

Cancer Support Salisbury

Charity Registration No: 1193633

C/o 31 Empire Road Salisbury, Wiltshire SP2 9DE

Annual Report & Financial Records for Year ending 4th October 2022

Description of main purpose of charity

Cancer Support Salisbury (CSS) is a non-profit volunteer led charity based in Salisbury, which has been running since September 2019, offering support to anyone affected by cancer in Salisbury and the surrounding area, including their family, carers, relatives and friends, by providing twice weekly social drop-ins, in a safe, friendly non-medical environment alongside complementary therapies, counselling, and yoga.

Employees

We have no employees. The charity has 12 regular volunteers to run the social drop-in sessions with some clients also helping with fundraising activities. We pay for the services of a Complementary Therapist and this year we also paid for the services of a Counsellor.

Fundraising

The charity raises funds from the public via volunteer led fundraising, easyfundraising and Salisbury Community Lotto. The charity market stalls, and quiz nights have been successful in raising funds. At the social drop-in sessions, we also have collection boxes for voluntary contributions. This year we received no grants.

Trading

This charity does not have any trading subsidiaries.

What the charity does

The advancement of health.

Organisation Type

Not for profit charity

Gift Aid

Not registered with Gift Aid at present.

Policies

Complaints Handling

Risk Management

Safeguarding

Volunteer management

How we help

We offer social drop-in sessions, where clients are welcome to drop-in for any length of time during the drop-in hours; for people to talk one-to-one with a trained volunteer or talk to other clients attending the drop-in, encouraging rapport and conversation. Clients are offered the opportunity to access counselling and complementary therapies, which are then

pre-booked via email or at the drop-in or by telephone. We offer an initial consultation of an hour to go through details with the client including any medical background information that is needed, followed by six further sessions. This is offered free of charge.

Who we help

CSS supports anyone affected by cancer including their family, carers, relatives and friends. We make our services available to all individuals from Salisbury and the surrounding areas. This year we had 109 clients who visited the social drop-in sessions 421 times.

Initial Contact

People make contact with us by dropping into our weekly social morning/afternoon; via our website contact form, direct email, telephone, word of mouth or referral from Salisbury District Hospital or local medical practices. Clients are contacted and given an overview of the services of the charity plus directions to the social drop-in.

Our services

We provide counselling, complementary therapies and physical gentle support through Yoga.

Counselling

Our counselling helps support clients with some of the psychological effects of cancer.

'I was also very lucky to meet Kate and have some counselling sessions with her which have really helped.' Counselling Client, Salisbury

Complementary therapies

Our complementary therapies include aromatherapy, massage and reflexology designed to help support and potentially alleviate associated physical, emotional and health challenges experienced with cancer.

CSS complementary therapies over the last few months have been an uplifting experience in many ways. They have really helped me to adjust after diagnosis & treatment in such a calming atmosphere for the body and mind. – Client, Salisbury

Yoga

Our classes offer gentle movement, breath work and relaxation to help promote health and well-being. has shown the importance of exercise for people with cancer. These classes take place during the social drop-in on Wednesdays and encourages people to attend the drop-in. Yoga classes were introduced in February 2022 and are provided by a specialist yoga teacher who volunteered her services. Gentle Yoga helps calm the mind, and body.

Main activities we have carried out for the public benefit

We offer a social drop-in to anyone affected by cancer in Salisbury and the surrounding areas. Our trained volunteer Befrienders will talk with clients listening without judging, always aiming to protect confidentiality. This can help reduce anxieties and any mental stress incurred with a diagnosis and is carried out in a safe, nurturing and non-medical environment at the Quaker Meeting House. Free refreshments are available, and we can signpost to other resources, working with other charities offered in the community.

This year we have successfully held 88 weekly social drop-in sessions.

'Throughout, Cancer Support Salisbury has been a safe space for me. I knew I could turn up, even when my hair was falling out, and no one would judge me. I am incredibly grateful to CSS for their support. The positive impact their services have had on my healing and recovery journey is evident to not just me, but my friends and family - it gives me strength and confidence, knowing that I have CSS on my team!' CSS Client

We have supported 39 clients who received 125 sessions of complementary therapy, including Reflexology, Aromatherapy and Aromatherapy Massage.

We have provided 60 counselling sessions to 16 clients this year.

Clients benefit from having one-to-one sessions with our counsellor who offers five hourly sessions of counselling after an initial consultation. We were able to offer two counselling sessions per week.

5th October 2021 – 4th October 2022 Achievements

During the last year:

We have been able to continue social drop-in twice a week offering complementary therapies and counselling. In addition, this year we have been able to add Yoga Classes to the services we offer.

'I would arrive early for my complementary therapy session, to have a cup of tea and chat with other people. We would chat about anything, but of course it also meant that I learnt from, and was inspired by, other peoples' experiences - so there is an important social element to this too.' CSS Client

After our first virtual online Quiz last year, we held our first Pub Quiz, with support from The Wig & Quill, Salisbury as a venue. The evening was a success with supporters enjoying a



meal and raffle to ticket for their ticket price of £10. This fundraising evening raised £260 and raised the profile of the charity with the local community.

Our monthly Market Stall in Salisbury has continued as a popular source of fundraising, raising £1310. The stall is run by our wonderful volunteers, with hourly shifts. Donations of home-baked cakes and handmade arts and crafts from volunteers are sold alongside, local handcrafted pottery, knitted garments and cards.



Fundraising through Salisbury Community Lotto has raised £813.50, promoted via our social media platforms and newsletters.

Our Trustees attended a training session held at Wiltshire Community Action. This gave Trustees an overview of their responsibilities and refreshed the requirements for each Trustee.

Social Media has been successful in reaching local business and community particularly through Twitter and Facebook. This has enlarged our online reach leading collaborations with local charities, groups and communities.

How does our year compare to our plans and aspirations from last year?

Our year has been steady. Our aims to keep the charity going have been met and the return to face-to-face drop-in has been successful with the additional attraction of Yoga, which many have enjoyed and has even led to a waiting list.

What have been the difficulties and challenges for the past year?

Our difficulties in the past year have been encouraging people to come and use the service after covid and fear during lockdown. This also impacted our volunteers with many shielding themselves and unable to return to the number of hours they were volunteering before the lockdown.

Listening Ear service ceased as volunteers were unable to monitor the phone and face-to-face was introduced again with a greater demand.

Recruiting new volunteers and trustees. Since covid there has been a reluctance from the public to offer support to charities.

Our fundraising practice

Our fundraising group of 5 volunteers meet every three months to plan forthcoming events and discuss plans for the future fundraising.

The monthly market stall, where homemade cakes and savouries, handcrafted goods made by volunteers are sold. This has been very successful in fundraising for the group, spreading the word about social drop-ins, counselling and complementary therapies and recruiting new volunteers, raising our profile and widening our local community relationships.

We would like to thank all individuals and companies who have helped support the charity during the year.

The Charitable Baker
The Wig & Quill, Salisbury
Gilbert Scammell Tesco Stores Salisbury
St John's Place Salisbury
All Seasons Laundry
Salisbury City Council
Wagammass Salisbury
Waitrose
Julie MacDonald & Sharon Covil-Jones from the Adult Sarum Support Team, Salisbury.

What are our aims? How are we going to go about achieving them?

To continue to provide a service for anyone affected by cancer and their families and carers.
To build upon the success of complementary therapies and counselling.
To build relations with local Salisbury District Hospital.
To continue building a selection of activities to attract people to participate in.
To continue with Yoga classes and add meditation to our services also.
To engage a different activity for Thursday afternoons during drop-in.
To continue raising funds for the charity through monthly market stall.
To recruit volunteers and trustees for the charity.

Our mission is to provide an accessible service; information, signposting (where appropriate), emotional support, psychical activities, complementary therapies and

counselling to anyone affected by cancer including their families and carers, friends and relatives recognising their needs, to reach all sections of the community, and to encourage feedback from users to shape the future of the charity.

Future plans

To continue and improve existing services offered.

Build funds via fundraising and sponsorships from local businesses.

To build up a bank of volunteers and recruit trustees.

To have a part-time Manager/Co-ordinator.

Our goal would be to have a permanent space with a café which would serve the community as well as a base for the charity.

What have our objectives been?

Our objective was to keep the charity going to be able to continue offering social drop-in, to build upon the availability of yoga, counselling and therapies offered.

How was our money spent and how did it make a difference?

We have rented the facilities at the Quaker Meeting House for the venue for social drop-in and additional rooms for complementary therapies and counselling.

We have rented the Market Stall pitch at Salisbury Market on Saturdays to use as a fundraising initiative for the charity. This enabled us to sell handcrafted goods, homemade cakes and savouries to the Salisbury community, also recruit new volunteers and raise the profile and awareness of the charity and its services.

Retaining the services of our complementary therapist and counsellor. We were able to continue to offer a selection of complementary therapies to clients and on-to -one counselling sessions.

'I was greeted with kindness and support from everyone at the centre, and was offered some lovely treatments from Rachel which have helped immensely. I have loved the time to just relax and feel pampered, it's been something to look forward to instead of endless hospital appointments' Client, Salisbury.

Trustees were able to gain valuable knowledge and support from training from Wessex Community Action.

This year we have successfully held 88 weekly social drop-in sessions offering free beverages, biscuits and cake.

Reserves money whats it for?

Our reserve policy is that we keep three months expenditure in reserve.

How we work

The charity trustees, of up to 5 members are responsible for the overall management and control of the charity and meet quarterly. The work of the implementing policies are carried

out by the Steering Group, which works under the chairperson appointed. All trustees give their time freely and no remuneration or expenses are paid in the year.

We recruit Trustees by the word of mouth, online social media platforms, Salisbury Bid and Wessex Community Action.

Our volunteers

Our volunteers have been brilliant during lockdown and coming out the other side. Without them the charity would cease to run, they are friendly, warm-hearted people with our clients' interests at heart. The kettle is always on at drop-in, our volunteers give a warm welcome to anyone who comes through the door, ready to listen and chat over a cuppa.

Online training was provided through Community First for volunteers in March 2022.

'Using existing experience and combining it with learning toolkits and reflection we are better able to support our communities and link up and work together' – Community First Team leader.

We readily celebrated our Volunteers during 'Volunteers Week 1st-7th June 2022 on social media. We would like to thank every one of them for their continued, support, time and love.

The Trustees present their report and financial statements for the period 5th October 2021 to 4th October 2022.

Name of Trustees & Role
Rachel Salter – Chairperson
Robert Wells – Treasurer
Makaela Parkes – Administrator
Alex Neale – Training & New Volunteers
Sharon Knight – Fundraising/Networker

Declarations

The trustees declare that they have approved the trustees report above.
Signed on behalf of the charity's trustees.



Signed:

Full name: Rachel Salter

Position within charity: Trustee and Chairperson

Dated: 26.7.23



CHARITY COMMISSION
FOR ENGLAND AND WALES

CANCER SUPPORT SALISBURY

1193633

Receipts and payments accounts

For the period
from

05/10/21

To

04/10/22

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 £
A1 Receipts				
Drop-in collection boxes	630		-	630
Fundraising events	2,189	-	-	2,189
Outside group donations	650	-	-	650
Individual donations	1,561	-	-	1,561
Salisbury City Lottery	814	-	-	814
Easyfundraising	98	-	-	98
Counselling donations	570	-	-	570
Grants			-	-
Sub total (Gross income for AR)	6,512	-	-	6,512
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	6,512	-	-	6,512
A3 Payments				
Refreshments	-	8	-	8
Advertising	39	25	-	64
Administration	341	-	-	341
Facilities	5,233	-	-	5,233
Complementary Therapy	1,417	1,853	-	3,270
Counselling	-	2,100	-	2,100
Fundraising	606	-	-	606
DBS/Training	-	406	-	406
Bank charges	76	-	-	76
Sub total	7,712	4,392	-	12,104
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	7,712	4,392	-	12,104
Net of receipts/(payments)	- 1,200	- 4,392	-	- 5,592
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	- 1,200	- 4,392	-	- 5,592

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Bank account	4,959	806
		-	
		-	-
	Total cash funds	4,959	806
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name
		Robert Wells	Robert Wells

CC16a



Last year
to the nearest £

422
2,093
68
811
299
-
-
1,000
4,693

-
-

4,693

192
562
220
2,751
3,264
630
37
-
-
7,656

-

7,656

- 2,963
-
- 2,963



**Endowment
funds**
to nearest £

-
-
-
-

OK

**Endowment
funds**
to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval

12/05/23