



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

Annual Report & Financial Records for Year ending 4th October 2024

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, yoga and meditation.

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. Our volunteers helped at the social drop-in sessions for 360 hours during the year. We pay for the services of a Complementary Therapist, a Counsellor and this year, a Yoga & Meditation Teacher.



Fundraising

The charity raises funds from the public via volunteer led fundraising, easyfundraising and Salisbury Community Lotto. The charity market stalls, Christmas Carol Sing-a-long, local schools selling CSS Christmas Cards, Pub Quiz, Burlesque Evening and Bingo Evening have been successful in raising funds. At the social drop-in sessions, we also have collection boxes for voluntary contributions.

Finance Report

Cancer Support Salisbury started the financial year with £8813 in the bank and ended with £23475 in the bank, which has given the charity sufficient funds to continue for another 18 months.



We were successful in our grant application and received £9543 from Macmillan Cancer Support and an individual donation of £6000 with another £3000 to be included in the next financial year. Other sources of income during the year were:

Collection boxes at the social drop-in	£1611
Charity fundraising events	£5181
Outside group donations	£2355
Other individual donations	£1890
Salisbury City Lottery	£544
Easy Fundraising	£168
Counselling donations	£398
Just giving	£1468

This year more groups and individuals have made donations as we are gradually becoming more widely known in Salisbury and the surrounding area.

The charity continues to run a social drop-in on Wednesday mornings and Thursday afternoons, and provides counselling, complementary therapy and yoga and meditation. The hire of the Quaker Meeting House and the services provided are the main outgoings:

Hire of the Quaker Meeting House	£5104
Complementary Therapist	£4463
Counsellor	£1590
Yoga and Meditation Teacher	£1080

We bought a 3-metre advertising sail this year which is placed outside the Quaker Meeting House, when we have a social drop-in to help make the charity more visible and Polo shirts for volunteers to wear at drop-in and promote the charity at fundraising events. Our total expenditure for the year was £14496. Of the £23475 in the bank, £4585 is restricted funds.

As CSS raised more than £25,000 this year the accounts were inspected by an independent auditor.

Overall, Cancer Support Salisbury is in a healthier financial position.

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 invited to talk on a 1-1 basis if needed, with our trained volunteers, or with other clients attending the drop which encourages sharing of experiences and positive rapport. Clients have the opportunity to access face-to-face counselling or complementary therapies, which are pre-booked via email or at the drop-in or by telephone. The first consultation is to go through details with the client including any medical background information that is needed, followed by six further treatments. Yoga and Meditation is available for clients for 12 sessions. All complementary therapy, counselling, yoga and meditation session are 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 101 clients who visited the social drop-in sessions 582 times. We supported 37 clients with 114 complementary therapies treatments, 20 clients with 61 counselling sessions and 20 clients with yoga and meditation. 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.

Counselling

Our counselling services provide sessions on a 1-1 basis, which can help support clients with many of the complex psychological effects experienced with a diagnosis.

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.

The complimentary therapies are such a treat . They give such a lift to the spirits. It feels so good to relax and feel safe and warm with people that totally understand what we've been through . Makes me feel good as new.
Client, Salisbury

Yoga

Our classes offer gentle movement, breath work and relaxation to help promote health and well-being which 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 is provided by a specialist yoga teacher. We have provided 99 sessions of Yoga and Meditation for 20 clients.

Social Drop-In

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 such as Breast Cancer Now.

5th October 2023 – 4th October 2024 Achievements

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

Our monthly Market Stall in Salisbury has continued as a popular source of fundraising. 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 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. Through this we were contacted by the Amesbury Burlesque group who put on an evenings entertainment to raise funds for our charity in November and also Salisbury Dancers UK during May, who held discos in various locations in Salisbury and proceeds were shared with ourselves and another local charity.

*Over this past year, I have found the drop-in sessions vital for my sanity, for companionship, camaraderie & above all else, understanding on the days when this “journey” felt very lonely
Client, Salisbury.*

A new jewellery workshop was held at drop-in with Sue W, which was open to the community to attend alongside clients past and present. This proved very popular, raised funds and was a fun afternoon of making personal and individual items of jewellery.



We held a Christmas Sing-a-long where clients past and present were invited alongside the community to enjoy an afternoon of carols and mince pies and tea. This was very well attended and made a wonderful round off to the year.



In January and July, we were able to host a Coffee Morning and Raffle at St Thomas's Church where volunteers all came together to run the event.

We also received support from a lovely client who has used the services of the charity in the past who wanted to give something back; her husband and his work colleagues kindly raised funds in the enduring Samworth Challenge in May.

In June we held our Bingo fundraiser event, an evening's entertainment of bingo, choice of chilli's, with raffle at Downton Football Club. Special thanks go to the Fundraising Team in particular Jackie D who



coordinated the event and volunteer Nicky W who cooked for the evening. This was a successful evening, and we are hoping to have another one next year.

In August, we joined many others at the Wessex Community Fair held in the grounds of Wilton House, which enabled us to raise funds and promote the services of the charity to the local community. Sporting our new CSS Polo Shirts funded by our Macmillan Grant alongside our new banner promoting the group, making us stand out from the crowd.



September saw our very own Pub Quiz come together at Salisbury & South Wiltshire Sports Club, who were incredibly supportive of the charity. This proved to be extremely popular and successful.

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?

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 7 volunteers meet every month 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, has been highly 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:

Gilbert Scammell Tesco Stores Salisbury, All Seasons Laundry

Salisbury City Council! Waitrose

St Thomas Church, Bella's Burlesque Ladies, Salisbury Dancer UK

Radio Odstock, Salisbury & South Wiltshire Sports Club

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 continue to maintain 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 through increasing the awareness of the charity in Salisbury and surrounding areas.

To recruit volunteers and trustees for the charity.

Mission

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 ultimate 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.

Further training for all volunteers.

*I found counselling to be extremely beneficial. Kate was easy to talk to and I was able to talk about experience that I hadn't been able to talk about previously
Client, Salisbury.*

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 and meditation, counselling and complementary 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, counsellor, and Yoga & Meditation Teacher. We were able to continue to offer a selection of complementary therapies to clients and one-to-one counselling sessions, plus Gentle Yoga & Meditation Classes.

With funds from the Macmillan Grant, we were able to put in place peer supervision for volunteers to come together, have their say, give feedback. This was facilitated by WHY. services.

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 3 members are responsible for the overall management and control of the charity and meet quarterly. The work of the implementing policies is carried out by Trustees. All trustees give their time freely and no remuneration or expenses are paid in the year. Fundraising is carried out by the Fundraising Committee.

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 3rd -9th June 2024 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 2023 to 4th October 2024.

Name of Trustees & Role	
Rachel Salter – Chairperson	
Robert Wells – Treasurer	
Makaela Parkes – Administrator	

Declarations

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

Signed on behalf of the charity's trustees.




Signed:

Position within charity: Trustee and Chairperson.

Full name: Rachel Salter

Dated: 6.6.2025

 CHARITY COMMISSION FOR ENGLAND AND WALES	CANCER SUPPORT SALISBURY		
	Receipts and payments account		
	For the period from	05/10/23	To
Section A Receipts and payments			
	Unrestricted funds	Restricted funds	Endowment funds
	to the nearest £	to the nearest £	to the nearest £
A1 Receipts			
Drop in collection boxes	1,611	-	-
Fundraising events –	5,181	-	-
Outside group donations	2,355	-	-
Individual donations	7,890	-	-
Salisbury city lottery	544	-	-
Easy fundraising	168		
Counselling donations	398	-	-
Just Giving	1,468		
Grants		9,543	
	-	-	-
Sub total (Gross income for AR)	19,615	9,543	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	19,615	9,543	-
A3 Payments			
Refreshments	116	68	-
Advertising	-	326	-
Administration	562	100	-
Facilities	1,048	4,056	-
Therapy	4,463		-
Yoga	1,080	-	-
Counselling	1,590	-	-
Fundraising events	580		
DBS/Training		24	
Volunteer polo shirts, supervision		385	
Bank charges	98	-	-
	-	-	-
Sub total	9,537	4,959	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-

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04/10/24	

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Total funds	Last year
to the nearest £	to the nearest £

1,611	1,240
5,181	6,647
2,355	2,700
7,890	3,405
544	624
168	81
398	589
1,468	-
9,543	1,293
-	-
29,158	16,579

-	
-	-
-	-

29,158	16,579
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184	17
326	-
662	189
5,104	4,987
4,463	3,278
1,080	630
1,590	2,250
580	1,825
24	230
385	-
98	101
-	-
14,496	13,507

-	
-	
-	

	14,496	13,507	
	14,662	3,072	
	-	-	
	8,813	5,741	
	23,475	8,813	

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Restricted funds	Endowment funds
to nearest £	to nearest £
4,584	-
-	-
-	-
4,584	-

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Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

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	-	-
	-	-
	-	-
	-	-
	Amount due (optional)	When due (optional)
	-	
	-	
	-	
	-	
	-	
Name		Date of approval
t Wells		5/6/25



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Cancer Support Salisbury

On accounts for the year
ended

4th October 2024

Charity no
(if any)

1193633

Set out on pages

1 to 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 4th October 2024.

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

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:

24th March 2025

Name:

Peter Murray Ward

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

ACA

Address:

30 Empire Road

Salisbury

Wiltshire SP2 9DF

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.