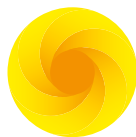


Annual Report

2022

Supreme®



CancerHelp



Contents

- 04 Mission Statement
- 06 Support services available for clients and their families
- 08 General Manager's Report
- 11 Adult Therapy Service
- 12 Children and Young People's Service
- 15 Complementary Therapy Service
- 16 Friends of CancerHelp
- 18 How we raised and spent our money this year
- 20 Thank you!
- 21 Support Centres
- 24 Chairman's Report
- 26 Report of the Trustees and unaudited financial statements for the year ended 30 September 2022

PATRONS

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

BOARD OF TRUSTEES OF CANCERHELP 2021-2022

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, Miss R Mallett

COMPANY OFFICE

Vine House, 22 Cromwell Rd, Ribbleton,
Preston PR2 6YB

Tel: 01772 793344

Email: info@cancerhelppreston.co.uk

Registered Charity Number: 1032828
Company Number: 02890943

Follow us on Twitter:
[@CancerhelpLtd](https://twitter.com/CancerhelpLtd)

Follow us on Instagram:
[@cancerhelpprestonltd](https://www.instagram.com/cancerhelpprestonltd)

Like us on our Facebook pages at
[cancerhelpprestonltd](https://www.facebook.com/cancerhelpprestonltd)

Visit our website www.cancerhelppreston.co.uk

Mission Statement

“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 psychological and social support that is matched to each client's individual needs and circumstances through assessment and consultation.
- To provide support and advice to 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 provide advice, information, and signposting to help clients to find the best support for themselves.
- 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.

Support services available for clients and their families

Following on from the pandemic a number of our services were still impacted this year. 1-2-1 sessions were prioritised again and we were delighted that more of our groups were able to restart at Vine House, all of which were well attended. Services that resumed in Summer 2021 continued at Croston House throughout the year.

The services we offered included:

- Bereavement support and counselling
- Informal Advocacy and Liaison - cancer information signposting - telephone and drop-in services
- Complementary Therapies
- The HOPE self-management programme
- Counselling, including psychotherapy and hypnotherapy
- Craft and activity groups
- Art Groups
- Family support
- Stride - Children and Young People's Bereavement Service
- Hosting the Support Groups
- Yoga



General Manager's Report

2021/2 has been another strange year. It has felt unsettling for many of us and whilst it feels like there is light at the end of the tunnel, after two and a half years of uncertainty through COVID, other challenges have arisen – a war and the impact on many, of the significant increase in the cost of living.

It has also been another tough year for our services as CancerHelp has seen an increase in both the number of referrals and the complexity of the needs of many clients, which is sadly as a result of many having advanced cancer.

That being said there are still many positives to take away from this year:

- The charity continued to work closely with colleagues in the NHS, in particular the Clinical Nurse Specialists, Cancer Support Workers and the Macmillan Information Centre Team. This has meant a more joined up way of working with clients where we are able to signpost through to the Macmillan Team for assistance with grant and claims forms. This signposting works both ways as these colleagues also direct clients to CancerHelp, allowing each organisation to get on with doing what they do best.
- In 2022, the HOPE self-management Programmes re-started. These sessions were developed by Macmillan Cancer Support in conjunction with the University of Coventry and are externally accredited and evaluated. They are really well received by clients, often with friendship groups forming within the sessions which continue long after the programme ends.
- Student counselling placements restarted in January 2022 after a comprehensive review of our supporting documentation and mentoring arrangements. We were fortunate to work with two very good student placements this year and have already interviewed and accepted two student placements in advance of the new year.
- The Support Group meetings re-started at Vine House including those of the Lymphoma Group, and a new Colorectal support group was established.

- Our supporters were able to run a number of the popular annual events again, including the Friends of CancerHelp Christmas Fair at Barton Village Hall, the very popular Christmas lights display run by Denise and Simon Hodge and the Farley's Shopping evening. We are really thankful for this support and the effort that goes in to organising such events, all of which are an indication that life is starting to feel more settled post pandemic. We are extremely grateful to all of our fundraisers throughout the year who put so much energy in to supporting our charity.
- We were also delighted to receive grant funding from the Springfields Charity Trust which enabled us to buy two new therapy beds for the Complementary Therapy Service. This service was also supported by a donation from the Rotary Club of Preston Guild.
- Normal services appear to be re-starting within the NHS, with a number of meetings that had been paused now back up and running, which helps with the sharing of information. However there are large backlogs in cancer services and there is a re-structure happening within the NHS's new Integrated Care System, which means more change around which CancerHelp needs to stay abreast.

So for CancerHelp, our priorities during 2022/3 are:

- **Recruiting to the Head of Adult Talking Therapies post .**
- **Developing the Complementary Therapy Service - providing funding for training within this team for specialist Scar Management Training and Gentle Release Therapy.**
- **Ensuring that the IT infrastructure is bought up to date**

By the time you are reading this Annual Report we should be well on with a number of those things.

Adult Therapy Service


This year the adult service was able to begin working with student counselling placements again which has been very rewarding. A detailed recruitment and induction process has been established along with mentoring sessions with all the adult therapy team and student counsellors. This means that new skills and techniques being taught at University can be shared with our established and experienced therapists, and experience gained from years of work by our therapists can be shared down to the newer counsellors.

The extremely popular HOPE self-management programmes restarted in May. These sessions cover a range of things from goal setting to a focus on diet, and physical activity and are always over subscribed!

Looking to 2023 the adult service is focusing on ways to support those who are currently on the waiting list with ideas such as creating information leaflets that also contain strategies of how to cope, increasing the number of student counselling placements and making regular calls to those on the waiting list, ensuring people do not feel forgotten and are updated on waiting times.

Other plans for the service are to streamline paperwork, enabling Adult Talking Therapists to focus on client contact time rather than admin and to learn from skills and interests within the existing team and those who may join us, enabling us to deliver a more diverse therapeutic service.

We are also continuing to build links within the palliative and local cancer networks.



“It helps to talk things through at Vine House as I have no one that understands what I’m going through.”

Children and Young People's Service

This year we were very grateful to Children In Need as we were in the second year of grant funding from them and from April 2022 were permitted to use this money to support not only bereaved children and young people but also those who are living with someone with a cancer diagnosis.

Going forward we are delighted to have a student art therapist working with us which has helped greatly with our waiting lists. Feedback from this addition has been really positive from our clients. Our plan is to look at creating an integrated service using art therapy so that where beneficial, families can be supported rather than separating adults and children.

And in 2023 the head of our CYP service will also be leading on work with the database to ensure we use the information it generates to help us maximise our services.



"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."

Complementary Therapy

This year we were delighted to receive funding from a Macmillan grant to purchase equipment for our Sound Bath sessions. One of our therapists completed training in this area and now runs group sessions along with a volunteer who is fully trained in this therapeutic approach.


Gong baths are highly rejuvenating for the body and bring about an overall sense of relaxation, which can reduce tension as well as help develop a better ability to cope with stress. These sessions have been extremely popular and have received wonderful feedback.

We were also very grateful to receive funding from the Springfields Charity Trust Fund which allowed us to buy two new therapy beds which are now in constant use and much appreciated by all our clients, and from the Cheshire Community Fund who supported our funding application for a reclining therapy chair. Along with new uniforms we are now able to present a much more professional image to all those who visit.

In the year ahead will be introducing Gentle Release Therapy which can help you to feel better, have more energy, release stress and anxiety and give a better understanding of what is going on in your own mind and body.

This gentle therapy is suitable for clients who are in pain or discomfort and would like to access complementary therapy but may not be well enough to have a massage or reflexology treatments.

We are also aiming to undertake scar management training which helps to improve the look and feel of tight scar tissue. The training will also enable the therapist to aid the emotional acceptance of scars upon body image.



“Another wonderful complementary therapy session. You always put me at ease and send me away feeling rejuvenated. All the staff are so lovely. The world is a much better place with you in it .”

Friends of CancerHelp

The Friends of CancerHelp is a group of predominantly women, who, over twenty years ago, decided to form a fundraising group to support a friend whose child was diagnosed with cancer and who was herself involved with Vine House.

This sociable, well connected group focuses on organising fun, varied and prestigious events that in turn raise money for CancerHelp. There is an annual programme of events including afternoon teas with high profile guest speakers, quiz nights, barbecue's and open garden events. In December 2021, the extremely popular Christmas Fair at Barton Village Hall was able to resume following the lifting of covid restrictions followed by a very successful Fashion show in April 2022. The group also took on the challenge of designing and ordering the charity Christmas cards for 2022 which we know will be a huge success as a second print run has already been ordered!

The group set themselves a goal of raising £12,000 each year and generally smash this target.

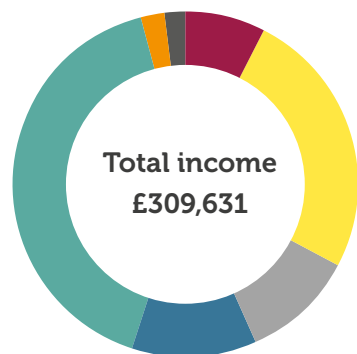
They meet regularly to discuss and plan, and to catch up with friends.

CancerHelp is so grateful for all the hard work this amazing team of ladies puts in and look forward to attending the events that they organise. The 2022 Christmas Fair promises to be bigger than ever and the highly anticipated afternoon tea with guest speaker Lady Milena Grenfell-Baines has been rescheduled and is sure to be a sell out.

Make sure you keep an eye on our social media to see what they have planned next!



How we raised our money this year



- Legacies - £23,316
- Donations - £78,212
- Fundraising - £33,176
- NHS - £35,727
- Charity Shops - £127,132
- Grants - £6,208
- Other - £5,860

Legacies - funds left to CancerHelp in someone's will

Donations - gifts of money from individuals

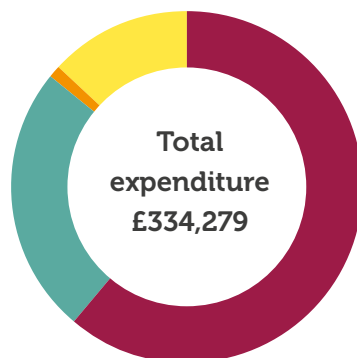
Fundraising - monies raised through raffles, events, sponsored activities

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 (Covid-19)

How we spent our money this year



- Charitable Activities - £204,460
- Support Costs - £82,733
- Raising Donations - £4,000
- Trading Activities - £43,086

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)

Deficit for 2021/2022 - £24,648



"I have become more aware of my mental health and feel like I can manage things better than before".
(Client aged 14).

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 and we are so grateful to each and every one of them.



Our supporters include:



and many, many others.
Thank you to them all

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

www.cancerhelp.co.uk

Shops



30 Berry Lane,
Longridge,
Preston, PR3 3JJ

Telephone 01772 784975



32 High Street,
Garstang,
PR3 1FA

Telephone 01995 606910



CancerHelp

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

For the year ended
30 September 2022

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

Registered Company Number: 02890943 (England And Wales)
Registered Charity Number: 1032828

Chairman's Report

For the year ended 30 September 2022



Once again, I must report that CancerHelp has experienced another challenging year. As I write this report in late 2022 it seems that to a large extent the country has returned to a degree of normality, following the worst effects of the Covid-19 pandemic. However, I had to remind myself that as the charity started the new financial year, in October 2021, the country was still in the grip of the pandemic. The Omicron variant was spreading quickly, and the Government introduced Plan B to protect the NHS which included the use of face masks, a vaccine booster program, and a mandatory requirement for Covid Passes, in certain settings.

Thanks in large part to the vaccination program, over the course of the previous year, and the booster program in late 2021, the primary impacts of Covid-19 on daily lives began to lessen. However, for the charity that was not necessarily the case. There were two main effects that the charity had to deal with. Firstly, financially, the charity's gross income fell by 25%. Secondly, the virus restricted, and compromised, the charity's ability to deliver its services. Both issues are explained in more detail, later in this report.

The Annual Report includes the charity's Annual Accounts which provide a detailed study of the charity's finances. As a rule, I try to avoid detracting from that part of the Report by not including numbers here. That said, the headline figure to be drawn from the accounts is that the charity lost £40,000 in the year ending 30th September 2022.

However, I think it is important to note that the Government support, that the charity benefitted from in the previous two years, ended. In that I would include the furlough scheme and business continuation grants. The estimated value of that support over the two years was around £200,000. Unfortunately, the charity's other income streams, such as fundraising and donations did not recover sufficiently to replace this loss. In addition, two of the charity's four shops, Plungington Road and New Hall Lane, did not reopen though I must note that the shops in Garstang and Longridge performed exceptionally well.

Through this statement, the thanks of the Trustees are offered to the volunteers who kept those shops open and to every single volunteer whose support makes the heart of the charity beat.

In concluding this financial note, I should say that over the three years, October 2019 to September 2022, affected by Covid the Trustees hoped, and set budgets, to break even. In the event, over that three-year period the charity made a surplus of circa £70,000.

Looking forward, as the prospect of an economic crisis looms, I believe the charity will find that people, and companies, will have less to give, costs such as energy will increase and concurrently demand for the charity's services will grow. Therefore, a realistic and accurate budget will be an essential part of the 2022/23 Operating Plan.

As the year unfolded, we began to understand the true impact of Covid-19 on the National Health Service. Many areas of our health service were at breaking point because of the strain of dealing with the pandemic and the difficulties in delivering routine services during the last three years. The number of people awaiting investigative tests for cancer, cancer diagnosis and cancer treatments all grew significantly. Sadly, there were many cancer patients who, under normal circumstances, had treatable cancers but who were eventually diagnosed with, and/or treated for, terminal conditions.

Not surprisingly the charity's service delivery teams have noted a significant increase in the complexity of cases presenting to them. The impact of delayed diagnosis and treatment has had a huge impact on the mental health and wellbeing of many clients. As a result, the average time required for each adult therapy session increased significantly towards the end of the year. The pressures on the charity's adult service team were increased with the departure of the Head of Adult Services. At the time of writing that position has not been filled. The continued delivery of services would not have been sustainable were it not for the flexibility, dedication, professionalism, and support of the charity's counsellors. Despite the extended use of volunteer and student counsellors to fill the gap a solution will be required in the new year.

Over the course of the year the charity delivered 1080 (1390) adult sessions, 390 (276) Children and Young People sessions and 940 (1128) Complementary Therapy sessions. These figures are estimates (see note below) and the figure in brackets is a nominal capacity agreed through the planning process. The total number of people seen, on a one-to-one basis, was Adult Services 154, Children and Young People Services 56 and Complementary Services 134. It is important to note that these numbers do not include the large number of people helped through drop ins, telephone calls, support groups, and cancer specific groups. The greatest compliment to the service delivery teams lies in the words of people who have accessed the charity's services.

"Every person I have met has shown me kindness and compassion, with a genuine sense of understanding. My therapist has given me the strength to carry on in the hardest time of my life. She has great empathy, allowing me to be honest with my thoughts and feelings, without judgement."

"The warm welcome and smiling faces just cheer me up every time. If I could bottle it and sell it, I'd be a millionaire! This has been such a wonderful place to come; one where I could express my true feelings, release my tears, and be comforted without feeling I am being a burden."

To try and deliver accurate and up to date performance data the board introduced the Senior Management Performance Report. The aim of the report was to provide Trustees with the data they require to discharge their legal duties and to provide senior managers with the information they need to operate the charity efficiently and effectively. I believe it is fair to say, as the year ends, the report requires significant work to ensure the data is consistent, reliable, and timely.

In the charity's 2021/22 Operating Plan, senior managers set sixteen objectives of which nine were fully or partially met. That broke down into four Organisational Objectives of which two were met, four Employment Objectives of which none were met, three Service Delivery Objectives of which two were met and five Financial Objectives of which five were met. The mixed levels of success led Trustees to commission an Operational Review to feed into this year's planning process. It will consider the structure, roles, and responsibilities within the charity, human resource provisions, internal reporting processes and the ability of the charity to implement change. Given the importance and nature of the findings of the Operational Review, the recommendations will form the basis of the Operating Plan for the coming year.

In concluding, I think it is fair to say that the year was a mixed one in many respects – some positives and some negatives. I have no doubt that the coming year will be equally challenging. However, as I write these reports, and I think this is my twelfth, I reflect on the ever present strength of CancerHelp - its people. Despite the challenges, the trials, and the tribulations the charity has faced over many years it is still here, delivering life changing services to hundreds of people, each year. This success has been built on the quality, dedication, kindness, and skill of the people who work and volunteer within the charity.

If you are one of them, thank you so much for all you have done and, if you are not, why not come and join us?

Jonathan Gorick
Chair of Trustees

Report of the Trustees

For the year ended 30 September 2022

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 2022. 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

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

General Manager

Miss J Smalley

Independent examiner

Jill Foster ACA
Institute of Chartered
Accountants in
England & Wales

Foster & Co
Unit 16
Eastway Business Village
Olivers Place
Fulwood
Preston
PR2 9WT

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.

Report of the Trustees

For the year ended 30 September 2022

Objectives and activities

Management

For the third consecutive report, the Trustees must recognise the impact that the Covid-19 pandemic has had on the charity. Once again, the country was subject to varying degrees of restrictions including the Government's Plan B, primarily designed to avert a service delivery disaster within the NHS. However, thanks to the program of vaccines and boosters, the country began a journey towards a degree of normality, as the year progressed. Nonetheless, the legacy of the pandemic continued to be felt and, in many respects, it will take a long time for the economy, businesses, and people to truly recover.

The Trustees ability to manage the charity improved as in person meetings, such as the Trustees' Meetings, were held once more though attendees continued to be offered online access. The Covid-19 working group, consisting of the Chairman, Jonathan Gorick, Treasurer, Rachel Mallett and Trustee, Mike Swift, became the operating group of trustees. Through its monthly meetings, Trustee Assurance Meetings (TAM), trustees continued to oversee the operation of the charity through General Manager, Jeanette Smalley. The decisions and outcomes of the TAM's were referred to the Trustee Board for approval.

At a financial level the Trustees are indeed pleased 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. In doing so the charity has had to draw on its reserves to compensate for the loss of Government support on which its financial survival was dependent in the previous two years.

Report of the Trustees

For the year ended 30 September 2022

Objectives and activities

Aims

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 2022

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
- Craft and Activity Groups
- Family Support
- Hope Self-Management Programme
- Relaxation and Meditation through therapies such as Gong Therapy
- Informal Advocacy and Liaison - cancer related information via signposting, telephone and drop-in
- Support Groups
- Yoga

Given the impact of Covid-19 earlier in the year it should be noted that some of the services (mainly the group sessions) listed above were not available during the earlier 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. 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 2022

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 three 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 four 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 (as and when it has been possible to open), 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, race, or background and neither does CancerHelp; everyone is welcome to access its services.

Volunteers

This report offers 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 its unsung heroes.

Once again, this has never been truer than in the year just ended. As the impact of the Covid-19 pandemic lessened, and the charity's shops and day care centres reopened, the charity's volunteers returned. Between them they ensure the charity generates income, the shops are open, the day care centres can welcome clients and vital services are delivered.

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 program 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 2022

Achievement and performance

Charitable activities

There is no doubt that the Covid-19 pandemic has continued to have a significant impact on the National Health Service's ability to deliver its routine services. Its resources have for over two years been consumed by its response to the pandemic. As a result, many cancer patients have experienced delays to diagnosis and to treatment. At its extreme this has resulted in treatable cancers becoming terminal. More commonly cancer patients have experienced significant levels of stress which has resulted in mental health issues. It therefore comes as no surprise that CancerHelp's counsellors and therapists have noted a significant increase in the complexity of the cases presented to them. This has meant the charity's service delivery teams have had to spend more time with individual clients depending on their specific needs. 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 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-three 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.

Report of the Trustees

For the year ended 30 September 2022

Achievement and performance

Fundraising activities

The charity has struggled to recover from the complete shutdown in fundraising activities. Over the previous two years the charity was able to rely on Government support through the furlough scheme and business support grants, valued at £200,000. That has not been repeated this year. The charity's single most important source of income has been its shops which sell donated goods to the public. Sadly two of the charity's four shops, Plungington Road and New Hall Lane Preston, have not reopened though the two best performing shops, Garstang and Longridge, have. Fortunately, both performed much better than expected, more than compensating for the two closed shops.

Income derived from "in person" fundraising fell below that hoped for as did the level of donations. However, the Friends Group maintained their invaluable support for the charity and raised significantly more than budgeted. Despite the best efforts of the charity income generated from grants was one third of that expected.

On a more positive note, the local NHS Clinical Commissioning Group continued to provide its funding for contracted services.

As previously reported the charity's financial survival can be put down to several factors. Primarily the hard work of its own staff and volunteers over the previous two years ensuring the charity accessed all available funding and, in part related, its reserves.

Report of the Trustees

For the year ended 30 September 2022

Financial Review

Principal funding sources

For many years the charity's principal funding sources have remained the same. The single largest source of income are the shops which deliver one third of the charity's income. Thereafter voluntary giving, made up of donations and fund raising, provides a further third of the charity's income. Finally, there is the income received from the NHS through contracts with the local Clinical Commissioning Group to deliver specific services. The Trustees are aware that this funding stream is changing as the CCG's are replaced with Integrated Care Systems. Time is being taken by the charity's senior managers to ensure the charity is represented in this change process.

Investment policy and objectives

It is the policy of the Trustees 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 Trustees 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 fee 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 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 2022

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 consider any potential gaps in the makeup 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 Trustees 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.

Report of the Trustees

For the year ended 30 September 2022

Structure, governance and management

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 need to build on the success it has seen in some areas such as grants. CancerHelp continues to seek corporate support from local businesses.

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 on 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.

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 on 22 March 2023 and signed on its behalf by:

.....
Mr J D Gorick - Trustee

Report of the Trustees

For the year ended 30 September 2022

Independent examiner's report to the trustees of Cancer Help (Preston) Limited ('the Company')

Governing document

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the 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

The Company's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

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;
2. the accounts do not accord with those records; or
3. the accounts do not comply with the relevant accounting requirements under section 396 of the Companies Act 2006 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 Charities SORP (FRS I 02).

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.

Miss J K Foster A.C.A.
Institute of Chartered Accountants in England & Wales
Foster & Co Limited
Unit 16 Eastway Business Village
Olivers Place
Fulwood
Preston
Lancashire
PR2 9WT

Date: 22 March 2023

Statement Of Financial Activities

(Incorporating An Income And Expenditure Account)

For the year ended 30 September 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
Income and endowments from					
Donations and legacies		107,227	36,476	143,703	298,106
Other trading activities	2	160,538	-	160,538	102,326
Investment income	3	5,390	-	5,390	3,907
Total		273,155	36,476	309,631	404,339
Expenditure on					
Raising funds	4	47,086	-	47,086	71,433
Charitable activities					
Therapies & support costs		132,145	72,315	204,460	203,040
Governance costs		82,733	-	82,733	86,777
Total		261,964	72,315	334,279	361,250
Net (expenditure)/income					
		11,191	(35,839)	(24,648)	43,089
Transfers between funds		(35,839)	35,839	-	-
Net movement in funds		(24,648)	-	(24,648)	43,089
Reconciliation of funds					
Total funds brought forward		1,126,662	-	1,126,662	1,083,573
Total funds carried forward		1,102,014	-	1,102,014	1,126,662

The notes form part of these financial statements

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibility for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

Notes To The Financial Statements

Balance Sheet 30 September 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
Fixed assets					
Tangible Assets	9	809,160	-	809,160	813,792
Current stock					
Stocks	10	679	-	679	250
Debtors	11	32,068	-	32,068	60,107
Cash at bank and in hand		329,476	56,031	385,507	332,975
		326,223	56,031	418,254	393,332
Creditors					
Amounts falling due within one year	12	(69,369)	(56,031)	(125,400)	(80,462)
Net current assets		292,854	-	292,854	312,870
Total assets less current liabilities		1,102,014	-	1,102,014	1,126,662
			-		
Net assets		1,102,014	-	1,102,014	1,126,662
Funds					
Unrestricted funds	14			1,102,014	1,126,662
Total funds				1,102,014	1,126,662

The notes form part of these financial statements

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 on

22 March 2023 and were signed on its behalf by:

.....
Miss R Mallett - Trustee

Notes To The Financial Statements

For the year ended 30 September 2022

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.

Cancer Help (Preston) Limited is a private company, limited by guarantee, registered in England and Wales. The company's registered office address can be found on page 3 of 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 vehicles - 20% on cost

The trustees arrange for the property to be revalued on a regular basis by Garside Waddingham, Chartered Surveyors. The most recent valuation was undertaken on 7 July 2022 and showed that the value had increased to £885,000. Historically, the trustees have adopted the market value within the accounts, but this year have not shown details of the increased value as one property is undergoing significant refurbishment, and the trustees will arrange for a further revaluation to be undertaken when work has been completed. As the professional valuation shows an increased value, no depreciation has been charged.

Notes To The Financial Statements

For the year ended 30 September 2022

1. Accounting Policies - Continued

Capitalisation of fixed assets

Each class of assets 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, small 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.

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, 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.

Notes To The Financial Statements

For the year ended 30 September 2022

2. Other Trading Activities

	2022	2021
	£	£
Fundraising events	33,176	30,478
Shop takings	127,132	71,848
Christmas card sales	230	-
	<u>160,538</u>	<u>102,326</u>

3. Investment Income

	2022	2021
	£	£
Rents received	5,390	3,884
Bank account interest	-	23
	<u>5,390</u>	<u>3,907</u>

4. Raising Funds

Raising donations and legacies

	2022	2021
	£	£
Staff costs	-	2,267
Consultancy fees re grants	4,000	6,750
	<u>4,000</u>	<u>9,017</u>

Other trading activities

	2022	2021
	£	£
Purchases	42,888	61,581
Christmas cards	137	778
Fundraising event costs	61	57
	<u>43,086</u>	<u>62,416</u>

Aggregate amounts

	<u>47,086</u>	<u>71,433</u>
--	---------------	---------------

Notes To The Financial Statements

For the year ended 30 September 2022

5. Net (Expenditure)/Income

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

	2022 £	2021 £
Depreciation - owned assets	4,632	4,628
Independent examination fee	3,000	4,150

6. Trustees' Remuneration And Benefits

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Bank account interest

There were no trustees' expenses paid for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Notes To The Financial Statements

For the year ended 30 September 2022

7. Comparatives for the Statement of Financial Activities

	Unrestricted fund £	Restricted fund £	Total fund £
Income and endowments from			
Donations and legacies	189,706	108,400	298,106
Other trading activities	102,326	-	102,326
Investment income	3,907	-	3,907
Total	295,939	108,400	404,339
Expenditure on			
Raising funds	71,433	-	71,433
Charitable activities			
Therapy work	80,720	122,320	203,040
Support costs	86,777	-	86,777
Total	238,930	122,320	361,250
Net income/(expenditure)	57,009	(13,920)	43,089
Transfers between funds	(13,920)	13,920	-
Reconciliation of funds			
Total funds brought forward	1,083,573	-	1,083,573
Total funds carried forward	1, 126,662	-	1, 126,662

Notes To The Financial Statements

For the year ended 30 September 2022

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 £49,360 (2021:£49,225).

The average number of trustees during the year was 8 (2021: 8).

The average number of employees during the year was 6 (2021: 7).

9. Tangible Fixed Assets

	Land and buildings £	Office equipment £	Motor vehicles £	Totals £
Cost/valuation				
At 1 October 2021 & 30 September 2022	800,000	147,774	10,000	957,774
Depreciation				
At 1 October 2021	-	133,98	10,000	143,982
Charge for year	-	4,632	-	4,632
At 30 September 2022	-	138,614	10,000	148,614
Net book value				
At 30 September 2022	800,000	9,160	-	809,160
At 30 September 2021	800,000	13,792	-	813,792

Included in cost of land and buildings is freehold land of £245,000 (2021 - £245,000).

The valuation of freehold properties is based on an open market valuation undertaken by Garside Waddingham, Chartered Surveyors on 22 April 2016. The trustees obtained a further valuation in July 2022 which showed a revalued amount of £885,000. As detailed in the accounting policies note the trustees have not adopted this value.

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

Cost	£
	807,450

Notes To The Financial Statements

For the year ended 30 September 2022

10. Stocks

	2022	2021
	£	£
Stocks	679	250

11. Debtors: Amounts Falling Due Within One Year

	2022	2021
	£	£
Other debtors	24,539	49,660
Prepayments	7,529	10,447
	32,068	60,107

12. Creditors: Amounts Falling Due Within One Year

	2022	2021
	£	£
Trade creditors	18,549	11,206
Social security and other taxes	920	-
Other creditors	400	872
Accruals and deferred income	105,531	68,384
	125,400	80,462

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

The bank borrowings are secured by a first legal charge on the land and buildings of the charity.

14. Movement In Funds

	At 01.10.21 £	Net Movement in funds £	Transfer between funds £	At 30.09.22 £
Unrestricted funds				
Unrestricted fund	1,126,662	11,191	(35,839)	1,102,014
Restricted funds				
Restricted fund	-	(35,839)	35,839	-
Total funds	1,126,662	(24,648)	-	1,102,014

Notes To The Financial Statements

For the year ended 30 September 2022

14. Movement In Funds - Continued

	Incoming Resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted fund	273,155	(261,964)	11,191
Restricted funds			
Restricted fund	36,476	(72,315)	(35,839)
Total Funds	309,631	(334,279)	(24,648)

Comparatives for movement in funds

	At 1.10.20 £	Net Movement in funds £	Transfer between funds £	At 30.09.21 £
Unrestricted funds				
Unrestricted fund	1,083,573	57,009	(13,920)	1,126,662
Restricted funds				
Restricted fund	-	(13,920)	13,920	-
Total funds	1,083,573	43,089	-	1,126,662

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

	Incoming Resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted fund	295,939	(238,930)	57,009
Restricted funds			
Unrestricted fund	108,400	(122,320)	(13,920)
Total funds	404,339	(361,250)	43,089

Notes To The Financial Statements

For the year ended 30 September 2022

15. Contingent Liabilities

During the year the Charity accounted for a total of £8,892 (2021: £850) from the client 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 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 £27,848 (2021: £18,956) 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 2022 aggregate donations were received without conditions from Directors/Trustees or organisations connected to Directors/Trustees amounting to £21,876 (2021 £22,550). 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 £8,892 total £27,848 (2021 £18,956) referred to in the Contingent Liabilities note contained in these financial statements.

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.

18. Operating Lease Commitments

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

	2022 £	2021 £
Land and buildings		
Expiring:		
Within one year	20,000	26,300
Between one and five years		
	20,000	26,300

Detailed Statement Of Financial Activities

For the year ended 30 September 2022

Income and endowments	2022 £	2021 £
Donations and legacies		
Membership fees	240	525
Donations	78,212	84,601
Legacies	23,316	39,529
Grants	6,208	130,579
NHS Clinical Commissioning Groups	35,727	42,872
	<u>143,703</u>	<u>298,106</u>
Other trading activities		
Fundraising events	33,176	30,478
Shop takings	127,132	71,848
Christmas card sales	230	-
	<u>160,538</u>	<u>102,326</u>
Investment income		
Rents received	5,390	3,884
Bank account interest	-	23
	<u>5,390</u>	<u>3,907</u>
Total incoming resources	<u>309,631</u>	<u>404,339</u>
Expenditure		
Raising donations and legacies		2267
Wages and salaries	4,000	6,750
Consultancy fees re grants	4,000	9,017
Other trading activities		
Shops overheads	42,888	61,581
Christmas cards	137	778
Fundraising events costs	61	57
	<u>43,086</u>	<u>62,416</u>

This page does not form part of the statutory financial statements

Detailed Statement Of Financial Activities

For the year ended 30 September 2022

Charitable activities	2022 £	2021 £
Therapies and support costs: UK Wages, salaries and Service providers	106,205	103,598
Childrens services	28,889	22,694
Rates and water	5,871	3,569
Heat and light	13,287	5,747
Insurance	10,101	10,490
Telephone	5,229	5,008
Repairs and renewals	19,396	32,550
Motor and travel expenses	653	576
Training	955	155
Sundries	3,298	8,519
Depreciation	4,632	4,629
Printing, stationery, advertising and carriage	4,738	4,684
Bank charges	1,206	821
	<u>204,460</u>	<u>203,040</u>
Support costs		
Wages and salaries	78,460	80,806
Legal and professional fees	4,273	5,971
	<u>82,733</u>	<u>86,777</u>
Total resources expended	<u>334,279</u>	<u>361,250</u>
Net (Expenditure)/Income	<u>(24,648)</u>	<u>43,089</u>

This page does not form part of the statutory financial statements

Shop Account: Profit And Loss Accounts

For the year ended 30 September 2022

	Vine House Preston £		Plungington Road £		New Hall Lane Preston £		Berry Lane Longridge £		High Street Garstang £		Total £	Total £
	2022	2021	2022	2021	2022	2021	2022	2021	2022	2021	2022	2021
Income												
Shop takings	199	291	-	-	-	-	29,804	19,854	95,294	50,537	125,297	70,682
Shop waste proceeds	-	25	-	-	-	-	233	319	1,602	822	1,835	1,166
Shop takings	199	316	-	-	-	-	30,037	20,173	96,896	51,359	127,132	71,848
Expenditure												
Shop rent	-	-	3,426	6,300	-	5,500	8,800	9,150	5,237	11,000	17,463	31,950
Insurance	-	-	34	-	63	-	1,082	768	35	136	1,214	904
Rate and water	-	-	1,849	1,367	(822)	703	3,288	2,173	6,448	2,367	10,763	6,610
Heat and light	-	-	1,673	1,172	394	830	2,378	751	5,851	16,783	10,296	19,536
Telephone	-	-	286	286	-	159	213	176	208	193	707	814
Maintenance and renovations	-	-	695	76	-	-	911	1,07	839	619	2,445	1,767
Shop overheads	-	-	7,963	9,201	(365)	7,192	16,672	14,090	18,618	31,098	42,888	61,581
NET surplus	199	316	(7,963)	(9,201)	365	(780)	13,365	6,083	78,278	20,261	84,244	10,267



Adult Therapy services comments:

"It helps to talk things through at Vine House as I have no one that understands what I'm going through".

"To have an hour talking to an independent person about my worries has been invaluable - just to be listened to without judgement. The rooms are very comfortable and it's a very relaxing environment"

Complementary Therapy Service comments:

"The difference you have made is fantastic. I feel physically and emotionally so much better after each session".

(64 year old male patient receiving Comp Therapy)

"Another wonderful complementary therapy session. You always put me at ease and send me away feeling rejuvenated. All the staff are so lovely. The world is a much better place with you in it".

(38 year old female patient)



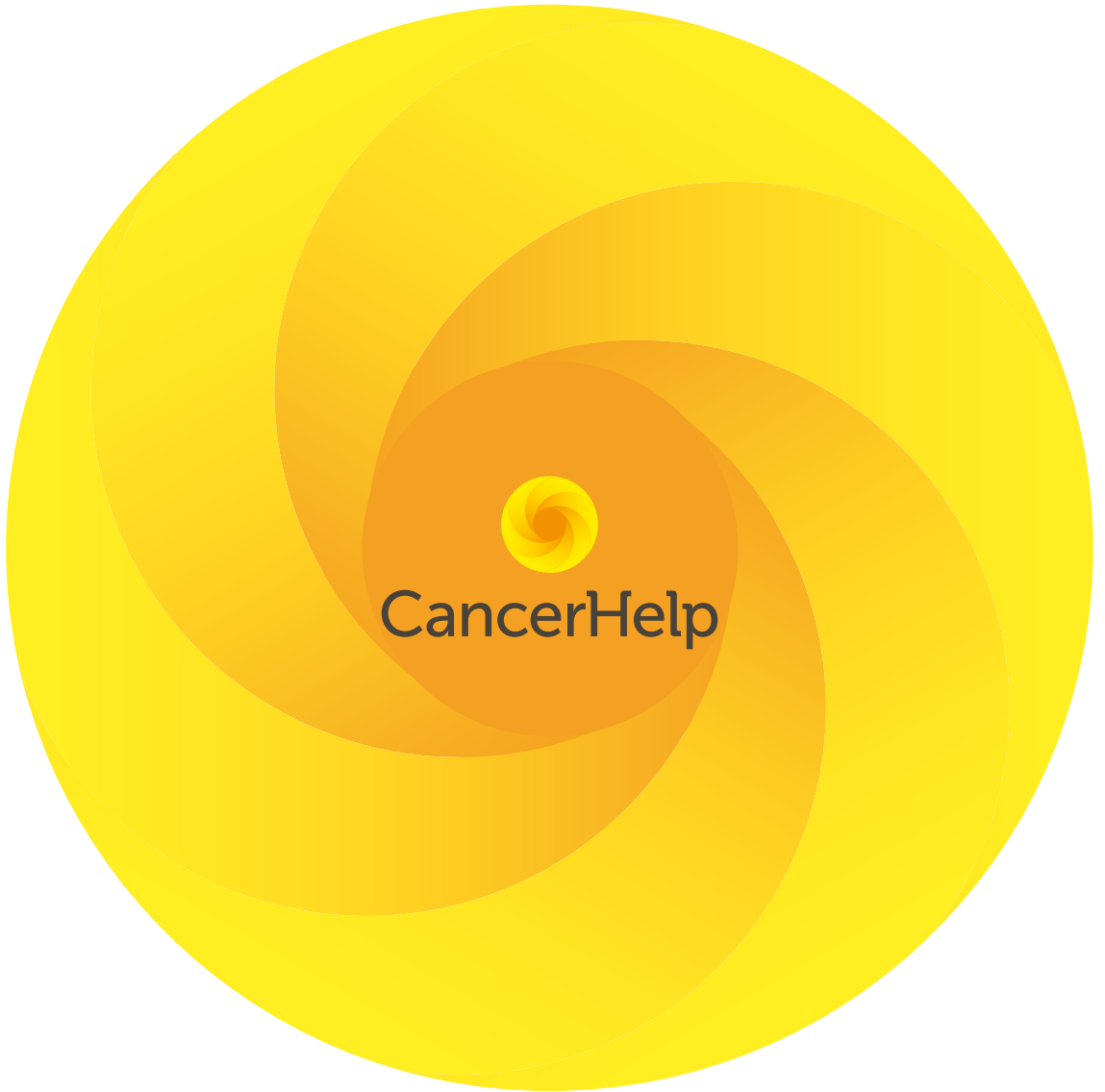
Children and Young People's Service comments:

"Thank you so much you will never know what you have done for our family".

(Parent of client aged 15).

"My counsellor took the time to put my feelings into images and helped me understand. She always had a big smile and made me feel calm and comfortable".

"When I came here I felt really low and unhappy. I felt really lost. But now, although I still feel a bit lost I know how to find myself and a way out. I can now understand why I feel the way I do."



CancerHelp

www.cancerhelppreston.co.uk

Registered Charity No.1032828