



Charity Registration No: 1193633
C/o 31 Empire Road Salisbury, Wiltshire SP2 9DE

Annual Report & Financial Records for Year ending 4th October 2023

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 15 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, a Counsellor and this year, Yoga & Meditation Instructor.



Fundraising

The charity raises funds from the public via volunteer led fundraising, easyfundraising and Salisbury Community Lotto. The charity market stalls, quiz nights, local schools selling CSS Christmas Cards, Non-Uniform Day and Christmas Party Casino Night have been successful in raising funds. At the social drop-in sessions, we also have collection boxes for voluntary contributions.

Finance

The Quaker Meeting House has been fully used on Wednesday mornings and Thursday afternoons with the social drop-in sessions. This year we have paid for the provision of a yoga and meditation practitioner in addition to counselling and complementary therapy services.

The majority of our expenditure is on renting the facility to provide the social drop-in sessions and providing counselling and complementary therapy to clients. There was a small increase in the expenditure for the provision of the yoga and meditation, but the facilities that were already rented for the social drop-in on Wednesdays were also able to be used for holding the yoga and meditation sessions.

Apart from promoting the charity, the market stalls continue to provide regular funding. Individual donations increased along with donations by clients attending the social drop-in sessions. The Salisbury Lotto has provided a small but steady stream of funding. We were able to get a grant from the Salisbury Journal – Cash for Charities, which enabled us to provide regular yoga and meditation sessions on Wednesday mornings.

We do not have any assets apart from a promotional banner and other minor items, but we also do not have any liabilities.

Income for the year was £16,512 and expenditure was £12,104 with a carry forward of £5765. Having started the year with five months funding available we ended the year with 8 months available. This gives us more confidence that the Charity can continue into its fifth year delivering much needed support to all our clients.

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 121 clients who visited the social drop-in sessions 484 times. These figures are over 46 weeks to include holidays and a cancelled session.

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 can't begin to describe how beneficial I find my counselling with Kate. She listens attentively, normalises the fear and anxiety that I feel, and provides ideas for ways to cope. I always walk away feeling 10 lb lighter' - 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.

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. Gentle Yoga helps calm the mind, and body and are provided by a specialist yoga teacher.

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.

We have supported 58 clients who have received complementary therapy, including Reflexology, Aromatherapy and Aromatherapy Massage over 121 sessions.

We have provided 75 counselling sessions to 19 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.

We have been able to offer Yoga sessions for 56 clients over a period of 26 sessions. Gentle movement, breath work and relaxation to help promote health and well-being has shown the importance of exercise for people with cancer.

5th October 2022 – 4th October 2023 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 wasn't expecting counselling to be the answer to helping my stress but it has been of a great benefit to me and I would highly recommend it" - Counselling Client, Salisbury

The Wig & Quill, Salisbury have supported us with a Quiz Evening alongside a raffle, which many local companies donated to as well as volunteers, the evening was a success with

supporters enjoying a meal and raffle for their ticket price. This fundraising evening was successful 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. 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.



In November we held our first big fundraiser event, an evening's entertainment of music, three course meal, with casino tables, raffle and dance floor. Special thanks go to the Fundraising Team and volunteer Nicky W who cooked for the evening.

Fundraising has continued via Salisbury Community Lotto, a local council initiative, we promote via our social media platforms and newsletters.

Social Media has been successful in reaching local business and community particularly through Twitter (X) and Facebook. This has enlarged our online reach leading collaborations with local charities, groups and communities. We approached Twinings, who are locally based in Andover they helped supply tea for our social drop-

We took part in The Big Help Out in Salisbury, as part of the new Kings Coronation Celebrations, this saw local charities come together to promote themselves to the local community and create awareness of their services for the local community as well as volunteering opportunities.



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?

Two of our Trustees stepping down for personal reasons.

Trying to recruit new volunteers and trustees.

Lack of volunteers to run the social drop in and market stall on occasions.

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
Waitrose
St Thomas Church
Twinings

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, schools and groups.
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.
To use Gift Aid.

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. To continue good relationships with the local hospital and medical practices.

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 one-to-one counselling sessions.

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

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

We readily celebrated our Volunteers during 'Volunteers Week 1st-7th June 2023 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 2022 to 4th October 2023.

Name of Trustees & Role	
Rachel Salter – Chairperson	
Robert Wells – Treasurer	
Makaela Parkes – Administrator	
Alex Neale – Training & New Volunteers	Resigned August 2023
Sharon Knight – Fundraising/Networker	Resigned January 2023

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:



CHARITY COMMISSION
FOR ENGLAND AND WALES

CANCER SUPPORT SALISBURY

No (if any)

Receipts and payments accounts

CC16a

For the period
from

05/10/22

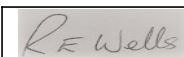
To

04/10/23

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Drop-in collection boxes	1,240		-	1,240	630
Fundraising events	6,647	-	-	6,647	2,153
Outside group donations	2,700	-	-	2,700	650
Individual donations	3,405	-	-	3,405	811
Salisbury City Lottery	624	-	-	624	814
Easyfundraising	81	-	-	81	98
Counselling donations	589	-	-	589	570
Grants		1,293	-	1,293	-
Sub total (Gross income for AR)	15,286	1,293	-	16,579	5,726
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,286	1,293	-	16,579	5,726
A3 Payments					
Refreshments	-	17	-	17	8
Advertising	-	-	-	-	64
Administration	189	-	-	189	341
Facilities	4,987	-	-	4,987	5,233
Complementary Therapy	3,278	-	-	3,278	3,270
Counselling	1,980	270	-	2,250	2,100
Fundraising	1,825	-	-	1,825	606
DBS/Training	-	230	-	230	406
Yoga		630		630	
Bank charges	101	-	-	101	76
Sub total	12,360	1,147	-	13,507	12,104
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,360	1,147	-	13,507	12,104
Net of receipts/(payments)	2,926	146	-	3,072	- 6,378
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,159	5,198	-	11,357	-
Cash funds this year end	9,085	5,344	-	14,429	- 6,378

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	4,959	806	-
		-		-
		-	-	-
	Total cash funds	4,959	806	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	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	
		Robert Wells	06/12/23	