

NI Charity Number: 108576

For October 2022 to September 2023

Annual Trustee Report

**Supporting We Live Life
Fermanagh Cancer Support Charity**

SWELL



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1. Introduction

The trustees of SWELL (Supported We Live Life) are pleased to submit their report and accounts for the period October 1st 2022 to September 30th 2023.

Founded and managed on a voluntary basis by cancer patients, SWELL (Supported We Live Life) is built on the foundation of recognising and addressing feelings of loneliness, helplessness and anxiety which are synonymous with a cancer diagnosis. The feeling that comes from knowing you are surrounded by an abundance of people who are 'all in this together' is both calming and empowering.

SWELL strive to ensure that cancer patients, their family, friends and carers do not feel alone and that sadness, feelings of loneliness and anxiety are addressed in a safe, friendly and confidential environment.

We acknowledge that the effects of cancer can mean different things to different people and that individuals are impacted in different ways and the diversity of our programmes reflect this.

Our Vision

- The Lived Experience of those affected by a cancer diagnosis does not include loneliness, sadness, or despair but instead, connectedness, inclusion, companionship and hope.

Our Mission

- To reach out and connect with people affected by cancer throughout the Fermanagh area and provide the 'Social Medicine' of peer, face to face support and advice they need.

Our Priorities

- Highlight our service to a larger audience.
- Expand our Programme delivery and diversity
- Influence and effect positive health policy changes
- Inspire all impacted by a cancer diagnosis

Services

SWELL provides a range of services including the following:

- Workshops - Our courses and workshops are designed to help you learn about living with and beyond cancer. All courses and workshops are run by our fully qualified facilitators.
- Physical Activity - has a huge potential to enhance your wellbeing. Participation in physical activity can increase your self-esteem and reduce stress and depression.

- Support Groups - Swell Support Groups enable members to share experiences, express feelings and explore new ways of coping and living with cancer. Group members are encouraged to play a more active role in their rehabilitation process.
- Counselling - SWELL offer a professional counselling service for those who feel they would benefit from more in-depth support. Counselling provides the client with an opportunity to share their thoughts and feelings with a sensitive and responsive listener. Counselling can help people to come to terms with their own illness or that of a loved one.
- Complementary Therapy - We offer a range of complementary therapies to help alleviate the emotions and symptoms that often accompany the diagnosis and treatment of cancer. Therapies are designed to work alongside conventional treatment.

2. Charity Governance

The Charity is governed by a group of Trustees (as listed in section 8).

Committee Meetings

The trustees hold monthly committee meetings that provides an opportunity for items to be brought forward and voted on. The agenda of the meeting always has the following standard items listed as a minimum:

- a) Apologies
- b) Attendance
- c) Welcome
- d) Treasurer Report
- e) Action Updates
- f) Funding Updates
- g) Any Other Business

Additional items that require committee approval are also added to the agenda when necessary.

For an item to be passed, it requires a majority vote.

AGM

Each year, the Chairperson of SWELL, calls an Annual General Meeting (AGM). The AGM provides an opportunity for our members to reflect on the group's achievements of the previous year, provide feedback and to propose/second individuals into the committee positions.

Consultation with Members

Consultation is very important for SWELL – we recognise the need for a person living with cancer to be heard. For this reason, trustees continually ask for feedback and ideas on initiatives that SWELL can take forward. This includes funding applications and the monthly activity programme.

3. Main Activities & Funding Achievements for the Reporting Period

During the period SWELL settled into our new premises and rapidly grew as an organisation.

We were very excited to have secured funding as part of the Cancer Connected Community West partnership. The £35,000 funding we received has enabled SWELL to secure a premises and introduce a 3-year support service programme for Fermanagh people affected by cancer.

The CCW partnership has also enabled Fermanagh cancer voices to be heard within the management of the Western Trust and Department of Health. Through the project our lived experience has helped improve services for local people affected by cancer. A full bus of SWELL clients also took the time to attend the first of many gathering meetings in Omagh with the Western Trust management.

After nearly 4 years from application, we were very excited to receive our official charity status on the 7th April 2022. This elevated our organisation and has given us credibility and access to apply for future funding.

In January 2022 we secured £30,000 funding from the Doh Cancer Fund. This enabled us to introduce more support services in this reporting period. We introduced a full timetable but we are working towards increasing the services we can provide.

Over the reporting period there was lots of fundraising events and donations that helped to raise vital funds to help sustain the services the charity provides. In total £14,378.07 was fundraised and £29,788.50 was received through donations.

SWELL was also successful in receiving funding from Ulster Garden Village. In total £15,000 was granted to help younger women with cancer. We also got £15,000 from Macmillan Cancer Support for an activity-based project. Fermanagh and Omagh District Council also awarded £500.00 towards an outdoor healthy gardening initiative.

SWELL also welcomed Health Minister, Robin Swann, to our premises in August 2022. It was very important to the organisation that everyone had an opportunity to speak directly to him and for him to see and hear the people behind the statistics.

SWELL Committee Members continued to work very hard to keep the charity operational. This included organising the activity programmes, administrative and financial duties, applying for funding, advertising and advocacy work to name a few.

We also said goodbye to many friends this past year. It was a privilege to have known them. We celebrated their lives and remember the good times and fun.

SWELL Chairperson

Genevieve Irvine



4. Review of the Charity's Financial Position for the Reporting Period

**SWELL (SUPPORTED WE LIVE LIFE)
STATEMENT OF INCOME & EXPENDITURE
YEAR ENDED 30 SEPTEMBER 2023**

Unrestricted Funds		
15,000.00	Department of Health Grant	
14,378.07	Fundraising	
500.00	Fermagh Omagh District Council	
15,000.00	Macmillan Charity	
4,898.95	Cancer Connected	
15,000.00	Ulster Garden Village	
29,788.50	Donations	
94,565.52	Total Income	
	Expenditure	
38,057.84	Facilitated Fees	
5,661.08	Stock Items and Catering	
318.71	Insurances	
479.68	Bank Fees	
554.96	Telephone	
3,697.88	Volunteer Expenses	
8,757.62	Equipment and Stationary	
13,528.00	Room Hire	
200.00	Christmas Draw	
150.00	Accountants Fee	
71,405.77	Total Payments	
23,159.75	NET INCOME FOR YEAR	

5. Summary

Within the reporting period, SWELL continued to expand its presence and delivery within County Fermanagh.

The charity set up new premises in Enniskillen which has allowed us to offer a wider variety of services to more individuals living with cancer, and their family and friends. Throughout the year we successful bid for funding from Cancer Connected Community West Partnership, Ulster Garden Village, Fermanagh & Omagh District Council and the Department for Health Cancer Fund. This has helped sustain the delivery of vital services to people living with cancer across the Fermanagh area.

The committee also welcomed the Health Minister Robin Swann MLA. This has helped promote the invaluable services offered by the Charity and raised our profile with public figures.

Over the reporting period there was lots of fundraising events and donations that helped to raise vital funds to help sustain the services the charity provides. In total £14,378.07 was fundraised and £29,788.50 was received through donations.

In the next reporting year, we hope to be able to focus on widening our delivery to benefit more people and to successfully apply for other funding sources.

6. Trustees

Chairperson: Genevieve Irvine

Treasurer: Barbara Huey

Trustee: Marian Judge

Trustee: Catherine Gordon

Trustee: Gerry McHugh

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