

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
Liverpool Cancer Care Self Help Group**

SB&P
Chartered Accountants
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The trustees present their report with the financial statements of the charity for the year ended 31 March 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).

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

Our Services

In the period from April 23 until March 2024 we registered 424 service users bringing our service user numbers to 1479 who regularly access our services. We provided over 12000 hours of health crisis interventions to 1409 different people in the forms of counselling, exercise, peer support, lunches, relaxation and complementary therapies. Referrals and Partnerships

This Financial Year we signed up on average 50 new clients each month, around 80% of which have been referred from clinicians/ health and wellbeing professionals.

The increase in referrals is due to:

1. The increase in the number of local people needing health and wellbeing support
2. The strain experienced by NHS and local authority services leading to long waiting lists
3. Stemming from 2, an increased willingness by clinicians to adopt the social prescribing model.
4. The closure of other charities and services since 2020
5. The development of relationships with key referral agencies during 2023

We now receive regular referrals every week from Macmillan, Citizens Advice Bureau, Liverpool Bereavement Service, Talk Liverpool, DWP, LCVS, Sefton CVS, and several GP networks. Of note we sign up on average 8 NHS staff every month to receive counselling or other support services. These referrals come to us from a team of NHS clinical psychologists tasked with supporting NHS staff with a new referral stream coming from the Liverpool Royal Hospitals occupational health team - We are indeed now considered to be one of the city's key social prescribing service providers.

With this increase in client sign up we have seen a shift in the profile of our client cohort. We have seen a reduction in the average age, an increase in our geographic reach, an increase in the number of clients who are working, an increase in the number of people coming to us with a health issue other than cancer.

Counselling Service

Since the end of lockdown our counselling service has grown and grown. In the last 12 months we have seen further increase in the size of our counselling team which is now operating at full capacity in terms of room availability and staff coverage. We have been able to continue to develop our counselling service thanks to good volunteer management, recruitment, and in particular retention. The profile of the counselling team now looks very different to 2020.

We have currently 32 volunteer counsellors, 15 of whom are fully qualified, (the remainder being students on placement) and all but one of whom completed their clinical placements with us. The retention of qualified counsellors has strengthened and improved our team in the following ways:

- On a daily basis there is a qualified counsellor available to help mentor students
- We have been able to take on clients with more complex needs
- We have been able to meet the never ending demand for counselling, and increased referrals from all sources.
- We have been able to extend our counselling hours into the evenings on the days a week.

Referrals continue to arrive weekly, and we have seen no drop in the demand for counselling. Over the last 12 months we have started to work with a number of new referrers including New Start, James's Place, Love Jasmine, Torus Housing and others. WE have seen an increase in the number of people referred directly by MerseyCare and estimate that 50% of our counselling clients have already had some level of intervention from MerseyCare which they deemed ineffective.

In addition to counselling, we added this year a monthly Grief Group which meets on a Saturday each month. This group was started as we had identified a need for early grief intervention. Counselling is not recommended until 6 months post bereavement but every week we receive a large number of requests from people recently bereaved, for counselling. After the first few meetings this group is growing well and we expect it to become a permanent feature of our offer.

We see no slowing in the number of applications we receive weekly from students wanting to complete their clinical placements with us and in the last year we have seen 24 students graduate from placement with us. We believe our reputation as a training provider for counselling placements is excellent. In the coming year we have plans to further develop the training we offer our volunteer counsellors, to include (as well as Suicide Prevention training) Advanced Safeguarding and CBT.

**Report of the Trustees
for the Year Ended 31 March 2024**

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. Our Psychotherapy team has continued to grow over the last 12 months, currently comprising:

- 1 One part time contracted counsellor
- 2 Thirteen fully qualified part time volunteer counsellors
- 3 Twelve counselling students completing clinical placements

We are also able to offer hypnotherapy, which is helpful to clients seeking solutions to anxiety, pain management, trauma resolution etc. We have three therapists qualified and insured to deliver hypnotherapy.

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 2023 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.

Over the last 12 months we have continued to work with our existing college partners to offer clinical placements to students completing their counselling training and qualifications. As well as our existing local partners we have become an approved placement provider for Leeds University, University of Cumbria, St Helen's College and a number of other smaller local independent training providers.

Over the last 12 months 18 students have completed their clinical training with us, many of whom have stayed with us as qualified volunteers, other having gained full time employment with other local counselling providers.

We should not underestimate the importance of our Cancer Support group which meets weekly on a Wednesday morning. In terms of the hugely positive impact it has on the mental health of those who attend. This group was started to meet huge demand following the end of lockdown in 2021. Since then it has gone from strength to strength, and the informal, relaxed social group receives consistently high praise and positive feedback from those who attend. This group provides much needed social contact for many, including those who have felt their wellbeing and mental health damaged by lockdowns and shielding. The group provides a place for people to meet other people affected by cancer, and to form supportive friendships, we have the pleasure of watching develop.

Old Services and New

Over the last year we have seen some changes in our weekly classes as two of our instructors moved on to new ventures, but in their place, we have welcomed new instructors who have quickly become popular. Our exercise classes continue to be well attended, and we have added meditation classes to the timetable. We have welcomed two new complementary therapy volunteers who provide massage and reflexology. Our Wednesday Support Group continues to go from strength to strength, offering a safe space for people coping with, or recovering from chronic illness. The numbers attending on a weekly basis have increased year upon year since inception in 2021.

We continue to offer Pilates, Tai chi, box-fit and yin yoga and have retained two new highly qualified sessional teachers and added a pain management exercise class and Relaxation yoga which have been very popular. We have added an extra wellbeing support group on a Thursday afternoon due to the

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 2024 to help as many local people as possible.

Fundraising and Support

Fundraising this financial year has been one of the hardest in recent years, with a lack of funding support for Cancer and counselling in this financial year from major grant making trusts. We have confirmed contributions from The National Lottery for the next 3 years to support our core costs meaning the future years have become slightly protected.

Due to the overwhelming need for our services, our income from charitable activities has increased hugely due to donations of thanks towards the services we are offering. Through trust support for our counselling service, we are able to ensure that it is not the person that needs the support that has to pay.

There have been great fundraising 3rd party events this year including donations in lieu of wedding gifts, wonderful marathon runners and a fundraising event in memory of Mary Crosby that funded a counselling room for a year.

**Report of the Trustees
for the Year Ended 31 March 2024**

Our corporate support has been very active this year with an incredible donation from Bongo's Bingo and ongoing support from PINS Social Club. This fundraising has allowed us to offer free support for their staff and customers who may be living with a diagnosis.

The local Grant Making Trusts that have been able to support us this year have made huge differences to what we are able to offer and we thank them all independently for the impact that we are making with their trusts.

Financial Year 24/25 is already looking to be our busiest year at the centre and with new fundraising initiatives to raise funds as well as looking to celebrate our 40th year.

FINANCIAL REVIEW

Reserves policy

The charity's policy is to hold a reserve in addition to restricted funds equivalent to three months' expenditure. The general reserves at the year end amount to £10,567 (2023 £51,190), therefore not at a level to make the reserves policy.

The Trustees are keeping the forecasted income and expenditure closely monitored for the year end to March 2025 and current predictions will see the reserves return to a required level inline with the reserves policy.

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 £118,541 (2023 £162,635).

Unrestricted funds have decreased in the current year by £40,623, Restricted funds have increased by £3,749.

The total funds carried forward at 31 March 2024 amounted to £17,316 (2023 £54,190).

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.

Liverpool Cancer Care Self Help Group

Report of the Trustees
for the Year Ended 31 March 2024

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 21/01/25 and signed on its behalf by:

..... S. L. Speeden
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 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.



Suzanne Draper ACA FCCA

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L20 7EP

Date:

28/1/2025

Liverpool Cancer Care Self Help Group

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	93,233	24,909	118,142	162,531
Investment income	3	399	-	399	104
Total		93,632	24,909	118,541	162,635
EXPENDITURE ON					
Charitable activities general		134,255	21,160	155,415	154,239
NET INCOME/(EXPENDITURE)		(40,623)	3,749	(36,874)	8,396
RECONCILIATION OF FUNDS					
Total funds brought forward		51,190	3,000	54,190	45,794
TOTAL FUNDS CARRIED FORWARD		10,567	6,749	17,316	54,190

The notes form part of these financial statements

Liverpool Cancer Care Self Help Group

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	7	247	-	247	351
CURRENT ASSETS					
Cash at bank		25,467	6,749	32,216	61,552
CREDITORS					
Amounts falling due within one year	8	(15,147)	-	(15,147)	(7,713)
NET CURRENT ASSETS		<u>10,320</u>	<u>6,749</u>	<u>17,069</u>	<u>53,839</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>10,567</u>	<u>6,749</u>	<u>17,316</u>	<u>54,190</u>
NET ASSETS		<u>10,567</u>	<u>6,749</u>	<u>17,316</u>	<u>54,190</u>
FUNDS	9				
Unrestricted funds				10,567	51,190
Restricted funds				<u>6,749</u>	<u>3,000</u>
TOTAL FUNDS				<u>17,316</u>	<u>54,190</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21/03/25 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

	31.3.24	31.3.23
	£	£
Donations	88,659	96,731
Legacies	6,199	12,410
Grants	<u>23,284</u>	<u>53,390</u>
	<u>118,142</u>	<u>162,531</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**2. DONATIONS AND LEGACIES - continued**

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

	31.3.24	31.3.23
	£	£
General	23,284	(3,530)
Other grants	<u>-</u>	<u>56,920</u>
	<u>23,284</u>	<u>53,390</u>

3. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Interest receivable	<u>399</u>	<u>104</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

5. STAFF COSTS

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

	31.3.24	31.3.23
	5	4
Management & Admin	<u>5</u>	<u>4</u>

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

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	105,611	56,920	162,531
Investment income	<u>104</u>	<u>-</u>	<u>104</u>
Total	<u>105,715</u>	<u>56,920</u>	<u>162,635</u>
EXPENDITURE ON			
Charitable activities			
general	<u>79,856</u>	<u>74,383</u>	<u>154,239</u>
NET INCOME/(EXPENDITURE)	25,859	(17,463)	8,396
RECONCILIATION OF FUNDS			
Total funds brought forward	25,331	20,463	45,794

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>51,190</u>	<u>3,000</u>	<u>54,190</u>

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2023 and 31 March 2024	<u>4,498</u>	<u>7,805</u>	<u>12,303</u>
DEPRECIATION			
At 1 April 2023	4,407	7,545	11,952
Charge for year	<u>23</u>	<u>81</u>	<u>104</u>
At 31 March 2024	<u>4,430</u>	<u>7,626</u>	<u>12,056</u>
NET BOOK VALUE			
At 31 March 2024	<u>68</u>	<u>179</u>	<u>247</u>
At 31 March 2023	<u>91</u>	<u>260</u>	<u>351</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Trade creditors	24	-
Taxation and social security	12,032	5,163
Other creditors	<u>3,091</u>	<u>2,550</u>
	<u>15,147</u>	<u>7,713</u>

9. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	51,190	(40,623)	10,567
Restricted funds			
John Moores Foundation	2,000	(2,000)	-
Green Mayoral Funding	1,000	(1,000)	-
Sport England Lottery	-	2,083	2,083
National Lottery	-	1,666	1,666
Leather Sellers	-	2,000	2,000
Pilkington Trust Charity	-	1,000	1,000
	<u>3,000</u>	<u>3,749</u>	<u>6,749</u>
TOTAL FUNDS	<u>54,190</u>	<u>(36,874)</u>	<u>17,316</u>

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	93,257	(133,880)	(40,623)
Comic Relief	375	(375)	-
	<u>93,632</u>	<u>(134,255)</u>	<u>(40,623)</u>
Restricted funds			
Steve Morgan Foundation	2,000	(2,000)	-
John Moores Foundation	-	(2,000)	(2,000)
Green Mayoral Funding	-	(1,000)	(1,000)
Local Giving	500	(500)	-
Hill Dickinson restricted fund	409	(409)	-
Sport England Lottery	5,000	(2,917)	2,083
National Lottery	10,000	(8,334)	1,666
Leather Sellers	3,000	(1,000)	2,000
Pilkington Trust Charity	4,000	(3,000)	1,000
	<u>24,909</u>	<u>(21,160)</u>	<u>3,749</u>
TOTAL FUNDS	<u>118,541</u>	<u>(155,415)</u>	<u>(36,874)</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	25,331	25,859	51,190
Restricted funds			
PH Holt	4,550	(4,550)	-
John Moores Foundation	2,083	(83)	2,000
The Medicash Foundation	5,500	(5,500)	-
Lottery Main Grants	8,330	(8,330)	-
Green Mayoral Funding	-	1,000	1,000
	<u>20,463</u>	<u>(17,463)</u>	<u>3,000</u>
TOTAL FUNDS	<u>45,794</u>	<u>8,396</u>	<u>54,190</u>

9. 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	105,715	(79,856)	25,859
Restricted funds			
PH Holt	-	(4,550)	(4,550)
LCVS Community Impact Fund	5,530	(5,530)	-
John Moores Foundation	5,000	(5,083)	(83)
The Medicash Foundation	-	(5,500)	(5,500)
Lottery Main Grants	39,890	(48,220)	(8,330)
Green Mayoral Funding	2,000	(1,000)	1,000
DWF	2,000	(2,000)	-
Local Giving	500	(500)	-
Hemby Trust	2,000	(2,000)	-
	<u>56,920</u>	<u>(74,383)</u>	<u>(17,463)</u>
TOTAL FUNDS	<u>162,635</u>	<u>(154,239)</u>	<u>8,396</u>

10. RELATED PARTY DISCLOSURES

Fees amounting to £3,450 (2023 £3,265) 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.

11. RESTRICTED FUNDS

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

LCVS - grants awarded to provide online health and wellbeing courses, sessional fees and general running costs.

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.

DWF Foundation - a grant awarded to contribute towards the running costs of the charity.

Hemby Local Giving - a grant awarded to contribute towards the sessional fees and counselling services.

Green Mayoral - grants received to help towards costs of green energy and general refurbishment of the office kitchen.

Pillkington Trust Charity - A grant received to contribute towards the salary of an amelioration officer.

Leather Sellers - A grant received to contribute towards sessional fees.

National Lottery - A grant received to contribute towards Mental Health & Wellbeing Services.

Sport England Lottery - A grant received to contribute towards the development of the 'Exercise Rehabilitation Project' to increase health.

Hill Dickinson - A grant received to cover costs of food and refreshments for a cancer support group afternoon tea.

Steve Morgan Foundation - A donation received to contribute towards running costs.

Local Giving - Magic Little Grants - A grant received to contribute towards counselling fees.

12. 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.

Comic Relief - A grant received for general sessional costs.