

**Report of the Trustees and  
Unaudited Financial Statements  
for the Year Ended 31 March 2023  
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 2023**

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## **Liverpool Cancer Care Self Help Group**

### **Report of the Trustees for the Year Ended 31 March 2023**

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The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **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.

## **Liverpool Cancer Care Self Help Group**

### **Report of the Trustees for the Year Ended 31 March 2023**

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#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

##### **Our Services**

In the period from April 22 until March 2023 we registered 415 service users bringing our service user numbers to 1485 who regularly access our services. We provided over 10000 hours of health crisis interventions to 1142 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 45 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 2022

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**

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 2022 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 22 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.

## **Liverpool Cancer Care Self Help Group**

### **Report of the Trustees for the Year Ended 31 March 2023**

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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.

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 2022 seeing us open on a Saturday for the first time in the charity's history.

#### **Old Services and New**

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

In Winter 2022 we introduced warm hubs in the form of Friday lunches and Monday morning Tea & Toast. The choice between heating or eating hit our region very hard, it made it even worse making this decision living with a long-term condition. In the 12 weeks of running this initiative we provided over 200 meals ensuring not just a safe place, but also providing peer support and advice for those in need. Working closely with the CAB we were able to direct funding to those people who accessed our services that were facing fuel poverty.

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 2023 to help as many local people as possible.

#### **Fundraising and Support**

Funding has become much more challenging in this last financial year, especially with global events drawing funds from not only donors, but also Trusts and Grant making organisations. The cost of living crisis and energy crisis has heavily impacted the regular ongoing donations and also how the country is now viewing legacy giving. We received £39k from Liverpool Council to contribute towards our counselling and wellbeing services in respect to the amount of referrals we had taken post pandemic. Notable community fundraising was from St Hildas School raised £16k for Sunflowers with one of their staff being part of our counselling team and we grew some corporate partnerships with PINS Social helping us reach a different demographic of person who may need support.

We are very worried about funding in the FY 23/24 with many local funders ringfencing their contributions and cancer support, wellbeing and mental health not at the forefront of presumed need. Again this comes from greater investment needed for the refugee crisis, tackling crime and youth development; however there needs to be at some point a review of charities such as ourselves who are keeping 1485 people from leaning on the NHS or their GP's for a health intervention.

## Liverpool Cancer Care Self Help Group

### Report of the Trustees for the Year Ended 31 March 2023

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#### 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 £54,190 (2022 £45,794) is above the three months general expenditure in the last financial year amounting to £38,560.

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 £162,531 (2022 £112,977).

Unrestricted funds have increased in the current year by £25,859 Restricted funds have decreased by £17,463.

The total funds carried forward at 31 March 2023 amounted to £54,190 (2022 - £45,794).

#### 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 .....12/12/23..... and signed on its behalf by:

.....  
S L Speeden - Trustee

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

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**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 2023.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Suzanne Draper ACA FCCA

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

Date: .....

18/12/23

**Liverpool Cancer Care Self Help Group**

**Statement of Financial Activities  
for the Year Ended 31 March 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	105,611	56,920	162,531	97,667
<b>Charitable activities</b>					
general		-	-	-	15,310
Investment income	3	104	-	104	5
<b>Total</b>		<b>105,715</b>	<b>56,920</b>	<b>162,635</b>	<b>112,982</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
general		79,856	74,383	154,239	136,313
<b>NET INCOME/(EXPENDITURE)</b>		<b>25,859</b>	<b>(17,463)</b>	<b>8,396</b>	<b>(23,331)</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		25,331	20,463	45,794	69,125
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>51,190</b>	<b>3,000</b>	<b>54,190</b>	<b>45,794</b>

The notes form part of these financial statements



**Liverpool Cancer Care Self Help Group**

**Balance Sheet  
31 March 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	8	351	-	351	769
<b>CURRENT ASSETS</b>					
Cash at bank		58,552	3,000	61,552	47,781
<b>CREDITORS</b>					
Amounts falling due within one year	9	(7,713)	-	(7,713)	(2,756)
<b>NET CURRENT ASSETS</b>		<u>50,839</u>	<u>3,000</u>	<u>53,839</u>	<u>45,025</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>51,190</u>	<u>3,000</u>	<u>54,190</u>	<u>45,794</u>
<b>NET ASSETS</b>		<u><u>51,190</u></u>	<u><u>3,000</u></u>	<u><u>54,190</u></u>	<u><u>45,794</u></u>
<b>FUNDS</b>	10				
Unrestricted funds				51,190	25,331
Restricted funds				<u>3,000</u>	<u>20,463</u>
<b>TOTAL FUNDS</b>				<u><u>54,190</u></u>	<u><u>45,794</u></u>

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

12/12/23

  
S L Speeden - Trustee

The notes form part of these financial statements

Notes to the Financial Statements  
for the Year Ended 31 March 2023

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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

	31.3.23	31.3.22
	£	£
Donations	96,731	57,993
Legacies	12,410	-
Grants	53,390	39,674
	<u>162,531</u>	<u>97,667</u>

**2. DONATIONS AND LEGACIES - continued**

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

	31.3.23 £	31.3.22 £
General	(3,530)	-
Other grants	56,920	39,674
	<u>53,390</u>	<u>39,674</u>

**3. INVESTMENT INCOME**

	31.3.23 £	31.3.22 £
Interest receivable	104	5
	<u>104</u>	<u>5</u>

**4. SUPPORT COSTS**

		Finance £
general		134
		<u>134</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**6. STAFF COSTS**

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

	31.3.23	31.3.22
Management & Admin	4	3
	<u>4</u>	<u>3</u>

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

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	57,992	39,675	97,667
<b>Charitable activities</b>			
general	15,310	-	15,310
Investment income	5	-	5
<b>Total</b>	<u>73,307</u>	<u>39,675</u>	<u>112,982</u>

**EXPENDITURE ON**

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

<b>7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b>			
	Unrestricted fund £	Restricted funds £	Total funds £
Charitable activities general	110,201	26,112	136,313
<b>NET INCOME/(EXPENDITURE)</b>	(36,894)	13,563	(23,331)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	62,225	6,900	69,125
<b>TOTAL FUNDS CARRIED FORWARD</b>	25,331	20,463	45,794
<b>8. TANGIBLE FIXED ASSETS</b>			
	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>			
At 1 April 2022 and 31 March 2023	4,498	7,805	12,303
<b>DEPRECIATION</b>			
At 1 April 2022	4,377	7,157	11,534
Charge for year	30	388	418
At 31 March 2023	4,407	7,545	11,952
<b>NET BOOK VALUE</b>			
At 31 March 2023	91	260	351
At 31 March 2022	121	648	769
<b>9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
	31.3.23	31.3.22	
	£	£	
Taxation and social security	5,163	200	
Other creditors	2,550	2,556	
	7,713	2,756	

Liverpool Cancer Care Self Help Group

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

10. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	25,331	25,859	51,190
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>45,794</u>	<u>8,396</u>	<u>54,190</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	105,715	(79,856)	25,859
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>162,635</u>	<u>(154,239)</u>	<u>8,396</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	62,225	(36,894)	25,331
<b>Restricted funds</b>			
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 Medicash Foundation	-	5,500	5,500
Lottery Main Grants	-	8,330	8,330
	<u>6,900</u>	<u>13,563</u>	<u>20,463</u>
<b>TOTAL FUNDS</b>	<u>69,125</u>	<u>(23,331)</u>	<u>45,794</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	73,307	(110,201)	(36,894)
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>112,982</u>	<u>(136,313)</u>	<u>(23,331)</u>

**11. RELATED PARTY DISCLOSURES**

Fees amounting to £3,265 (2022 £6,645) 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.

**12. 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.

Liverpool City Council - 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.

**13. 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.