

Cancer Active Recovery Support {CARS}

Trustee Chair Report Year Ending 31.12.2024

This end of year report for 2024 summarises the work of Cancer Active Recovery Support (CARS) and the progress made during 2024. As Chair of the Trustee Board I am pleased to report that 2024 has been a successful year for Cancer Active Recovery Support.

Following a successful first year the charity Cancer Active Recover Support has made important progress during 2024.

Trustee Board

In accordance with the constitution quarterly meetings have been held by the Trustee Board.

The Trustee Board has seen changes which reflect the need for greater resilience and specific expertise now that Cancer Active Recovery Support is growing. The Board is looking at maintaining firm foundations to ensure that future growth can be effectively managed.

Following the unexpected resignations of first the Secretary and then the Treasurer (for personal reasons which the Board understood) the Trustee Board has been actively seeking new trustees.

Despite the challenges finding new trustees has posed, a new Treasurer, David Smith, is now in post. A handover period took place during which he undertook trustee training and he is now fully conversant with the role.

Additionally, it has been recognised that business strategy is becoming increasingly important to the charity as it expands.

At the time of writing this report a further trustee, Deborah Rennison, has been appointed to oversee the business development.

The Board is still looking to appoint fundraising trustees, a social media and marketing trustee and a new secretary trustee. The filling of these roles remains a priority for 2025.

As Trustee Chair I have represented Cancer Active Recovery Support. In particular I have attended multi agency meetings with the local VCSE and NHS Health board to explore opportunities for the charity sector to assist the NHS in delivering services under the 10 year plan.

Representatives of Cancer Active Recovery Support have also attended multi -agency events promoting healthcare and well being throughout 2024.

Funding

The charity has expanded and made huge progress due to funding opportunities and collaborative working with charity and corporate bodies including Macmillan Cancer , Severn Trent Water and Cadent.

In particular, the funding from Severn Trent Water has enabled the charity to fund two part-time posts, to cover administration and social media work.

This is a significant move for Cancer Active Recovery Support ; these roles have enabled considerable progress to be made in promoting the charity and raising public awareness and also in moving the charity's role in providing support onto the next level.

Cancer Active Recovery Support is proud that the charity, although still relatively young, has been recognised for the work being done at a local level by Macmillan Cancer Support . The collaborative working and funding by Macmillan Cancer Support is important, not only for the funding, but also in providing evidence that the Charity is being recognised as having a role to play in the provision of local support by a well known national charity.

As a charity , Cancer Active Recovery Support is keen to continue this collaborative working . Already the benefits are being seen with the funding enabling the charity to reach a wider selection of people. The charity is not exclusive and recognises that working with others enables Cancer Active Recovery Support to develop and work in a larger geographical area.

The Charity is now providing a wide ranging information service for those seeking information about Cancer. The aim is to continue collaborative working by providing direct information and links to specific charities and services . Cancer Active Recovery Support has details of written information including screening, treatment and rehabilitation services which can be accessed by those requiring support. This information can be accessed digitally through a Directory which was developed during 2024 and which was launched in 2025. This is an important resource which is continually being updated ; initial feedback is extremely encouraging.

Further to this, the funding from Macmillan Cancer Support has enabled the charity to set up and run Cancer hubs throughout Leicestershire. Although the setting up of hubs was an aim last year, the collaboration with Macmillan Cancer Support has enabled this to progress sooner than previously anticipated.

At the time of writing this report, hubs are up and running in Moira, Hinckley, Loughborough , Market Harborough and Leicester city centre . A further hub at Melton Mowbray has been identified and is about to start.

The hubs run once a month at each location and provide a place for those with a cancer diagnosis and their families, friends and carers to come for a chat . The social benefit of these hubs cannot be underestimated. Not only do these hubs provide a space where people can feel able to talk but they can also access information. Through the links which have been made with specific cancer related groups, charities and support services , the hubs are able to provide information in relation to all aspects of cancer. Additionally, there is the personal touch from the face to face conversations which are really appreciated by those attending.

Cancer Active Recovery Support has also benefitted from the huge efforts made by individual donors. All these donations are greatly appreciated but special mention should be made a

particular volunteer, who having attended an 'In The Pink' programme funded by the charity, wanted to give something back. She donated the proceeds of a Wing Walking day to Cancer Active Recovery Support.

It is a measure of the success of the Charity that many of our volunteers are those that have attended Cancer Active Recovery Support events and have personally benefitted from the support the Charity has provided. The charity has a pool of volunteers who attend events and promote Cancer Active Recovery Support and assist in charity fundraising.

Cancer Active Recovery Support has continued to use funding in a way which is effective in promoting the aims of the Charity. The initial emphasis was on funding 'In The Pink' programmes. These programmes provide support for people following a diagnosis of breast cancer, both on a physical and mental health basis. During 2024 Cancer Active Recovery Support has continued funding programmes at various locations in Leicestershire, Staffordshire and Derbyshire. The charity continues to fund the full cost of the programmes including venues, delivery and equipment.

As Trustee Chair, I have attended sessions at the 'In The Pink' programmes. This has given me the opportunity to watch how the programme is delivered and also, more importantly, to speak directly with the participants. As Trustees, the Board considers it is paramount that the Charity funds are used effectively in a way which continues to promote the aims of the charity. The Charity is keen on transparency and both trustees and funders are encouraged to attend the events provided by Cancer Active Recovery Support to see at first hand how funds are being used and to ensure that funds are being used appropriately and cost effectively.

I am satisfied that the funding of the 'In The Pink' programmes is an effective way of promoting Cancer Active Recovery Support. Not only does it align with the aim to bring services to the local communities, but the participants themselves continue to attest to the practical benefits to their physical and mental health and wellbeing. It is noted that Michelle Scott-Worthington, who runs the 'In The Pink' programmes and is the Charity Cancer Rehabilitation Lead, has received two awards for her work in the community and through the charity, namely the North West Leicestershire District Council 50th Birthday Award for work in the community of Measham North Ward and the Lets Get Moving for Health Award for Outstanding Contribution award; this is clear recognition by professionals working independently of Cancer Active Recovery Support, of the experience, expertise and value Michelly Scott-Worthington is bringing through her work with Cancer Active Recovery Support to provide support to people following a cancer diagnosis. Not only does this emphasise the importance of the services provided by Cancer Active Recovery Support but it raises the profile of the charity.

CARS has also benefitted from those who have attended the programmes and now are actively volunteering and fundraising on behalf of the charity.

Specific events during 2024 have included the Valentines Day raffle, the Easter sale, and Tea at the Ritz, all of which generated funds for the charity.

Cancer Active Recovery Support recognises the contributions made by the volunteers and those working with the Charity and a Volunteer's Morning was held in December 2024 to thank those who have volunteered and supported Cancer Active Recovery Support during 2024.

Priorities for 2025

- To identify suitable additional trustees.
- To promote the services currently offered by Cancer Active Recovery Support and develop and refine these.
- To consolidate and publicise the Cancer Hubs
- To set up workshops to assist with specific issues ie Scar Therapy.
- To raise the profile and awareness of Cancer Active Recovery Support
- To provide support for the volunteers and those working with the charity.
- To develop an active business strategy for the charity.
- To target fund raising opportunities, in particular with corporate sponsors.
- To maintain and develop further collaborative relationships.

As Trustee Chair, I consider that Cancer Active Recover Support has had an extremely successful 2024. The profile of the charity continues to grow. Those involved with the charity, in particular the Charity Co-ordinator, have worked extremely hard to secure funding.

There are exciting opportunities for CARS in 2025 and the Charity now looks forward to making progress, increasing the profile of the Charity and building on the successes of 2024

Lesley Milner – Trustee Chair

REGISTERED CHARITY NUMBER: 1201440

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
CANCER ACTIVE RECOVERY SUPPORT

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

CANCER ACTIVE RECOVERY SUPPORT

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. 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

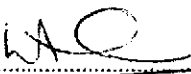
Trustees

Ms L A Milner - Chair
Ms P Robinson
Ms J Fanner (resigned 23.07.2024)
Mr R Scott-Worthington
Mr D Smith (appointed 01.10.2024)

Independent Examiner

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

Approved by order of the board of trustees on 28 March 2025 and signed on its behalf by:


.....
Ms L A Milner - Trustee

CANCER ACTIVE RECOVERY SUPPORT

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

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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 year ended 31 December 2024.

Responsibilities and basis of report

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

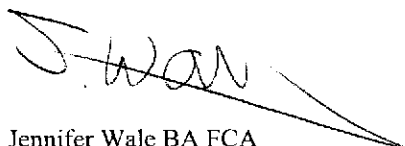
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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

Date: 31/3/25

CANCER ACTIVE RECOVERY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

				YEAR ENDED 31.12.24	PERIOD 1.9.22 TO 31.12.23
	Notes	Unrestricted fund £	Restricted fund £	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		38,898	-	38,898	7,969
Charitable activities					
General		-	27,683	27,683	39,164
Other trading activities	2	<u>2,929</u>	<u>-</u>	<u>2,929</u>	<u>2,793</u>
Total		<u>41,827</u>	<u>27,683</u>	<u>69,510</u>	<u>49,926</u>
EXPENDITURE ON					
Charitable activities					
General		<u>9,577</u>	<u>33,040</u>	<u>42,617</u>	<u>23,276</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	7	<u>32,250</u> <u>(5,850)</u>	<u>(5,357)</u> <u>5,850</u>	<u>26,893</u> <u>-</u>	<u>26,650</u> <u>-</u>
Net movement in funds		26,400	493	26,893	26,650
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>5,353</u>	<u>21,297</u>	<u>26,650</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u>31,753</u>	<u>21,790</u>	<u>53,543</u>	<u>26,650</u>

The notes form part of these financial statements

CANCER ACTIVE RECOVERY SUPPORT

BALANCE SHEET
31 DECEMBER 2024

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	5	917	-	917	1,146
CURRENT ASSETS					
Cash at bank and in hand		31,851	21,790	53,641	26,494
CREDITORS					
Amounts falling due within one year	6	(1,015)	-	(1,015)	(990)
NET CURRENT ASSETS		<u>30,836</u>	<u>21,790</u>	<u>52,626</u>	<u>25,504</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>31,753</u>	<u>21,790</u>	<u>53,543</u>	<u>26,650</u>
NET ASSETS		<u>31,753</u>	<u>21,790</u>	<u>53,543</u>	<u>26,650</u>
FUNDS	7				
Unrestricted funds				31,753	5,353
Restricted funds				<u>21,790</u>	<u>21,297</u>
TOTAL FUNDS				<u>53,543</u>	<u>26,650</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28 MARCH 2025
and were signed on its behalf by:


.....
L A Miller - Trustee

The notes form part of these financial statements

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 DECEMBER 2024**

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.

2. OTHER TRADING ACTIVITIES

	PERIOD 1.9.22 TO 31.12.23	YEAR ENDED 31.12.24
	£	£
Fundraising events	2,551	2,818
Sale of merchandise	242	111
	<u>2,793</u>	<u>2,929</u>

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the period ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the period ended 31 December 2023.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,969	-	7,969
Charitable activities			
General	-	39,164	39,164
Other trading activities	<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			
General	<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>5,353</u>	<u>21,297</u>	<u>26,650</u>

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 January 2024 and 31 December 2024	<u>1,433</u>
DEPRECIATION	
At 1 January 2024	287
Charge for year	<u>229</u>
At 31 December 2024	<u>516</u>
NET BOOK VALUE	
At 31 December 2024	<u>917</u>
At 31 December 2023	<u>1,146</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other creditors	<u>1,015</u>	<u>990</u>

7. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	5,353	32,250	(5,850)	31,753
Restricted funds				
Restricted fund	21,297	(5,357)	5,850	21,790
TOTAL FUNDS	<u>26,650</u>	<u>26,893</u>	<u>-</u>	<u>53,543</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	41,827	(9,577)	32,250
Restricted funds			
Restricted fund	27,683	(33,040)	(5,357)
TOTAL FUNDS	<u>69,510</u>	<u>(42,617)</u>	<u>26,893</u>

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

7. MOVEMENT IN FUNDS - continued

Comparatives for 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
TOTAL FUNDS	<u>26,650</u>	<u>26,650</u>

Comparative 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
TOTAL FUNDS	<u>49,926</u>	<u>(23,276)</u>	<u>26,650</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

CANCER ACTIVE RECOVERY SUPPORT
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	YEAR ENDED 31.12.24 £	PERIOD 1.9.22 TO 31.12.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	38,898	7,969
Other trading activities		
Fundraising events	2,818	2,551
Sale of merchandise	<u>111</u>	<u>242</u>
	2,929	2,793
Charitable activities		
Grants received	<u>27,683</u>	<u>39,164</u>
Total incoming resources	69,510	49,926
EXPENDITURE		
Charitable activities		
Wages	29,317	9,771
Room hire	4,174	4,274
Equipment purchased	<u>2,503</u>	<u>4,499</u>
	35,994	18,544
Support costs		
Management		
Insurance	886	828
Telephone	258	221
Postage and stationery	168	47
Advertising	2,442	1,439
Sundries	594	250
Travel expenses	554	429
Accountancy	504	480
Computer costs	-	750
Bookkeeping	876	-
Fixtures and fittings	<u>229</u>	<u>287</u>
	6,511	4,731
Finance		
Bank charges	<u>112</u>	<u>1</u>
Total resources expended	<u>42,617</u>	<u>23,276</u>
Net income	<u>26,893</u>	<u>26,650</u>

This page does not form part of the statutory financial statements