



Registered Charity No 1201440

¹ Cancer Active Recovery Support (C.A.R.S.)

Proudly supporting those receiving a cancer diagnosis
through recovery and beyond

Trustee Chair Report Year Ending 31.12.2025

This end of year report for 2025 summarises the work of Cancer Active Recovery Support and the progress made during 2025. As Chair of the Trustee Board, I am extremely pleased to report that 2025 has been a successful year during which Cancer Active Recovery Support has established its charitable role both locally and throughout Leicestershire.

Trustee Board

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

The appointment of a new Business Development Trustee in 2025 recognised the need to prioritise business strategy and ensure the internal structure of the Charity is appropriate for the continued growth of Cancer Active Recovery Support.

However, further efforts to expand the Trustee Board have been unsuccessful and the appointment of additional trustees to cover fundraising, social media, marketing and the secretarial role remains a priority. Also, the Board is looking to expand the diversity of the Trustees and with this in mind will continue to actively search for additional Board members.

The Trustees have provided essential support for Cancer Active Recovery Support throughout the year including fundraising and representing the Charity at local events.

As Chair I continue to represent and raise the publicity of 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 Government's 10-year Health Plan for England. Representatives from Cancer Active Recovery Support have also attended multi -agency events promoting healthcare and wellbeing throughout 2025. This continues to raise public awareness of the Charity and promote the services the Charity is providing.

Volunteers

The Trustee Board consists of volunteers, and the Charity is reliant on volunteers to support the services provided.

It is a measure of the success of the Charity that many of our volunteers are those that have attended Cancer Active Recovery Support interventions 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.

Charity services.

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

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 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. The collaborative working and funding by Macmillan 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 and extend the geographical area in which the Charity is working. For those who do not have English as a first language, translated literature is available as are interpreters. The charity is all inclusive and actively promotes diversity; specific information is provided for the LGBTQ + community. Cancer Active Recovery Support was extremely proud to be invited to the Loughborough Teeyan da Mela in 2025; an illustration of recognition of Cancer Active Recovery Support by diverse communities.

The funding from Macmillan has enabled the Charity to set up and run Cancer Hubs throughout Leicestershire. Hubs have been established in locations including Moira, Hinckley, Loughborough, Market Harborough, Melton Mowbray and the Charity has been active in the Afro Caribbean Centre in Leicester City as well as providing Information Stations in the wider City communities.

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 visit. The social benefit of these Hubs cannot be underestimated. Not only do these Hubs provide a space where people feel comfortable to share their thoughts and experiences regarding their cancer pathway, but they can also access cancer specific trusted information and signposting capabilities which have been made with specific cancer related groups, charities and support services. There is also the personal touch from the face-to-face conversations which is greatly appreciated by those attending. Of note is the ripple effect which is already been seen in the Hubs to the wider community in the specific locations. In addition to the direct support provided to those with a diagnosis of cancer, those attending as carers and relatives have also expressed their appreciation of the support gained from being able to interact with others providing the same supportive roles.

Following the success of the Hubs the Charity has run specific workshops, covering issues including 'Sleep & Fatigue', 'Self Care Scar Therapy' and 'Healthy Eating Made Simple'. This is an intervention in which Cancer Active Recovery Support is looking to expand in the future.

The Charity is now providing a wide-ranging digital Directory, which was launched in January 2025, for those seeking information about cancer related issues via the website. Working collaborative and collating direct information and links to specific charities and services, the Charity can support the community with written information including screening, treatment and rehabilitation services which can be accessed by anyone seeking support. This is an

important resource which is continually being updated; initial feedback is extremely encouraging.

Funding

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 the 'In the Pink' programmes which provide support for people following a diagnosis of breast cancer, addressing both physical and mental well-being rehabilitation. 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 which has given me the opportunity to watch how the programme is delivered and 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 and ensure that funds are being used appropriately and cost effectively. I have also attended Workshops and Hub sessions, and I am satisfied that the funding of the services supported by the Charity is an effective way of promoting Cancer Active Recovery Support. Not only do they 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 wellbeing.

Specific sustainable events have included the Valentines Day Raffle, the Easter Sale, Tea at the Ritz and the Christmas Hamper Raffle, all of which raised funds for 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 directly how funds are being used.

The Charity has expanded in 2025 and made huge progress due to funding opportunities and collaborative working with other Charities and corporate bodies both at national and local level as detailed previously.

However, this 12-month funding period has now ceased, and funding is the key priority for 2026. For Cancer Active Recovery Support to continue the level of support which the Charity is providing, and which is clearly needed and appreciated in the community, new sources of funding must be identified. Whilst individual personal donations are always greatly appreciated, the Charity requires long term funding. Efforts have been made to attract corporate donors, but currently this has not had great success. It is apparent that the competition for the limited funding sources available is great and opportunities are limited for a small charity such as Cancer Active Recovery Support, which covers a specific cancer related remit. Additionally, it is evident that the partnership between NHS services and the Voluntary Sector will become more important with the implementation of the Government's 10-year Health Plan for England and the role of charities including Cancer Active Recovery Support in the delivery of supporting local services.

As with many smaller charities, the challenges in relation to fundraising are significant and continuous. The Charity recognises this need and will endeavour to pursue and develop funding initiatives to continue its services in support of the cancer community in 2026.

Priorities for 2026

- To target fundraising opportunities with emphasis on corporate sponsor development.
- To maintain and develop further collaborative relationships.
- To continue to raise the profile and awareness of Cancer Active Recovery Support.
- To develop an active business strategy for Cancer Active Recovery Support

- 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 provide and develop Workshops to assist with treatment specific outcomes.
- To provide a support and skills development pathway for volunteers and those working with Cancer Active Recovery Support.

To conclude, as Trustee Chair, I am immensely grateful to and proud of all those who have supported the work of Cancer Active Recovery Support during 2025. The challenges which the Cancer Active Recovery Support faces in 2026 are great but I look forward to seeing these being met to enable the continuation of the progress which has been made in 2025.



Lesley Milner
Trustee Chair

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025
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 YEAR ENDED 31 DECEMBER 2025

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CANCER ACTIVE RECOVERY SUPPORT

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. 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 (resigned 29.1.2025)
R Scott-Worthington
D Smith
Ms D Rennison (appointed 27.2.2025)

Independent Examiner

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

Approved by order of the board of trustees on 16 February 2026 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 year ended 31 December 2025.

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').

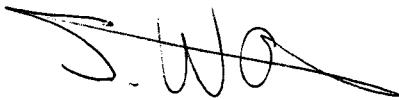
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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:17/2/26.....

CANCER ACTIVE RECOVERY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		5,642	-	5,642	38,898
Charitable activities					
General		-	-	-	27,683
Other trading activities	2	3,230	29,645	32,875	2,929
Investment income	3	<u>76</u>	<u>-</u>	<u>76</u>	<u>-</u>
Total		<u>8,948</u>	<u>29,645</u>	<u>38,593</u>	<u>69,510</u>
EXPENDITURE ON					
Charitable activities					
General		<u>28,077</u>	<u>31,068</u>	<u>59,145</u>	<u>42,617</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	9	(19,129) <u>(6,448)</u>	(1,423) <u>6,448</u>	(20,552) <u>-</u>	26,893 <u>-</u>
Net movement in funds		(25,577)	5,025	(20,552)	26,893
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>31,753</u>	<u>21,790</u>	<u>53,543</u>	<u>26,650</u>
TOTAL FUNDS CARRIED FORWARD		<u>6,176</u>	<u>26,815</u>	<u>32,991</u>	<u>53,543</u>

The notes form part of these financial statements

CANCER ACTIVE RECOVERY SUPPORT

BALANCE SHEET
31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	6	734	-	734	917
CURRENT ASSETS					
Debtors	7	1,006	-	1,006	-
Cash at bank and in hand		<u>5,481</u>	<u>26,815</u>	<u>32,296</u>	<u>53,641</u>
		6,487	26,815	33,302	53,641
CREDITORS					
Amounts falling due within one year	8	(1,045)	-	(1,045)	(1,015)
NET CURRENT ASSETS		<u>5,442</u>	<u>26,815</u>	<u>32,257</u>	<u>52,626</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>6,176</u>	<u>26,815</u>	<u>32,991</u>	<u>53,543</u>
NET ASSETS		<u>6,176</u>	<u>26,815</u>	<u>32,991</u>	<u>53,543</u>
FUNDS	9				
Unrestricted funds				6,176	31,753
Restricted funds				<u>26,815</u>	<u>21,790</u>
TOTAL FUNDS				<u>32,991</u>	<u>53,543</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16 February 2026 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 YEAR ENDED 31 DECEMBER 2025**

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

	2025	2024
	£	£
Fundraising events	32,789	2,818
Sale of merchandise	86	111
	<u>32,875</u>	<u>2,929</u>

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2025

3. INVESTMENT INCOME

	2025	2024
	£	£
Savings Account Interest	<u>76</u>	<u>-</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2025

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 January 2025 and 31 December 2025	<u>1,433</u>
DEPRECIATION	
At 1 January 2025	516
Charge for year	<u>183</u>
At 31 December 2025	<u>699</u>
NET BOOK VALUE	
At 31 December 2025	<u>734</u>
At 31 December 2024	<u>917</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Prepayments	<u>1,006</u>	<u>-</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other creditors	<u>1,045</u>	<u>1,015</u>

9. MOVEMENT IN FUNDS

	At 1.1.25	Net movement in funds	Transfers between funds	At 31.12.25
	£	£	£	£
Unrestricted funds				
General fund	31,753	(19,129)	(6,448)	6,176
Restricted funds				
Restricted fund	21,790	(1,423)	6,448	26,815
	<u>53,543</u>	<u>(20,552)</u>	<u>-</u>	<u>32,991</u>
TOTAL FUNDS				

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2025

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,948	(28,077)	(19,129)
Restricted funds			
Restricted fund	29,645	(31,068)	(1,423)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>38,593</u>	<u>(59,145)</u>	<u>(20,552)</u>

Comparatives for 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
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>26,650</u>	<u>26,893</u>	<u>-</u>	<u>53,543</u>

Comparative 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)
	<u> </u>	<u> </u>	<u> </u>
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 2025

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.25 £
Unrestricted funds				
General fund	5,353	13,121	(12,298)	6,176
Restricted funds				
Restricted fund	21,297	(6,780)	12,298	26,815
TOTAL FUNDS	<u>26,650</u>	<u>6,341</u>	<u>-</u>	<u>32,991</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,775	(37,654)	13,121
Restricted funds			
Restricted fund	57,328	(64,108)	(6,780)
TOTAL FUNDS	<u>108,103</u>	<u>(101,762)</u>	<u>6,341</u>

10. RELATED PARTY DISCLOSURES

During the year ending 31st December 2025, Cancer Active Recovery Support incurred costs amounting to £16,725 from Synergy Proactive Exercise Limited. The Sole director and shareholder of Synergy Proactive Exercise Limited is the spouse of Mr R Scott-Worthington who is a trustee of Cancer Active Recovery Support. These costs are included within freelance wages. The amount due to Synergy Proactive Exercise Limited at 31st December 2025 was £nil.

Expenses amounting £3,062 were incurred by the director of Synergy Proactive Exercise Limited during the year ending 31st December 2025, these expenses were reimbursed by Cancer Active Recover Support. No expenses were outstanding at 31st December 2025.

CANCER ACTIVE RECOVERY SUPPORT

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	5,642	38,898
Other trading activities		
Fundraising events	32,789	2,818
Sale of merchandise	<u>86</u>	<u>111</u>
	32,875	2,929
Investment income		
Savings Account Interest	76	-
Charitable activities		
Grants received	<u>-</u>	<u>27,683</u>
Total incoming resources	38,593	69,510
EXPENDITURE		
Charitable activities		
Freelance wages	39,408	29,317
Room hire	10,185	4,174
Equipment purchased	<u>3,446</u>	<u>2,503</u>
	53,039	35,994
Support costs		
Management		
Insurance	990	886
Telephone	274	258
Postage and stationery	179	168
Advertising	2,875	2,442
Sundries	334	594
Travel expenses	-	554
Motor expenses	212	504
Bookkeeping	726	876
Depreciation of tangible and heritage assets	<u>183</u>	<u>229</u>
	5,773	6,511
Finance		
Bank charges	<u>333</u>	<u>112</u>
Total resources expended	<u>59,145</u>	<u>42,617</u>
Net (expenditure)/income	<u>(20,552)</u>	<u>26,893</u>

This page does not form part of the statutory financial statements

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025
FOR
CANCER ACTIVE RECOVERY SUPPORT

Armstrongs
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CANCER ACTIVE RECOVERY SUPPORT

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CANCER ACTIVE RECOVERY SUPPORT

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. 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

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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 (resigned 29.1.2025)
R Scott-Worthington
D Smith
Ms D Rennison (appointed 27.2.2025)

Independent Examiner

Armstrongs
Chartered Accountants
25 Station Road
Hinckley
Leicestershire
LE10 1AP

Approved by order of the board of trustees on 16 February 2026 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 year ended 31 December 2025.

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').

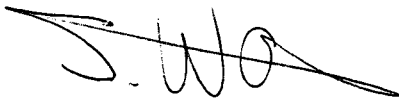
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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:17/2/26.....

CANCER ACTIVE RECOVERY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		5,642	-	5,642	38,898
Charitable activities					
General		-	-	-	27,683
Other trading activities	2	3,230	29,645	32,875	2,929
Investment income	3	<u>76</u>	<u>-</u>	<u>76</u>	<u>-</u>
Total		<u>8,948</u>	<u>29,645</u>	<u>38,593</u>	<u>69,510</u>
EXPENDITURE ON					
Charitable activities					
General		<u>28,077</u>	<u>31,068</u>	<u>59,145</u>	<u>42,617</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	9	(19,129) <u>(6,448)</u>	(1,423) <u>6,448</u>	(20,552) <u>-</u>	26,893 <u>-</u>
Net movement in funds		(25,577)	5,025	(20,552)	26,893
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>31,753</u>	<u>21,790</u>	<u>53,543</u>	<u>26,650</u>
TOTAL FUNDS CARRIED FORWARD		<u>6,176</u>	<u>26,815</u>	<u>32,991</u>	<u>53,543</u>

The notes form part of these financial statements

CANCER ACTIVE RECOVERY SUPPORT

BALANCE SHEET
31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	6	734	-	734	917
CURRENT ASSETS					
Debtors	7	1,006	-	1,006	-
Cash at bank and in hand		<u>5,481</u>	<u>26,815</u>	<u>32,296</u>	<u>53,641</u>
		6,487	26,815	33,302	53,641
CREDITORS					
Amounts falling due within one year	8	(1,045)	-	(1,045)	(1,015)
NET CURRENT ASSETS		<u>5,442</u>	<u>26,815</u>	<u>32,257</u>	<u>52,626</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>6,176</u>	<u>26,815</u>	<u>32,991</u>	<u>53,543</u>
NET ASSETS		<u>6,176</u>	<u>26,815</u>	<u>32,991</u>	<u>53,543</u>
FUNDS	9				
Unrestricted funds				6,176	31,753
Restricted funds				<u>26,815</u>	<u>21,790</u>
TOTAL FUNDS				<u>32,991</u>	<u>53,543</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16 February 2026 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 YEAR ENDED 31 DECEMBER 2025**

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

	2025	2024
	£	£
Fundraising events	32,789	2,818
Sale of merchandise	86	111
	<u>32,875</u>	<u>2,929</u>

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2025

3. INVESTMENT INCOME

	2025	2024
	£	£
Savings Account Interest	<u>76</u>	<u>-</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2025

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 January 2025 and 31 December 2025	<u>1,433</u>
DEPRECIATION	
At 1 January 2025	516
Charge for year	<u>183</u>
At 31 December 2025	<u>699</u>
NET BOOK VALUE	
At 31 December 2025	<u>734</u>
At 31 December 2024	<u>917</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Prepayments	<u>1,006</u>	<u>-</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other creditors	<u>1,045</u>	<u>1,015</u>

9. MOVEMENT IN FUNDS

	At 1.1.25	Net movement in funds	Transfers between funds	At 31.12.25
	£	£	£	£
Unrestricted funds				
General fund	31,753	(19,129)	(6,448)	6,176
Restricted funds				
Restricted fund	21,790	(1,423)	6,448	26,815
	<u>53,543</u>	<u>(20,552)</u>	<u>-</u>	<u>32,991</u>
TOTAL FUNDS				

CANCER ACTIVE RECOVERY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2025

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,948	(28,077)	(19,129)
Restricted funds			
Restricted fund	29,645	(31,068)	(1,423)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>38,593</u>	<u>(59,145)</u>	<u>(20,552)</u>

Comparatives for 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
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>26,650</u>	<u>26,893</u>	<u>-</u>	<u>53,543</u>

Comparative 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)
	<u> </u>	<u> </u>	<u> </u>
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 2025

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.25 £
Unrestricted funds				
General fund	5,353	13,121	(12,298)	6,176
Restricted funds				
Restricted fund	21,297	(6,780)	12,298	26,815
TOTAL FUNDS	<u>26,650</u>	<u>6,341</u>	<u>-</u>	<u>32,991</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,775	(37,654)	13,121
Restricted funds			
Restricted fund	57,328	(64,108)	(6,780)
TOTAL FUNDS	<u>108,103</u>	<u>(101,762)</u>	<u>6,341</u>

10. RELATED PARTY DISCLOSURES

During the year ending 31st December 2025, Cancer Active Recovery Support incurred costs amounting to £16,725 from Synergy Proactive Exercise Limited. The Sole director and shareholder of Synergy Proactive Exercise Limited is the spouse of Mr R Scott-Worthington who is a trustee of Cancer Active Recovery Support. These costs are included within freelance wages. The amount due to Synergy Proactive Exercise Limited at 31st December 2025 was £nil.

Expenses amounting £3,062 were incurred by the director of Synergy Proactive Exercise Limited during the year ending 31st December 2025, these expenses were reimbursed by Cancer Active Recover Support. No expenses were outstanding at 31st December 2025.

CANCER ACTIVE RECOVERY SUPPORT

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	5,642	38,898
Other trading activities		
Fundraising events	32,789	2,818
Sale of merchandise	<u>86</u>	<u>111</u>
	32,875	2,929
Investment income		
Savings Account Interest	76	-
Charitable activities		
Grants received	<u>-</u>	<u>27,683</u>
Total incoming resources	38,593	69,510
EXPENDITURE		
Charitable activities		
Freelance wages	39,408	29,317
Room hire	10,185	4,174
Equipment purchased	<u>3,446</u>	<u>2,503</u>
	53,039	35,994
Support costs		
Management		
Insurance	990	886
Telephone	274	258
Postage and stationery	179	168
Advertising	2,875	2,442
Sundries	334	594
Travel expenses	-	554
Motor expenses	212	504
Bookkeeping	726	876
Depreciation of tangible and heritage assets	<u>183</u>	<u>229</u>
	5,773	6,511
Finance		
Bank charges	<u>333</u>	<u>112</u>
Total resources expended	<u>59,145</u>	<u>42,617</u>
Net (expenditure)/income	<u>(20,552)</u>	<u>26,893</u>

This page does not form part of the statutory financial statements