

Report from Chair

31st December 2023

Cancer Active Recovery Support (C.A.R.S.)

As the Charity's first year comes to a close it reflects on a year of achievements where all involved have worked hard to navigate the year with agility and innovation in such challenging times for society and the third sector. The charity's annual closing report highlights the milestones and successes of 2023, celebrating the resilience and hard work of those involved.

The initial setting up of C.A.R.S. was time consuming but due to the hard work and enthusiasm of Michelle, our Cancer & Exercise Rehabilitation Lead and Russell, our Governance Trustee, the Charity received the Charity Commission registration, and we were 'good to go'.

We started with the Valentine Hamper and then Easter Campaign, both of which raised funds to initiate the charity's fundraising targets.

A change in the constitution of the Trustees occurred in April 2023 when the Trustees accepted the resignation of Jennifer Pick, the Fundraising Trustee.

Efforts to recruit a replacement trustee have not been successful leaving the position vacant; this has put added pressure on the remaining trustees and volunteers. The identification of a suitable replacement Fundraising Trustee remains a priority going forward into 2024.

A priority has been to raise the profile of C.A.R.S., to put the Charity on the map and take full advantage of fundraising opportunities.

Both Michelle and I have attended several fundraising events and forums in Leicestershire and Staffordshire, and it is clear that this is having positive effects. Not only does this enable us to explore possible fundraising avenues but it ensures that C.A.R.S. is visible as a Charity.

A specific example of the practical benefits occurred when I attended the Vision for Volunteering event on 22nd November 2023 organised by Voluntary Action Leicester (VAL). The organiser made a point of speaking to me about a fundraising application made by C.A.R.S. He was extremely pleased when I confirmed that it had been successful.

Successful applications have been made for funding, resulting in monies from Leicestershire County Council and the Big Lottery Fund, to name a couple of sources. Applications continue to be made, however, with the tightening of local authority budgets likely in 2024, we are looking to source additional funding opportunities.

C.A.R.S. has also benefitted from the huge efforts of individual fundraisers. I do not propose to mention each donation individually in this report, all of which have been

gratefully received, but special mentions must be made to those organising and attending 'Tea at the Ritz' who made the event a resounding success, the runners who ran on behalf of C.A.R.S. in the Leicester Half Marathon, and also Ian Deverell and his marathon cycle ride from John O'Groats to Lands' End.

Looking forward to 2024, the Globe Public House has confirmed that the Valentine Hamper can be put on the bar with an addition hamper being displayed at another public venue. The Easter Campaign is underway, with the Heather knitters having been asked to assist in the making of daffodils.

Following the success of Tea at the Ritz and requests for a repeat event, this is to take place in September 2024.

It is intended to field runners in the Leicester Half Marathon 2024, and it is hoped to increase the number of participants.

Despite challenges the charity has seen remarkable growth in funding and fundraising strengthening its presence. The charity's commitment to professionalism and quality in its provision sits at the heart of its achievements, setting the stage for the charity's continued success.

During the first year of the C.A.R.S. the emphasis has been on funding the 'In The Pink' programmes which has been extremely successful. Programmes have been held in Moira, Hinckley, Coalville, Burton Upon Trent and further programmes including Lichfield, Loughborough, Hinckley, Earl Shilton, Whitwick and Derby are proposed for 2024. However, we need to expand and diversify.

Three specific strategies are being considered at this stage:

Discussions have taken place with a view to C.A.R.S. providing access to trauma Counsellors. Contact has been made with a Counsellor training centre in Solihull with a view to obtaining advice and support in setting up this service.

Progress continues towards the formation of hubs across the county of Leicestershire to provide support to those receiving a cancer diagnosis, families and carers.

Alongside the development of a web driven directory supporting the hub provision.

As Chair of the Trustees, I am delighted with the progress made during 2023 to put C.A.R.S. on the map and in respect of fundraising. The success is due to the hard work and enthusiasm of the Trustees and our Cancer & Exercise Rehabilitation Lead, as Chair and on a personal level, I cannot thank you all enough for your support during 2023.

However, looking beyond 2023, it's crucial for the Charity to align its strategies with the evolving service users' needs. The Charity embraces the immense value held in listening to and meeting service users expectations. The service user -centric approach is not just about adding and adapting services but about envisioning future needs and providing a holistic, service user focused provision.

With this in mind and the development achieved during this inaugural year funding has been made available for the appointment of a paid Charity Co-ordinator. The successful candidate has been appointed and commences work in January 2024. This role will be invaluable in the strategic development of the Charity as well as the continuing efforts in raising the profile of the Charity.

In conclusion, 2023 has been a year of learning, growth and anticipation. As the Charity looks forward to the coming year, it's clear that understanding and meeting service users' needs will be key to thriving in the ever-evolving charity provision landscape. However, this inaugural year has provided a foundation for the charity to move forwards with confidence, equipped with the insights and strategies to succeed and grow further in 2024.

A handwritten signature in black ink, appearing to read 'L. Milner', with a horizontal line underneath.

Lesley Milner, Charity Chair

REGISTERED CHARITY NUMBER: 1201440

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD
1 SEPTEMBER 2022 TO 31 DECEMBER 2023
FOR
CANCER ACTIVE RECOVERY SUPPORT

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

CANCER ACTIVE RECOVERY SUPPORT

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FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023

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CANCER ACTIVE RECOVERY SUPPORT

REPORT OF THE TRUSTEES
FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023

The trustees present their report with the financial statements of the charity for the period 1 September 2022 to 31 December 2023. The trustees have adopted the provisions of 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) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1201440

Principal address

Lavender House
21 Pickering's Avenue
Measham
Swadlincote
Derbyshire
DE12 7SB

Trustees

Ms L A Milner - Chair
Ms P Robinson
Ms J Farmer
R Scott-Worthington

Independent Examiner

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

Approved by order of the board of trustees on 23 July 2024 and signed on its behalf by:



.....
Ms L A Milner - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CANCER ACTIVE RECOVERY SUPPORT**

Independent examiner's report to the trustees of Cancer Active Recovery Support

I report to the charity trustees on my examination of the accounts of Cancer Active Recovery Support (the Trust) for the period 1 September 2022 to 31 December 2023.

Responsibilities and basis of report

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

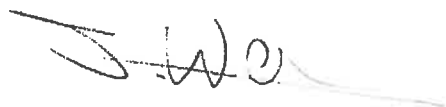
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Jennifer Wale BA FCA

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

23 July 2024

CANCER ACTIVE RECOVERY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		7,969	-	7,969
Charitable activities				
Grant income		-	39,164	39,164
Other trading activities	2	<u>2,793</u>	<u>-</u>	<u>2,793</u>
Total		<u>10,762</u>	<u>39,164</u>	<u>49,926</u>
EXPENDITURE ON				
Charitable activities				
Charitable expenditure		<u>5,409</u>	<u>17,867</u>	<u>23,276</u>
NET INCOME		<u>5,353</u>	<u>21,297</u>	<u>26,650</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>5,353</u></u>	<u><u>21,297</u></u>	<u><u>26,650</u></u>

The notes form part of these financial statements

CANCER ACTIVE RECOVERY SUPPORT

BALANCE SHEET
31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
FIXED ASSETS				
Tangible assets	4	1,146	-	1,146
CURRENT ASSETS				
Cash at bank and in hand		5,197	21,297	26,494
CREDITORS				
Amounts falling due within one year	5	(990)	-	(990)
NET CURRENT ASSETS		<u>4,207</u>	<u>21,297</u>	<u>25,504</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>5,353</u>	<u>21,297</u>	<u>26,650</u>
NET ASSETS		<u>5,353</u>	<u>21,297</u>	<u>26,650</u>
FUNDS	6			
Unrestricted funds				5,353
Restricted funds				<u>21,297</u>
TOTAL FUNDS				<u>26,650</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 23 July 2024 and were signed on its behalf by:



.....
L A Milner - Trustee

The notes form part of these financial statements

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS **FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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 cost 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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

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 restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. OTHER TRADING ACTIVITIES

	£
Fundraising events	2,551
Sale of merchandise	<u>242</u>
	<u>2,793</u>

CANCER ACTIVE RECOVERY SUPPORT

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023**

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 December 2023.

4. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
Additions	<u>1,433</u>
DEPRECIATION	
Charge for year	<u>287</u>
NET BOOK VALUE	
At 31 December 2023	<u><u>1,146</u></u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other creditors	<u>990</u>

6. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.12.23 £
Unrestricted funds		
General fund	5,353	5,353
Restricted funds		
Restricted fund	21,297	21,297
	<u>26,650</u>	<u>26,650</u>
TOTAL FUNDS		

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	10,762	(5,409)	5,353
Restricted funds			
Restricted fund	39,164	(17,867)	21,297
	<u>49,926</u>	<u>(23,276)</u>	<u>26,650</u>
TOTAL FUNDS			

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 December 2023.

CANCER ACTIVE RECOVERY SUPPORT

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 1 SEPTEMBER 2022 TO 31 DECEMBER 2023

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations 7,969

Other trading activities

Fundraising events 2,551

Sale of merchandise 242

2,793

Charitable activities

Grants received 39,164

Total incoming resources 49,926

EXPENDITURE

Charitable activities

Wages 9,771

Room hire 4,274

Equipment purchased 4,499

18,544

Support costs

Management

Insurance 828

Telephone 221

Postage and stationery 47

Advertising 1,439

Sundries 250

Travel expenses 429

Accountancy 480

Computer costs 750

Depreciation of fixtures and fittings 287

4,731

Finance

Bank charges 1

Total resources expended 23,276

Net income 26,650

This page does not form part of the statutory financial statements