



# Cancer Campaign in Suffolk

Reg. Charity No. 1073241

Annual Report of the Trustees

31 July 2018 for  
Cancer Campaign in Suffolk

The trustees present their report with the financial statements of the charity for the year ended 31 July 2018. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

#### REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number  
1073241

Principal address  
First Floor  
56-58 St. Margaret's Street  
Ipswich  
IP4 2BD

Trustees  
M. Aitchison (June  
2018)  
J. Button  
Dr T.Cutler  
B.  
Hercliffe  
H. Porter  
J. Ripman Chair  
Dr L Sherwin  
Peter Sledmere Treasurer (retired May 2018)  
Chris Gray (Nov 17)

Independent examiner  
Louise Rogers  
ACCA

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is managed by its governing document, a deed of trust, and constitutes an unincorporated charity.

Recruitment and appointment of new trustees  
By appointment of the Chair of Trustees and Chief Exec

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.

#### OBJECTIVES AND ACTIVITIES

Objectives and aims

To educate the community on cancer awareness, to improve the wellbeing for those with a cancer diagnosis through wellbeing workshops, counselling and complementary therapies. To reduce the fear of the diagnosis and treatment which enables us to help before during and after cancer.

# Annual Report 17 – 18 Cancer Campaign in Suffolk (CCiS)

## Over view

CCiS is an independent charity that has no affiliation to any national charity or organisation. We receive funding from private grants, foundations and public donations. We help before, during and after cancer through; educational prevention, complementary therapies, counselling, beauty wellbeing and wig workshops.

In 1998, information was difficult to find, counselling and complementary therapies nonexistent for those diagnosed with cancer. The leading Oncologist at the time along with a local celebrity footballer recognised the need for more help for those going through cancer, and together they set up our local charity Cancer Campaign in Suffolk. One of the first aims of CCiS was to provide a Cancer Information Centre within Ipswich Hospital that would provide information, complementary therapies and counselling.

## Complementary Therapy & Counselling

In 2004, with the help of the local community we opened the Cancer information Centre at Ipswich Hospital and was one of the first in the country. We ensured designated rooms for the therapies and counselling were available in the new Centre so that the correct constant environment would always be available for patients.

Thousands of people go through the Centre gaining information, therapies and counselling every year, and we are seeing an annual increase in their demand. The complementary therapies and counselling referrals come from Consultant Oncologists, Cancer Specialist Nurses, Health workers, Information Centre staff and self-referrals. This increase will be greater next year when the two local hospital merge and the patient numbers could double. At present, we have a team of four cancer specialist therapists, and two cancer specialist counsellors who provide over a thousand sessions helping hundreds of patients annually. The sessions help patients to manage the side effects of treatment and their prognosis as well as anxiety, fear, sleep problems, body image issues, lack of confidence, and relationship issues which are just a few of the effects of cancer treatment.

This year we are piloting a partnership with 'Caring for Me' a CCiS community project that provides the same therapies as the Centre but in a community setting. We have found that for some patients it is difficult and they are unresponsive to the therapies within the hospital. This project will give patients a choice of venue to use the one most suited to the individual needs. We also recognise the needs of those living with cancer who would benefit from these therapies, but can no longer access once discharged from the hospital. They can now access the community project through GP referral when they need to. We will be evaluating the project through patient feedback regularly over a 3-year period.

## Prevention Body and Cancer Awareness

The education prevention project grew through community and national health forums who recognised the lack of cancer awareness. This is endorsed by national research resulting in the development of the national NHS TV and media campaigns "Be Clear on Cancer".

At the same time hospital admissions statistics both local and national show an increase in those who present to the hospital with advanced cancer. Whether this is

through denial or the lack of information about the possible signs and symptoms it is still an ongoing problem. To help people locally become more body and cancer aware we developed an educational project. We wanted people to understand the signs, symptoms and risks of cancer for them to be more body aware so they would know if anything changed that needed medical advice. We also want to give confidence to people so they will act on anything suspicious and go to their GP. National research shows that an earlier diagnosis can result in less invasive more successful treatment and can save lives. To date we have provided workshops for over 27,000 people in Suffolk aged from four to 89 through schools, businesses and local community groups covering the main cancers, risks, lifestyles, and body awareness. We have seen recent research showing the drop in screening figures for cervical bowel and mammograms attendance that could lead to late diagnosis and possible increases in advanced cancers. We will ensure that we incorporate more information about the importance of attending the screening programs into our future workshops.

## It's All About You

The beauty, wig and wellbeing workshops 'It's All About You' was developed when the national cosmetic industry charity who provide makeup workshops within a hospital environment did not provide them in Suffolk nor did they have seem to have any future plans to. We approached them for five consecutive years but their criteria of our geographical area was that Suffolk was too close to other hospitals in neighboring counties of Essex and Norfolk.

Not wanting our patient to have to travel miles and miles to benefit from such a project, we raised funds through trusts and grants to start the CCI's 'It's All About You' beauty wig and wellbeing workshops. We have helped over 250 women, who have been at various stages of treatment who come together to help and support each other whilst learning about ways to combat the effects of cancer treatment including hair loss. This year we added more funding from a local company to secure the continuation of the project and to add staff and stock. The funds have enabled us to add a member to our team and to provide a wider variety of products including a range of specially selected human hair wigs giving the women a wider more affordable choice.

Our future ambitions are to ensure all our projects continue to flourish and expand to meet the needs of cancer patients and those living with the effects of treatment. There is an increasing need to provide more of our projects in the community to include families and those who are no longer cancer patients but still live with the effects of cancer and are in need of help but have very few choices available to help them. With the correct funding, we will be able to develop projects that will cover this need.

With 1 in 2 of us having a cancer diagnosis in our lifetime we will  
all be affected.

Together with future investment, we can make a difference  
To those affected & their families before during and after  
a cancer diagnosis

## Projects

### Prevention Body and Cancer Awareness (before)

At CCiS, our priority is helping the people in our community before during and after cancer.

Sharing our knowledge is very much part of that, through interactive workshops which help to break down barriers whilst dispelling health myths and individual fears. They give individuals the confidence to recognise the possibilities of a problem in the early stages and to seek medical advice. National research by CRUK shows that an early diagnosis leads to more successful and less invasive treatment, meaning what is learnt at one of our workshops really can save lives. At present, there are too many people delaying medical advice and presenting with advanced cancers, which are more challenging to deal with successfully. The workshops show individuals the importance of body awareness giving them the power to recognise the signs and symptoms of cancer and to act by visiting their GP at the first signs of a problem.

The first of their kind in the UK, we have successfully provided one-hour workshops to over 27,000 people across Suffolk. The interactive workshops teach greater body awareness, risk, lifestyle, diet, early signs and symptoms. The workshops are flexible to each audience's specific requirements, making them perfect for schools, businesses and community groups. They can cover specific topics such as teaching children about sun safety or teaching the local football club about testicular health, or they can be more general, depending on the need. The greater the support for this project the greater the number of people who will have the knowledge and confidence to act, which will increase those getting an early diagnosis more successful treatment and more cancer survivors.

### 17/18 Activities

#### Our Educator Sarah on a sun awareness workshop



This year we increased our total reach to over 27,000 people covering many

diverse communities, schools, colleges, businesses and community groups who have attended our workshops. We have covered the main cancers, sun awareness, risks and life style choices. The workshops for high school students will have demonstrations of how to do a breast check and how to do a testicular check using prostheses; we discuss the other risks, body awareness, diet, life styles as well as the common signs and symptoms. For primary school, students we have interactive workshops about sun awareness how to be safe in the sun and what its benefits are. All the workshops delivered have been interactive and sensitive, as some of the attendees will have experienced a cancer diagnosis if not themselves then family members. We ensure there is time for questions from all our workshop attendees.

Feedback from the teachers present at the workshops...

"The students really appreciated the delivery of the workshop with no question being too small or insignificant.

We will be booking more workshops!

"Thank you so much for your work with us on Monday. The immediate feedback I have had from the students suggests they got a lot out of the day. Several have emailed me independently to voice their appreciation of the whole experience. It seems they particularly valued the "adult" feel to the day: being asked their opinion rather than being lectured: and the actual content of the information provided." Emma Stevens – Teacher Bury County High

Feedback from some of the students when asked to describe the workshop in 3 words –

<i>Factual, Informative, Useful</i>
<i>Interactive, Insightful, Interesting</i>
<i>Funny, Different, Interesting</i>
<i>Interesting, Interactive, Insightful</i>
<i>Informative, Useful</i>
<i>testicaltastic, Breastastic, Fun</i>
<i>Statistical ,helpful, thought provoking</i>
<i>Informative, Interesting, Helpful</i>
<i>Approachable not embarrassing</i>
<i>Intriguing, Insightful, Information</i>
<i>Informative, Interesting, illuminating</i>
<i>Well presented and Engaging</i>
<i>Educational, Interesting, Informative</i>
<i>Very educationally beneficial</i>
<i>Positive approach, Unique</i>
<i>Very Nice fun</i>
<i>Enjoyable, helpful, fun</i>
<i>Really helpful</i>

<i>It was useful</i>
<i>It was scrotastic!</i>
<i>Preventive measures matter</i>
<i>Insightful, Informative, Interesting</i>
<i>Useful, Interesting, thoughtful</i>
<i>Factual, Informative, Useful</i>
<i>Helpful, Fun, Useful</i>
<i>Clear and Interesting/informative</i>

This year saw the launch of the CCiS cheeky check tee shirt instigated by students, designed by young people and our CCiS team. This is another way for CCiS to get the message of Body and Cancer awareness out into the public domain. We sold our first 100 tee shirts this summer and have made them available on our website: [www.ccisuffolk.org](http://www.ccisuffolk.org)



### International Women's Group

This is the second year we have delivered a healthy eating workshop at the international women's group of refugees. It came with its usual language challenges, as many were unable to speak English but understood more than they could speak and no interpreters were available. We had agreed that the topic would be reducing the risk of cancer by diet, particularly important as the women only have a low income and struggle to eat healthily and feed their family on limited finances. Forty-six women attended to gain knowledge on reducing the risk of cancer by diet.

The challenge was gathering relevant props using food as an international language and being mindful not to offend the many different nationalities and cultures present. We managed the situation very well, by using healthy food and photographic presentations as you can see below it was very well received by those who attended.

Feedback from the IWG coordinator –

*Thank you so much for yesterday's talk. You pitched it very well and the interactive*



*bits were perfect (and thank you for the delicious cakes you made). The women would like to cook something for you on your next visit. Thank you so much*

## Working with others in the community

Cake and Revolution  
Fire & Rescue  
WI young woman's group

Suffolk



## Counselling & Complementary Therapy (during)

Those already diagnosed with cancer are supported by the CCiS cancer specialist complementary therapy and counselling team. They provide free therapies and counselling in the Information Centre that we built in 2004, within Ipswich hospital. The project provides a variety of therapies that will result in an increase in the wellbeing of each patient. We use the most appropriate therapy for each individual, factoring in which cancer, what the psychological effects are, what surgery they have had, the type of treatment and its effects. This is a project about people and their wellbeing and giving them confidence to help with the management of their own treatment and prognosis. Those with a cancer diagnosis can present with some complex psychological problems, which may take both complementary therapy and counselling to get them in a position to move on and manage their situation. The results of this project are amazing; people sleep better, look more positively on their future and feel more in control of their situation. This has a huge impact on the way they manage not only their treatment but their personal lives too.



## 17/18 Activities

### Complementary Therapy and Counselling



In early 2018 the lead for this project retired and to ensure the continuation of the project CCiS has been asked to partner with Ipswich Hospital Trust to share the financial burden of the post. Without the financial help from CCiS patients will see a reduction in the therapies and counselling available to them and it will put pressure on the normal waiting list. This puts CCiS in a pressured position to find funding for this post but CCiS understands its importance and the future need for this project. The imminent merger of the two Hospitals Colchester and Ipswich will result in a large increase of patients that will need the help & support of this project, as both hospitals do not have the same availability of therapies or support.

It's proven time after time through national research bodies and patients feedback the effectiveness of complementary therapies and counselling. They provide huge benefits to the psychological wellbeing of patients and it helps them enormously to manage their prognosis and life whilst going through treatment and beyond.

These are a few examples of the issues we come across.

- Relationship problems
- Death and dying
- Managing their shock after diagnosis,
- Giving emotional support to family
- Inability to relax
- Poor sleep
- Managing side effects
- Fear and anger
- Anxiety

This is how we help

- Providing a safe, calm, relaxing environment,
- Allowing them to share their fears and concerns
- Helping them put it all into perspective
- Helping with anger management
- Helping with self-management of the prognosis and treatment
- Helping them to talk to family and friends
- Helping to verbalize thoughts and fears
- Helping with relationship problems

There has been an increase in the need and benefit of improving the health and wellbeing of those with cancer whilst they go through treatment and beyond. This year we have provided free complementary therapies to over 320 patients both male and female. Each of them has average 6 x 75 minute sessions whilst they go through treatment the results of which are for some life changing. We offer a variety of therapies, using the most appropriate for the individual, factoring in which cancer, what the psychological effects are what surgery they have had, the type of treatment and its effects.

Here are some comments from those who have received treatment.

*I feel relaxed and I'm left with a comfortable sense of wellbeing. Thank you*

*I always feel so well after each treatment.*

*The reflexology I have received has had huge impact I feel supported and it has had a knock on effect on my general health and wellbeing.*

*It has helped me to cope with the punishing two-week cycle of chemo thank you.*

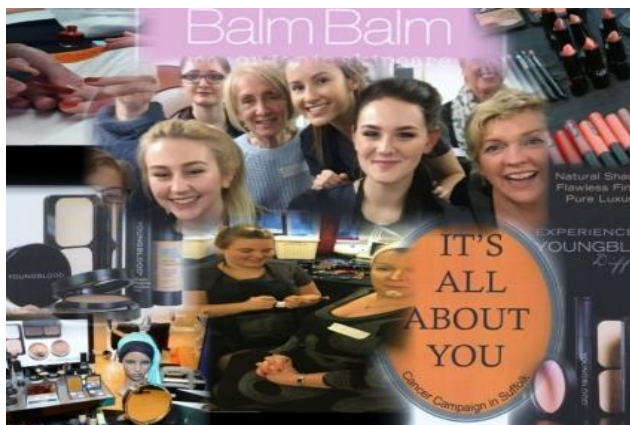
*What a perfect experience helpful and relaxing just perfect. It took me to a place I thought I'd never get back to.*

*I found reiki very beneficial it released a lot of emotions, it helped me relax and I now sleep much better.*

*I found the therapies to be of great help and nice to be treated with such care and consideration.*

*I cannot explain how much difference you have made. I thank you and all involved.*

The psychological effect of a cancer diagnosis can be far reaching and take many years before it fully emerges. In these cases, there is little or no provision available for help as they are no longer clinical patients within the hospital and therefore they can only access support and help through the NHS mental health provisions. We would like to change this by expanding this project into the community for everyone including those who have finished clinical treatment and their families but need psychological support due to a cancer diagnosis. Hence a new venture for CCiS in piloting a partnership with 'Caring for Me' as a CCiS community project offering therapies and counselling in the community this allows more choice and easier access at a time convenient to individuals. It is important to give patients a choice of where they receive therapies and counselling and which will be more beneficial to the patients. The community option gives flexibility on the timing that they receive treatments as they are unrestricted by hospital staff timetables or whilst still being a patient. Each patient has 4-6 sessions and referral to the community project is via CNS, oncology consultant or GP. We will regularly evaluate the project through attendee feedback.



## It's All About You Beauty Wig and Wellbeing Workshops (During and after)

It's All About You is a beauty, wig and wellbeing workshop that is made available through the hospital oncology staff, Information staff, volunteers and self-referral through our website or phone to those with a

cancer diagnosis, many of whom will be experiencing hair loss, and skin problems due to their treatment. Many of the workshop guests find that these problems result in low self-esteem a lack of confidence and self-image issues. Our aim is to help them manage these side effects of treatment and improve their wellbeing. The effects of treatment can be very cruel; total hair loss, including eyelashes, eyebrows, dehydration of their skin making it dry and prone to cracking resulting in sore split finger tips and feet, which can add to the psychological and disabling effects of cancer treatment. For many these effects are worse than the clinical intervention they have suffered. Many women tell us that when they lose their hair they feel suddenly exposed to the world telling everyone they have cancer. People look at them and act differently towards them, as they usually wear a wig or headwear to cover their hair loss usually making them look and feel very different and vulnerable. In these very difficult times, they need empathy, consideration, care, compassion, support and the best possible experiences with how to come to terms with it all. Which is our goal in every beauty, wig and wellbeing workshop. They form a support network for each other whilst learning how to manage hair and eyebrow loss, dry cracked skin, using excellent quality products; real hair wigs, paraben, talc, petrochemical free cosmetics and organic skin care. We use the best products because we feel everyone deserve the best and the power of the workshops is over whelming, as you will see later from their feedback.

### 17/18 Activities 'It's All About You' workshops



Never underestimate the power of  
makeup...

We've seen the results and they're  
amazing!

This year we added funding from a local company for the continuation of this project, it has enabled us to employ a member of staff and to provide a wider variety of products including human hair wigs.

The IAAY workshops covers the needs of women going through cancer and the effects of treatment. It gives them the confidence to experiment with different looks and gain support from others in similar circumstances. We have found that this increases their confidence and gives them different choices at a time when others are make most of the decisions for them.

The beauty, wig and wellbeing workshops continue to receive terrific feedback from the attendees. To date; we have helped over 250 women. The workshops provide a relaxed friendly environment in which they make new friends and give each other support and encouragement throughout the day and beyond. The psychological effects experienced by the attendees is a great boost to their confidence, self-esteem and wellbeing.

We help them manage the side effects of cancer treatment; dry, sore skin which when not treated can crack especially on the tips of fingers and toes causing difficulties in getting dressed doing up buttons, pulling on tights etc. and this can have an effect on their independence and confidence. We help with hair loss and eyebrows, which for some can be one of the most difficult things they have to deal with. Sudden hair loss declares to the world how poorly, they are and that they are undergoing treatment. A well-fitted wig or scarf can give a feeling of confidence that helps enormously at this difficult time.

We strive to provide the best paraben, petrochemical, talc free cosmetics, organic skin care and real hair wigs as we believe every one of our workshop guests deserve the best we can provide. All the workshops are individual to the ladies who are present on the day and they are free of charge. We provide everything that the guests need for the day including a full manual of hints and tips as well as disposable brushes, cotton pads, hair bands, everything they will need as well as refreshments, cakes and fruit throughout the workshop.

Everyone who attends the workshops would happily recommend it to other people with a cancer diagnosis. We also have an open invite for all the volunteers in the cancer field, Cancer Nurse Specialists and radiographers, oncologists from the hospitals to join us at our workshops so they can experience the difference it makes to their patients.

Here are some comments from our guests:

*I very much enjoyed the experience; it was great fun to do this with others in similar circumstances.*

*Such a fantastic, amazing and wonderful opportunity.*

*It's been such a help giving me lots of ideas and good to chat with other women. As I don't usually wear makeup I am amazed at how lovely it has made me feel and look Thank you.*

*Excellent guidance from the team on application of all the different products such an excellent workshop.*

*The staff have been just lovely extremely helpful and informative and shared with lovely ladies too.*

*Excellent, really useful I'm so pleased I came.*

*A transforming morning thank you*

*I've had a lovely day met some really nice people and you made me feel normal again thank you*

*The staff were lovely very calming and patient it really made the experience so enjoyable.*

*Excellent 'all round! Great facilitators a great confidence booster Thank you so much.*

*I thought the workshop was informative, fun, useful and very enjoyable. The staff had time, insight and skill to make you feel good about yourself.*

*A very positive and up lifting experience. I'm leaving feeling like a women who can be beautiful again. Thank you*

The workshops will continue to develop over time ensuring that we meet the needs of those with a cancer diagnosis. We are very pleased with the effects they have on all those who attend the It's All About You Beauty Wig & Wellbeing workshops; they leave feeling so much better than when they arrived they show an increase in confidence and self-esteem as they leave. They all leave with a smile on their faces their heads held high and more confidence; definite tangible effects of the power of makeup!



## Public benefit

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

### ACHIEVEMENT AND PERFORMANCE

Charitable activities

New website

Change in fundraisers in January 2018

IAAY Admin post

Caring for me

New Trustee Chris Grey (Nov) and Treasurer Mark Aitchison (April/May)

Partnership with local businesses

GDPR

Fundraising activities

Monthly Quiz

Annual Quiz

Olifest

Bury County upper

Runners in the East Run

Eiken relay

Ipswich 10k

Orwell walk

#### Funding

We would like to thank all those who have raised money for us this year and all the giving foundations that have supported us allowing us to continue with our much-needed projects. With more help and investment, we can develop them even further and be in a position to develop other patient lead projects.

Thank you together we have made a difference

#### FINANCIAL REVIEW

##### Reserves policy

The financial statements for the year ending 31<sup>st</sup> July 2018 show an overall outflow of resources of £18940 compared to an inflow of £31194 in the previous year. This downturn is a consequence of irregular receipts of grant income.

The CCiS policy is to hold designated unrestricted reserves of £70,000 to ensure as far as possible, the charity remains open and its objectives are met in the future.

Total funds at the year end £105,682.

2017-18

KAH



Independent Examiners Report to the Trustees of  
Cancer Campaign In Suffolk

I report on the accounts for the year ended 31 July 2018, which are set out on pages eleven to fifteen.

**Responsibilities and basis of report**

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

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the 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.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 130 of the Act; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

**Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.



Louise Rogers  
ACCA  
Louise Rogers

Date: 24.5.19



Cancer Campaign in Surroik

Statement of Financial Activities  
for the Year Ended 31 July 2018

	Notes	Unrestricted funds £	Restricted funds £	31.7.18 Total funds £	31.7.17 Total funds £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income		5,122	67,331	72,453	107,108
Activities for generating funds	2	18,770	4,899	23,669	17,516
Investment income	3	435	-	435	743
<b>Other incoming resources</b>		108	-	108	1,223
<b>Total incoming resources</b>		<b>24,435</b>	<b>72,230</b>	<b>96,665</b>	<b>126,590</b>
<b>RESOURCES EXPENDED</b>					
<b>Charitable activities</b>					
Caring For Me		-	3,706	3,706	20,232
Educator		8,595	14,134	22,729	16,154
Beauty Workshops		8,764	26,916	35,680	50,992
Complementary Therapy		-	18,772	18,772	8,018
Other resources expended		19,903	14,815	34,718	-
<b>Total resources expended</b>		<b>37,262</b>	<b>78,343</b>	<b>115,605</b>	<b>95,396</b>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>(12,827)</b>	<b>(6,113)</b>	<b>(18,940)</b>	<b>31,194</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>90,656</b>	<b>33,966</b>	<b>124,622</b>	<b>93,428</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>77,829</b>	<b>27,853</b>	<b>105,682</b>	<b>124,622</b>

**CONTINUING OPERATIONS**

All incoming resources and resources expended arise from continuing activities.

The notes form part of these financial statements

Cancer Campaign in Suffolk

Balance Sheet  
At 31 July 2018

	Notes	Unrestricted funds £	Restricted funds £	31.7.18 Total funds £	31.7.17 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank		77,829	27,853	105,682	124,622
<b>NET CURRENT ASSETS</b>		77,829	27,853	105,682	124,622
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		77,829	27,853	105,682	124,622
<b>NET ASSETS</b>		77,829	27,853	105,682	124,622
<b>FUNDS</b>	6				
Unrestricted funds				77,829	90,656
Restricted funds				27,853	33,966
<b>TOTAL FUNDS</b>				105,682	124,622

The financial statements were approved by the Board of Trustees on 8<sup>th</sup> May 2019 and were signed on its behalf by:

HP (H. PORTER)  
Trustee

The notes form part of these financial statements

Notes to the Financial Statements  
for the Year Ended 31 July 2018

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities using the receipts and payments basis.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**2. ACTIVITIES FOR GENERATING FUNDS**

	31.7.18	31.7.17
	£	£
Special events	18,652	13,300
Merchandise sales	5,017	4,216
	<u>23,669</u>	<u>17,516</u>

**3. INVESTMENT INCOME**

	31.7.18	31.7.17
	£	£
Deposit account interest	<u>435</u>	<u>743</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 July 2018 nor for the year ended 31 July 2017.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 July 2018 nor for the year ended 31 July 2017.

**5. STAFF COSTS**

Wages and salaries £37,670 (2017 £30,993)  
Other pension costs £2,019 (2017 nil)

The average monthly number of employees during the year was 1 (2017 1)

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

Notes to the Financial Statements - continued  
for the Year Ended 31 July 2018

6. MOVEMENT IN FUNDS

	At 1.8.17 £	Net movement in funds £	At 31.7.18 £
<b>Unrestricted funds</b>			
General fund	20,656	(12,827)	7,829
Designated - operational	70,000	-	70,000
	<u>90,656</u>	<u>(12,827)</u>	<u>77,829</u>
<b>Restricted funds</b>			
IAAY	20,029	(20,029)	-
Complementary	3,937	11,714	15,651
Caring For Me	10,000	2,202	12,202
	<u>33,966</u>	<u>(6,113)</u>	<u>27,853</u>
<b>TOTAL FUNDS</b>	<u>124,622</u>	<u>(18,940)</u>	<u>105,682</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	24,435	(37,262)	(12,827)
<b>Restricted funds</b>			
IAAY	6,887	(26,916)	(20,029)
Complementary	30,486	(18,772)	11,714
Education	14,134	(14,134)	-
Caring For Me	5,908	(3,706)	2,202
Core costs	14,815	(14,815)	-
	<u>72,230</u>	<u>(78,343)</u>	<u>(6,113)</u>
<b>TOTAL FUNDS</b>	<u>96,665</u>	<u>(115,605)</u>	<u>(18,940)</u>

**6. MOVEMENT IN FUNDS - continued**

The trustees have created a designated fund for the purpose of being able to continue operations should there be a period with no income received.

Funds established by grants are as follows:

Education to provide a range of workshops built to educate and inform the workshop attendees.

Complementary Therapies to provide free therapies and counselling in the information centre that we built in 2004, within Ipswich hospital.

Caring for Me to offer therapies and counselling in the Woodbridge area.

It's All About You (IAAY) to improve the wellbeing of those going through a cancer diagnosis and treatment.

Cancer Campaign in Sutton

Detailed Statement of Financial Activities  
for the Year Ended 31 July 2018

	31.7.18 £	31.7.17 £
<b>INCOMING RESOURCES</b>		
<b>Voluntary income</b>		
Collecting Cans	878	1,765
Well Wisher Donations	5,901	2,956
Covenants/CAF/Gift aid	250	120
Arts For Cure	-	58,000
Grant Making Trusts	59,516	44,267
Caring For Me donations	5,908	-
	<u>72,453</u>	<u>107,108</u>
<b>Activities for generating funds</b>		
Special events	18,652	13,300
Merchandise sales	5,017	4,216
	<u>23,669</u>	<u>17,516</u>
<b>Investment income</b>		
Deposit account interest	435	743
<b>Other incoming resources</b>		
Other Income	108	1,223
	<u>96,665</u>	<u>126,590</u>
<b>Total incoming resources</b>		
	<u>96,665</u>	<u>126,590</u>
<b>RESOURCES EXPENDED</b>		
<b>Charitable activities</b>		
Wages	22,498	25,021
Caring For Me	3,706	2,000
Educator	22,729	13,980
Beauty Workshops	35,680	25,971
Complementary Therapy	18,772	18,232
Office Expenses	10,400	8,018
Sundries	1,820	2,174
	<u>115,605</u>	<u>95,396</u>
<b>Total resources expended</b>		
	<u>115,605</u>	<u>95,396</u>
<b>Net (expenditure)/income</b>		
	<u>(18,940)</u>	<u>31,194</u>

This page does not form part of the statutory financial statements