

HUMMINGBIRD CANCER SUPPORT GROUP

England & Wales · Charity number 1199955

Details

Status Registered

Legal form CIO

Registered 2022-08-03

Register [View on the Charity Commission register](#)

Contact

Address Great Hadham Country Club
Great Hadham Road
Much Hadham
Hertfordshire
SG10 6JE

Phone 07510178200

Email enquiries@hummingbirdcancersupport.org

Website <https://www.hummingbirdcancersupport.org>

Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE SUFFERING AND PROMOTE AND PROTECT THE HEALTH OF SUFFERERS OF CANCER, THEIR FAMILIES, CARERS AND FRIENDS IN BISHOPS STORTFORD THROUGH THE PROVISION OF HOLISTIC COMPLEMENTARY THERAPIES, INFORMATION, COUNSELLING AND SUPPORT AND RAISING PUBLIC AWARENESS OF ALL ASPECTS OF CANCER.

Activities: The Objects of Hummingbird Cancer Support Group are: For the public benefit, to relieve suffering and promote and protect the health of sufferers of cancer, their families, carers and friends in Bishops Stortford through the provision of holistic complementary therapies, information, counselling and support and raising public awareness of all aspects of cancer.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£31,169	£21,993	-	-
2024-04-01	£20,166	£12,641	-	-
2023-04-01	£9,270	£4,398	-	-

Trustees

Name	Role	Appointed
SARAH KERR	Chair	2019-08-01
David Athur Pursglove		2024-11-19
PAULA HEWLETT		2019-08-01
Yvonne Chequer		2024-02-02

HUMMINGBIRD CANCER SUPPORT GROUP

England & Wales - Charity number 1199955

Accounts

Hummingbird Cancer Support Group

INTRODUCTION

Hummingbird Cancer Support Group (HCSG)



Hummingbird Cancer Support Group (HCSG) offers a varied support system and is a pioneer within the local community of Bishop's Stortford. Registered as a charity in 2022, Hummingbird provides innovative support through a holistic approach.

Our services address individuals' emotional, practical, and social needs, empowering members to take control of their clinical treatments and holistic well-being. We offer stress management techniques through meditation workshops and additional classes such as mindful movement and breathwork, green light energy realignment, and seated exercise to music.

Our holistic complementary therapies such as massage, reiki, Indian head massage and reflexology are fundamental to delivering both physical and emotional support. We understand the demands of living with cancer and provide practical advice by signposting expert resources. By offering support to members, their families and caregivers, we create an inclusive environment that acknowledges the interconnected impact of cancer on families. This year, we have enhanced our mental health focus by adding professional counselling services and hypnotherapy.

Committed to building a strong, empathetic community, we ensure cancer patients and their families feel connected and supported. We collaborate with local healthcare providers, organisations and community groups to enhance the support network, making valuable resources and information more accessible.

We recognise the importance of integrative care and actively engage with local Integrated Care Boards (ICBs).

We invest in our trustee board and volunteer team by providing ongoing training for therapists and facilitators, ensuring high-quality support and effective group management. Our robust volunteer management and recruitment practices promote sustainability, growth, and resilience as the group develops.

Ultimately, we consider the impact and inspiration we provide to our members. By sharing stories of survival and resilience, we foster hope and motivation creating a positive, supportive environment that significantly enhances the well-being of cancer patients and their families.

By embodying these pioneering attributes, HCSG not only provides essential support to its members but also sets a benchmark for comprehensive, compassionate, and innovative cancer care within the community.

Hummingbird Cancer Support Group

MESSAGE FROM TRUSTEES

At the heart of our group is the belief that no one should face cancer alone. This year, we have continued to provide a safe, welcoming and compassionate space where people affected by cancer, patients, survivors, carers, families and friends can share experiences, find comfort and access valuable support. This year has been an exciting year of:

- change due to a new venue
- incredible achievements
- growth in our awareness, hope and resilience in our mission.

Initially, the Hummingbird Cancer Support Group expresses profound gratitude to its volunteer team, both past and present, extending heartfelt thanks to every individual for their unwavering support, loyalty, and commitment. Amidst recent changes, everyone has devoted additional time, resources, and innovative ideas.

This trustee report underscores our collective efforts in nurturing a cause we are deeply passionate about. The presence of such a support group in Bishop's Stortford is invaluable, and we are committed to enhancing our impact on the community. By collaborating closely with local community groups, social prescribers, and key cancer charities, we aim to raise awareness, maximise public benefit and make a meaningful difference in the lives of those affected by cancer and sustain our charitable endeavours.

With gratitude,

Sarah, Paula, Yvonne and David

Trustees

Trustee / Chairperson : Sarah Kerr

Trustee / Secretary : Paula Hewlett

Trustee / Treasurer : Yvonne Chequer

Trustee : David Pursglove

Hummingbird Cancer Support Group

CHARITY OBJECTIVES

There are 3 main charitable objectives

PROMOTE & PROTECT

To promote and protect the physical and mental health of sufferers of cancer in Bishop's Stortford through the provision of holistic complementary therapies.

BENEFIT & SUPPORT

To benefit the person diagnosed along with friends, families, and relatives. This offering is not limited to age however some of the specific treatments may not be available to youths who attend unsupervised. This means under 18's must be supervised by an adult.

RAISE AWARENESS

To advance the education of the general public in all areas relating to cancer through community publications, newsletters, social media, and training through workshops and talks.

Hummingbird Cancer Support Group

PUBLIC BENEFIT

We have conducted a comprehensive member impact survey to assess the efficacy of our services. This survey aimed to solicit feedback from our members regarding the specific benefits they get from Hummingbird, as well as areas of improvement in our support and services. By engaging with our members, we sought to understand their current needs and preferences, thereby enhancing our ability to tailor our offerings to better meet their requirements.

The survey findings were compiled and analysed, resulting in a supplementary document that provides a detailed overview of the feedback received. As part of our reporting process, we have generated a visual word cloud to highlight key phrases and sentiments expressed by our members. This visualisation serves as a snapshot of the overarching themes identified through the survey responses, offering valuable insights into the aspects of our services that resonate most strongly with our members, as well as areas for further refinement.



Hummingbird Cancer Support Group

Anonymous Service User Questionnaire – June 2025

Purpose and Response Rate – an anonymous questionnaire was conducted in June 2025 to assess service user satisfaction, impact, accessibility and areas for development. 22 responses were received.

Key Findings – Overall feedback was exceptionally positive, with universal agreement that Hummingbird provides high-quality, emotionally supportive services in a safe and welcoming environment.

- Satisfaction: 19/22 *very satisfied*. 3/22 *satisfied*
- Expectations met: 22/22 (100%)
- Emotional support and safety: 22/22 (100%)

Awareness and Reach - The primary source of awareness was word of mouth (10 respondents), significantly higher than all other channels combined. Other referral routes included local press, healthcare professionals, social media, community events, and posters.

Trustee insight - The organisation benefits strongly from personal recommendation and community trust.

Most Valued Aspects of Hummingbird - Respondents highlighted multiple benefits:

- Therapies and treatments: 15/22
- Social connections and friendships: 10/22
- Peer support with shared cancer experiences: 6/22

Qualitative feedback consistently described Hummingbird as a safe haven, providing compassion, understanding, and a sense of normality during treatment, recovery, and bereavement.

Areas for Improvement:

- 14/22 respondents (approximately two-thirds) had no suggestions for improvement.
- Where suggestions were made, they focused on:
 - Talking therapies or small facilitated support groups
 - Quieter treatment spaces
 - Transport support
 - Outdoor or wellbeing activities (e.g. walking, meditation)

These represent incremental enhancements rather than fundamental concerns.

Accessibility and Venue Change

- 11/22 respondents reported barriers since the venue change; 11/22 reported no barriers.
- Key issues raised: increased travel distance, transport and parking difficulties and road conditions.
- Some respondents noted positive aspects of the new venue, including parking and atmosphere.

Hummingbird Cancer Support Group

Overall Impact - Testimonials emphasised the life-changing emotional and social impact of Hummingbird, particularly in addressing isolation and the lack of emotional support within statutory health services. Several respondents stated they actively recommend Hummingbird to others.

Conclusion – The findings demonstrate that Hummingbird delivers high impact, trusted and emotionally safe services, with outstanding satisfaction levels. Feedback provides trustees with clear reassurance of organisational effectiveness and highlights a small number of practical considerations for future planning.

LOOKING AHEAD

As we look to the next year, our focus will be:

- Expand outreach to raise awareness of the help and support we offer.
- Explore new ways to deliver support, both face-to-face and online, to reach those unable to attend our sessions in person.
- Ensure volunteers have access to training and funding opportunities to maintain and develop their skills.
- Strengthen partnerships with health and wellbeing professionals to offer a broader range of services.
- Expand the range and variety of treatments and workshops to enhance member's overall experience.

Hummingbird Cancer Support Group

VOLUNTEER CONTRIBUTION

The Hummingbird Cancer Support Group encompasses three distinct volunteer roles, each integral to our cause:

Trustee Board:

Comprising a chairperson, secretary, treasurer, and a flexible role, this team oversees strategic decisions and operational aspects. The flexible role entails tasks such as sponsorship discussions, volunteer coordination, policy review and organising awareness-raising events. Currently, our trustee board consists of four dedicated volunteers.

Client Support Team:

Responsible for the day-to-day operations, the Customer Support Team handles client registrations, appointment scheduling, financial matters, volunteer management, and session logistics. They warmly welcome attendees and facilitate a comfortable environment, encouraging social interactions with refreshments.

Therapist Team:

Comprising skilled holistic therapists, this team offers a diverse range of complementary treatments. While not limited to specific therapies, all services are complementary to medical treatments and oncology advice. Obtaining GP consent and client agreement is essential before commencing any treatment.

Volunteers are the lifeblood of HCSG, infusing every aspect of our work with passion, dedication, and a strong sense of community. These individuals, our unsung heroes, generously contribute their time, skills, and empathy to support those affected by cancer in our community. Their invaluable contributions extend beyond administrative tasks and therapy sessions, providing crucial emotional support and creating a nurturing environment where individuals feel heard, understood, and valued during challenging times.

Hummingbird Cancer Support Group

VOLUNTEER CONTRIBUTION

Volunteers at Hummingbird Cancer Support Group play an indispensable role in both raising awareness and generating funds for our cancer support service. Through a variety of initiatives including community outreach events, fundraising campaigns, and efforts to champion the cause, they strive to educate the public on crucial aspects of cancer, ranging from prevention to available treatments and local resources.

Their unwavering passion and dedication serve as a catalyst, inspiring others to join the cause and significantly expanding the charity's impact and outreach. Moreover, volunteering at Hummingbird offers individuals a deeply enriching experience, fostering personal growth, skill enhancement, and meaningful connections with like-minded individuals united by a common purpose. Many volunteers derive immense satisfaction from the knowledge that their efforts are directly improving the lives of others, often extending their altruism far beyond their initial commitment.

We continue to actively seek volunteers to join our team. We introduced our Volunteer Management System (VMS) featuring a fully integrated Volunteer Induction Platform (VIP) in 2024, which enables us to continue to improve our volunteer experience. This comprehensive system enables us to securely store volunteer data, qualifications, and records in compliance with data protection policies. Additionally, it facilitates streamlined training and induction processes, ensuring a more efficient and professional volunteer journey for all involved.

Hummingbird Cancer Support Group

MEASURING ACHIEVEMENTS

We measure our achievements through various metrics and indicators to ensure accountability, effectiveness, and impact. Here are some ways we evaluate our progress:

Quantitative Data:

We track numerical data such as the number of volunteers recruited, the amount of funds raised, the attendance at events and workshops, and the reach of our awareness campaigns.

Qualitative Feedback:

We gather feedback from stakeholders including volunteers, staff, beneficiaries, and partners through surveys, interviews, and testimonials. This feedback provides insights into the quality of our services, the satisfaction of our stakeholders, and areas for improvement.

Outcome Evaluation:

We assess the outcomes and impacts of our initiatives by examining changes in behaviour, attitudes, and knowledge among beneficiaries. For example, we may measure improvements in the mental well-being of cancer patients participating in our workshops or increases in cancer awareness among the general public.

Partnership and Collaboration:

We evaluate the strength and effectiveness of our partnerships and collaborations by assessing factors such as mutual benefit, alignment of goals, and the achievement of shared objectives.

Long-Term Impact:

We consider the long-term impact of our efforts on individuals, communities, and society as a whole. This includes factors such as improvements in health outcomes, changes in policy or practice, and the sustainability of our interventions over time.

By employing these measurement approaches, we ensure our achievements are meaningful, sustainable, and aligned with our mission of supporting everyone affected by cancer.

Key Achievements

- Providing patients and families with 760 treatments, reflecting an increase of 148 treatments from the previous year.
- Introducing hypnotherapy and manual lymphatic drainage services, enhancing the range of therapeutic options available to clients.
- Holding educational workshops designed to inform, advise and empower members and their families.

Hummingbird Cancer Support Group

MEASURING ACHIEVEMENTS (continued)

- Hiring space at Great Hadham Country Club, which has enabled us to maintain the same range and quality of services while significantly reducing accommodation costs, thereby improving our financial sustainability.
- Cancer Support NPO of the Year winners.
Prestige Awards for London and South-East England 2025/2026

Hummingbird Cancer Support Group

FINANCIAL STATEMENT

The Trustees are pleased to report that our financial position remains strong.

Income – our income comes from two main sources:

- Donations raised from Clients at our weekly sessions
- Other donations from Clients, local businesses and personal supporters and fundraising activities

2nd April 2024 to 1 st April 2025

Donations and Income Received Donations from Sessions	£7,058.37
Other Donations	£24,110.39

Expenses and Payments

Our expenses for the year were:

Venue Costs	£13,113.61
Therapist costs	£2,326.26
Other costs	£6,553.73

Venue costs are our main expenditure. In this financial year, we moved venue to Great Hadham Country Club where we benefit from lower costs. We can see the benefit this year for four months of the year and will see significantly reduced costs for future financial years.

Year End Bank Balance

Our cash inflow for the financial year is £9,175.16

Added to our existing bank balance, we end the year with a healthy

Bank Balance of £29,001

Reserve Policy

It is good practice to keep money aside to protect the charity against any drops in income or allow it to take advantage of new opportunities.

The reserve fund is made up of:

Continuity fund: to bridge any possible delays in receiving promised grants

Restructuring fund: used to cover any essential trading activities whilst sourcing income

Dissolution fund: provides for the cost of dissolution should the charity be unable to continue

The fund we hold is equivalent to 12 months budgeted trading activity.

Hummingbird Cancer Support Group

NEXT STEPS: FUTURE PLANS

The plans for Hummingbird revolve around expanding our reach, enhancing our impact, and fostering deeper connections within our community. Here are some key initiatives we are considering:

Geographical Expansion: We aim to reach more communities and individuals by expanding our services to new geographical areas. This may involve running additional pop-up services or partnering with existing organisations to reach underserved populations.

Diversification of Services: We plan to diversify our offerings to meet the evolving needs of our community. This could include introducing new support programs, workshops, or initiatives focused on specific aspects of cancer care, such as survivorship, palliative care, or mental health support.

Technology Integration: Embracing technology will enable us to reach a wider audience and provide more accessible services. This may involve developing online support groups, online booking platforms and social media to facilitate remote access to resources and support.

Community Engagement: We will continue to prioritise community engagement and involvement by organising awareness campaigns, fundraising events, and volunteer opportunities. Building a strong sense of community is essential for fostering support, resilience, and solidarity among those people affected by cancer.

Partnerships and Collaborations: Strengthening partnerships with healthcare providers, research institutions, corporate sponsors, and other stakeholders will enhance our capacity to deliver high-quality services and drive innovation in cancer care.

Sustainability Initiatives: We are committed to ensuring the long-term sustainability of our organisation through strategic planning, financial stewardship, and diversification of funding sources. This may involve implementing sustainability initiatives, exploring grant opportunities, or engaging in social enterprise activities.

Advocacy and Policy Influence: We will continue to advocate for policies and practices that improve cancer care, support cancer research, and address systemic barriers to care. By amplifying the voices of those affected by cancer, we can drive positive change at the local, national, and potentially international levels.

Overall, our future plans for Hummingbird are guided by our commitment to providing compassionate, comprehensive, and empowering support to everyone affected by cancer, ensuring no one faces cancer alone.

Hummingbird Cancer Support Group

CONCLUSION

As we conclude our 2024/2025 review, we reflect with gratitude on the strides we've made at Hummingbird in our mission to support those affected by cancer. This year has been marked by resilience, innovation, and unwavering dedication to our cause. Together, we have achieved significant milestones, from expanding our services to reaching new communities and fostering deeper connections within our network.

Our commitment to providing holistic support remains unwavering, as we continue to evolve and adapt to meet the changing needs of our community. Through the tireless efforts of our volunteers, partners and trustees, we have made tangible differences in the lives of individuals and families facing the challenges of cancer.

Looking ahead to the future, we are inspired by the possibilities that lie ahead. With a renewed sense of purpose and determination, we will build on our successes, embrace new opportunities, and remain steadfast in our commitment to ensuring no one faces cancer alone.

If you're facing a recent cancer diagnosis, know that Hummingbird Cancer Support Group stands ready to support you every step of the way. We've assisted countless individuals on their journey, and we're here to extend our helping hand to you as well.

Don't hesitate to reach out.

Hummingbird Cancer Support Group

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to all who have dedicated their efforts to our registered charity. This period has been dynamic, characterised by significant transformation.

The Committee and Board of Trustees, comprising Sarah, Paula, Yvonne, and David wish to express their appreciation to:

- Our dedicated volunteers,
- Our generous contributors and donors.

Additionally, we extend our thanks to the team at Great Hadham Country Club for their invaluable support and collaboration.

CONTACT DETAILS

Hummingbird Cancer Support Group

Charity Number: 1199955

Register Office and Business Address:

Great Hadham Country Club

Great Hadham Road

Much Hadham

Bishop's Stortford

SG10 6JE

Telephone: 075101 78200

Website: www.hummingbirdcancersupport.org

Charity number: 119955

HUMMINGBIRD CANCER SUPPORT GROUP

Trustees' Report and Unaudited Financial Statements

For The Year Ended 1 April 2025

Mansell & Co
Chartered Certified Accountants
5 Ducketts Wharf
South Street
Bishops' Stortford
Hertfordshire
CM23 3AR

HUMMINGBIRD CANCER SUPPORT GROUP

Contents

	Page
Reference and Administration Information	1
Trustees' Annual Report	2
Independent Examiners Report	3
Statement of Financial Activities	4
Balance Sheet	5
Notes to the Unaudited Financial Statements	6-10

HUMMINGBIRD CANCER SUPPORT GROUP

Reference and Administration Information

Trustees

Sarah Kerr – Chair of Trustees
Paula Hewlett
Yvonne Chequer
David Pursglove

Charity registration number

1199955

Registered office address

Great Hadham Country Club
Great Hadham Road
Much Hadham
Hertfordshire
SG10 6JE

Business address

Great Hadham Country Club
Great Hadham Road
Much Hadham
Hertfordshire
SG10 6JE

Website

www.hummingbirdcancersupport.org

Bankers

HSBC UK Plc
18 North Street
Bishop's Stortford
Hertfordshire
CM23 2LP

Independent examiner

Wilton Lyndon Ltd T/A Mansell & Co.
Chartered Certified Accountants
5 Ducketts Wharf
South Street
Bishop's Stortford
Herts
CM23 3AR

HUMMINGBIRD CANCER SUPPORT GROUP

Trustees' Annual Report for the Year Ended 1 April 2025

The Trustees present their annual report together with the financial statements of the charity for the year 2 April 2024 to 1 April 2025 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP.

The Trustees who served during the year were:

Sarah Kerr – Chair of Trustees
Paula Hewlett
Yvonne Chequer
David Pursglove

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the Board of Trustees on 20th January 2026 and signed on their behalf by:

Yvonne Chequer

[Yvonne Chequer \(Jan 20, 2026 10:29:41 GMT\)](#)

Yvonne Chequer – Trustee

HUMMINGBIRD CANCER SUPPORT GROUP

Independent Examiner's Unqualified Report for the Year Ended 1 April 2025

Independent examiner's report to the Trustees of Hummingbird Cancer Support Group

I report to the trustees on my examination of the financial statements of Hummingbird Cancer Support Group ('the charity') for the year ended 1 April 2025 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Mansell & Co

Darren White ACCA
Mansell & Co
Chartered Certified Accountants
5 Ducketts Wharf
South Street
Bishop's Stortford
Hertfordshire
CM23 3AR

Date: 20th January 2026

HUMMINGBIRD CANCER SUPPORT GROUP

Statement of Financial Activities (including Income & Expenditure Account)

for the Year Ended 1 April 2025

	<u>Notes</u>	Unrestricted funds £	Restricted funds £	01.04.25 Total funds £	01.04.24 Total funds £
Income from:					
Donations	2	31,168	-	31,168	20,166
Grants		-	-	-	-
Total income		31,168	-	31,168	20,166
Expenditure on:					
Charitable activities	3	(21,993)	-	(21,993)	(12,737)
Total expenditure		(21,993)	-	(21,993)	(12,737)
Net income / (expenditure)		9,175	-	9,175	7,429
Transfers between funds	7	-	-	-	-
Net movement in funds		9,175	-	9,175	7,429
Reconciliation of funds:					
Total funds brought forward		19,826	-	19,826	12,397
Total funds carried forward		29,001	-	29,001	19,826

The above results were derived from continuing operations.

The charity has no recognised gains or losses for the year other than the results above.

HUMMINGBIRD CANCER SUPPORT GROUP

Balance Sheet as at 1 April 2025

	<u>Notes</u>	2025		2024	
		£	£	£	£
Current assets					
Debtors	5	-	-	-	-
Cash at bank and in hand		29,601		19,826	
		<u>29,601</u>		<u>19,826</u>	
Creditors: Amounts falling due within one year	6	(600)		-	
Net current assets			<u>29,001</u>		<u>19,826</u>
Net assets			<u>29,001</u>		<u>19,826</u>
			=====		=====
Charity funds	7				
Unrestricted funds			29,001		19,826
Restricted funds			-		-
Total funds			<u>29,001</u>		<u>19,826</u>
			=====		=====

Approved and authorised by the Board of Trustees on 20th January 2026 and signed on its behalf by:

Yvonne Chequer

[Yvonne Chequer \(Jan 20, 2026 10:29:41 GMT\)](#)

Yvonne Chequer – Trustee

HUMMINGBIRD CANCER SUPPORT GROUP

Notes to the Unaudited Financial Statements for the Year Ended 1 April 2025

1. Accounting policies

Summary of significant accounting policies and key accounting estimates

The principle accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The charity is a public benefit entity and these financial statements have been prepared in accordance with 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Second Edition)' and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice.

Basis of preparation

The financial statements have been prepared using the historic cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably. The following policies are applied to particular categories of income:

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Office equipment

Expenditure on office equipment is written off in the year in which it is incurred. The trustees are of the opinion that such expenditure has no commercial resale value and that in view of this and the nature of the organisation, such costs should not be capitalised.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income as incurred.

Tax

The charity is exempt from corporation tax on its charitable activities.

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

HUMMINGBIRD CANCER SUPPORT GROUP

Notes to the Unaudited Financial Statements for the Year Ended 1 April 2025

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. Donations

	Unrestricted funds £	Restricted funds £	01.04.25 Total funds £	01.04.24 Total funds £
Donations from sessions	7,058	-	7,058	5,080
Other donations	24,110	-	24,110	15,086
	31,168	-	31,168	20,166

3. Total Resources Expended

	01.04.25			01.04.24		
Charitable activities £	Governance costs £	Total Resources £	Charitable activities £	Governance costs £	Total Resources £	
Venue costs	13,114	-	13,114	4,745	-	4,745
Therapist expenses	2,326	-	2,326	1,773	-	1,773
Therapist training	-	-	-	137	-	137
Other expenses	5,953	600	6,553	6,082	-	6,082
	21,393	600	21,993	12,737	-	12,737

4. Trustees' remuneration and benefits

There were no Trustees' remuneration or other benefits for the year ended 1 April 2025 nor for the year ended 1 April 2024.

Trustees' expenses

There were no Trustees' expenses paid for the year ended 1 April 2025 nor for the year ended 1 April 2024.

HUMMINGBIRD CANCER SUPPORT GROUP

Notes to the Unaudited Financial Statements for the Year Ended 1 April 2025

5. Debtors

Debtors: amounts falling due within one year

	2025	2024
	£	£
Trade debtors	-	-
Other debtors	-	-
	<hr/>	<hr/>
	-	-
	<hr/>	<hr/>

6. Creditors

Creditors: amounts falling due within one year

	2025	2024
	£	£
Due within one year		
Other creditors	-	-
Accruals	600	-
	<hr/>	<hr/>
	600	-
	<hr/>	<hr/>

HUMMINGBIRD CANCER SUPPORT GROUP

Notes to the Unaudited Financial Statements for the Year Ended 1 April 2025

7. Movement in funds

	Balance at 02.04.24 £	Net movement in funds £	Transfers between funds £	Balance at 01.04.25 £
Unrestricted funds				
Donations	19,826	9,175	-	29,001
	<u>19,826</u>	<u>9,175</u>	<u>-</u>	<u>29,001</u>
Restricted funds				
	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>19,826</u>	<u>9,175</u>	<u>-</u>	<u>29,001</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Net movement in funds £
Unrestricted funds			
Donations	31,168	(21,993)	9,175
	<u>31,168</u>	<u>(21,993)</u>	<u>9,175</u>
Restricted funds			
	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>31,168</u>	<u>(21,993)</u>	<u>9,175</u>

HUMMINGBIRD CANCER SUPPORT GROUP

Notes to the Unaudited Financial Statements for the Year Ended 1 April 2025

7. Movement in funds – continued

Comparatives for movement in funds

	Balance at 02.04.23 £	Net movement in funds £	Transfers between funds £	Balance at 01.04.24 £
Unrestricted funds				
Donations	12,397	7,429	-	19,826
	<u>12,397</u>	<u>7,429</u>	<u>-</u>	<u>19,826</u>
Restricted funds				
	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>12,397</u>	<u>7,429</u>	<u>-</u>	<u>19,826</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Net movement in funds £
Unrestricted funds			
Donations	20,166	(12,737)	7,429
	<u>20,166</u>	<u>(12,737)</u>	<u>7,429</u>
Restricted funds			
	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>20,166</u>	<u>(12,737)</u>	<u>7,429</u>

8. Related party transactions

There were no related party transactions for the year ended 1 April 2025.










Hummingbird Cancer Support Group - Final Accounts 1 April 2025

Final Audit Report

2026-01-20

Created:	2026-01-20
By:	Darren White (DARREN@MANSELLANDCO.ORG)
Status:	Signed
Transaction ID:	CBJCHBCAABAABWbVutsDyOAb__0Q1f4MYA-zc4ocLL2Y

"Hummingbird Cancer Support Group - Final Accounts 1 April 2025" History

-  Document created by Darren White (DARREN@MANSELLANDCO.ORG)
2026-01-20 - 10:15:38 GMT
-  Document emailed to yvonne@hummingbirdcancersupport.org for signature
2026-01-20 - 10:18:17 GMT
-  Email viewed by yvonne@hummingbirdcancersupport.org
2026-01-20 - 10:28:03 GMT
-  Signer yvonne@hummingbirdcancersupport.org entered name at signing as Yvonne Chequer
2026-01-20 - 10:29:39 GMT
-  Document e-signed by Yvonne Chequer (yvonne@hummingbirdcancersupport.org)
Signature Date: 2026-01-20 - 10:29:41 GMT - Time Source: server
-  Document emailed to Darren White (DARREN@MANSELLANDCO.ORG) for signature
2026-01-20 - 10:29:43 GMT
-  Email viewed by Darren White (DARREN@MANSELLANDCO.ORG)
2026-01-20 - 10:30:06 GMT
-  Document e-signed by Darren White (DARREN@MANSELLANDCO.ORG)
Signature Date: 2026-01-20 - 10:30:48 GMT - Time Source: server
-  Agreement completed.
2026-01-20 - 10:30:48 GMT

HUMMINGBIRD CANCER SUPPORT GROUP

Independent Examiner's Unqualified Report for the Year Ended 1 April 2025

Independent examiner's report to the Trustees of Hummingbird Cancer Support Group

I report to the trustees on my examination of the financial statements of Hummingbird Cancer Support Group ('the charity') for the year ended 1 April 2025 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Mansell & Co

Darren White ACCA
Mansell & Co
Chartered Certified Accountants
5 Ducketts Wharf
South Street
Bishop's Stortford
Hertfordshire
CM23 3AR

Date: 20th January 2026

HUMMINGBIRD CANCER SUPPORT GROUP

England & Wales - Charity number 1199955

Accounts



Hummingbird
CANCER SUPPORT

HUMMINGBIRD CANCER SUPPORT GROUP

Registered Charity No.1199955

Trustee Annual Report 2023/2024

2023/2024



TABLE OF CONTENTS

01	Introduction	02	Message from Trustees
03	Charitable Objectives	04	Public Benefit
05	How can we improve?	06	Volunteer Contribution
08	Measuring Achievements	10	Financial Statement
11	Next Steps	12	Conclusion
13	Acknowledgements		

INTRODUCTION

Hummingbird Cancer Support Group (HCSG)

Hummingbird Cancer Support Group offers a varied support system and is a pioneer within the local community of Bishop's Stortford. Registered as a charity in 2022, Hummingbird provides innovative support through a holistic approach.

Our services address individuals' emotional, practical, and social needs, empowering members to take control of their clinical treatments and holistic well-being. We offer stress management techniques through meditation workshops and additional classes such as yoga for cancer, green light energy realignment, and seated exercise to music.

Our holistic complementary therapies such as massage, reiki and reflexology are fundamental to delivering both physical and emotional support. We understand the demands of living with cancer and provide practical advice by signposting expert resources. By offering support to members, their families, and caregivers, we create an inclusive environment that acknowledges the interconnected impact of cancer on families. This year, we have enhanced our mental health focus by adding professional counselling services.

Committed to building a strong, empathetic community, we ensure cancer patients and their families feel connected and supported. We collaborate with local healthcare providers, organisations, and community groups to enhance the support network, making valuable resources and information more accessible.

We recognise the importance of integrative care and actively engage with local Integrated Care Boards (ICBs).

We invest in our trustee board and volunteer team by providing ongoing training for therapists and facilitators, ensuring high-quality support and effective group management. Our robust volunteer management and recruitment practices promote sustainability, growth, and resilience as the group develops.

Ultimately, we consider the impact and inspiration we provide to our members. By sharing stories of survival and resilience, we foster hope and motivation, creating a positive, supportive environment that significantly enhances the well-being of cancer patients and their families

By embodying these pioneering attributes, Hummingbird Cancer Support Group not only provides essential support to its members but also sets a benchmark for comprehensive, compassionate, and innovative cancer care within the community.

MESSAGE FROM OUR TRUSTEES

Initially, the Hummingbird Cancer Support Group expresses profound gratitude to its volunteer team, extending heartfelt thanks to each individual for their unwavering support, loyalty, and commitment. Amidst recent changes, everyone has devoted additional time, resources, and innovative ideas.

We bid farewell to Gloria Carter, our longest-serving volunteer, as well as dedicated volunteers Gaynor Purkiss, Nicky Brant, and Jeanette Mackenzie. Gloria's journey with us began during her family's battle with cancer many years ago. Gloria, we dearly miss your warmth, support, and compassionate presence.

In early 2024, Hummingbird Cancer Support welcomed Yvonne Chequer to the trustee board, acknowledging her interest in the Treasurer role. After four years of dedicated service, Hannah will pass on the Treasurer's responsibilities to Yvonne, a chartered accountant by profession. We extend our gratitude to Hannah for her diligent work and look forward to Yvonne's contributions to the board.

This trustee report underscores our collective efforts in nurturing a cause we are deeply passionate about. The presence of such a support group in Bishop's Stortford is invaluable, and we are committed to enhancing our impact on the community. By collaborating closely with local community groups, social prescribers, and key cancer charities, we aim to maximise public benefit and make a meaningful difference in the lives of those affected by cancer.

We extend our thanks to everyone who has been part of this group, both past and present, and to our community members who believe in our mission. Collaborating closely with local community groups, social prescribers, and key cancer charities, we aim to raise awareness, support more individuals affected by cancer, and sustain our charitable endeavours.

With gratitude,

Sarah, Paula, Hannah, Karen, and Yvonne



CHARITY OBJECTIVES

There are 3 main charitable objectives



PROMOTE & PROTECT

to promote and protect the physical and mental health of sufferers of cancer in Bishops Stortford through the provision of holistic complementary therapies



BENEFIT & SUPPORT

to benefit the person diagnosed along with friends, families, and relatives. This offering is not limited to age however some of the specific treatments may not be available to youth who attend unsupervised. This means under 18's must be supervised by an adult.



RAISE AWARENESS

to advance the education of the general public in all areas relating to cancer through community publications, newsletters, social media, and training through workshops and talks.

'Kindness of the people and treatments, human contact, not being alone with the reality of having cancer. I feel very grounded by other people's experiences'

Hummingbird Member 2023

PUBLIC BENEFIT

During the 2023/2024 period, we conducted a comprehensive member impact survey to assess the efficacy of our services. This survey aimed to solicit feedback from our members regarding the specific benefits they get from Hummingbird, as well as areas of improvement in our support and services. By engaging with our members, we sought to understand their current needs and preferences, thereby enhancing our ability to tailor our offerings to better meet their requirements.

The survey findings were compiled and analysed, resulting in a supplementary document that provides a detailed overview of the feedback received. As part of our reporting process, we have generated a visual word cloud to highlight key phrases and sentiments expressed by our members. This visualisation serves as a snapshot of the overarching themes identified through the survey responses, offering valuable insights into the aspects of our services that resonate most strongly with our members, as well as areas for further refinement.



HOW CAN WE IMPROVE?

The survey yielded insightful feedback aimed at enhancing the quality and effectiveness of our services for the benefit of the public.

Key suggestions included:

- Enhancing the ambience of treatment areas to create a warmer environment.
- Assessing the layout and amenities of upstairs rooms and the bar area for potential improvements.
- Streamlining administrative procedures and the induction process to enhance efficiency.
- Establishing a tranquil and relaxed area for refreshments to promote a calming atmosphere.
- Improving the advertisement of additional therapies, such as monthly meditation or relaxation sessions, for increased awareness.
- Enhancing the accessibility of information online before sessions to better inform participants.

These recommendations will be carefully considered and incorporated into our ongoing efforts to provide exemplary support and services to our community.



VOLUNTEER CONTRIBUTION

The Hummingbird Cancer Support Group encompasses three distinct volunteer roles, each integral to our cause:

1. **Trustee Board:** Comprising a chairperson, secretary, treasurer, and a flexible role, this team oversees strategic decisions and operational aspects. The flexible role entails tasks such as managing funding applications, sponsorship discussions, volunteer coordination, and organising awareness-raising events. Currently, our trustee board consists of five dedicated volunteers.
2. **Admin Team:** Responsible for the day-to-day operations, the admin team handles client registrations, appointment scheduling, financial matters, volunteer management, and session logistics. They warmly welcome attendees and facilitate a comfortable environment, encouraging social interactions and refreshments.
3. **Therapist Team:** Comprising skilled holistic therapists, this team offers a diverse range of complementary treatments. While not limited to specific therapies, all services are complementary to medical treatments and oncology advice. Obtaining GP consent and client agreement is essential before commencing any treatment.



Hummingbird Volunteers Paula, Lesley, Kim and Gloria

Volunteers are the lifeblood of Hummingbird Cancer Support, infusing every aspect of our work with passion, dedication, and a strong sense of community. These individuals, our unsung heroes, generously contribute their time, skills, and empathy to support those affected by cancer in our community. Their invaluable contributions extend beyond administrative tasks and therapy sessions, providing crucial emotional support and creating a nurturing environment where individuals feel heard, understood, and valued during challenging times.

VOLUNTEER CONTRIBUTION

Volunteers at Hummingbird Cancer Support Group play an indispensable role in both raising awareness and generating funds for our cancer support service. Through a variety of initiatives including community outreach events, fundraising campaigns, and efforts to champion the cause, they strive to educate the public on crucial aspects of cancer, ranging from prevention to available treatments and local resources.

Their unwavering passion and dedication serve as a catalyst, inspiring others to join the cause and significantly expanding the charity's impact and outreach.

Moreover, volunteering at Hummingbird offers individuals a deeply enriching experience, fostering personal growth, skill enhancement, and meaningful connections with like-minded individuals united by a common purpose. Many volunteers derive immense satisfaction from the knowledge that their efforts are directly improving the lives of others, often extending their altruism far beyond their initial commitment.

As we approach the conclusion of the 2023/2024 tax year, we continue to actively seek volunteer massage therapists and reflexologists to join our team. We are pleased to introduce our new Volunteer Management System (VMS) featuring a fully integrated Volunteer Induction Platform (VIP). This comprehensive system enables us to securely store volunteer data, qualifications, and records in compliance with data protection policies. Additionally, it facilitates streamlined training and induction processes, ensuring a more efficient and professional volunteer journey for all involved.

"Volunteering at a cancer charity has been one of the most profound and rewarding experiences of my life. My journey with Hummingbird Cancer Support began five years ago, and since then, it has transformed my perspective on community, compassion, and the impact of collective effort."

Hannah Mayne

MEASURING ACHIEVEMENTS

Our achievements encompass the successful implementation of the Volunteer Management System (VMS) and the launch of an online Volunteer Induction Program (VIP).

Additionally, we have refined role profiles and optimized our recruitment procedures. Furthermore, we are honoured to have been selected as the Mayor of Bishop's Stortford's charity for 2023/24.



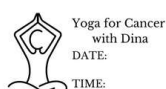
We are thrilled to announce Dr Khaled Abulfetouh MBBS, MRCP, GCP as our esteemed patron oncologist. We are delighted to welcome Dr Khaled and look forward to the significant impact he will have on our charity going forward.

His expertise and accomplishments in oncology will help and support us enormously and his passion for patient care aligns with our own charity values.

We have secured sponsorship for our events from Manchester Airport Group (MAG) and Mullucks. The success of our April 28th, 2024 event was made possible by the generous support of our sponsors and dedicated volunteers.



Moreover, we have expanded our services by introducing five new workshops led by professional therapists. These workshops are meditation, yoga for cancer patients, seated exercise, counselling, and green light realignment. These initiatives are designed to offer holistic support to local individuals affected by cancer, enriching their overall well-being.



Yoga for Cancer with Dina
 DATE:
 TIME:
 *Yoga for Cancer Dina has been teaching yoga for 13 years and has experienced the enormous range of benefits it can bring - physically, emotionally and mentally. Her specialised Yoga for Cancer classes aim to bring the benefits of a regular yoga practice to people at any stage of their cancer journey, who may not feel comfortable with attending a general class. They do not require any previous experience of yoga, are completely inclusive by guiding participants to meet at their own pace and according to their ability, and combine gentle physical movements with breathwork, meditation and relaxation. Some of the areas that Yoga for Cancer can help with are:
 - Reducing stiffness and pain following surgery
 - Managing and preventing swelling and lymphoedema
 - Maximising strength and range of movement
 - Improving bone density
 - Improving overall energy and fitness
 - Improving sleep quality
 - Increasing concentration and focus
 - Better stress management and emotional regulation.

RECOMMENDED DONATION £10 PLEASE BOOK WITH ADMIN TEAM AS NORMAL



MEASURING ACHIEVEMENTS

We measure our achievements through various metrics and indicators to ensure accountability, effectiveness, and impact. Here are some ways we evaluate our progress:

- **Quantitative Data:** We track numerical data such as the number of volunteers recruited, the amount of funds raised, the attendance at events and workshops, and the reach of our awareness campaigns.
- **Qualitative Feedback:** We gather feedback from stakeholders including volunteers, staff, beneficiaries, and partners through surveys, interviews, and testimonials. This feedback provides insights into the quality of our services, the satisfaction of our stakeholders, and areas for improvement.
- **Outcome Evaluation:** We assess the outcomes and impacts of our initiatives by examining changes in behaviour, attitudes, and knowledge among beneficiaries. For example, we may measure improvements in the mental well-being of cancer patients participating in our workshops or increases in cancer awareness among the general public.
- **Partnership and Collaboration:** We evaluate the strength and effectiveness of our partnerships and collaborations by assessing factors such as mutual benefit, alignment of goals, and the achievement of shared objectives.
- **Long-Term Impact:** We consider the long-term impact of our efforts on individuals, communities, and society as a whole. This includes factors such as improvements in health outcomes, changes in policy or practice, and the sustainability of our interventions over time.



By employing these measurement approaches, we ensure that our achievements are meaningful, sustainable, and aligned with our mission of supporting everyone affected by cancer.

Well-Being Event Summary

Overview

Hummingbird Cancer Support runs a Well-being Event every year. It is now in its second year and looks set to run into 2025 and beyond.

This summary helps identify the objectives and mission of the event and helps demonstrate to other charities, local trustees and local supporters its success and challenges.

We had 16 stallholders in the auditorium offering a wide range of products for visitors to buy and sample. Some stalls offered local advice and information and others offered health advice and support. We ran 5 taster classes on the main stage and had taster treatments available in the Gilbey Room. The treatments were massage, reiki, reflexology and Indian head massage.

Goals and Objectives



Brand Awareness

Increased numbers of people are being diagnosed with Cancer each year. Patients need to be offered holistic support along with clinical care. Hummingbird needs to be offered at the point of diagnosis.



Fundraising

The event has contributed £1100 in unrestricted funds to our cause. This is made up of £350 raffle, donations, treatment donations, stallholder fees and instructor-led classes.



Local Collaboration

This event is an opportunity for local businesses to showcase their products through shared marketing and local press. We received 28 raffle prizes from local businesses in Bishops Stortford.

Visitor Numbers, Treatments Offered

Visitor Numbers	60 Tickets on Eventbrite 20 Registered on the day	50 Goody bags were given out to the first 50 visitors. These looked professional and were considered to be a successful marketing decision. Tickets were FREE and by donation.
Treatments (Gilbey Room)	Massage Reiki Reflexology Indian Head	24 Back and Shoulder Massage 16 Reiki 25 Reflexology (foot and face) 6 Indian Head Massage 20 minute appointments £10 per treatment
Instructor Led Classes (Main Auditorium)	Fitsteps SOSA DANCE Seated Exercise Belly Dancing Breathe Workshop	These classes were instructor-led 30-minute classes on the stage in the main auditorium. £5 recommended donations were encouraged. We had some take up but participation was slow and the music was considered to be too loud.

Key Findings and Recommendations

- An event of this nature requires a local business to provide sponsorship. This year we were successful in obtaining support from Mullucks for the second year running and MAG Airport Group.
- There needs to be a larger and wider range of stallholders and an increased number of therapists showcasing the Hummingbird services. The taster treatments brought in the largest number of donations along with the raffle made up of a great selection of prizes donated by local businesses.
- It was deemed to be poorly attended.

Advertising and Promotions

Adverts were placed in the Bishops Stortford Indie, Bishops Stortford Flyer, social media platforms and we were involved in some local networking. We also were donated a leaflet drop from VISION Magazine.

For 2025 event adverts need to be placed in CM Connection, BISH Magazine and Velvet (Cambridgeshire/Herts). We also should consider more collaboration with Bishops Stortford BID and other local events prior to event day.

We should also consider charging a simple ticket fee to help generate some funds.

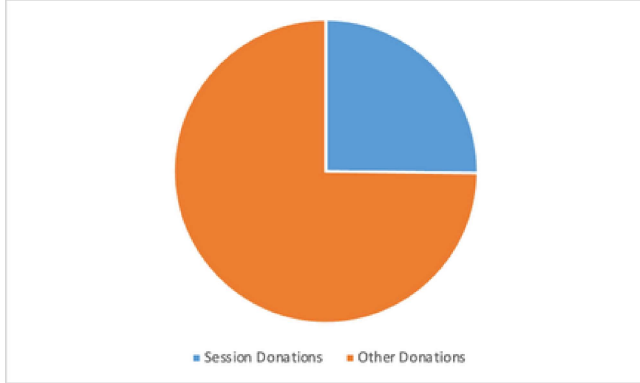


Hummingbird Cancer Support Group

Registered Charity 1199955

FINANCIAL STATEMENT

02nd April 2023 - 01st April 2024



Donations and Income Received

Donations from sessions

£5,079.57

Other donations

£15,086.57

Total Income £20,166.14

£20,166.14

Expenses and Payments

Venue costs

£4,744.76

Therapist expenses

£1,772.84

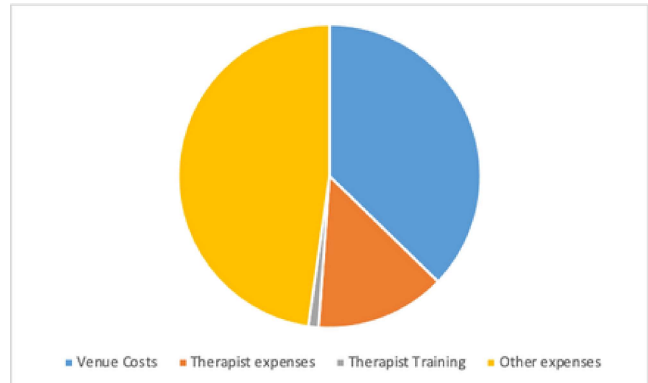
Therapist training

£137.00

Other expenses

£6,082.54

Total Expenses £12,737.14



£12,737.14

Cash Fund £7429.00

This is the amount of money left over at the end of the year 2023/2024. It will add to the existing balance

£7429.00

**Bank Balance
(end of year)**

£19,825.74

NEXT STEPS: FUTURE PLANS

The plans for Hummingbird revolve around expanding our reach, enhancing our impact, and fostering deeper connections within our community. Here are some key initiatives we are considering:

- **Geographical Expansion:** We aim to reach more communities and individuals by expanding our services to new geographical areas. This may involve running additional pop-up services or partnering with existing organisations to reach underserved populations.
- **Diversification of Services:** We plan to diversify our offerings to meet the evolving needs of our community. This could include introducing new support programs, workshops, or initiatives focused on specific aspects of cancer care, such as survivorship, palliative care, or mental health support. Our impact survey showed us that people would like to see us offer hair and wig care, kinesiology and lymph drainage techniques.
- **Technology Integration:** Embracing technology will enable us to reach a wider audience and provide more accessible services. This may involve developing online support groups, online booking platforms and social media to facilitate remote access to resources and support.
- **Community Engagement:** We will continue to prioritise community engagement and involvement by organising awareness campaigns, fundraising events, and volunteer opportunities. Building a strong sense of community is essential for fostering support, resilience, and solidarity among those people affected by cancer.
- **Partnerships and Collaborations:** Strengthening partnerships with healthcare providers, research institutions, corporate sponsors, and other stakeholders will enhance our capacity to deliver high-quality services and drive innovation in cancer care.
- **Sustainability Initiatives:** We are committed to ensuring the long-term sustainability of our organisation through strategic planning, financial stewardship, and diversification of funding sources. This may involve implementing sustainability initiatives, exploring grant opportunities, or engaging in social enterprise activities.
- **Advocacy and Policy Influence:** We will continue to advocate for policies and practices that improve cancer care, support cancer research, and address systemic barriers to care. By amplifying the voices of those affected by cancer, we can drive positive change at the local, national, and potentially international levels.

Overall, our future plans for Hummingbird are guided by our commitment to providing compassionate, comprehensive, and empowering support to everyone affected by cancer, ensuring that no one faces cancer alone.

CONCLUSION

As we conclude our 2023/2024 review, we reflect with gratitude on the strides we've made at Hummingbird in our mission to support those affected by cancer. This year has been marked by resilience, innovation, and unwavering dedication to our cause. Together, we have achieved significant milestones, from expanding our services to reaching new communities and fostering deeper connections within our network.

Our commitment to providing holistic support remains unwavering, as we continue to evolve and adapt to meet the changing needs of our community. Through the tireless efforts of our volunteers, staff, and partners, we have made tangible differences in the lives of individuals and families facing the challenges of cancer.

Looking ahead to the future, we are inspired by the possibilities that lie ahead. With a renewed sense of purpose and determination, we will build on our successes, embrace new opportunities, and remain steadfast in our commitment to ensuring that no one faces cancer alone.

Together, we will continue to make a difference, one hummingbird moment at a time.



If you're facing a recent cancer diagnosis, know that Hummingbird Cancer Support Group stands ready to support you every step of the way. We've assisted countless individuals on their journey, and we're here to extend our helping hand to you as well.
Don't hesitate to reach out.

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to all who have dedicated their efforts to our registered charity. This period has been dynamic, characterised by significant transformation.

The Committee and Board of Trustees, comprising Sarah, Paula, Hannah, Karen, and Yvonne, wish to express their appreciation to:

- Our dedicated volunteers,
- Our generous contributors and donors.

Special recognition goes to Pablo, whose expertise has been instrumental in refining our business strategy and spearheading the development of our Volunteer Management System, Volunteer Induction Program, and group website.

Additionally, we extend our thanks to the team at South Mill Arts and Bishop's Stortford Town Council for their invaluable support and collaboration.

We appreciate your continued support in our efforts to assist everyone diagnosed with cancer



Contact

Hummingbird Cancer Support Group
1 South Mill Arts Centre
1-3 South Road
Bishops Stortford
CCM233JG

		year start	year end
		4/1/2023	3/31/2024
		£ 12,301.10	
Date	Description	Receipt	Payment
4/2/2023	Charges		£ 6.60
4/3/2023	Sky Mobile		£ 11.00
4/4/2023	Carrie Swift	£30.00	
4/4/2023	Donation Session	£69.79	
4/5/2023	Networking		£ 50.00
4/6/2023	Adyen GoFundme	£295.72	
4/6/2023	J Cowell EVENT	£30.00	
4/10/2023	Ciara Foy EVENT	£30.00	
4/11/2023	Adyen GoFundme	£28.88	
4/12/2023	Donations	£6.40	
4/13/2023	UK2Net		£ 54.59
4/17/2023	Adyen NV EVENT	£72.32	
4/17/2023	Session Donations	£60.00	
4/17/2023	Tillbrook C EVENT	£30.00	
4/18/2023	Session Donations	£98.30	
4/20/2023	Charity Trust Donation	£1,000.00	
4/20/2023	Studwick Tea on Heath	£30.00	
4/21/2023	Hiscox		£ 22.35
4/22/2023	Centre of Wellbeing EVENT	£60.00	
4/24/2023	Amazon	£5.00	
4/24/2023	Session Donations	£154.82	
4/24/2023	Session Donations	£70.00	

4/24/2023	Hannah Mayne Expenses		£ 88.40
4/24/2023	Karen Ashton Expenses		£ 36.00
4/24/2023	Jenni W Expenses		£ 25.20
4/24/2023	Nicola B Expenses		£ 69.30
4/24/2023	Jackie C Expenses		£ 16.20
4/24/2023	Hannah Mayne Expenses		£ 19.80
4/24/2023	Saffron Apparel		£ 144.00
4/24/2023	Saffron Apparel		£ 244.80
4/24/2023	Lisa C Expenses		£ 14.40
4/24/2023	Gloria C Expenses		£ 67.50
4/25/2023	Prontaprint		£ 190.00
4/25/2023	Prontaprint		£ 308.00
4/25/2023	Session Donations	£49.15	
4/26/2023	Adyen GoFundme	£4.60	
5/2/2023	Eventbrite EVENT	£61.00	
5/2/2023	Anita Thomas Regular Donation	£100.00	
5/2/2023	JustGiving	£100.00	
5/3/2023	Charges		£ 5.00
5/3/2023	Sky Mobile		£ 11.00
5/5/2023	Networking Pop		£ 50.00
5/8/2023	Southmill Arts EVENT		£ 775.60
5/9/2023	Facebook Donations	£103.68	
5/9/2023	Charges		£ 6.00
5/9/2023	Mayors Charity Fund		£ 200.00
5/10/2023	Donations	£6.40	
5/16/2023	Event Donations	£529.00	
5/16/2023	Session Donations	£68.81	
5/19/2023	Amazon	£8.41	
5/22/2023	Hiscox		£ 22.35
5/23/2023	Session Donations	£68.81	
6/1/2023	Sky Mobile		£ 11.00
6/1/2023	Anita Thomas Regular Donation	£100.00	

6/2/2023	Charges		£ 5.00
6/3/2023	Southmill Arts		£ 173.18
6/5/2023	Networking Pop		£ 50.00
6/6/2023	Session Donations	£39.32	
6/13/2023	Donations	£8.00	
6/13/2023	Session Donations	£39.32	
6/13/2023	Session Donations	£39.32	
6/21/2023	Hiscox		£ 22.35
6/26/2023	Session Donations	£185.00	
6/27/2023	Session Donations	£58.98	
7/3/2023	Sky Mobile		£ 11.00
7/3/2023	Anita Thomas Regular Donation	£100.00	
7/3/2023	Charges		£ 7.52
7/3/2023	Networking Pop		£ 56.00
7/4/2023	Session Donations	£58.98	
7/6/2023	Event Donation Lorandean	£170.00	
7/6/2023	Southmill Arts		£ 300.56
7/11/2023	Donations	£6.40	
7/11/2023	Session Donations	£58.98	
7/17/2023	Smile Publications		£ 284.00
7/17/2023	Hannah Mayne Expenses		£ 10.75
7/17/2023	JustGiving Tideway	£435.00	
7/18/2023	SUM Up	£58.98	
7/19/2023	Town Council	£2,200.00	
7/19/2023	Session Donations	£147.00	
7/21/2023	Hiscox		£ 22.35
7/25/2023	Session Donations	£78.64	
7/27/2023	CAF Tideway Donation	£500.00	
8/1/2023	Anita Thomas Regular Donation	£100.00	
8/1/2023	Session Donations	£58.98	
8/1/2023	Saffron Apparel		£ 57.60
8/2/2023	Sky Mobile		£ 11.00

8/2/2023	Charges		£ 6.14
8/7/2023	Networking Pop		£ 56.00
8/8/2023	Session Donations	£9.83	
8/9/2023	Carrie Design		£ 76.00
8/9/2023	Vision Magazine		£ 90.00
8/12/2023	Southmill Arts		£ 416.72
8/15/2023	GivingLottery	£8.00	
8/15/2023	Session Donations	£39.32	
8/17/2023	Prontaprint		£ 174.00
9/21/2023	Hiscox		£ 22.35
8/22/2023	Session Donations	£9.83	
8/27/2023	Session Donations	£90.00	
8/29/2023	Vision Magazine		£ 90.00
8/30/2023	Len White Repairs		£ 208.85
	Sky Mobile		£ 11.00
9/1/2023	Anita Thomas Regular Donation	£100.00	
9/2/2023	Charges		£ 5.00
9/2/2023	Southmill Arts		£ 248.32
9/4/2023	Copyzone		£ 198.00
9/4/2023	Networking Pop		£ 56.00
9/4/2023	JustGiving	£102.60	
9/5/2023	Session Donations	£39.32	
9/12/2023	Session Donations	£29.49	
9/13/2023	GivingLottery	£6.40	
9/14/2023	Session Donations	£45.00	
9/15/2023	Donations	£327.83	
9/15/2023	Donations	£50.00	
9/15/2023	Donations	£10.00	
9/18/2023	transfer to new account		£ 100.00
9/19/2023	Donations	£200.00	
9/19/2023	Session Donations	£34.41	
9/21/2023	Hiscox		£ 23.10

9/22/2023	Prontaprint		£ 216.00
9/25/2023	Session Donations	£110.00	
9/26/2023	Session Donations	£39.32	
9/27/2023	Networking		£ 56.00
10/2/2023	Anita Thomas Regular Donation	£100.00	
10/2/2023	Vision Magazine		£ 90.00
10/2/2023	Session Donations	£40.00	
10/3/2023	Sky Mobile		£ 13.00
10/3/2023	Charges		£ 5.00
10/3/2023	Session Donations	£44.24	
18/9/23	Transfer	£100.00	
3/10/2023	Total Charges		£ 5.00
6/10/2023	Southmill ARTS		£ 300.56
8/10/2023	Hands 4 Wellbeing		£ 40.00
10/10/2023	The Giving Machine	£6.40	
10/10/2023	SUMUP - session donations	£44.24	
11/10/2023	NCVO Training		£ 38.00
17/10/2023	SUMUP - session donations	£58.98	
18/10/2023	CAF	£25.00	
19/10/2023	The Little Bagel Bos		£ 13.00
19/10/2023	Southmill Arts		£ 7.25
19/10/2023	Southmill Arts		£ 6.85
19/10/2023	The Little Bagel Bos		£ 6.00
19/10/2023	Southmill Arts		£ 3.60
19/10/2023	Southmill Arts		£ 2.15
23/10/2023	Hiscox Underwriting		£ 23.13
24/10/2023	B Goodwin		£ 225.00
24/10/2023	GJ Carter		£ 87.75
24/10/2023	D C Cruden Davey		£ 81.90
24/10/2023	K Ashton		£ 50.40
24/10/2023	J Cable		£ 21.60
24/10/2023	Hannah Mayne		£ 16.20

24/10/2023	J White		£ 12.60
24/10/2023	L Carpenter		£ 12.60
24/10/2023	N Brant		£ 6.30
24/10/2023	Cash deposit	£10.00	
24/10/2023	SUMUP - session donations	£29.49	
24/10/2023	Cash deposit	£140.00	
25/10/2023	Southmill ARTS		£ 3.50
25/10/2023	Southmill ARTS		£ 2.15
25/10/2023	Southmill ARTS		£ 2.15
30/10/2023	Cash deposit	£20.00	
31/10/2023	The Giving Machine	£250.00	
1/11/2023	Southmill ARTS		£ 398.60
1/11/2023	Prontaprint		£ 125.00
1/11/2023	SKY mobile		£ 13.00
1/11/2023	Jklincke	£50.00	
1/11/2023	A Thomas	£100.00	
2/11/2023	Total Charges		£ 7.44
2/11/2023	Total Charges		£ 5.00
6/11/2023	Vision Magazine		£ 90.00
6/11/2023	K Phillips		£ 56.00
13/11/2023	NEW account transfer		£ 2,000.00
13/11/2023	NEW account transfer	£2,000.00	
14/11/2023	The Giving Machine	£8.00	
20/11/2023	NEW account transfer		£ 2,000.00
20/11/2023	NEW account transfer	£2,000.00	
21/11/2023	NEW account transfer		£ 4,000.00
21/11/2023	Bridge The Gap		£ 250.00
21/11/2023	Hiscox Underwriting		£ 23.13
21/11/2023	NEW account transfer	£4,000.00	
24/11/2023	NEW account transfer		£ 4,000.00
24/11/2023	Internet transfer	£1,010.71	
24/11/2023	NEW account transfer	£4,000.00	

25/11/2023	K Phillips		£ 56.00
27/11/2023	H Mayne	£150.00	
28/11/2023	P Hewlett		£ 154.00
1/12/2023	J Klincke	£50.00	
1/12/2023	A Thomas	£100.00	
3/12/2023	Vision Magazine		£ 90.00
3/12/2023	Total Charges		£ 6.88
3/12/2023	Total Charges		£ 5.00
6/12/2023	HUL Client GB	£17.81	
7/12/2023	Southmill Arts		£ 346.36
8/12/2023	SKY mobile		£ 13.00
12/12/2023	Civic Service CHQ		£ 242.47
12/12/2023	The Giving Machine	£12.40	
12/12/2023	H Mayne	£145.00	
12/12/2023	Civic Service CHQ	£242.47	
13/12/2023	CHQ deposit	£242.47	
18/12/2023	S Kerr		£ 26.60
20/12/2023	NEW account transfer		£ 2,000.00
20/12/2023	Internet transfer	£0.64	
20/12/2023	NEW account transfer	£2,000.00	
22/12/2023	K Phillips		£ 364.00
27/12/2023	JustGiving	£34.23	
31/12/2023	Vision Magazine		£ 90.00
31/12/2023	NEW account transfer		£ 10.90
	0 NEW account transfer	£10.90	
2/1/2024	Prontaprint		£ 21.70
2/1/2024	Total Charges		£ 5.00
2/1/2024	Total Charges		£ 5.00
2/1/2024	J Klincke	£50.00	
2/1/2024	A Thomas	£100.00	
3/1/2024	Southmill ARTS		£ 248.32
4/1/2024	SKY mobile		£ 13.00

7/1/2024	NEW account transfer		£ 20.00
7/1/2024	NEW account transfer	£20.00	
9/1/2024	The Giving Machine	£14.40	
12/1/2024	Close account		£ 9.60
12/1/2024	Total Charges		£ 5.40
12/1/2024	NEW account transfer	£9.60	
15/1/2024	Cash deposit	£30.00	
15/1/2024	Cash deposit	£200.00	
15/1/2024	Cash deposit	£25.00	
15/1/2024	WWW.ICO.ORG.UK		£ 40.00
15/1/2024	S Kerr expenses		£ 29.95
16/1/2024	Hiscox Underwriting		£ 36.16
16/1/2024	Post Office counters		£ 23.98
16/1/2024	The Works		£ 6.00
17/1/2024	S Kerr Expenses		£ 25.00
22/1/2024	Debbie Mouldale Seated exercise		£ 8.80
22/1/2024	S Kerr lunch expenses		£ 12.60
22/1/2024	H Mayne Donations 22/1/24	£95.00	
24/1/2024	MFK PID 420486	£103.22	
24/1/2024	Alberts Coffee shop		£ 5.60
29/1/2024	Hiscox Underwriting		£ 18.11
29/1/2024	S Kerr - paper		£ 15.99
29/1/2024	S Kerr - stamps		£ 22.50
29/1/2024	Cash withdrawal		£ 100.00
29/1/2024	H Mayne - Donations	£110.00	
30/1/2024	MKF PID424176	£97.32	
1/2/2024	SKY mobile		£ 13.00
1/2/2024	A Thomas	£100.00	
1/2/2024	J KLINCKE	£50.00	
2/2/2024	Total Charges		£ 5.00
2/2/2024	Southmill ARTS		£ 853.16
6/2/2024	MFK PID427863	£29.49	

8/2/2024	N Stevwanson	£40.00	
11/2/2024	E L Dancey	£40.00	
12/2/2024	SueForman	£40.00	
13/2/2024	CLIENTS DEPOSIT TheGivingMachine	£14.80	
13/2/2024	SumUp Payments Acc MFK PID431573	£78.64	
14/2/2024	FUNNELL A T/A AF ANDREE FUNNELL	£40.00	
15/2/2024	Stephanie Green StephGreenPFHoney	£40.00	
19/2/2024	Hummingbird Cancer Sent from SumUp	£597.17	
20/2/2024	SumUp Payments Acc MFK PID436567	£68.81	
20/2/2024	H Mayne DONATIONS 5FEB23	£90.00	
20/2/2024	H Mayne DONATION J. Peck	£30.00	
20/2/2024	H Mayne DONATIONS 12FEB24	£60.00	
20/2/2024	H Mayne DONATIONS 19FEB23	£30.00	
21/2/2024	SOUTH MILL ARTS HERTS		£ 5.00
22/2/2024	Sarah Kerr Expenses Etsy		£ 30.00
24/2/2024	food for healthy g April faire	£40.00	
25/2/2024	Paula Hewlett charity buckets		£ 21.95
26/2/2024	CASH IN HSBC FEB26 BISHOP STORT@15:05 465941XXXXXX8786	£80.00	
26/2/2024	CASH IN HSBC FEB26 BISHOP STORT@15:07 465941XXXXXX8786	£200.00	
26/2/2024	CASH IN HSBC FEB26 BISHOP STORT@15:08 465941XXXXXX8786	£200.00	
26/2/2024	CASH IN HSBC FEB26 BISHOP STORT@15:10 465941XXXXXX8786	£200.00	
26/2/2024	CASH HSBC FEB26 BISHOP STORT@15:12		£ 45.00
26/2/2024	SAFFRON APPAREL LT 35314369001		£ 162.00
26/2/2024	JUSTGIVING 3670396 HUMMINGBIR	£58.66	
26/2/2024	SumUp Payments Acc MFK PID448339	£241.91	
27/2/2024	SumUp Payments Acc MFK PID450085	£121.89	
28/2/2024	HISCOX UNDERWRITIN		£ 18.11
28/2/2024	Prontaprint Hummingbird 555069		£ 478.00
1/3/2024	SKY MOBILE		£ 14.00
1/3/2024	ANITA THOMAS Anita Thomas	£100.00	
1/3/2024	HUMMINGBIRD KLINCKE J	£50.00	
1/3/2024	South Mill Arts 8882 Hummingbird		£ 1,027.38

1/3/2024	Prontaprint Hummingbird 555193		£ 245.00
4/3/2024	TOTAL CHARGES TO 11FEB2024		£ 7.62
4/3/2024	MAYNE H RUGBY CLUB	£185.00	
4/3/2024	PACKMAN KM KELLYP/CLAIREJ	£40.00	
5/3/2024	SumUp Payments Acc MFK PID456515	£88.47	
6/3/2024	Geraghty Teresa CANCER SUPPORT	£40.00	
7/3/2024	B7 Media Group Hummingbird 6095		£ 90.00
7/3/2024	B7 Media Group Hummingbird 6096		£ 90.00
7/3/2024	Debbie Mouldsdale PPLSeated Exercise		£ 8.80
7/3/2024	Francis Carol 40	£40.00	
9/3/2024	C Sharma BSRFC Abbotts	£90.00	
11/3/2024	FRIENDS OF B BSRFC Ladies Day	£3,212.65	
11/3/2024	Sarah Kerr Expenses seated ex		£ 29.95
11/3/2024	Sarah Kerr Expenses volunteer		£ 40.00
11/3/2024	Sarah Kerr Expenses		£ 8.80
12/3/2024	CLIENTS DEPOSIT TheGivingMachine	£11.20	
12/3/2024	SumUp Payments Acc MFK PID462371	£127.79	
3/13/2024	R Van Der Walt ProsperousHealth	£40.00	
3/14/2024	UK-2 LIMITED FIRST PAYMENT		£ 16.75
3/15/2024	BODYBASICSONLINE 0208 9302814		£ 99.00
3/16/2024	Saffron Apparel Lt Invoice 14496		£ 54.00
3/19/2024	SumUp Payments Acc MFK PID468154	£147.45	
3/19/2024	Back2Roots UK Ltd Back2roots fee	£40.00	
3/20/2024	H Mayne DONATIONS 11/03/24	£60.00	
3/20/2024	H Mayne DONATIONS 18/03/24	£50.00	
3/20/2024	H Mayne DONATIONS 04/03/24	£65.00	
3/25/2024	INT'L 0064092720 BUFFER PLAN HTTPSBUFFER.C USD 10.80 @ 1.2572	Visa Rate	£ 8.59
3/25/2024	Non-Sterling Transaction Fee		£ 0.23
3/26/2024	WAUGH CAROLINE Sawbo Sessions	£500.00	
3/26/2024	SumUp Payments Acc MFK PID474074	£117.96	
3/27/2024	HOY D M KINTSUGIHOPE	£40.00	
3/28/2024	MANCHESTER AIRPORT	£250.00	

3/28/2024	HISCOX UNDERWRITIN		£ 18.11
		£34,549.75	£ 27,025.11

BCF			session donations	
			Date	oth
£ 12,294.50			4/2/2023	
£ 12,283.50			4/3/2023	
£ 12,313.50			4/4/2023	
£ 12,383.29			4/4/2023	£69.79
£ 12,333.29			4/5/2023	
£ 12,629.01			4/6/2023	
£ 12,659.01			4/6/2023	
£ 12,689.01			4/10/2023	
£ 12,717.89			4/11/2023	
£ 12,724.29			4/12/2023	
£ 12,669.70			4/13/2023	
£ 12,742.02			4/17/2023	
£ 12,802.02			4/17/2023	£60.00
£ 12,832.02			4/17/2023	
£ 12,930.32			4/18/2023	£98.30
£ 13,930.32			4/20/2023	
£ 13,960.32			4/20/2023	
£ 13,937.97			4/21/2023	
£ 13,997.97			4/22/2023	
£ 14,002.97			4/24/2023	
£ 14,157.79			4/24/2023	£154.82
£ 14,227.79			4/24/2023	£70.00

£ 14,139.39			4/24/2023	
£ 14,103.39			4/24/2023	
£ 14,078.19			4/24/2023	
£ 14,008.89			4/24/2023	
£ 13,992.69			4/24/2023	
£ 13,972.89			4/24/2023	
£ 13,828.89			4/24/2023	
£ 13,584.09			4/24/2023	
£ 13,569.69			4/24/2023	
£ 13,502.19			4/24/2023	
£ 13,312.19			4/25/2023	
£ 13,004.19			4/25/2023	
£ 13,053.34			4/25/2023	£49.15
£ 13,057.94			4/26/2023	
£ 13,118.94			5/2/2023	
£ 13,218.94			5/2/2023	
£ 13,318.94			5/2/2023	
£ 13,313.94			5/3/2023	
£ 13,302.94			5/3/2023	
£ 13,252.94			5/5/2023	
£ 12,477.34			5/8/2023	
£ 12,581.02			5/9/2023	
£ 12,575.02			5/9/2023	
£ 12,375.02			5/9/2023	
£ 12,381.42			5/10/2023	
£ 12,910.42			5/16/2023	
£ 12,979.23			5/16/2023	£68.81
£ 12,987.64			5/19/2023	
£ 12,965.29			5/22/2023	
£ 13,034.10			5/23/2023	£68.81
£ 13,023.10			6/1/2023	
£ 13,123.10			6/1/2023	

£ 13,118.10			6/2/2023	
£ 12,944.92			6/3/2023	
£ 12,894.92			6/5/2023	
£ 12,934.24			6/6/2023	£39.32
£ 12,942.24			6/13/2023	
£ 12,981.56			6/13/2023	£39.32
£ 13,020.88			6/13/2023	£39.32
£ 12,998.53			6/21/2023	
£ 13,183.53			6/26/2023	£185.00
£ 13,242.51			6/27/2023	£58.98
£ 13,231.51			7/3/2023	
£ 13,331.51			7/3/2023	
£ 13,323.99			7/3/2023	
£ 13,267.99			7/3/2023	
£ 13,326.97			7/4/2023	£58.98
£ 13,496.97			7/6/2023	
£ 13,196.41			7/6/2023	
£ 13,202.81			7/11/2023	
£ 13,261.79			7/11/2023	£58.98
£ 12,977.79			7/17/2023	
£ 12,967.04			7/17/2023	
£ 13,402.04			7/17/2023	
£ 13,461.02			7/18/2023	£58.98
£ 15,661.02			7/19/2023	
£ 15,808.02			7/19/2023	£147.00
£ 15,785.67			7/21/2023	
£ 15,864.31			7/25/2023	£78.64
£ 16,364.31			7/27/2023	
£ 16,464.31			8/1/2023	
£ 16,523.29			8/1/2023	£58.98
£ 16,465.69			8/1/2023	
£ 16,454.69			8/2/2023	

£ 16,448.55	Correct 02/08/23		8/2/2023	
£ 16,392.55			8/7/2023	
£ 16,402.38			8/8/2023	£9.83
£ 16,326.38			8/9/2023	
£ 16,236.38			8/9/2023	
£ 15,819.66			8/12/2023	
£ 15,827.66			8/15/2023	
£ 15,866.98			8/15/2023	£39.32
£ 15,692.98			8/17/2023	
£ 15,670.63			9/21/2023	
£ 15,680.46			8/22/2023	£9.83
£ 15,770.46			8/27/2023	£90.00
£ 15,680.46			8/29/2023	
£ 15,471.61			8/30/2023	
£ 15,460.61			12/30/1899	
£ 15,560.61			9/1/2023	
£ 15,555.61			9/2/2023	
£ 15,307.29			9/2/2023	
£ 15,109.29			9/4/2023	
£ 15,053.29			9/4/2023	
£ 15,155.89			9/4/2023	
£ 15,195.21			9/5/2023	£39.32
£ 15,224.70			9/12/2023	£29.49
£ 15,231.10			9/13/2023	
£ 15,276.10			9/14/2023	£45.00
£ 15,603.93			9/15/2023	
£ 15,653.93			9/15/2023	
£ 15,663.93			9/15/2023	
£ 15,563.93			9/18/2023	
£ 15,763.93			9/19/2023	
£ 15,798.34			9/19/2023	£34.41
£ 15,775.24			9/21/2023	

£ 15,559.24			9/22/2023	
£ 15,669.24			9/25/2023	£110.00
£ 15,708.56			9/26/2023	£39.32
£ 15,652.56			9/27/2023	
£ 15,752.56			10/2/2023	
£ 15,662.56			10/2/2023	
£ 15,702.56			10/2/2023	£40.00
£ 15,689.56			10/3/2023	
£ 15,684.56			10/3/2023	
£ 15,728.80	Correct 05/10/23		10/3/2023	£44.24
£ 15,828.80	new account		18/9/23	
£ 15,823.80	new account		3/10/2023	
£ 15,523.24			6/10/2023	
£ 15,483.24			8/10/2023	
£ 15,489.64			10/10/2023	
£ 15,533.88			10/10/2023	£44.24
£ 15,495.88			11/10/2023	
£ 15,554.86			17/10/2023	£58.98
£ 15,579.86			18/10/2023	
£ 15,566.86	new account		19/10/2023	
£ 15,559.61	new account		19/10/2023	
£ 15,552.76	new account		19/10/2023	
£ 15,546.76	new account		19/10/2023	
£ 15,543.16	new account		19/10/2023	
£ 15,541.01	new account		19/10/2023	
£ 15,517.88			23/10/2023	
£ 15,292.88			24/10/2023	
£ 15,205.13			24/10/2023	
£ 15,123.23			24/10/2023	
£ 15,072.83			24/10/2023	
£ 15,051.23			24/10/2023	
£ 15,035.03			24/10/2023	

£ 15,022.43			24/10/2023	
£ 15,009.83			24/10/2023	
£ 15,003.53			24/10/2023	
£ 15,013.53	new account		24/10/2023	£10.00
£ 15,043.02			24/10/2023	£29.49
£ 15,183.02	new account		24/10/2023	£140.00
£ 15,179.52	new account		25/10/2023	
£ 15,177.37	new account		25/10/2023	
£ 15,175.22	new account		25/10/2023	
£ 15,195.22	new account		30/10/2023	£20.00
£ 15,445.22	new account		31/10/2023	
£ 15,046.62			1/11/2023	
£ 14,921.62			1/11/2023	
£ 14,908.62			1/11/2023	
£ 14,958.62	new account		1/11/2023	
£ 15,058.62			1/11/2023	
£ 15,051.18			2/11/2023	
£ 15,046.18	new account		2/11/2023	
£ 14,956.18			6/11/2023	
£ 14,900.18			6/11/2023	
£ 12,900.18			13/11/2023	
£ 14,900.18	new account		13/11/2023	
£ 14,908.18	new account		14/11/2023	
£ 12,908.18			20/11/2023	
£ 14,908.18	new account		20/11/2023	
£ 10,908.18			21/11/2023	
£ 10,658.18			21/11/2023	
£ 10,635.05			21/11/2023	
£ 14,635.05	new account		21/11/2023	
£ 10,635.05			24/11/2023	
£ 11,645.76			24/11/2023	
£ 15,645.76	new account		24/11/2023	

£ 15,589.76			25/11/2023	
£ 15,739.76	new account		27/11/2023	£150.00
£ 15,585.76			28/11/2023	
£ 15,635.76	new account		1/12/2023	
£ 15,735.76	new account		1/12/2023	
£ 15,645.76			3/12/2023	
£ 15,638.88	New account		3/12/2023	
£ 15,633.88			3/12/2023	
£ 15,651.69			6/12/2023	
£ 15,305.33			7/12/2023	
£ 15,292.33	new account		8/12/2023	
£ 15,049.86			12/12/2023	
£ 15,062.26	new account		12/12/2023	
£ 15,207.26	new account		12/12/2023	£145.00
£ 15,449.73	new account		12/12/2023	
£ 15,692.20			13/12/2023	
£ 15,665.60			18/12/2023	
£ 13,665.60			20/12/2023	
£ 13,666.24			20/12/2023	
£ 15,666.24	new account		20/12/2023	
£ 15,302.24			22/12/2023	
£ 15,336.47	new account		27/12/2023	
£ 15,246.47			31/12/2023	
£ 15,235.57			31/12/2023	
£ 15,246.47	new account		12/30/1899	
£ 15,224.77	new account		2/1/2024	
£ 15,219.77			2/1/2024	
£ 15,214.77	new account		2/1/2024	
£ 15,264.77	new account		2/1/2024	
£ 15,364.77	new account		2/1/2024	
£ 15,116.45	new account		3/1/2024	
£ 15,103.45	new account		4/1/2024	

£ 15,083.45	new account		7/1/2024	
£ 15,103.45			7/1/2024	
£ 15,117.85	new account		9/1/2024	
£ 15,108.25	Old account closed		12/1/2024	
£ 15,102.85			12/1/2024	
£ 15,112.45	Agrees to bank statement 12/01/2024		12/1/2024	
£ 15,142.45			15/1/2024	£30.00
£ 15,342.45			15/1/2024	£200.00
£ 15,367.45			15/1/2024	£25.00
£ 15,327.45	Info for Commissioners Office		15/1/2024	
£ 15,297.50			15/1/2024	
£ 15,261.34			16/1/2024	
£ 15,237.36			16/1/2024	
£ 15,231.36			16/1/2024	
£ 15,206.36			17/1/2024	
£ 15,197.56			22/1/2024	
£ 15,184.96			22/1/2024	
£ 15,279.96			22/1/2024	£95.00
£ 15,383.18			24/1/2024	
£ 15,377.58			24/1/2024	
£ 15,359.47			29/1/2024	
£ 15,343.48			29/1/2024	
£ 15,320.98			29/1/2024	
£ 15,220.98			29/1/2024	
£ 15,330.98			29/1/2024	£110.00
£ 15,428.30			30/1/2024	
£ 15,415.30			1/2/2024	
£ 15,515.30			1/2/2024	
£ 15,565.30			1/2/2024	
£ 15,560.30			2/2/2024	
£ 14,707.14			2/2/2024	
£ 14,736.63			6/2/2024	

£ 14,776.63			8/2/2024	
£ 14,816.63			11/2/2024	
£ 14,856.63	Agreed to bank statement 12th Feb 2024		12/2/2024	
£ 14,871.43			13/2/2024	
£ 14,950.07			13/2/2024	£78.64
£ 14,990.07			14/2/2024	
£ 15,030.07			15/2/2024	
£ 15,627.24			19/2/2024	
£ 15,696.05			20/2/2024	£68.81
£ 15,786.05			20/2/2024	£90.00
£ 15,816.05			20/2/2024	
£ 15,876.05			20/2/2024	£60.00
£ 15,906.05			20/2/2024	£30.00
£ 15,901.05			21/2/2024	
£ 15,871.05			22/2/2024	
£ 15,911.05			24/2/2024	
£ 15,889.10			25/2/2024	
£ 15,969.10			26/2/2024	£80.00
£ 16,169.10			26/2/2024	£200.00
£ 16,369.10			26/2/2024	£200.00
£ 16,569.10			26/2/2024	£200.00
£ 16,524.10	Petty cash?		26/2/2024	
£ 16,362.10	Uniforms		26/2/2024	
£ 16,420.76			26/2/2024	
£ 16,662.67			26/2/2024	£241.91
£ 16,784.56			27/2/2024	£121.89
£ 16,766.45	Insurance		28/2/2024	
£ 16,288.45	Printing		28/2/2024	
£ 16,274.45	Telephone		1/3/2024	
£ 16,374.45	Other Donations		1/3/2024	
£ 16,424.45	Other Donations		1/3/2024	
£ 15,397.07	Venue Costs		1/3/2024	

£ 15,152.07	Printing		1/3/2024	
£ 15,144.45	Bank charges		4/3/2024	
£ 15,329.45			4/3/2024	
£ 15,369.45			4/3/2024	
£ 15,457.92			5/3/2024	£88.47
£ 15,497.92			6/3/2024	
£ 15,407.92	Advert		7/3/2024	
£ 15,317.92	Advert		7/3/2024	
£ 15,309.12	Therapist expences		7/3/2024	
£ 15,349.12			7/3/2024	
£ 15,439.12	BSRFC ladies day donations		9/3/2024	
£ 18,651.77	BSRFC ladies day donations		11/3/2024	
£ 18,621.82			11/3/2024	
£ 18,581.82			11/3/2024	
£ 18,573.02			11/3/2024	
£ 18,584.22			12/3/2024	
£ 18,712.01	Agrees to bank statement 12th March 2024		12/3/2024	£127.79
£ 18,752.01	Other donation			
£ 18,735.26	Email			
£ 18,636.26	First Aid training			
£ 18,582.26	Clothing			
£ 18,729.71				£147.45
£ 18,769.71				
£ 18,829.71	Session donations			£60.00
£ 18,879.71	Session donations			£50.00
£ 18,944.71	Session donations			£65.00
£ 18,936.12	Social media management			
£ 18,935.89	Bank charge			
£ 19,435.89	Other donations - Sawbo Sessions music event			
£ 19,553.85				£117.96
£ 19,593.85				
£ 19,843.85	other donations			

£ 19,825.74	Agrees to bank statement 30th March 2024			
£ 19,825.74				
£ 19,825.74				
£ 19,825.74				
				£5,079.57
			TOTAL INCOME	

			£216.00					
£100.00								
			£90.00					
							£13.00	
		£300.56						
			£40.00					
£6.40								
						£38.00		
£25.00								
			£13.00					
			£7.25					
			£6.85					
			£6.00					
			£3.60					
			£2.15					
								£23.13
				£225.00				
				£87.75				
				£81.90				
				£50.40				
				£21.60				
				£16.20				

£40.00									
£40.00									
£40.00									
£14.80									
£40.00									
£40.00									
£597.17									
£30.00									
			£5.00						
				£30.00					
£40.00									
				£21.95					
			£45.00						
							£162.00		
£58.66									
									£18.11
			£478.00						
							£14.00		
£100.00									
£50.00									
		£1,027.38							

									£18.11
£15,086.57	£0.00	£4,744.76	£4,359.37	£1,772.84	£137.00	£71.34	£145.00	£662.40	£271.60
	£20,166.14		TOTAL EXPENSES		£12,742.14				
	£7,424.00								

	Bank Charges	Working and Business Coach	Bank transfers	Bank transfer surplus	Total	Check (should be zero)		
	£6.60				£6.60	£0.00		
					£11.00	£0.00		
					£30.00	£0.00		
					£69.79	£0.00		
		£50.00			£50.00	£0.00		
					£295.72	£0.00		
					£30.00	£0.00		
					£30.00	£0.00		
					£28.88	£0.00		
					£6.40	£0.00		
					£54.59	£0.00		
					£72.32	£0.00		
					£60.00	£0.00		
					£30.00	£0.00		
					£98.30	£0.00		
					£1,000.00	£0.00		
					£30.00	£0.00		
					£22.35	£0.00		
					£60.00	£0.00		
					£5.00	£0.00		
					£154.82	£0.00		
					£70.00	£0.00		

				£88.40	£0.00	
				£36.00	£0.00	
				£25.20	£0.00	
				£69.30	£0.00	
				£16.20	£0.00	
				£19.80	£0.00	
				£144.00	£0.00	
				£244.80	£0.00	
				£14.40	£0.00	
				£67.50	£0.00	
				£190.00	£0.00	
				£308.00	£0.00	
				£49.15	£0.00	
				£4.60	£0.00	
				£61.00	£0.00	
				£100.00	£0.00	
				£100.00	£0.00	
£5.00				£5.00	£0.00	
				£11.00	£0.00	
	£50.00			£50.00	£0.00	
				£775.60	£0.00	
				£103.68	£0.00	
£6.00				£6.00	£0.00	
				£200.00	£0.00	
				£6.40	£0.00	
				£529.00	£0.00	
				£68.81	£0.00	
				£8.41	£0.00	
				£22.35	£0.00	
				£68.81	£0.00	
				£11.00	£0.00	
				£100.00	£0.00	

£5.00				£5.00	£0.00	
				£173.18	£0.00	
	£50.00			£50.00	£0.00	
				£39.32	£0.00	
				£8.00	£0.00	
				£39.32	£0.00	
				£39.32	£0.00	
				£22.35	£0.00	
				£185.00	£0.00	
				£58.98	£0.00	
				£11.00	£0.00	
				£100.00	£0.00	
£7.52				£7.52	£0.00	
	£56.00			£56.00	£0.00	
				£58.98	£0.00	
				£170.00	£0.00	
				£300.56	£0.00	
				£6.40	£0.00	
				£58.98	£0.00	
				£284.00	£0.00	
				£10.75	£0.00	
				£435.00	£0.00	
				£58.98	£0.00	
				£2,200.00	£0.00	
				£147.00	£0.00	
				£22.35	£0.00	
				£78.64	£0.00	
				£500.00	£0.00	
				£100.00	£0.00	
				£58.98	£0.00	
				£57.60	£0.00	
				£11.00	£0.00	

£6.14				£6.14	£0.00	
	£56.00			£56.00	£0.00	
				£9.83	£0.00	
				£76.00	£0.00	
				£90.00	£0.00	
				£416.72	£0.00	
				£8.00	£0.00	
				£39.32	£0.00	
				£174.00	£0.00	
				£22.35	£0.00	
				£9.83	£0.00	
				£90.00	£0.00	
				£90.00	£0.00	
				£208.85	£0.00	
				£11.00	£0.00	
				£100.00	£0.00	
£5.00				£5.00	£0.00	
				£248.32	£0.00	
				£198.00	£0.00	
	£56.00			£56.00	£0.00	
				£102.60	£0.00	
				£39.32	£0.00	
				£29.49	£0.00	
				£6.40	£0.00	
				£45.00	£0.00	
				£327.83	£0.00	
				£50.00	£0.00	
				£10.00	£0.00	
£100.00				£100.00	£0.00	
				£200.00	£0.00	
				£34.41	£0.00	
				£23.10	£0.00	

				£216.00	£0.00		
				£110.00	£0.00		
				£39.32	£0.00		
	£56.00			£56.00	£0.00		
				£100.00	£0.00		
				£90.00	£0.00		
				£40.00	£0.00		
				£13.00	£0.00		
£5.00				£5.00	£0.00		
				£44.24	£0.00		
			£100.00	£0.00	-£100.00	100.00	
£5.00				£5.00	£0.00		
				£300.56	£0.00		
				£40.00	£0.00		
				£6.40	£0.00		
				£44.24	£0.00		
				£38.00	£0.00		
				£58.98	£0.00		
				£25.00	£0.00		
				£13.00	£0.00		
				£7.25	£0.00		
				£6.85	£0.00		
				£6.00	£0.00		
				£3.60	£0.00		
				£2.15	£0.00		
				£23.13	£0.00		
				£225.00	£0.00		
				£87.75	£0.00		
				£81.90	£0.00		
				£50.40	£0.00		
				£21.60	£0.00		
				£16.20	£0.00		

				£12.60	£0.00	
				£12.60	£0.00	
				£6.30	£0.00	
				£10.00	£0.00	
				£29.49	£0.00	
				£140.00	£0.00	
				£3.50	£0.00	
				£2.15	£0.00	
				£2.15	£0.00	
				£20.00	£0.00	
				£250.00	£0.00	
				£398.60	£0.00	
				£125.00	£0.00	
				£13.00	£0.00	
				£50.00	£0.00	
				£100.00	£0.00	
£7.44				£7.44	£0.00	
£5.00				£5.00	£0.00	
				£90.00	£0.00	
				£56.00	£0.00	
		£2,000.00		£2,000.00	£0.00	
		£2,000.00		£2,000.00	£0.00	
				£8.00	£0.00	
		£2,000.00		£2,000.00	£0.00	
		£2,000.00		£2,000.00	£0.00	
		£4,000.00		£4,000.00	£0.00	
				£250.00	£0.00	
				£23.13	£0.00	
		£4,000.00		£4,000.00	£0.00	
		£4,000.00		£4,000.00	£0.00	
				£1,010.71	£0.00	
		£4,000.00		£4,000.00	£0.00	

				£56.00	£0.00	
				£150.00	£0.00	
				£154.00	£0.00	
				£50.00	£0.00	
				£100.00	£0.00	
				£90.00	£0.00	
£6.88				£6.88	£0.00	
£5.00				£5.00	£0.00	
				£17.81	£0.00	
				£346.36	£0.00	
				£13.00	£0.00	
				£0.00	-£242.47	
				£12.40	£0.00	
				£145.00	£0.00	
				£242.47	£0.00	
				£0.00	-£242.47	
				£26.60	£0.00	
		£2,000.00		£2,000.00	£0.00	
			£0.64	£0.00	-£0.64	0.64
		£2,000.00		£2,000.00	£0.00	
				£364.00	£0.00	
				£34.23	£0.00	
				£90.00	£0.00	
				£0.00	-£10.90	
				£0.00	-£10.90	
				£21.70	£0.00	
£5.00				£5.00	£0.00	-5.00
£5.00				£5.00	£0.00	
				£50.00	£0.00	
				£100.00	£0.00	
				£248.32	£0.00	
				£13.00	£0.00	

				£0.00	-£20.00	
				£0.00	-£20.00	
				£14.40	£0.00	
			£9.60	£0.00	-£9.60	
£5.40				£5.40	£0.00	
				£0.00	-£9.60	
				£30.00	£0.00	
				£200.00	£0.00	
				£25.00	£0.00	
				£40.00	£0.00	
				£29.95	£0.00	
				£36.16	£0.00	
				£23.98	£0.00	
				£6.00	£0.00	
				£25.00	£0.00	
				£8.80	£0.00	
				£12.60	£0.00	
				£95.00	£0.00	
				£103.22	£0.00	
				£5.60	£0.00	
				£18.11	£0.00	
				£15.99	£0.00	
				£22.50	£0.00	
				£100.00	£0.00	
				£110.00	£0.00	
				£97.32	£0.00	
				£13.00	£0.00	
				£100.00	£0.00	
				£50.00	£0.00	
£5.00				£5.00	£0.00	
				£853.16	£0.00	
				£29.49	£0.00	

				£40.00	£0.00	
				£40.00	£0.00	
				£40.00	£0.00	
				£14.80	£0.00	
				£78.64	£0.00	
				£40.00	£0.00	
				£40.00	£0.00	
				£597.17	£0.00	
				£68.81	£0.00	
				£90.00	£0.00	
				£30.00	£0.00	
				£60.00	£0.00	
				£30.00	£0.00	
				£5.00	£0.00	
				£30.00	£0.00	
				£40.00	£0.00	
				£21.95	£0.00	
				£80.00	£0.00	
				£200.00	£0.00	
				£200.00	£0.00	
				£200.00	£0.00	
				£45.00	£0.00	
				£162.00	£0.00	
				£58.66	£0.00	
				£241.91	£0.00	
				£121.89	£0.00	
				£18.11	£0.00	
				£478.00	£0.00	
				£14.00	£0.00	
				£100.00	£0.00	
				£50.00	£0.00	
				£1,027.38	£0.00	

				£245.00	£0.00	
£7.62				£7.62	£0.00	
				£185.00	£0.00	
				£40.00	£0.00	
				£88.47	£0.00	
				£40.00	£0.00	
				£90.00	£0.00	
				£90.00	£0.00	
				£8.80	£0.00	
				£40.00	£0.00	
				£90.00	£0.00	
				£3,212.65	£0.00	
				£29.95	£0.00	
				£40.00	£0.00	
				£8.80	£0.00	
				£11.20	£0.00	
				£127.79	£0.00	
				£40.00	£0.00	
				£16.75	£0.00	
				£99.00	£0.00	
				£54.00	£0.00	
				£147.45	£0.00	
				£40.00	£0.00	
				£60.00	£0.00	
				£50.00	£0.00	
				£65.00	£0.00	
				£8.59	£0.00	
£0.23				£0.23	£0.00	
				£500.00	£0.00	
				£117.96	£0.00	
				£40.00	£0.00	
				£250.00	£0.00	

				£18.11	£0.00		
£203.83	£374.00						

Income & Expenses 2023 to 2024**Period****1st April to 31st March 2024****Income****£****£**

Session Donations	5,079.57	
Other Donations	15,086.57	
Volunteer expense donations	-	
Balance transferred from old account	95.64	20,261.78

Expenses

Venue Costs	4,744.76	
Therapist expenses	£1,772.84	
Therapist Training	£137.00	
Other expenses	6,087.54	12,742.14

Total Income/(Deficit)		7,519.64
-------------------------------	--	-----------------

Check

Opening bank balance
Closing bank balance

Income / (deficit)

Check

£ 12,301.10

£ 19,825.74

£ 7,524.64

£ 5.00

HUMMINGBIRD CANCER SUPPORT GROUP

England & Wales - Charity number 1199955

Accounts



Trustees' Annual Report for the period



From	Period start date			To	Period end date		
	03	08	2022		01	04	2023

Section A Reference and administration details

Charity name

HUMMINGBIRD CANCER SUPPORT GROUP

Other names charity is known by

N/A

Registered charity number (if any) 1199955

Charity's principal address

SOUTH MILL ARTS	
1-3 SOUTH ROAD	
BISHOP'S STORTFORD	
Postcode	CM233JG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	HANNAH MAYNE			
2	SARAH KERR			
3	CAROLINE ARMON JONES		Resignation received September 2022	
4	PAULA HEWLETT			
5	KAREN ASHTON		Appointed September 2022	HANNAH MAYNE
6				
7				
8				
9				
10				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	
n/a	
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Qualified Chartered Accountant	Yvonne Chequer	104 Hadham Road, Bishops Stortford

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	CONSTITUTION
How the charity is constituted	Charitable Incorporated Organisation (CIO)
Trustee selection methods	Trustees are selected following submission of an application. Trustees are selected based on ability and transferrable skills. The current board of trustees meet regularly and discuss any opportunities that arise and if there is any requirement for a change in existing roles and responsibilities. The final decision following recruitment is then made by the chairperson, secretary, and treasurer.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <input type="checkbox"/> policies and procedures adopted for the induction and training of trustees. <input type="checkbox"/> the charity's organisational structure and any wider network with which the charity works. <input type="checkbox"/> relationship with any related parties. <input type="checkbox"/> trustees' consideration of major risks and the system and procedures to manage them. 	N/A
--	-----

Summary of the objects of the charity set out in its governing document

The objects of the CIO are for the public benefit, to relieve suffering and promote and protect the health of sufferers of cancer, their families, carers, and friends in Bishops Stortford through the provision of holistic complementary therapies, information, counselling, and support and raising public awareness of all aspects of cancer.

For the public benefit, Hummingbird Cancer Support Group provide relief of 'sickness' linked to cancer and the preservation of health among people residing permanently or temporarily in Bishops Stortford and surrounding towns and villages.

To assist in the treatment (not curing) and care of all persons male, female, or non-binary suffering from the mental or physical challenges of any description or in need of rehabilitation because of cancer, by the provision of facilities for holistic treatments, social support, and recreation.

1. To promote and protect the physical and mental health of sufferers of cancer in Bishops Stortford through the provision of holistic complementary treatments such as reiki, reflexology and massage, support through counselling, peer support, awareness of medical treatments, education, and practical advice. Complementary in this instance means offered alongside the medical advice of doctors and as an enhancement of the treatment being received, therefore not 'free' or complimentary as is often confused.

2. This support also extends to members' friends, families and relatives thus enabling them to better support their family member/friend accordingly. Whilst also enabling them access to holistic treatments and peer support in a non-clinical environment. This offering is not limited to age however some of the specific treatments may not be available to youth who attend unsupervised. This means those under 18 must be supervised by an adult.

3. To advance the education of the public in all areas relating to cancer through community publications, newsletters, social media, and training through workshops and talks. There is also a publication of newsletters and features in a community magazine devoted to the purpose of the support group.

Hummingbird Cancer Support Group provide holistic complementary treatments to people receiving a diagnosis of cancer or cancer-related condition. The benefits of this are:

- Members have access to treatments such as massage which they would be denied at a private wellness centre or gym. This is due to cancer being a contraindication to massage and reflexology. It requires GP consent in most cases.
- Complementary therapies are proven to help support cancer treatment by making them more effective
- Complementary therapies can help relieve side effects caused by traditional cancer treatments such as chemotherapy and radiotherapy. These are not limited to nausea, skin conditions, dryness, pain etc. - Members can talk to others (in the context of social prescribing) who have had the same or similar treatments, experiences, fears, and feelings. This is proven to help reduce anxiety and depression.
- Treatments and support can be accessed by carers, family members and friends to help them better deal with the diagnosis. This makes it accessible to all that are affected.
- Majority of the group has experienced a cancer diagnosis before so we are all able to offer a first-hand level of support and understanding.
- Hummingbird Cancer Support Group above all is a safe and non-judgemental place
- Hummingbird Cancer Support offer local support for local people alongside an

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

established team of medical clinicians in Hertfordshire. This means it is accessible for people who have no access to a car or transportation.

- The treatments can be accessed for free or by optional donation.

**This donation is optional but on average is between £10 and £20 per treatment received.*

Trustees are aware of the requirement to promote awareness and understanding of the operation of the public benefit requirement. As a team we are aware of the guidance and run our charity in accordance with the requirements. Firstly, Hummingbird Cancer Support offer a beneficial service ensuring we don't cause harm and its sole purpose is to benefit the public and no individual concern.

Additional details of objectives and activities (Optional information)

Hummingbird Cancer Support Group offers holistic complementary treatments such as reiki, reflexology and massage, support through counselling, peer support, awareness of medical treatments, education, and practical advice. Complementary in this instance meaning offered alongside the medical advice of doctors and as an enhancement of the treatment being received, therefore not 'free' or complimentary as is often confused. The service appointments are allocated on a fair priority-based approach where members are identified as A for 'active or active treatment', B for in remission or finished treatment and C for carers. The group also offers a refreshment area to meet the social prescribing needs within its objectives. We also offer a counselling service for those who require a multi session approach.

Grant Making Policy

Hummingbird Cancer Support Group will consider making grants and donations to other organisations and charities however before making a grant, the charity's trustees must be confident that:

- Funding the activity is within the funder's own charitable purposes, for the public benefit.
- The funder's governing documents do not prevent the giving of money to another charity (this would be unusual and should not be the case for any charity whose core activity is grant making)
- Appropriate monitoring arrangements are in place to check that the funds are used as expected by the organisation that is being funded.
- Overall, giving the grant is in the charity's best interests.
- The decision to make the grant is recorded (in the minutes of a trustees' meeting, for example, though you may need to document more detail about your assessment of the risks involved)

Contribution made by volunteers.

Firstly, Hummingbird Cancer Support Group is incredibly proud of its volunteer team and would like to thank every single person for their support, loyalty, and dedication. There has been lots of change recently and everyone has committed more time, more resources, and improved ideas.

We would like to extend our gratitude and thanks to resigning trustee Caroline Armon-Jones who contributed her services to the group for 15 years prior to the group becoming a charity. Caroline made a huge contribution to the group as acting treasurer and reflexologist. We wish her all the best for the future.

In 2022 Hummingbird Cancer Support welcomed Karen Ashton to the trustee board and would like to thank her for recognising the need to support the committee. Karen has excellent business skills as an entrepreneur and brings experience of managing and running events, new business acquisition and professional skills.

Hummingbird Cancer Support Group has 3 different types of volunteers within the team. The committee/trustee board is made up of 4 volunteers. The admin team is made up of 7 volunteers and the therapist team made up of 13 volunteers. Over the year the teams have contributed over 740 hours of volunteering and between them ran 18 sessions on a weekly basis through the year 2022-2023.

The trustee board is represented by a chairperson, secretary, treasurer, and flexible role. This flexible role can be called upon to complete funding or grant applications, discuss

You may choose to include further statements, where relevant, about:

- policy on grant making.
- policy programme-related investment.
- contribution made by volunteers.

sponsorship arrangements, manage the volunteers and any organise special events to raise awareness of charitable objectives.

The admin team run the day-to-day sessions. They manage the client registrations and induction, the appointment allocation and bookings, the donations and session financial considerations and the volunteer availability and rota. They also welcome people to our sessions and invite them to take refreshments in our social area.

The therapist team consist of skilled professional holistic therapists who volunteer their time and services to offer a varied range of complementary treatments. These are not limited to a definitive list of therapies but must be considered complementary to the medical treatment and oncology advice given by doctors. It is imperative that GP consent is obtained, and the therapist undertakes the client consent agreement before treatment commences.

Each therapist has their own business and in private practice charges an average of £50 per treatment. 18 sessions in 2022/2023, 3 treatments per therapist and 13 therapists working every session could generate an income of £35,100. This forecast demonstrates the value of highly trained specialists. We obviously don't work to this capacity and not every volunteer works every session, but it is important to value the contribution and ensure that it is not taken for granted and therapists claim the expenses owed to them.

Summary of the main achievements of the charity during the year

- Charity of the Year CM23 Connection (local and community press)
- Charity Champion 2022 Independent Award (Bishops Stortford Local News Paper) Sponsored by Mullucks
- Sponsorship £1000 for our first Well-being Event (Mullucks)

2023/24

Nominated as Charity choice of the year (Bishops Stortford Mayor)

Section E

Financial review

Brief statement of the charity's policy on reserves

The group treasurer always ensures that we have reserves in the current bank account. Reserves ensure that we have resilience, show confidence to funders and sponsors, and confirm we are remaining compliant.

Continuity Fund

This fund is to be used to bridge any possible delays in receiving promised grants or managing payment in arrears contracts. This has been defined as a minimum of a three-month budgeted trading activity.

Restructuring Fund

This fund is to be used to cover essential trading/activities whilst sourcing income to a maximum of 6 months of budgeted trading activity.

Dissolution Fund

This fund provides for the costs of dissolution should the charity be unable to continue. It is only to be used in the event of the Trustees' deciding the charity should cease to exist. This covers the expenses of running Hummingbird CSG until the closure of the organisation.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

N/A

Section F

Other optional information

Hummingbird Cancer Support Group Future Plans

2022/2023 has been hugely successful for Hummingbird Cancer Support Group and it has confirmed the decision to register for charity status. The changes made at the end of 2022 moving forward have become firmly embedded and the group will continue to run weekly every Monday instead of fortnightly. The focus now moving forward is **awareness, community collaboration and networking, training of volunteers, and ensuring high-quality delivery of service.**

Our focus will be staying true to the core focus of the charity: supporting individuals and our community.

Therefore, we will be looking to increase the usage of all our services. We will be developing and nurturing new opportunities that align with the above. Increasing our reach and connections into the local charity and community sector will increase awareness of the charity and further embed and safeguard its future.

The trustees are responsible for preparing the Trustee's Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are required to prepare financial statements for each financial year. The trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the situation of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP
- to make judgements and estimates that are reasonable and prudent.
- state whether applicable UK accounting standards have been followed.
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the charity's financial position and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the charity's assets and hence for taking reasonable steps to prevent and detect fraud and other irregularities.



This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland.

Trustees are all volunteers who are recruited either by personal contact or as the result of advertisements.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sarah Kerr	Hannah Mayne
Position (eg Secretary, Chair, etc)	Chairperson	Treasurer
Date	21/11/23	21/11/23

	year start	year end	BCF
BCF	8/3/2023	4/1/2023	£ 8,429.43
8/3/2022	Sky Mobile	£ 10.00	£ 8,419.43
8/9/2022	Giving Lottery	£14.40	£ 8,433.83
8/19/2022	Donations Session	£68.81	£ 8,502.64
8/22/2022	Donations Cash	£210.00	£ 8,712.64
8/22/2022	Donations Cheque	£460.00	£ 9,172.64
9/1/2022	Sky Mobile	£ 10.00	£ 9,162.64
9/1/2022	Hiscox Insurance	£ 22.09	£ 9,140.55
9/1/2022	BSMBusiness Show	£ 420.00	£ 8,720.55
9/2/2022	Charges	£ 5.00	£ 8,715.55
9/5/2022	Sarah Kerr Expenses	£ 40.44	£ 8,675.11
9/5/2022	Southmill Arts	£ 186.74	£ 8,488.37
9/6/2022	Donations Session	£58.98	£ 8,547.35
9/13/2022	Giving Lottery	£10.00	£ 8,557.35
9/13/2022	Jane Needham Donatio	£25.00	£ 8,582.35
9/20/2022	JustGiving	£338.35	£ 8,920.70
9/26/2022	JustGiving	£145.74	£ 9,066.44
9/28/2022	Weepuls	£ 142.00	£ 8,924.44
10/3/2022	Sky Mobile	£ 10.45	£ 8,913.99
10/3/2022	Hiscox Insurance	£ 22.32	£ 8,891.67
10/3/2022	Charges	£ 8.64	£ 8,883.03
10/3/2022	Donation Session	£65.00	£ 8,948.03
10/3/2022	JustGiving	£29.02	£ 8,977.05
10/4/2022	Donations Cheque	£200.00	£ 9,177.05
10/4/2022	Giving Lottery	£6.40	£ 9,183.45
10/4/2022	AJ Photography	£ 180.00	£ 9,003.45
10/4/2022	Donation Session	£98.31	£ 9,101.76
10/5/2022	Prontaprint	£ 150.00	£ 8,951.76
10/6/2022	Southmill Arts	£ 93.37	£ 8,858.39
10/8/2022	Expenses	£ 18.00	£ 8,840.39
10/8/2022	Jackie Expenses	£ 18.00	£ 8,822.39
10/8/2022	Sarah Kerr Expenses	£ 93.60	£ 8,728.79
10/8/2022	Paula Expenses	£ 18.00	£ 8,710.79
10/8/2022	David Expenses	£ 32.40	£ 8,678.39
10/8/2022	Jenni Expenses	£ 14.40	£ 8,663.99
10/8/2022	Gloria Expenses	£ 67.50	£ 8,596.49
10/8/2022	Nicola B Expenses	£ 56.70	£ 8,539.79
10/8/2022	Hannah Expenses	£ 9.00	£ 8,530.79
10/10/2022	Hannah Expenses	£ 13.04	£ 8,517.75

10/10/2022	JustGiving	£68.07		£ 8,585.82
10/10/2022	Sarah Kerr Expenses		£ 47.99	£ 8,537.83
10/10/2022	JustGiving	£421.90		£ 8,959.73
10/17/2022	Rundle Donation	£200.00		£ 9,159.73
10/18/2022	Donation Session	£108.05		£ 9,267.78
10/21/2022	Cash in session	£30.00		£ 9,297.78
10/24/2022	Cheque Donation	£75.00		£ 9,372.78
10/24/2022	JustGiving	£199.42		£ 9,572.20
10/25/2022	Hannah Expenses		£ 11.97	£ 9,560.23
10/25/2022	Vickery/Page Donation	£25.00		£ 9,585.23
10/31/2022	Donation Session	£50.00		£ 9,635.23
10/31/2022	JustGiving	£30.00		£ 9,665.23
11/1/2022	Hiscox Insurance		£ 22.35	£ 9,642.88
11/1/2022	Donation Session	£78.64		£ 9,721.52
11/2/2022	Sky Mobile		£ 10.00	£ 9,711.52
11/2/2022	Charges		£ 6.46	£ 9,705.06
11/2/2022	Southmill Arts		£ 280.11	£ 9,424.95
11/15/2022	The Giving Machine	£8.00		£ 9,432.95
11/15/2022	Donation Session	£117.96		£ 9,550.91
11/21/2022	Southmill Arts		£ 100.00	£ 9,450.91
11/27/2022	Bridge The Gap Xmas		£ 180.00	£ 9,270.91
11/28/2022	Donation Session	£80.00		£ 9,350.91
11/29/2022	Donations Cash	£20.00		£ 9,370.91
11/29/2022	Donation Session	£68.81		£ 9,439.72
11/30/2022	Donations Cheque	£50.00		£ 9,489.72
12/1/2022	Sky Mobile		£ 10.00	£ 9,479.72
12/1/2022	Hiscox Insurance		£ 22.35	£ 9,457.37
12/2/2022	Prontaprint Diary		£ 15.00	£ 9,442.37
12/3/2022	Charges		£ 6.72	£ 9,435.65
12/3/2022	Caroline AJ Donation	£20.00		£ 9,455.65
12/10/2022	Hannah Expenses		£ 9.00	£ 9,446.65
12/12/2022	P Hewlett Expenses		£ 28.95	£ 9,417.70
12/12/2022	G Carter Expenses		£ 70.00	£ 9,347.70
12/13/2022	Good Deed Foundation	£1,000.00		£ 10,347.70
12/14/2022	The Giving Machine	£6.40		£ 10,354.10
12/18/2022	Southmill Arts		£ 186.74	£ 10,167.36
12/19/2022	JustGiving	£50.00		£ 10,217.36
1/2/2023	Charges		£ 6.28	£ 10,211.08
1/3/2023	Hiscox Insurance		£ 22.35	£ 10,188.73
1/3/2023	Southmill Arts		£ 93.37	£ 10,095.36
1/4/2023	Sky Mobile		£ 10.00	£ 10,085.36
1/4/2023	CM Connection Awrd	£50.00		£ 10,135.36
1/10/2023	Donation Session	£58.99		£ 10,194.35
1/17/2023	Donation Session	£0.98		£ 10,195.33
1/24/2023	The Giving Machine	£6.40		£ 10,201.73
1/24/2023	Donation Session	£137.62		£ 10,339.35

1/24/2023	Donations Cash	£250.00		£ 10,589.35
1/30/2023	JustGiving	£30.00		£ 10,619.35
1/31/2023	Donation Session	£49.15		£ 10,668.50
2/1/2023	Sky Mobile		£ 10.00	£ 10,658.50
2/1/2023	Hiscox Insurance		£ 22.35	£ 10,636.15
2/1/2023	Southmill Arts		£ 329.88	£ 10,306.27
2/2/2023	Charges		£ 5.00	£ 10,301.27
2/7/2023	Southmill Arts		£ 20.00	£ 10,281.27
2/7/2023	Donation Session	£68.81		£ 10,350.08
2/13/2023	Cams Crystals	£30.00		£ 10,380.08
2/13/2023	Winters Witches	£30.00		£ 10,410.08
2/14/2023	The Giving Machine	£8.00		£ 10,418.08
2/14/2023	Donation Session	£39.32		£ 10,457.40
2/20/2023	Donation Session	£145.00		£ 10,602.40
2/21/2023	Donations Cheque	£500.00		£ 11,102.40
2/21/2023	Donation Session	£98.30		£ 11,200.70
2/22/2023	Prontaprint		£ 205.00	£ 10,995.70
2/22/2023	The White Candle Com	£30.00		£ 11,025.70
2/23/2023	Temple Spa	£60.00		£ 11,085.70
2/23/2023	Screen Pop Networking		£ 50.00	£ 11,035.70
2/27/2023	JustGiving	£100.00		£ 11,135.70
2/28/2023	Donations Cheque	£30.00		£ 11,165.70
2/28/2023	Donations Cheque	£156.48		£ 11,322.18
2/28/2023	Donations Cheque	£100.00		£ 11,422.18
2/28/2023	Charles Holt	£60.00		£ 11,482.18
2/28/2023	Donation Session	£88.47		£ 11,570.65
3/1/2023	Sky Mobile		£ 11.00	£ 11,559.65
3/1/2023	Hiscox Insurance		£ 22.35	£ 11,537.30
3/1/2023	Claudia Simmonds PT	£30.00		£ 11,567.30
3/5/2023	Charges		£ 6.40	£ 11,560.90
3/6/2023	Sawbo Sessions	£828.00		£ 12,388.90
3/7/2023	Donation Session	£78.64		£ 12,467.54
3/7/2023	Southmill Arts		£ 329.88	£ 12,137.66
3/7/2023	Facebook Payments	£30.00		£ 12,167.66
3/9/2023	Prontaprint		£ 75.00	£ 12,092.66
3/13/2023	Solstis Skincare	£30.00		£ 12,122.66
3/14/2023	The Giving Machine	£6.40		£ 12,129.06
3/14/2023	Massage lady	£30.00		£ 12,159.06
3/15/2023	Back2Roots Juice	£30.00		£ 12,189.06
3/15/2023	Liife Media		£ 95.00	£ 12,094.06
3/15/2023	Donation Session	£68.81		£ 12,162.87
3/15/2023	Nadene Stevenson	£30.00		£ 12,192.87
3/16/2023	Crystal Print		£ 126.60	£ 12,066.27
3/21/2023	Hiscox Insurance		£ 22.35	£ 12,043.92
3/21/2023	Contour Blush	£30.00		£ 12,073.92
3/21/2023	Sum up	£49.15		£ 12,123.07

3/22/2023	Donation Session	£81.22		£ 12,204.29
5/22/2023	Donations Cash	£93.60		£ 12,297.89
3/23/2023	My Collective Compass	£30.00		£ 12,327.89
3/23/2023	Aishah Lorandean	£30.00		£ 12,357.89
3/27/2023	Donation Session	£50.00		£ 12,407.89
3/28/2023	Andree Funnell	£30.00		£ 12,437.89
3/28/2023	Gemma Alvino	£30.00		£ 12,467.89
3/28/2023	Donation Session	£29.49		£ 12,497.38
3/29/2023	Leon Edwards	£30.00		£ 12,527.38
3/31/2023	Woodward	£30.00		£ 12,557.38
3/31/2023	Sunflower Project	£30.00		£ 12,587.38
3/31/2023	Southmill Arts		£ 286.28	£ 12,301.10

£8,270.09 £4,398.42

Date	session donations	other donations	venue costs
8/3/2022			
8/9/2022		£14.40	
8/19/2022	£68.81		
8/22/2022		£210.00	
8/22/2022		£460.00	
9/1/2022			
9/1/2022			
9/1/2022			
9/2/2022			
9/5/2022			
9/5/2022			£186.74
9/6/2022	£58.98		
9/13/2022		£10.00	
9/13/2022		£25.00	
9/20/2022		£338.35	
9/26/2022		£145.74	
9/28/2022			
10/3/2022			
10/3/2022			
10/3/2022			
10/3/2022	£65.00		
10/3/2022		£29.02	
10/4/2022		£200.00	
10/4/2022		£6.40	
10/4/2022			
10/4/2022	£98.31		
10/5/2022			
10/6/2022			£93.37
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/8/2022			
10/10/2022			

10/10/2022		£68.07	
10/10/2022			
10/10/2022		£421.90	
10/17/2022		£200.00	
10/18/2022	£108.05		
10/21/2022	£30.00		
10/24/2022		£75.00	
10/24/2022		£199.42	
10/25/2022			
10/25/2022		£25.00	
10/31/2022	£50.00		
10/31/2022		£30.00	
11/1/2022			
11/1/2022	£78.64		
11/2/2022			
11/2/2022			
11/2/2022			£280.11
11/15/2022		£8.00	
11/15/2022	£117.96		
11/21/2022			
11/27/2022			
11/28/2022	£80.00		
11/29/2022	£20.00		
11/29/2022	£68.81		
11/30/2022		£50.00	
12/1/2022			
12/1/2022			
12/2/2022			
12/3/2022			
12/3/2022		£20.00	
12/10/2022			
12/12/2022			
12/12/2022			
12/13/2022		£1,000.00	
12/14/2022		£6.40	
12/18/2022			£186.74
12/19/2022		£50.00	
1/2/2023			
1/3/2023			
1/3/2023			£93.37
1/4/2023			
1/4/2023		£50.00	
1/10/2023	£58.99		
1/17/2023	£0.98		
1/24/2023		£6.40	
1/24/2023	£137.62		

1/24/2023	£250.00		
1/30/2023		£30.00	
1/31/2023	£49.15		
2/1/2023			
2/1/2023			
2/1/2023			£329.88
2/2/2023			
2/7/2023			£20.00
2/7/2023	£68.81		
2/13/2023		£30.00	
2/13/2023		£30.00	
2/14/2023		£8.00	
2/14/2023	£39.32		
2/20/2023	£145.00		
2/21/2023		£500.00	
2/21/2023	£98.30		
2/22/2023			
2/22/2023		£30.00	
2/23/2023		£60.00	
2/23/2023			
2/27/2023		£100.00	
2/28/2023		£30.00	
2/28/2023		£156.48	
2/28/2023		£100.00	
2/28/2023		£60.00	
2/28/2023	£88.47		
3/1/2023			
3/1/2023			
3/1/2023		£30.00	
3/5/2023			
3/6/2023		£828.00	
3/7/2023	£78.64		
3/7/2023			£329.88
3/7/2023		£30.00	
3/9/2023			
3/13/2023		£30.00	
3/14/2023		£6.40	
3/14/2023		£30.00	
3/15/2023		£30.00	
3/15/2023			
3/15/2023	£68.81		
3/15/2023		£30.00	
3/16/2023			
3/21/2023			
3/21/2023		£30.00	
3/21/2023	£49.15		

3/22/2023	£81.22		
5/22/2023		£93.60	
3/23/2023		£30.00	
3/23/2023		£30.00	
3/27/2023	£50.00		
3/28/2023		£30.00	
3/28/2023		£30.00	
3/28/2023	£29.49		
3/29/2023		£30.00	
3/31/2023		£30.00	
3/31/2023		£30.00	
3/31/2023			£286.28
	£2,138.51	£6,131.58	£1,806.37

£8,270.09

£4,398.42

