



Hummingbird  
CANCER SUPPORT

# HUMMINGBIRD CANCER SUPPORT GROUP

Registered Charity No.1199955

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**Trustee Annual Report 2023/2024**

2023/2024



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# INTRODUCTION

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## **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

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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

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## **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

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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.



## Mullucks



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 15 years and has experienced the  
enormous range of benefits it can bring - physically, emotionally and  
mentally.  
The spiritual link for Cancer patients can bring the benefits of a  
regular yoga practice to people at any stage of their cancer journey, who  
may not be comfortable with attending a group class. They do not  
require any previous experience of yoga, are completely inclusive by  
guiding participants to move at their own pace and according to their  
ability, and combine gentle physical movements with breathwork  
meditation and relaxation. Some of the ways that Yoga for Cancer can help  
with are:

- Reducing stiffness and pain following surgery
- Managing and preventing swelling and lymphedema
- Maintaining 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.

## 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.

## 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.

## 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.



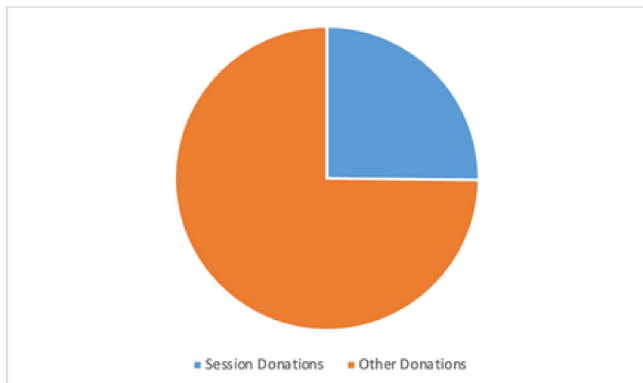
**Hummingbird Cancer Support Group**

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

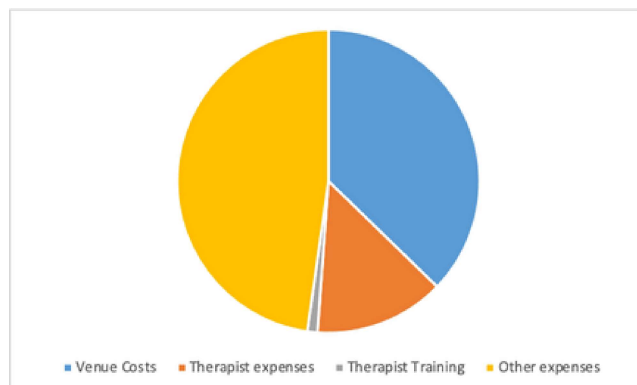
Therapist training

£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**



"A hummingbird embodies grace and endurance, illustrating the beauty of small yet significant moments in life."

## Contact

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



	year start		year end
	4/1/2023	£ 12,301.10	3/31/2024
<u>Date</u>	<u>Description</u>	<u>Receipt</u>	<u>Payment</u>
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
	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	<a href="http://WWW.ICO.ORG.UK">WWW.ICO.ORG.UK</a>		£ 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 Mouldsdales 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			Date	session donations	other
£ 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	<b>Correct 05/10/23</b>		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	<b>Old account closed</b>		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	

[illegible]



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			£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					



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£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								

	Working and Business Coach	Bank transfers	Bank transfer surplus	Total	Check (should be zero)		
Bank Charges							
£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		
				£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

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£ 12,301.10

£ 19,825.74

**£ 7,524.64**

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£ 5.00