Docusign Envelope ID: A65017DB-9E26-82A6-80F7-CD37F1E926DB

Charity Registration No. 1155747
Company Registration No. 08347720

CANCER UNITED

(a company limited by guarantee)

REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 January 2026

Docusign Envelope ID: A65017DB-9E26-82A6-80F7-CD37F1E926DB

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LEGAL AND ADMINISTRATIVE DETAILS

Trustees:	J Sheward K J Hall E Sheward S S Mitra (resigned and reappointed in December 2025) H L Fisher (resigned October 2025) D S Lovell G Hermann S Murphy M Beckett J Cobby (appointed June 2026)
Company registration number:	08347720 The charity is incorporated in England and Wales
Charity registration number:	1155747
Registered office:	Millfield House Station Road Angmering West Sussex BN16 4HY
Independent Examiner:	Sarah Alexander FCA FCCA Lewis Brownlee (Chichester) Limited Chartered Accountants Appledram Barns Birdham Road Chichester West Sussex PO20 7EQ

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The Trustees present their annual report together with the financial statements of the Charity for the year 1 February 2025 to 31 January 2026. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 has been omitted.

a. Policies and objectives

Cancer United's charitable purpose is to advance the health and wellbeing of people affected by cancer, providing support from diagnosis onwards and helping people to live as well as possible during treatment, recovery and beyond.

The Charity provides non-medical interventions which address the physical, emotional and social consequences of cancer. These include cancer-specific exercise, prehabilitation and rehabilitation, peer support, singing and music, recreational activity, education and practical support.

Central to Cancer United's approach is the belief that people affected by cancer should be supported not simply as patients, but as individuals who can remain active, connected and involved in their community.

In setting objectives and planning activities, the Trustees have given due consideration to the Charity Commission's guidance on public benefit.

The Charities purpose for the public benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing Cancer United's aims and objectives and in planning future activities.

Cancer United was founded by Jan Sheward BEM in November 2012 to meet an identified gap in practical, physical and emotional support for people affected by cancer.

The Charity has since developed an integrated range of services designed around the needs of people living with and beyond cancer. Our focus remains on what people **can do,** rather than on what cancer may have taken away.

Services are provided within the local community and increasingly in partnership with NHS and healthcare professionals, helping people access specialist support closer to home.

b. Strategies for achieving objectives:

Cancer United pursues its charitable objectives through a range of complementary programmes and services:

- **CUFITTER**: Our cancer-specific exercise service provides individually appropriate exercise and rehabilitation for people at all stages of their cancer experience. It remains at the heart of Cancer United's work.
- **CU On the Ward**: Our hospital-based initiative supporting patients undergoing cancer treatment at Worthing Hospital, encouraging safe and appropriate movement during periods of hospitalisation.
- **CUFITTERXTRA and Online provision**: Providing additional opportunities for people to exercise and participate remotely, improving accessibility for those unable to attend our facilities in person.
- **Peer Support Networks**: Cancer United provides opportunities for people affected by cancer to meet others with shared experience, helping to reduce isolation and create a strong sense of community.
- **OUTSINGCANCER Choir**: Our cancer-specific choir provides far more than an opportunity to sing. It uses the therapeutic power of music to enhance emotional healing and creates friendship, confidence, belonging and peer support for people affected by cancer.

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- **Physical and Social Activities:** Programmes including OUTKICKCANCER walking football, OUTCYCLECANCER, OUTRUNCANCER and the newly introduced CU CAN DANCE provide different ways for people to become active, regain confidence and connect with others.
- **Training and Education**: Through the CIMSPA-endorsed CUFITTER Award, Cancer United continues to develop specialist knowledge amongst fitness professionals working with people affected by cancer.
- **Partnership working**: We continue to work closely with NHS clinicians, healthcare professionals, voluntary organisations and community partners to strengthen pathways into Cancer United and improve the support available to people affected by cancer.
- **Evaluation and Development:** The Charity uses member feedback, questionnaires, participation data and professional expertise to evaluate its programmes and identify opportunities for improvement.
- **Diversifying Income Streams**: The Trustees continue to develop a mixed-income model incorporating charitable grants, donations, community fundraising, programme income and corporate support to strengthen the long-term sustainability of the Charity.

Through these strategies, we aim to fulfil our mission of empowering cancer patients to improve their physical and emotional well-being, fostering a positive impact on their overall quality of life during and after cancer treatment.

Achievements and Performance

The year to 31 January 2026 was an important period of development for Cancer United.

Alongside continuing to deliver our established services, the Charity strengthened its financial position, expanded participation in several core programmes and laid the foundations for significant new developments.

CUFITTER

CUFITTER continued to be one of Cancer United's most important and highly used services.

Demand for specialist cancer exercise remained strong throughout the year, reflecting growing recognition of the importance of physical activity before, during and following cancer treatment.

The financial performance of the programme also demonstrates its growth. Income from CUFITTER increased from £24,251 in 2024/25 to £36,602 in 2025/26, an increase of more than 50%.

This growth is particularly encouraging because CUFITTER is not simply an exercise programme. For many members it provides confidence, routine, friendship and a way of regaining control over their physical wellbeing following diagnosis and treatment.

OUTSINGCANCER

OUTSINGCANCER continued to provide a strong social and emotional support network through singing.

The programme has become an established part of Cancer United, demonstrating how creative activity can complement the Charity's physical and peer-support services.

Participation remained strong and income increased from £21,092 to £30,290 during the year.

The Charity has also continued to invest in understanding the wider impact of singing for people affected by cancer, including supporting academic research associated with the programme.

CU CAN DANCE

During the year Cancer United expanded its range of opportunities for physical activity through the introduction of CU CAN DANCE.

The programme provides another accessible and enjoyable way for people affected by cancer to move, socialise and build confidence. Its introduction reflects Cancer United's continuing commitment to offering different forms of activity rather than adopting a one-size-fits-all approach.

OUTRUNCANCER and community activities

Our OUTRUNCANCER events continued to combine fundraising with community participation and awareness raising.

Income from OUTRUNCANCER increased from £11,440 to £12,604 during the year.

OUTKICKCANCER walking football, OUTCYCLECANCER and other social and physical activities continued to

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provide additional opportunities for members to remain active and connected.

CU ON THE WARD

Cancer United continued its work with Worthing Hospital through CU ON THE WARD, supporting patients undergoing haematological cancer treatment.

The programme encourages gentle movement during periods of hospitalisation and demonstrates the potential for Cancer United's specialist exercise expertise to complement clinical care.

The Charity continued to learn from the delivery of the programme during the year, particularly around how best to integrate a voluntary-sector intervention into a busy hospital environment.

Developing support from diagnosis onwards

An important strategic focus during the year was the development of Cancer United's relationship with clinical services and the opportunity to support people earlier in their cancer pathway.

This work has strengthened the Charity's ambition to develop specialist cancer exercise beyond rehabilitation and increasingly into prehabilitation, helping people become physically and emotionally better prepared for treatment.

Training and professional development

The CIMSPA-endorsed CUFITTER Award continued to strengthen Cancer United's position in specialist cancer exercise training.

The programme brings together cancer-specific exercise knowledge with contributions from healthcare and other specialist professionals, helping fitness professionals understand both the physical and wider consequences of a cancer diagnosis.

Cancer United Centre of Excellence

Progress towards the proposed Cancer United Centre of Excellence remained one of the Charity's most significant long-term developments.

The proposed Centre represents the Trustees' ambition to create a permanent home from which Cancer United can expand its specialist exercise, wellbeing, peer-support, training and community services.

During the year considerable time and resources were devoted to progressing the planning process and protecting the opportunity presented by the proposed development.

The Trustees recognise that a capital development of this scale will require careful planning, strong governance and a substantial fundraising programme. The project nevertheless represents an exceptional opportunity to secure the Charity's future and significantly increase the number of people Cancer United can support.

Financial review

The Trustees are pleased to report a significant improvement in the Charity's financial performance during the year. Total income increased from £166,299 in 2024/25 to £205,468 in 2025/26, an increase of approximately 24%.

Total expenditure was £171,100 compared with £186,793 in the previous year.

As a result, Cancer United generated a surplus of £34,368, compared with a deficit of £20,494 in the previous financial year. This represents a substantial turnaround.

Importantly, this improvement has not been achieved by reducing the Charity's core charitable activity. Income from charitable activities increased significantly from £61,203 to £85,086, reflecting increased participation and engagement with Cancer United's programmes.

Grant income also improved, increasing from £27,400 to £38,994. Regular giving and capital donations increased from £4,788 to £7,476.

The Trustees are particularly encouraged by the growth of Cancer United's core activities, including CUFITTER and OUTSINGCANCER, which demonstrates both continuing demand for our services and the willingness of members to support their sustainability where appropriate.

The Charity also benefited from £13,300 profit on the disposal of fixed assets during the year. The Trustees therefore recognise that not all of the improvement in the reported surplus represents recurring operational income.

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The Trustees continue to monitor income, expenditure and cash flow closely and recognise the importance of maintaining a diverse funding base.

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

The improvement in financial performance during 2025/26 and the strengthening of reserves provide additional confidence in the Charity's financial resilience.

For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

The Board of Trustees are responsible for approving the finance strategy, risk management and reserves policies. Free reserves are that part of the charity's unrestricted funds that are freely available to spend on any of the charity's purposes.

At 31 January 2026, total funds were approximately £105,486, compared with £71,118 at 31 January 2025. The working accounts show these funds as unrestricted.

Cancer United maintains free unrestricted reserves to provide:

- Continuity of service during periods of income fluctuation.
- Protection against unexpected costs or reductions in funding;
- The ability to respond to opportunities which further the Charity's objectives; and
- Sufficient financial resilience to support responsible future development.

.
The Trustees review the level of reserves alongside the Charity's strategy, annual plans and financial commitments and will continue to do so as the Charity develops.

Structure, governance and management

Cancer United is a charitable company limited by guarantee.
The Board of Trustees is responsible for governance, compliance, strategic direction, financial oversight and risk. Trustees bring experience from a range of professional and personal backgrounds and give their time voluntarily to the Charity.

Day-to-day operations are delivered by a small team of staff, sessional professionals and volunteers.

The Trustees wish to record their appreciation for the commitment of everyone involved in delivering Cancer United's services. The Charity continues to achieve a level and breadth of activity which would not be possible without the dedication of its staff, volunteers, instructors, musical team, supporters, fundraisers and community partners.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed and governing documents.

Future Plans

Cancer United enters the next period from a stronger financial position and with an ambitious programme of development.

Our priorities include continuing to strengthen and expand our core cancer-specific exercise and support services while developing new interventions which enable us to reach people earlier in their cancer experience.

A major priority will be the development of cancer prehabilitation, working with clinical partners to support people

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in the period between diagnosis and treatment. The Charity believes there is considerable potential to use specialist exercise during this period to help patients become stronger, more confident and better prepared for treatment and recovery.

We will continue to develop CU ON THE WARD, learning from our experience at Worthing Hospital and exploring how Cancer United's expertise can become more effectively integrated with hospital cancer services.

Cancer United will also continue to explore innovative approaches to emotional and psychological wellbeing, building upon the experience and evidence generated through OUTSINGCANCER, peer support and our wider community.

The Charity will develop its work with employers and businesses, recognising that a cancer diagnosis affects not only individuals and families but also working lives. This provides an opportunity to take Cancer United's knowledge and experience into workplaces and help organisations better understand how to support employees affected by cancer.

Above all, the Trustees will continue to progress the Cancer United Centre of Excellence.

The proposed Centre represents the next major stage in Cancer United's development and would provide a permanent, purpose-designed home for specialist cancer exercise, prehabilitation and rehabilitation, psychological and emotional wellbeing, peer support, education, training and community activities.

The Trustees recognise both the scale of the opportunity and the responsibility involved. Development will therefore proceed carefully, supported by appropriate professional advice and a structured capital fundraising strategy.

Throughout this next phase, Cancer United will remain focused on the principle on which the Charity was founded: providing practical, innovative and compassionate support that enables people affected by cancer to live as well as possible during treatment and beyond.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

1. select suitable accounting policies and then apply them consistently;
2. observe the methods and principles of the Charities SORP (FRS 102);
3. make judgments and accounting estimates that are reasonable and prudent;
4. state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
5. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate 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 Companies Act 2006. 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.

Approved by order of the members of the board of Trustees on 12 October 2026 | 14:13 BST and signed on their behalf by:

Signed by:
JAN SHEWARD
964528B5945245F...

J Sheward
Trustee

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Independent examiner's report to the trustees of Cancer United ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 January 2026.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:
1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

DocuSigned by:
Sarah Alexander
A66236012E884C4...

Sarah Alexander FCA FCCA
Lewis Brownlee (Chichester) Limited
Chartered Accountants
Appledram Barns
Birdham Road
Chichester
West Sussex
PO20 7EQ
Date: 13 October 2026 | 09:20 BST

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Cancer United

STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)
For the year ended 31 January 2026

	Note	Unrestricted funds	Restricted funds	Total 2026	Total 2025
		£	£	£	£
Income and endowments from:					
Donation and legacies	2	81,070	-	81,070	75,945
Charitable activities	3	84,368	718	85,086	61,203
Other trading activities	4	23,954	-	23,954	27,357
Investment income		363	-	363	550
Other income		14,995	-	14,995	1,244
Total		204,750	718	205,468	166,299
Expenditure on					
Raising funds	5	40,953	-	40,953	44,075
Charitable activities	6	129,238	909	130,147	142,718
Total		170,191	909	171,100	186,793
Net income/(expenditure)		34,559	(191)	34,368	(20,494)
Transfers between funds		(191)	191	-	-
Net movement in funds	16	34,368	-	34,368	(20,494)
Funds brought forward		71,118	-	71,118	91,612
Funds carried forward		105,486	-	105,486	71,118

The notes on pages 11 to 19 form an integral part of these financial statements.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006. All of the income and expenditure relates to continuing activities during the above two periods.

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Cancer United

BALANCE SHEET
(Registration number: 08347720)
As at 31 January 2026

	Notes	2026 £	2025 £
Fixed assets			
Tangible assets	11	23,951	8,492
Other unlisted investment	12	1	1
		23,952	8,493
Current assets			
Debtors	13	3,638	4,741
Cash at bank and in hand		80,766	62,065
		84,404	66,806
Current Liabilities			
Creditors: amounts falling due within one year	14	(2,870)	(4,181)
Net current assets		81,534	62,625
Total assets less current liabilities		105,486	71,118
Net assets		105,486	71,118
Funds of the Charity:	16		
Unrestricted funds:		105.486	71,118
Restricted funds		-	-
Total funds		105,486	71,118

For the financial year ending 31 January 2026 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The Trustees have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The Trustees acknowledge their responsibilities for complying with the requirement of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies'subject to the small companies' regime within Part 16 of the Companies Act 2006.

The accounts were approved and authorised for by the Board of Trustees on 12 October 2026 | 14:13 BST and signed on their behalf by

Signed by:
JAN SHEWARD
061E2B5F91E24E7...
J SHEWARD
Trustee

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NOTE 1 – ACCOUNTING POLICIES

CHARITY STATUS
Cancer United is a private charitable company limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the Trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation. Further details of its company and charity registration are given on page 3.

BASIS OF ACCOUNTING
The financial statements have been prepared in accordance with applicable law 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 (FRS 102) (second edition, effective 1 January 2019) - (Charities SORP (FRS 102)), and with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The financial statements are presented in sterling and figures are rounded to the nearest £.

The charity 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).

GOING CONCERN
The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

The trustees have a reasonable expectation that the charity will continue in operational existence for the foreseeable future. The financial statements have therefore been prepared on a going concern basis.

EXEMPTION FROM PREPARING A CASH FLOW STATEMENT
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

INCOME AND ENOWMENTS
Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

DONATIONS AND LEGACIES
Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

GRANTS RECEIVABLE
Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

EXPENDITURE
All expenditure is recognised once there is legal or constructive obligation to that expenditure, it is probably settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the proportion of the asset's use. Other support costs are allocated based on the spread of staff costs.

RAISING FUNDS
These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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CHARITABLE ACTIVITIES
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. Is includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

SUPPORT COSTS
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

GOVERNANCE COSTS
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

TAXATION
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 off the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

FIXED ASSETS AND DEPRECIATION
Assets costing £100 or more are initially recognised at costs where they are purchased or a fair value at the time of transfer in respect of assets where they are donated. The fair value of such assets is treated as a deemed cost.
Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset over its expected useful life, as follows: -

A)	Improvements to property	- over 10 years
B)	Motor Vehicles	- over 5 years
C)	Computer and other equipment	- over 2 years
D)	Plant and machinery	- over 4 years

TRADE DEBTORS
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

CASH AND CASH EQUIVALENTS
Cash and cash equivalents comprise cash on hand and call deposits, and other short term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

FUNDS
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure, which meets these criteria, is charged to the fund.
Unrestricted funds are donations and other income received or generated and are expendable at the discretion of the Trustees in furtherance of the charity's objectives. Designated funds are unrestricted funds earmarked by the Trustees.

FINANCIAL INSTRUMENTS
Classification
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exemption of bank loans which are subsequently measured at amortised cost using the effective interest method.

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BORROWINGS
Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	Total 2026 £	Total 2025 £
Donations and legacies				
Donations from individuals	34,600	-	34,600	43,757
Grants, including capital grants				
Grants from other charities	38,994	-	38,994	27,400
Regular giving and capital donations	7,476	-	7,476	4,788
	81,070	-	81,070	75,945

All Donation and Legacy income from 2025 was attributable to Unrestricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total 2026 £	Total 2025 £
CU Fitter	36,602	-	36,602	24,251
Outsing Cancer	30,290	-	30,290	21,092
Outkick Cancer	2,506	-	2,506	2,440
Outcycle Cancer	115	-	115	385
Outrun Cancer	12,604	-	12,604	11,440
CU Online	1,095	-	1,095	1,260
CU Can Dance	1,156	-	1,156	-
CU on the Ward	-	718	718	335
	84,368	718	85,086	61,203

Of the 2025 Charitable activities income, £335 was in relation to restricted funds.

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4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted funds £	Total 2026 £	Total 2025 £
Trading income;			
Shop income from sale of donated goods and services	5,559	5,559	6,173
Sales of Goods and services	3,064	3,064	3,077
Local fundraising and street collection income	15,331	15,331	18,107
	23,954	23,954	27,357

All other trading activities income from 2025 was attributable to Unrestricted funds.

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted funds £	Restricted funds £	Total 2026 £	Total 2025 £
a) Costs of generating donations and legacies				
Donations	3,159	-	3,159	3,002

	Unrestricted funds £	Restricted funds £	Total 2026 £	Total 2025 £
b) Costs of trading activities				
Depreciation, amortisation and other similar costs	7,065	-	7,065	10,468
Other direct costs of activities for generating funds	30,730	-	30,730	30,605
	37,795	-	37,795	41,073
Total Expenditure on Raising Funds	40,954	-	40,954	44,075

All expenditure on raising funds in 2025 was attributable to Unrestricted funds

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total 2026 £	Total 2025 £
Events	16,582	-	16,582	17,228
Direct Charitable Activities	77,036	909	77,945	74,325
Allocated support costs	26,365	-	26,365	42,030
Governance costs (note 7)	9,255	-	9,255	9,135
	129,238	909	130,147	142,718

Of the Charitable Activity expenditure in 2025, £865 was attributable to restricted funds.

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7. ANALYSIS OF GOVERNANCE COSTS

Governance costs

	Unrestricted funds £	Total 2026 £	Total 2025 £
Independent examiner fees			
Examination of the financial statements	1,740	1,740	1,680
Other fees paid to examiners			-
Accountancy fees	7,515	7,515	7,455
	9,255	9,255	9,135

All governance cost expenditure in 2024 was in relation to unrestricted funds.

8. NET OUTGOING RESOURCES

Net outgoing resources for the year include:

	Total 2026 £	Total 2025 £
Depreciation of fixed assets	7,066	10,468

9. STAFF COSTS

	2026 £	2025 £
Wages and salaries	80,731	92,061
Pension contributions	7,802	1,528
Social security costs	1,476	6,376
	90,009	99,965

	2026 No.	2025 No.
Particulars of employees:		
The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:		
Project and Fitness Staff	2	2
Finance and Administrative staff	1	1
	3	3

No employees received remuneration of more than £60,000 during the year (2025: none).

Key management personnel are considered to be the Creative Content Director, Training Director and the Musical Director. The total remuneration paid to Key Management Personnel was £64,554 (2025: £65,045)

10. TAXATION

The charity is a recognised Charity and is therefore exempt from Corporation Tax.

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11. TANGIBLE FIXED ASSETS

	Improvements to property	Furniture and equipment	Motor Vehicles	Website Development	Total
	£	£	£	£	£
Cost or Valuation					
At 1 February 2025	54,887	21,276	94,906	-	171,069
Additions	-	7,775	-	14,750	22,525
Disposals	-	(837)	(53,006)	-	(53,843)
At 31 January 2026	54,887	28,214	41,900	14,750	139,751
Depreciation					
At 1 February 2025	51,138	16,806	94,633	-	162,577
Charge for the year	3,749	2,225	273	819	7,066
Depreciation on disposals	-	(837)	(53,006)	-	(53,843)
At 31 January 2026	54,887	18,194	41,900	819	115,800
Net book value					
At 31 January 2026	-	10,020	-	13,931	23,951
At 1 February 2025	3,749	4,470	273	-	15,938?

12. UNLISTED INVESTMENT

The unlisted investment of £1 represents the charity's interest in the share capital of its wholly-owned subsidiary undertaking, Uniting Teams Limited. The subsidiary is registered in England and Wales and has been dormant since incorporation.

13. DEBTORS AND PREPAYMENTS

	2026	2025
	£	£
Trade debtors	230	20
Prepayments	-	72
Other debtors	3,408	4,649
	3,638	4,741

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026	2025
	£	£
Trade creditors	-	-
Other creditors	278	952
Social security costs	852	1,549
Accruals	1,740	1,680
	2,870	4,181

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15. PENSION AND OTHER SCHEMES

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £1,476 (2025: £1,528). The amount outstanding in relation to the pension scheme at the balance sheet date is £268 (2024: £309).

16. FUNDS

	Balance at 01 February 2025 £	Income and gains £	Expenditure/ Losses £	Transfers between funds £	Balance at 31 January 2026 £
Unrestricted funds:					
General Fund	71,118	204,750	(170,191)	(191)	105,486
Restricted funds					
CU On the Ward	-	718	(909)	191	-
	71,118	205,468	(171,100)	-	105,486

	Balance at 01 February 2024 £	Income and gains £	Expenditure/ Losses £	Transfers between funds £	Balance at 31 January 2025 £
Unrestricted funds:					
General Fund	91,612	165,964	(185,928)	(530)	71,118
Restricted funds					
CU On the Ward	-	335	(865)	530	-
	91,612	166,299	(186,793)	-	71,118

Restricted fund analysis
CU ON THE WARD' is a completely free exercise programme for hospital patients funded by public donations. It provides exercise programmes to patients still in hospitals receiving treatment. Any overspend on this programme is funded from general reserves and represented above by way of a transfer.

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17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total 2026 £
Fixed assets	23,952	-	23,952
Current assets	84,404	-	84,404
Current liabilities	(2,870)	-	(2,870)
	105,486	-	105,486

	Unrestricted funds £	Restricted funds £	Total 2025 £
Fixed assets	8,493	-	8,493
Current assets	66,805	-	66,805
Current liabilities	(4,181)	-	(4,181)
	71,118	-	71,118

18. RELATED PARTIES

During the year the charity made the following related party transactions:

J Sheward
No travel expenses were reimbursed (2025: £Nil). At the balance sheet date the amount due to/from J Sheward was £nil (2025: £nil).

E Sheward
Loan repayments £643 (2025: £1,158). At the balance sheet date the amount due to E Sheward was £nil (2025: £643)