



Coping With Cancer North East

Trustees Report and Financial Statements
For The Year Ended 31 March 2022

Charity No. 513820

REFERENCE AND ADMINISTRATIVE INFORMATION YEAR ENDED 31 MARCH 2022

PATRONS

Rt. Hon The Lord Beith PC, Clive Griffiths MD, FRCS and Her Grace The Duchess of Northumberland.

EXECUTIVE COMMITTEE

David Hodgson	Chairman
Sarah Carnegie	Vice Chair
Jennifer Brown	(resigned 12 th July 2021)
Phil Hodgson	
Andrew Preacher	
Robert Eldon	
Fiona Holdsworth	
Gary Shewan	
Jenny Palmer	(appointed 12 th May 2021)
Kay Wightman	(appointed 12th October 2021)

SECRETARY TO EXECUTIVE COMMITTEE AND CHIEF EXECUTIVE

Maggie Bailey

Registered Office and Principal Office

Coping with Cancer North East
The Woodruff Centre
26 Apex Business Village
Annitsford, Cramlington
Northumberland
NE23 7BF

Independent Examiner

Mark Thompson MAAT

North Tyneside VODA, Linskill Centre, Linskill Terrace, North Shields NE30 2AY

Bankers

Lloyds Bank, 102 Grey Street, Newcastle upon Tyne, NE1 6AG

Solicitors

Ward Hadaway, Sandgate House, 102 Quayside, Newcastle upon Tyne, NE1 3DX

Investment Managers

Joe Jobling Wealth Management Ltd (Partner Practice of St. James' s Place Wealth Management) One Trinity Gardens, Broad Chare, Newcastle upon Tyne, NE1 2HF

EXECUTIVE COMMITTEE REPORT

YEAR ENDED 31 MARCH 2022

The Executive Committee who are also the Trustees of the charity, present their report together with the financial statements of the charity for the year ended 31 March 2022. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and 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 published on 16 July 2014.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Documents

Coping with Cancer North East is governed by its constitution adopted 17 March 1983, amended 23rd May 2002 and is registered as a Charity No. 513820.

The constitution established the objects and powers of the Charity and under the constitution, members of the Executive Committee are elected at the AGM on an annual basis. The Executive Committee may co-opt further members between AGM's provided that the total number of co-opted members shall not exceed one-third of the total members of the committee.

Executive Committee

The board continues with strategic best practice governance development including changing to a Charitable Incorporated Organisation in the near future with a new constitution to reflect the Charity's growth and development strategy, ensuring that Coping with Cancer North East is enabled to build on its reputable services in a time of great need and external change for people affected by a cancer diagnosis, global pandemics and beyond.

Organisational Development

The change programme which was started by the new CEO in 2019 continues, despite and in line with the global pandemic. This year has seen investment into the organisation policies, procedures, data and risk management, ICT hardware and software with relevant training, and an expansion of the core team to develop communications, quality and service delivery standards.

Ongoing support through the Mayne Consultancy has ensured a focus on the strategic and tactical development of the organisation with an all staff and trustees day in November 2021 to map out the future for the organisation with '2030 aims' agreed by all to act as a guide to the Charity's long-term vision. This has led to the development of a new business plan to start in April 2022 with clearly defined annual performance measures and goals.

All Staff and Trustees Strategic Awayday November 2021



Mission

We support anyone who has been affected by cancer. We pride ourselves on providing exceptional personal support through a range of services, delivered by our professional, experienced and passionate team. We deliver great value to the cancer community with our healthcare partners across the North East and North Cumbria.

Vision

To improve the quality of living for all people affected by cancer in our region.

Values

At Coping with Cancer our core values form the foundation of everything we do, they are the compass that guides us in the relationships with each other, those that we form with our clients and with our delivery partners.

We are empathetic – we are friendly and approachable; we build trust and rapport with our clients and delivery partners through teamwork.

We listen and we treat the whole person.

We have real integrity – we trust and respect each other, our clients and delivery partners. Everything we do is underpinned by absolute confidentiality.

We add real value – we offer relevant services that meet our clients' needs, making a difference to the quality of living, and complimenting the incredible work of our healthcare partners.

Behaviours

At Coping With Cancer, we demonstrate behaviours based on our core values. These include:

- We are passionate – we believe in what we do, we display courage and humility in the delivery of our services.
- We are professional – we are proud of what we do, and we are professional in our delivery. We show integrity and inclusivity at all times.
- We are responsive – we recognise that the world is changing at pace, we are flexible, and we lead.

- We are open, honest and non-judgmental – we support each other, our clients and delivery partners.
- We are accountable – in everything we do.
- Life is for living – we celebrate it with a smile on our face and a sense of humour.

Management Structure

The Executive Committee are responsible for the strategic direction and policies of the Charity and are actively involved with the Chief Executive in monitoring performance against key indicators set out in the business plan. The committee meet every month online to review financial, operational and risk management issues. The Chair of the Executive Committee provides supervision and support for the Chief Executive who has responsibility for the day to day running of the Charity.

The senior team made up of the Service Delivery Manager, the Clinical Supervisor, the Quality Assurance Manager and the Communications & Fundraising Officer meet weekly to share ongoing operational problem solving. The new **Cancern** Coordinator is invited to these weekly meetings. Quarterly detailed reports are shared by this team to the Executive Committee on quality, clinical supervision, service delivery, **Cancern** and communications development.

Risk Management Strategy

A risk management strategy is in place through which the Executive Committee seeks to minimise those risks which may impact upon the Charity, its activities, clients, staff and partnership networks. To this end the Executive Committee reviews the Charity's procedures and practices annually, covering amongst others, finance, information, communications, technology, data protection, publicity and media, health and safety, counselling and therapy guidelines and HR.

Investments and Investment Policy

The Charity currently places its reserves into funds with investment managers St James's Place Wealth Management. These funds are unrestricted but have been drawn on considerably during 2021-22 bringing the total remaining invested to £68,658.

1. OBJECTS AND ACTIVITIES

Objects

The current objects of the Charity are to improve the quality of living for all people affected by cancer in the North East by providing social, emotional, physical and mental health care, through service support, information and practical help; and to collaborate with organisations in health and social care and employers to further provide public benefit through these objects.

The Executive Committee administer the funds and income of the Charity to apply them to relieve the distress and suffering and to preserve the physical and mental health of cancer patients and those in need of palliative care in the cancer community. This community includes the families and the carers of patients.

Activities

We moved into our new community hub in Annitsford, Northumberland in March 2020, two weeks before national lockdown on all activity as a result of the pandemic. The last two years have seen a stop-start rollercoaster of service delivery overall with a blended model of telephone, online and some face-to-face support.

Some of our staff and trustees taking delivery of donated PPE in Summer 2021 at our New Premises



At the beginning of the year, we anticipated our return to delivery across the 13 hospital and hospice sites we had been stationed in before lockdown. Unfortunately, this has not been the case as the NHS are still struggling for space and new working practice does not currently support our return for many sites. This has also meant that the associated funding has not been received, and the Charity has struggled financially this year as a direct result.

Funding through the Enterprise Development Programme (SIB and AMHP) and Northern Cancer Alliance has enabled the Chief Executive to focus some of her time on developing relationships within the NHS and forming a new network of cancer care and support VCSE organisations. This has been branded as **Cancern** and is receiving attention as a new sector for the region.

We have continued our close relations with NHS Foundation Trusts throughout Tyne and Wear

Some of our NHS partners have worked with us to develop new delivery models and continue the service they know their patients need. This has resulted in us continuing a full service at Sunderland Royal Hospital for therapies. We continue to deliver counselling and talking therapies/coaching at the Freeman Hospital for all NUTH patients and auricular acupuncture is delivered at our hub for these

patients too. We have developed a model of telephone counselling for the QE Hospital in Gateshead for both patients and NHS staff. All of these services require match funding from our reserves and donations.

Our contracts with North and South Tyneside Clinical Commissioning Groups (CCGs) have continued with delivery at South Tyneside Hospital for both counselling and therapies. We have been unable to access North Tyneside Hospital so have developed an alternative network of sites for delivery in North Tyneside including Meadowwell, Howden and Whitley Bay community centres.

We have been awarded funding from NHS Charities Together Fund for a new partnership for service delivery across the North of Tyne and Gateshead (NOTG) from November 2021. Our partners are FACT, Maggie's, Family Gateway and Meadow Well Connected and this is the first jointly delivered project from members of **Cancern**. A report sharing the outputs, outcomes, wider impacts and learning will be shared in 2023 to disseminate the information across the whole cancer sector.

We have held open days at Hexham, Meadowwell, Howden, Linskill, and Blyth community centres to further public awareness of what we do and to encourage people affected by cancer to self-refer to us for support across Northumberland, Newcastle, North Tyneside and Gateshead.



Staff members Maggie, Richy and Sarah at Hexham Open day in December 2021

We have received some donations but have had to use free reserves to ensure we could continue with our developments as planned and still deliver services to a maximum. We have retained all staff and continued to invest in training and recruitment to ensure we can meet the demands of clients going through cancer pathways during a pandemic. We have taken on two new student counsellors who will be with us for the next 15 months to help us deliver more services.

We continued with our change programme and investing resources in training and equipment to ensure we are fit for the future

Technology continues to bring its own challenges, but we received a donation from the Northumberland Digital Skills fund to help us buy refurbished laptops and we have now migrated to Microsoft and all staff are receiving further training. We continue to develop our Lamplight database with senior staff receiving technical training to ensure we get the most from this software. We now also have a suite of refurbished laptops – thanks to a further donation by Vattenfall which are fit for purpose with Windows 10 and our cyber security firewalls and training are all in place.



Staff members Heather and Sarah receiving laptops August 2021

All staff underwent MBTI training during the summer of 2021 with team development elements as well to underpin the organisational developments whilst many were still working remotely. Staff have now achieved or are working towards the NVQ Cancer Awareness and Understanding Level II award and are continuing with emotional resilience, social model of disability, social prescribing and other developmental areas in addition to annual mandatory modules.

We have been awarded funding from Global's Make Some Noise for work to start counselling services in Northumberland in April 2022 and spent time with them in October 2021 in the radio studio and Ellie Forster, our Communications Officer went to London for some media training!

*Early morning at Heart Radio on
Global's Make Some Noise Day October 6th 2021
with Amanda Holden and Jamie Theakston!*



We were also awarded funds from the National Lottery players to appoint a new Cancer Coordinator to take this forward and develop the network further as a new sector in its own right. This has its own identity www.cancernorth.org.uk and we welcome Dharma to the team. We are managing a new telephone counselling service for GRAIL (blood test to indicate cancer pilot) patients, funded by Northern Cancer Alliance.



Dharma and the Stamfordham Women's Institute who received a presentation about Coping with Cancer's work in February 2022 and donated £40.00

Over 800 people have been intensively supported through a one-to-one long-term relationship with either a therapist or a counsellor during the past year.

Our therapy services have been a stop start rollercoaster with the physical restrictions in place in the past year – but these are some of the lovely comments from our clients -

- Fantastic service. Compassionate and caring service. Would recommend to others.
 - Thank you, so helpful. Love the atmosphere in your building too - very calming and relaxing.
 - Exceeded my expectations. I had the treatment before but this time it was more effective.
 - Thank you Andree for your care and compassion, you made my acupuncture appointments a pleasure to come to. I feel more like myself following treatment.
 - I love these sessions they really helped reduce my hot flushes and improved my sleeping pattern.
- Thank you

- I am incredibly grateful to Coping With Cancer and to Sarah for their care and support. I highly recommend acupuncture sessions and feel lucky to have given the opportunity to take part. Thank you for being there when I needed you.
- I have thoroughly enjoyed my visits to clinic and have benefited from the treatments given. Dealing with side effects was very difficult and impacted on daily life. They have greatly reduced, and I feel more confident and in control. This has benefited my home and work life.

Glyn - one of our Therapy clients



"I received my chemotherapy at Wansbeck, and it was there I seen reflexology being carried out on another patient. I made an enquiry and got myself booked in with Sarah from Coping with Cancer. The reflexology was great and really helped me to relax, it helped with the side effects from my cancer treatment alongside easing the pain from another condition in my feet. After the six weeks of reflexology, I asked if I could return to Coping with Cancer for another treatment and had a further six Auricular Acupuncture sessions. Normally I am an overthinker, but the acupuncture sessions helped to lessen this, it allowed me to calm down and worry less which I am so grateful for. Since receiving complimentary therapies from Coping with Cancer I recommend them to everyone I know who has been affected by cancer. I think the treatments that the charity offers are great and the work they do is fantastic. I just want to help them spread the word so they can help as many people as possible."

We have also received the following comments from our clients who received an uninterrupted counselling service throughout the past year—

I would like to express my gratitude for this invaluable service which the Critical Care Ward at the QE Hospital organised. I found before bereavement counselling, I had hit a wall with my feelings and was struggling to handle my grieve. Helen who is a great asset to 'Coping with Cancer' has been the perfect match for me. Helen is a very good listener as I seem to have lots to say these days. Helen is also very good at guiding me expertly through the bereavement mind field. Helen comes up with some very good supportive ideas and I would be in a worst place without her.

- Sandra was a fantastic counsellor! She has helped me through the most difficult times. A thorough professional, friendly, knowledgeable and I felt very comfortable sharing the most intimate details that was causing me a lot of anxiety. I will greatly miss her weekly counselling.
- The counselling I received helped me in a simplistic way I was able to talk with someone. I was also impressed with the counselling continuing all the way through COVID.
- The service I received from Roy was very beneficial, I felt very relaxed with Roy and was able to talk about my feelings and personal information. I now can use all the techniques Roy has talked about and taught me in to practice now. I can now look in to the future in a more positive way. The venue was so relaxing and tranquil this helped too. I would like to thank Roy for his professional way of helping me and getting me where I am today and that's feeling a lot more positive and able to handle situations in a more positive way . Thank you so much for all your help and support Roy.
- Diane was very supportive, empathy came across, which is difficult to show over the phone (during Covid). Diane helped me to work through my concerns from start to finish, even when new issues kept presenting themselves, e.g., bereavement. I feel that I could not have talked as openly with my family, as they were also going through this journey, my cancer and Covid. I have fully appreciated the time taken by Diane and her suggestions for further support such as websites of interest to me. Finally, I would like to thank you for keeping this service open during Covid times, albeit telephone based, I really appreciate the help that I have received
- My Mam passed away in September after a long illness. I was really struggling with her death and a lot of other things that had gone on. I work at the QE Hospital in Gateshead and contacted Occupational Health. They sent a referral to your service. In less than a week I was contacted by Sandra. From the first telephone conversation she put me at ease. This was followed up with weekly video calls. Sandra sent the link for meetings prior and was always on time. She listened and helped me with my issues and anxieties. She also gave me coping skills which were so helpful, and I will use forever. Without Sandra and your wonderful service, I would not be where I am now and able to move forward. I am so grateful that I was passed on to you! Thank you.



Danielle – one of our Counselling clients

"When I discovered a lump in my groin, and I couldn't help but instantly panic....Two-weeks after discovering the lump I had a doctor's appointment booked, at which I was referred to the hospital.....A couple of weeks after the biopsy I was given my diagnosis of Langerhans Cell Histiocytosis, a rare disorder that can cause the damage of tissue to form in one or more places in the body. Six months after my diagnosis I was informed I wouldn't be receiving further treatment as it would be better for my health to monitor the lump than to operate due to the location of the cells. It has been hard accepting this decision. The lack of uncertainty surrounding whether or not it could get worse lead to my mental health spiraling. It was not until my health visitor came to see my newborn son that she noticed a drastic difference in me, she could tell that I was not coping well and referred me to a mental health doctor. The doctor gave me a list of organisations to contact, but it wasn't until I found Coping with Cancer

We are celebrating 40 years of service in the North East in March 2022

1. OUR HISTORY AND HEROES

Coping with Cancer North East was set up in 1982 by a group of people whose lives had been touched by cancer. Led by Irene Smith, they set up a volunteering group to share their experiences through emotional and social support, and also gave practical support and information. Irene died in March 1985, but her legacy still continues today.

The founding motivation was to add wrap-around care and support to people who get a diagnosis. Irene and the original team recognised that cancer diagnosis affects emotional and social health as well as going through a tough physical treatment pathway. In those days, most people who were diagnosed did not survive more than 5 years. Giving additional support was certainly not accepted practice and this group were real trail blazers in what today is recognised as critical in the overall person-centered care models.



Irene and her team of volunteers were the pioneers for Complementary Therapies (and later on counselling) throughout the North East in hospitals and hospices with such success that organisations such as Marie Curie and St Oswald's in Newcastle went on to employ their own therapists as a direct result of seeing the positive effect they had.

Win



Win, one of our former trustees, joined in the 1980's and volunteered with a group of women in the West End of Newcastle who were all going through breast cancer treatments. She then went on to set up the telephone listening service on Elswick Road to offer moral and emotional support to a wider audience of people affected by cancer.

Win left to work in Scotland but then came back to us as a therapist in 1997 and then worked for the Charity in a number of roles, including acting as the Chief Executive from 2018 – 19.

Jennifer and her husband at our recent 40th party

Jennifer, one of our former trustees joined us in 1988 when she was ironing and listening to the radio. She heard a broadcast about our services asking for volunteers and supported us until 2021 as she strongly believes in what the Charity stands for – supporting people to live life after a cancer diagnosis.



Clive Griffiths joined us as a Patron in 1990. He was a general surgeon at Newcastle who specialised in breast cancer who was introduced to Coping with Cancer by Sandra Horsfield, a specialist breast care nurse and this led to our first breast cancer “Drop In” at the General Hospital on a Tuesday morning where women could seek support and a cup of tea or coffee in a friendly non clinical environment at the same time that the major breast clinic was running. He also helped introduce the concept of a breast care “goodie bag” that was given to patients about to have breast cancer surgery and went on to support us delivering pre-operative reflexology by foot massage and auricular acupuncture to reduce adverse effects of breast cancer treatment.

With this great team in place, the service grew and developed throughout the nineties and noughties, with the office moving across many locations where deals were agreed for minimum rental – but the main service delivery was in Oncology Wards and hospitals throughout the region. Getting the NHS to allow and pay for complementary therapies was a real innovative service in those days as there are many consultants today who still do not recognise the value of such treatments.

Judith Woodruff joined the Charity in 1994 as a volunteer coordinator after leaving Addenbrookes Hospital in Cambridge where she was involved in medical training and research in psychiatry and neuroscience.

She became the Chief Executive and managed the organisation through many changes and growth over the next twenty years.

Sadly, Judith died in 2018, but we remember her for her commitment and dedication to Coping with Cancer NE and have named our new hub 'The Woodruff Centre' in lasting memory of her.



Judith Woodruff Ex CEO

David Hodgson MBE joined us in 2007 as a Treasurer and later agreed to becoming Chair in 2017, despite having a very busy accountancy practice and Trustee/Treasurer of many other charities including the YMCA North Tyneside. He is still our chair today.

David, Chair of Coping with Cancer North East



David continues to be our hardest working volunteer!. His commitment to our charity and the hours of work he puts in month after month are very much appreciated. We are honoured to have such a dedicated chair who rolls up his sleeves and gets stuck in time after time when needed.

Our service delivery area grew from Newcastle and North Tyneside to include Gateshead – and then onto Sunderland and Durham when Linda Baines joined us in 2009.

Linda, Our Sunderland Manager, busy at work



Our services then were spread across drop in and support groups for breast cancer patients: Reiki, Reflexology, M Technique and a range of specialist types of massage: Home and telephone support listening for all cancer patients: Befriending groups with volunteer peers through a 'buddy' system: we set up patient information and support centres: and we held weekly coffee groups.

We set up accredited training of volunteers in Level 2 NVQ in Complementary Therapy for Cancer Patients and Clinics for prostate cancer patients. In 2010 we started Bereavement Counselling and Roy Stirling joined us as a volunteer counsellor with others for the introduction of psychotherapy counselling for patients needing more emotional and mental health support.



We were finalists in the NHS National Quality in Oncology Awards in 2012 and went on to introduce a range of gentle therapies for ICCU departments in Sunderland Royal Hospital and had a weekly presence in most oncology day units throughout the North East, as well as representing patient and carer views at regional health networks.

We also introduced auricular acupuncture in hospitals in the north east. This was a very revolutionary service but one that the patients really benefit from as it helps with pain relief, neuropathy and sleep deprivation. We developed our own accredited courses with the Open College Network for Auricular Acupuncture Level 3 training courses for staff and volunteers.

We also started beauty and make up sessions for teenage cancer units and offered our counselling services to staff within cancer services in hospitals.



Our history is rich, and we are very well respected by the clinicians and cancer patients throughout the region.

When Judith died suddenly on holiday at the end of 2018, Win kindly stepped up to lead us through the period searching for a new Chief Executive. Maggie Bailey was recruited and took up the position of Chief Executive in August 2019 in a part time capacity before moving into a full-time role in October 2019.

From October to March 2020, we started team meetings and staff training across a wide range of compliance and best practice areas. We updated our logo, launched a new website and found a new centre for us to focus our community delivery outside of a hospital setting.

Covid hit us hard in March 2020. Just two weeks after moving into our new centre, we closed down all functions and furloughed all staff for three months. We did however plan, develop our systems and prepare for reopening with stronger teams and processes in place.

Cancer has not gone away because of Covid19. 40% of the whole population will experience cancer directly within the next ten years and our help and support is going to be needed more than ever before. 70% of people live beyond 5 years now, which is great, but does give rise to longer term post-traumatic stress experiences for many.

Thank you to all of those who have been with us a while –

Jennifer Brown (32 years), Clive Griffiths (23 years), David Hodgson (13 years), Linda Baines (11 years) and Roy Stirling (10 years and in pic below) – we could not have done it without you!



Roy running to help raise funds for us!

We celebrated our 40th year by holding a RUBY ANNIVERSARY Party and had great fun with all of our various stakeholders – thank you all for coming along and joining in the fun.



1. PLANS FOR THE FUTURE

We have a great service, with fantastic staff and sound processes. We need to ensure our funding is secure and that we can continue to give the right support at the right time.

Next year will be a challenge as the NHS are unable to have us back in oncology wards for the foreseeable future and there is limited hospital charity funding as a direct result of less footfall within hospitals in the past two years.

We hope that more support services return to hospitals, but we continue to work with both our VCSE networks and the NHS in designing community provision for the future. We are also working strategically with our VCSE partners to embed the new Integrated Care System across the North East and North Cumbria and know that this will take time.

We lead on the new **Cancern** North network, a group of VCSE organisations who all want to work together to provide care and support across the whole of the North East and North Cumbria, and cross refer to each other when and where relevant for optimum patient care. This network will be invaluable to us going forward with the new NHS commissioning plans for partnership projects only.

We continue to invest in our quality systems and procedures to ensure we are contract ready for the potential larger contracts which are expected from the new NHS structures. We are improving our communications, income and fundraising activities to ensure we are here for the people who need us in the future.

We are increasing our counselling and coaching service as the need for this type of support has been escalated with the delay of diagnoses and treatments this year, and more patients are anxious and worried as a result of covid on cancer services.

Our unique service for Auricular Acupuncture needs to be developed further with training for staff to deliver this throughout the region, but this needs funding to meet the needs across the region. This service is acutely required for people with side effects of chemotherapy and radiotherapy as it helps reduce pain, neuropathy, sleep disorders, fatigue and anxiety.

We also need develop our training team to deliver 'Managing Cancer' courses for all organisations and individuals who wish to learn more with patients returning to work and learning to live with the long term effects of cancer.

Our vision for 2030 is to be the number one local cancer care and support charity in the North East.

There are now 1 in 3 people who will be diagnosed with cancer in next ten years and this figure will rise to 1 in 2 after that. Cancer will have a major impact on virtually every family in the future, which means that this is a rapidly growing sector.

The North East has the highest incident rate of cancer in the UK and health inequalities are not decreasing in the near future. Whilst the rate of death within the first five years of diagnosis was improving pre the pandemic, numbers are anticipated to go up in the next few years as the number of people presenting symptoms to GPs has decreased significantly during the pandemic and stages of cancer found will be further developed as a direct result.

Waiting for and receiving a cancer diagnosis is a traumatic experience. The NHS has developed its physical diagnosis and initial treatment pathways significantly over the past ten years, but there are still many patients reporting emotional and mental health needs which are not met, along with holistic physical and social health needs. These needs are deemed secondary to practical financial and legal needs for many patients too so there is a lot more work required for full cancer care and support, especially in the North East.

1. FINANCIAL REVIEW

Income for the year was £282,769 (previous year £250,548) compared with expenditure of £321,045 (previous year £218,472). A further £79,036 was paid out to subcontractors for partnership delivery, resulting in a net loss of -£117,313.

Fundraising

The Charity is registered with the Fundraising Regulator and with the Fundraising Preference Service. It ensures that high standards are maintained at all times. The Charity does not employ commercial fundraisers. It does not exchange data with other parties and has not purchased supporter mailing lists.

We ran a small raffle in March to help us fundraise and celebrate our 40th anniversary and this raised £3,000 along with a tombola run on the night. We are grateful for all individual donations and legacies received during the course of the year, including

<i>NHS Charities Together Fund</i>	<i>£25,000</i>
<i>(through Community Foundation Durham)</i>	
<i>Social Investment Business</i>	<i>£24,068</i>
<i>National Lottery Players</i>	<i>£18,500</i>
<i>Squires Foundation Fund</i>	<i>£5,000</i>
<i>(through Community Foundation Tyne and Wear and Northumberland)</i>	
<i>Northumberland Digital Skills Fund</i>	<i>£2,664</i>
<i>Pink Ribbon Foundation</i>	<i>£5,000</i>
<i>Newcastle Building Society</i>	<i>£3,000</i>
<i>(through Community Foundation Tyne and Wear and Northumberland)</i>	
<i>Hospital Saturday Fund</i>	<i>£2,000</i>

We do extend our thanks to all donors. Your help has been invaluable this year.

RESERVES POLICY

The Executive Committee have established a policy whereby the unrestricted funds not committed or invested in fixed assets (free reserves) held by the Charity, should, ideally represent a minimum of 6 months of total resources to be expended. Based on the above, the target free reserves for 2022 should be £150,000, whereas the actual free reserves are £39,370. Expenditure is being revised and funding from grants and trusts are required in the next 12 months to ensure the organisation is in a stable position for the expected future NHS income.

There are £50,000 designated funds held in addition to the restricted funds of £20,666. These are accrued for ICT, Redundancy and Property Acquisition Funds required for the ongoing sustainability of the Charity.

DONATIONS

The Charity does not make donations. Income for the Charity and its subsequent expenditure is for the purpose of support to cancer patients and their families. This help and support is given at no cost to the recipients.

EXECUTIVE COMMITTEE RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

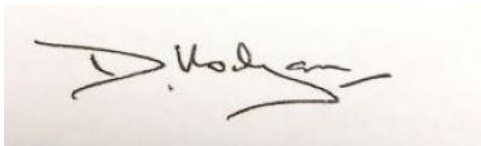
The Executive Committee are responsible for preparing the Executive Committees' report and the financial statements in accordance with applicable law and United Kingdom Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Executive Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Executive Committee is required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and accounting estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Executive Committee are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Executive Committee on 12th April 2022 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'D. Hodgson', is written on a light-colored background.

D HODGSON MBE - CHAIRMAN

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Coping With Cancer North East

On accounts for
the year ended

31 March 2022

Charity no 513820

Respective
responsibilities of
trustees and
examiner

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act)) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under section 43 of the Act),
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act), and
- state whether particular matters have come to my attention.

Basis of
independent
examiner's
statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent
examiner's
statement

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

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 12th April 2022

Name: Mark Thompson MAAT
Address: VODA
Linskill Centre
Linskill Terrace
North Shields
NE30 2AY

Coping With Cancer North East

Statement of Financial Activities for the year ended 31 March 2022

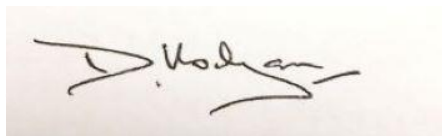
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2022	2022	2022	2021
Receipts					£
Donations, gifts & collections		12,000		12,000	17,730
Grants		8,000	125,832	133,832	106,879
Charitable activities		123,297		123,297	57,907
Fundraising activities		908		908	1,107
Investments				0	0
Job retention scheme		12,732		12,732	66,805
Others				0	120
Total Receipts		156,937	125,832	282,769	250,548
Payments					
Salaries & sessional workers	2	155,308	73,245	228,553	146,921
Staff & volunteers expenses		1,645		1,645	1,144
Staff training		2,386		2,386	12,978
Support costs		8,723		8,723	1,285
Fundraising expenses		675		675	206
Rent & landlord charges		18,624		18,624	14,310
Heat & light		3,771		3,771	1,113
Repairs & servicing		1,791		1,791	3,179
Premises expenses		8,548		8,548	0
Postage, stationery & telephone		5,695		5,695	4,447
Insurance		3,596		3,596	1,319
IT expenses		14,420	2,664	17,084	19,381
Subscriptions & licences		1,917		1,917	1,126
Advertising		3,915		3,915	215
Office relocation expenses				0	0
Legal fees		5,196		5,196	3,814
Accountancy charges		1,627		1,627	1,232
Bank charges		107		107	114
Depreciation & equipment		6,811		6,811	5,526
Refreshments & sundry expenses		381		381	162
Sub - Contractors			79,037		
Total Payments		245,136	154,946	321,045	218,472
Net surplus / deficit before investment assets		-88,199	-29,114	-117,313	32,076
(Losses)/Gains on investment assets		5,515		5,515	21,926
Net movement in funds		-82,684	-29,114	-111,798	54,002
Funds as at 1 April 2021		172,054	49,780	221,834	167,832
Funds as at 31 March 2022		89,370	20,666	110,036	221,834

Coping With Cancer North East

Balance Sheet as at 31 March 2022

		2022 £	2022 £	2021 £	2021 £
	Notes				
Fixed Assets					
Tangible assets	5		27,750		28,141
Investments	6		68,097		112,582
			<u>95,847</u>		<u>140,723</u>
Current Assets					
Bank		17,417		79,217	
Debtors & Prepayments	8	<u>8,210</u>		<u>5,505</u>	
		25,627		84,722	
Creditors: amounts falling due within one year					
Creditors & accruals	9		11,438		3,611
Net Current Assets			14,189		81,111
Net Assets at 31 March			<u>110,036</u>		<u>221,834</u>
Represented By:					
Restricted Funds	4		20,666		49,780
Unrestricted Funds - designated funds	4		50,000		60,000
Unrestricted Funds - general funds	4		39,370		112,054
			<u>110,036</u>		<u>221,834</u>

Signed



Position **Chairman**

Coping With Cancer North East

Notes to the accounts, 2022

1. Basis of accounts

The financial have been prepared in accordance with 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 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Coping With Cancer North East meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fixed Assets are depreciated over a useful lifeline at the following rates:

Leasehold Premises	10% straight line
Office Equipments	20% straight line

2. Trustees and Staff

Total Staff Costs for the year:

Salaries & Sessional Staff	£ 228,533
----------------------------	-----------

During the year the charity employed an average of 20 staff (13 in 2020).

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

3. Costs of financial services

The cost for the Independent Examination for the financial period will be £300.

4 Funds Analysis

	At 1 April 2021	Incoming Resources	Resources Expended	Gross Transfers	At 31 March 2022
Restricted Funds					
The Trust Charitable Foundation	£ 280		£ 280		£ -
Digital Skills Fund		£ 2,664	£ 2,664		£ -
Northern Cancer Alliance	£ 49,500		£ 49,500		£ -
Pink Ribbon Foundation		£ 5,000	£ 5,000		£ -
NHS Charities Together Foundation		£ 72,100	£ 63,767		£ 8,333
National Lottery for Cancer North		£ 18,500	£ 6,167		£ 12,333
ESF Apprentice Grant		£ 1,500	£ 1,500		£ -
Social Investment Business		£ 24,068	£ 24,068		£ -
Hospital Saturday Fund		£ 2,000	£ 2,000		£ -
	£ 49,780	£ 125,832	£ 154,946	£ -	£ 20,666

	At 1 April 2021	Incoming Resources	Resources Expended	Gains/Losses Investment	At 31 March 2022
Unrestricted Funds					
General Fundraising	£ -	£ -	£ -	£ -	£ -
Newcastle Building Society (through Community Foundation Tyne and Wear and Northumberland)	£ -	£ 3,000	£ 3,000	£ -	£ -
Community Foundation	£ -	£ 5,000	£ 5,000	£ -	£ -
Job Retention Scheme	£ -	£ 12,732	£ 12,732	£ -	£ -
General Funds	£ 112,054	£ 156,937	£ 235,136	£ 5,515	£ 39,370
Designated Funds - IT	£ 60,000	£ -	£ 10,000	£ -	£ 50,000
	£ 172,054	£ 177,669	£ 265,868	£ 5,515	£ 89,370

5 Tangible Fixed Assets

	Leasehold Property	Office Equipment	Total
Cost			
As at 1 April 2021	£ 20,406	£ 24,307	£ 44,713
Additions		£ 6,420	£ 6,420
Disposals			
As at 31 March 2022	£ 20,406	£ 30,727	£ 51,133
Depreciation			
As at 1 April 2021	£ 4,082	£ 12,490	£ 16,572
Charge for the year	£ 2,041	£ 4,770	£ 6,811
Disposals			
As at 31 March 2022	£ 6,123	£ 17,260	£ 23,383
Net Book Value at 31 March 2022	£ 14,283	£ 13,467	£ 27,750

6 Fixed Assets Investment

	2022
Valuation at 1 April 2021	£ 112,582
Purchases/Disposal	-£ 50,000
Unrealised losses/gains	£ 5,515
Valuation at 31 March 2022	£ 68,097
Cost of Investment at 1 April 2015	£ 100,000

Fixed assets investment are unit trust managed by St James Place Wealth Management

7 Related Party Transactions

There are no related party transactions

8 Debtors & Prepayments

	2022	2021
Debtors	£ 3,128	£ 1,000
Prepayments	£ 5,082	£ 4,505
	£ 8,210	£ 5,505

9 Creditors & Accruals

Accruals	£ 11,438	£ 3,611
----------	----------	---------