mission remission

The Charity for Cancer Survivors

Registered Charity No: 1186956

Annual Report 2024 - 2025



Who We Are
Why We Exist

93% of cancer survivors experience long-term health issues after treatment. The world expects us to bounce back, but everything feels different: your body, your mind, your life.

Life after cancer can be incredibly tough. Right now, 2.5 million people live with cancer in the UK, yet survivors often receive little to no support to navigate the aftermath of treatment. Information is limited. Clinical research into life beyond cancer is still too scarce.

Three-quarters of survivors say the lack of support after treatment holds them back from returning to work and building a fulfilling life.

We knew that had to change.

Mission Remission is the UK's first and only charity solely dedicated to helping people move forward after cancer. We support a community of more than 20,000 cancer survivors to lead happy, healthy, independent lives.

We're a grassroots user-led charity, built by and for people who have lived with cancer: not only our founder but also our chair, 85% of our trustees, every member of our staff, volunteers, administrators, and even our specialist medical advisors, have all lived with cancer. We understand its journey - the treatment itself, and the often-overlooked issues that arise afterwards.

Alongside offering daily support to people in remission, we speak up for change. We believe every survivor deserves to live their very best life. That means a more compassionate world; one where no-one faces poverty or work barriers after cancer. This year, our change work is focused on tackling financial injustice, helping survivors build stronger futures, with better rehabilitation and income protection.

A Message From Our Chair

It's been another busy year for Mission Remission!

We have now spent a year working with our new trustees and we have all settled in really well together. There has been the ongoing task of securing funding which has been hard work for the team due to the current economic climate. This has not diminished our enthusiasm as we continue to work out new ways of diversifying our income.

A big focus this year has been the effects of a cancer diagnosis and treatment on people emotionally and economically. Our Mission Secure campaign gave us insight into the experiences of our community. This is now being used to shape future thinking as we roll out the results and action change.

Alongside this work, we continued to grow our community, expand our support and strengthen our impact. More people than ever before accessed our counselling, coaching, wellbeing programmes, peer support, walks, book club and online community. Together, we continued to champion the belief that recovery should be recognised not as an optional extra, but as an essential part of cancer care.

There are many more things we'd like to achieve in the upcoming year. We know cancer is on the increase and with the help of modern treatments the population of cancer survivors is growing. Our mission is to enable survivors to live fulfilled and healthy lives where cancer is something that happened to them rather than defining who they are.

Thank you to everyone who shared your experiences and supported Mission Remission throughout the year. Everything we have achieved has been possible because of our community.

Dr Jane Spurgeon

Dr Jane Spurgeon
Chair of Trustees



A Message From Our Founder

At Mission Remission, we believe the people living through cancer should shape what happens next. Throughout 2025, our community did exactly that.

More than 1,230 people came together to create one of the clearest pictures yet of life beyond cancer. Together, we showed what recovery really looks like and, more importantly, what needs to change.

While every experience was unique, our stories painted a remarkably consistent picture. We spoke openly about the physical and emotional impact of cancer, the challenges of returning to work, financial hardship, loneliness, identity loss and the reality that, for many people, ringing the bell is not the end of the journey. Together, we also shone a light on another part of that story that is too often overlooked: the hidden financial toll of cancer and the lasting impact it has on people's financial security.

The launch of Mission Secure in 2025 has led to the beginning of our next chapter, Mission Protect, which explores why so many people affected by serious illness are left financially exposed and how charities, employers, insurers and government can work together to create a stronger financial safety net.

As we look ahead, our ambition remains the same. We want everyone moving beyond cancer to have the opportunity not only to survive, but to rebuild healthy, fulfilling and financially secure lives. We hope the work we have started through Mission Protect will inspire policymakers, healthcare professionals, employers, insurers and communities to work together to make that ambition a reality

Laura Fulcher

Laura Fulcher
Founder & CEO



Activities & Achievements:
From Mission Secure to Mission Protect

In 2025, we launched Mission Secure, our Trust for London funded, flagship report exploring the hidden financial toll of cancer. Built on the shared experiences of more than 1,230 people living beyond cancer, the report highlighted the lasting impact that serious illness can have on people's income, careers and financial security, and set out five calls for change.

We were incredibly proud to see Mission Secure launched through the BBC, The Times and The Telegraph, alongside an interview on BBC Radio 4's Money Box. The response confirmed what our community had long been telling us. Financial recovery remains one of the least recognised consequences of cancer, yet one of the issues that matters most to people rebuilding their lives.

As conversations developed following the launch, it became clear that we had uncovered something much bigger than cancer alone. The financial insecurity experienced by our community reflected wider challenges across serious illness, financial resilience and the UK's protection system. We found ourselves asking new questions, not only about welfare, but about employers, financial advice, insurance, regulation and the role each of us plays in preparing for the unexpected.
Those questions became Mission Protect.

Mission Protect is our new programme of work exploring how we can help create a stronger financial safety net for people affected by serious illness. We know that our role is not to provide financial products or write government policy. Our role is to bring together lived experience with the expertise of government, employers, insurers, financial services and regulators to ask difficult questions, challenge assumptions and help shape practical solutions.

Our early work has already highlighted a number of important areas for exploration, including understanding the true financial gap people face during and after illness, improving public awareness of financial protection, strengthening trust and transparency within the insurance sector, supporting employers to build better financial safety nets and exploring opportunities for policy and regulatory reform.



Activities & Achievements:

From Mission Secure to Mission Protect

Mission Protect is still in its early stages. Throughout 2026, we will continue listening, learning and working alongside partners to develop a clear roadmap for change. We know we do not have all the answers yet, but we do know that the current system leaves too many people financially vulnerable at the very moment they need support most. Together, we believe we can help change that.

Read the full Mission Secure report at:
www.missionremission.org.uk/mission-secure

Community Quotations

"I didn't spare a thought to consider what would happen to me if I became critically ill. You just don't think cancer will happen to you. Looking back, I wish I had really thought about it and prepared a safety net. But instead, you think, 'Oh well, the NHS is there... it'll all be fine.'"

"If you're diagnosed with cancer and can't go to work then you should automatically receive a minimum of 80% of your wage while you can't work. Having cancer is bad enough without having to worry about paying the bills and how I'm going to get through everything."

"I had no sick pay, didn't know which benefits I was entitled to, no financial support or advice but I wasn't able to work because I needed surgery, chemotherapy and radiotherapy. Fortunately, I had life insurance and critical illness cover, which paid out."

"I was on a salary of £35000, but during all periods of treatment was only paid SSP, which is significantly less. As the main earner in the home this was incredibly tough. I was also encouraged many times by a work coach to apply for jobs. I already had a job and was on long term sick leave."

Activities & Achievements:
Mission Resilience - Recovery Café

Recovery Café is a survivor-led peer-support group where, each month, we discuss the topics that matter most to our community. In 2024–25 we talked about fitness after cancer, coping with side effects, changes to relationships, fear of recurrence, anxiety and nutrition, and we heard from cancer survivors who have used mindfulness and creativity to build resilience.

Sessions offer a safe space for people to connect, share experiences, and support one another to navigate the challenges of recovery. Attendees report improvements in emotional wellbeing, confidence, connection and peer-supported recovery. The group helped people feel less isolated, more understood, and better supported as they navigate life after cancer.

Recovery Café delivered positive change:

- **91% felt less isolated**
- **74% felt more hopeful or less fearful about the future**
- **81% reported improved emotional wellbeing**
- **79% gained helpful tips, ideas or practical support from peers/ speakers**
- **71% felt more confident or better supported to move forward after cancer**
- **83% benefitted from sharing their own experiences with others**
- **100% would recommend Recovery Café to other cancer survivors**

Community Quotations

"It has made me realise that I am not alone. It has helped me turn a negative into a positive by sharing my experiences in a safe environment."

"My outlook has changed i feel less isolated although I have friends, having people to talk to who are in the C club has changed me. "

"These sessions have given me back that confidence that I still have something to offer and contribute."

Activities & Achievements:

Mission Possible

Cancer survivors often face a more complicated journey back to fitness. Fatigue, fear of injury and a loss of confidence after treatment can make exercise feel overwhelming.

Funded by Sport England, Mission Possible is a survivor-led online exercise programme for people living beyond cancer who want a steady, supported way to bring movement back into their weekly routines.

Through weekly goal-setting and accountability sessions, community walk challenges and accessible Walk Fit workouts, the project helped people reconnect with movement at their own pace.

Walk Fit videos were viewed 46,295 times and fifty people signed up for the activity challenges, collectively completing 149 walk challenges.

Participants shared photos of their walks, posted reflections, celebrated each other's milestones and cheered eachother on.

Impact: 100% reported increased confidence to exercise, and all confirmed they were achieving at least 90 minutes of physical activity each week as a result of the programme.

Community Quotations

"Thanks for helping me to feel part of a challenge bigger than me. Being more active has helped me through the month. December is so dark, I need extra motivation. My mum who is 80 did a workout with me!"

"The challenge is helping me to walk in a bit of sunshine, there were some days where I probably wouldn't have gone for a walk if it wasn't for the challenge."

Activities & Achievements:
Mission Possible Norwich

Mission Possible Norwich offered in-person fitness activities to Norwich cancer survivors. Designed to rebuild strength, confidence and connection. participants joined:

- **adapted workouts led by a cancer survivor and cancer rehab specialist.**
- **sociable community events and Walk & Talks in Norwich's parks,**
- **a steady stream of encouragement through a Whatsapp support group and our wider Mission Possible online community.**

Impact:

Across the programme, 93% of participants improved in at least one wellbeing or physical activity measure. Survivors reported stronger emotional wellbeing, increased physical activity and improved physical recovery, showing the programme's wide-ranging impact on confidence, stamina and overall quality of life.

Mission Possible Norwich delivered positive change:

- **86% felt more confident about exercise**
- **71% reported improved emotional wellbeing**
- **75% increased their physical activity**
- **83% felt better connected and less isolated**
- **Participants also became better informed about safe movement, fatigue management, pacing and sustainable recovery.**

Community Quotations

"I've really enjoyed meeting people who have been through the same journey as me. It's been great sharing tips on recovery."

"It's a scary, sometimes lonely world when dealing with cancer and it's something family doesn't always understand."

Charity Structure & Governance

Mission Remission was formed by Constitution agreed on 7 September 2017 and registered as a Community Interest Company on this date and converted to a charity, registering with the Charities Commission of England & Wales on 16 December 2019.

Trustees during the period 1/12/2024 - 30/11/2025:

Jane Spurgeon - Chair
Ryan Pickett
Andrew Morgan
Emma Robertson
Gavin Wilkinson
Chris Oates
Sarifa Patel
Fiona Tully
Lizzie Cernick

The recruitment and appointment of new trustees is the responsibility of the Board. Trustees may appoint any person willing to act, in accordance with the Constitution and Charity Commission requirements. New trustees receive an induction covering their duties, the governing document, and key organisational policies.

No trustees are paid for carrying out their duties as trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The trustees and Mission Remission team make all decisions regarding the running and management of the charity.

The trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

The trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2024-25.

Mission Remission

Statement of Financial Activities 2024-25

INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 1ST DECEMBER 2024 TO 30TH NOVEMBER 2025

INCOME	Unrestricted	Restricted	Total Funds
Donations	£15,919	£12,115	£28,034
Grants			
• 29th May 1961 Trust		£4,000	
• National Lottery		£19,200	
• Trust for London		£35,000	
• Norwich Consolidated		£10,000	£72,700
• Norfolk Community Foundation		£4,500	
Total Income	£15,919	£84,815	£100,734
EXPENDITURE			
Charitable Activities	£15,447	£83,690	£99,137
Fundraising & Administration	£5,521	£12,514	£18,035
Total Expenditure	£20,968	£96,204	£117,172
Net movement in funds	-£5,049	-£11,389	-£16,438
Reconciliation of funds			
Total funds brought forward	£54,150	£58,260	112,410
Total funds carried forward	£48,601	£47,371	£95,972

Mission Remission

Balance Sheet at 30th November 2025

CURRENT ASSETS	
Debtors	£0.00
Cash in Bank and in hand	£95,972
Creditors	£0.00
Net Current Assets	**£95,972**

Reserves Policy: Mission Remission aims to maintain reserves equivalent to three months of core operating costs,to ensure financial stability and protect the continuity of our work in the event of unforeseen funding delays or income fluctuations. Finances are monitored quarterly by the Trustees and Senior Management Team, and the reserves policy reviewed annually.

Financial Review: In 2024–25, Mission Remission received £100,734 income and spent £117,172, resulting in a planned deficit covered by restricted reserves. The charity ended the year with £95,972 in cash and no creditors. Income came mainly from grants and donations, and trustees consider the charity to be in a stable financial position.

The trustees are responsible for safeguarding the charity's assets, and ensuring compliance with the Charities Act 2011 and the Charities SORP (FRS102).

Andrew Morgan
Treasurer



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Charity Name Mission Remission		
On accounts for the year ended	30 November 2025	**Charity no (if any)**	1186956

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/11/2025.

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 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

** Please delete the words in the brackets if they do not apply.*

Signed:	*Nick Brereton*	**Date:**	8 September 2026
Name:	Nick Brereton		
Relevant professional qualification(s) or body (if any):	MICB		
Address:	17a Northumberland Square, North Shields NE30 1PX		

Thank you!

We'd like to thank our team, our trustees, our vibrant community and our committed volunteers.

Special thanks to the funders who have supported us: