



Chairman's Report for the year to 31 March 2025

Trustees

Charlie Hogg
Richard Kerr
Tom Lambie
Gary Tait (appointed 20/6/24)

Trustees resigning since the previous AGM held on 20 June 2024:

Iain Annand (resigned 20/6/24)
Ian Manderson (resigned 20/6/24)
Ken Howey (resigned 31/12/24)

Management Committee

Gary Tait, Chairman
Richard Kerr, Treasurer
Morton Cowie, Secretary
Charlie Hogg (West Lothian)
Tom Lambie (West Lothian)
Richard Clayton (Edinburgh)
Colin Weir (Edinburgh)

Appointment of Trustees and Management Committee

The trustees and members of the Management Committee are appointed or reappointed by the members at the Annual General Meeting.

Contact Address

All enquiries to the group can be send to enquiries@elprostatecancersupport.co.uk

Governing document

The Group is a charitable unincorporated association, registration number SCO41731, and its objectives are as set out in the Group's constitution.

Charitable purposes

The full list of the purposes and aims of the group are set out in the constitution but in summary they are:

- To enable men with prostate cancer to support others who face life (and perhaps death) with a similar diagnosis.
- To offer support, advice and guidance to men diagnosed with prostate cancer, to their families, friends and carers.



- To provide opportunities for such people to explore their experiences and their feelings.
- To provide support to men (and their carers, families and friends) in Edinburgh and West Lothian, who have been diagnosed with prostate cancer.

Group Activities

In the last year the group has continued its operations in accordance with its charitable purposes.

Members' Meetings

The Edinburgh and West Lothian branches of the group have held successful member meetings throughout the year and in the region of 350 men (and partners) attended these meetings. The committees of the respective branches have worked hard to present at the member meetings an interesting mix of talks on topics relating to prostate cancer presented by recognised experts in their field. Talks over the past year at the member meetings of the branches have included:

Edinburgh - managing erectile dysfunction and incontinence, the benefits of exercise during and after cancer treatment, update on activities of Prostate Scotland.

West Lothian - developing cells to attack cancer cells, carer services in West Lothian, targeted prostate cancer treatments to maintain quality of life, radiation in prostate cancer.

An important part of the meetings is the opportunity they provide for attendees to raise questions and talk with their fellow members about issues affecting them. Our ethos is "patients supporting patients" and this is best achieved by talking to each other in an open and supportive manner.

Buddy Service

Both branches continue to offer a buddy service whereby a newly diagnosed man is offered an opportunity to connect with an existing member who has experienced a similar pathway and/or had a similar treatment regime or just wants to talk on a 1:1 basis with another man who has experienced prostate cancer. This remains a key service provided by the group and one which is valued by all participants. In the region of 60 men were provided with a buddy service in the past 12 months which is relatively static compared to the equivalent number in the previous 12 months. The management committee are keen to provide the buddy service to a larger number of men and are looking into opportunities to more actively promote the service to all men in Edinburgh and Lothian newly diagnosed with prostate cancer.



During the year we held a successful buddy training and recruitment session jointly with Maggie's. This was well attended by members from both the Edinburgh and West Lothian branches and resulted in five new buddies joining our roster. This is important given that treatments evolve over time and the experiences of some of our most supportive existing buddies are now some years old. We are always on the lookout to extend the buddy roster so if you would like to be part of this very important service please contact a member of the management committee.

Walking Group

The walking group have again had an active year with regular and enjoyable walks around Edinburgh and Lothian. The walks are an excellent way to not only enjoy the great scenery in our area but also to get to know other members of the group. If you would like to participate in a future walk then please email enquiries@elprostatecancersupport.co.uk.

Promotional Activities

Our continued aim is to improve promotion of the support services provided by the group so that men recently diagnosed with prostate cancer are aware of our services and may consider contacting us. As part of our ongoing campaign to raise awareness of the group's support services and in the past 12 months we have run awareness desks at: Cameron Toll, The Centre (Livingston), a Cancer Card event and the Stirling & District Car Rally. In addition, members of the group have appeared in two TV news items (BBC and STV) on subjects relating to prostate cancer, both of which provided a helpful advert for the group. Thank you to all the members who participated in these events.

Tackle

The group has joined Tackle, which is the federation of prostate cancer support groups throughout the UK. Tackle offers a wide range of resources to make support group meetings and engagements more effective and we have started to utilise some of the available resources. On a periodic basis we participate in their regular online meetings consisting of representatives of the 100+ affiliated prostate cancer support groups and it is extremely heartening to hear about the great work being undertaken by so many other support groups throughout the UK. We hope to increase our use of the resources available from Tackle over the next 12 months.

IT Support

For many years Colin Lothian has very kindly provided the group with an excellent IT support service but following notification that he intended to step away from this role we engaged a small IT company with experience in the charity sector to undertake this role. In conjunction with this IT company we are in the process of reviewing how we use



technology with a view to identify improvements that could be made. As always we are keen to hear suggestions from members as to how we could use technology in a better way so please get in touch if you have any ideas.

Members' Questionnaire

With a view to enhancing the support service provided by the group we sent out a questionnaire to members of the Edinburgh branch. Thank you to everyone who replied. Following a review of replies we changed the format of the Edinburgh meetings to allow more time to talk with other members and this change has received positive feedback.

Liaising with External Organisation's

The committee continues to work closely with key local organisation's such as Prostate Scotland, Maggie's, Western General Hospital and the Beatson. In addition, we regularly provide comments on research and study proposals prepared by clinicians and researchers as part of their applications for research grants. We view the engagement with local experts in the field of urology and prostate cancer who are developing new screening and treatment techniques and methods as an important part of the service provided by the group. The contribution of our members to these studies continues to be recognised and valued by the clinicians.

Financial Review

For the year ending 31 March 2025 a deficit of £3,782 (year ending 31 March 2024: surplus of £1,578) was recorded. Revenue of £1,535 was significantly lower than the £6,140 revenue recorded in the previous year. It is worth noting the result in the previous year reflected generous sponsorship for members participating in the Edinburgh KiltWalk and an individual donation of £700. Administrative expenses were £4,367 which were higher than the £3,812 incurred in the previous year. Donations were £950. Cash held as at 31 March 2025 was £21,606, (31 March 2024: £25,388).

The committee is very grateful to those who have made donations to assist the group financially during the period. The committee recognises the need to ensure the group's operational expenditure is sufficiently covered by income and it is in the process of undertaking a review of its fund raising strategy with a view to increasing income.

Ian Hogarth Donation

The management committee have held detailed conversations in the past 12 months about how best to utilise the £20,000 kindly bequeathed by Ian Hogarth, a past member of the group. The initial idea was to use a proportion of the funds to hold an event for the members of both the Edinburgh and West Lothian branches. However, after canvassing opinion from the committees of both branches and taking into account the



projected cost of such an event it was decided the donation could be more effectively utilised on an alternative approach.

Accordingly after due consideration the management committee have decided to retain £10,000 of the bequest to be used for the purpose of enhancing the support services provided to both current and future members. It has also been decided to donate the balance of £10,000 to Prostate Scotland for a specific project(s) which will contribute to increasing prostate cancer awareness and/or advancing prostate cancer treatment. The management committee are in discussion with Prostate Scotland with the aim of agreeing appropriate projects for the group's donation and will report to members when agreement has been reached with Prostate Scotland.

The committee are of the view the planned use of the donation will help to increase prostate cancer awareness and assist in enhancing the support service provided by the group, which are worthy investments for Ian Hogarth's generous donation.

The Next 12 Months

Looking ahead to the next 12 months our core aim will continue to be supporting men (and their families) who have been diagnosed with prostate cancer. We will also aim to increase promotion of the group's support services so that more men, their families, and health professionals are aware of their local prostate cancer support group. We will also aim to continue to foster existing and develop new working relationships with other organisation's and clinicians involved in prostate cancer.

Once approved by the members at the AGM a copy of the 2025 Report and Annual Accounts will be posted onto the Group's website www.elprostatecancersupport.co.uk.

Gary Tait
Chairman & Trustee
Edinburgh
5 June 2025

Independent Examiner's Report to the Trustees of Edinburgh & Lothians Prostate Cancer Support Group

SCO41732

I report on the financial statements of the charity for the year ended 31st March 2025, which are set out in pages 1 to 4.

Respective responsibilities of Trustees and Examiner

The charity's Trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's Trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiners' statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

Independent Examiner's statement

In the course of my examination no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

A handwritten signature in black ink, appearing to read 'D Holland', with a stylized flourish at the end.

Name: David Holland, C.A.

Edinburgh

16th May 2025



Edinburgh and Lothian
**Prostate Cancer
Support Group**
Patients Supporting Patients

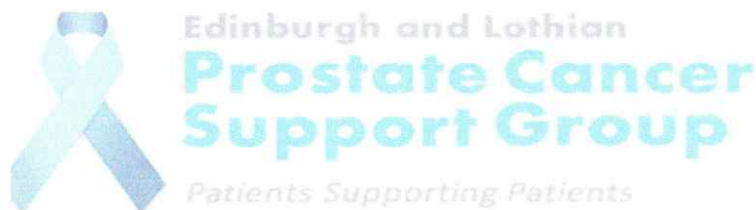
EDINBURGH & LOTHIAN PROSTATE CANCER SUPPORT GROUP

Revenue & Expenditure Account

For the year ended 31st March 2025

			<u>2025</u>	<u>2024</u>
	<u>Note</u>	<u>£</u>	<u>£</u>	
<u>Revenue:</u>				
Donations received	2		1,534.74	6,139.66
<u>Expenditure:</u>				
Administration Expenses	3	4,366.72		3,811.78
Donations made	4	950.00		750.00
			5,316.72	4,561.78
Net (Deficit)/Surplus for year			- 3,781.98	1,577.88

Registered Scottish Charity SCO 41732



EDINBURGH & LOTHIAN PROSTATE CANCER SUPPORT GROUP

Notes to the Accounts

For the year ended 31st March 2025

- 1 The Group was officially recognised as a Charity for tax purposes by HM Revenue and Customs on 22nd June 2011 (registered with OSCR 24th August 2010)
These accounts have been prepared on the Receipts and Payments Basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland).

- 2 Donations received
The Group has received, with grateful thanks, several donations during the year.
Details of various individual donations are recorded on the donations section of the Group's website. Some donations are also received via LocalGiving, payroll donations and other fundraising events organised separately to the Group.

- 3 Administration expenses
The following expenses were incurred in the running of the Group and the organisation of members' meetings.

	£
Meeting expenses	2,409.08
Admin costs	907.81
Buddy phone expenses	30.00
Publicity and marketing	1,019.83
	<u>4,366.72</u>

- 4 Donations totalling £950 were made by the Group to the following organisations:

	£
Prostate Scotland	250.00
Maggie's Centres	250.00
Crofthead Community Centre	250.00
The Beatson Cancer Charity	200.00
	<u>950.00</u>

- 5 No remuneration has been paid to any Trustee of the Group, or to any other person.
There are no other transaction to report between the Group and its Trustees, or any other person.

- 6 The Group's bank balance as at 31st March 2025 was £21,605.80 (31/03/24 £25,387.78)

Richard N Kerr
Treasurer & Trustee
East Lothian, EH34 5HD

16th May 2025

Registered Scottish Charity SCO 41732

EDINBURGH & LOTHIAN PROSTATE CANCER SUPPORT GROUP

Bank Reconciliation

For the year ended 31st March 2025

	£
Opening balance at 1st April 2024	25,387.78
Payments In	1,574.74
Payments Out	5,356.72
Closing balance at 31st March 2025	<u>21,605.80</u>