

Annual Report and Accounts for year ending 4 October 2021

Introduction

The service was formed as a result of Wessex Cancer Trust closing their centre in Salisbury.

Recognising that this would leave many attending clients without support, the volunteers aspired, with determination, to create and maintain another similar service.

We offer practical and emotional support in a safe and calming space to people, their families, and friends, living in Salisbury and the wider area, that have been affected by a cancer diagnosis of any type. It is a non-profit organisation, led by volunteers living in the local community. The charity pays for the services of a fully qualified and experienced Complementary Therapist and Counsellor.

Rooms are rented at The Salisbury Quaker Meeting House, Salisbury, for one morning and one afternoon a week, where anyone who has been affected by cancer is able to 'drop-in' and made to feel welcome by volunteers. Refreshments are available free of charge. Our services offer complementary therapies and counselling sessions which are by appointment, and these can be made by contacting us by phone, email or asking at Drop-In. Visitors can also talk privately, and in confidence, with a trained Befriender (no need to book), or people can just socialise in a convivial atmosphere.

Benefits

Drop-in sessions

Due to Covid lockdowns and restrictions physical drop-in sessions only took place on Thursday afternoons at the Quaker Meeting House as many clients and volunteers were still self-isolating from the covid pandemic. We were able to adapt and change the Wednesday morning Drop-In to a remote Zoom Drop-In, which proved popular; people were able to see one another for support on screen from the comfort of their armchair plus 'breakout rooms' could be used for one-to-one Befriender support. In July 2021 we were able to offer again face-to-face Wednesday morning Drop-In. Precautions were taken to ensure that clients and volunteers were able to attend in a safe environment. Forty-three service users used the drop-in sessions 219 times.

Clients benefit from:

- Helps reduce feelings of isolation, particularly during COVID, and continuance of Zoom sessions.
- Sharing experiences is therapeutic and healing
- Each clients story can be invaluable and supportive to others.
- Peer support helps maintain a sense of hope for the future
- Our trained Befeinders can offer emotional and practical support - which has helped reduce mental distress, and by signposting to other resources
- Our safe, supportive, non medical environment allows our clients to explore and share with confidence their feelings and concerns with others who empathise.
- Hearing others stories, seeing others at different stages of their diagnosis can bring about a sense of resilience and strength which is empowering to our clients.

- Attending our social drop-in, brings about a sense of belonging, relief and community to all of our clients.
- We enable clients to speak, and feel freely without worrying about protecting family members.



Counselling

Counselling was an added service to the charity in October 2020. During the lockdown period of covid, counselling was carried out through Zoom as our counsellor had to self-isolate, this also meant counselling could take place from the comfort of the client's own home. Two sessions were available every Wednesday between 9am-11am. Eight service users used the counselling services. Several clients found the counselling helpful and though some did not need the full six sessions offered, one client had an additional session. One client who had a high need with possibly more support required, was signposted to MIND following the final session.

Clients benefit from:

- An initial consultation and a further five hourly sessions of talking therapy.
- One-to-one support with a professional counsellor.
- Being given a chance to talk openly about the impact their diagnosis has had upon themselves and their loved ones, in a safe and non-medical environment.

Complementary Therapies

At Cancer Support Salisbury we offer every client a course of 6 sessions to include either Massage, Aromatherapy or Reflexology. If the therapist feels that the client will benefit from additional treatments, this will be arranged. The choice is the client's own, but the therapist can advise if required.

Many people with a diagnosis are turning towards Complementary Therapies to help support their physical and emotional health, to relieve symptoms and side effects of medication.

Some of the potential benefits associated with each therapy:

- Reflexology - May help to reduce stress, tension, and anxiety, stimulate the lymphatic system, increase circulation and energy, and support pain management. It may also help reduce nausea caused by chemotherapy, or radiation. Being a non-invasive therapy, it can be ideal for those who are very sick, immobile and those who prefer to avoid full body touch. In one case, a client was able to reduce his medication following a course of Reflexology, with the knowledge of his GP.
- Massage - The techniques used at Cancer Support Salisbury are very soft, and gentle, incorporating lymphatic drainage which may relieve lymphoedema (swelling induced by surgery and/or medication).
Some clients have reported an improvement with sleep and their general sense of wellbeing. It may lift mood and encourage a deeper sense of relaxation, which in turn supports coping with stress, anxiety, headaches, and pain.
- Aromatherapy - Given as either a gentle massage, or to inhale. Aromatherapy Massage may help to reduce anxiety, nausea, depression, and high blood pressure. Some clients undergoing treatment have mentioned that by inhaling particular oils, such as ginger, peppermint and lavender (following advice from the therapist) symptoms such as nausea, caused by chemotherapy and radiation, have been relieved.

Clients have also benefited from:

- Increased/Improved Muscular Flexibility
- Restored Sleep Pattern
- By providing Home Care advice, this has enabled our clients to continue/maintain treatment safely in their own home, and share with family members eg using Aromatherapy, and some Massage Techniques.
- Supported and Improved Digestive issues (created by chemotherapy and radiotherapy).
- Uplifted and Enhanced Mood.

Complementary therapies took place on Thursday afternoons for three sessions with 38 clients receiving 138 therapy sessions.

In addition, by offering Complementary Therapies we are providing our clients with a sense of empowerment, and choice to help themselves, which they are often deprived of during a diagnosis.

Public Benefit Statement

The Trustees consider that they have taken into account the commission's public benefit guidance in the provision of support provided to the public who may be affected by cancer.

2020/21 Achievements

- Adapting to the covid restrictions and seeking alternative ways to continue to offer support via online Zoom Drop-Ins and Listening Ear Service, offering one-to-one prior arranged calls with clients for support.
- Achieving charity status February 2021.
- Charity Launch - a celebration of everything achieved by the group, including the newly found charity status, took the form of a launch at The Quaker Meeting House, Salisbury. Past and present clients and their families, attended alongside Wessex Cancer Trust Chief Executive, representatives from Macmillan and local press.
- Training – a cost effective programme of training has been set up and implemented to ensure the service meets legal and professional requirements. Volunteers have been trained in Listening Skills and Handling Difficult Conversations and appointed First Aiders have been Certified in First Aid training. In addition, most trustees attended a training day covering the legal requirements of being a trustee.
- Applied and accepted for Salisbury City Community Lotto in March 2021, which for every £1 ticket sold 50% is paid to the charity, a good fundraiser for the group.
- Joined easyfundraising – an online website where a percentage of payback is offered to the charity every time a supporter uses the site to purchase goods from retailers.
- Market Stall Fundraising – May 2021 we started selling hand baked goods and handmade arts and crafts to the local community to raise funds for the charity. This has been successful



in fundraising for the group as well as spreading the word about social drop-ins, counselling, and complementary therapies.

- Positive media coverage from Radio Odstock and New Valley News.

Objectives for 2021/2022

- Continue the current Social Drop-In's on Wednesdays 9.30am to 11.30am and Thursdays 2pm to 5pm.
- To build upon the success of the complementary therapies and counselling that we offer, to increase engagement and meet demand. For example – art sessions, talks, yoga.
- Continue raising funds for the charity through the monthly Market Stall, where homemade cakes and savouries, handcrafted goods made by volunteers are sold.
- Raise the profile for us through the local community fundraising lottery, Salisbury City Community Lotto –this has enabled us to build up our presence online and, in the community, and additional fundraising through this platform.
- continue raising the profile and widening the community offering through online, word-of-mouth, and fund raising.
- Continue to collaborate our relationship with NHS Hospitals and local GP's, with the aim to build on the referrals to us for the services we offer.
- Trustees to attend a refresher training session in 2022.
- To build up a volunteer's bank and enlarge the trustees group.
- Increase the awareness of the charity in South Wiltshire.
- Build upon our reserves in a post pandemic world which is both resilient and sustainable.
- To increase the number of fundraising events.






Cancer Support Salisbury

Stronger side by side

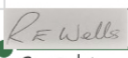

Accounts – Income & Expenditure

 CHARITY COMMISSION FOR ENGLAND AND WALES	CANCER SUPPORT SALISBURY			1193633	CC16a
	Receipts and payments accounts				
	For the period from	05/10/20	To	04/10/21	

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					
COLLECTION BOXES	422	-	-	422	145
FUND RAISING EVENTS	2,093	-	-	2,093	1,310
OUTSIDE GROUP DONATIONS	68	-	-	68	1,039
GRANTS	-	1,000	-	1,000	16,000
INDIVIDUAL DONATIONS	811	-	-	811	646
SALISBURY CITY LOTTERY	299	-	-	299	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	3,693	1,000	-	4,693	19,140
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,693	1,000	-	4,693	19,140
A3 Payments					
REFRESHMENTS	-	192	-	192	125
ADVERTISING/ PROMOTION	-	562	-	562	119
ADMINISTRATION	108	112	-	220	470
FACILITIES	-	2,751	-	2,751	2,112
COMPLEMENTARY THERAPY SERVICE	-	3,264	-	3,264	2,054
COUNSELLING SERVICE	-	630	-	630	-
FUNDRAISING	37	-	-	37	40
	-	-	-	-	-
	-	-	-	-	-
Sub total	145	7,511	-	7,656	4,920
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	145	7,511	-	7,656	4,920
Net of receipts/(payments)	3,548	- 6,511	-	- 2,963	14,220
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	3,548	- 6,511	-	- 2,963	14,220



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	BANK ACCOUNT	9,022	5,198	-
		-	-	-
		-	-	-
	Total cash funds		9,022	5,198
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		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	
		ROBERT WELLS	20/06/22	
		RACHEL SALTER	20/06/22	

Structure, Governance and Management

The Charity Trustees, who are also the Steering Committee, of up to 5 members are responsible for the overall management and control of the charity and meet quarterly (Trustees) and monthly (Steering Committee).

The work of implementing the policies is carried out by the Steering Group, which works under the chairmanship appointed. All trustees give of their time freely and no remuneration or expenses were paid in the year.

Volunteers run the weekly Drop-In's in Salisbury. They have adapted and changed to the online Drop-In and returning to face-to-face Drop-In. Have been responsive to volunteering and making goods to sell for the Market Stall. Embraced training and learning online. We are grateful to our volunteers for their valuable contribution of time, energy, for giving a warm welcome to anyone coming to Drop-In or visiting the Market Stall, without them we would not have achieved so much.

Volunteers and Trustees are recruited by word of mouth, online social media platforms, Wessex Community Action and from clients if they wish to volunteer.

Reference and Administrative Details

Cancer Support Salisbury Charity No: 1193633
c/o 31 EMPIRE ROAD, SALISBURY SP2 9DE

Names of the charity trustees who manage the charity

Trustee Name	Office (if any)	Dates acted if not whole year	Name of person entitled to appoint Trustee
1 Rachel Salter	Chairperson		
2 Robert Wells	Treasurer		
3 Alex Neale			
4 Sharon Knight			
5 Makaela Parkes	Administrator		
6 Sue Waldron		Feb 2021-April 2021	

Reserves Policy

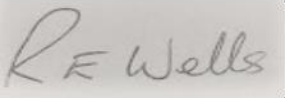

Our reserves policy is that we maintain a balance of unrestricted funds (if Possible) which equates to three months unrestricted payments in reserve.

Declarations

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

Signed on behalf of the charity's trustees.

Signatures

Full name (s)

Robert Wells

Position within the charity: Treasurer & Trustee

Rachel Salter

Position within the charity: Chairperson & Trustee

Date 8th July 2022