



CancerHelp

A photograph of two women sitting and talking. The woman on the left has voluminous curly hair and is smiling warmly at the woman on the right. The woman on the right is older, with short grey hair and glasses, and is looking back at the first woman. They are in a room with green plants in the background.

# Annual Report

2021





# Contents

- 04** Mission Statement
- 06** Support services available for clients and their families
- 08** Chairman's Introduction
- 10** General Manager's Report
- 11** CancerHelp's Plans for 2021/22
- 12** How we raised and spent our money this year
- 14** Thank you!
- 15** Support Centres
- 17** Report of the Trustees and unaudited financial statements for the year ended 30 September 2021

## Patrons

The Lord Shuttleworth J.P.  
The Lord Lieutenant of Lancashire

## BOARD OF TRUSTEES OF CANCERHELP 2020-2021

The Board of Trustees of CancerHelp is responsible, on behalf of donors, for ensuring that funds accrued are effectively used to support the objectives of the Charity.

## HONORARY OFFICERS

Chairman, Mr J Gorick  
Company Secretary, Mrs H Patterson  
Honorary Treasurer, Ms R Mallett

## COMPANY OFFICE

Vine House 22 Cromwell Rd Ribbleton, Preston PR2 6YB

Tel 01772 793344 Email [info@cancerhelppreston.co.uk](mailto:info@cancerhelppreston.co.uk)  
CancerHelp Registered Charity Number: 1032828 Company Number: 02890943

Follow us on Twitter @CancerhelpLtd  
Like us on our Facebook pages at cancerhelpprestonLtd

**Visit our website [www.cancerhelppreston.co.uk](http://www.cancerhelppreston.co.uk)**



# Mission Statement



"It's second to none. The way I now think about things differently. It has had a massive impact on everything and I can't thank you enough."

“CancerHelp strives to be the leading charitable provider of support for all those affected by cancer and close family bereavement, in Central Lancashire. CancerHelp will offer the highest standards of help, advice, and therapy to all those who seek assistance; allowing them to find comfort, gain self-confidence and, above all, live fulfilled lives”.

## Our aim is:

- To improve the quality of life of cancer patients, their families, and their carers by providing a comprehensive range of high-quality services, which are free at the point of use.
- To provide support for cancer patients from the point of diagnosis, through treatment, into recovery and, for some clients, in the terminal phase of the disease.
- To provide therapy services and support to children, young people and associated family members affected by close family bereavement.
- To provide appropriate emotional, physical, and social support that is matched to each client's individual needs and circumstances through assessment and consultation.
- To provide information and advice services for educational, community and health care professionals with the intention of promoting and supporting best practice.
- To provide services in a welcoming, professional, and non-clinical environment through our dedicated cancer support centres, Vine House and Croston House.
- To develop mutually beneficial working relationships with other professional organisations which identify and achieve common objectives for the benefit of clients.
- To provide advice, information, and advocacy to enable clients to find the best support for them.
- To work with agencies involved in the welfare of young people to improve the life chances of children and young people affected by close family bereavement.
- To continually develop suitable services in consultation with both clients and health care professionals.
- To provide a positive, open, and safe working environment in which staff and volunteers can develop their skills, enhance services, and enable the Charity to meet its aims.

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Throughout 2020/21 the therapists and counsellors continued to deliver services and senior managers ensured that they did so in a way that was safe for both staff and for those they were supporting.

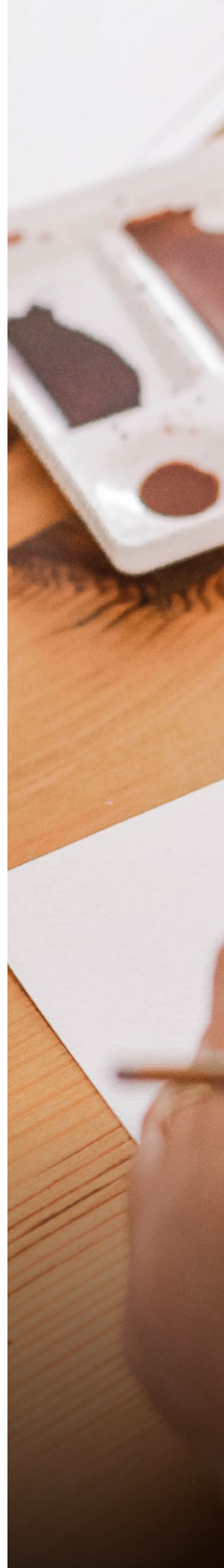
Lessons learnt after the initial lockdown the previous year showed that the necessary move to online and telephone support sessions for the Talking Therapy Teams has continued to be a valued option to service users. This means of delivery enables support to be offered to people who are too unwell or vulnerable to access face-to-face sessions. Support can also be given this way to those who feel unable to leave the house when caring for someone who is very ill.

# Support services available for clients and their families

A number of our services were impacted again this year. We prioritised our 1-2-1 sessions and, fortunately, a number of groups were able to re-start at Vine House as the year progressed, and these were well attended. From summer 2021 we were also able to provide some services at Croston House.

The support groups were able to meet with appropriate guidelines in place from late Spring and the services we offered when permitted by the restrictions included:-

- Bereavement support and counselling
- Cancer Information advice and signposting
- Complementary Therapies
- Counselling, including psychotherapy and hypnotherapy
- Craft and activity groups
- Art Groups
- Family support
- Stride - Children and Young People's Bereavement Service
- Listening and Loss telephone support (Lottery funded which ran until mid 2021)
- Hosting the Support Groups
- Yoga







"It's second to none.  
The way I now think about  
things differently. It has had a  
massive impact on everything  
and I can't thank you enough."

# Chairman's Introduction



**As is my custom when writing this report, I like to take time to review the report of the previous year. A year ago, I wrote**

**"In concluding my report, we must acknowledge that the charity, and for that matter the country, has a long way to go before it returns to some form of normality. The coming year represents a huge challenge, possibly greater than the year just passed. However, I am sure that the experience we have gained over the last twelve months will be hugely beneficial."**

I did not imagine that twelve months later the same words would be as relevant as they were then.

Indeed, at the time of writing my report the country is gripped by yet another variant of Covid19, the Omicron variant. Fortunately, the impact of this strain of the virus is milder in most people but its impact on our day to day lives remains significant.

As we entered our new financial year in October 2020 the country was experiencing a wave of infections, hospitalisations and deaths associated with Covid19. The Government introduced a tiered range of restrictions and by the end of the month a second lockdown in England was announced. And so, the year progressed with varying degrees of restrictions and a third lockdown.

Despite the disruption the charity had indeed learnt lessons from the previous year that allowed it to continue to deliver its services. Thanks to the hard work and flexibility of the service delivery teams, clients were seen in person, within the prevailing guidelines, and via video link. There is no doubt that as the vaccine program was rolled out people felt increasingly comfortable to attend appointments in person. None the less, the charity continues to utilise video technology to access clients that it may not otherwise be able to see.

After a significant period of closure Croston House was reopened, albeit with reduced hours, for both talking and complementary therapies.

Towards the end of the year, it was becoming obvious that the periods of lockdown, restrictions and growing waiting lists for NHS treatment were having a significant impact on the mental wellbeing of many of the people accessing services through CancerHelp. Our counsellors and therapists began to note that many of their cases were becoming more complex. For many, the trauma of a cancer diagnosis, cancer treatment and in some cases bereavement has been amplified by the impact of the pandemic on the NHS and family life. There is no doubt in my mind that this has made what was a challenging role for all our counsellors and therapists considerably more difficult and sensitive.

The emergency financial plan that was so vital to the wellbeing of the charity in the previous year was rolled into the new financial year. Significant efforts were made to ensure the charity accessed all available central and local government support. Emergency and Covid19 specific grants were accessed, donations sought and two of the charity's four shops kept open, when so permitted. As the months passed it became apparent that this strategy had paid off and the significant deficit that



the charity had projected became a small surplus (see addendum). At the same time expenditure was minimised wherever possible. Staff members were incredibly flexible, taking furlough as required, volunteering without pay and utilising holidays to help.

As ever, behind the scenes, the charity's volunteers continued to do whatever has been asked of them to support the charity. Volunteers supported the work of the therapists and counsellors; volunteers ensured the shops were open and volunteers continued to raise money however they could. Without them I have no doubt CancerHelp would have had an almost impossible year.

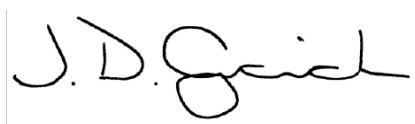
Sadly, I must report that, towards the end of the year, two of the charity's most influential figures passed away. Firstly, Margaret O'Donoghue who founded the charity in 1989 and for 30 years oversaw its growth into what we see today, died in August 2021. Margaret recognised that cancer patients were not receiving the support, if any, they needed post diagnosis. She was determined to change that situation and through her strength of will and purpose did so, subsequently ensuring that thousands of local people could access vital support services through CancerHelp. I doubt she would have been so successful without her right-hand man, Eddie Topping. Sadly, Eddie passed away just a matter of weeks after Margaret, in September 2021. Eddie joined Margaret not long after the charity opened in Plungington Road. He oversaw the acquisition of Vine House and Croston House and their subsequent conversions. Eddie was the charity's founding Chairman, supporting Margaret's desire to help those affected

by cancer. They were immense characters without whom the charity would not exist today.

In concluding I would like to recognise that this year has been another incredibly difficult one for all those who have striven to keep the charity afloat. I have been moved by the dedication of so many people associated with the charity and their desire to ensure CancerHelp succeeds. Once again, I would like to offer my personal thanks to Jeanette Smalley who has ensured the doors of Vine House and Croston House have remained open and to Rachel Mallett whose careful stewardship of the charity's finances has ensured those doors could open.

The year ended as it began with the country still in the grip of a pandemic. The Covid19 Alpha strain mutated into Delta and then into Omicron. The country has indeed been fortunate to have been a world leader in its vaccination program. However, the year ahead promises to be another difficult one and one that will challenge all of us who wish to see CancerHelp continue to deliver its vital support.

To all those who have supported CancerHelp over the last twelve months I offer my gratitude.



**Jonathan Gorick**  
Chair of Trustees

## Addendum to the Report of the Chairman for the Year Ended 30th September, 2021

Whilst compiling the final drafts of CancerHelp's accounts and reports the charity became aware of a legacy. The family of a local man, who died in the previous year, contacted the charity to say that, whilst their relative had not left a will, they were keen to support the "wonderful and valuable work done by CancerHelp". The estate is now subject to a Deed of Variation and, whilst the size of the legacy has yet to be confirmed, a provisional sum of £35,000 will be incorporated into the Statement of Financial Activities. Thanks to the generosity of the family concerned, a small surplus has been transformed into a significant one, further securing the charity's future. The family has been made aware of the charity's gratitude.

**13 January 2022**

# General Manager's Report

**Whilst everyone is weary of COVID, unfortunately it cannot be ignored in this annual report.**

Firstly let me thank the Team here at CancerHelp for everything they do. They have made a difficult year much more bearable for both myself and most importantly our clients. Client feedback has remained consistently high and that is thanks to all of the Team – our volunteer Reception Staff, the Administration Team, and therapists alike.

Thank you to everyone, volunteers and donors alike who has generated funding to enable us to continue to provide services.

Throughout the year, service provision was to a large extent impacted by COVID infection levels. The resultant Government guidance and restrictions lead to CancerHelp's response and during the first lockdown in 2020 meant that we were unable to offer complementary therapies. We also had to make the decision that in order to limit the footfall, the first area of services to be restricted would be the group activities.

However, with the availability of vaccines and improvements in treatments, alongside social distancing guidance, we felt confident enough to re-start the support group meetings during summer 2021. Provisional dates are in place for re-starting the HOPE self-management programme in early 2022 and discussions are taking place around re-starting both the Relaxation and Bereavement groups. The Yoga sessions run by Deborah Hopkinson have also returned to Vine House.

Importantly we were able to re-open Croston House during late summer 2021, so it now feels as though we are moving to a more 'normal' footing.

During the year a number of renovations were carried out at Vine House. The focus was on re-painting the exterior of the House, the corridor areas on both floors, replacing the flooring and making much of the house energy efficient with LED lighting. The house is now much more welcoming for all those visiting - yet more work is needed.

As we start to think about 2021/22, the Teams, as always, are considering how best to reach as many people as possible whilst maintaining a quality service within the allocated budgets. Priorities identified so far include:

- re- introducing Counsellor in Training (student) placements
- re-starting those Groups that are still paused
- establishing closed (a fixed number of sessions with the same clients attending) relaxation group sessions

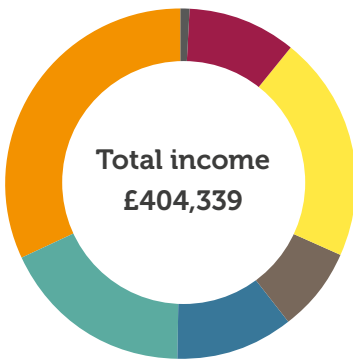
We look forward to more stability around how we are able to offer services during 2021/22 and how we can continue to make a difference to the lives of our clients.



# CancerHelp's Plans for 2021/22

- Demand has begun to increase for services and this has meant increased waiting times for clients. There will be a focus on how best to **manage the waiting lists, increasing available capacity** where possible whilst maintaining a **high quality service** and endeavouring to control the expenditure.
- Increasing uptake of CancerHelp's service by the local Black and Minority Ethnic (BAME) community has been a CancerHelp priority for a number of years. Work has been happening quietly behind the scenes to build these relationships, resulting in a Steering Group with Macmillan Cancer Support and local community partners. 2021 saw the Group developing a multi-year funding bid, the purpose of which is to **better engage with the various BAME community groups and increase the awareness of support services for people affected by cancer**. This will increase the awareness of CancerHelp. A decision is expected late 2021/early 2022.
- To **redesign our website** so that information is **more user friendly and engaging** and information that new viewers are looking for is easy to find.
- The Complementary Therapy service is exploring Sound Therapy and looking at ways of **further promoting the Face Forward make up sessions**.
- Following on with the healthy lifestyle approach and with Covid still very evident we are investigating the option of **Walking Talking Therapies** for those who require support and would feel safer being outside.
- The Adult Therapy Service will **restart the HOPE self-management programme, the Relaxation Group and the Bereavement Group** once restrictions are lifted. The team are looking at whether these are delivered as closed groups or a mix of open and closed sessions.
- The **5k Your Way in Preston** which was planned to launch in April 2020 is supported by CancerHelp and will join the Park Run that meets on the last Saturday of the month in Avenham Park from October 2021. This will be a great way for those wanting to do some physical activity alongside others in similar personal situations.
- Using monies from the Children in Need grant the Children and Young People's Service is running **1-2-1 sessions** rather than peer support groups due to the current high level of coronavirus infection rates. Hopefully the group sessions can begin soon.

## How we raised our money this year



- Legacies - £39,529
- Donations - £84,601
- Fundraising - £30,478
- NHS - £42,872
- Charity Shops - £71,848
- Grants - £130,579
- Other - £4,432

**Legacies** - funds left to CancerHelp in someone's will

**Donations** - gifts of money from individuals

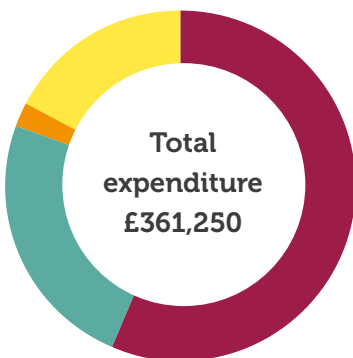
**Fundraising** - monies raised through raffles, events, sponsored activities

**NHS** - monies granted by the NHS to support our services

**Charity Shops** - income from the two shops run by volunteers in Preston

**Grants** - predominantly government income from Job Retention Scheme (covid19)

## How we spent our money this year



- Charitable Activities - £203,040
- Support Costs - £86,777
- Raising Donations - £9,017
- Trading Activities - £62,416

**Charitable Activities** - therapy staff, running groups

**Support Costs** - governance

**Raising Donations** - bid writing, monies to support fundraising events/schemes

**Trading Activities** - expenses related to running the 4 shops, rents, rates etc. (including two currently closed)

**Surplus for 2020/2021 - £43,089**



"These sessions have been so valuable to me, they have helped me to organise and acknowledge my feelings, which in turn has led to me talking and sharing my thoughts and concerns with my wife, further deepening my relationship with my wife and family, Its helped us all grow closer. Thank you."



# Thank you!

CancerHelp Preston wouldn't be able to offer services to so many local people dealing with cancer if it wasn't for our amazing supporters. There are so many incredible donors, organisations, groups, volunteers, Trustees and fundraisers that we cannot thank enough.

These include:



and many, many others





# Support Centres

And we could not run the services we do without all our volunteers who help out at Vine House and at our busy charity shops.

## Vine House

22 Cromwell Road, Ribbleton,  
Preston, PR2 6YB



## Croston House

113 Croston Road, Garstang,  
Preston, PR3 1HQ



Telephone: Vine House 01772 793344 / Croston House 01995 606469

Email: [info@cancerhelppreston.co.uk](mailto:info@cancerhelppreston.co.uk)

[www.cancerhelp.co.uk](http://www.cancerhelp.co.uk)

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# Shops



30 Berry Lane,  
Longridge,  
Preston, PR3 3JJ

Telephone 01772 784975



32 High Street,  
Garstang,  
PR3 1FA

Telephone 01995 606910

"The therapist was very understanding and always went the extra mile to help solve my problems. Thank you for helping my life to shine again."





CancerHelp

**Report of the Trustees  
and unaudited financial  
statements**

For the year ended  
30 September 2021

**For**  
**CancerHelp (Preston) Limited**  
(A Company Limited By Guarantee)



# Chairman's Report

For the year ended 30 September 2021

As is my custom when writing this report, I like to take time to review the report of the previous year. A year ago, I wrote

"In concluding my report, we must acknowledge that the charity, and for that matter the country, has a long way to go before it returns to some form of normality. The coming year represents a huge challenge, possibly greater than the year just passed. However, I am sure that the experience we have gained over the last twelve months will be hugely beneficial".

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Indeed, at the time of writing my report the country is gripped by yet another variant of Covid 19, the Omicron variant. Fortunately, the impact of this strain of the virus is milder in most people but its impact on our day to day lives remains significant.

As we entered the new financial year in October 2020 the country was experiencing a wave of infections hospitalisations and deaths associated with Covid 19. The Government introduced a tiered range of restrictions and by the end of the month a second lockdown in England was announced. And so, the year progressed with varying degrees of restrictions and a third lockdown.

Despite the disruption the charity had learnt lessons from the previous year that allowed it to continue to deliver its services. Thanks to the hard work and flexibility of the service delivery teams, clients were seen in person, within the prevailing guidelines, and via video link. There is no doubt that as the vaccine program was rolled out people felt increasingly comfortable to attend appointments in person. None the less, the charity continues to utilise video technology to access clients that it may not otherwise be able to see. After a significant period of closure Croston House was re-opened, albeit with reduced hours, for both talking and complementary therapies.

Towards the end of the year, it was becoming obvious that the periods of lock down restrictions and growing waiting lists for NHS treatment were having a significant impact on the mental wellbeing of many of the people accessing services through CanceHelp. Our counsellors and therapists began to note that many of their cases were becoming more complex. For many, the trauma of a cancer diagnosis, cancer treatment and in some cases bereavement has been amplified by the impact of the pandemic on the NHS and family life. There is no doubt in my mind that this has made what was a challenging role for all our counsellors and therapists considerably more difficult and sensitive. The emergency financial plan that was so vital to the wellbeing of the charity in the previous year was rolled into the new financial year. Significant efforts were made to ensure the charity accessed all available central and local government support. Emergency and Covid 19 specific grants were accessed, donations sought and two of the charity's four shops kept open, when so permitted. As the months passed it became apparent that this strategy had paid off and the significant deficit that the charity had projected became a small surplus (see addendum). At the same time expenditure was minimised wherever possible. Staff members were incredibly flexible, taking furlough as required, volunteering without pay and utilising holidays to help.

As ever, behind the scenes, the charity's volunteers continued to do whatever has been asked of them to support the charity. Volunteers supported the work of the therapists and counsellors; volunteers ensured the shops were open and volunteers continued to raise money however they could. Without them I have no doubt CancerHelp would have had an almost impossible year.

Sadly, I must report that, towards the end of the year, two of the charity's most influential figures passed away. Firstly, Margaret O'Donoghue died in August 2021, after a short illness. Margaret founded the charity in 1989 and for 30 years oversaw its growth into what we see today. Margaret recognised that cancer patients were not receiving the support, if any, they needed post diagnosis. She was determined to change that situation and through her strength of will and purpose did so, subsequently ensuring that thousands of local people, could access vital support services

## Chairman's Report

For the year ended 30 September 2021

through CancerHelp. I doubt she would have been so successful without her right hand man, Eddie Topping. Sadly, Eddie passed away just a matter of weeks after Margaret, in September 2021. Eddie joined Margaret not long after the charity opened in Plungington Road. He oversaw the acquisition of Vine House and Croston House and their subsequent conversions. Eddie was the charity's founding Chairman supporting Margaret's desire to help those affected by cancer. They were immense characters without whom the charity would not exist today.

In concluding I would like to recognise that this year has been another incredibly difficult one for all those who have striven to keep the charity afloat. I have been moved by the dedication of so many people associated with the charity and their desire to ensure CancerHelp succeeds. Once again, I would like to offer my personal thanks to Jeanette Smalley who has ensured the doors of Vine House and Croston House have remained open and to Rachel Mallett whose careful stewardship of the charity's finances has ensured those doors could be open.

The year ended as it began with the country still in the grip of a pandemic. The Covid 19 Alpha strain mutated into Delta and then into Omicron. The country has indeed been fortunate to have been a world leader in its vaccination program. However, the year ahead promises to be another difficult one and one that will challenge all of us who wish to see CancerHelp continue to deliver its vital support.

To all those who have supported CancerHelp over the last twelve months I offer my gratitude.

**Jonathan Gorick**  
Chair of Trustees

### Addendum to the Report of the Chairman for the Year Ended 30th September 2021

Whilst completing the final drafts of CancerHelp's accounts and reports the charity became aware of a legacy. The family of a local man, who died in the previous year, contacted the charity to say that, whilst their relative had left no will, they were keen to support the "wonderful and valuable work done by CancerHelp". The estate is now subject to a deed of variation and, whilst the size of the legacy has yet to be confirmed, a provisional sum of £35,000 will be incorporated into the Statement of Financial Activities. Thanks to the generosity of the family concerned, a small surplus has been transformed into a significant one, further securing the charity's future. The family has been made aware of the charity's gratitude.

# Report of the Trustees

For the year ended 30 September 2021

## Introduction

### The Board of trustees

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 September 2021. 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).

## Reference and administrative details

### Registered Company number

02890943 (England and Wales)

### Registered Charity number

1032828

### Registered office

Vine House Day Care Centre  
22 Cromwell Road  
Ribbleton  
Preston  
Lancashire  
PR2 6YB

### Trustees

Mr J D Gorick  
Miss J M Robinson  
Mr P D Hine  
Miss R Mallett  
Rev D L Anderson  
Mr M J Swift  
Mrs R L Rose  
Mrs A R Shorrocks

### Company Secretary

Mrs H C Patterson

### Independent Examiner

Mr A Mills FCA MAAT  
Institute of Chartered Accountants in England & Wales  
James Todd & Co  
Greenbank House  
141 Adelphi Street  
Preston  
Lancashire  
PR1 7BH

### Solicitors

The Charity's solicitors are Marsden Rawsthorn Solicitors Limited, 3-4 Faraday Court, Fulwood, Preston PR2 9NB.

### Bankers

The Charity's bankers are Barclays Bank PLC, 38 Market Street, Lancaster LA1 1HS

### General Manager

Miss J Smalley



# Report of the Trustees

For the year ended 30 September 2021

## Objectives and activities

### Objectives and aims

#### Covid 19

Once again, the Trustees cannot issue this report without first referring to the impact of the Covid 19 pandemic. For a second year, the country was subject to varying degrees of restrictions including lockdown. The Government's aim was to prevent a "medical and moral disaster" for the NHS. Following the end of the second lockdown in December 2020 the country began a journey towards a degree of normality. However, the impact of Covid 19 has been, and remains, significant. The virus has, through its various strains, continued to wreak havoc on the country's economy, businesses, and people.

The Trustees are therefore relieved to report that CancerHelp has survived another difficult year. It has done so thanks to the hard work and commitment of its staff and volunteers. The charity has continued to deliver its support to all those who have sought its help. For a second year its financial survival has very much been dependent on central and local Government support, emergency grants and generous donations. Indeed, the significant surplus recorded in this year's accounts is due to the generosity of one local family, following the death of a relative.

The ongoing management of the charity continued to present its challenges. In person Trustees meetings remained suspended and the Covid 19 working group, consisting of the Chairman, Jonathan Gorick, Treasurer, Rachel Mallett and Trustee, Mike Swift continued to oversee the operation of the charity through General manager Jeanette Smalley. They did so with regular referral to, and the approval of, the Trustee Board, via video conference where necessary.

CancerHelp strives to be the leading charitable provider of support for all those affected by cancer and close family bereavement, in Central Lancashire. CancerHelp will offer the highest standards of help, advice, and therapy to all those who seek assistance; allowing them to find comfort, gain self-confidence and, above all, live fulfilled lives.

- To improve the quality of life of cancer patients, their families and their carers by providing a comprehensive range of high-quality services, which are free at the point of use.
- To provide support for cancer patients from the point of diagnosis, through treatment, into recovery and, for some clients, in the terminal phase of the disease.
- To provide therapy services and support to children, young people and associated family members affected by close family bereavement.
- To provide appropriate emotional, physical, and social support that is matched to each client's individual needs and circumstances through assessment and consultation.
- To provide information and advice services for educational, community and health care professionals with the intention of promoting and supporting best practice.
- To provide services in a welcoming, professional, and non-clinical environment through its dedicated cancer support centres, Vine House and Croston House.
- To provide advice, information, and advocacy to enable clients to find the best support for them.
- To develop mutually beneficial working relationships with other professional organisations which identify and achieve common objectives for the benefit of clients.
- To work with agencies involved in the welfare of young people to improve the life chances of children and young people affected by close family bereavement.
- To continually develop suitable services in consultation with both clients and health care professionals.
- To provide a positive, open, and safe working environment in which staff and volunteers can develop their skills, enhance services, and enable the Charity to meet its aims.

# Report of the Trustees

For the year ended 30 September 2021

## Objectives and activities

### Significant activities

The main activities undertaken in relation to the objectives of the charity include a mix of one-to-one counselling/ therapy and groupwork. The main areas of one-to-one support are

- Counselling including Psychotherapy
- Complementary Therapies
- Children and Young People's Bereavement Service
- Bereavement Support and Counselling
- Breathlessness Clinic

### The main areas of group support are

- Art Groups
- Being with Cancer Workshops
- Craft and Activity Groups
- Family Support
- Hope Self-Management Programme
- Informal Advocacy and Liaison - Cancer Information
- Listening & Loss Telephone Support
- Mindfulness Programme
- Support Groups
- Yoga

The Listening & Loss Telephone support service was introduced in September 2020. It ran for a contracted period and ceased at the end of that period in mid-2021. Given the impact of Covid 19 some of the services (mainly the group sessions) listed above were not available for parts of the year. The charity's ability to deliver some of these services has been dictated by its response to Government Restrictions and Guidelines. CancerHelp has provided the services listed above as and when permitted and safe to do so.

The charity's services are reviewed on a regular basis to ensure they continue to satisfy the objectives of the charity and continue to meet the needs of service users. Client feedback is sought and published within senior management reports. Almost exclusively that feedback is very positive reflecting the value of the services provided and their ability to help service users to deal with traumatic circumstances.

The charity offers a dedicated service for children and young people called Stride. The service provides support to those who are affected by cancer themselves or in their immediate family. That support extends to children and young people who are experiencing, or have experienced, close family bereavement associated with cancer. It is well known that, without appropriate support, many such children and young people go on to develop psychological disorders that can adversely affect the remainder of their lives. Sadly, the statutory Children and Adolescent Mental Health Services have raised their thresholds so that bereavement no longer meets their referral criteria. CancerHelp's Stride service is unique in Central Lancashire.

The benefit provided to the people of Central Lancashire by CancerHelp cannot be measured in terms of money or statistics. It must be measured in terms of the well-being of that large part of society touched by cancer. To the recipients of CancerHelp's support the benefit is invaluable.

# Report of the Trustees

For the year ended 30 September 2021

## Objectives and activities

### Public benefit

The trustees have given due consideration to Charity Commission published guidance on the operation of the public benefit requirement.

The charity exists to help all those affected by cancer in Central Lancashire. It aims to help cancer patients, their families and their carers to live with the disease and its consequences. This includes support through diagnosis, treatment and sadly sometimes death. CancerHelp fills a significant gap in service provision in Central Lancashire. That gap lies between the diagnostic, medical intervention and associated support services offered by Lancashire Teaching Hospitals, including the NHS charitable organisation Rosemere, and the palliative care provided by St Catherine's Hospice.

Macmillan Cancer Support estimates that there are over 2.5 million people currently living with Cancer in the UK, a figure that has increased by almost 500,000 in the last five years. It is anticipated that, by 2030, the number of people living with cancer will be 4 million. Talking therapies and complementary therapies have been proved to be effective in protecting the wellbeing of people coping with the disease and its consequences. The services offered by charities such as CancerHelp have never been more important than they are now.

That is why, every year, several hundred people from Central Lancashire access the charity's cancer support centres in Preston (Vine House) and Garstang (Croston House). Following assessment, they are directed to one, or more, of the charity's services, depending on their individual need. Usually this will result in six to eight one to one meetings with one of the charity's qualified and experienced counsellors or access to one of the specific support groups. Support can be provided in person at Vine House or Croston House, at home, by video link or over the phone. CancerHelp provides several thousand service user sessions every year. All the services offered by the charity are free of charge.

Cancer does not discriminate by age, gender or background, and neither does CancerHelp; everyone is welcome to access its services.

### Volunteers

This report offers the Trustees the opportunity to recognise that the charity could not function without its team of dedicated volunteers. Without their much-appreciated efforts the community would be deprived of an invaluable service. They are the lifeblood of the charity and are often our unsung heroes.

Once again, this has never been truer than in the year just ended. The huge impact of the Covid 19 virus has meant that many volunteers could not work, as the charity's shops and day care centres were closed. However when asked those same volunteers stepped forward to do what they can to help the charity. As the shops reopened, volunteers returned and ensured both they and customers followed the Covid safe policies of CancerHelp. Vine House could not have continued to operate without its volunteers who fulfil roles as diverse as receptionists, administrators and gardeners.

Despite the impact of the Covid 19 virus, CancerHelp, like many other charities, has a constant need for new volunteers. Generally, its ranks of volunteers tend to be elderly and sadly, for several reasons, some are no longer with us. The charity has an active programme to recruit volunteers at all points of contact with the public. Not surprisingly many volunteers come from the large number of people who have benefitted either directly or indirectly from the work of the charity. Others have been young people volunteering in the charity shops, particularly students. That is vital as new energy and enthusiasm provides encouragement to existing volunteers. CancerHelp strives to ensure volunteering is a positive experience that has the potential to provide a sense of giving back, confidence, self-worth, companionship and valuable work experience.

Finally, it is worth remembering that the Trustees, who are ultimately responsible for the well-being of the charity, are also volunteers. They provide their time, experience and skills free of charge.



# Report of the Trustees

For the year ended 30 September 2021

## Objectives and activities

### Management

The Trustees note in this report that this year has been another difficult one for all those associated with the charity. They recognise that this has been particularly so for CancerHelp's senior managers who have had to deal with the impact of the virus on the day-to-day running of the charity. In addition, those same managers have had to deal with the impact on those that they are responsible for - the charity's staff and service users.

Where the charity's management team have managed to keep Vine House open for most of the year, Croston House has been for a large part closed. Access to both day care centres has been carefully managed to ensure staff and clients have remained safe. Government regulations have changed, often at short notice and with very little guidance for the health care sector. As a result, the charity's senior managers have found themselves working additional hours and undertaking duties outside their normal responsibilities. As mentioned above, for most of the year, Croston House has remained closed and service users have been redirected to Vine House though senior managers ensured Croston House has been maintained and secure.

Throughout the year, the service delivery teams continued to deliver services. Senior managers have ensured that they did so in a way that was safe for both counsellor/therapist and those they were supporting. Lessons learnt in the previous year have ensured the charity has been able to use video links to deliver services. Such has been the benefit that clients can now be offered a choice of service delivery methods, something that will be continued after the pandemic is over.

The Trustees' Covid 19 working group has continued to meet with the charity's General Manager, Jeanette Smalley, monthly. The primary objectives of those meetings were to manage the charity's finances and ensure the charity could continue to offer its services, within the Government's parameters of restrictions and advice. Significant decisions were referred to the Trustees and the agreed action was conveyed to CancerHelp's management team by the General Manager.

# Report of the Trustees

For the year ended 30 September 2021

## Achievement and performance

### Charitable activities

Many of the people who would normally access CancerHelp's services come from groups recognised to be at most risk from the Covid 19 virus. Many of the treatments associated with cancer have a detrimental impact on the body's immune system and as such many of those undergoing these treatments have been reticent to leave their homes. Demand for services has followed the ebb and flow of the virus and the associated Government guidance/restrictions. The service delivery teams have all reported that the complexity of many of the cases presented have increased. In the main they put this down to a deterioration in mental health associated with the impact of the virus on NHS treatment and waiting times. The charity has also noted an increase in the number of service users who have cancelled or missed appointments. As a result, for the second year, the total of sessions delivered to service users is below that seen in pre Covid 19 years. None the less, over the course of the year, CancerHelp supported several hundred new service users and has continued to offer its core services.

- Talking Therapies - one to one counselling, bereavement support and cognitive therapy
- Children and Young People's Service (Stride) - one to one counselling and support associated with bereavement
- Breathlessness Clinic - clinical support for specific cancers such as lung cancer
- Group Therapy - counsellor led programs and cancer related self-help support groups

The delivery of certain services has been challenging if not, at times, impossible under Government Restrictions and Guidance. The first has been Complimentary Therapies (for example massage, aromatherapy, and reflexology) and the second exception has been Group Support (counsellor led groups such as the HOPE Program, cancer specific support groups and art groups). Due to the nature of these forms of support the charity took a decision to suspend the services for all or part of the year.

Where services have been offered, they have been delivered within the charity's Covid Safe rules which seek to ensure the safety of the service provider and the service user.

The provision of a comprehensive assessment process at the first point of contact allows CancerHelp to direct service users to the most appropriate service or services. The charity provides and facilitates counselling and support for each person as an individual at their own pace depending on the individual stage of the illness or psychological need.

For thirty-two years CancerHelp has been providing support services for cancer patients, their families, their carers and young people affected by bereavement. This year has been another of the most difficult and challenging the charity has experienced.

### Fundraising activities

The Covid 19 pandemic has, once again, had a significant impact on CancerHelp's fundraising activities. Historically, the charity's single most important source of income has been its four shops which sell donated goods to the public. During the Government's second lockdown in December 2020 all four shops were closed. The two best performing shops, Garstang and Longridge, have been open, as regulations permitted, though with reduced opening hours. One of the two remaining shops was condemned by its landlord, Preston City Council and the other has not reopened due to concerns regarding the safety of shop staff. As a result, shop income is significantly below normal levels.

During the year very few "in person" fundraising events were possible, due to the ongoing prevalence of the virus. The charity's income from Fundraising was on a par with the previous year.

On a more positive note, the local NHS Clinical Commissioning Group continued to provide its funding for contracted services. The charity recognises the significant support provided by central and local government without which the charity would have faced significant difficulties.

# Report of the Trustees

For the year ended 30 September 2021

Valuable financial support was received from the local community, individuals, and businesses who recognised the difficulties the charity faced. As previously noted, the charity benefitted from the generosity of a local family following the loss of a relative. The management team redoubled its efforts to access funding from charitable groups such as private charitable trusts, The national lottery and Children In need. By the end of the year CancerHelp had secured grants worth over £100,000.

The charity's financial survival can be put down to several factors. Primarily the hard work of its own staff and volunteers but also the generosity of those who understand its work and value to the local community.

## Financial Review

### Principal funding sources

Given the continued impact of Covid 19 it is not surprising to report the charity's principal funding sources remained much as recorded in last year's report. CancerHelp's largest source of funding has been grants from private charitable trusts and larger bodies such as the National Lottery and Children in Need. This was closely followed by donations from individuals, companies and the charity's own campaigns. In addition, the charity received funding from the NHS through contracts with the local Clinical Commissioning Group to deliver specific services. It should be noted that CancerHelp has accessed Covid 19 related support offered by the Government (Central and Local). This has taken the form of furlough payments to cover staff costs and retail support to cover the closure of the charity's shops.

### Investment policy and objectives

It is the policy of the directors to be risk averse in the stewardship of its resources and therefore cash deposits are not to be applied in any venture considered by them to be risky. Although interest rates on cash deposits remain at an all-time low the directors believe the security of the capital sums on deposit are a priority.

### Reserves policy

The Trustee Board's current policy is to hold a minimum of six months operating costs in reserve. These are free reserves to be used for charitable purposes with no restrictions placed upon them. Despite the events of this year the Trustees believe that it is highly unlikely that all of CancerHelp's income streams would fail simultaneously and therefore the charity's reserves would be added to during that six-month period. Any reserves relating to restricted funds do not have a spending timescale imposed on them.



# Report of the Trustees

For the year ended 30 September 2021

## Structure, governance and management

### Governing document

The Charity is controlled by its governing document, its memorandum and articles of association dated 25th January 1994, and constitutes a limited company, limited by guarantee. Its memorandum and articles of association were amended on 22nd April 1998 and again on 20th April 2016 when the Company's articles of association were modernised and brought up to date following various changes in statutory legislation. The liability of the members is limited to £1 per member.

Recruitment and appointment of new trustees  
The recruitment and appointment of new trustees rests with the Board of Directors who are the Trustees. In identifying potential new trustees the board take into account any potential gaps in the make up of the existing board and look specifically to recruit someone with the necessary skills and experience to actively bring benefit to the Charity from their expertise.

### Organisational structure

Under normal circumstances, the directors meet every two months to discuss the charity's affairs and plan for future events. This has not been possible for much of the year. Senior members of the board did meet as part of the Covid 19 management team monthly to resolve day to day issues with input being sought from staff and volunteers. Urgent issues were dealt with over the telephone or via electronic communication with the Trustee Board. The day-to-day activities of the charity are overseen by the General Manager who liaises with the staff and volunteers, the Trustee working group and as required the Trustee Board.

### Induction and training of new trustees

New Trustees are given all the necessary and relevant information relating to the running of the charity over recent years to bring them up to speed with the charity and its work and how it operates thus promoting a seamless introduction.

### Wider network

Referrals are often given by health professionals working for the National Health Service whose own organisation cannot provide the kind of service being offered by the charity. Patients and/or their families and carers can also refer themselves directly and the charity's services are open to anyone regardless of age, race or ability to pay with support offered by specialist professionals each accredited in their relevant area of expertise.

### Related parties

The Trustees consider that they themselves and the General Manager and Company Secretary have the power to exert significant influence over the charity. Generally, there are no transactions either directly or indirectly between parties connected to the above and the charity.

### 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. The Trustees have a risk register which identifies those major risks to which the charity is exposed. Where appropriate systems or procedures have been established to mitigate those risks. This register is updated periodically.

Procedures are in place to ensure the health and safety of staff, volunteers and service users at Vine House, Croston House, and the charity's shops. Additional rules have been implemented to cover the delivery of services during the Covid 19 pandemic to protect both the service user and the service provider.

As was the case last year, the focus of the Board of Trustees has been the risk of depletion of financial resources. The Trustees are very much aware that income that has secured the survival of the charity in this year will not be available next year. Policies to increase, and diversify, income to avoid dependency upon such sources of income will have to be considered. The charity will have to build on the success it has seen in some areas such as grants. CancerHelp continues to seek corporate support from local businesses.

# Report of the Trustees

For the year ended 30 September 2021

## Structure, governance and management

The balance between the need to manage finances and fulfil CancerHelp's objectives has been a significant challenge for the Trustees. The results contained in these Annual Accounts highlight a degree of success in achieving this. Thanks to growth in Grants, the maintenance of donations and the receipt of Government support the charity has balanced its books over the course of the year. That position was somewhat improved by the generous legacy, referred to earlier, that has left the charity with a surplus in the year.

The Trustees recognise that the relative success of the year is built upon income streams that may not be repeated in the future. The Covid 19 virus is still prevalent and is likely to exist for years to come. The charity is facing yet another challenging year in which new forms of income will be required and one in which its costs will need to be closely managed.

Despite the challenges, the Trustees remain committed to ensuring the long-term future of the charity and the continued delivery of support to those that seek its help.

### In memory

The Trustees of CancerHelp would like to join all those associated with the charity in remembering the lives of Margaret O'Donoghue and Eddie Topping who both sadly passed away during the year. A plaque with the following words will be placed in the entrance to Vine House:

### Founders Of Cancerhelp

This plaque commemorates the lives of Margaret O'Donoghue and Eddie Topping

Margaret O'Donoghue founded CancerHelp in 1989. Her aim was to provide support for cancer patients and their families through a range of free services that were not otherwise available. She was supported by Eddie Topping who became the charity's founding chairman. Together they created this facility, vine house.

**Without them the charity would not exist.**

# Independent Examiner's Report to the Trustees of

## CancerHelp (Preston) Limited

### A final note

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees

and signed on its behalf by:

**Mr J D Gorick - Trustee**

### Independent examiner's report to the trustees of CancerHelp (Preston) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2021.

### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England & Wales which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Mr A Mills FCA MAAT  
Institute of Chartered Accountants in England & Wales  
James Todd & Co  
Greenbank House  
141 Adelphi Street  
Preston  
Lancashire  
PR1 7BH

# Statement Of Financial Activities

## (Incorporating An Income And Expenditure Account)

### For The Year Ended 30 September 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>Income And Endowments From</b>					
Donations and legacies		189,706	108,400	298,106	289,523
Other trading activities	2	102,326	-	102,326	117,015
Investment income	3	3,907	-	3,907	689
<b>Total</b>		<b>295,939</b>	<b>108,400</b>	<b>404,339</b>	<b>407,227</b>
<b>Expenditure On</b>					
Raising funds	4	71,433	-	71,433	65,295
<b>Charitable activities</b>					
Relief of sickness - UK		80,720	122,320	203,040	176,547
Support costs		86,777	-	86,777	92,937
<b>Total</b>		<b>238,930</b>	<b>122,320</b>	<b>361,250</b>	<b>334,779</b>
<b>Net Income/(Expenditure)</b>		<b>57,009</b>	<b>(13,920)</b>	<b>43,089</b>	<b>72,448</b>
Transfers between funds	14	(13,920)	13,920	-	-
<b>Net movement in funds</b>		<b>43,089</b>	<b>-</b>	<b>43,089</b>	<b>72,448</b>
<b>Reconciliation Of Funds</b>					
Total funds brought forward		1,083,573	-	1,083,573	1,011,125
<b>Total Funds Carried Forward</b>		<b>1,126,662</b>	<b>-</b>	<b>1,126,662</b>	<b>1,083,573</b>



# Balance Sheet

For the year ended 30 September 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>Fixed Assets</b>					
Tangible assets	9	811,341	2,451	813,792	807,339
<b>Current Assets</b>					
Stocks	10	250	-	250	250
Debtors	11	60,107	-	60,107	86,637
Cash at bank and in hand		298,203	34,772	332,975	304,555
		358,560	34,772	393,332	391,442
<b>Creditors</b>					
Amounts falling due within one year	12	(43,239)	(37,223)	(80,462)	(115,208)
<b>Net Current Assets</b>		315,321	(2,451)	312,870	276,234
<b>Total Assets Less Current Liabilities</b>		1,126,662	-	1,126,662	1,083,573
<b>Net Assets</b>		1,126,662	-	1,126,662	1,083,573
<b>Funds</b>					
Unrestricted funds	14			1,126,662	1,083,573
<b>Total Funds</b>				1,126,662	1,083,573

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and

of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

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

Miss R Mallett - Trustee

# Notes To The Financial Statements

For the year ended 30 September 2021

## 1. Accounting Policies

### Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

CancerHelp (Preston) Limited is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on page 3 in the Trustees Report.

The presentation currency of the financial statements is the Pound Sterling (£). The financial statements are rounded to the nearest £1.

### 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.

Office Equipment 20% on cost

Motor vehicle 20% on cost

With regard to land and buildings, the properties being formally professionally revalued as at 22nd April 2016 by Garside Waddingham, Chartered Surveyors. The Trustees have adopted the values supplied to them, following this professional valuation undertaken at the above date. They consider that the property values have remained flat since that date and remain so as at the year end 30 September 2021. Cost or valuation in relation to land and buildings refers to the revalued amounts. It is the Trustees intention to regularly revalue land and buildings themselves, but also to have a formal professional valuation carried out as and when the need arises, but at least every five years, although COVID restrictions have delayed this in the current year. On this basis there is no appreciation or impairment and therefore no depreciation is charged.

### Capitalisation of fixed assets

Each class of asset is included at cost except for land and buildings which is capitalised at valuation. Only assets with a value of £400 or more will be added to capital expenditure, smaller amounts being considered trivial in nature.

### Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

### Taxation

The charity is exempt from corporation tax on its charitable activities and also from Value Added Tax on its trading activities relating to its four charity shops.

### Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

# Notes To The Financial Statements

For the year ended 30 September 2021

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor/provider of funding or when funds are raised for particular restricted purposes.

## Financial instruments

The following assets and liabilities are classified as financial instruments - cash at bank and on hand, trade and other debtors, trade creditors and bank loans.

They are measured at the undiscounted amount of the cash or other consideration expected to be paid or received.

## Donated goods

Members of the public and supporters of the Charity donate goods to each of the Charity's four shops. The income derived from the sale of those goods is recognised only when a sale has been made, or where the goods are not saleable when a receipt is made for the sale of scrap or waste products.

Where goods of a capital nature are donated for the Charity's use the value ascribed to those goods are what a reasonable person would pay for the equipment bearing in mind its age, state and condition when acquired. Such a value is then treated as a cost for the equipment and also as an income donation of an equal amount.

## Retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

## 2. Other Trading Activities

	2021	2020
	£	£
Fundraising events	30,478	28,849
Shop takings	71,848	86,923
Christmas card sales	-	1,143
Contributions towards training	-	100
	<b>102,326</b>	<b>117,015</b>

## 3. Investment Income

	2021	2020
	£	£
Rents received	3,884	238
Bank account interest	23	451
	<b>3,907</b>	<b>689</b>

## 4. Raising Funds

### Raising donations and legacies

	2021	2020
	£	£
Staff costs	2,267	7,816
Grant costs	6,750	6,250
	<b>9,017</b>	<b>14,066</b>

### Other trading activities

	2021	2020
	£	£
Purchases	61,581	49,975
Christmas cards	778	1,000
Fundraising events costs	57	254
	<b>62,416</b>	<b>51,229</b>
Aggregate amounts	<b>71,433</b>	<b>65,295</b>

# Notes To The Financial Statements

For the year ended 30 September 2021

## 5. Net Income/(Expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	4,628	2,840
Independent examination fee	4,150	4,000

## 6. Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 30 September 2021 nor for the year ended 30 September 2020.

### Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2021 nor for the year ended 30 September 2020.

## 7. Comparatives for the statement of financial activities

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
<b>Income And Endowments From</b>			
Donations and legacies	259,872	29,651	289,523
Other trading activities	117,015	-	117,015
Investment income	689	-	689
<b>Total</b>	<b>377,576</b>	<b>29,651</b>	<b>407,227</b>
<b>Expenditure On</b>			
Raising funds	65,295	-	65,295
<b>Charitable activities</b>			
Relief of sickness - UK	143,356	33,191	176,547
Support costs	92,937	-	92,937
<b>Total</b>	<b>301,588</b>	<b>33,191</b>	<b>334,779</b>
<b>Net Income/(Expenditure)</b>	<b>75,988</b>	<b>(3,540)</b>	<b>72,448</b>
<b>Reconciliation Of Funds</b>			
Total funds brought forward	1,007,585	3,540	1,011,125
<b>Total Funds Carried Forward</b>	<b>1,083,573</b>	<b>-</b>	<b>1,083,573</b>



# Notes To The Financial Statements

For the year ended 30 September 2021

## 8. Employee Emoluments

No employees benefits exceeded £60,000 during the year (including taxable benefits in kind but not including pension contributions).

Two employees classified as key management personnel received between them £49,225 (2020: £49,861).

The average number of trustees during the year was 8 (2020: 8).

The average number of employees during the year was 7 (2020: 8).

## 9. Tangible Fixed Assets

	Land and Buildings	Office Equipment	Motor vehicles	Totals
	£	£	£	£
<b>Cost</b>				
At 1 October 2020	800,000	136,693	10,000	946,693
Additions	-	11,081	-	11,081
At 30 September 2021	800,000	147,774	10,000	957,774
<b>Depreciation</b>				
At 1 October 2020	-	129,354	10,000	139,354
Charge for year	-	4,628	-	4,628
At 30 September 2021	-	133,982	10,000	143,982
<b>Net Book Value</b>				
At 30 September 2021	800,000	13,792	-	813,792
At 30 September 2020	800,000	7,339	-	807,339

Included in cost or valuation of land and buildings is freehold land of £245,000 (2020 - £245,000) which is not depreciated.

Cost or valuation at 30 September 2021 is represented by :-

Land and Buildings

	2021	2020
	£	£
<b>Cost</b>	807,450	807,450
Valuation in 2010	(47,450)	(47,450)
Valuation in 2013	(10,000)	(10,000)
Valuation in 2015	50,000	50,000
Revalued amount	800,000	800,000

If freehold property had not been revalued it would have been included at the following historical cost :-

<b>Cost</b>	807,450	807,450
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The freehold properties were formally valued on an open market basis on 22nd April 2016 by Garside Waddingham, Chartered Surveyors, and these valuations have been adopted by the trustees at the years ended 30 September 2021 and 30 September 2020.

## Notes To The Financial Statements

For the year ended 30 September 2021

### 10. Stocks

	2021	2020
	£	£
Stocks	<b>250</b>	250

### 11. Debtors: Amounts Falling Due Within One Year

	2021	2020
	£	£
Other debtors	<b>49,660</b>	71,574
Prepayments	<b>10,447</b>	15,063
	<b>60,107</b>	86,637

### 12. Creditors: Amounts Falling Due Within One Year

	2021	2020
	£	£
Trade creditors	<b>11,206</b>	20,637
Social security and other taxes	-	1,201
Other creditors	<b>872</b>	400
Accruals	<b>68,384</b>	92,970
	<b>80,462</b>	115,208

Deferred income consists of funding received during the year, the performance relating to that funding to be carried out in the following year.

### 13. Secured Debts

Any bank borrowings (currently nil; 2020 nil) are secured by a first legal charge on the land and buildings of the charity.

# Notes To The Financial Statements

For the year ended 30 September 2021

## 14. Movement In Funds

	At 1.10.20 £	Net movement in funds £	Transfers between funds £	At 30.9.21 £
<b>Unrestricted funds</b>				
Unrestricted fund	1,083,573	57,009	(13,920)	1,126,662
<b>Restricted funds</b>				
Restricted fund	-	(13,920)	13,920	-
<b>TOTAL FUNDS</b>	<b>1,083,573</b>	<b>43,089</b>	<b>-</b>	<b>1,126,662</b>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Unrestricted fund	295,939	(238,930)	57,009
<b>Restricted funds</b>			
Restricted fund	108,400	(122,320)	(13,920)
<b>TOTAL FUNDS</b>	<b>404,339</b>	<b>(361,250)</b>	<b>43,089</b>

Comparatives for movement in funds

	At 1.10.19 £	Net movement in funds £	At 30.9.20 £
<b>Unrestricted funds</b>			
Unrestricted fund	1,007,585	75,988	1,083,573
<b>Restricted funds</b>			
Restricted fund	3,540	(3,540)	-
<b>TOTAL FUNDS</b>	<b>1,011,125</b>	<b>72,448</b>	<b>1,083,573</b>

# Notes To The Financial Statements

## For the year ended 30 September 2021

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Unrestricted fund	377,576	(301,588)	75,988
<b>Restricted funds</b>			
Restricted fund	29,651	(33,191)	(3,540)
<b>TOTAL FUNDS</b>	407,227	(334,779)	72,448

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

	At 1.10.19 £	Net movement in funds £	Transfers between funds £	At 30.9.21 £
<b>Unrestricted funds</b>				
Unrestricted fund	1,007,585	132,997	(13,920)	1,126,662
<b>Restricted funds</b>				
Restricted fund	3,540	(17,460)	13,920	-
<b>TOTAL FUNDS</b>	1,011,125	115,537	-	1,126,662

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Unrestricted fund	673,515	(540,518)	132,997
<b>Restricted funds</b>			
Restricted fund	138,051	(155,511)	(17,460)
<b>TOTAL FUNDS</b>	811,566	(696,029)	115,537



# Notes To The Financial Statements

For the year ended 30 September 2021

## 15. Contingent Liabilities

During the year the Charity accounted for a total of £850 (2020: £4,387) from the clients' accounts of a firm of solicitors connected to the Charity by virtue of common directorships. Despite the best efforts of the law firm to trace their missing clients they were unable to do so and The Solicitors Regulation Authority have confirmed that the funds may be donated to charity on the undertaking that a repayment will be made should the missing clients (or any of them) be traced.

Although the funds have been received the Trustees have had to sign indemnities in favour of the law firm to repay some or all of the amounts totalling £18,956 (2020: £18,106), should those missing clients be traced.

Any liabilities are contingent on the missing clients being found and them proving to have a valid claim on the funds which have now been donated.

## 16. Related Party Disclosures

During the year ended 30 September 2021 aggregate donations were received without conditions from Directors / Trustees or organisations connected to Directors / Trustees of £22,550 (2020: £25,987). These donations were received without attached conditions which would, or might, require the charity to alter significantly the nature of its existing activities, except to the extent of £850 total £18,956 (2020: £18,106) referred to in the Contingent Liabilities note contained in these financial statements.

During the year ended 30 September 2021 aggregate payroll payments were made to close relatives of Directors / Trustees being £nil (2020: £177) paid to Emily Sharples, and £nil (2020 : £801) paid to Charlotte Goodier.

## 17. Ultimate Controlling Party

The Directors consider that there is no controlling party as the company is limited by guarantee and there is no one person exercising dominant influence over the Charity.

# Notes To The Financial Statements

## For the year ended 30 September 2021

### 18. Operating Lease Commitments

The following operating lease payments are committed to be paid within one year :-

	2021	2020
	£	£
<b>Land and buildings</b>		
Expiring :		
Within one year	-	-
Between one and five years	26,300	31,700
	<b>26,300</b>	<b>31,700</b>

#### Income And Endowments

Donations and legacies		
Membership fees	525	941
Donations	84,601	80,512
Legacies	39,529	70,000
Grants	130,579	95,198
NHS Clinical Commissioning Groups	42,872	42,872
	<b>298,106</b>	<b>289,523</b>

#### Other trading activities

Fundraising events	30,478	28,849
Shop takings	71,848	86,923
Christmas card sales	-	1,143
Contributions towards training	-	100
	<b>102,326</b>	<b>117,015</b>

#### Investment income

Rents received	3,884	238
Bank account interest	23	451
	<b>3,907</b>	<b>689</b>

<b>Total incoming resources</b>	<b>404,339</b>	<b>407,227</b>
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# Notes To The Financial Statements

## For the year ended 30 September 2021

	2021	2020
<b>Expenditure</b>	<b>£</b>	<b>£</b>
<b>Raising donations and legacies</b>		
Wages and salaries	2,267	7,816
Grant costs	6,750	6,250
	<b>9,017</b>	14,066
<b>Other trading activities</b>		
Shop overheads	61,581	49,975
Christmas cards	778	1,000
Fundraising events costs	57	254
	<b>62,416</b>	51,229
<b>Charitable activities</b>		
Relief of sickness : UK Wages, salaries and service providers	103,598	122,518
Children's service	22,694	-
Rates and water	3,569	4,710
Heat and light	5,747	3,469
Brought forward	135,608	130,697
Insurance	10,490	8,267
Telephone	5,008	4,039
Repairs and renewals	32,550	13,823
Motor and travel expenses	576	1,432
Training	155	532
Sundries	8,519	8,378
Depreciation	4,629	2,840
Printing, stationery, advertising and carriage	4,684	5,202
Bank charges	821	1,337
	<b>203,040</b>	176,547

# Notes To The Financial Statements

For the year ended 30 September 2021

## 18. Operating Lease Commitments (cont'd)

Support costs	2021	2020
Governance costs	£	£
Wages and salaries	80,806	88,075
Legal and professional fees	5,971	4,862
	<b>86,777</b>	92,937
Total resources expended	<b>361,250</b>	334,779
Net income	<b>43,089</b>	72,448



## Children & young people and parents comments:

"Thank you so much. You will never know what you have done for our family." (parent)

"I have become more aware of my mental health and feel like I can manage it much better than I could before." (child)

"I feel that I have benefitted from my time here and that coming has definitely helped me." (child)

"I can get out my emotions that upset me, and I couldn't do this before". (child)

## Adult therapy services comments:

"It has really helped to have someone to talk to about facing end of life, and making peace with my brother whom I was estranged from. Also helped me deal with my anxiety."

"The Counsellor has been flexible and understanding. I needed to change / cancel appointments due to ill health and work pressures which was unexpected and unavoidable. I have really appreciated this and its been done without judgement. I felt understood and acknowledged, which really helped me. Thank you."



CancerHelp

[www.cancerhelppreston.co.uk](http://www.cancerhelppreston.co.uk)

Registered Charity No.103282