

Chairman's Report 2024
Milton Keynes Prostate Cancer Support Group

I am pleased to submit the annual report to the members of the MKPCS Group. As you are aware, we have operated without a chairman this year and we have not yet appointed anyone in this full-time role. I have therefore worked closely with David Wiggins, Treasurer, to compile this report.

2024 is the 10th Anniversary of the formation of this group and what a year it has been for us.

Christiana Lewis left the committee at the end of 2023 and Chris Monk resigned from the committee in July. We thank both Christiana and Chris for their efforts.

We welcomed Jas Bhamber to the committee in July 2024 and he has already made a huge difference bringing great ideas and building our networks. Among his key contributions to date, is a focus on how we can create more awareness of prostate cancer in ethnic communities.

A sincere thank you to each of the committee; David Wiggins (Treasurer), David Tomlinson, David Buckley, Malcolm Carpenter and Haydn Sinfield. The passion, commitment and time invested has had such a significant impact and is truly appreciated.

I would also like to thank Ted Skone for being a cornerstone of the group organising all our meeting rooms and refreshments. Our group members, Keith Temple and Vince Hughes have kindly helped to support at events throughout the year. Haydn's wife Christine Sinfield has been a huge support at our events and taking on some of the administrative tasks after our PSA testing events.

We have enjoyed talks from several speakers who gave presentations and took questions from the group.

8th January 2024

Eddy Diget, Personal Trainer and rehabilitation specialist

7th October

Michelle Sharman-else, Late effects consultant radiographer, MKUH

Feedback from our membership guided us to creating a series of group discussions, hearing the personal experiences of members, which is an invaluable source of information and support.

12th February

Let's Talk Radiotherapy

10TH April

Let's Talk Support

13th May

Let's Talk Surgery

8th July

Let's Talk Chemotherapy

In June we were delighted to join Professor Francesco Crea at the Open University as he shared an update on the research being carried out by his team and took us on a tour of the laboratories.

We have also attended several events to raise awareness at Parish Councils, Rotary Clubs and community events.

We hosted talks at key employers in Milton Keynes including John Lewis, Network Rail and the Blue Light Centre.

In July we held a fundraising quiz at the Old Beams and in October, the Nut & Squirrel pub held a Halloween Event where proceeds were donated to the group.

We continue to participate in the Milton Keynes Cancer Forum and the Tackle group supporting networking, and collaboration within the community.

We held two PSA testing events this year. The first on 12th May at the Abbey Hill Golf Club and the second at the Windmill Hill Golf Club on 17th November.

In total 490 tests were carried out this year. We have previously partly funded the cost of the tests which has been dependent on fundraising which itself is a demands significant commitment and focus.

So we adapted our approach for the November testing day to understand if we could still be successfully in holding testing days where the full cost was met by the attendees. We saw unprecedented demand, in part due to the publicity created by Sir Chris Hoy with news of his diagnosis, with 322 men being seen on the day.

Demand continues to be high, so we plan to hold three or four PSA events in 2025. We have already booked the next PSA event on 16th February 2025 in Sherington and have almost 150 men signed up already. The PSA events are very well organised. Our thanks to the Graham Fulford Charitable Trust for their professional services.

Regrettably, I will be stepping down as the Secretary as I no longer have the capacity to support. I would like to take this opportunity to thank everyone involved in the Milton Keynes Prostate Cancer Support Group. It has been a very successful year for the group, and I will forever be grateful for the opportunity to work with each of you and for such an important cause. I am proud to have been a part of the significant achievements this group has made and the impact it has on so many.

Thank you

Joanne Baker – Secretary MKPCS Group

| MK Prostate Cancer Support Group | | |
|--|---------------------|---------------------|
| Balance Sheet as at 30th September 2024 | | |
| | <u>2,024</u> | <u>2023</u> |
| Reserves | £ | £ |
| Surplus brought forward | 5,803 | 4,216 |
| Excess of expenditure over income for the year | -2,868 | 1,587 |
| Total reserves carried forward | <u><u>2,935</u></u> | <u><u>5,803</u></u> |
| Represented by: | | |
| Bank balance | 2,940 | 5,868 |
| Less un-presented cheques and creditors | <u>-50</u> | <u>-110</u> |
| | 2,890 | 5,758 |
| Petty cash | 45 | 45 |
| Total assets | <u><u>2,935</u></u> | <u><u>5,803</u></u> |
| Signed on: 2 nd December 2024 by: | | |
| D Wiggins - Treasurer | | |
| J.Baker - Secretary | | |
| Report of the independent examiner to the members | | |
| I have examined the attached Income and Expenditure Summary for the year ended 30th September 2024 and Balance Sheet as at 30th September 2024 and confirm that they are in agreement with the records and explanations given to me. | | |
| T Thornton Examiner December 2024 | | |

MK Prostate Cancer Support

Income and Expenditure Summary for the Year Ending 30/09/2024

| | <u>Notes</u> | <u>2024</u> | <u>2023</u> |
|--|--------------|------------------|----------------|
| Income | | | |
| Grants | | 250 | 0 |
| Donations received | 1 | 3,146 | 3,842 |
| Raffles and Sundry | 2 | 779 | 1,211 |
| Total income: | | <u>4,175</u> | <u>5,053</u> |
| Less: expenditure | | | |
| PSA events | 3 | 5,650 | 2,368 |
| Events Other | | 0 | 250 |
| Operations | 4 | 1,393 | 778 |
| Expenses | | 0 | 70 |
| Total expenditure: | | <u>7,043</u> | <u>3,466</u> |
| Excess Expenditure over Income: | | <u>£ (2,868)</u> | <u>£ 1,587</u> |

Notes to the accounts

- 1) Donations Received includes £1,170 (£650 from Stony Stratford Summer event) and £152.50 from Darwin for employee charitable hours and giving match, 666.50 from Wolverton Trinity Lodge and £250 from MK Dons Supporters Association
- 2) Raffles and Sundry represents proceeds of Quiz Night tickets, raffle and donations.
- 3) PSA Events costs represent GFCT testing costs
- 4) Operations include Telephone No. cost of £152, eMail domain cost of £66, printing costs of £560, and meeting costs of £230

| MK Prostate Cancer Support | | | | | | | Analysis | | | | | | | | | |
|---|------------|----------------|---|------------|---------------|---------|-----------|------------|-----------|----------|-------------|------------|------------|-------------|------------|--------|
| | | | | | | | Income | | | | Expenditure | | | | | |
| Income and Expenditure for the Year Ending 30/09/2024 | | | | | | | Grants | Donations | Raffles | Sundry | Events | PSA Events | Donations | Operational | Expenses | |
| Folio | Date | Receipt/ref no | Description | Income £ | Expenditure £ | Remarks | | | | | | | | | | |
| 1 | 17/10/2023 | Transfer | Loughton and Great Holm Parish Council Grant | 250.00 | .00 | | 250.00 | | | | | | | | | |
| | 23/10/2023 | Apptel | Virtual Telephone Number | .00 | 12.00 | | | | | | | | | | | 12.00 |
| | 24/10/2023 | Transfer | Rotary Club of Woburn Donation | 50.00 | .00 | | | | 50.00 | | | | | | | |
| | 06/11/2023 | Transfer | MK Dons Supports Association Donation | 250.00 | .00 | | | | 250.00 | | | | | | | |
| | 20/11/2023 | SumUp | PSA Test Event Individual Donations | 90.45 | .00 | | | | 90.45 | | | | | | | |
| 2 | 21/11/2023 | Apptel | Virtual Telephone Number | .00 | 12.00 | | | | | | | | | | | 12.00 |
| 3 | 04/12/2023 | Transfer | GFCT PSA Tests | .00 | 3,550.00 | | | | | | | 3550.00 | | | | |
| 4 | 04/12/2023 | Transfer | Haydn Sinfield Expenses – Name badges and food for PSA Test Event | .00 | 71.87 | | | | | | | | | | | 71.87 |
| 5 | 21/12/2023 | Apptel | Virtual Telephone Number | .00 | 12.00 | | | | | | | | | | | 12.00 |
| 6 | 02/01/2024 | 000005 | Elior Teas & Coffees 23/10/23 | .00 | 20.00 | | | | | | | | | | | 20.00 |
| 7 | 02/01/2024 | 000006 | Elior Teas & Coffees 13/11/23 (Receipt for £25) | .00 | 20.00 | | | | | | | | | | | 20.00 |
| 8 | 02/01/2024 | 000007 | Elior Teas & Coffees 11/12/23 | .00 | 20.00 | | | | | | | | | | | 20.00 |
| | 03/01/2024 | 500006 | Cash Donations | 465.00 | .00 | | | | 465.00 | | | | | | | |
| 9 | 22/01/2024 | Apptel | Virtual Telephone Number | .00 | 12.00 | | | | | | | | | | | 12.00 |
| | 29/01/2024 | Transfer | Charitable Giving Benevity – Individual Donations & Joanne Company Ma | 1,169.37 | .00 | | | | 1,169.37 | | | | | | | |
| 10 | 12/02/2024 | 000008 | Elior Teas & Coffees 8/1/24 | .00 | 20.00 | | | | | | | | | | | 20.00 |
| 11 | 21/02/2024 | Apptel | Virtual Telephone Number | .00 | 12.00 | | | | | | | | | | | 12.00 |
| 12 | 26/02/2024 | Transfer | David Buckley Expenses – Annual charge for eMail account | .00 | 66.62 | | | | | | | | | | | 66.62 |
| 13 | 26/02/2024 | Transfer | David Wiggins Expenses – Food & Drink for AGM & Gift | .00 | 84.60 | | | | | | | | | | | 84.60 |
| 14 | 18/03/2024 | 000009 | Elior Teas & Coffees 20/2/24 | .00 | 20.00 | | | | | | | | | | | 20.00 |
| 15 | 21/03/2024 | Apptel | Virtual Telephone Number | .00 | 12.00 | | | | | | | | | | | 12.00 |
| 16 | 22/04/2024 | Apptel | Virtual Telephone Number | .00 | 13.44 | | | | | | | | | | | 13.44 |
| 17 | 20/05/2024 | 000010 | Elior Teas & Coffees 8/5/24 (2 meetings) | .00 | 45.00 | | | | | | | | | | | 45.00 |
| 18 | 20/05/2024 | Transfer | GFCT PSA Tests | .00 | 2,100.00 | | | | | | | 2100.00 | | | | |
| 19 | 21/05/2024 | Apptel | Virtual Telephone Number | .00 | 13.44 | | | | | | | | | | | 13.44 |
| | 23/05/2024 | Transfer | Charitable Giving Benevity – Gift Aid | 152.50 | .00 | | | | 152.50 | | | | | | | |
| | 23/05/2024 | 19/12/3268 | Cash Donations | 82.00 | .00 | | | | 82.00 | | | | | | | |
| | 23/05/2024 | 19/12/3268 | Metro Bank Cheque – SumUp Card Donations | 100.98 | .00 | | | | 100.98 | | | | | | | |
| 20 | 21/06/2024 | Apptel | Virtual Telephone Number | .00 | 13.44 | | | | | | | | | | | 13.44 |
| | 01/07/2024 | SumUp | Individual Card Donations – Swahili Fare | 19.66 | .00 | | | | 19.66 | | | | | | | |
| 21 | 10/07/2024 | Card Payment | Additional SumUp Card Machine | .00 | 46.80 | | | | | | | | | | | 46.80 |
| 22 | 15/07/2024 | Card Payment | Mailboxes Etc. – Printing of Tri-folds and business cards (50% Deposit) | .00 | 205.20 | | | | | | | | | | | 205.20 |
| 23 | 15/07/2024 | 000012 | Elior Teas & Coffees 8/7/24 | .00 | 35.00 | | | | | | | | | | | 35.00 |
| | 16/07/2024 | SumUp | Individual Donations – Quiz Night | 161.99 | .00 | | | | | | 161.99 | | | | | |
| 25 | 16/07/2024 | Card Payment | Mailboxes Etc. – Printing of Tri-folds and business cards (50% Balance) | .00 | 205.20 | | | | | | | | | | | 205.20 |
| | 17/07/2024 | 20/12/3268 | Quiz Night Raffle Tickets & Cash Donations | 422.25 | .00 | | | | 422.25 | | | | | | | |
| 26 | 22/07/2024 | Apptel | Virtual Telephone Number | .00 | 13.44 | | | | | | | | | | | 13.44 |
| | 22/07/2024 | 500009 | Cheque Donation – Wolverton Trinity Masons Lodge | 666.50 | .00 | | | | 666.50 | | | | | | | |
| | 09/08/2024 | Transfer | Old Beams – Quiz Night Tickets and McMullens Donation | 194.70 | .00 | | | | | | 194.70 | | | | | |
| 27 | 19/08/2024 | Card Payment | Sign-A-Rama – Pop-up Posters | .00 | 180.00 | | | | | | | | | | | 180.00 |
| 28 | 21/08/2024 | Apptel | Virtual Telephone Number | .00 | 13.44 | | | | | | | | | | | 13.44 |
| | 04/09/2024 | Transfer | Rotary Club of Wolverton & Stony Stratford Donation | 100.00 | .00 | | | | 100.00 | | | | | | | |
| 29 | 23/09/2024 | Apptel | Virtual Telephone Number | .00 | 13.44 | | | | | | | | | | | 13.44 |
| 30 | 27/09/2024 | Card Payment | Mailboxes Etc. – Printing of PSA Test Posters & Leaflets | .00 | 150.00 | | | | | | | | | | | 150.00 |
| 31 | 04/10/2024 | 000014 | Elior Teas & Coffees (August & September) | | 50.00 | | | | | | | | | | | 50.00 |
| Totals: | | | | 4,175.40 | 7,042.93 | | £ 250.00 | £ 3,146.46 | £ 422.25 | £ 356.69 | | 0.00 | £ 5,650.00 | | £ 1,392.93 | 0.00 |
| Excess Income over Expenditure | | | | (2,867.53) | | | | | | | | | | | | |
| Excess of Income over Expenditure | | | | (2,867.53) | | | | | | | | | | | | |
| Excess of Income over Expenditure B/fwd from 2022 | | | | 4,216.08 | | | | | | | | | | | | |
| Excess of Income over Expenditure C/fwd to 2024 | | | | 1,348.55 | | | | | | | | | | | | |
| | | | | | | | D.Wiggins | | Treasurer | | Dated: | | | | | |
| | | | | | | | J.Baker | | Secretary | | Dated: | | | | | |

Milton Keynes Prostate Cancer Support

Metro Bank Statement as at 30/09/2024

| Date | Receipt/ref no | Description | Out £ | In £ | Balance £ |
|------------|----------------|-------------------------------|--------|--------|-----------|
| 01/10/2022 | | Balance B/fwd from 30/09/2023 | | | 0.00 |
| 17/11/2023 | Transfer | SumUp Card Donation | | 100.00 | 100.00 |
| 18/11/2023 | Transfer | SumUp Card Donation | | 0.98 | 100.98 |
| 23/05/2024 | | Transfer to Lloyds Account | 100.98 | | 0.00 |

| Name | Position | Signature | Date |
|-----------|-----------|-----------|------|
| D Wiggins | Treasurer | | |
| J. Baker | Secretary | | |

| Milton Keynes Prostate Cancer Support Lloyds Bank Statement as at 30/09/2024 | | | | | |
|---|----------------|--|---------|---------|-----------|
| Date | Receipt/ref no | Description | Out £ | In £ | Balance £ |
| 01/10/2023 | | Opening Balance | | | 5822.56 |
| 03/10/2023 | 000001 | Elior Teas & Coffees 12/6/23 | 20.00 | | 5802.56 |
| 03/10/2023 | 000002 | Elior Teas & Coffees 10/7/23 | 25.00 | | 5777.56 |
| 03/10/2023 | 000004 | Elior Teas & Coffees 11/9/23 | 20.00 | | 5757.56 |
| 17/10/2023 | Transfer | Loughton and Great Holm Parish Council Grant | | 250.00 | 6007.56 |
| 23/10/2023 | Apptel | Virtual Telephone Number | 12.00 | | 5995.56 |
| 24/10/2023 | Transfer | Rotary Club of Woburn Donation | | 50.00 | 6045.56 |
| 06/11/2023 | Transfer | MK Dons Supports Association Donation | | 250.00 | 6295.56 |
| 20/11/2023 | SumUp | PSA Test Event Individual Donations | | 90.45 | 6386.01 |
| 21/11/2023 | Apptel | Virtual Telephone Number | 12.00 | | 6374.01 |
| 04/12/2023 | Transfer | GFCT PSA Tests | 3550.00 | | 2824.01 |
| 04/12/2023 | Transfer | Haydn Sinfield Expenses – Name badges and food for PSA Test Event | 71.87 | | 2752.14 |
| 21/12/2023 | Apptel | Virtual Telephone Number | 12.00 | | 2740.14 |
| 02/01/2024 | 000005 | Elior Teas & Coffees 23/10/23 | 20.00 | | 2720.14 |
| 02/01/2024 | 000006 | Elior Teas & Coffees 13/11/23 (Receipt for £25) | 20.00 | | 2700.14 |
| 02/01/2024 | 000007 | Elior Teas & Coffees 11/12/23 | 20.00 | | 2680.14 |
| 03/01/2024 | 500006 | Cash Donations | | 465.00 | 3145.14 |
| 22/01/2024 | Apptel | Virtual Telephone Number | 12.00 | | 3133.14 |
| 29/01/2024 | Transfer | Charitable Giving Benevity – Individual Donations & Joanne Company Match | | 1169.37 | 4302.51 |
| 12/02/2024 | 000008 | Elior Teas & Coffees 8/1/24 | 20.00 | | 4282.51 |
| 21/02/2024 | Apptel | Virtual Telephone Number | 12.00 | | 4270.51 |
| 26/02/2024 | Transfer | David Buckley Expenses – Annual charge for eMail account | 66.62 | | 4203.89 |
| 26/02/2024 | Transfer | David Wiggins Expenses – Food & Drink for AGM & Gift | 84.60 | | 4119.29 |
| 18/03/2024 | 000009 | Elior Teas & Coffees 20/2/24 | 20.00 | | 4099.29 |
| 21/03/2024 | Apptel | Virtual Telephone Number | 12.00 | | 4087.29 |
| 22/04/2024 | Apptel | Virtual Telephone Number | 13.44 | | 4073.85 |
| 20/05/2024 | 000010 | Elior Teas & Coffees 8/5/24 (2 meetings) | 45.00 | | 4028.85 |
| 20/05/2024 | Transfer | GFCT PSA Tests | 2100.00 | | 1928.85 |
| 21/05/2024 | Apptel | Virtual Telephone Number | 13.44 | | 1915.41 |
| 23/05/2024 | Transfer | Charitable Giving Benevity – Gift Aid | | 152.50 | 2067.91 |
| 23/05/2024 | 500007 | Cash Donations | | 82.00 | 2149.91 |
| 23/05/2024 | 500007 | Metro Bank Cheque – SumUp Card Donations | | 100.98 | 2250.89 |
| 21/06/2024 | Apptel | Virtual Telephone Number | 13.44 | | 2237.45 |
| 01/07/2024 | SumUp | Individual Card Donations – Swahili Fare | | 19.66 | 2257.11 |
| 10/07/2024 | Card Payment | Additional SumUp Card Machine | 46.80 | | 2210.31 |
| 15/07/2024 | Card Payment | Mailboxes Etc. – Printing of Tri-folds and business cards (50% Deposit) | 205.20 | | 2005.11 |
| 15/07/2024 | 000012 | Elior Teas & Coffees 8/7/24 | 35.00 | | 1970.11 |
| 16/07/2024 | SumUp | Individual Donations – Quiz Night | | 161.99 | 2132.10 |
| 16/07/2024 | Card Payment | Mailboxes Etc. – Printing of Tri-folds and business cards (50% Balance) | 205.20 | | 1926.90 |
| 17/07/2024 | 500008 | Quiz Night Raffle Tickets & Cash Donations | | 422.25 | 2349.15 |
| 22/07/2024 | Apptel | Virtual Telephone Number | 13.44 | | 2335.71 |
| 22/07/2024 | 500009 | Cheque Donation – Wolverton Trinity Masons Lodge | | 666.50 | 3002.21 |
| 09/08/2024 | Transfer | Old Beams – Quiz Night Tickets and McMullens Donation | | 194.70 | 3196.91 |
| 19/08/2024 | Card Payment | Sign-A-Rama – Pop-up Posters | 180.00 | | 3016.91 |
| 21/08/2024 | Apptel | Virtual Telephone Number | 13.44 | | 3003.47 |
| 04/09/2024 | Transfer | Rotary Club of Wolverton & Stony Stratford Donation | | 100.00 | 3103.47 |
| 23/09/2024 | Apptel | Virtual Telephone Number | 13.44 | | 3090.03 |
| 27/09/2024 | Card Payment | Mailboxes Etc. – Printing of PSA Test Posters & Leaflets | 150.00 | | 2940.03 |
| 04/10/2024 | 000014 | Elior Teas & Coffees (August & September) | 50.00 | | 2890.03 |

Previous financial year expense

Previous financial year expense

Previous financial year expense

| Name | Position | Signature | Date |
|-----------|-----------|-----------|------|
| D Wiggins | Treasurer | | |
| J. Baker | Secretary | | |

MK Prostate Cancer Support Group
Bank Account Reconciliation as at 30th September 2023

| | | | |
|-----------|---------------------|---|-----------|
| 30-Sep-24 | Metro Bank Balance | Closed | £0.00 |
| 30-Sep-24 | Lloyds Bank Balance | | £2,940.03 |
| 04-Oct-24 | 000014 | Elior Teas & Coffees (August & September) | -£50.00 |
| | | Adjusted Balance: | £2,890.03 |

| MK Prostate Cancer Support | | | | | |
|-----------------------------|----------------|-----------------|-------|------|-----------|
| Petty Cash as at 30/09/2023 | | | | | |
| Date | Receipt/ref no | Description | Out £ | In £ | Balance £ |
| 01/10/2023 | | B/fwd from 2022 | | | 45.73 |
| | | C/fwd | | | 45.73 |

| Name | Position | Signature | Date |
|-----------|-----------|-----------|------|
| D Wiggins | Treasurer | | |
| J Baker | Secretary | | |

| £20 | £10 | £5 | £1 | £0.50 | £0.20 | £0.10 | £0.05 | £0.02 | £0.01 | Total £ |
|-----|-----|----|----|-------|-------|-------|-------|-------|-------|---------|
| 1 | 0 | 1 | 15 | 7 | 6 | 5 | 7 | 6 | 6 | 45.73 |
| | | | | | | | | | | 0.00 |
| 1 | 0 | 1 | 15 | 7 | 6 | 5 | 7 | 6 | 6 | 45.73 |

Notes

1. Subsidies for PSA tests in November 2023 and May 2024 covered by 2023 surplus
2. Committee decision to cease subsidies for PSA tests to switch focus from fund raising to core activities
3. Chris Monk resigned from the committee and Jas Bhamber joined the committee
4. Metro Bank account closed
5. Quiz night in July raised over £750
6. Donations from Darwin, Wolverton Trinity Masons Lodge, MK Dons Supporters Association and Loughton Parish Council
7. PSA Events planned for November 2024, February 2025 and May 2025.