

# ARC Cancer Support Centres

Annual Report  
for 2020



# ARC Cancer Support Centres

## Directors' Report and Financial Statements for the year ended 31 December 2020

65 Eccles Street, Dublin 7

557/559 South Circular Road, Dublin 8

Lowell House, 23 Herbert Ave, Dublin 4

**Registered charity no. 20028428**

**Charity No. CHY 10857**

**Company Number: 505230**

# Chairperson Statement

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It is with enormous pleasure that I pen my first statement as Chair of the ARC Cancer Support Centre's Board, having taken up the position in October 2021.

2020 was not the year we were expecting, not for ARC, our country, nor indeed the entire world. As we collectively reeled from the unexpected and unimaginable threat the Covid-19 pandemic presented, drastic public health measures forced us all to retreat to our homes for safety and to protect each other. Doing so meant closing the doors of our three cancer support centres in Dublin and threatened the sustainability of the vital supports ARC offers to people with cancer and their loved ones, supports we have delivered tirelessly for over 26 years.

Words like 'unprecedented' and 'a time like never before' quickly became common-place in the context of Covid-19. Sadly, at ARC we are all too aware that such words resonate deeply in the context of a cancer diagnosis for anyone dealing with the traumatic unexpected news that cancer has knocked on their door, either individually or within in the family. For those living with cancer, the pandemic dealt a second inconceivable blow with isolation, delays, uncertainty and complication of a cancer diagnosis in the midst of a wider public health emergency. It was extraordinarily difficult for ARC to have no choice but to withdraw our supports from those who needed us most, at a time they needed us more than ever.

In the face of such unfamiliar adversity we quickly reimagined and adapted how to offer our services and support to those who needed us, whilst challenging ourselves to find new ways to sustain our income. Less than two weeks after closing our physical doors, we opened our 'virtual'

cancer support centre and continued to provide the help and support to those who needed it through some of the darkest days in living memory.

The continuity in provision of ARC's services during 2020 was no mean feat and is testament to our team's determination, resilience and undeterred commitment to serve our community and meet the needs of our clients in spite of the challenges. Not only did ARC very much survive 2020, it thrived, increasing the level of engagement with clients and meeting their needs in new ways.

I am incredibly proud of the effort put in by all our dedicated staff, therapists, counsellors and wonderful volunteers. I am also eternally grateful for the generosity and support of our loyal donors and those who supported us with fundraising throughout the year, as well as invaluable statutory support.

Our belief in the importance of our mission remains steadfast and we have learned much from the challenges we faced. These learnings will benefit our service delivery model well into the future. Thank you one and all for weathering the storm with us throughout 2020. The following report is in many ways a story of triumph over adversity, for ARC and the clients we serve. Now we are well placed to handle whatever the future presents, and I am delighted to play a part in leading this wonderful organisation into the future.



**ORLA MCMAHON**

Chairperson



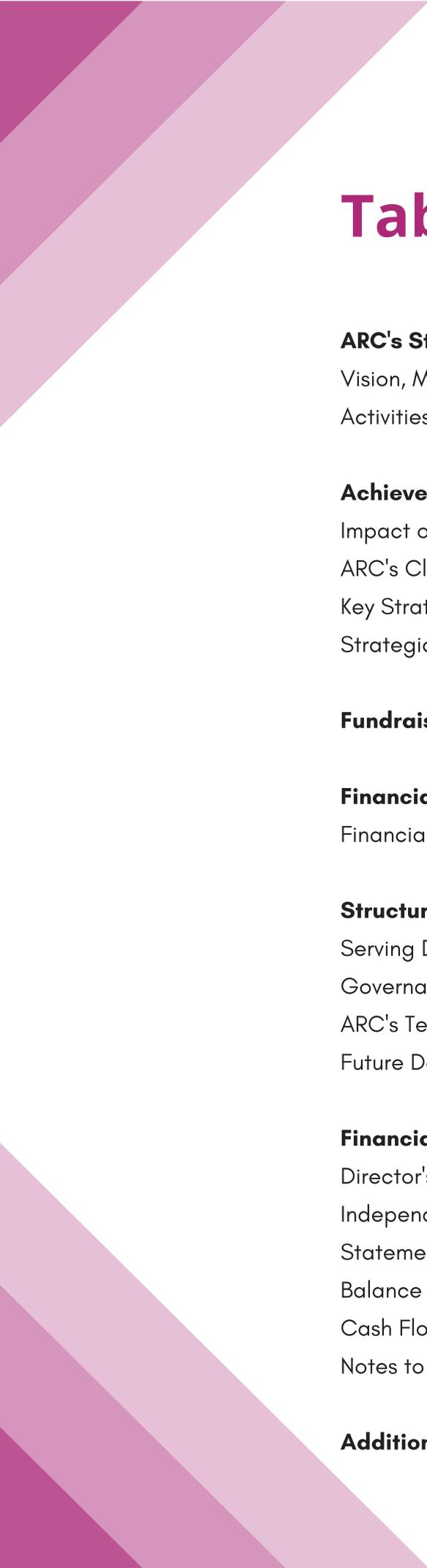
## Directors' Report

The directors are delighted to present their Annual Report, combining the Directors' Report and the audited financial statements for the year ended 31 December 2020.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2014. We have also implemented the recommendations contained in the Statement of Recommended Practice Charities ("SORP," effective January 2015) where relevant in these financial statements.

ARC Cancer Support Centres (ARC) actively manages its principal risks which are around financial, fundraising and operational activities. There are strong systems of internal controls and procedures surrounding these areas. The controls ensure compliance with legislation and regulations, provide for effective and efficient use of resources, including staff and volunteers, and safeguard the integrity of financial information. ARC continually reviews and improves all controls as part of normal operational activities and risk management.

In common with other charities whose principal source of income is fundraising, the company must maintain and develop its income sources to ensure continued supply of services. The directors review all sources of income on an ongoing basis.



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# ARC's Story

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As the brainchild of Professor Des Carney, ARC was founded in 1994. ARC Cancer Support Centres is a registered charity (Registration No: 20024828 and CHY 10857) that supports people affected by cancer and their loved ones. ARC provides FREE emotional, psychological, educational and practical support, including complementary therapies & counselling services, in a warm and welcoming environment to people with cancer and those who care for them.

We give people the support they need to enhance their coping skills and improve their quality of life whilst on their Cancer journey. Our services are confidential, professional, caring and free of charge. Whether clients have been recently diagnosed, are in treatment, finished treatment, or caring for a loved one with the disease, ARC Cancer Support Centres offers various therapies and services to help, support and resource them through this challenging and difficult time. Our supports include survivorship programmes, complementary therapies and counselling services.



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ARC's main objective, as set out in its constitution, is to benefit the community through the provision of counselling, support and complementary therapies to people in Ireland who are affected by cancer, including cancer patients, family members, friends and carers.

Our centres on Eccles Street, South Circular Road and Herbert Avenue continued to offer practical and emotional support, complementary therapies, and counselling services to people affected by cancer, their families and those who care for them from January to March 2020. The Covid-19 global pandemic and associated public health measures forced the closure of our three physical centres from March 2020 for the remainder of the year. We quickly moved all our services to an online platform and by the end of March 2020 were offering all services (except for touch therapies and drop-in supports) in a remote capacity.

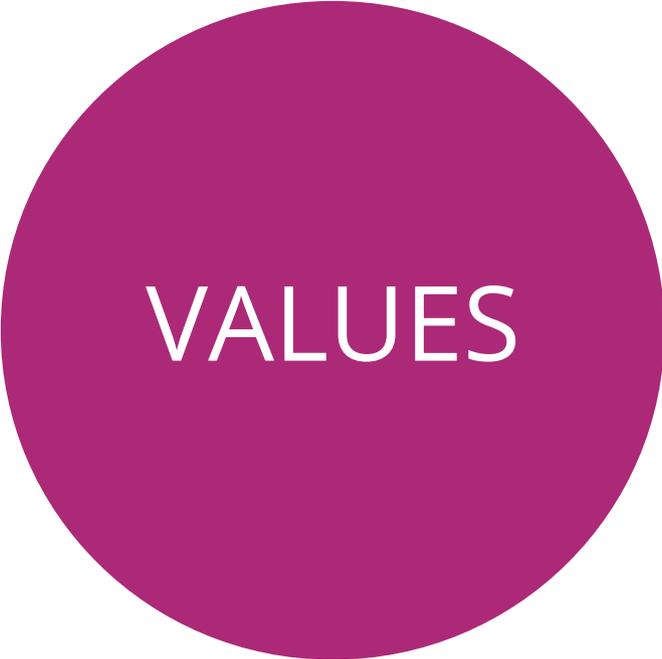


# Vision, Mission, Values

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ARC's mission is to provide psychological, emotional, educational, and practical support to people with cancer and those who care for them, through a warm, welcoming, and client-centred approach and to ensure that everyone in Ireland is aware of, and able to access, these services.

Our core values underpin our mission, guide our behaviour and our decision making, and unify the organisation. These core values are:



## VALUES

- **Empathy**
- **Confidentiality**
- **Support**
- **Empowerment**



## **Empathy**

We feel what the client sitting with us feels. We understand their experiences and emotions and offer unconditional compassion and empathy.

## **Confidentiality**

Confidentiality is of utmost importance to us, as it establishes trust and creates a safe environment for clients to talk freely. We respect that all clients and members of ARC are entitled to privacy and have a strict Confidentiality Policy in place, in accordance with the Data Protection Act .

## **Support**

Because of a cancer diagnosis, many people feel fear, panic, isolation, and sadness. ARC provides emotional support and a sensitive, understanding approach to help individuals accept and deal with their difficulties, their illness, or the cancer diagnosis of a loved one.

## **Empowerment**

The cancer journey can be painful and difficult, but we aim to empower cancer survivors to take an active role in looking after their own physical, mental, and emotional well-being, to build confidence to face the challenges ahead, and to feel hopeful rather than helpless.

# Activities

Despite the pandemic our key Support programmes and activities for 2020 included:

- **One to One Counselling**
- **Telephone Support Line**
- **Peer Support Cuppa Calls**
- **Support Groups**
  - Breast Cancer Support Group
  - Prostate Cancer Support Group
  - Myeloma Support Group
  - Stoma Support Group
  - Secondary Cancer Support Group
  - Men's Cancer Support Group
- **Drop-In Service** - up to March 13th
- **Complementary Therapies** (Acupuncture, Reflexology, Manual Lymph Drainage) - up to March 13th
- **Weekly Wellbeing Classes** (Yoga, Mindfulness, Stress Management, Pilates, Relaxation)



- **Workshops & Talks**

Talking to Children About Cancer, Back to Work, Coping with Fatigue, Nutrition / Exercise and Cancer, Anxiety Management, Look Good Feel Good, Coping with Bereavement

**88%** of clients feel more relaxed, grounded and at ease in themselves following counselling. **91%** feel they can cope better with their circumstances and **88%** can express their feelings and emotions more clearly.



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## Survivorship Courses

- Building Resilience in Uncertain Times Programme: 4-week Programme
- Cancer Rehab Exercise Programme for Men: 4-week exercise programme, in conjunction with St James Hospital
- Self-Care for the Carer Course: 4-week programme
- Living Life Programme Course: 6-week course
- Stress Management Programme: 9-week course
- Mindfulness and Resilience Course: 6-week programme
- Time to Adjust Programme: 6-week group-based cognitive behavioural therapy programme
- Moving Forward: 6-week psycho-oncology educational programme is run in collaboration with the Mater Private Psycho-oncology department
- Cancer Thrive & Survive: 6-week programme
- Living Well with Prostate Cancer Programme: 6-week programme



**94%** of clients engaged in the Relaxation class felt their quality of life had been enhanced by the service. Following Stress Management classes, **94%** of clients feel they are kinder to themselves.



# Achievements & Performance

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Undoubtedly our greatest achievements during 2020 were:

1. Successfully pivoting to transition to a remote service delivery model, allowing us to continue providing our valuable service to those who need us most, when they needed us more than ever
2. Diversifying our income streams and developing new platforms for fundraising
3. Increasing our footprint for service delivery outside Dublin

*"ARC is the best thing I have ever experienced. All during lockdown it has kept me sane. Without it I know I would be in depth of depression. I am deeply grateful for there support. I have felt so welcome as soon as I walked in the door"*

Joan, ARC client

# Impact of Covid-19

Covid-19 meant reduced healthcare service capacity and some oncology healthcare workers being re-deployed to pandemic response work. In combination with people's fear of attending their GP or hospital, this meant delays in diagnoses and treatments for cancer patients, surgeries being postponed, and people with cancer and their loved ones experiencing very high anxiety, fear, stress and isolation from family and loved ones during lockdowns and restrictions. The much-needed in-person support ARC provided during normal times was no longer possible and it was a lonely and difficult time.

## **How ARC responded**

The Covid-19 global pandemic and associated public health measures forced closure of our three physical centres in March 2020 and they remained closed for the rest of the year. We launched a new telephone support line and outbound support call service. We quickly switched our services to remote platforms and offered several services in a remote capacity via phone or online including counselling, wellbeing classes, support groups, talks, courses and events.

Despite the significant challenges posed, the forced move to remote service delivery brought many high points and learnings. After the initial transition and adjustment period, access to supports from home and hospital proved to be both highly beneficial and much welcomed by our clients, and, overall, we saw an increase in engagement with our supports during 2020 because of increased accessibility and convenience, particularly for those living outside Dublin. With the easing of pandemic restrictions, remote services will remain an important aspect of our overall service delivery model due to the significant benefits offered to our clients.

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ARC's premises were physically closed from 13 March 2020 for the remainder of the year, due to the Covid-19 pandemic and associated government restrictions. Services successfully migrated online from 31 March. The number of new clients registering with ARC fell significantly as a result of Drop-In closure, suspension of all touch therapies and delays in cancer diagnosis. During 2020, there was a 29% reduction in new clients registering with ARC.

2020 saw a significant increase in group attendance, and attendance for one to one counselling. Increased engagement can be largely attributed to accessibility and convenience:

- Ease of access to Services from home - savings on time, effort, commute, city parking, etc.
- Clients able to avail of multiple services (counselling, classes, support groups, etc.) as no trips from home required
- Clients engaging with Services from hospital
- A reduction in late cancellations - clients who were too unwell to travel under normal circumstances due to their illness were able to engage from home or their hospital beds
- Isolation - clients were cut off from many of their usual support systems due to lockdowns (family, friends, etc.) and engaged with multiple ARC supports to reduce isolation, fear and loneliness



**7,235**

Attendances at our Group Activities, e.g. Talks/Workshops/Support Groups  
(a 34% increase on 2019)



**2,266**

Counselling Sessions  
(an 8% increase on 2019)



**529**

Touch Therapy Appointments  
(up to March 13th)



**600+**

Support Calls  
(a 77% increase on 2019)



**256**

Drop In Appointments  
(up to March 13th)

**90%**

of clients feel less alone and isolated  
(under the Wellbeing & Psychological  
Functioning Metric) after completing our  
mindfulness programme

"Thank you to everyone at ARC - for being the essence of human compassion, for giving me a sense of sanity in a world that had fallen apart"

Catherine, Dublin

**91%**

of clients feel they can cope better  
with their circumstances following  
engagement with our Counselling  
service

"ARC is the best thing I have ever experienced. All during lockdown it has kept me sane. Without it, I know I would be in the depths of depression. I am deeply grateful for their support"

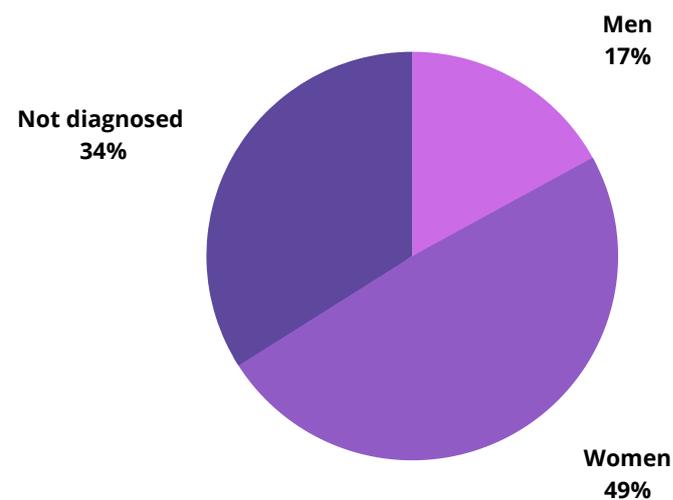
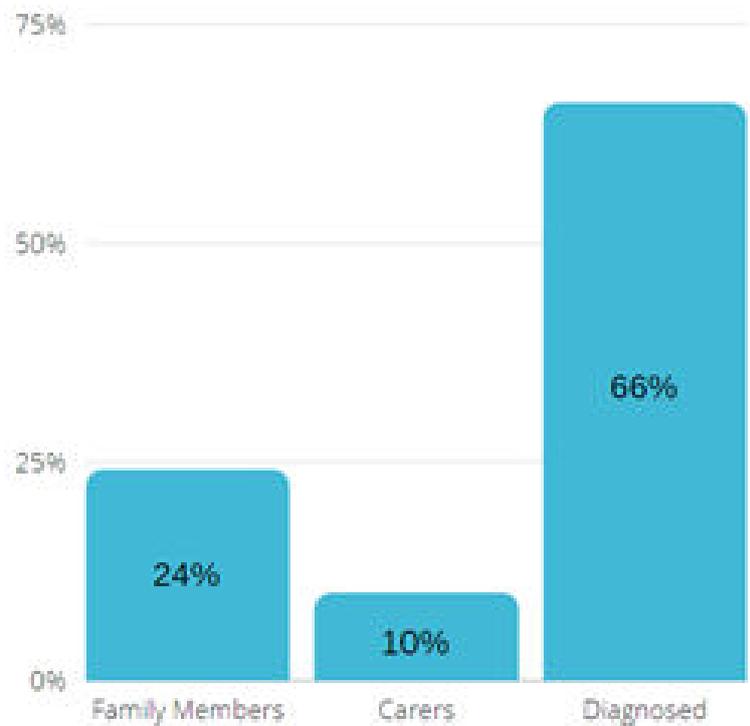
Helen, ARC Client

# ARC's Clients

920 people registered for the first time in 2020

- o 27% men
- o 73% women

66% of new clients registering had a cancer diagnosis, 24% were family members, and 10% were carers



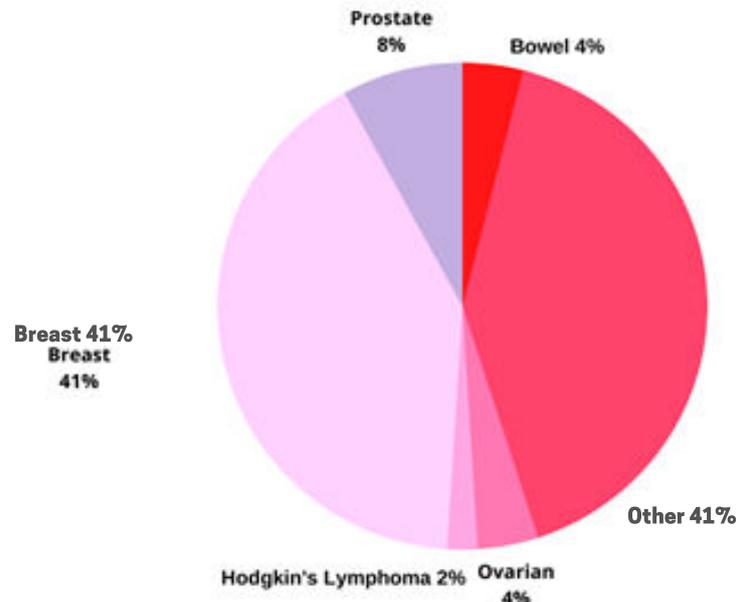
63% of the men who registered and 67% of women who registered had a Cancer diagnosis.

**Men with a diagnosis made up 17% of total registrations, while women with a diagnosis made up 49% of total registrations.**

## Registration by Cancer Type

Of those clients registering in 2020 who had a cancer diagnosis

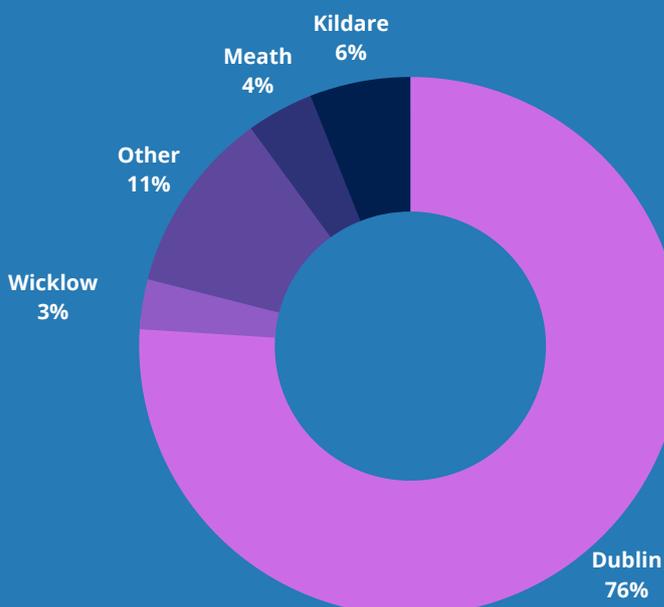
- 41% had breast cancer
- 8% had Prostate cancer
- 4% had bowel cancer
- 4% had ovarian cancer
- 2% had Hodgkin's lymphoma
- 41% had other cancer types



## Geographical Spread of Clients in 2020

There was an increase in both registration and participation of clients outside Dublin in 2020 compared with 2019.

- 25% of new clients who registered in 2020 live outside Dublin, versus 20% in 2019
- 24% of attendees in 2020 lived outside Dublin, compared with 17% in 2019
- Remote access to services appears to offer significant benefit to clients outside of Dublin and yielded increased accessibility, participation and engagement with our services for this group



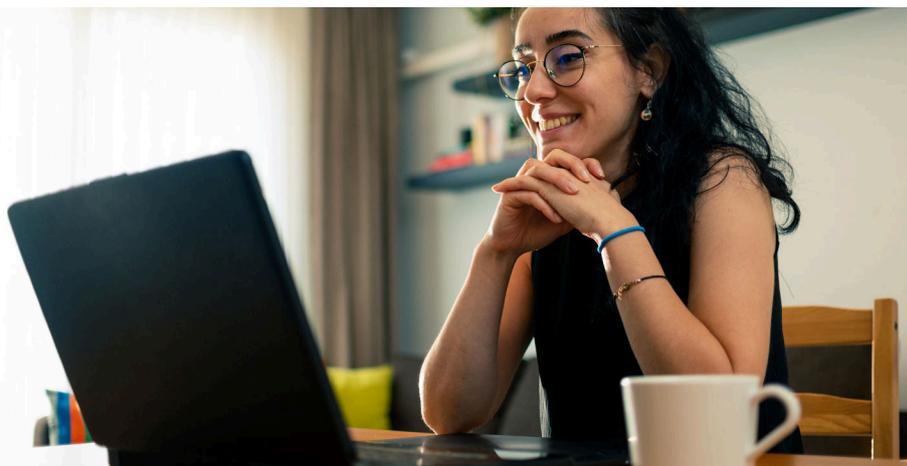
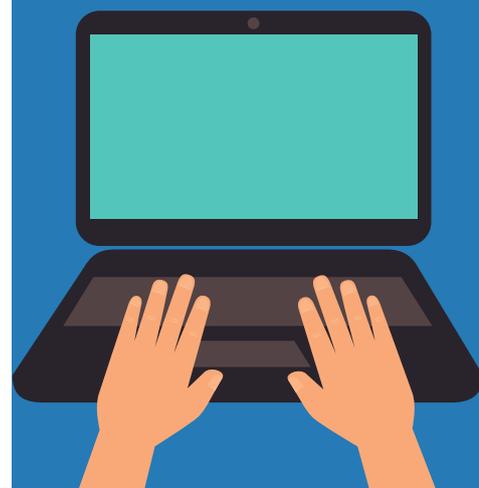
# Key Strategic Objectives Achieved in 2020

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The Covid-19 pandemic significantly impacted ARC's operational model from early March 2020 and much of the year focused on pivoting to successfully deliver an unplanned remote service model. Consequently some of our planned strategic priorities for 2020 were put on hold and interim priorities were developed tailored to the new working environment.

We successfully transitioned to an online and telephone service delivery model for all services other than touch therapies and in-house drop-in services which necessitate face to face contact.

Despite the significant challenges posed, the forced move to remote service delivery brought many high points and valuable learnings. After the initial transition period, access to supports from home and hospital proved to be both highly beneficial and warmly welcomed by our clients. Overall, we saw an increase in engagement with our supports during 2020 as a result of increased accessibility and convenience.



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In the future, remote service offering will likely remain an important aspect of our overall service delivery model due to the significant benefits offered to our clients, particularly those located outside the Dublin area.

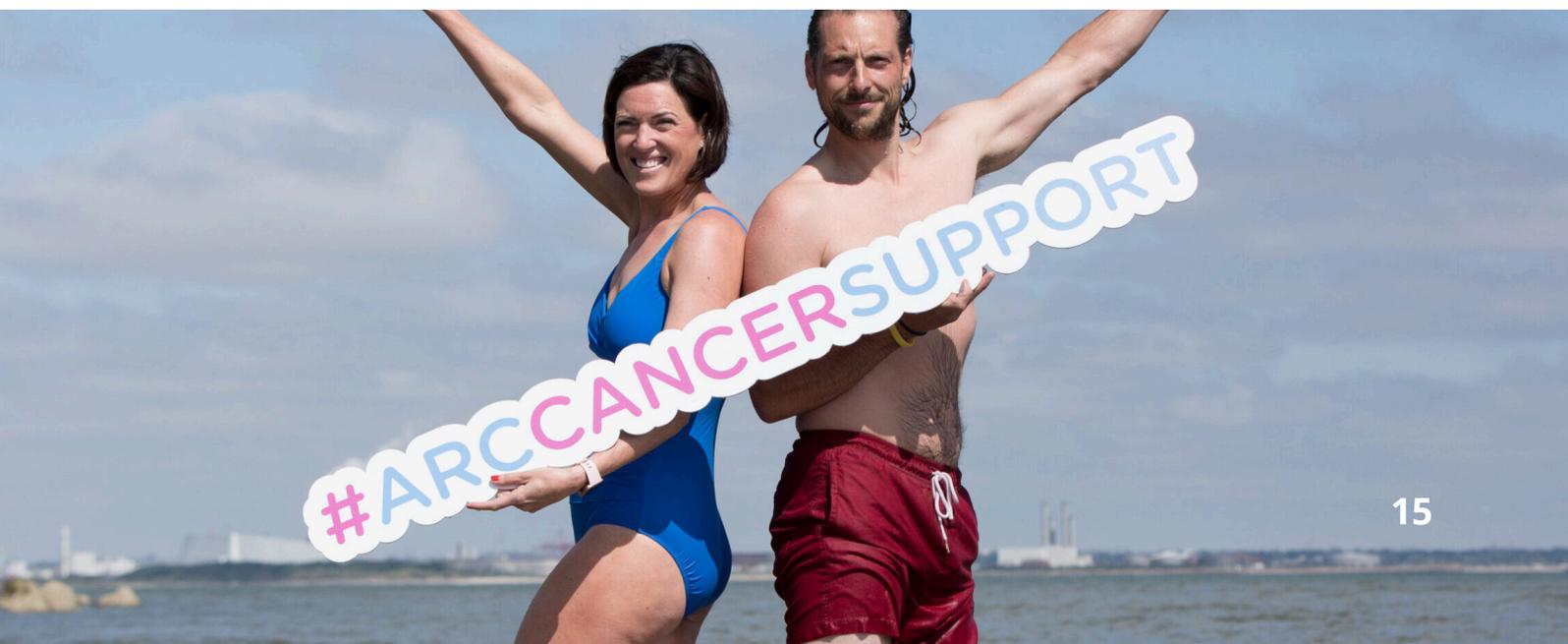
New initiatives undertaken to (1) address the objectives of delivering new services to meet clients' evolving needs and (2) understand the impact of our new services on the lives of our clients included:

**Developing a new Telephone Support Line in response to Covid-19 closure**

ARC relies heavily on the work of volunteers to deliver our services and the important work of our Drop-In volunteers was suspended due to centre closure. We set up a Telephone Support Line for both existing clients and as a point of initial contact with new clients. Many of our Drop-In volunteers transitioned to deliver this service following training and support. The Support Line offered care to over 600 callers between April and December 2020.

**Commissioning a Client Cancer Care Needs Gap Survey**

With the generous support of volunteers from the staff at Musgrave Group in 2020, ARC undertook a comprehensive qualitative research exercise amongst ARC's service users and non-users with a cancer diagnosis, and healthcare professionals. The aim was to identify the needs of those with a cancer diagnosis, and to identify new service and support opportunities to bridge any gaps. The results received will influence our strategic priorities for 2021.



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## Undertaking a Comprehensive Client Impact Survey

In our efforts to continually improve and optimise our supports to clients, ARC undertook a detailed evaluation of all of our services in collaboration with our clients to identify the impact they have on their psychological and emotional wellbeing. Some of the key findings include:

### The Impact of our Counselling service

- 88% of clients feel more relaxed, grounded and at ease in themselves
- 91% feel they can cope better with their circumstances
- 88% can express their feelings and emotions more clearly.

### The impact of our Support Groups

- 67% of people who attended our Peer Support Groups felt their quality of life had been considerably enhanced by the support
- 62% feel they are relating better with their family and friends

### The impact of our Wellbeing classes

- 85% of clients who engaged in the Relaxation class feel more resilient as a result
- 94% of clients who attended Stress Management classes, feel they are kinder to themselves and have better coping skills
- 95% of people who attended Mindfulness classes feel they are more hopeful about the Future and 97% feel they can cope better with their circumstances
- 80% who attended Yoga classes feel they can do more daily activities more comfortably





*"It was the 27th of December 2018. We had just had a lovely Christmas and I was getting ready for bed. As I put on my top, I brushed against a hard lump in my left breast. And I knew straight away, this was serious. I felt in my gut that it was bad news. Because of the Christmas holidays, we had to wait until January to go for a triple assessment. And, unfortunately, my gut was right. It was cancer. But it had been caught early and they were confident it hadn't spread.*

*My treatment was to be three months of chemotherapy, surgery and radiation. Although I was very positive, and knew I was going to beat this, my overriding feeling was that I was standing at the bottom of a huge mountain and I had a long and arduous climb ahead of me. Daunting!*

*The chemotherapy was tough. I lost all of my hair – which I knew was coming – and which I had fully prepared for. But nothing can prepare you for how sick you look. It's not vanity. It's just such a shock. It is a reminder of what is actually going on inside your body. No wig, no matter how good, can hide that.*

*A friend of mine told me about ARC Cancer Support Centres and as I was a bit apprehensive, she said she would accompany me on the first visit. As I walked through the door for the first time, I could feel the warmth and support straight away. The volunteers were lovely and the house itself is warm and calm. An oasis when you need it and I would walk through that door so many more times throughout my treatment...*

*...ARC gave me a focus that wasn't a hospital appointment which I think was important for me emotionally. And it got me through the tough times. I went for acupuncture, reflexology and met with my counsellor who was there for me throughout. The only time I cried was when I was with her. I could let go when I was talking to her. I didn't have to be strong in there.*

*But it was really after the treatment when ARC's support meant the most to me. I felt a little lost. I had been so focused on looking after myself and getting better, which had kept me going. In January this year I wasn't working and, with my treatment over, I should have been on top of the world, I didn't really know what to do with myself.*

*I started doing yoga. This was such a gentle class and was as much about meeting up with other people who had been through a similar experience as it was about doing any exercise. My favourite part of the class was at the end. We would do a meditation and our very kind teacher would wrap each of us in a blanket. This sums up what ARC meant to me. Comfort and warmth when you most need it.*

*When COVID hit, we went online. I never felt abandoned by ARC - they were always there and still are if I need them. ARC made a difficult time much easier. I will never be able to thank them enough for all they did for me. Cancer is not easy but it can be made a little easier with the support of family, friends and a charity like ARC."*

Simone O'Reilly, Breast Cancer, age 50.



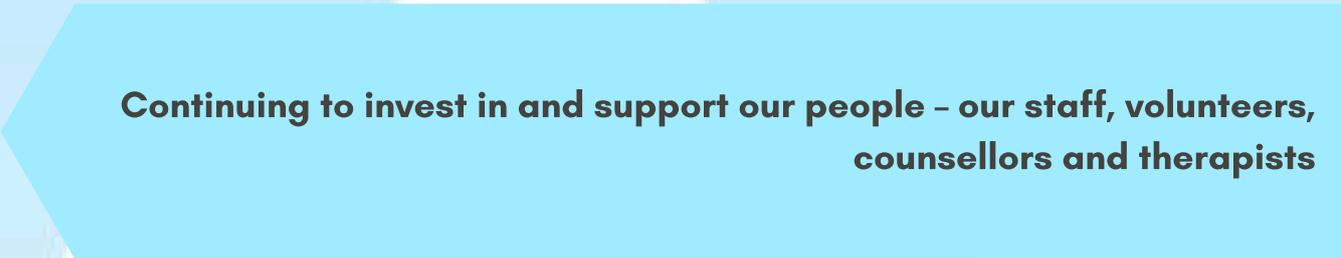
# Strategic Priorities For The Year Ahead

**Introducing wider family supports including support groups for families and parents and child and adolescent counselling for children**

**Delivering a more tailored and proactive approach to client care through the introduction of new client support coordinators to guide clients through their journey with ARC**

**Building relationships at community level with local interest groups to increase awareness of ARC's service and encourage wider inclusivity and diversity**

**Building awareness of ARC so that more people can avail of our services, wherever they are**



**Continuing to invest in and support our people – our staff, volunteers, counsellors and therapists**



**Diversifying and strengthening income streams to ensure a stable economic future**



**Continuing optimisation of our systems and processes to facilitate continued adherence to compliance with best practices in good governance**



**We are determined to continue to support people affected by cancer, made possible by the generosity of the public, grant givers, corporates, and our many supporters.**

# Fundraising Activity & Performance

Fundraising underpins our objectives to deliver our psychological, emotional, educational, and practical support services to people affected by cancer and their families free of charge. That is why our supporters and volunteers are so special to us. To continue to accomplish our objectives, it is essential that we continue to invest in new campaigns and initiatives to protect our future income and continue to explore ways to improve our supporters' and volunteers' experience of giving.

In line with the Government's guidelines and healthcare advice on Covid-19, ARC took the difficult step of temporarily ceasing its annual physical fundraising events and campaigns in March 2020. Notwithstanding, ARC was determined to continue its important fundraising function and replaced its fundraising endeavors with online, digital, teleconference platforms and virtual events.



2020 was a year like no other but ARC was encouraged and overwhelmed by the generosity of spirit, commitment, passion and support from our amazing communities, individual donors, grant aid bodies and corporate benefactors who donated so willingly in such a difficult period. To our wonderful volunteers - thank you sincerely from the bottom of our hearts.

ARC strives to continuously diversify our fundraising portfolio in line with our overall strategy. Due to the Covid-19 pandemic most of ARC annual signature events were deferred, postponed, or cancelled. To this end, ARC introduced new online and virtual events in which more than 5,000 people took part in, including:

- Emergency Appeal
- ART for ARC auction
- Lap of the Map
- Virtual Torch of Hope
- Christmas sparkle raffle
- Corporate Christmas Appeal
- Lighting up Towns at Christmas
- Christmas swim



We are also very grateful for the significant pro bono support we received during the year to the approximate value of €154,000 from the following activities:

*"The Torch of Hope Relay impacted the whole community and was a wonderful moving experience, celebrating survivors and honouring those that passed, supported by so many friends and families."*

- 
- Donations of artwork for our ART for ARC auction
  - The transfer of professional expertise
  - Media and advertising
  - Photography
  - Donations of merchandise for events
  - Volunteering
  - Digital marketing

ARC is truly grateful for the support of our donors as it enables us to defray the costs of delivering our services and running campaigns and events. ARC's total fundraising spend in 2020 was €193,175. Without the pro bono services rendered and goods received, the fundraising expenditure would have increased by an estimated 44%.

Not only were individuals generous with their time, ARC benefitted from the continued support and generosity of corporate entities including:

- Arthur Cox Solicitors
- Kingspan
- Allianz Global Life
- Jazz Pharmaceuticals PLC
- HSBC Bank

*"The relationship between Arthur Cox and ARC has been in existence for five years and it demonstrates the true scope and potential of charity partnerships and the real benefits of CSR collaboration. A close working relationship between the two organisations has ensured that the partnership continues to develop."*

Jean Maxwell Sustainable Business,  
Corporate Social Responsibility (CSR)  
Manager, Arthur Cox Solicitors

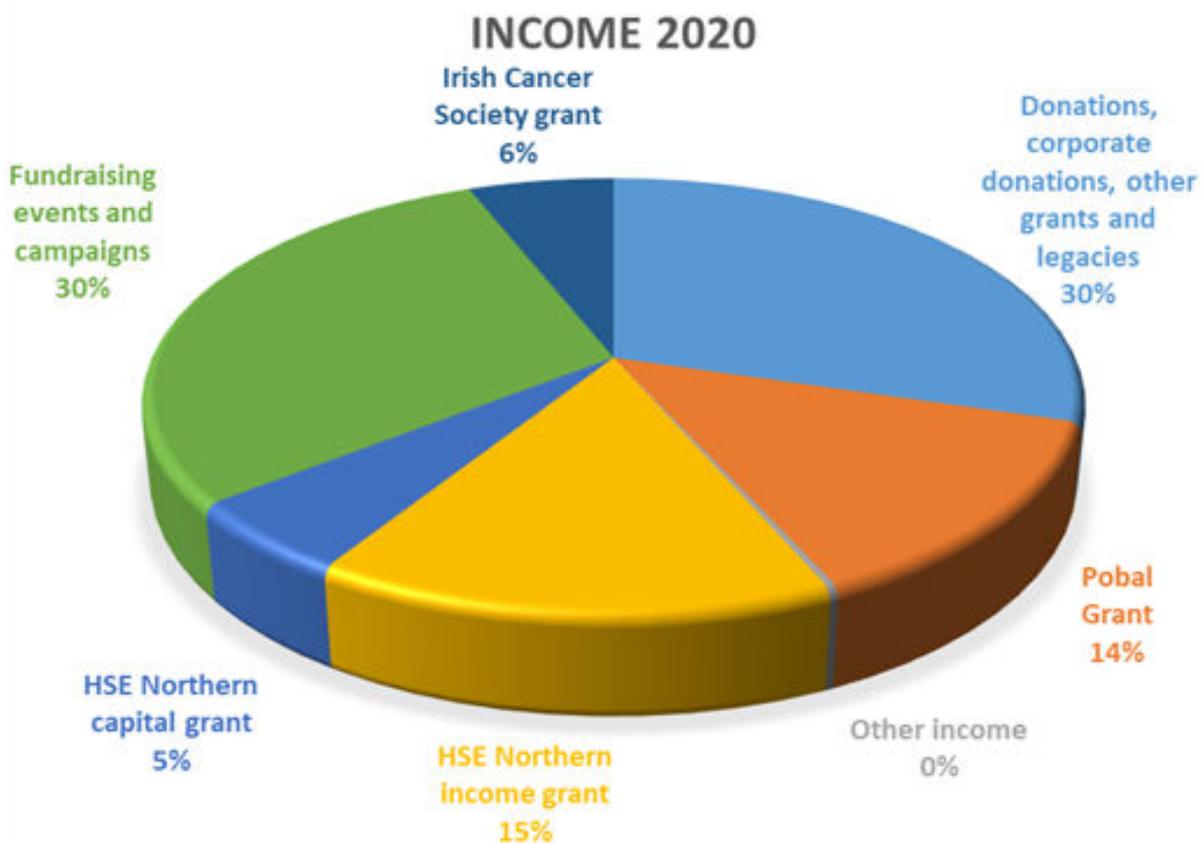


# Financial Review

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In 2020, income was €1,207,029 against expenditure of €697,253 for the same period, resulting in a surplus of €509,776 for the year. This compares to a surplus of €145,182 in 2019.

The cost of generating funds decreased by €80,049 the cost of operating ARC's centres decreased by €143,660, governance costs have decreased by €1,180 and income increased by €139,705. At year end there was a surplus of €509,776 and increased cash reserves.



ARC was once again very grateful to receive a grant from the HSE Northern Area for €185,533 to fund the delivery of services in ARC's Eccles Street Centre. This grant amounted to 15% of ARC's income for 2020. The HSE Northern Area awarded ARC an additional capital grant totalling €65,326 (5% of ARC's income in 2020). In total, income from the HSE Northern Area amounted to 20% of the total income.

While statutory income from the HSE and Pobal amounted to 34% of total income, non-statutory income such as donations, fundraising events, legacies and grants in 2020 accounts for the remaining 66%. The team worked tirelessly to raise these funds and ARC's diverse income streams were very successful. ARC received €358,165 in donations, corporate donations, other grants and legacies (30% of income) and €72,030 (6%) from charitable activities (the Irish Cancer Society). Income from ARC-managed fundraising events and campaigns was €358,332 accounting for 30% of income and other income was €3,194 or 0.3% (0.9% in 2019).



ARC was successful in securing a grant for €164,450 from the Government's Covid-19 Stability Fund which was aimed at addressing income shortfalls in the charity sector due to the pandemic. The majority of this, €116,723 was spent in 2020 and the remainder will be spent before June 2021.

ARC is reliant on a diverse combination of fundraising income through organised events, the generosity of the public and corporate benefactors and grant aid to fund its activities throughout the year. Cash reserves in the company tend to be at their highest in December each year as the receipt of fundraising income peaks in the final quarter.

Cash reserves at the end of 2019 were €856,056, and increased by €550,478 in 2020 to €1,406,534.



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## Financial Reserves

While the Directors welcome the increase of net income over expenditure from its 2019 level of €145,182 to €509,776 in 2020, they urge a degree of caution as this can be explained by the “once-off” payments of €164,450 (Pobal) and €65,325 (HSE Capital Grant) as well as the substantial private legacy of €118,445.

Without these “once off” receipts, ARC’s net income for 2020 would have been €161,556, which is directly comparable to its 2019 figure of €145,182. The Directors expect 2021/22 expenditure to rise considerably in the post Covid 19 expansion of services, which are intended to be offered by ARC in the coming years.

At a time when current and future demand for ARC’s services is expected to increase, the Board considers it prudent at all times to have contingency cash available equal to at least six months of normal activity during a period of unforeseen difficulties. This has been achieved.

In addition, ARC has experienced accommodation pressures at its centres, particularly at Lowell House. It is anticipated that significant Capital Expenditure on additional accommodation will be required in the foreseeable future to meet service demands. Unrestricted funds have been retained to help finance this expansion.

ARC continues to focus on strong management controls, cautious spending and controlled service delivery expansion to meet the growing needs of clients and the vital services we provide.



# Structure, Governance & Management

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On 26 November 2016, ARC Cancer Support Limited, with the approval of the Registrar of Companies, changed its name and is now incorporated under the name ARC Cancer Support Centres. ARC also amended its constitution to reflect this name change in accordance with the Companies Act 2014.

ARC Cancer Support Centres (ARC) is a charitable organisation and a company limited by guarantee with a voluntary board of directors. Dr Vincent Carroll was appointed Chairperson from 2019.



# List of Serving Directors for the Year 2020

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Dr Vincent Joseph Carroll (Chairperson)  
(resigned 1st September 2021)

Barbara Cosgrave

Orla McMahon

Patrick Cafferky

Conor Brady (resigned 2nd February 2020)

Ian Martin

Simon O'Flaherty

Deirdre Murray (resigned 2nd February 2020)

Gerard Keating

Dermot Ryan

Dr Damian Jennings

In accordance with the Articles of Association, one-third of the Directors retire by rotation annually and, being eligible may offer themselves for re-election.



# Governance

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Accountability and transparency are vital in everything we do. ARC continues to highlight good governance as a key strategic priority for the board. ARC adheres to the Charities Regulator Guidelines for Fundraising from the Public and with the Statement of Recommended Practice (SORP) for its financial statements. In March 2021, the ARC Board formally declared its compliance with the CRA Governance Code as it applies to larger organisations (49 sub-principles). ARC is also listed on the Register of the Charities Regulatory Authority.

Risk management is the cornerstone of good governance and ARC actively manages its risks. The management team in ARC reviews an active risk register which has the following categories: Governance, Compliance (Legal or Regulatory), Operational, Financial, External or Reputation. Various risks are identified under these headings along with a description of their potential impact, steps to mitigate them, a risk owner and a risk rating for each based on their likelihood, impact and ability to control. These are then reported regularly to the Corporate Governance, Audit and Risk Sub Committee of the Board that reviews them and reports to the Board.

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The board typically meets six or seven times a year and in 2020 met on the following dates:

- 12th February
- 25th of March
- 20th of May
- 1st of July
- 16th of September
- 21st of October
- 9th of December

Its AGM was held on the 23rd of November.

The board has five sub-committees that meet throughout the year as necessary. These sub-committees are:

- **Finance and HR**
- **Fundraising**
- **Strategy and Development**
- **Corporate Governance, Audit and Risk**
- **Services**

Responsibility for the day-to-day management is delegated by the Board to the CEO, who is supported by staff, therapists and volunteers.





## ARC's Team of 2020

The team comprised of a staff of 12 (4 full-time and 8 part-time), a panel of 50 drop-in volunteers, 31 voluntary one-to-one therapists, 35 voluntary group therapists and 17 independent therapists who were engaged for their services on a regular basis

## January - March 2020 (Pre-Covid)



## March - December 2020 (Amid Covid-19 restrictions)



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We are privileged to have so many volunteers work in ARC. They assist in service delivery, administration, finance and fundraising campaigns and events. They are truly the backbone of ARC and we are extremely grateful to them for their dedication, loyalty and commitment, particularly during this difficult and unprecedented year. It is their commitment and professionalism, together with that of ARC's staff and contractors, that enable such a high-quality service to be delivered.



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### **Political Donations**

ARC made no political contributions or donations during the year.

### **Statement on Relevant Audit Information**

The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of any such information. So far as the directors are aware, there is no further relevant information of which the statutory auditors are unaware

## Post-Balance Sheet Events

There have been no significant events affecting the company since the year-end.

## Auditors

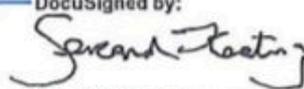
The auditors, Somers Murphy & Earl Limited, (Chartered Accountants) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

## Accounting Records

To ensure that adequate accounting records are kept in accordance with Sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at 65 Eccles Street, Dublin 7.

Approved by the Board of Directors on 29/09/21 and signed on its behalf by:

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# Future Developments

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*“2020 came to a sobering close. Early December saw significant relaxation of public health restrictions and ARC’s plans to reopen our Centres from January were well on the way to fruition. However, Covid-19 delivered another blow to society and the year ended with yet more public health restrictions and another lockdown, poised to last several weeks. Uncertainty continues regarding the ongoing impact this virus will have on our society, primary healthcare service delivery, and our own operations.*

*That said we are proud to end the year on a positive and optimistic note. Our numbers, our clients, our reach and impact during 2020 offers us reassurance that ARC has successfully adapted to meet the needs of our clients in the context we found ourselves collectively. With the determined and resilient support of our staff, volunteers, therapists, donors and fundraisers, ARC has evolved – we have learned, tested, refined and optimised to develop a remote service delivery model. We have found new ways to meet the needs of our clients, when they were at their most vulnerable, left unsupported by so many traditional avenues. ARC has survived through the unimaginable, largely because our clients and supporters have come on that journey with us. New clients have found their way to us and our community is stronger than ever...*

*...ARC has not just survived, it has thrived – and our clients will benefit from our learnings and new departures long into the future. We are now poised to continue to optimise our service delivery model, to grow our services, and offer clients new supports in new ways. When it is safe to do so we will reopen our three Centres. Into the future, we will deliver a client-led hybrid or blended service. Clients will be offered the choice between an in-house visit for an appointment/class/course etc., or to avail of the same from their own homes or hospital beds. We remain undeterred and ambitious in serving the needs of our community.”*

Deirdre Grant, CEO, ARC





# Financial Statements

**ARC Cancer Support Centres**  
**DIRECTORS' RESPONSIBILITY STATEMENT**  
**For the Financial Year Ended 31st December 2020**

The Directors are responsible for preparing the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Financial Reporting Council.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as the financial year end date and of the net income or expenditure of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities (2015);
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

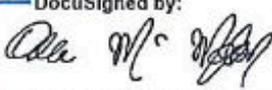
The directors confirm that they have complied with the above requirements in preparing the financial statements.

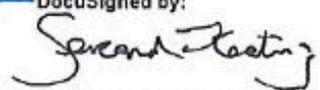
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and net income or expenditure of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information (information needed by the company's auditor in connection with preparing the auditor's report) of which the company's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken as directors in order to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

Approved by the Board of Directors on 29/9/21 and signed on its behalf by:

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## **INDEPENDENT AUDITOR'S REPORT**

### ***to the Members of ARC Cancer Support Centres***

Report on the audit of the financial statements

#### **Opinion**

We have audited the company financial statements of ARC Cancer Support Centres for the financial year ended 31 December 2020 which comprise the Statement of Financial Activities {incorporating an Income and Expenditure Account}, the Balance Sheet, the Cash Flow Statement and the notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102.

In our opinion the financial statements:

give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2020 and of its surplus for the financial year then ended;

have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", as applied in accordance with the provisions of the Companies Act 2014 and having regard to the Charities SORP; and

have been properly prepared in accordance with the requirements of the Companies Act 2014.

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) Issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the Provisions Available for Audits of Small Entities, in the circumstances set out in note 4 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of

accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

## **Other Information**

The directors are responsible for the other Information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other Information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other Information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

## **Opinions on other matters prescribed by the Companies Act 2014**

In our opinion, based solely on the work undertaken in the course of the audit, we report that: the information given in the Directors' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited. In our opinion the financial statements are in agreement with the accounting records.

## **Matters on which we are required to report by exception**

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Annual Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not complied with by the company. We have nothing to report in this regard.

## **Respective responsibilities**

### **Responsibilities of directors for the financial statements**

The directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

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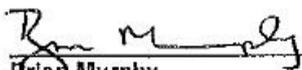
### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: <[www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description\\_of\\_auditors\\_responsibilities\\_for\\_audit.pdf](http://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-a98202dc9c3a/Description_of_auditors_responsibilities_for_audit.pdf)> The description forms part of our Auditor's Report.

### **The purpose of our audit work and to whom we owe our responsibilities**

Our report is made solely to the company's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



\_\_\_\_\_  
Brian Murphy  
for and on behalf of  
**SOMERS MURPHY & EARL LIMITED**  
Chartered Accountants and Registered Auditors  
46 Upper Mount Street  
Dublin 2  
Ireland

29/09/2021

## ARC Cancer Support Centres

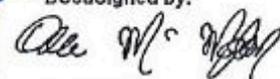
### STATEMENT OF FINANCIAL ACTIVITIES

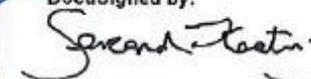
(Incorporating and Income and Expenditure Account)  
for the financial year ended 31 December 2020

	Notes	Unrestricted Funds 2020 €	Restricted Funds 2020 €	Total 2020 €	Unrestricted Funds 2019 €	Restricted Funds 2019 €	Total 2019 €
<b>Incoming Resources</b>							
Voluntary income	5.1	304,874	53,291	358,165	104,273	-	104,273
Charitable activities							
- Grants from governments and other co-funders	5.2	-	487,338	487,338	-	285,699	285,699
Activities for generating funds	5.3	358,332	-	358,332	667,854	-	667,854
Other income	5.4	3,194	-	3,194	9,498	-	9,498
<b>Total Incoming Resources</b>		<b>666,400</b>	<b>540,629</b>	<b>1,207,029</b>	<b>781,625</b>	<b>285,699</b>	<b>1,067,324</b>
<b>Resources Expended</b>							
Raising funds	6.1	193,175	-	193,175	273,224	-	273,224
Charitable activities	6.2	33,280	470,798	504,078	363,219	285,699	648,918
<b>Total Resources Expended</b>		<b>226,455</b>	<b>470,798</b>	<b>697,253</b>	<b>636,443</b>	<b>285,699</b>	<b>922,142</b>
<b>Net Incoming/outgoing resources before transfers</b>		<b>439,945</b>	<b>69,831</b>	<b>509,776</b>	<b>145,182</b>	<b>-</b>	<b>145,182</b>
Gross transfers between funds		-	-	-	-	-	-
<b>Net movement in funds for the financial year</b>		<b>439,945</b>	<b>69,831</b>	<b>509,776</b>	<b>145,182</b>	<b>-</b>	<b>145,182</b>
<b>Reconciliation of funds</b>							
Balances brought forward at 1 January 2020	18	968,696	1,725,676	1,694,372	823,514	1,725,676	2,549,190
Balances carried forward at 31 December 2020		1,408,641	1,795,507	3,204,148	968,696	1,725,676	2,694,372

The Statement of Financial Activities includes all gains and losses recognised in the financial year. All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 29/9/21 and signed on its behalf by:

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**ARC Cancer Support Centres**

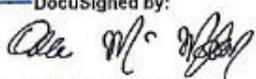
**BALANCE SHEET**

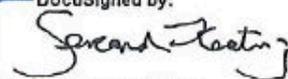
As at 31 December 2020

	Notes	2020 €	2019 €
<b>Fixed Assets</b>			
Tangible assets	12	1,898,106	1,877,778
<b>Current Assets</b>			
Debtors	13	29,563	24,379
Cash at bank and in hand		1,406,534	856,056
		<u>1,436,097</u>	<u>880,435</u>
Creditors: Amounts falling due within one year	14	(130,055)	(63,841)
<b>Net Current Assets</b>		<u>1,306,042</u>	<u>816,594</u>
<b>Total Assets less Current Liabilities</b>		<u>3,204,148</u>	<u>2,694,372</u>
<b>Funds</b>			
Restricted funds		1,795,507	1,725,676
General fund (unrestricted)		1,408,641	968,696
<b>Total funds</b>		<u>3,204,148</u>	<u>2,694,372</u>

Approved by the Board of Directors on \_\_\_\_\_ and signed on its behalf by :

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**ARC Cancer Support Centres**  
**CASH FLOW STATEMENT**  
for the financial year ended 31 December 2020

	Notes	2020 €	2019 €
<b>Net cash inflow from operating activities</b>	24	625,423	184,138
Capital expenditure	24	(74,945)	(218,174)
		<hr/>	<hr/>
<b>Movement in cash in the financial year</b>		550,478	(34,036)
		<hr/>	<hr/>
<b>Reconciliation of net cash flow to movement in net funds</b>			
<b>Movement in cash in the financial year</b>		550,478	(34,036)
<b>Net funds at 1 January 2020</b>		856,056	890,092
		<hr/>	<hr/>
<b>Net funds at 31 December 2020</b>		1,406,534	856,056
		<hr/>	<hr/>

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**ARC Cancer Support Centres**  
**NOTES TO THE FINANCIAL STATEMENTS**

*for the financial year ended 31 December 2020*

**1. GENERAL INFORMATION**

ARC Cancer Support Centres is a company limited by guarantee Incorporated in the Republic of Ireland. The financial statements are presented in Euros, which is also the functional currency of the company. The registered office is shown in the Directors and Other Information page, The main activity of the company is the provision of drop in centres, support, counselling, information and complementary therapies to people who are affected by cancer, as well as their families and carers, to support them on their journey.

The significant accounting policies adopted by the company and applied consistently in the preparation of these financial statements are set out below.

**2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

The following accounting policies have been applied consistently in dealing with Items which are considered material in relation to the charity's financial statements.

**Basis of preparation**

The financial statements have been prepared in accordance with the Statement of Recommended Practice (Charities SORP in accordance with FRS 102, effective January 2015) and with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014. They comply with the financial reporting standards of the Accounting Standards Board, as promulgated by Chartered Accountants Ireland.

The financial statements have been prepared under the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The following accounting policies have been applied consistently In dealing with Items which are considered material in relation to the charitable company's financial statements.

**Fund accounting**

The following are the categories of funds maintained:

**Restricted funds**

Restricted funds are those received for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose and the restriction means that the funds can only be used for specific projects or activities.

**Unrestricted funds**

Unrestricted funds are general funds that are available for use in the furtherance of any of the objectives of the charity.

## **Incoming Resources**

Voluntary Income or capital is included in the Statement of Financial Activities when the company is legally entitled to it, its financial value can be quantified with reasonable certainty and there is reasonable certainty of its ultimate receipt.

Income received in advance of due performance under a contract is accounted for as deferred income until earned. Grants for activities are recognised as income when the related conditions for legal entitlement have been met. All other income is accounted for on an accruals basis.

## **Donations and legacies**

Entitlement to legacies is considered established when the company has been notified of a distribution to be made by the executors.

## **Income from charitable activities**

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the company. Income from government and other co-funders is recognised when the company is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

- Performance based conditions: whereby the company is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the company is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.
- Time based conditions: whereby the company is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the company recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the company is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

## **Resources Expended**

All resources expended are accounted for on an accruals basis. Charitable activities include costs of services and grants, support costs and depreciation on related assets. Costs of generating funds similarly include fundraising activities. Non-staff costs not attributed to one category of activity are allocated or apportioned pro-rata to the staffing of the relevant service. Finance, HR, IT and administrative staff costs are directly attributable to individual activities by objective. Governance costs are those associated with constitutional and statutory requirements.

## **Expenditure on raising funds**

Cost of raising funds are those costs incurred in attracting voluntary income and those incurred in trading activities that raise funds.

## **Cash and cash equivalents**

Cash and cash equivalents include cash on hand, demand deposits and other short term highly liquid investments with original maturities of three months or less. Bank overdrafts are shown within borrowings in current liabilities on the statement of financial position.

## **Tangible fixed assets and depreciation**

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Land and buildings	2% Straight line
Computer Equipment	25% Straight line
Fixtures, fittings and equipment	10% Straight line

## **Debtors**

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the company from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

## **Cash at bank and In hand**

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months notice of withdrawal.

## **Taxation**

No current or deferred taxation arises as the company has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

The company is exempt from corporation tax due to its charitable status.

### 3. SIGNIFICANT ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of these financial statements requires management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets and liabilities, income and expenses. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects that period. The estimates and assumptions that have a significant risk of causing material adjustment to the carrying amounts of assets and liabilities within the next financial period are described below.

#### (a) Establishing lives for depreciation purposes of property, fixtures and plant

The annual depreciation charge depends primarily on the estimated lives of each type of asset and estimates of residual value. The directors regularly review these asset lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset lives can have a significant impact on depreciation and amortisation charges for the period. Detail of the useful lives is included in the accounting policies.

### 4. PROVISIONS AVAILABLE FOR AUDITS OF SMALL ENTITIES

In common with many other charitable companies of our size and nature, we use our auditors to assist with the preparation of the financial statements.

### 5. INCOME

			2020	2019
5.1 Donations and Legacies	Unrestricted funds	Restricted funds		
	€	€	€	€
Donations	72,066	-	72,066	30,869
Other Grants	9,148	53,291	62,439	-
Legacies	136,977	-	136,977	15,342
Corporate Donations	86,683	-	86,683	58,062
	<b>304,874</b>	<b>53,291</b>	<b>358,165</b>	<b>104,273</b>

			2020	2019
5.2 CHARITABLE ACTIVITIES	Unrestricted funds	Restricted funds		
	€	€	€	€
HSE Northern - Income Grant	-	185,533	185,533	205,169
Irish Cancer Society	-	72,030	72,030	80,530
HSE Northern - Capital Grant	-	65,325	65,325	-
Pobal Grant (Note 16)	-	164,450	164,450	-
	-	<b>487,338</b>	<b>487,338</b>	<b>285,699</b>

			2020	2019
<b>5.3 OTHER TRADING ACTIVITIES</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>		
	€	€	€	€
Income from Fundraising Events/ Appeals	<b>358,332</b>	-	<b>358,322</b>	<b>667,854</b>

			2020	2019
<b>5.4 OTHER INCOME</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>		
	€	€	€	€
Rent	735	-	735	7,115
VAT Refund	2,459	-	2,459	2,383
	<b>3,194</b>		<b>3,194</b>	<b>9,498</b>

## 6. EXPENDITURE

### 6.1 RAISING FUNDS

	Direct Costs	Other Costs	Support Costs	2020	2019
	€	€	€	€	€
Cost of generating funds	<b>43,417</b>	-	<b>149,758</b>	<b>193,175</b>	<b>273,224</b>

### 6.2 CHARITABLE ACTIVITIES

	Direct Costs	Other Costs	Support Costs	2020	2019
	€	€	€	€	€
Operation of Drop In Centres	<b>119,864</b>	-	<b>355,211</b>	<b>475,075</b>	<b>619,735</b>
Governance Costs (note.6.3)	-	-	<b>29,003</b>	<b>29,003</b>	<b>30,183</b>
	<b>119,864</b>	-	<b>384,214</b>	<b>504,078</b>	<b>648,918</b>

### 6.3 GOVERNMENT COSTS

	Direct Costs	Other Costs	Support Costs	2020	2019
	€	€	€	€	€
Charitable Activities - governance costs	-	-	<b>29,003</b>	<b>29,003</b>	<b>30,183</b>

## 6.4 SUPPORT COSTS

	<b>Cost of Raising Funds €</b>	<b>Charitable Activities €</b>	<b>Governance Costs €</b>	<b>2020 €</b>	<b>2019 €</b>
Salaries, ER, PRSI & ER Pension	<b>147,306</b>	<b>179,853</b>	<b>20,039</b>	<b>347,198</b>	<b>447,534</b>
Support Centre Expenses	<b>2,452</b>	<b>120,740</b>	-	<b>123,193</b>	<b>154,183</b>
Depreciation	-	<b>54,617</b>	-	<b>54,617</b>	<b>51,281</b>
Audit Feed	-	-	<b>4,356</b>	<b>4,356</b>	<b>4,387</b>
Subscriptions	-	-	<b>3,132</b>	<b>3,132</b>	<b>1,485</b>
Payroll Costs	-	-	<b>1,476</b>	<b>1,476</b>	<b>738</b>
	<b>149,758</b>	<b>355,211</b>	<b>29,003</b>	<b>533,972</b>	<b>659,608</b>

## 7. ANALYSIS OF SUPPORT COSTS

	<b>Basis of Apportionment</b>	<b>2020 €</b>	<b>2019 €</b>
Salaries, ER, PRSI & ER Pension	Time	<b>347,198</b>	<b>447,534</b>
Support Centre Expenses	Pro Rata	<b>123,193</b>	<b>154,183</b>
Depreciation	Actual Charge	<b>54,617</b>	<b>51,281</b>
Audit Feed	Governance	<b>4,356</b>	<b>4,387</b>
Subscriptions	Governance	<b>3,132</b>	<b>1,485</b>
Payroll Costs	Governance	<b>1,476</b>	<b>738</b>
		<b>533,972</b>	<b>659,608</b>

## 8. NET INCOMING RESOURCES

	<b>2020 €</b>	<b>2019 €</b>
Net Incoming Resources are stated after charging/(crediting):		
Depreciation of tangible assets	<b>54,617</b>	<b>51,281</b>

## 9. INVESTMENT AND OTHER INCOME

	<b>2020 €</b>	<b>2019 €</b>
Rent receivable - other income	<b>735</b>	<b>7,115</b>
Sundry income	<b>2,459</b>	<b>2,383</b>
	<b>3194</b>	<b>9,498</b>

## 10. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the financial year was as follows:

	2020 Number	2019 Number
	€	€
Fundraising, PR & Comms	6	4
Service providers	6	6
	<u>12</u>	<u>10</u>

The staff costs comprise:

	2020	2019
	€	€
Wages and salaries	310,613	397,376
Social security costs	28,829	42,526
Pension costs	9,756	7,630
	<u>347,198</u>	<u>447,534</u>

## 11. EMPLOYEES AND REMUNERATION CONTD

There are no employees who received employee benefits of more than €60,000 for the reporting period.

## 12. Tangible Fixed Assets

	Land and Buildings	Computer Equipment	Fixtures, fittings & equipment	Total
<i>Cost or Valuation</i>	€	€	€	€
At 1 January 2020	2,156,084	25,474	72,258	2,253,816
Additions	-	9,405	65,540	74,945
At 31 December 2020	<u>2,156,084</u>	<u>34,879</u>	<u>137,798</u>	<u>2,328,761</u>
<i>Depreciation</i>				
At 1 January 2020	333,092	16,593	26,353	376,038
Charge for the financial year	43,121	4,609	6,887	54,617
At 31 December 2020	<u>376,213</u>	<u>21,202</u>	<u>33,240</u>	<u>430,655</u>
<i>Net book value</i>				
At 31 December 2020	1,779,871	13,677	104,558	1,898,106
At 31 December 2019	<u>1,822,992</u>	<u>8,881</u>	<u>45,905</u>	<u>1,877,778</u>

The Charities SORP (FRS102) does not require a charity to revalue its assets unless it chooses to do so. The directors have chosen not to revalue the fixed assets.

The purchase of the premises at South Circular Road was largely funded by the HSE on the condition that it is used as a cancer support centre.

There is an overdraft facility in place which is secured on All Sums Mortgage over 65 Eccles St, Dublin 7.

<b>12.1 Tangible Fixed Assets</b>	<b>Land and Buildings</b>	<b>Computer Equipment</b>	<b>Fixtures, fittings &amp; equipment</b>	<b>Total</b>
<b>Prior Financial Year</b>				
<i>Cost or Valuation</i>	€	€	€	€
At 1 January 2019	<b>1,962,297</b>	<b>20,365</b>	<b>52,980</b>	<b>2,035,642</b>
Additions	<b>193,787</b>	<b>5,109</b>	<b>19,278</b>	<b>218,174</b>
At 31 December 2019	<b><u>2,156,084</u></b>	<b><u>25,474</u></b>	<b><u>72,258</u></b>	<b><u>2,253,816</u></b>
<i>Depreciation</i>				
At 1 January 2019	<b>290,656</b>	<b>12,108</b>	<b>21,994</b>	<b>324,758</b>
Charge for the financial year	<b>42,436</b>	<b>4,485</b>	<b>4,359</b>	<b>51,280</b>
At 31 December 2019	<b><u>333,092</u></b>	<b><u>16,593</u></b>	<b><u>26,353</u></b>	<b><u>376,038</u></b>
<i>Net book value</i>				
At 31 December 2019	<b>1,822,992</b>	<b>8,881</b>	<b>46,906</b>	<b>1,877,778</b>
At 31 December 2018	<b><u>1,671,641</u></b>	<b><u>8,257</u></b>	<b><u>30,986</u></b>	<b><u>1,710,884</u></b>

	<b>2020</b>	<b>2019</b>
<b>13. DEBTORS</b>	€	€
Trade debtors	<b>360</b>	<b>5,225</b>
Prepayments and accrued income	<b>29,203</b>	<b>19,154</b>
	<b><u>29,563</u></b>	<b><u>24,379</u></b>

	<b>2020</b>	<b>2019</b>
<b>14. CREDITORS</b>		
<i>Amounts falling due within one year</i>	€	€
Trade creditors	<b>26,719</b>	<b>43,790</b>
Taxation and social security costs (note 15)	<b>10,559</b>	<b>10,868</b>
Other creditors	<b>1,572</b>	<b>2,650</b>
Accruals	<b>91,195</b>	<b>6,533</b>
	<b><u>130,055</u></b>	<b><u>63,841</u></b>

Included in accruals is an amount of €61,716 in relation to the Temporary Wage Subsidy Scheme and Employment Wage Subsidy Scheme due back to Revenue. Upon review of the criteria the directors believe that the company was not eligible for the subsidy received in several of the months in the financial year.

## 15. TAXATION AND SOCIAL SECURITY

	2020	2019
	€	€
Creditors:		
PAYE/PRSI	<u>10,569</u>	<u>10,868</u>

## 16. STATE FUNDING

<i>Agency</i>	<i>Pobal</i>
Grant Programme	COVID-19 Stability Scheme
Purpose of the Grant	The purpose of the grant is to support eligible organisations with the delivery of critical supports and services.
Term of the Grant	Eligible expenditure from 1 January 2020 to 30 June 2021
Total Grant	€164,450
Restrictions on Grant	To be spent on non-pay costs only
Funds not spent at financial year end	€47,727
Received in the financial year	€164,450

## 17. RESERVES

	2020	2020
	€	€
At 1 January 2020	2,694,372	2,549,189
Surplus for the financial year	509,776	145,183
At 31 December 2020	<u>3,204,148</u>	<u>2,694,372</u>

## 18. FUNDS

<b>18.1 RECONCILIATION OF MOVEMENT IN FUNDS</b>	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds</b>
	€	€	€
At 1 January 2019			
Movement during the financial year	<b>823,514</b>	<b>1,725,676</b>	<b>2,549,190</b>
	<b>145,182</b>	-	<b>145,182</b>
At 31 December 2019			
Movement during the financial year	<b>968,696</b>	<b>1,725,676</b>	<b>2,694,372</b>
	<b>439,945</b>	<b>69,831</b>	<b>509,776</b>
At 31 December 2020	<b>1,408,641</b>	<b>1,795,507</b>	<b>3,204,148</b>

## 18.2 ANALYSIS OF MOVEMENT ON FUNDS

	<b>Balance</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>Balance</b>
	<b>1 January</b>			<b>between</b>	<b>31 Dec.</b>
	<b>2020</b>			<b>funds</b>	<b>2020</b>
<i>Restricted funds</i>	€	€	€	€	€
Restricted funds					
Pre Incorporation Reserves	-	<b>540,629</b>	<b>470,798</b>	-	<b>69,831</b>
	<b>1,725,676</b>	-	-	-	<b>1,725,676</b>
	<b>1,725,676</b>	<b>540,629</b>	<b>470,798</b>	-	<b>1,795,607</b>
<i>Unrestricted funds</i>					
General Funds	<b>968,696</b>	<b>666,400</b>	<b>226,455</b>	-	<b>1,408,641</b>
<i>Total funds</i>	<b>2,694,372</b>	<b>1,207,029</b>	<b>697,253</b>	-	<b>3,204,148</b>

## 19. RESTRICTED FUNDS

Restricted grants received in 2020 amounting to €69,831 have not been fully spent on the designated projects. This expenditure will be incurred in 2021.

## 19.1 ANALYSIS OF NET ASSETS BY FUNDS

	<b>Fixed assets- charity use</b>	<b>Current assets</b>	<b>Current liabilities</b>	<b>Total</b>
	€	€	€	€
Restricted funds	<b>1,725,676</b>	<b>69,831</b>	-	<b>1,795,507</b>
Unrestricted general funds	<b>172,430</b>	<b>1,366,266</b>	<b>(130,055)</b>	<b>1,408,641</b>
	<b>1,898,106</b>	<b>1,436,097</b>	<b>(130,055)</b>	<b>3,204,148</b>

## 20. STATUS

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding €1.

## 21. CONTINGENT LIABILITIES

There is a contingent liability to repay capital grants of €1,110,000 (2019: €1,295,000) should the premises which were the subject of the grant cease to be used for the provision of cancer support services before 2027.

## 22. OPERATING LEASE COMMITMENTS

The total of future minimum lease payments under non-cancellable operating leases for each of the following periods are:

	<b>2020</b>
	<b>€</b>
less than one year	<b>4,231</b>
one to five years	<b>15,867</b>

## 23. POST BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the year-end.

## 24. CASH FLOW STATEMENT

### 24.1 RECONCILIATION OF OPERATING NET MOVEMENT IN FUNDS TO NET CASH INFLOW FROM OPERATING ACTIVITIES

	<b>2020</b>	<b>2019</b>
	<b>€</b>	<b>€</b>
Net movement in funds	<b>509,776</b>	<b>145,183</b>
Depreciation	<b>54,617</b>	<b>51,281</b>
Movement in debtors	<b>(5,184)</b>	<b>(1,389)</b>
Movement in creditors	<b>66,214</b>	<b>(10,937)</b>
<i>Net cash inflow from operating activities</i>	<b><u>625,423</u></b>	<b><u>184,138</u></b>

## 24.2 CASH FLOW STATEMENT

	2020	2019
<b>CAPITAL EXPENDITURE</b>	<b>€</b>	<b>€</b>
Payments to acquire tangible assets	<u>(74,945)</u>	<u>(218,174)</u>

## 25. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on **29/9/21**

# Additional Information

## **Directors**

Dr Vincent Joseph Carroll  
(Chairman resigned 1 September 2021)  
Barbara Cosgrave  
Orla McMahon  
Patrick Cafferky  
Conor Brady (Resigned 6 February 2020)  
Cliona Grant (Resigned 3 December 2020)  
Ian Martin  
Simon O'Flaherty  
Deirdre Murray (Resigned 6 February 2020)  
Gerard Keating  
Dermot Ryan  
Dr Damian Jennings

## **Company Secretary**

Ian Martin

## **Charity Number**

CHY10857

## **Charities Regulatory Authority Number**

20028428

## **Company Number**

505230

## **Registered Office & Principle Address**

65 Eccles St  
Dublin 7  
Ireland

## **Auditors**

Somers Murphy & Earl Limited  
Chartered Accountants and Registered Auditors  
46 Upper Mount Street, Dublin 2

## **Bankers**

AIB Bank plc  
52 Upper Baggot Street, Dublin 4

## **Solicitors**

McKeever Rowan  
5 Harbourmaster Place  
IFSC  
Dublin 1

