CATTs
CANCER AWARENESS
FOR TEENS & TWENTIES

Annual Report & Accounts
Year End 31st August 2025



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CATTs CANCER AWARENESS FOR TEENS & TWENTIES



TRUSTEE ANNUAL REPORT

We are CATTs,
Cancer Awareness for Teens and Twenties

We know that too often, young people receive a late diagnosis of cancer. This could be for many reasons, including healthcare professionals not taking young people seriously, young people not wanting to waste general practitioner (GP) time or young people simply not being aware of the signs and symptoms of cancer. We also know that some communities are more impacted than others. We are on a mission to change this. Across England and Wales, we have been encouraging conversations among young people about knowing their bodies and dispelling the myth that you can be 'too young' to get cancer.

And through 2024/25 we have been both building our strategy for the future and delivering our work via our revised staff team. We also conducted an extensive trustee recruitment process, aimed at adding additional skills to the Board and ensuring suitable succession planning as we adapt our operating model.

Summary of Achievements 2024/25

2024/25 marked the third and final year of our NHS North East London Cancer Alliance (NELCA) funded Cancer Awareness in Schools project, delivering vital cancer education to young people across North East London. Over the course of the project, we have continued to build on the strong foundations established in previous years, engaging students through interactive, face-to-face workshops designed to increase awareness, encourage open conversations about health, and empower young people to recognise the importance of understanding their own bodies and seeking help when something does not feel right.

Alongside our in-person delivery, we have continued to enhance and expand our eLearning platform, creating a sustainable and accessible resource that can be shared with schools both within and beyond the region. This digital learning offering ensures that high-quality cancer awareness education remains available to young people regardless of location. Importantly, all content has been carefully developed and cross-referenced against the DfE PSHE statutory guidance and the PSHE Association on health education.

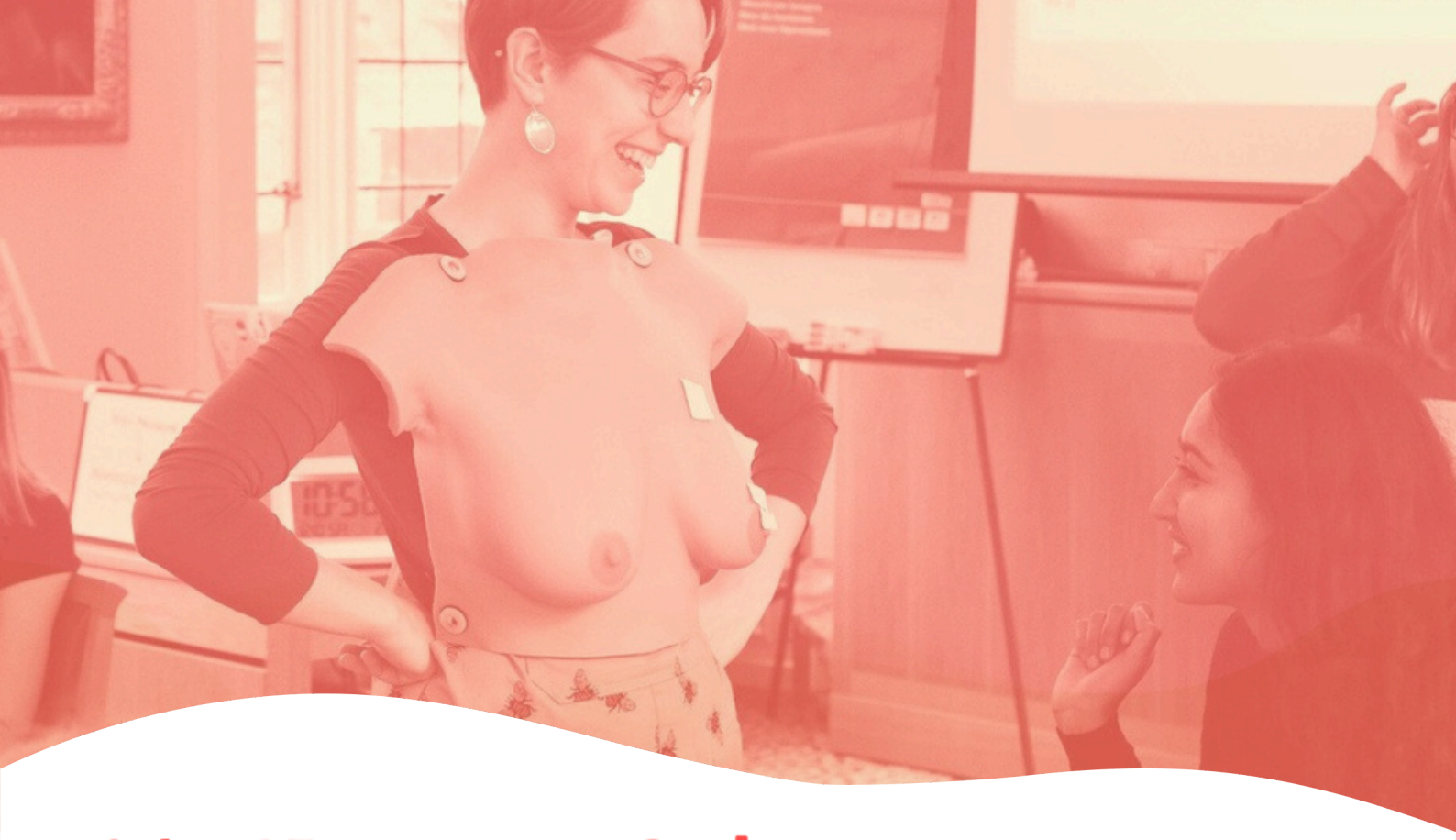
This year also saw us strengthen our network of supporters through the addition of two new corporate partners. Their generosity, commitment, and enthusiasm have made a significant contribution to our work. Through fundraising initiatives and volunteering opportunities, these partnerships have helped us extend our reach and increase the impact of our work. We are incredibly grateful for their support.

As we look to the future, our mission remains clear and unwavering: to expand our influence across both the NHS and education sectors, ensuring that cancer awareness among 15–29-year-olds remains a national priority. We are committed to advocating for the importance of early awareness and education, while exploring innovative ways to reach and engage young people through new partnerships, platforms, and communication channels.

Ultimately, our goal is to empower every young person with the knowledge, confidence, and awareness to take ownership of their health and engage proactively with healthcare services. By encouraging young people to understand what is normal for them and to feel confident seeking advice when something changes, we hope to help drive earlier diagnosis and better outcomes. After all, knowing your normal could save your life.



Johnny Barton, Chair of Trustees



School Engagement Project

In 2024/25 CATTs have continued to develop and deliver our in-person cancer awareness workshops to over 3,500 young people. Initially funded from November 2022 with funding from North East London Cancer Alliance who continue to understand the need to proactively build awareness of cancer with young people as a life skill and a start to a conversation on cancer, screening programmes and wider health topics. The 2024/25 period was the third and final year of this impactful project which reached approximately 10,000 young people over those three years.

Initially funded from November 2022 the project was extended to 8 London boroughs for the 2023/24 academic year with funding from North East London Cancer Alliance who continue to understand the need to proactively build awareness of cancer with young people as a life skill and a start to a conversation on cancer, screening programmes and wider health topics.

Our sessions build an understanding of the signs and symptoms of cancer, self-checking and identifying suspicious moles. By empowering young people to look after their own health, speaking to healthcare professionals if something's not right, we aim to help the early identification of cancer.

The workshops are delivered by an experienced teacher cover:

- 5 core signs and symptoms
- Self-checking for lumps and unusual moles
- HPV vaccination and link to cancer
- Cancer screenings, particularly cervical screenings
- Lowering risk of cancer (eg sun safety)
- Communicating with family and healthcare professionals

The sessions also address DfE's Guidance on Health Education and core themes of the PHSE Association Programme of Study, helping schools to cover these key health topics.

Our workshops are interactive, encouraging participants to join in when they feel comfortable, with workbooks, quizzes and getting participants using self-checking equipment and props. We aim to inform and not lecture, ensuring students can make informed choices when it comes to their own health.

Our approach and branding provides information on a sensitive and scary topic in a simple, non-clinical and memorable format. Performance of workshops is measured using a questionnaire that asks the students' knowledge of cancer and self-checking, before and after the session, along with a 4 week follow-up survey.

Across both the classroom and assembly based sessions we have seen a significant increase in awareness and intention to check for signs and symptoms of testicular, breast and skin cancer on a regular basis in students.

While the development of a complementary eLearning platform encountered technical and engagement challenges, the face-to-face programme continued to demonstrate exceptional value and impact.

The positive response from schools, teachers and young people highlights the importance of sustained investment in preventative health education, ensuring more young people have the confidence and knowledge to take charge of their health and share these vital messages within their families and communities.



Pre-workshop

12%

of young people said they were either fairly confident of very confident in identifying the signs and symptoms of cancer in young people

Post-workshop

97%

of young people said they were either fairly confident of very confident in identifying the signs and symptoms of cancer in young people

Pre-workshop

19%

of young people said they were either fairly confident of very confident at checking themselves for lumps on their own bodies

Post-workshop

79%

of young people said they were either fairly confident of very confident at checking themselves for lumps on their own bodies

Pre-workshop

3%

of young people said they had checked themselves for lumps

Post-workshop

81%

of young people said they plan on checking themselves for lumps

“

Attending the cancer awareness workshop was very insightful. The speaker was knowledgeable and made everything easy to understand.
There was focus on lifestyle choices that can reduce the risk of cancer, such as diet, exercise, and avoiding harmful substances. It was eye-opening to learn how certain habits can make a real difference in one's health and well-being. They also provided props for everyone to try, helping us learn what to look out for when checking our bodies, which I thought was very beneficial. There was a Q&A session at the end of the workshop. Overall, it was a very informative session!

Staff member ”

“

Overall, I believe the workshop was presented incredibly well. It offered full transparency on the topic without any concealment of any topics, this was very much appreciated. Discovering signs is often difficult, however the activity of the workshop helped us to identify all these signs. It was engaging and informative. We were encouraged to ask questions, provoking an environment where I felt safe to ask questions without any sense of embarrassment. Even the hands-on demonstrations with props provided as beneficial, as I had initially been unsure. Tips were provided to ensure safety, and many misconceptions were clarified. It was a very well-presented workshop!!

Student ”



Our 2024-29 Strategic Plan

WHY WAS THE STRATEGY DEVELOPED?

CATTs developed this strategic plan to address the critical issue of late cancer diagnosis in young people, which can occur due to various reasons such as healthcare professionals not taking young people seriously, young people not wanting to waste GP time, or simply not being aware of the signs and symptoms of cancer.

The strategy aims to empower young people with the knowledge and skills to spot the signs and symptoms of cancer early, thereby improving their health outcomes.

HOW WAS THE STRATEGY WAS DEVELOPED?

The strategy was developed through a bottom-up approach, identifying areas of greatest unmet need for cancer education in young people. This involved conducting targeted literature reviews, exploring online sources, and analysing survey results to gain insights into current cancer occurrence, social factors, pathways to diagnosis, and successful health education interventions.

The Board of Trustees discussed potential goals and objectives, leading to the final strategic direction.

1	2	3
Innovative Approach	**Expand Reach**	**Trusted Partner**
We will partner with young people to drive awareness in an innovative and effective way.	We will expand our reach by making our message accessible to all young people aged 15–29.	We will establish ourselves as a trusted partner of young people and others working in this space.

Our Goals

Innovative Approach

- Co-developing Materials: Working with young people to improve engagement and impact.
- Engineering an Engaging Website: Developing online courses, pre-recorded webinars, and quizzes.
- Emphasising Real-World Impact: Using stories and statistics to highlight the relevance of their mission.
- Developing Resources for Support Networks: Providing guidance to healthcare professionals, education staff, and parents/guardians.

Expand Reach

- Tailoring Language: Adapting educational materials to be appropriate and relatable for all young people aged 15–29.
- Producing Targeted Content: Addressing the needs of different communities. Developing Digital Materials: Creating age-appropriate digital cancer awareness materials.
- Expanding Social Media Presence: Growing their presence on social media platforms. Delivering More In-Person Workshops: Reaching out to local health and education networks, community-based groups, and employers.
- Engaging with University Societies: Forming partnerships with university health societies.

Trusted Partner

- Maximising Brand Image: Using a cohesive brand image and a cheeky, straight-talking voice.
- Gaining Meaningful Accreditations: Working towards earning accreditations like the
- PIF TICK.
- Partnering with Other Charities and Professional Bodies: Amplifying cancer awareness through collaborations

The CATTs 5-Year Strategy aims to empower young people to take control of their health through comprehensive information, effective communication, and innovative education. By focusing on innovative approaches, expanding their reach, and establishing themselves as a trusted partner, CATTs hopes to make a significant impact on early cancer diagnosis in young people.

CATs

CANCER AWARENESS

FOR TEENS & TWENTIES

Annual Accounts 2024/25

CATTs (Cancer Awareness for Teens & Twenties)

TRUSTEES' ANNUAL REPORT AND ACCOUNTS
for the yearended31 August2025

Registered Charity Number 1170750

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Trustees Information & Administrative Details

Trustees

The trustees and officers serving during the financial year 2024/25 were as follows:

Johnny Barton	Chair Person
Keemia Azvine	Trustee
Kirandeep Kaur Bajar	Trustee
Angela Lawrence	Trustee
Subodh Tailor	Trustee
Megan Murray-Smith	Trustee
Nick Pearson	Trustee
Ethan McLaughlin	Trustee
Vasiliki Kiparoglou	Trustee
Thomas Freeston	Trustee

All trustees give their time voluntarity and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the accounts.

Principal Office	2.06 Centurion House 129 Deansgate Manchester M3 3WR
Independent Examiner	Nicole Gray (MAAT) NG Community Accounting 4 Taylor Close Branston Lincoln LN4 1FP

Independent Examiner's Report to the Trustees

I report to the trustees on my examination of the accounts of CATTs (Cancer Awareness for Teens & Twenties) for the year ended 31st August 2025, which are set out on pages 2-4.

Responsibilities and basis of the report
As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable directions given by the Charity Commission under section 145(5)(b) of the Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters.

Independent Examiner's Statement
I have completed my examination. I confirm that no material matters have come to my attention in connenction with the examination which gives me cause to believe that in, any material respect:

a) accounting records were not kept in accordance with section 130 of the Act or
b) the accounts do not accord with the accounting records

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

Signed: 

Nicole Gray
NG Community Accounting Services
4 Taylor Close
Branston
Lincoln
LN4 1FP

30th October 2026

RECEIPTS AND PAYMENTS ACCOUNT

for the year ended 31st August 2025

	Unrestricted Funds	Restricted & Endowment Funds	Total 24/25	Total 23/24
Receipts				
Donations & Legacies	16,277	-	16,277	5,492
Grants	-	-	-	57,916
Income from Charitable Services	-	-	-	-
Total Receipts	16,277	-	16,277	63,408
Payments				
Advertising & Marketing	247	-	247	1,343
Audit & Accountancy Fees	716	-	716	1,249
Awareness Materials	315	669	354	-
Bank Fees	-	-	-	11
Elearning	11	2,780	2,791	1,237
Fundraising	994	-	994	850
Postage	14	47	60	22
Professional Fees	-	-	-	35
Rent	1,475	-	1,475	3,471
Salaries	22,293	14,907	37,200	36,336
HMRC Payments	1,187	594	1,781	2,504
Staff Training	86	-	86	498
Pension Costs	404	332	737	716
Legal Expenses	35		35	
Subscriptions	184	1,570	1,754	70
Equipment (under £500)	-	-	-	6
Printing & Stationary	-	-	-	23
Telephone & Internet	-	184	184	4
Travel and Subsistence	24	493	517	24
				0
Total Payments	24,980	20,388	45,368	50,623
Asset and Investment Purchases	-	-	-	-4
Total Payments	24,980	20,388	45,368	50,623
Net Cash Inflow / Outflow	8,703	20,388	29,091	12,785
Balance brought forward	5,987	39,229	33,242	20,457
Balance carried forward	14,690	18,841	4,151	33,242

Statement of assets and liabilities for the year ended 31 August 2025

	Unrestricted Funds	Restricted & Endowment Funds	Total
	£	£	
Cash Funds			
Bank current account	-	3,631	3,631
Soldo Account	-	520	520
	-	4,151	4,151

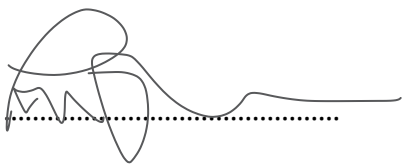
	Unrestricted Funds	Restricted & Endowment Funds	
	£	£	
Other Monetary Assets			
Fixed Assets	20,491	-	
Total	20,491	-	20,491

Investment Assets	Fund Un/Restricted	Cost £	Current Value £
	-	-	-
	-	-	-

Assets retained for the Charity's own use	Fund Un/Restricted	Cost £	Current Value £
	-	-	-
	-	-	-

Liabilities	Fund Un/Restricted	Cost £
Creditors	Restricted	13
Creditors	Unrestricted	2,395

Approved by the trustees of the charity on 3rd November 2026 and signed on its behalf by:



John C W Barton
Chairman

Notes to the Financial Statements for the Year Ended 31 August 2025

1. Accounting Policies

This year and for future years the Trustees have decided to adopt the Receipts & Payments method in preparing the Financial Statements. Therefore ''Expenditure'' does not include the accrual for the Independent Examiner's fee for the year.

The Trustees consider that this is appropriate for an organisation the size of CATTs and ensures that the financial statements are easily understood by the members and other users.

All figures refer to the period 1st September 2024 to 31st August 2025

2. Trustees Remuneration and Expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

3. Independent Examiner's Remuneration

	2025	2024
	£	£
Examination of Financial Statements	332	332

4. Taxation

The charity is a registered charity and is therefore exempt from taxation.

5. Relation Party Transactions

There were no related party transactions in the year.