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	S. WALDER	11/7/23



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
MIND OVER CANCER

**On accounts for the year
ended**

31 MARCH 2023

**Charity no
(if any) 1192034**

Set out on pages

1 AND 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

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

I have no concerns and 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.

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

Signed:

Date:

28/06/2023

Name:

ADRIAN WINTER FCCA

**Relevant professional
qualification(s) or body
(if any):**

FCCA – ASSOCIATION OF CHARTERED CERTIFIED ACCOUNTANTS

Address:

THE SYCAMORES

43 KNEESWORTH STREET

ROYSTON HERTS SG8 5AB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.