

Cahonas Scotland

Scotland · Charity number SC040786

Details

Status	Active
Legal form	Unincorporated association
Registered	2009-08-28
Register	View on the OSCR register

Contact

Address	Suite 1/11 Titan Enterprise Centre 1 Aurora Avenue Clydebank West Dunbartonshire G81 1BF
Website	www.cahonasscotland.org

Activities

Activities: 'It makes grants, donations or gifts to organisations', 'It carries out activities or services itself'

Purposes: 'the prevention or relief of poverty', 'the advancement of education', 'the advancement of health', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Cahonas exists to normalise conversations about testicular cancer so more men recognise signs early, feel informed, and access support shaped by lived experience. Early detection is central to the charity's work, as testicular cancer is highly treatable when found early and survival rates are significantly higher. By promoting regular self checking the charity helps improve outcomes and reduce the physical and emotional impact of treatment. The charity focuses on early education building lifelong prevention habits, reduces fear & empowering men with knowledge before crisis occurs. Education & awareness activities are delivered across schools, sports clubs, workplaces, and community settings, including areas affected by health inequalities where men are less likely to engage with health services. We provide direct support through peer support, signposting, group meet ups, and chemotherapy care packs, responding to gaps in emotional and practical support identified by its community.

Beneficiaries: 'People with disabilities or health problems', 'Other defined groups'

Objectives: To increase the availability of and facilitate access to information and support services geared to the needs of men experiencing cancer and life limiting disease. To advance education of the public in matters relating to male cancers and to undertake where necessary the prevention of discrimination and stigma arising from diagnosis and the cancer experience. To relieve hardship, distress and suffering of men

experiencing cancer and life limiting disease in such ways as the charity shall decide from time to time.

Geography

- **Main operating location:** West Dunbartonshire
- **Geographical spread:** Operations cover all or most of Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£191,313	£136,631	-	2
2024-03-31	£85,160	£108,144	-	2
2023-03-31	£41,867	£106,403	-	2
2022-03-31	£51,501	£84,957	-	1
2021-03-31	£137,191	£76,200	-	1

Accounts

Charity Number

SC040786

Cahonas Scotland

Trustees' Report and Financial Statements

For the Year Ended 31 March 2025



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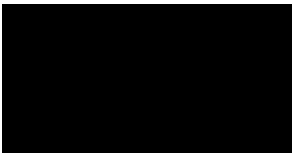
Reference and Administration Details

Charity Name Cahonas Scotland

Charity Number SC040786

Principal Address Suite 1/9
Titan Enterprise
1 Aurora Avenue
Queens Quay
Clydebank
G81 1BF

Trustees



Bankers Royal Bank of Scotland
30 Sylvania Way South
Clyde Regional Centre
Clydebank
G81 1TS

Independent Examiner


Brett Nicholls Associates
Herbert House
24 Herbert Street
Glasgow
G20 6NB

Trustees' Annual Report

The trustees present their report and annual accounts for the year ended 31 March 2025.

Structure, Governance and Management

Governing Document

Cahonas Scotland is an unincorporated association that is governed by its Constitution. The charity was granted charitable status on the 28 August 2009 and is registered in Scotland with the office of the Scottish Charity Regulator (OSCR), with charity number SC040786.

Trustee Recruitment and appointment

The Association's Trustees are appointed or re-appointed by the members at our Annual General Meeting.

Key management remuneration

In the opinion of the trustees there is one member of key management, the CEO. The total employer costs relating to this post in 2024-25 were £43,171 (2024: £40,675).

Objectives and Activities

Charitable purposes

Cahonas Scotland exists to educate, empower, and support males across Scotland to spot testicular cancer early, make self-checks a monthly habit, and access community led support without stigma or embarrassment. Our mission continues to focus on early education, open conversations, and support that fits real life in Scotland.

Our charitable purposes have not changed this year. We continue to:

- Deliver lifesaving education and awareness sessions across Scotland in schools, colleges, workplaces, clubs, and community settings.
- Provide support to those diagnosed with or affected by testicular cancer through practical resources, peer connection, and community led insight.
- Address inequalities in testicular cancer awareness by reaching communities who often have less access to health education and support.

Our vision remains a Scotland where testicular cancer is diagnosed early, survival outcomes improve, and no man feels alone or embarrassed seeking help.

Achievements and Performance

This year has been one of renewed momentum, community strength, and bold awareness activity. Guided by the voices of patients and survivors, and supported by partners who believe in our mission, we continued to deliver practical, life changing work across Scotland.

Education and Awareness

In 2024 to 2025 we delivered 85 education and awareness sessions across Scotland, reaching audiences from secondary schools to major employers and sports clubs. Sessions took place in settings such as Jordanhill School, Clydebank High, Border Force, Queens Park Football Club, Raith Rovers Football Club, Dunblane High School, Dollar Academy, Drumchapel High School, Strathclyde University, Cathkin High School, Rathbone, and more.

Trustees' Annual Report

Education and Awareness (Continued)

We continued to reach communities with less access to health education, ensuring our message about early detection reached men who are statistically less likely to check themselves or speak up about symptoms. Tackling health inequalities remains one of the most important aspects of our work.

Standout Awareness Campaigns

This year saw some of our strongest and most visible campaigns to date.

HECK Check Campaign

In November, HECK Sausages rebranded their packaging from HECK to CHECK to support testicular cancer awareness. This partnership opened the door to national press, television, and radio coverage, helping us share the importance of self-checking and early detection with new audiences. HECK also donated £20,000 to support our life saving work.

April Shine a Light on Testicular Cancer

During Testicular Cancer Awareness Month we illuminated iconic Scottish buildings in blue to spark conversations about testicular cancer and encourage men to check themselves.

Beermats for Balls

A new art exhibition and auction brought creativity and community spirit together. Artists from across the world created original designs on beermats, which were then exhibited in Glasgow and auctioned on our charity eBay account. This raised over £60,000, providing a significant and much needed boost to our fundraising portfolio after two challenging financial years.

Press and Digital Resources

Throughout the year we secured regular press, radio, and online coverage that amplified our message with warmth and clarity. We also expanded our digital resources with new videos and downloadable guidance to support education sessions, community outreach, and online learning.

Support Services and Community Impact

Our support work continued to grow as more men sought help, reassurance, and connection following a diagnosis.

You Have Got This Chemo Care Packs

Around 180 chemo care packs were distributed through our NHS partners in Glasgow, Edinburgh, and Aberdeen. These packs continue to evolve through patient feedback and guidance from our testicular cancer steering group. Each one provides comfort, practical items, and a reminder that no one goes through treatment alone.

Peer Support

This year we piloted new informal peer support opportunities, including coffee meetups and small group activities. One of the most meaningful moments was welcoming around sixty testicular cancer survivors as guests at our fifteenth anniversary charity ball. Bringing survivors together strengthened our growing community.

"Until I met Cahonas I had never spoken to anyone else who had been through testicular cancer. Being able to talk with someone who understood made me feel less alone."

Trustees' Annual Report

Check One Two Podcast

Our Check One Two Podcast released 26 new episodes in 2024 to 2025. It was highly commended at the British Podcast Awards for Best New Podcast. To be recognised alongside the BBC, Amazon, and major production companies was a proud moment and a sign of the value this resource brings.

The podcast continues to serve as both education and support. It gives men a safe and honest insight into diagnosis, mental health, fertility, hormones, and recovery. Notable guests this year included former professional footballer and TalkSport presenter Jason Cundy and actor Jack James Ryan.

"Listening to the podcast helped me feel calmer about what to expect. Hearing real stories made the whole journey less frightening."

We continue to develop relationships with mental health, survivorship, and recovery organisations to strengthen signposting for those who need it.

Partnerships and Collaboration

Cahonas worked closely with colleagues across the Testicular Cancer Network, contributing to joint planning, shared campaigns, and collaborative national resources.

A motion was raised in the Scottish Parliament by Marie McNair MSP congratulating Cahonas on fifteen years of service to the testicular cancer community and recognising our role in delivering lifesaving education across Scotland.

We also continued our strong partnership with Bawbags, who donated £3,500 to support our work.

Fundraising Performance

This year included a mix of flagship events, grant funding, and community support.

Major Income Highlights

- Beermats for Balls raised more than £60,000
- Jordanhill School S6 pupils raised £9,717 after selecting us as their charity of the year.

Grant Funding Secured

- Community Fund: £19,652 for the Check One Two Podcast
- People's Postcode Trust: £13,750
- Glasgow Wellbeing Fund: £10,400

Individual Fundraisers

- ██████████, Great Scottish Run: £1,006
- ██████████, Edinburgh Half Marathon: £781
- ██████████, Dundee Kiltwalk: £1,285

We recognise that community fundraising needs increased focus. Securing London Marathon charity places for the coming year provides a promising step toward strengthening this area.

Trustees' Annual Report

Financial Review

The charity generated a net surplus of £54,682 for the year ended 31 March 2025 (2024: Deficit of £22,984). At 31 March 2025 reserves stood at £79,995 (2024: £25,313) , with £66,343 being unrestricted (2024: £25,313) and £13,652 being restricted (2024: £nil)

Reserves Policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level equivalent to three month's expenditure. 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 organisation's current activities while consideration is given to ways in which additional funds may be raised. Based on the accounts for the year ended 31 March 2025 ordinary expenditure for 3 months amounts to £34,158. At 31 March 2025, the charity held unrestricted free reserves of £66,343. The trustees are therefore satisfied that this policy is being met and and additional funds will be reinvested in the charity.

Looking Ahead

Looking ahead, our priorities focus firmly on impact, sustainability, and community.

- Expand peer support, including more informal sessions and clearer signposting pathways for patients and families.
- Strengthen governance by welcoming trustees with specific skills, reviewing policies, and aligning board planning with our three-year strategy.
- Build capacity in the organisation by developing operations and peer support roles to help meet increasing demand.
- Continue expanding our education and awareness programme to reach more schools, clubs, workplaces, and rural communities.

Thanks and Acknowledgements

We extend our sincere thanks to our staff, volunteers, fundraisers, and supporters who make this work possible. We are grateful to Cool Designs Ltd, HECK, and Bawbags for their continued partnership and generosity. We thank Jordanhill School S6 for their outstanding contribution as charity of the year.

We acknowledge our NHS partners whose collaboration ensures newly diagnosed patients receive vital support. These include the Beatson West of Scotland Cancer Centre, the Western General Hospital in Edinburgh, and Aberdeen Royal Infirmary. We also thank the Community Fund, the People's Postcode Trust, and the Glasgow Wellbeing Fund for their investment in our work.

Together we are creating more conversations, more routine checks, more timely diagnoses, and more lives supported across Scotland.

The trustees declare that they have approved the report above.

Signed on behalf of the charity's trustees:



Date: 15/12/2025

Independent Examiner's Report

Report to the trustees/members of	Cahonas Scotland
Registered charity number	SC040786
Accounts of the charity for the year	1 April 2024 to 31 March 2025
Set out on pages	9-13

Respective responsibilities of trustees and examiner:

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's statement:

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent Examiner's statement:

In the course of my examination, no matter has come to my attention:

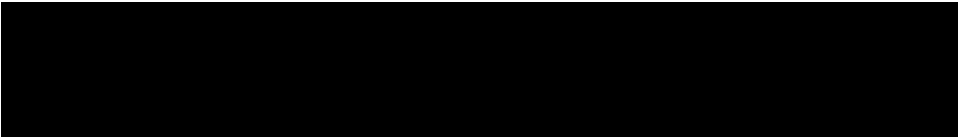
1. Which gives me reasonable cause to believe that in any material respect the requirements to:

- keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and

- prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Fellow of the Association of Chartered Certified Accountants
Brett Nicholls Associates
Herbert House, 24 Herbert Street, Glasgow, G20 6NB

Cahonas Scotland
Report and Accounts for the Year Ended 31 March 2025

Receipts and Payments Account

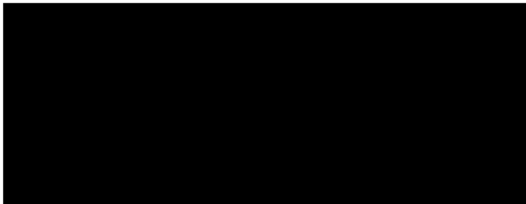
		<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds</i>	<i>2024 Total</i>
Receipts	<i>Notes</i>	<i>£</i>	<i>£</i>	<i>£</i>	
Donations	3	52,753	-	52,753	38,052
Grants	4	15,750	30,052	45,802	20,086
Fundraising Activities	5	86,943	-	86,943	21,432
Other	6	5,000	-	5,000	5,000
Investment	7	815	-	815	590
		<u>161,261</u>	<u>30,052</u>	<u>191,313</u>	<u>85,160</u>
Payments					
Charitable Activities Costs	8	97,552	16,400	113,952	104,542
Fundraising Costs	9	22,079	-	22,079	3,002
Support Costs	10	600	-	600	600
		<u>120,231</u>	<u>16,400</u>	<u>136,631</u>	<u>108,144</u>
Net Receipts/-Payments		<u>41,030</u>	<u>13,652</u>	<u>54,682</u>	<u>(22,984)</u>
<i>Funds Brought Forward</i>		25,313	-	25,313	48,297
Funds Carried Forward	12	<u>£66,343</u>	<u>£13,652</u>	<u>£79,995</u>	<u>£25,313</u>

All income and expenditure derive from continuing activities in both years.
The notes on pages 11 to 13 form an integral part of these accounts.

Statement of Balances

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds</i>	<i>2024 Total</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
Opening Cash and Bank Balances	25,313	-	25,313	48,297
Surplus/-Deficit for the year	<u>41,030</u>	<u>13,652</u>	<u>54,682</u>	<u>(22,984)</u>
Closing Cash and Bank Balances	<u>66,343</u>	<u>13,652</u>	<u>79,995</u>	<u>25,313</u>

Signed on behalf of the trustees:



Date: 15/12/2025

Notes to the Accounts

1. General Information

Cahonas Scotland ("the charity") is an unincorporated association governed by its constitution. It was registered as a charity in Scotland (registered number SC040786) on 28 August 2009. Its registered address is Suite 1/9, Titan Enterprise Centre, 1 Aurora Avenue, Clydebank, West Dunbartonshire, G81 1BF.

2. Basis of Preparation

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

3. Donations	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2024 Total £</i>
General Donations	52,302	-	52,302	36,523
Gift Aid	451	-	451	<u>1,529</u>
	<u>52,753</u>	<u>-</u>	<u>52,753</u>	<u>38,052</u>

4. Grants	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2024 Total £</i>
GCVS	-	10,400	10,400	-
Sported Foundation	2,000	-	2,000	-
National Lottery - Community fund	-	19,652	19,652	-
People's Postcode Trust	13,750	-	13,750	<u>20,086</u>
	<u>15,750</u>	<u>30,052</u>	<u>45,802</u>	<u>20,086</u>

5. Fundraising	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2024 Total £</i>
Fundraising Event Income	86,943	-	86,943	<u>21,432</u>

6. Other Income	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2024 Total £</i>
Employment Allowance	5,000	-	5,000	<u>5,000</u>

7. Investment Income	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2024 Total £</i>
Bank Interest	815	-	815	<u>590</u>

Notes to the Accounts

8. Charitable Activities Costs	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>	<i>2024</i>
	<i>Funds</i>	<i>Funds</i>	<i>Funds</i>	<i>Total</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
Salary	56,542	8,500	65,042	61,500
Employer NI	6,454	-	6,454	5,976
Employer Pension	3,903	-	3,903	3,690
Awareness	10,789	6,400	17,189	11,048
Chemotherapy Packs	517	-	517	1,801
Subsistence	189	-	189	107
I.T. & Communications	915	600	1,515	2,978
Insurance	655	-	655	635
Office Expenses	577	-	577	103
Payroll Fees	811	-	811	630
Postage & Stationery	3,215	-	3,215	2,502
Advertising	352	-	352	239
Rent	6,468	-	6,468	7,056
Subscriptions	481	-	481	145
Telephone	2,210	-	2,210	2,091
Training	180	-	180	180
Travel	1,489	900	2,389	2,160
Utilities	1,216	-	1,216	1,166
Website	589	-	589	535
	<u>97,552</u>	<u>16,400</u>	<u>113,952</u>	<u>104,542</u>
9. Fundraising Activities	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>	<i>2024</i>
	<i>Funds</i>	<i>Funds</i>	<i>Funds</i>	<i>Total</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
Fundraising Expenses	<u>22,079</u>	<u>-</u>	<u>22,079</u>	<u>3,002</u>

Cahonas Scotland
Report and Accounts for the Year Ended 31 March 2025

Notes to the Accounts

10. Support Costs	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>	<i>2024 Total £</i>
Preparation & Independent Examination of Accounts	600	-	600	600

11. Related Party Transactions

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

There were no related party transactions during the year nor in the prior year.

12. Funds Analysis	<i>Opening Balance 1 April 24</i>	<i>Receipts</i>	<i>Payments</i>	<i>Transfers</i>	<i>Closing Balance 31 Mar 25</i>
Unrestricted					
General	25,313	161,261	120,231	-	66,343
Restricted					
National Lottery Community Fund	-	19,652	16,400	-	3,252
GCVS	-	10,400	-	-	10,400
	-	30,052	16,400	-	13,652
Grand Total	25,313	191,313	136,631	-	79,995

Purposes of Funds

General Fund	- There is only one unrestricted fund, the General fund to be used in the furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day-to-day operation of the charity.
National Lottery Community Fund	- Funding for Check One Two Podcast
GCVS	- Funding for Peer Support