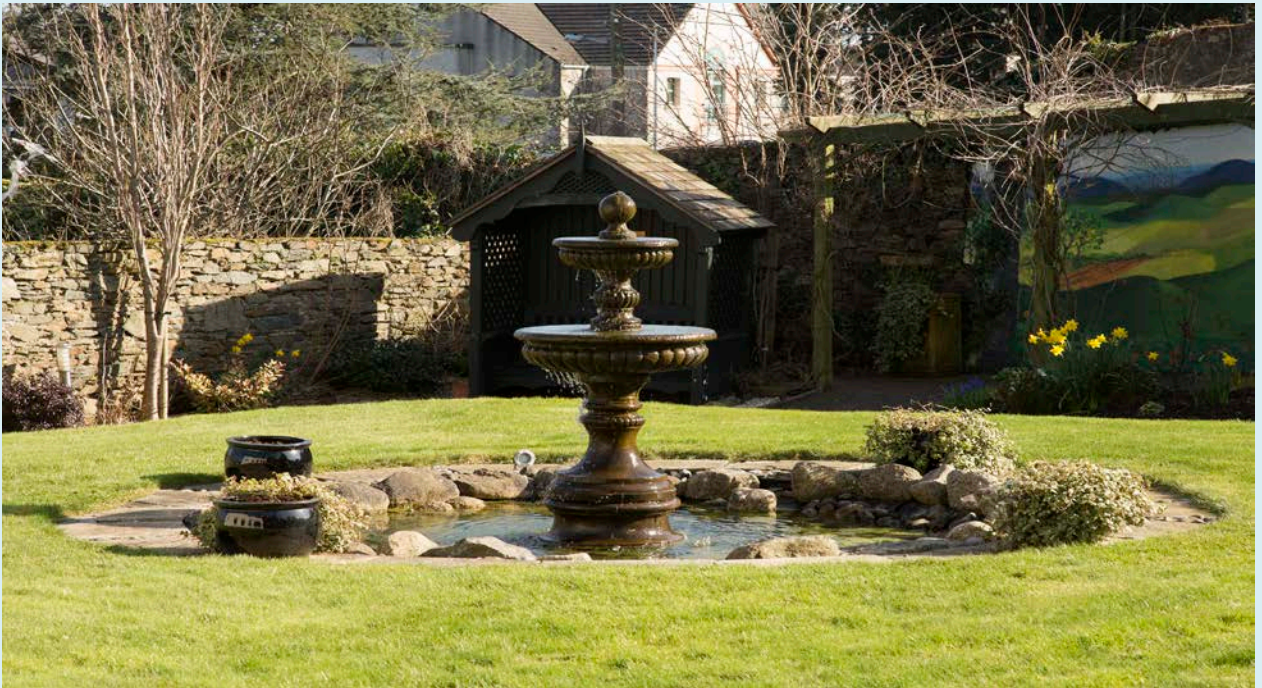




CHY No: 15556
RCN No: 20054007

HOPE CANCER SUPPORT CENTRE CLG

ANNUAL REPORT FOR THE YEAR 2018



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Introduction

The Hope Cancer Support Centre CLG is based in Enniscorthy, County Wexford. The Centre was originally founded in 1999 by a group of people who were affected by cancer, to give emotional support and practical information to people whose lives are changed by a cancer diagnosis. We support our clients from the time of diagnosis, throughout their treatment and afterwards. We ensure a confidential, professional and caring service in a peaceful, calm and confidential environment. In addition to our Support Nurses we engage the services of a team of dedicated and highly skilled Therapists, Counsellors and Facilitators. The services provided include Nurse led Assessment and Support, Counselling, Massage and Reflexology, Meditation, Art, Yoga, Bra and Prosthesis Fitting, Lymphoedema Therapies, Transport Service, Family and Child Support and a number of Peer Support groups. Our services are made possible by the generous support of the local community who assist our services in many ways, and our Grant providers who aid us with valuable funding annually. We are also strongly supported by a large group of amazing volunteers who are to be found throughout the organisation offering their unique talents and expertise.

Summary of Report

2018 was a busy year for the Hope Cancer Support Centre with the number of new clients offered services in excess of 270.

We were delighted to continue with the CLIMB Programme (Children's Lives Include Moments of Bravery) for children whose parent has/had a cancer diagnosis. The aim of this programme is to dispel children's myths and fears about cancer. Our programme was partially grant aided by the Ladies Gaelic Football Association. The groups are creative using drama, arts and play. We were also able to provide counselling services to children with the aid of Túsla Grant proceeds.

We also ran the popular Strides for Life exercise programme, to help people get back into physical exercise after diagnosis/treatment. This was funded by the Irish Cancer Society.

Our transport service was very busy in 2018 as it provided 127 specialist transport journeys for approximately 250 clients, attending radiotherapy/chemotherapy appointments in Dublin and Waterford (St. James's, St. Luke's, St. Vincent's, Beaumont, University Hospital Waterford and the Whitfield Hospital Waterford). When this service was launched in 2017, we estimated 50 to 100 clients per year. 2018 saw us significantly surpass this estimate.

We were delighted to be able to continue to provide a full range of services including Nurse Support, Counselling, Massage, Reflexology, Meditation, Yoga, Art, Bra and Prosthesis Fitting, Lymphoedema Therapies, Family and Child Support and many peer support groups and workshops. Our services are supported by HSE Grant, the Irish Cancer Society and Túsla.

The financial standing of Hope Cancer Support Centre CLG is strong, as a result of incredible local fundraising efforts, grant aid and robust financial controls overseen by the Board of Directors and administration at the Centre.

Our Vision, Mission and Goals

Vision

Our vision for Hope Cancer Support Centre CLG is to provide the best possible cancer support services for the people of County Wexford and surrounding areas, from our Centre in Enniscorthy and through outreach services throughout the area.

Mission

Our mission is to offer practical and emotional support to people with a cancer diagnosis and their supporters and carers, from the time of their diagnosis, through their treatments and afterwards.

To ensure a caring, confidential and professional service is delivered in a safe and peaceful environment.

To strive to improve our performance by driving quality and evidence-based practice in all of our support activities.

Goals

- Provide the best possible supports to people with a cancer diagnosis and their loved ones.
- Reduce the impact of a cancer diagnosis through the provision of supports that are evidence based and that adhere to best practices.
- Ensure that clients can access our services in a timely manner and be supported in the manner that suits them best.
- Strive to improve our performance by listening to our client feedback and responding appropriately.
- Strengthen all we do by working as a team, ensuring the focus is on client needs, while complying with legal and regulatory requirements.

Board of Directors 2018

The Board of Directors of Hope Cancer Support Centre CLG work on a voluntary basis and do not receive any remuneration or benefits. In 2018, the Board met 13 times during the year and all Board meetings were minuted and adhered to recognised best practice.

The Board of Directors in 2018 were:

Una Doherty:	Chairperson	re-elected at AGM September 2018 re-appointed Chairperson October 2018
Margo Kehoe:	Vice Chairperson	re-elected at AGM September 2018 re-appointed Vice Chairperson October 2018
Michael Jordan:	Secretary	re-appointed Secretary October 2018
Kevin Hughes:	Director	re-appointed Treasurer October 2018
Jim McCauley:	Director	
Mairead Fanning:	Director	elected at AGM September 2018
P.J. Darcy:	Director	elected at AGM September 2018
Norman Buttle:	Director	elected at AGM September 2018
John Roche:	Director	elected at AGM September 2018

Core Activities during 2018

Counselling and Psychotherapy services are provided as both an in-house and an outreach service by the Hope Cancer Support Centre CLG, as are reflexology and massage services.

Art, Yoga, Meditation, Lymphoedema therapy, Bra & Prosthesis and Wig fitting services are provided in-house. Support groups, specialist support programmes and training workshops and events are also provided in-house.

The **CLIMB** Children's programme 2018 was run over six weeks in the evenings to facilitate after-school attendance. The CLIMB programme (Children's Lives include moments of bravery) is a programme for children aged 6-12 who are experiencing the impact of a cancer diagnosis of a significant adult in their lives. Through the programme the children will develop an understanding of cancer and from this understanding the myths and fears that children can hold about cancer can be dispelled. The groups are creative, using drama, arts and play.

Our **Hope to Drive** service was to provide help for clients to get to and from their hospital cancer treatments. Our volunteer drivers pick people up at their homes, take them to their hospital cancer treatment appointments, and bring them safely home again. There were numerous benefits and positive outcomes to clients as follows:

- **Financial:** It alleviated the pressure of the already massive financial burden visited of clients and their families as a result of a cancer diagnosis.
- **Psychological:** It removed the stress on clients and their loved ones caused by trying to plan time to travel to appointments while keeping family life as normal as possible around childcare and so on.
- **Health and Safety:** The health and safety of the clients was enhanced as the service was provided by trained volunteers and skilled in supporting people with a cancer diagnosis.

2018 saw the introduction of the bi-monthly **Multiple Myeloma Support Group** the purpose of the group is to provide a 'safe space' in which people can talk about their experience of Myeloma. Confidentiality is one of the core guidelines – so members agree that what is said within the group is not shared with others who are not members.

Core Activities during 2018

Services provided during 2018*

**Attendance figure is a cumulative figure for client and visit numbers*

Counselling and Psychotherapy	725 sessions
Massage / Reflexology	778 Sessions
Yoga	31 sessions with 108 attendances
Art	50 sessions with 227 attendances
Meditation	39 sessions with 282 attendances
Lymphoedema	482 sessions
Assessments	270 Clients and Carers
Bra and Prosthesis Fittings	87 fittings
Transport	127 trips

Support Groups

Prostate Support Group	25 attendances (13 clients)
Men's Support Group	56 attendances (25 clients)
Women's Support Group	53 attendances (28 clients)
Lymphoedema Support Group	26 attendances (19 clients)
Breast cancer Support Group	63 attendances (21 clients)
Caregivers group	5 attendances (5 clients)
Multiple Myeloma	50 attendances (13 clients)

Programmes

CLIMB	6 weeks programme (6 clients attended)
Strides for Life	15 weeks programme (12 clients attended)

Workshops

Nutritional Talk	21 attendances
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Training

The following training took place for Staff, Volunteers, Therapists and Counsellors:

First Aid/CPR, Children's First, Listening Skills, Dealing with Bad News, Prostate Cancer Psychosocial Educational programme facilitation training,

Fundraising Support

Over 80% of our income is received through fundraising, charity shop sales and donations. Hope Cancer Support Centre CLG is strongly supported by the local community and business sector. Without this dedication we simply could not open the door of the Centre. There were coffee mornings, cycles, walks, donations and many more events that were all a huge support.

Some of the bigger events included the following:

Hope and Dream 10

Dip in the Nip

Laugh for Hope and Hospice

Hope and Dream 10, 2018 saw the largest number of people register for the race to date with 2,244 participants. The event raised €145,120 which was split between the Hope Centre (50%), County Wexford Hospice Homecare (25%) and Friends of Wexford Hospital MRI Now Campaign (25%). This amount brought the 7 year total to a massive €974,034.

The Dip in the Nip, 2018 raised a whopping €28,509 with 346 brave and wonderful ladies taking the plunge!

Laugh for Hope and Hospice raised €11,602 split 50/50 between Hope and Hospice, through their very entertaining drama shows across four venues in the County.

The Hope Shop

The Hope Shop remains a big part of our fundraising activities, grossing an income in 2018 of €127,000.

Donations

Over 50% of our income in 2018 came from our very generous donors and fundraisers whose support is very much appreciated by the Hope Centre.

Staffing

Hope Shop: In 2018, the Hope Shop had 1 paid employee and 2 employees on TUS and CE supported employment schemes, and was further supported by up to 40 volunteers.

Hope Centre: In 2018, the Centre was staffed by 1 full time and 5 part time staff plus 2 employees on a CE supported employment scheme. The Hope Centre was supported by a team of dedicated Volunteers who helped with meeting and greeting clients, cash services, maintaining our beautiful garden and our Transport service. Clients at the Centre were supported by a team of highly qualified Support Nurses and Contracted Counsellors, Therapists and Facilitators. All Hope Therapists, Counsellors and Facilitators are fully qualified, accredited and insured.

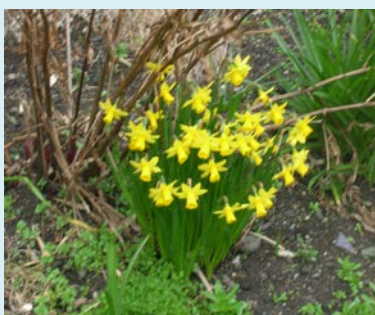
Fundraising Volunteers: In 2018, in addition to our very dedicated Events Support Committee who helped at various fundraising events, nearly 200 volunteers helped with fundraising activities, mainly at the annual Hope and Dream 10.

Hope Cancer Support Centre CLG is committed to providing a professional and efficient service in supporting the volunteer ethos in our HOPE centre, our Charity Shop, our transport service and our fundraising efforts. Without the support of our volunteers, we could not provide the level of service that we do provide in all areas of our support centre. We appreciate all this support and thank everyone for their time in HOPE.

Conclusion

Overall 2018 was a busy year for the Hope Centre.

We met over 270 new people including those with a diagnosis and their loved ones. The Centre continues to grow and develop under the guidance of a professional and experienced voluntary Board of Directors in addition to the dedication and commitment of the Staff, Volunteers and contracted professionals. We thank all our supporters and look forward to expanding and enhancing all the services the Centre provides in 2019, and reaching out and helping as many people as possible in County Wexford and beyond.

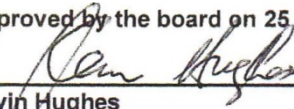


Hope Cancer Support Centre CLG
INCOME AND EXPENDITURE ACCOUNT


for the year ended 31 December 2018

	Notes	2018 €	2017 €
Income	5	430,897	433,450
Expenditure		(393,385)	(435,289)
Surplus/(deficit) before interest		37,512	(1,839)
Interest receivable and similar income		702	1,280
Surplus/(deficit) for the year		38,214	(559)

Approved by the board on 25 September 2019 and signed on its behalf by:



 Kevin Hughes
 Director



 Margaret Kehoe
 Director

Hope Cancer Support Centre CLG
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
TRADING STATEMENT

for the year ended 31 December 2018

	Schedule	2018 €	2017 €
Income			
Church gate collection		6,609	7,129
Fundraising events		154,641	172,512
Christmas card sales			1,135
Donations received		42,035	32,646
Member subscriptions		275	290
Marathon		1,060	3,269
Mite boxes		13,000	12,397
Grant income		81,748	75,334
Candle sales		3,980	3,026
Shop takings		127,549	125,712
		430,897	433,450
Overhead expenses		(393,385)	(435,289)
		37,512	(1,839)
Miscellaneous income	2	702	1,280
Net surplus/(deficit)		38,214	(559)

Hope Cancer Support Centre CLG
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
SCHEDULE 1 : OVERHEAD EXPENSES
for the year ended 31 December 2018

	2018 €	2017 €
Administration Expenses		
Wages and salaries	146,207	179,266
Social welfare costs	14,999	18,411
Staff training	869	5,014
Therapy and counselling	94,058	106,276
Classes and courses	17,188	12,090
Room rental	1,360	560
Insurance	3,372	3,392
Computer bureau costs	1,178	1,370
Light and heat	7,220	6,288
Cleaning	11111	604
Repairs and maintenance	6,788	6,251
Stationery and advertising	10,490	12,222
Candle purchases		1,920
Telephone	5,305	5,508
Motor expenses	4,479	1,261
Legal and professional	1,400	4,543
Consultancy fees	4,305	2,829
Audit	3,500	3,500
Bank charges	1,233	1,110
Canteen	3,991	5,117
Staff welfare	300	
General expenses	302	2,875
Shop rent	30,000	30,000
Shop water charges	5,750	458
Shop fittings and equipment		194
Shop repairs and renewals	736	3,797
Shop general expenses	1,457	15
Shop light & heat	2,927	3,136
Security systems	2,120	1,884
Waste management and refuse	3,995	3,428
Depreciation of tangible fixed assets	16,745	11,970
	<u>393,385</u>	<u>435,289</u>
	2018 €	2017 €
Miscellaneous Income		
Bank Interest	<u>702</u>	<u>1,280</u>

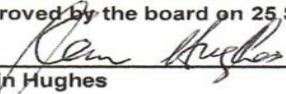
Hope Cancer Support Centre CLG

BALANCE SHEET

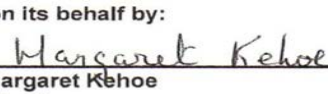
as at 31 December 2018

	Notes	2018 €	2017 €
Fixed Assets			
Tangible assets	8	<u>371,011</u>	<u>383,881</u>
Current Assets			
Debtors	9	14,518	27,627
Cash and cash equivalents		<u>368,103</u>	<u>306,509</u>
		<u>382,621</u>	<u>334,136</u>
Creditors: Amounts falling due within one year	10	<u>(7,135)</u>	<u>(9,734)</u>
Net Current Assets		<u>375,486</u>	<u>324,402</u>
Total Assets less Current Liabilities		<u>746,497</u>	<u>708,283</u>
Reserves			
Income and expenditure account		746,497	708,283
Members' Funds		<u>746,497</u>	<u>708,283</u>

Approved by the board on 25 September 2019 and signed on its behalf by:



Kevin Hughes
Director



Margaret Kehoe
Director

