



TRUSTEE ANNUAL REPORT

01/04/2023 - 31/3/2024

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

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

It has been another difficult year for many charities across the UK, more so for some of the smaller ones who have needed to close their doors. Fundraising is still challenging in the current financial climate, and it is against this background that Mind Over Cancer has continued to flourish.

The charity has maintained a good income, and although it was slightly lower over the previous year it has still been able to provide the same if not more support for our client group. However, it has meant that we have been unable to grow significantly. However, through the excellent leadership of the founder Susie Shaw, numbers have remained consistent and the numbers of people we support is on track.

The charity has worked very hard to become sustainable and to keep its name and purpose on the national cancer agenda. Networking has been key to this, as well as working with other charities; at a time when other charities are working with the same cohort of people, it is vital that we share resources and work together providing a gap-free, all-encompassing service, that is not duplicated by others. We know that we provide a service that no other charity provides, so it is important to make others aware of that.

Our data is proving to be helpful as we continue to grow and develop. For the first time we have been able to demonstrate the difference that our 1:2:1 counselling service makes to young people. In the data shown in this report we can see that there is a significant reduction in anxiety scores at completion of their sessions. This is really helping to demonstrate our worth and to help potential funders understand the power of talking therapy.

We have also seen a slight increase in young people who have been off treatment for up to one year – whereas the previous year we saw those who were off treatment for 4 years. We know that anxiety is high once treatment has completed as they need to process what has happened to them, but we don't yet know the significance of this and need more data with which to understand more fully. Most of the young people we support are females, although this past year a few more males have asked for support. Again, we need to understand this and work out we can best support these young men.

We are very excited that on the horizon (June 2024) is the publication of an evidence based, commentary research report commissioned by Young Lives vs Cancer, Ellen Macarthur Cancer Trust and Teenage Cancer Trust, titled 'Understanding the needs and well-being of children and young people with cancer and their families'. This was undertaken by Dartington Service Design Lab. This publication will provide us with valuable insights into the experiences of the cohort of people we support and inform our work in a robust way. We believe that this will also help funders understanding of our work.

The evaluations that we receive after the support sessions, are universally positive. The clients are always encouraged to feedback, and their advice is sought about how to improve the service offered. This is helping to shape the charity and how we support them. It is vital that we listen to the voice of our client group – and I am proud to say that this is something else the charity does well.

Our plans for next year include getting funding to pay for a fundraiser who will help to gain momentum in the charity. Working with all the information we have obtained, and the upcoming report, will add weight to what we do. I have worked with young people with cancer for many years, and I know that to drive things forward you need the proof with which to do so. I am thrilled that this is now all coming together for the charity and the Trustees have high hopes for the coming year.

I am a very proud Chair of Trustees. It is a privilege to work with the other trustees, and we all have the skills to complement each other and guide the safe travel of the charity. Huge admiration and thanks to our Founder and Leader Susie Shaw, who works tirelessly to make the charity and its service a success and to Lesley who works so hard applying for funding. We have a great team.

Thank you

A handwritten signature in black ink, appearing to read 'Sue Morgan'. The signature is written in a cursive, flowing style with a large 'S' and 'M'.

Sue Morgan MBE MA RGN RSCN

OBJECTIVES AND ACTIVITIES

Mind Over Cancer (MOC) is a three-year-old Charity which delivers vital mental health & wellbeing support to patients and their support network, who are living with a cancer diagnosis that occurred between the ages of 0-29yrs. Lives can be enhanced, and saved, by helping with their mental health and understanding the issues that come with a childhood or young person cancer diagnosis. We do this 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 lives. We are the only charity with this unique remit.

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. Therefore, this service can be accessed at any time of their life. The impact of the late effects of 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. We not only offer 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, this is generally at a time when the support from their NHS team is no longer available to them. The experience of a cancer diagnosis can stay with the patient and the support network long after treatment has finished, which is why it is important to support everyone at the time that they need it.

Mental health services are poorly served by the NHS – they are mainly concentrating on the medical aspects. Many cancer centres will not have a counselling service, and if they do, the waiting list is huge. Because of this we have developed a mental health and wellbeing model to provide a much-needed service in an under resourced, and little understood area.

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.

The charity provides the mechanism to bring 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 have created a virtual place for people to talk and support each without the worry of postcodes and travel.

Two of the trustees of this charity are experts in the care of young people with cancer with many years of experience; other trustees offer expertise in safeguarding, service delivery, and finance. The voice of the users is at the heart of everything that is developed, and delivered and is constantly evolving

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

OUR ACHIEVEMENTS

The Charity receives many calls in the space of a year from people looking for support. These are all triaged at the point of call and then assigned to the agreed route on our Service Model (Fig 1) or signposted to a more appropriate organisation (i.e. did not fit our criteria).

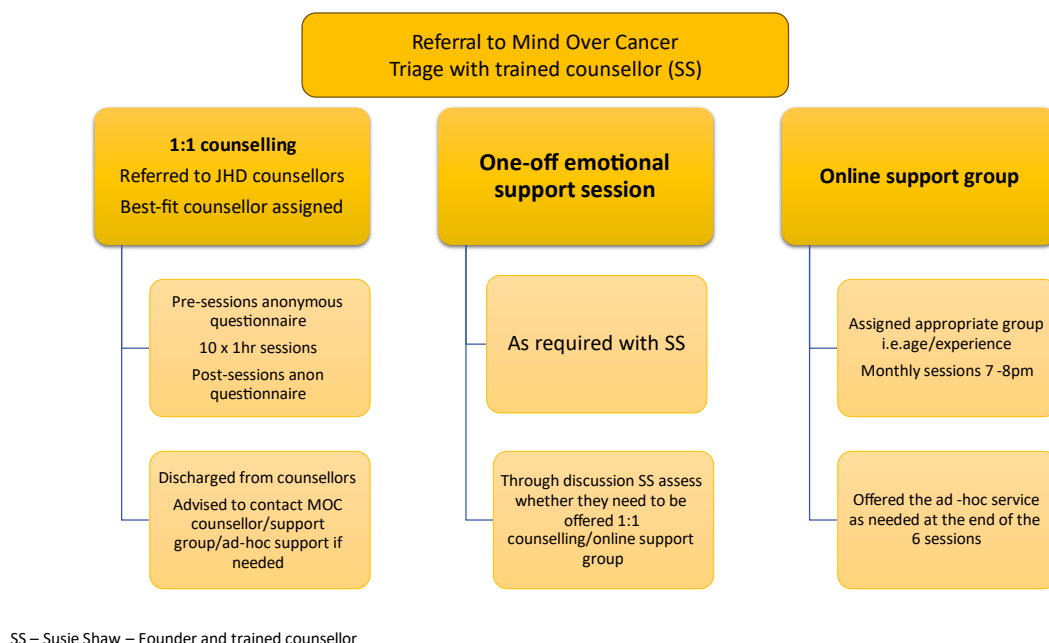
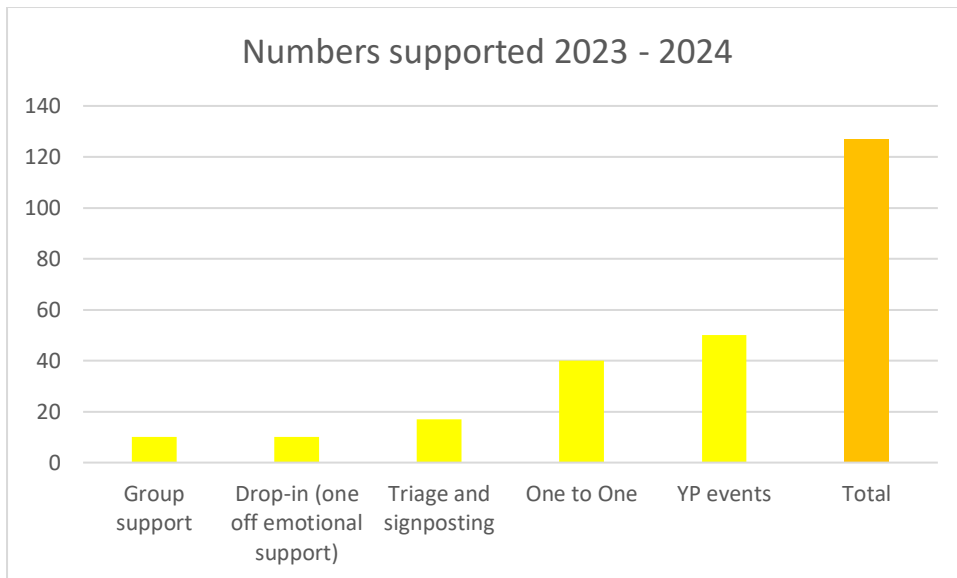


Figure 1 – Mind Over Cancer service delivery model

Service delivery

We have been able to triage and provide support 127 users over the past year, the majority are young people, but we are encouraged to see other family members taking up the offer. However, out of the 127 people who contacted the charity looking for support 17 were signposted elsewhere as they did not fit with the criteria. We have seen a slight increase this year, and we hope that the amount of young people/carers/family we are able to support will increase year on year. Against a background of reduced income, we have needed to pause recruitment, other than urgent cases, until further funds are received.

*Figure 2: Total number
of people supported
01.04.2022 - 31.03.2024*



The majority of support has been through 1:2:1 counselling. (Fig 3) 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 sessions) and the evaluation has been showing a reduction in their anxiety scores (Fig 4) 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.

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

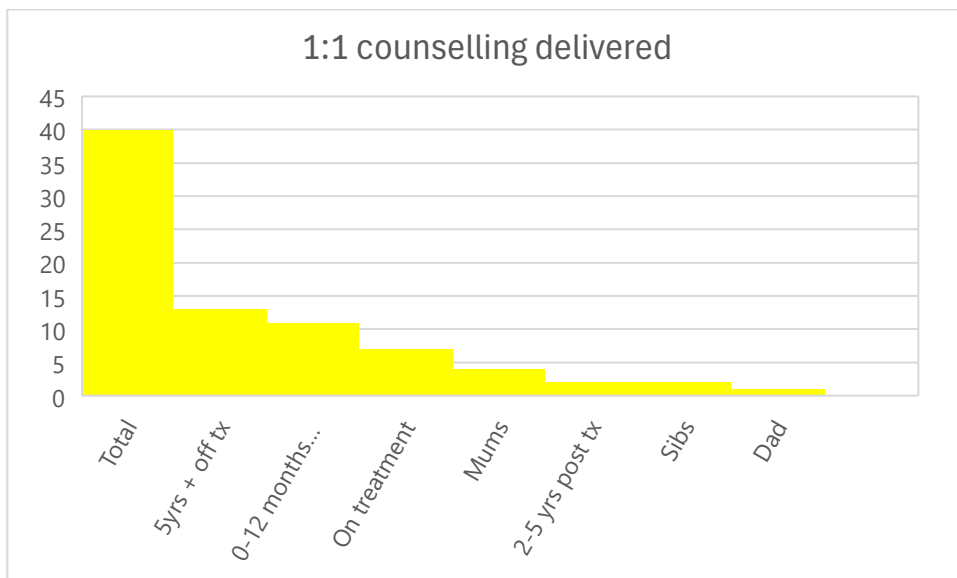


Figure 3 – 1:1 counselling delivered 2023 - 2024

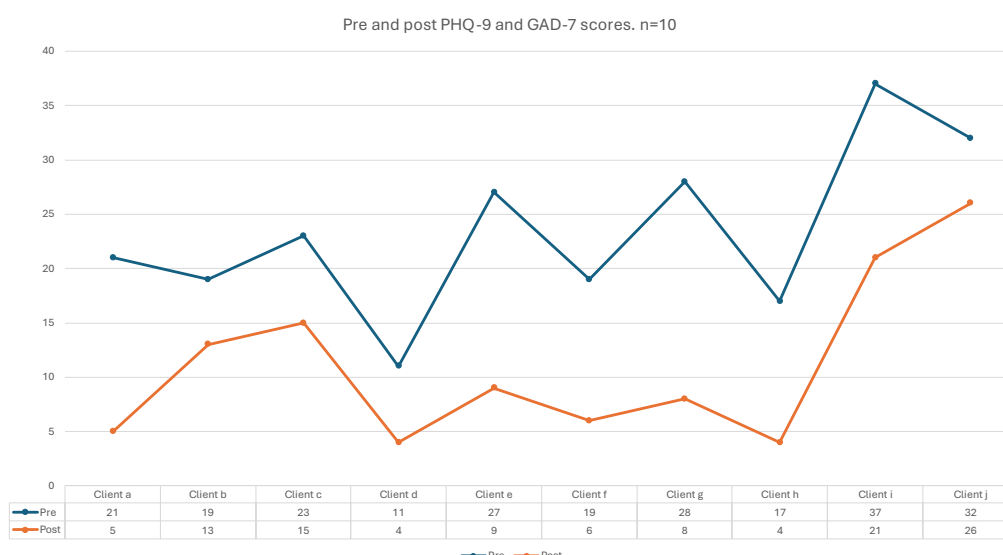


Figure 4: Young people aged 15 – 33 years (n=10) who have accessed the ten sessions of 1:1 support. Pre and post scores measuring anxiety with PHQ-9 and GAD 7 questionnaire. 2023.

We run 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. The clients we see here are young people who have completed 10 sessions of counselling who are accessing this service, as well as people who are not yet ready to commit to regular counselling.

For the first year we have recorded the number of young people we will see at events, where our presence as a charity has been requested. For example, an Ellen Macarthur Study Day where many young people who have had cancer would be attending. This generated a lot of discussion with the young people and signposting with the two qualified members of MOC.

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. Although this past year we have seen an increasing trend in those people who have been off treatment for up to one year – whereas the previous year we saw those who were off treatment for 4 years. We are not sure if the reason behind this and will need to see whether the trend continues next year.

(Fig 5)

Over the last year we have provided 693 hours of support (Fig 6)

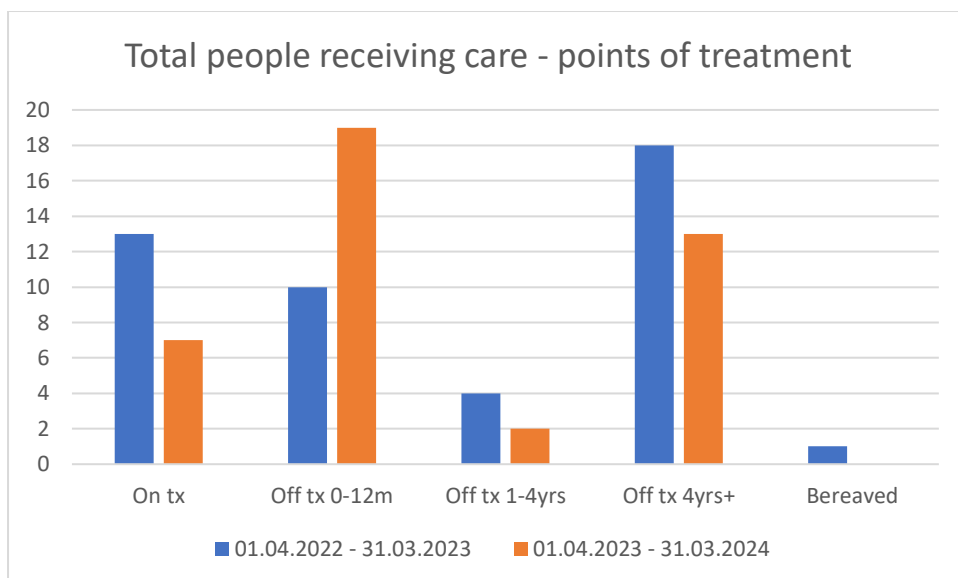
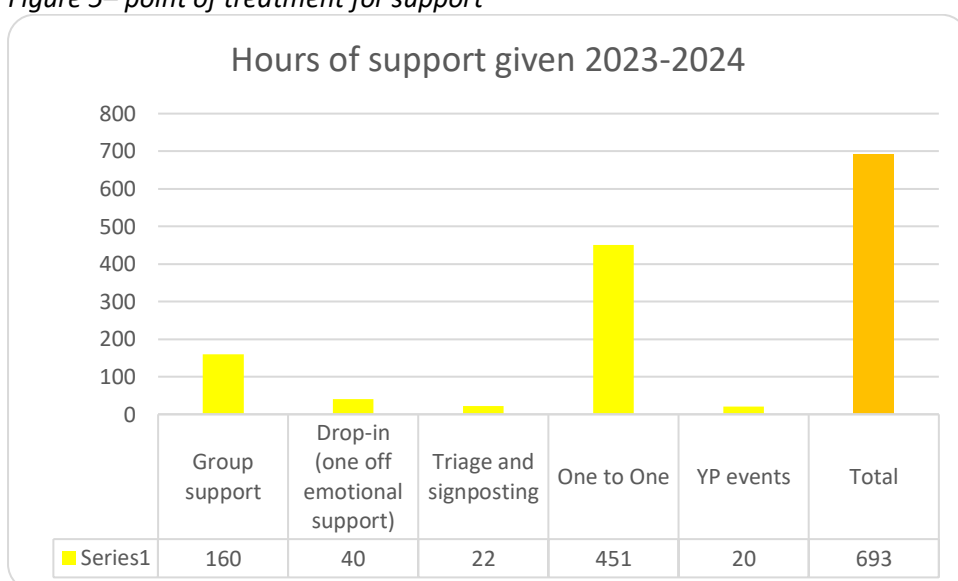


Figure 5– point of treatment for support



(Fig 6) We provided a total of 693 hours of support over the year

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 are working with more teams across the region, which is having a positive impact, and due to word of mouth about our services 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. 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.

Partnership with Ellen Macarthur Cancer Trust

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 have provided online support groups for those who had been on the EMCT trips. We provided a safe space for them to talk and share how they are feeling, and to offer our support and that of their peers.

The feedback was unanimously positive and MOC has been invited to provide the same service to these young people between Oct 2023 and May 2025.

Working groups

We have become a member of the CYPC (Children's & Young People's Cancer Coalition) and of cancer52.

FINANCIAL REVIEW

Grants – This year we were successful in receiving grants from a number of organisations, including the Postcode Lottery, National Lottery and The Albert Hunt Trust.

Community – We have seen an increase in our community fundraising, with our first marathon runner and several JustGiving pages.

Supporters

We continue to grow our community and looking for opportunities to engage with more people.

Patrons

Remi Rough – This year Remi helped give our logo a new and fresh look, our first logo will always be part of our history, and we go into the new year looking at ways to promote the new image.

Anna and Richard Park – As we come to the end of this year Anna and Richard have pledged to raise £60,000 for the charity by May 2025. This will be via events and support from their friends and families. We're eternally grateful for their ongoing support to the team and the charity and excited for the year ahead.

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.

Complaints

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. We are looking to work with a fundraiser soon.

DECLARATION – chair and one other trustee

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

SIGNATURE 1

NAME – S. Morgan

DATE – 08/08/2024

SIGNATURE 2

NAME – S. Walder

DATE – 08/08/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MIND OVER CANCER

No (if any)
1192034

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2023

To

Period end date
31/03/2024

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	63,517	28,650	-	92,167	37,225
Interest received	64	-	-	64	62
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	63,581	28,650	-	92,231	37,287
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	63,581	28,650	-	92,231	37,287
A3 Payments					
Counselling	- #	15,363	-	15,363	22,723
Fundraising	6,390	-	-	6,390	8,718
Supervision	810	-	-	810	810
Computers	130	-	-	130	94
Insurance	213	-	-	213	-
Stationery	564	-	-	564	172
Telephone	56	-	-	56	28
Postage	396	-	-	396	378
Bank Charges	60	-	-	60	72
Expenses	1,358	-	-	1,358	1,528
Accountancy	474	-	-	474	180
Sundries	-	-	-	-	308
Wages	-	47,745	-	47,745	43,328
Charity Badges	750	-	-	750	-
Sub total	11,201	63,108	-	74,309	78,339
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,201	63,108	-	74,309	78,339
Net of receipts/(payments)	52,380	- 34,458	-	17,922	- 41,052
A5 Transfers between funds	- 23,565	23,565	-	-	-
A6 Cash funds last year end	16,618	10,893	-	27,511	68,563
Cash funds this year end	45,433	-	-	45,433	27,511

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	45,433	-	-
		-	-	-
		-	-	-
	Total cash funds	45,433	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	
		S.Walder	26.08.2024	
			26.8.2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Charity Name
MIND OVER CANCER

On accounts for the year ended

31ST MARCH 2024

Charity no
(if any) 1192034

Set out on pages

1 AND 2

(remember to include the page numbers of additional notes)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31ST MARCH 2024.

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

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

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

Signed:

Date:

09/08/2024

Name:

COLIN TAYLOR FCCA

Relevant professional
qualification(s) or body

FCCA – ASSOCIATION OF CHARTERED CERTIFIED ACCOUNTANTS

(if any):

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Address:

THE SYCAMORES

43 KNEESWORTH STREET

ROYSTON HERTS SG8 5AB

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

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