



TRUSTEE ANNUAL REPORT

01/04/2024 - 31/3/2025

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.

A MESSAGE FROM OUR CHAIR OF TRUSTEES

This has been a good year for Mind Over Cancer - our referrals have increased, and we have made a positive impact on our fundraising. We made a good decision to spend money to employ a fundraiser for four months – the time she spent with us was invaluable in that she taught us how to raise our awareness and secure donations, as well as interacting with potential funders. She was also able to work with our wonderful part time fundraiser to help improve our grant applications. Laura also advised us to become members of the Fundraising Regulator which we are now proudly part of. We are immensely grateful for her support.

Despite ongoing challenges in the charitable sector, our dedicated team and supporters have enabled us to maintain our momentum and build upon the foundations we have laid. Community spirit has been at the heart of our year, with volunteers and donors stepping up in inspiring ways and new partnerships forming to extend our reach. We are incredibly grateful to Anna and Richard Park, two of our Patrons, who pledged to raised £60,000 with this year and they are very close to achieving this all within their own community. We are also excited to see that some of the young people and families are starting to help us raise awareness across the community and to share their stories with others, as well as some of their own fundraising efforts. All of this helps to grow our community.

We have recently started to review our third-party provider of counselling services. Our aim is to transition smoothly and for all our clients to remain in a safe, and well governed space for our young people and their families, adhering to all guidelines.

We are grateful for the unwavering commitment of our trustees, staff, and volunteers, whose collaboration and vision have shaped our successes. We are dynamically led by Susie Shaw, our Founder and Head of Service Delivery and Operations whose unwavering energy and commitment has enabled us to get us to the positive position we are in now.

Reflecting on the past year, where are referrals have increased and very positive feedback has been seen, our mission to support the mental wellbeing of young people affected by cancer remains crucial. As our work evolves, we are grateful for our community's support. With a modest income increase expected next year, we will strategically develop our services and assess necessary risks. In 2026, we aim to boost income and awareness, reach more young people and families, and maintain our high standards.

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

Sue Morgan MBE MA RGN RSCN

Mind Over Cancer: Supporting Mental Health Through and Beyond Cancer

Mind Over Cancer is dedicated to supporting the mental health of young cancer patients aged 0–29, their families and support networks. We acknowledge that the emotional impact of a cancer diagnosis can persist or change long after treatment ends, which is why our service is so important.

The support we provide is online, making it accessible anywhere. We offer flexible services such as monthly support groups, up to 10 sessions of one-on-one counselling sessions, or a one-off chat for immediate needs. This allows us to provide tailored support based on individual emotional needs and circumstances.

We prioritise making therapy accessible and clear. There are many misconceptions about counselling, and we explain talking therapy to ensure individuals are informed and empowered. We also match each person with a therapist suited to their needs and personality.

We involve individuals in shaping their own therapeutic journey. Each plan is created with them, respecting personal preferences and needs, allowing support to begin when they are ready—often years after treatment.

Our approach remains person-centred, holding space for people to seek help on their terms, grounded in the belief that mental health care is as essential as physical recovery.

OUR ACHIEVEMENTS

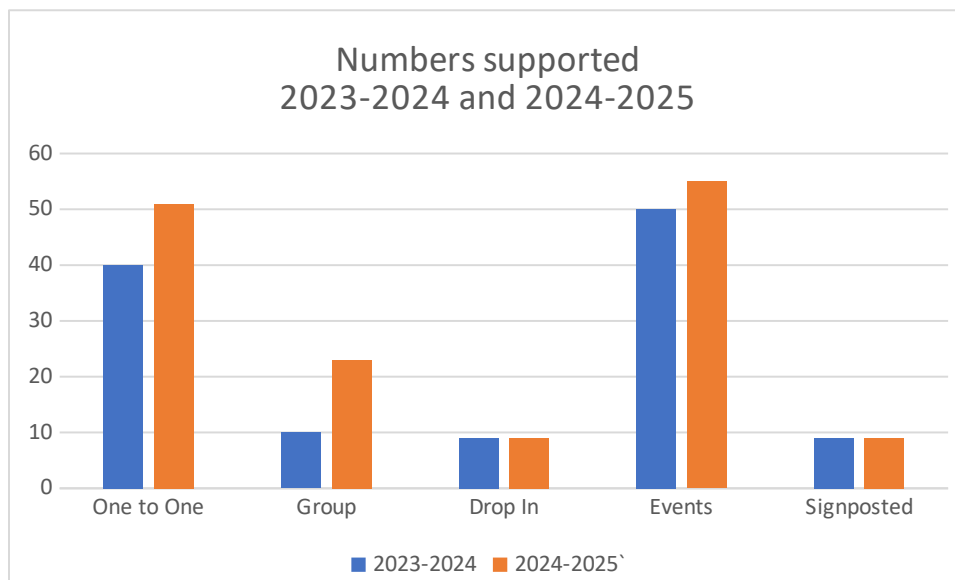
The Charity receives numerous calls annually from individuals seeking support. Each call is triaged and either directed through our Service Model or referred to a more suitable organisation if it does not meet our criteria.

Service delivery

We supported 147 users this past year, up by 29 from the previous year. Of these, 9 were supportively signposted to other services as they did not meet our criteria. Most contacts were from young people, and it's encouraging to see family members also seeking help (Figure 1).

Referrals have increased slightly, and we aim to support more young people, carers, and families each year. We reinstated referrals in 2025 due to a modest increase in funds but remain cautious about income growth and adjust our offers accordingly.

Figure 1: Total number of people supported 2023 - 2025



Most support has been provided through 1:2:1 counselling. This online service refers users to an established counselling service, separate from the charity. If a counsellor-user match is not ideal, we help find a better fit. We have been able to collect feedback before and after the sessions (10 sessions are offered), showing a reduction in anxiety scores (Fig 2). We are excited with these results as it shows the impact that the 1:1 counselling can have for each young person.

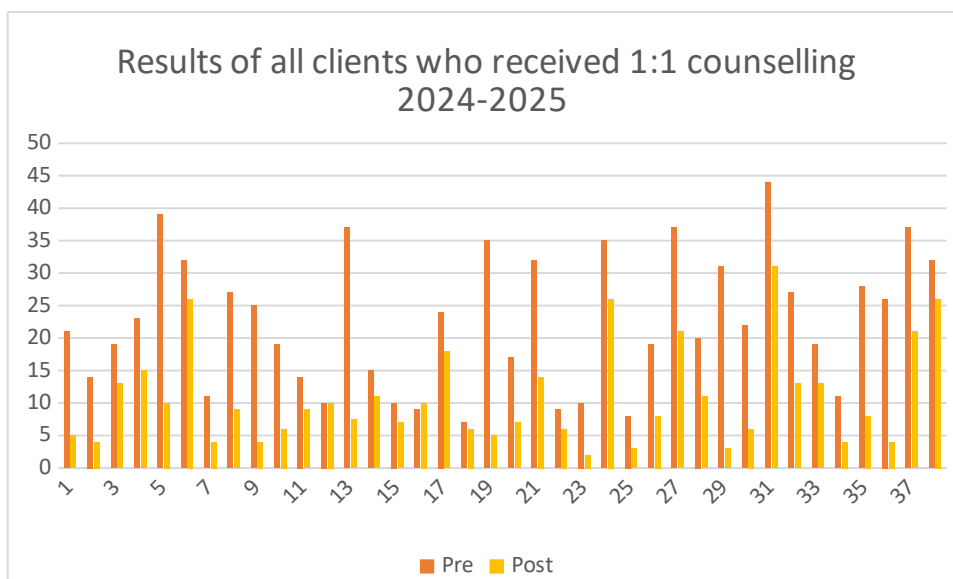


Figure 2: Clients ($n=37$) who have accessed the ten sessions of 1:1 support. Pre and post scores measuring anxiety with PHQ-9 and GAD 7 questionnaire. 2024-2025.

We are seeing that most referrals for young people to receive counselling is for those who are off treatment rather than on treatment. With those off treatment for 4 years plus being the majority. (Fig 3) We have also facilitated counselling for family and friends (Fig 4)

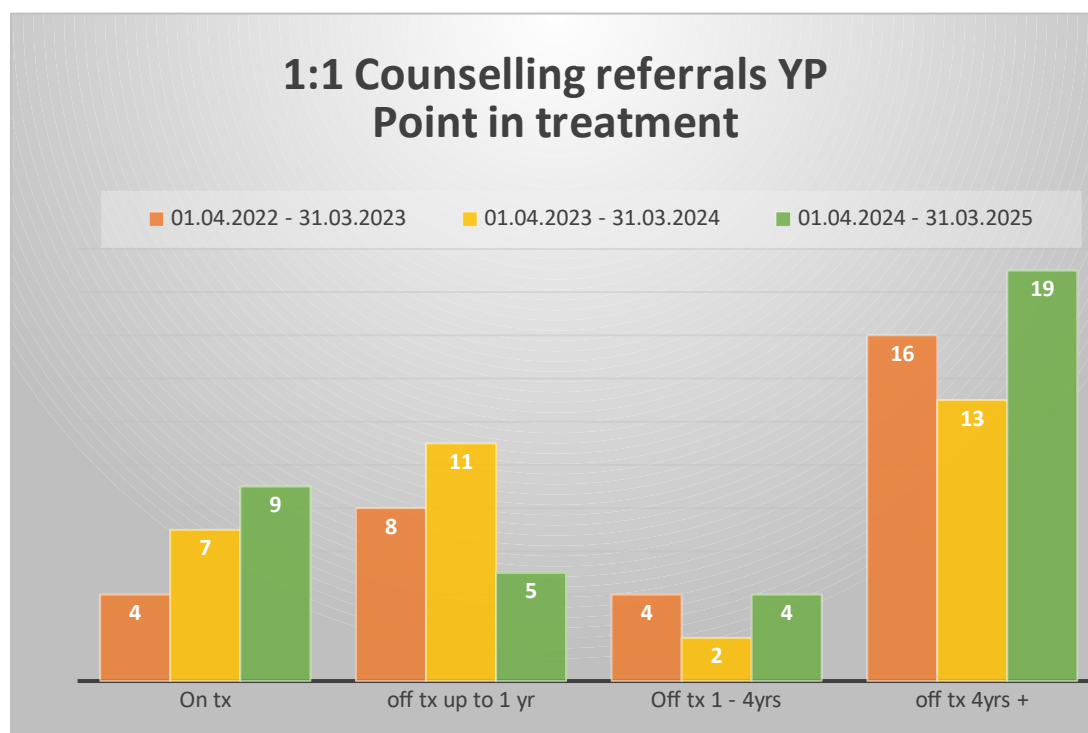


Figure 3 – 1:1 counselling delivered - 3 years data

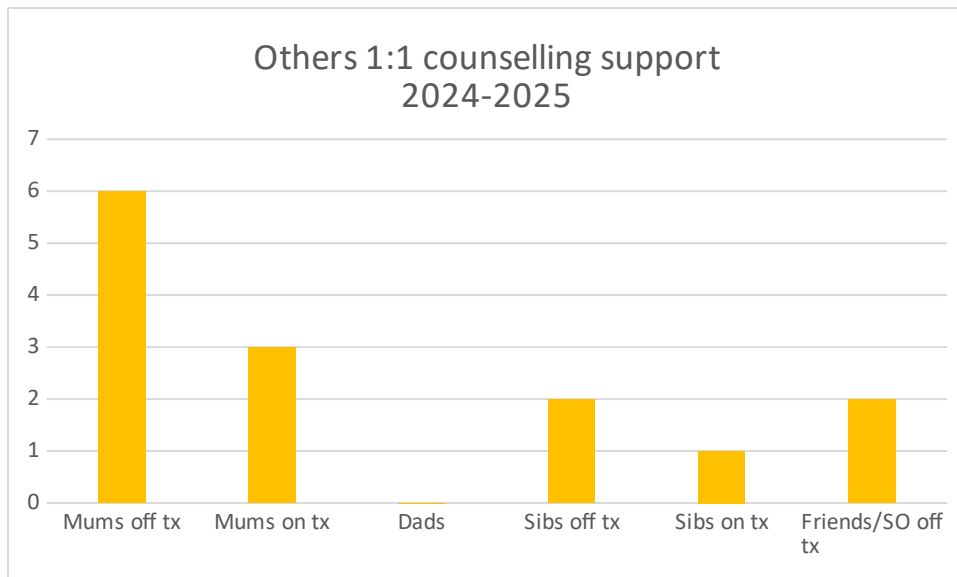


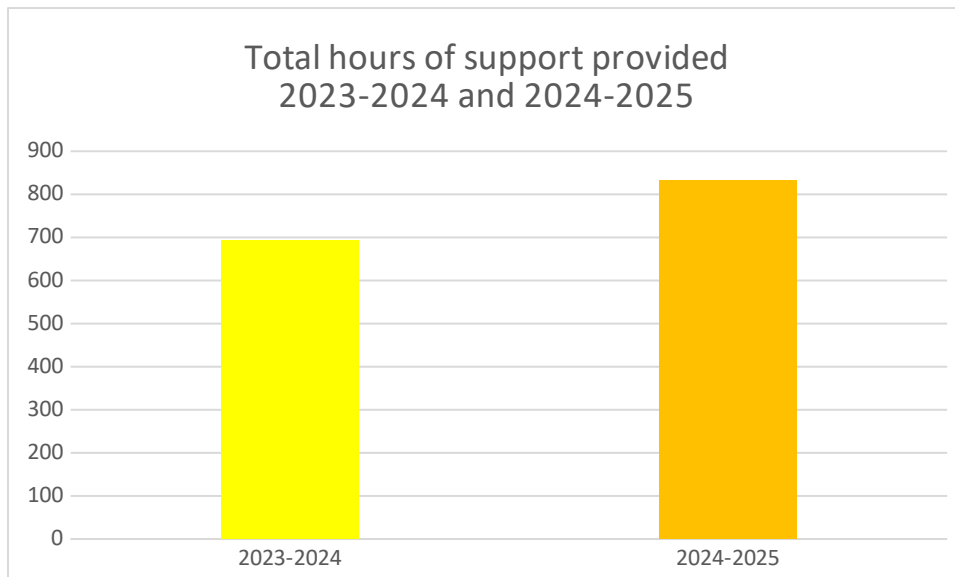
Figure 4: Family and friends 1:1 support delivered - 3 years

There is also 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/or discuss any triggers or concerns. The clients who are accessing this part of the service are young people who have already completed 10 sessions of counselling, as well as people who are not yet ready to commit to regular counselling.

We continue to record the number of young people we 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.

Over the last year we have provided 832 hours of support, and increase of 139 hours on 2023-2024 figures (Fig 5)



(Fig 5) We provided a total of 832 hours of support over the year

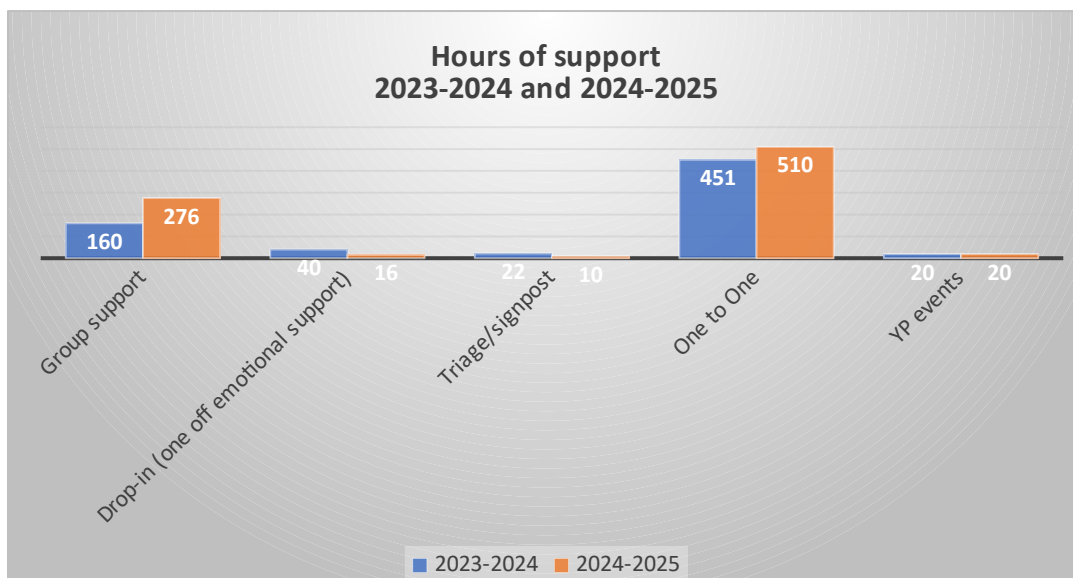


Figure 6 Breakdown of support given in hours

NHS relationships

We maintain a strong relationship with the Paediatric, TYA, and adult teams at Addenbrookes hospital, receiving referrals from the regional multi-disciplinary team. Our model will serve as a template for other UK centres as we expand our support. Relationships with regional teams continue to grow.

We were pleased to speak at their TYA study day, presenting our charity and partnership work with Addenbrookes.

We actively participate in the East of England Cancer Alliance working group for TYA psychological support.

We spent the past 12 months connecting with new contacts nationwide and enhancing our services to support as many people as possible. We collaborate with national and local charities to provide tailored support to individuals in need in each area.

Partnership with Ellen MacArthur Cancer Trust

We are pleased to announce the successful completion of our second support programme in collaboration with the trust. Due to their ongoing assistance and partnership, 23 young individuals across four age-based groups have had a consistent and safe environment to connect, reflect, and support each other through some of life's most significant challenges.

From the beginning, the groups examined substantial and frequently difficult topics:

- Family relationships and identity
- Body image, peer pressures, and misunderstandings from others
- Anxiety, low mood, triggers, and coping mechanisms

We have discussed and created wellbeing plans for self-care and identified 'go-to people'.

We are honoured to support young people navigating life beyond cancer. Each session teaches us that everyone values a space to "check in" where "everyone just gets it."

Thank you again to the Ellen MacArthur Cancer Trust for your belief in the emotional wellbeing of these young people and for enabling this programme to thrive.

Feedback from some of the young people:

"Thank you and Theresa for being so incredibly kind and welcoming. I had the biggest smile when I received my wellbeing pack :) I also appreciated the support you showed to my friend. I often feel anxious in larger online groups, but I felt more confident on quieter days. I loved our monthly topics and the time to just catch up. It felt natural, like we created our own structure. Thank you for creating such a warm, supportive space."

"Over my two years in the programme, I've taken great comfort knowing others have shared my experience. I've gained tips for anxiety and loved meeting people with different backgrounds. Even tough conversations were uplifting, and the reflections gave me new perspective every time. Having leaders who understand young people with cancer has made a real difference."

"I want to say a huge thank you. I really appreciate the time you gave me and the conversations. This platform is incredibly supportive and makes a huge impact. You saved me. Thank you for everything."

"Thank you so much for these sessions—they have been amazing."

"I really enjoyed meeting everyone and thank you for all the support."

"I found the regular calls really helpful. It made me feel less alone."

Working groups

We continue to members of the CYPC (Children's & Young People's Cancer Coalition), and we look forward to working with associated charities that will be leading on work around the 'North Star Vision' following the report produced in 2024 focusing on the mental health needs of young people with cancer and their families. More on this can be found here:

<https://www.younglivesvscancer.org.uk/what-we-do/north-star/>

FINANCIAL REVIEW

Grants – This year we were successful in receiving grants from several organisations, including the Postcode Lottery, National Lottery, The Albert Hunt Trust and Alan Boswell to name a few. We are forever grateful for the continued support from these organisations as well as others.

Community – This year we received support around our fundraising work that allowed us to plan and explore opportunities within the community. Although this remains as a small part of our income, we hope to see this grow as the charity does.

Supporters

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

Patrons

Remi Rough – remains an active supporter of our work.

Anna and Richard Park – In 2024 Anna and Richard made a pledge to raise £60,000. This has been a wonderful challenge to watch and support. In September they hosted a fashion show at the beautiful venue Thursford in Norfolk. A night full of fun, friends, fashion, raffles and awareness. A huge thanks to everyone involved and the kindness and support given to the charity and the event. As we end the year, they are close to achieving their goal, we're looking at opportunities to reach the final £60,000.

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 documented in the risk register and reviewed bi-monthly during Trustees Meetings under the Risk Agenda item. Major risks, as listed below, are 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.

Our counsellors are all self-employed who we access via a third party. We have recently changed our third-party counselling partnership.

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 – 07/07/2025

SIGNATURE 2

swalder

NAME – S. Walder

DATE – 08/07/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mind Over Cancer

No (if any)
1192034

CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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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	30,732	117,955	-	148,687	92,167
Interest received	142	-	-	142	64
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	30,874	117,955	-	148,829	92,231
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,874	117,955	-	148,829	92,231
A3 Payments					
Counselling		16,952	-	16,952	15,363
Fundraising		22,108	-	22,108	
Wages		49,353	-	49,353	49,303
Bank fees	60	-	-	60	60
Accountancy	421	-	-	421	-
Computer expenses	80	-	-	80	940
Insurance	220	-	-	220	213
Printing & Production	1,980	-	-	1,980	6,390
Professional fees	90	893	-	983	700
Staff Training	28	-	-	28	
Post, Printing and Stationary	424	-	-	424	1,340
Sub total	3,304	89,305	-	92,609	74,309
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,304	89,305	-	92,609	74,309
Net of receipts/(payments)	27,570	28,650	-	56,220	17,922
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	68,999	23,565	-	45,434	27,511
Cash funds this year end	96,569	5,085	-	101,654	45,433

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	101,654	-	-
		-	-	-
		-	-	-
	Total cash funds	101,654	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	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	Steven Walder	19/09/2025	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mind Over Cancer

On accounts for the year
ended

31st March 2025

Charity no
(if any) 1192034

Set out on pages

1 & 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 **31/03/2025**

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; 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 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:

11/09/2025

Name:

ANDREW RAND

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

FCA, INSTITUTE OF CHARTERED ACCOUNTANTS
IN ENGLAND & WALES

Address:

10 JESUS LANE
CAMBRIDGE, CB5 8BA

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.