
REGISTERED CHARITY NUMBER: 516462

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
Liverpool Cancer Care Self Help Group**

SB&P
Chartered Accountants
Oriel House
2-8 Oriel Road
Bootle
Liverpool
Merseyside
L20 7EP

Liverpool Cancer Care Self Help Group

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for the Year Ended 31 March 2022**

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Liverpool Cancer Care Self Help Group

Report of the Trustees for the Year Ended 31 March 2022

The trustees present their report and financial statements for the year ended 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and "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)" (as amended for accounting periods commencing from 1 January 2016). The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice, which is referred to in the Regulations, but which has since been withdrawn.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Objectives and aims Liverpool Cancer Care Self Help Group is an independent registered charity with a single aim: to help local people affected by cancer improve their health and wellbeing. The charity operates under the names Liverpool Sunflowers and / or Liverpool Cancer Support Centre. We offer a broad range of support services which reflect the needs of local people living with cancer. Our target outcomes mirror local and national NHS target outcomes for cancer (encouraging early discharge / reducing emergency admissions / reducing repeat admissions / reducing reliance on prescriptions / reducing DNAs) meaning we can be confident that our work reduces the burden on the local NHS. The services we offer are free or highly subsidised to ensure that beneficiaries have the support they need. Anyone over the age of 18 who lives in Merseyside and is affected by cancer can register with us.

We monitor their progress and over 98% of our clientele have reported Improved overall health, fitness and wellbeing. All the services we provide aim to help our clients maintain or improve their physical and mental wellbeing and encourage a healthy lifestyle. The services reflect the changing needs of local people and reflect the latest research in complementary therapies.

We continue to offer Cancer rehabilitation exercise classes, counselling, complementary therapies, day retreats, art therapies, support groups and social opportunities. In the past year we have also run courses in stress management, mindfulness, relaxation and breath-work. Our services have been enhanced this year by working in partnership with other charities. We have continued to support the work of the Charity through voluntary donations by service users towards the cost of providing sessional activities and we have also continued to develop the footprint of the Charity through the development of partnership and cooperation with other charities

We have established a funding model that draws on a diverse mix of sources from grants, donors and fundraising events which is providing a sustainable pathway for development. The charity has continued to grow its service provision, both increasing the number of service users and improving on the delivery of performance targets.

Public benefit

When planning activities for the beneficiaries of the charity, the trustees are mindful of the charity commissions guidelines on public benefit.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Achievements in the year 1st April 2021 - 31st March 2022.

This year has seen a return to in-person services following the disruption of Covid-19. We continue to be alert to the ongoing health issues posed by Covid and other viruses as we have moved back to in-person services. In resuming services, we have followed the Government Guidelines, issued in April 2021, for the reopening of Public Places. We have maintained this year a 'cautionary' approach because many of our clients have impaired immune function.

In May 2021 we were able to offer a limited in-person service, adopting advanced anti-covid measures to protect vulnerable clients, as well as volunteers and staff. Exercise classes returned with limits on the size of classes, followed by in person counselling and, later we were able to reintroduce complementary therapies. Following the summer of 2021, we continued to increase provision and quickly became aware of a huge upswing in demand for services. The growth in demand came from a return of pre-Covid clients and a growing number of new clients requesting services. This increase in demand marked a return of confidence in people following prolonged lockdown and isolation but it also marked a rise in demand from people who had been diagnosed or become increasingly ill during lockdown.

The increase in demand for services put increased pressure on our core staff, not just because of numbers but because of the changing needs. We had been operating remote services via the internet and telephone since March 2020 and the return to in-person services required considerable planning and preparation. While we retained some remote services because they satisfied a continuing need the new emphasis on in-person services meant that we had, once again, to rethink our service provision in relation to the changing needs of our clientele, more of whom were presenting with serious health issues, loneliness, anxiety and the ill effects of long periods of isolation. To support the new services and operate in the new climate required new policies, protocols and procedures to ensure the highest standards of health and safety. We also had to rebuild staffing, through new contractors and volunteers to replace those who had moved on during lockdown or who were not prepared to work with the health and safety protocols.

Because of the long gap in in-person service provision client needs had changed and with new clients requesting services there was considerable work required to re-assess client needs and provide guidance.

To cope with this demand, we introduced new services including Breath workshops, hypnotherapy, new support groups and social events. We delivered 19656 hours of health and wellbeing interventions to 987 people.

Overall, 2021 was a year of great achievement for the Sunflowers team, not only in managing to keep the charity afloat, but to actually develop and grow services to help meet local need and reduce pressure on statutory services.

Major developments and achievements in 2021/22 are as follows:

Counselling Service

By far our most in demand service since reopening the centre has been counselling. Prior to Covid the charity employed one full time counsellor and would host one counselling student on placement at any one time. At present we have one part time self-employed counsellor and 24 volunteer counsellors on the team, the majority of whom are students on placement.

Since the pandemic began demand for counselling has been increasing every month. NHS and local authority waiting lists for counselling stretch into several months, leaving many people struggling to cope mentally and emotionally. Referrals to Sunflowers for counselling have been growing and continue to grow, as we remain the only service in Liverpool which can offer instant access to counselling for those facing health crisis.

During 2021 we developed relationships with local counselling training providers including Edge Hill University, LJMU, Southport College, RASA and City of Liverpool College, resulting in an increase in the number of counselling students applying to us for placement, and in time, a much increased team size.

Since May 2021 we have hosted placements for 37 students, 20 of whom have since completed their placement and qualified, some of whom have stayed on as much needed volunteers, some of whom have gone on to work as counsellors elsewhere.

The increased team size has enabled us to offer counselling to more people this year than ever before. It has been the demand for counselling that has been the main driver of our extending opening hours in 2021.

Social Support

It was painfully clear from the stories we were hearing as we signed up new clients this year that a key problem for many of them has been and continues to be coping with the impact of lockdown: loneliness and social isolation. Bringing people together has always been one of our key aims. It has never been more important.

Liverpool Cancer Care Self Help Group

Report of the Trustees for the Year Ended 31 March 2022

Many of our clients were classed as clinically vulnerable and had not even been able to see their own families during lockdown. Many were scared to leave the house, even when they could. Others had lost their social circle, had lost friends to Covid, or had simply fallen out of social routines during lockdown.

Cancer patients reported that they had no opportunities to talk to other cancer patients at hospital because of social distancing, and consequently we helped a number of people who had been from diagnosis, through treatment, to all clear without having ever spoken to another cancer patient.

There was a huge jump in the number of people coming to us struggling with grief, having been separated from their loved ones as they passed, or having lost multiple friends and family to Covid, or having lost a loved one unexpectedly/ too young when they were separated from their normal support network.

To address this we set up new groups and services to help people meet other people in a safe environment.

Our weekly cancer Support group on a Wednesday morning started in July 2021, facilitated by two volunteers, which has been extremely popular- 188 people having attended.

We continued to host the Monthly Head and Neck cancer support group which was previously hosted at Aintree hospital.

We now run a well attended weekly crafts based wellbeing support group on a Thursday.

With the benefit of funding from TBF we delivered the Good Food Project in partnership with local African & Caribbean food delivery service Uncle Be's. This saw sunflowers hosting a monthly free lunch club for clients, and organising fortnightly deliveries of culturally appropriate meals to clinically vulnerable elderly in the local black community.

Exercise and Complementary Therapies

Since reopening our exercise classes, we have seen a return to the high weekly numbers we saw prior to Covid. We continue to offer Pilates, Tai chi, box-fit and yin yoga, but have retained two new highly qualified sessional teachers and added a pain management exercise class and Relaxation yoga which have been very popular.

Similarly, the return of massage, reflexology and reiki was much welcomed by our clients. We found ourselves with just one therapist after lockdown but recruited two new volunteers in 2021 to increase provision in this department. Demand for this service is huge, and we operate waiting lists for all three therapists. The need to retain further qualified volunteer complementary therapists, and maximise therapy room usage, to meet demand is a priority for the team going forwards.

Our charity aims to offer the services most needed by local people facing cancer or other health crisis. We will continue to develop services in 2022/23 to help as many local people as possible.

Fundraising and Support

Fundraising was a huge challenge during the FY 21/22, but the Charity has continued to secure support from grants and donors to support our activities. The response of the charity to the changing needs of clients and the changing context of delivery has helped enormously in securing funding. Organised events such as fun runs, 3 peaks and overseas treks massively reduced and in-house events stripped back with the worry of Covid still being active especially within a vulnerable community. We were offered great support locally by grants, the furlough scheme and funds available throughout Merseyside and initiatives for funding to ensure we could bring people together again safely.

For our community fundraising we were the chosen charity for the Anne Williams Memorial Charity Golf Day which raised over £16k with special thanks to the patron's Ste Martin, Sean O'Reilly-Doyle, Gareth Penman and Andy Hudson and of course Anne's family. With income from the Airport Collections dropping significantly, we are always overwhelmed with the work Ray, Maureen and Martin do to share awareness of Sunflowers and thank them without end.

We are hoping to have a full calendar of fundraising events back in 22/23.

Liverpool Cancer Care Self Help Group

**Report of the Trustees
for the Year Ended 31 March 2022**

FINANCIAL REVIEW

Reserves policy

The charity has maintained its policy to maintain a reserve in addition to restricted funds equivalent to three months' expenditure. The reserves amounting to £45,794 (2021 £69,125) is above the three months general expenditure in the last financial year amounting to £34,266.

The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities and will reinforce our aim to provide a sustainable service within the community. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to manage exposure to the major risks.

Total income amounted to £112,977 (2021 £156,310).

Unrestricted funds have decreased in the current year by £36,894 Restricted funds have increased by £13,563.

The total funds carried forward at 31 March 2022 amounted to £45,794 (2021 - £69,125).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

A revised Constitution was agreed in October 2017 which was designed to enable the charity to move towards being a Company Limited by Guarantee (company number 11450146). This transition has not yet been completed, pending some revisions to the charitable aims to be agreed with the Charities Commission.

We are working with our accountants to align the accounting dates of the charity and the new Company and intend to agree any final changes to the constitution at a future General Meeting. The current Trustees will become the directors of the company subject to elections at the future AGM.

During the year we have maintained stability within the board with numerous strategy sessions to steer the charity in the direction to maximise the impact the charity can have within its communities.

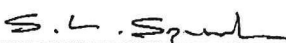
Trustees are appointed or reappointed annually in the Annual General Meeting Risk management The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees

Stuart Lindsay Speeden (Chair)
Mike Carter
Karen Williamson
Sarah-Louise McCartney
Laura Doherty
Daniel Conroy

Approved by order of the board of trustees on 11th JANUARY 2023 and signed on its behalf by:


.....
S L Speeden - Trustee

**Independent Examiner's Report to the Trustees of
Liverpool Cancer Care Self Help Group**

Independent examiner's report to the trustees of Liverpool Cancer Care Self Help Group

I report to the charity trustees on my examination of the accounts of Liverpool Cancer Care Self Help Group (the Trust) for the year ended 31 March 2022.

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.



Suzanne Draper
FCCA ACA
SB&P
Chartered Accountants
Oriel House
2-8 Oriel Road
Bootle
Liverpool
Merseyside
L20 7EP

Date: 26/1/2023

Liverpool Cancer Care Self Help Group

Statement of Financial Activities
for the Year Ended 31 March 2022

		Unrestricted fund £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM	Notes				
Donations and legacies	2	57,992	39,675	97,667	103,744
Charitable activities general		15,310	-	15,310	52,566
Investment income	3	5	-	5	9
Total		<u>73,307</u>	<u>39,675</u>	<u>112,982</u>	<u>156,319</u>
EXPENDITURE ON					
Charitable activities general		<u>110,201</u>	<u>26,112</u>	<u>136,313</u>	<u>133,405</u>
NET INCOME/(EXPENDITURE)		(36,894)	13,563	(23,331)	22,914
RECONCILIATION OF FUNDS					
Total funds brought forward		62,225	6,900	69,125	46,211
TOTAL FUNDS CARRIED FORWARD		<u>25,331</u>	<u>20,463</u>	<u>45,794</u>	<u>69,125</u>

The notes form part of these financial statements

Liverpool Cancer Care Self Help Group

Balance Sheet
31 March 2022

	Notes	Unrestricted fund £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	8	769	-	769	1,174
CURRENT ASSETS					
Debtors	9	-	-	-	3,277
Cash at bank		27,318	20,463	47,781	67,965
		<u>27,318</u>	<u>20,463</u>	<u>47,781</u>	<u>71,242</u>
CREDITORS					
Amounts falling due within one year	10	(2,756)	-	(2,756)	(3,291)
NET CURRENT ASSETS		<u>24,562</u>	<u>20,463</u>	<u>45,025</u>	<u>67,951</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>25,331</u>	<u>20,463</u>	<u>45,794</u>	<u>69,125</u>
NET ASSETS		<u>25,331</u>	<u>20,463</u>	<u>45,794</u>	<u>69,125</u>
FUNDS	11				
Unrestricted funds				25,331	62,225
Restricted funds				<u>20,463</u>	<u>6,900</u>
TOTAL FUNDS				<u>45,794</u>	<u>69,125</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 11/01/23 and were signed on its behalf by:


S L Speeden - Trustee

The notes form part of these financial statements

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	- 25% on reducing balance
Computer equipment	- 25% 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.

Redundancy and termination payments

Redundancy and termination payments are made in line with statutory requirements under employment contracts.

2. DONATIONS AND LEGACIES

	31.3.22	31.3.21
	£	£
Donations	57,993	67,007
Grants	39,674	36,737
	<u>97,667</u>	<u>103,744</u>

Grants received, included in the above, are as follows:

	31.3.22	31.3.21
	£	£
Other grants	<u>39,674</u>	<u>36,737</u>

3. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Interest receivable	5	9
	<u>5</u>	<u>9</u>

4. SUPPORT COSTS

	Finance
	£
general	30
	<u>30</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
	6	4
Management & Admin	<u>6</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	67,007	36,737	103,744
Charitable activities			
general	52,566	-	52,566
Investment income	9	-	9
Total	<u>119,582</u>	<u>36,737</u>	<u>156,319</u>
EXPENDITURE ON			
Charitable activities			
general	86,335	47,070	133,405
NET INCOME/(EXPENDITURE)	33,247	(10,333)	22,914
RECONCILIATION OF FUNDS			
Total funds brought forward	28,978	17,233	46,211
TOTAL FUNDS CARRIED FORWARD	<u>62,225</u>	<u>6,900</u>	<u>69,125</u>

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2021 and 31 March 2022	4,498	7,805	12,303
DEPRECIATION			
At 1 April 2021	4,337	6,792	11,129
Charge for year	40	365	405
At 31 March 2022	4,377	7,157	11,534
NET BOOK VALUE			
At 31 March 2022	121	648	769
At 31 March 2021	161	1,013	1,174

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Other debtors	-	3,277

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Taxation and social security	200	1,063
Other creditors	2,556	2,228
	2,756	3,291

11. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	62,225	(36,894)	25,331
Restricted funds			
PH Holt	-	4,550	4,550
The Sir Peter O'Sullivan Charitable Trust	4,500	(4,500)	-
Macmillan Cancer Support	2,400	(2,400)	-
John Moores Foundation	-	2,083	2,083
The Medcash Foundation	-	5,500	5,500
Lottery Main Grants	-	8,330	8,330
	6,900	13,563	20,463
TOTAL FUNDS	69,125	(23,331)	45,794

Liverpool Cancer Care Self Help Group

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

11. 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	73,307	(110,201)	(36,894)
Restricted funds			
PH Holt	7,800	(3,250)	4,550
The Sir Peter O'Sullivan Charitable Trust	-	(4,500)	(4,500)
Community Fund	750	(750)	-
City of Liverpool - Inequalities Fund	1,000	(1,000)	-
LCVS Community Impact Fund	5,000	(5,000)	-
Macmillan Cancer Support	-	(2,400)	(2,400)
Groundwork UK	3,125	(3,125)	-
John Moores Foundation	5,000	(2,917)	2,083
The Medicash Foundation	6,000	(500)	5,500
Arnold Clark Automotive	1,000	(1,000)	-
Lottery Main Grants	10,000	(1,670)	8,330
	<u>39,675</u>	<u>(26,112)</u>	<u>13,563</u>
TOTAL FUNDS	<u>112,982</u>	<u>(136,313)</u>	<u>(23,331)</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	28,978	33,247	62,225
Restricted funds			
The Sir Peter O'Sullivan Charitable Trust	15,000	(10,500)	4,500
Steve Morgan Foundation	2,233	(2,233)	-
Macmillan Cancer Support	-	2,400	2,400
	<u>17,233</u>	<u>(10,333)</u>	<u>6,900</u>
TOTAL FUNDS	<u>46,211</u>	<u>22,914</u>	<u>69,125</u>

11. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	119,582	(86,335)	33,247
Restricted funds			
PH Holt	5,000	(5,000)	-
The Sir Peter O'Sullivan Charitable Trust	-	(10,500)	(10,500)
Steve Morgan Foundation	4,467	(6,700)	(2,233)
Community Emergency Fund	5,000	(5,000)	-
Community Fund	3,970	(3,970)	-
City of Liverpool - Inequalities Fund	4,500	(4,500)	-
LCVS Community Impact Fund	3,800	(3,800)	-
Macmillan Cancer Support	10,000	(7,600)	2,400
	<u>36,737</u>	<u>(47,070)</u>	<u>(10,333)</u>
TOTAL FUNDS	<u>156,319</u>	<u>(133,405)</u>	<u>22,914</u>

12. RELATED PARTY DISCLOSURES

Fees amounting to £6,645 (2021 £6,600) were paid to S.Speeden a trustee of the charity. The fees represent services provided to the charity, they do not represent charges in respect of the services he provides as a trustee. The fees have been agreed and approved by the board of Trustees.

13. RESTRICTED FUNDS

PH Holt - a grant awarded as a contribution towards counselling costs.

The Sir Peter O'Sullivan Charitable Trust - a grant awarded towards the delivery of services from the Sir Peter O'Sullivan Hub at Aintree Racecourse.

Community Fund - a grant received to provide a safe environment for the centre.

City of Liverpool - a grant received to provide virtual excessive classes.

LCVS - grants awarded to provide online health and wellbeing courses.

Macmillan Cancer Support - a grant received to provide online counselling and support during the Covid 19 pandemic.

Groundwork UK - a grant awarded to contribute towards the costs of delivering counselling courses.

John Moores Foundation - a grant awarded to contribute towards Counselling Managers Salary.

The Medicash Foundation - a grant awarded to contribute towards the sessional fees and counselling services.

Arnold Clarke Automotive - a grant awarded as a contribution towards sessional and counselling fees.

Lottery Main Grants - a grant awarded to contribute towards the sessional fees and counselling services.

14. UNRESTRICTED FUNDS

The general (unrestricted) fund may be used at the discretion of the board of trustees in furtherance of the charitable company's objects.