

2023 ANNUAL REPORT



Company No: 496940
Charity Tax Exemption No: 19379
Charity Registration No: 20075927

LEGAL AND ADMINISTRATIVE DETAILS

DIRECTORS

DAVID KELLY
MARY NOLAN
LORRAINE MULKERRINS NEYLON
ANNE MCINERNEY
SADIE MCINERNEY

COMPANY REGISTERED NUMBER

496940

CHARITY NUMBER

20075927

REGISTERED OFFICE

GARRABEG
GORT
CO. GALWAY

COMPANY SECRETARY

MAURA LEONARD

GENERAL MANAGER

CARA BRADY

COMMITTEE

CARA BRADY
CAROL SHAUGHNESSY
DEBRA SMITH
DEREK QUINN
MARY BURKE
OLIVE HUGHES
ROSEMARY LAHIFFE
TOM NOLAN
TOM PRIOR

AUDITORS

O'DONNELL KEANE & CO

STATUTORY AUDITORS & ACCOUNTANTS

CHURCH STREET
GORT
CO. GALWAY

PRINCIPAL BANKERS

BANK OF IRELAND
GORT
CO. GALWAY

SOLICITORS

COLMAN SHERRY
THE SQUARE
GORT
CO. GALWAY

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MESSAGE FROM CHAIRPERSON

The rise in services at Hollyblue House reflects the ever increasing number of people being diagnosed with cancer. In 2023, we saw a significant surge in client engagement, with twice as many new clients compared to the previous year.

Counselling services increased by more than half and play therapy more than tripled, highlighting its importance for children with cancer.



Reflexology experienced an increase of nearly two-thirds, while acupuncture clients grew by more than half, indicating a growing preference for complementary therapies to help manage the trauma of a cancer diagnosis.

Our operations in rural areas face challenges due to poor infrastructure and limited public transportation, affecting low-income communities' access to healthcare. Consequently, reliance on our driving services has grown, with volunteer drivers completing over twice as many drives as the previous year, ensuring all transport requests were met.

In 2023, our organization became an Associate member of the Alliance of Cancer Support and Services to deepen our engagement and contributions to our community. As associate members, we actively participate in initiatives, collaborate with others and share resources to enhance cancer support services.

Our aim is to fully integrate into the Alliance's mission and achieve full membership, reflecting our dedication to making a meaningful impact on those affected by cancer. This commitment involves meeting higher standards, offering broader services and playing a significant role in shaping policies within the cancer support sector.

The transition from associate to full membership showcases our growth, capabilities, and unwavering commitment to exceptional cancer care and support. It highlights our belief in collaboration and the importance of a united front in the fight against cancer.



SUMMARY OF THE ORGANISATION'S PURPOSE AND ACTIVITIES

PURPOSE

The main object for which the company is established is to benefit the community of Gort and its environs through the provision and operation of a confidential cancer support service which aims to assist and support anyone affected by cancer by providing services which may include counselling, complimentary therapies, financial assistance, transport to hospital treatments, social support groups and any other beneficial non-medical therapies, from the time of diagnosis, through treatment and anytime thereafter.

VISION AND MISSION STATEMENT



OUR VISION

is to support people affected by a cancer diagnosis.

OUR MISSION

is to provide a caring, confidential, and equitable local community-based cancer support service that promotes holistic and positive well-being. We aim to create a safe haven environment where anyone affected by cancer can find solace, understanding and the resources they need to navigate their journey. Our high-quality services are designed to support individuals through every step of their experience, ensuring they receive the compassionate care and support they deserve.

KEY GOALS

Our key goal for 2023 was to facilitate our ever increasing client base by increasing the range of supportive services as required.

We also sought to strengthen community engagement by organizing different awareness campaigns, workshops and support groups to reach more people in need.

VALUES

Gort Cancer Support is committed to fostering an inclusive environment where every individual, regardless of age, race, national origin, gender, gender identity, sexual orientation, ability, or religion, is welcomed, respected and valued. We embrace diversity and recognize that people with different backgrounds, cultures and experiences can benefit our organization. By ensuring our services are relevant and accessible to all, we strive to be inclusive of everyone and value the differences that make each person unique.

ORIGINS

Gort Cancer Support was established in **June 2007** to provide support and practical assistance to anyone affected by a cancer diagnosis in the South Galway/North Clare areas.

Gort Cancer Support Centre moved to a semi-detached house in Garrabeg, Gort **in 2012** thanks to a very generous donation by kind benefactors.

We were successful in securing a National Lottery Grant **in 2015** which allowed us to extend our facilities with the addition of a Studio Room **in 2016**.



Due to the huge increase in the number of people requiring our supportive services, it became apparent we needed ground floor treatment rooms and a dedicated play therapy room. Having secured a mortgage **in November 2019** we purchased the adjoining semi-detached house. This has been amalgamated into our existing premises and has been named Hollyblue House after the Hollyblue butterfly which is one of the first blue butterflies of spring and represents hope and serenity.



OPERATING CONTEXT

The Gort Cancer Support Centre collaborates with various organizations and stakeholders to enhance its services and provide comprehensive support to individuals affected by cancer. There are a variety of ways in which they work with others:

Community Partnerships

The centre actively engages with local community groups (The Family Resource Centre), healthcare providers (local GPs, HSE, University Hospital Galway, Galway Clinic, Community Nurses) and other charitable organizations (Cancer Care West, Galway Hospice).

The centre collaborates on awareness campaigns, fundraising events and educational initiatives related to cancer prevention, early detection and support.

Referrals and Networking

When a person seeks support at our centre, they may be referred from the local doctors, hospitals and other specialized services or professionals.

The centre maintains a network of contacts, including hospitals, hospices, mental health services and social workers, to ensure holistic care for their clients.

Collaborative Events

The centre hosts joint events, workshops and seminars with other organizations and individuals.

These events cover topics such as nutrition, coping strategies, mindfulness and survivorship.

Professional Relationships

The centre works closely with healthcare professionals, including doctors, nurses and counsellors as well as charitable organisations such as Hand in Hand, Cancer Care West and other cancer support centres.





External factors significantly impact the demand and supply of services provided by our organization, such as:

1. Public Perception and Awareness

Public awareness campaigns, media coverage, and community perceptions play a crucial role. If there's heightened awareness about cancer support services, more people may seek help.

2. Health Trends and Incidence Rates

The prevalence of cancer and related health trends impact demand. If cancer rates increase in the region served by the centre, we may experience higher demand for our services.

3. Technological Advances

Advances in medical technology, treatment options and early detection methods can influence the demand for cancer support services. For example, improved treatments might lead to longer survival rates and increased demand for survivorship support.

4. Economic Conditions

Economic downturns or prosperity can affect both demand and supply. During economic hardships, more people may seek support due to financial strain or stress related to job loss. Conversely, economic growth might lead to increased funding and expansion.

5. Community Engagement and Partnerships

Collaborations with other organizations, local businesses and community groups impact the centre's visibility and reach. Strong partnerships enhance our services and attract more users.

We adapt to these external factors while maintaining our commitment to supporting individuals affected by cancer. Our resilience and dedication ensure that those in need receive compassionate care and assistance.

BENEFICIARIES

Gort Cancer Support extends its compassionate services to anyone affected by a cancer diagnosis in the South Galway / North Clare areas. Different categories of individuals can benefit from this invaluable resource:

1. Cancer Patients and Survivors.

Those who receive a cancer diagnosis often experience fear, isolation and uncertainty. The centre provides emotional support, coping strategies and a sense of community.

Individuals who have completed cancer treatment continue to face physical, emotional and practical challenges. The centre offers ongoing support, wellness programs and a safe space to share experiences.

2. Family Members and Caregivers.

Families of cancer patients often grapple with their own emotional burdens. The centre provides guidance, counselling and a network of understanding peers.

Those caring for cancer patients find solace in connecting with others who understand their unique challenges. The centre offers respite, education and emotional support.

3. Bereaved Individuals.

After losing a loved one to cancer, family members may feel lost and overwhelmed. The centre provides grief support and counselling.

Friends and community members affected by a cancer-related loss can find comfort and understanding through the centre's services.

4. Community Members and Volunteers.

The centre fosters a sense of community by organizing events, fundraisers and awareness campaigns. It educates the public about cancer prevention, early detection and support.

Dedicated volunteers contribute their time and skills to assist running the centre. Their selflessness ensures that services remain accessible to all.

Whether you're directly affected by cancer or simply seeking solace, the centre promises a renewed sense of peace and hope after each visit.

CARMEL'S STORY

I was no stranger to Breast Cancer as my mother was diagnosed when I was 21 and she was 59. It was treated aggressively, radical mastectomy, chemotherapy and radiation and long-term hormone therapy. I took comfort in the fact that she made a full recovery. So, when my bi-annual mammogram in September 2022 as part of Breast Check screening programme was recalled within two weeks I didn't worry too much. I had no symptoms and had been having screening mammograms since I was 50. I was now 59 and assumed it was routine to recall a certain percentage of mammograms.



At the Breast Check clinic, I was told it was the right breast that showed areas of calcification and I would need to have an ultrasound and biopsies. Two Core Needle Biopsies were done under local anaesthetic by the Consultant Radiologist. Markers were placed within the breast at the biopsy sites, I found this particularly upsetting as the full reality of a cancer diagnosis was now looming. I was given a diagnosis of Ductal Carcinoma in Situ which reassuringly is very treatable with surgery and follow on hormone therapy. It was a lot to take in.

My overriding thoughts now were how do I tell my children who had already been through the trauma of losing their Dad (Matthew RIP 2014) to sudden Cardiac Arrest following a year of intensive Chemotherapy for colon cancer.

Three weeks later I was in St Vincent's Hospital undergoing surgery and spent five nights in hospital where I had a mastectomy with full reconstruction using an implant as well as lymph node clearance. I made a good albeit slow recovery from surgery and couldn't lift my arm above my shoulder for weeks. Soreness and swelling eased within a couple of months with the help of physiotherapy and lymph drainage massage.

Oestrogen blocking hormone therapy followed. This has been challenging as it induced a second menopause. Managing all the symptoms has been an ongoing process and this is where Gort Cancer Support have been invaluable in managing my recovery long term.

Finding support and being able to connect with a community who just get it has been like a beacon of hope and light in the midst of a long decade of illness, grief and bereavement. Taking part in Art Therapy Workshops, Tai Chi, Reflexology and Peer Support Groups has given me the space to process my emotions, form new bonds with like minded people and as my way of giving back I now volunteer one day week at the centre.

Gort Cancer Support are dedicated, professional and most of all kind. I can't thank them enough.

MAIN SERVICES AND ACTIVITIES

The broad range of activities and services offered by Gort Cancer Support are provided free of charge to all our clients by trained professionals.

SERVICES PROVIDED IN HOLLYBLUE HOUSE

1. Counselling & Psychotherapy

- Adult & Adolescent Counselling. Tailored counselling services for adults and adolescents.
- Cognitive Behavioural Therapy (CBT). Evidence-based therapy to address emotional challenges.
- Bereavement Counselling. Support for those grieving the loss of a loved one.
- Children's Counselling/Play Therapy. Specialized counselling for children using play-based techniques.

2. Lymph Drainage Therapy

- Manual Lymph Drainage. Available by appointment to manage Lymphedema symptoms resulting from cancer.

3. Complementary Therapies

- Reflexology and Acupuncture. Provided by appointment.

4. Post Mastectomy Service

- Valerie's Breast Care. Specializes in post mastectomy bras, swimwear, and prostheses, offering free fittings and advice by appointment at Gort Cancer Support.

5. Transport Service

- We provide transportation to hospital/oncology appointments for those unable to arrange their own travel. This service is provided by our volunteer drivers.



ACTIVITIES AVAILABLE IN HOLLYBLUE HOUSE



- Activator Pole Walking
- Art Classes
- Art & Crafts
- Art Therapy Workshops
- Vinyasa Yoga
- Chair Yoga
- Meditation & Mindfulness
- Peer Support Group
- Tai Chi
- Gardening Workshops.

ORGANISATION AND GOVERNANCE

GOVERNANCE STRUCTURE

Gort Cancer Support Group CLG is a registered charity (Registered Charity Number 20075927). The Charity is a company limited by guarantee and is registered as Gort Cancer Support (Company No 496940).

BOARD OF TRUSTEES AND COMMITTEE MEMBERS

No.	The members of the Board	Role	Skills and experience they bring to the organisation
1.	David Kelly	Chairperson & Garda Vetting	Business Proprietor
2.	Mary Nolan	Director / Vice Chair / Events & Fundraising	Former Bank Official
3.	Lorraine Mulkerrins	Director	Doctor / G.P.
4.	Sadie McInerney	Director	Former Business Manager
5.	Anne McInerney	Director	Financial Institution Manager
6.	Maura Leonard	Secretary	Former Bank Official
7.	Marie Burke	Assistant Treasurer	Special Needs Assistant
8.	Maura Costello	Treasurer	Bookkeeper
9.	Debra Smith	Committee Member	Former Business Proprietor
10.	Derek Quinn	Committee Member	Garda
11.	Cara Brady	Committee Member / PR / Fundraising	Former Business Advisor
12.	Carol Shaughnessy	Committee Member / PR / Fundraising	Business Proprietor
13.	Tom Nolan	Committee Member / Maintenance	Maintenance Technician
14.	Rosemary Lahiffe	Drivers Representative	Retired Teacher
15.	Olive Hughes	Committee Member	Business Proprietor
16.	Tom Prior	Committee Member	Retired Area Manager of Multinational Company

APPOINTMENT OF THE BOARD

The management committee oversees the operations and strategic direction of the Gort Cancer Support Centre.

It consists of dedicated individuals who volunteer their time and expertise to ensure the organization's smooth functioning.

The election takes place in October at the AGM. Typical processes for electing or nominating committee members include:

1. Nomination.

Interested individuals may express their willingness to serve on the committee. Nominations can come from existing committee members and directors, staff or the community.

2. Election.

If there are more nominees than available positions, an election may be held. Committee members or stakeholders (such as service users) may vote to select the new members.

3. Skills and Expertise.

The committee aims for diversity in skills, backgrounds, and experiences. Members with relevant expertise (e.g., healthcare, finance, community engagement) are valuable.

4. Commitment.

Prospective members should demonstrate commitment to the organization's mission and values.

5. Term Limits.

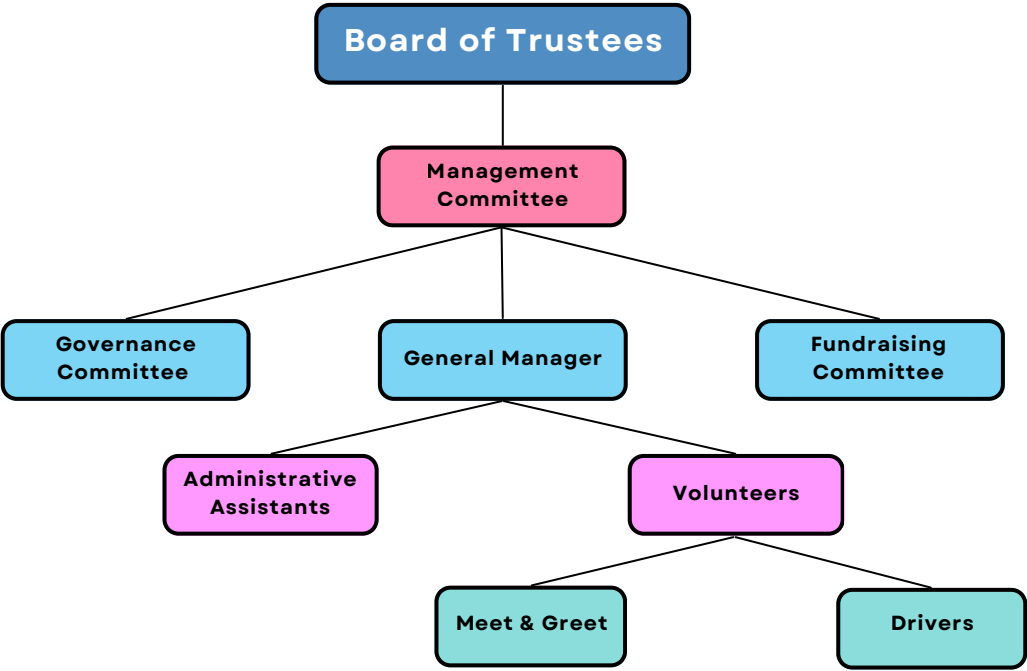
Committee members typically serve for a year and are eligible for re-election for an annual basis.

The process is transparent, ensuring that interested individuals understand the requirements and expectations.

INDUCTION OF THE BOARD

To ensure a smooth transition for new board members at Gort Cancer Support, we facilitate their integration by providing essential documents, including our comprehensive policies and the Trustees' Code of Conduct. Additionally, we coordinate introductory meetings with pertinent individuals.

ROLE OF THE BOARD / MANAGEMENT COMMITTEE AND SUBCOMMITTEES



Board of Trustees.

The Board of Trustees holds the ultimate oversight and decision-making authority within Gort Cancer Support. They are responsible for strategic planning, financial management and ensuring the organization adheres to its mission and values. Key decisions that must be approved by the Board include budget approvals, major expenditures, changes in services or programs, amendments to bylaws or governance policies and the appointment or removal of key management personnel.

Management Committee.

Reporting directly to the Board of Trustees, the Management Committee implements board decisions and oversees daily operations. They ensure that the organization’s activities align with the strategic goals set by the Board.

Governance Committee.

This subcommittee focuses on compliance with laws and regulations, maintaining ethical standards and ensuring good governance practices within the organization.

Fundraising Committee.

Responsible for developing and executing strategies to generate financial support for the organization. They plan and coordinate fundraising events and campaigns to ensure the sustainability of Gort Cancer Support.

General Manager.

The General Manager oversees the day-to-day operations of the organization, supported by Administrative Assistants. They ensure that the organization's activities run smoothly and efficiently and report to the Management Committee.

Volunteers.

The Meet & Greet and Drivers volunteers provide essential support services, enhancing the experience and accessibility of the organization's programs for those affected by cancer.

BOARD MEETINGS AND COMMITTEE MEETINGS

Gort Cancer Support holds monthly committee meetings also attended by the Board of Trustees. Additionally, the Board of Trustees convenes separate trustee meetings as needed.

CONFLICT OF INTEREST POLICY

The Board of Trustees at the Gort Cancer Support Centre takes conflicts of interest seriously to ensure transparency, ethical conduct and the best interests of the organization and its beneficiaries. Here's how they address conflicts:

- **Disclosure.** Board members are required to disclose any potential conflicts of interest promptly. This includes financial interests, relationships or affiliations that could impact their decision-making.
- **Recusal.** When a conflict arises, the affected board member must recuse themselves from discussions and decisions related to the matter. They do not participate in voting or influencing the outcome.
- **Transparency.** The board ensures that all relevant conflicts are documented in meeting minutes. Transparency helps maintain trust with stakeholders and demonstrates accountability.
- **Independent Decision-Making.** The remaining board members make decisions objectively, considering the organization's best interests. They prioritize the centre's mission and the well-being of those affected by cancer.
- **Policy Adherence.** The board follows established conflict of interest policies and guidelines. These policies outline procedures for handling conflicts and reinforce ethical behaviour.

KEY STAFF / GENERAL MANAGER



CARA BRADY

As most are aware, Gort Cancer Support have operated entirely on a volunteer basis since its formation almost 16 years ago. Sadly however, due to the ever-increasing number of clients, it is no longer possible to function efficiently and effectively without the support of a full-time manager.

In March 2023 Cara was already a very familiar face at our support centre as she has been volunteering here for the past 4 years, as well as being a member of our committee.

We wish Cara the very best in her new role and are confident that the centre will continue to go from strength to strength under her management.

GALWAY PEOPLE OF THE YEAR AWARDS

The Galway People of the year Awards were inaugurated in 1995 to give public recognition to people who, through their personal leadership, participation, courage or achievements, have made an outstanding contribution to their community at home or abroad. These awards are now recognised as one of the highest accolades a person can receive in the county. Every recipient was chosen by the people of Galway through a nomination process and finalised by an independent adjudication process.



**BASIL HOLIAN OF WATCHMAN
HOLDINGS PRESENTING
MARY NOLAN WITH HER AWARD**

We were delighted to learn that Mary Nolan, one of our directors, was one of this year's recipients of this prestigious award. She was being recognised for her many years of volunteering with Gort Cancer Support and her contribution to its growth and to the local community. Mary has been involved with Gort Cancer Support since the outset and her involvement and support has endured over the last 16 years. She has been heavily involved in organising fundraising events, promoting the charity and, until recently, managing the centre full time.



MARY PICTURED WITH CARA BRADY, GENERAL MANAGER AND COMMITTEE MEMBERS, CAROL O'SHAUGHNESSY AND ANGELA FINN

STAKEHOLDERS

Gort Cancer Support maintains strong relationships with our clients, volunteers, staff, therapists, Board Members, funders, donors and supporters. We consistently express our gratitude to our donors and supporters through social media posts, thank you letters, public acknowledgments and media articles.

We keep them informed and engaged with regular updates, quarterly newsletters and social media posts.

We organise and participate in community events, fostering a sense of community and appreciation among stakeholders.

These efforts help maintain strong relationships and show our appreciation for the ongoing support.



VOLUNTEERS

Meet & Greet volunteers are always there to welcome everybody who calls to the centre with a friendly smile, cup of tea and a listening ear. The volunteers who facilitate the different support activities, such as the Arts and Crafts, ensure that there is a safe place for people affected by cancer to meet each other in an informal way. Together with the community employment workers, the office management volunteers ensure that the office is run in an efficient manner. They give freely of their expertise, organise fundraisers, ensure all available grants are applied for and ensure their social media presence is always active and current. Every volunteer involved in Gort Cancer Support give wholeheartedly their time and expertise to ensure that the Support Centre is always open from 9.30am to 4pm, Monday to Friday. Without the dedication and commitment of all the volunteers (past and present) it would not be possible to run and operate the support centre.

‘Those who can, do. Those who can do more, Volunteer’.

VOLUNTEERING FOR GORT CANCER SUPPORT

“I started volunteering for Gort Cancer support in March 2019. I had finished working so I had plenty of spare time. I wanted to do something rewarding for myself and hopefully for everyone who comes to the centre. I am a meet and greet volunteer, which involves answering the door and welcoming people when they arrive for their therapies and activities. If they are a little early I invite them to the kitchen for tea, coffee, biscuits if they wish and maybe a chat if they are up for it. Some might talk a little about their cancer while others just like general chit chat.



BREDA RYAN

On occasion I may have to tidy the kitchen, dust, fill and unload the dishwasher etc. All volunteers give a hand setting up the pop up shops held a few times during the year which are fundraisers for the centre. I think the people of Gort, South Galway and North Clare owe a great deal of gratitude to the staff and volunteers for the services they provide to people learning to cope with their cancer diagnosis”.

RISK MANAGEMENT

The Gort Cancer Support Group CLG recognises that the aim of risk management is not to eliminate risk totally, but rather to provide the structural means to identify, prioritise and manage the risks involved in all our activities. It requires a balance between the cost of managing and treating risks and the anticipated benefits that will be derived.

Gort Cancer Support Group CLG acknowledges that risk management is an essential element in the framework of good governance and is an integral part of good management practice. The intent is to embed risk management in a very practical way into our processes and functions via approval processes, review processes and controls to add significant value to our Company; it is not to impose risk management as an extra requirement, which adds no value to the Company.

MAJOR RISKS TO GORT CANCER SUPPORT GROUP CLG AND THEIR MANAGEMENT

1. Governance Risks

- Risk: Ineffective governance structures and processes.
- Management: Regular reviews and updates of governance policies, ensuring compliance with best practices and continuous training for board members.

2. Strategic Risks

- Risk: Failure to achieve strategic objectives.
- Management: Embedding risk management into strategy development and operational processes, regular monitoring and adjustments as needed.

3. Compliance (Legal or Regulatory) Risks

- Risk: Non-compliance with legal and regulatory requirements.
- Management: Keeping up-to-date with legal changes, regular compliance audits and implementing necessary changes promptly.

4. Operational Risks

- Risk: Disruptions in day-to-day operations.
- Management: Developing and maintaining robust operational procedures, regular training for staff and having contingency plans in place.

5. Financial Risks

- Risk: Financial instability or mismanagement.
- Management: Regular financial audits, maintaining a balanced budget and ensuring transparency in financial reporting.

6. Environmental or External Risks

- Risk: External factors affecting operations (e.g., economic downturns, natural disasters).
- Management: Conducting regular environmental scans, having disaster recovery plans and maintaining flexibility to adapt to changes.

7. Reputational Risks

- Risk: Damage to the organisation's reputation.
- Management: Maintaining high standards of service, effective communication strategies and promptly addressing any issues that arise.

RISK ASSESSMENT AND PRIORITIZATION

Each risk is assessed based on:

- **Likelihood:** Probability of occurrence (scale of 1-5).
- **Impact:** Potential impact on the organisation (scale of 1-5).
- **Effectiveness of Controls:** How effective current controls are (scale of 1-3).

Risk Scoring and Response

- **High Risk (Score 25+):** Immediate action plans by trustees to minimize risk.
- **Medium Risk (Score 13-24):** Action plans to ensure effective controls.
- **Low Risk (Score 0-12):** Risks are considered low and controls are deemed effective.

COMMITMENT TO RISK MANAGEMENT

The Directors and management committee are dedicated to maintaining a formal risk management system, with a regularly reviewed and updated risk register to adapt to changing circumstances. This proactive approach ensures that potential risks are identified and mitigated promptly.



FUNDRAISING

Gort Cancer Support Group has signed up to the Statement of Guiding Principles for Fundraising, a commitment that underscores its dedication to ethical and transparent fundraising practices. This adherence is crucial as it enhances public trust and donor confidence, ensuring that all fundraising activities are conducted with integrity and accountability. By aligning with these principles, the Centre not only improves its fundraising practices but also provides clear assurances to donors about the responsible use of their contributions. This commitment ultimately supports the Centre's mission to provide vital services to those affected by cancer in the community.

In 2023, Gort Cancer Support organized various **fundraising activities** to support their valuable work in assisting individuals affected by cancer, which included:

1. ANNUAL RAFFLE

Our annual raffle stands as the cornerstone of our fundraising efforts each year. This event requires a significant amount of effort by our fundraising team, beginning with the collection of prizes, obtaining the necessary Garda permit and culminating in the sale of tickets both in person and online.

In 2023, we were incredibly fortunate to secure an impressive selection of prizes. Among these were €1,000 worth of Callanan Hotel Group Gift Vouchers, a two-night activity break at the Landmark Hotel, a €500 Center Parcs Gift Card and a one-night Dinner, Bed & Breakfast stay at Wineport Lodge. The generosity of the businesses and individuals who donated these prizes was truly heartwarming and greatly appreciated.

Overall, we had a total of 19 fantastic prizes, which played a crucial role in helping us raise approximately €13,000 from the raffle. This remarkable achievement would not have been possible without the unwavering support of our community. We extend our heartfelt thanks to everyone who contributed, whether by donating prizes or purchasing tickets. Your support makes a significant difference and helps us continue our important work.



2. HOLLYBLUE 5K YOUR WAY

On Sunday, October 1st, Coole Park became the vibrant setting for Gort Cancer Support's inaugural '5K Your Way' fun run. This event was organized not only to raise essential funds for Gort Cancer Support but also to provide a fun, family-friendly occasion for the local community amidst the picturesque surroundings of Coole Park. The weather was perfect, with the sun shining brightly on the approximately 130 participants who registered to take part. The serious runners were easy to spot with their Garmin watches ready, while the more casual participants enjoyed chatting and laughing together in the beautiful October sunshine. At 10:30AM, runners, walkers, toddlers and even some four-legged friends embarked on the well-established parkrun route, which consisted of two 2.5km loops starting from Coole House and finishing at the tearoom gates.



Noel Diviney was the first man to cross the finish line with an impressive time of 19:05. The female winner, young Caitlin Mulkerrins, finished in 24:23, demonstrating that determination knows no age. Mary Nolan presented the winners with their trophies, and all participants received a medal in recognition of their efforts.



Among the participants was Ken, who travelled all the way from Western Australia. Ken, who works with a cancer charity back home, was visiting family in the area and decided to join the event, highlighting the global reach and universal appeal of supporting those affected by cancer. The diversity of participants underscored the significance of a united effort to make a positive impact.

The event was a tremendous success, and it has been decided that "5K Your Way" will become an annual fixture. This will provide a consistent platform for the community to come together, run for a cause and support Gort Cancer Support.

This event not only raised much-needed funds but also brought the community together in a spirit of camaraderie and support, making it a day to remember.

3. TABLE QUIZ

We had an absolutely fantastic evening at our table quiz held in Sullivan's on Thursday, 23rd March. The turnout was incredible, with more tables than we had anticipated and we are deeply grateful for all the support we received.

A huge congratulations to the winning team: Michael Mahon, Joseph Keehan, Diarmuid Diviney, and Tony Diviney. After a thrilling tiebreaker, the second prize was awarded to the team of Paul O'Donnell, Gerard O'Rourke, and Michael Joyce. Well done to everyone who participated!

We extend our heartfelt thanks to our exceptional quizmaster, Tom Prior, for crafting all the questions and ensuring the event ran smoothly. A special thank you to Mary Flanagan and the team at Sullivan's Hotel for their invaluable assistance with the event.



We also want to acknowledge Áine Kelly, Bridie Willers, Anne McInerney, Regina Monaghan and PJ Downey for their diligent work in correcting all the papers and tallying the scores. Additionally, we are grateful to everyone who donated prizes for the event and to the members of our committee and volunteers who helped out on the evening.

Thank you all for making this event such a success!

4. HOLLYBLUE GIFT SHOP

At Gort Cancer Support, we generate income through our newly revamped Hollyblue Gift shop, located at Hollyblue House. We are always seeking donations of unwanted or unopened gifts and presents for the Hollyblue Gift Shop. We welcome quality items such as crystal, china, handbags, scarves, jewellery, perfume, toiletries, candles, photo frames and more that you may no longer use.

Donations of these items, enable us to put them to good use. They are sold in our shop to create cash flow, enabling us to provide essential services to people affected by cancer. These contributions make a significant difference in supporting our mission.



GOVERNANCE STANDARDS

We are committed to the highest standards of governance. Donors entrust their money to us and we have the responsibility to ensure we are accountable for all we do and are transparent in how we do it.

Our Board of Trustees are committed to obtaining the highest standards of governance and, accordingly, transparency, accountability and cost effectiveness are constant priorities of the Board of Trustees, the finance team and the governance team.

This ensures we are honest and ethical in all our work and worthy of the ongoing trust and support of our volunteers and donors.

Gort Cancer Support complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland. Gort Cancer Support complies with the standards laid out in the Charities Governance Code as required by the Charity Regulator.

As required under Company Law our accounts are independently audited every year. This process is overseen by the Board of Trustees. We publish our annual accounts on our website.

The Gort Cancer Support Centre adheres to the **Charities Governance Code**, which outlines minimum standards for effective management and control of charitable organizations.



An Rialálaí
Carthanas

Charities
Regulator

Additionally, the centre has also engaged with the **NCCP Best Practice Guidance for Community Cancer Support Centres**, which provides guidance on good governance and quality standards for cancer support services. This guidance ensures that the centre maintains high standards in supporting cancer patients and their families.

The Alliance of
**Community Cancer
Support Centres
and Services**



KEY OBJECTIVES

OBJECTIVE 1: GENERAL MANAGER RECRUITMENT

Our main objective in 2023 was to expand our team by employing our first ever paid member of staff.

Cara Brady, our general manager, joined our team in March 2023. This marked a significant milestone for our organisation, transitioning from a volunteer-led model to having a dedicated staff member.

After 16 years of relying solely on volunteers, this move reflects our commitment to enhancing services and support to everyone affected by a cancer diagnosis.

Our primary hurdle in hiring a general manager was securing enough funds to cover the salary. We depended on our fundraising initiatives to obtain the necessary funds.

Having a general manager allows us engage more deeply with the community by fostering partnerships, raising awareness and expanding our reach. This ultimately benefits those affected by cancer.

OBJECTIVE 2: FUNDRAISING

A wide range of fundraising events that were both enjoyable and creative, such as our annual raffle, garden parties, virtual challenges, fun runs, table quizzes, Hollyblue Gift shop, Facebook fundraisers and more.

We ensured we applied for every relevant grant available during the year.

Through our PR on our social media pages we have increased community awareness and engagement which has led to community fundraising events held in aid of our organisation, private donations and corporate donations.

Our fundraising continues to grow year-on-year. The figure raised in 2023 represent a 13% increase on the previous year.

Coming up with new and effective fundraising ideas is always challenging. Whether it's organizing fun runs or virtual challenges, innovation is key to keeping supporters engaged and willing to donate.

OBJECTIVE 3: EDUCATION AND AWARENESS INITIATIVES

Our aim was to offer a holistic approach to cancer care that included education, wellness and support services, all of which are vital for improving health outcomes and enhancing the quality of life for those affected by cancer.

We provided various workshops and wellness events throughout the year. MENO-CAN was an unique support and information programme designed for cancer survivors in each stage of menopause – from early onset to post-menopause. Educational in nature, the programme aimed to provide a safe opportunity to understand and manage symptoms of menopause effectively, providing knowledge and tools to thrive.



"My name is Susan, and I recently participated in the very first MENO-CAN sessions with the wonderful Pam Watson. Being told "you have cancer" and going through treatment is one of the hardest things we can go through, and ending up in Menopause because of this is a double whammy. I thought I knew a lot about menopause....

Boy, was I wrong? Pam and the MENO-CAN program have opened my eyes to it all. For 2 hours a week, I was learning about the changes in my mind and body with like-minded people. I felt safe there. There was no topic off limit, and we all spoke openly and honestly. Things we couldn't or didn't say to our closest family and friends. I learned a lot about myself and how to go forward into menopause.

Knowledge is power! The sessions had it all, learning, laughter, tears and sometimes a cheeky bit of chocolate! I would recommend it to anyone who is going through cancer-related menopause. Pam is very caring and compassionate, and she really knows her stuff."



The workshops were facilitated by Pam Watson, a psychotherapist with an MA (Hons) in Cognitive Behavioural Therapy (CBT) and a well-being coach.

We held A Wellness Event at our Studio behind Hollyblue House on 26th May 2023. Several guest speakers covered a range of topics from dealing with stress and anxiety, nutrition and healthy eating, keeping your lungs healthy and art journaling.

We also hosted the Vicky Phelan Campaign and Portrait Tour to educate about cervical cancer and campaign for change. These events helped us reach a broader audience, despite challenges with Facebook's algorithms affecting post visibility. Our initiatives provided support, knowledge and community connection, valuable for prevention and recovery.

THE VICKY PHELAN CAMPAIGN & PORTRAIT TOUR

Gort Cancer Support Group hosted the Vicky Phelan Campaign & Portrait Tour on September 22nd & 23rd at the Lady Gregory Hotel. It aimed to create awareness and change regarding cervical cancer and women's health issues. This tour was part of Vicky Phelan's legacy, highlighting her fight for justice and her efforts to bring about systemic change in healthcare.

The event was moving and emotional, with over 200 attendees. Ollie Turner from Galway Bay FM was the MC and David Kelly, Chairperson of the Support Centre, welcomed Vicky's family. Sarah Nally, a Cancer Patient Advocate, shared her story of being diagnosed with ovarian cancer at 26 and her efforts to raise awareness.

David Brennan, a lifelong friend of Vicky, unveiled the portrait. He bought it at an auction after being inspired by Vicky's vision for the painting. The portrait, a triptych by Irish artist Vincent Devine, is based on Vicky's memoir 'Overcoming' and depicts her past, present and future through symbolic imagery. Vicky collaborated closely with Vincent, appreciating his focus on women's rights and the anatomical representation of her scars.

The left panel features a halted horse, the centre panel shows Vicky with symbolic elements representing her children and legal triumphs and the right panel includes a horse looking back with symbols of life's fragility.

The painting is set in Doonbeg, Co. Clare, Vicky's favourite place. Vicky hoped the portrait would be a "symbol of hope" and left a message for the women of Ireland to continue fighting for their rights: *"I hope I have fought enough for your future but now it's time for you to take the baton and stand up for yourselves, question everything. This fight was for you."*



SOCIAL MEDIA REPORT

In 2023, Gort Cancer Support Centre effectively leveraged social media (Facebook, Instagram) to engage with the community, promote events and raise awareness about cancer support services. The Centre’s social media strategy focused on increasing visibility, fostering community involvement and providing valuable information to followers.

KEY ACTIVITIES

Event Promotions:

- Regular updates about community events, such as the annual “5K Your Way” at Coole Park.
- Announcements and reminders for workshops and wellness sessions, including breathwork and mindfulness practices.

Health Awareness Campaigns:

- Posts highlighting the importance of various health practices and cancer awareness.
- Informative sessions on wellness topics, such as the benefits of breathwork.

Engagement with Followers:

- Sharing success stories and testimonials from clients.
- Interactive posts encouraging followers to participate in events and share their experiences.

Therapist Videos:

- Uploading videos featuring therapists discussing the benefits of their services, aimed at educating and engaging the community.

ENGAGEMENT METRICS TRACKED INCLUDE

FOLLOWERS GROWTH

FACEBOOK – 3,331 FOLLOWERS, **331 NEW FOLLOWERS**
INSTAGRAM – 1,234 FOLLOWERS, **234 NEW FOLLOWERS**

FACEBOOK REACH

IN TOTAL	148,036	↗ 263,7%
CONTENT INTERACTIONS	27,5K	↗ 257,2%
POSTS	435	↗ 16,6%

INSTAGRAM REACH

IN TOTAL	11,594	↗ 149,6%
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TOP POSTS OF THE YEAR



NEXT STEPS

Gort Cancer Support Centre's social media efforts in 2023 successfully enhanced community engagement, promoted health awareness and supported fundraising activities. The Centre's active presence on social media platforms played a crucial role in connecting with the community and providing essential support services.

In 2024, Gort Cancer Support Centre plans to enhance its social media strategy by expanding video content, including live sessions and educational series on cancer-related topics. The Centre will also boost community engagement through interactive campaigns, virtual support groups, and volunteer spotlights. Additionally, leveraging advanced analytics for a data-driven approach, will help optimize reach and engagement.

Fundraising initiatives will be a key focus, with plans to launch campaigns for specific projects and needs, encouraging community contributions and sharing. Social media will also be used to promote donation drives, highlighting the impact of contributions and providing easy ways for followers to donate. Collaborations with local influencers and businesses, along with inclusive content and accessibility features, will further strengthen the Centre's online presence and support its mission.

MEDIA HIGHLIGHTS OF 2023

In 2023, Gort Cancer Support garnered significant media attention, reflecting its pivotal role in the community. From local newspapers to national coverage, the Centre's involvement in key events and its comprehensive support services were widely recognized, underscoring its commitment to enhancing the wellbeing of its clients.

1. Hollyblue House, a haven in Gort

- **The Clare Champion:** The article highlighted the extensive range of services and activities available to individuals affected by cancer in Clare and Galway. It showcased various support options, including therapeutic services, practical assistance, and wellness activities, all designed to help those impacted by cancer in these communities.

2. Community Support and Services

- **Galway Bay FM:** Covered the centre's involvement in the Vicky Phelan Campaign & Portrait Tour, emphasizing the centre's role in significant community events and its comprehensive support services, including counselling, complementary therapies and transport services.

3. Regional Coverage

Connacht Tribune: Reported on various events and initiatives organized by the centre, showcasing its impact on the local community. They also featured an article celebrating the contributions of our dedicated volunteers during National Volunteer Week. The piece highlighted the invaluable work of our 40 volunteers, including 20 drivers who transport clients to hospital appointments. Their support is vital for numerous individuals residing in areas with poor infrastructure. Without these volunteer drivers, many would be unable to attend hospitals for their cancer treatments.

Gort Cancer Support Centre's extensive media coverage in 2023 underscores its vital role in the community, offering a welcoming environment and essential support to those in need.



FUTURE PLANS

The long-term objectives and aspirations of Gort Cancer Support are essential for the enduring operation of the Centre. By 2024, our aim is to hire a full-time administrative assistant to ensure ongoing operations, reducing our dependence on volunteers. Additionally, we anticipate the appointment of a part-time fundraising manager, a role presently undertaken by a full-time volunteer/director.

In 2024, we aim to expand our Education and Awareness Initiatives, which will encompass more events focused on Men's Health.

Our strategy also includes maintaining and broadening the vital support services and activities offered at our centre for individuals impacted by a cancer diagnosis.

Our aim is to apply for full membership of The Alliance of Community Cancer Support Centres and Services.

In 2024, we plan to apply for all available grants such as HSE section 39, HSE Lottery Grant, all available Galway County Council Grants, Ireland Funds and Hospital Saturday Fund to support healthcare, local infrastructure, and sustainability projects, ensuring long-term community benefits.

VOLUNTEERS AND EMPLOYEES

Average number of volunteers – 55

- Meet & Greet Volunteers – 26
- Driver Volunteers – 25

Employment support schemes – 4

- Community Employment Scheme – 3
- TÚS – 1

Average number of full-time employees – 1

- Full-time employee (General Manager) since March 2023 – 1

Average number of part-time employees – 0

SUMMARY OF FINANCIAL POSITION

Gort Cancer Support Group Company Limited By Guarantee DIRECTORS' REPORT

for the financial year ended 31 December 2023

The directors present their report and the audited financial statements for the financial year ended 31 December 2023.

Principal Activity and Review of the Business

The principal activity of the company is to provide and optimise caring, private, confidential, equitable and high quality local community based cancer support services and companionship that promotes holistic, positive well-being in a safe haven environment, for anyone affected by cancer. The company will continue to fundraise in order to maintain sufficient reserves to meet its day to day obligations.

The Company is limited by guarantee not having a share capital.

There has been no significant change in these activities during the financial year ended 31 December 2023.

Principal Risks and Uncertainties

Gort Cancer Support Group Ltd like other companies in this sector faces the prospect that donations and fundraising contributions may decline. The directors are of the opinion that they should be able to continue to receive donations at similar levels going forward.

Financial Results

The surplus for the financial year after providing for depreciation amounted to €61,783 (2022 - €101,667).

At the end of the financial year, the company has assets of €746,168 (2022 - €682,476) and liabilities of €4,554 (2022 - €2,645). The net assets of the company have increased by €61,783.

Directors and Secretary

The directors who served throughout the financial year, except as noted, were as follows:

David Kelly
Lorraine Geraldine Mulkerrins Neylon
Olive Hughes (Appointed 5 June 2024)
Lorraine Burke (Appointed 5 June 2024)
Anne McInerney
Sadie McInerney (Resigned 4 July 2024)
Mary Nolan

The secretary who served throughout the financial year was Maura Leonard.

In accordance with the Articles of Association, the directors retire by rotation and, being eligible, offer themselves for re-election.

Future Developments

The directors are not expecting to make any significant changes to the nature of the business in the near future.

Post Balance Sheet Events

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

Auditors

The auditors, O'Donnell Keane & Co, (Statutory Auditors & Accountants) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Gort Cancer Support Group Company Limited By Guarantee DIRECTORS' REPORT

for the financial year ended 31 December 2023

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 Garrabeg, Gort, Co. Galway.

Signed on behalf of the board



Mary Nolan
Director

5 July 2024



David Kelly
Director

5 July 2024

Gort Cancer Support Group Company Limited By Guarantee DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2023

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

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", applying Section 1A of that Standard, 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 at the financial year end date and of the surplus or deficit 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 for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, 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 business.

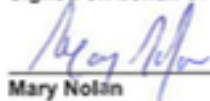
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014 and enable the financial statements to be readily and properly 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.

Disclosure of Information to Auditor

Each persons who are directors at the date of approval of this report confirms that:

- 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 to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

Signed on behalf of the board



Mary Nolan
Director

5 July 2024



David Kelly
Director

5 July 2024

INDEPENDENT AUDITOR'S REPORT

to the Members of Gort Cancer Support Group Company Limited By Guarantee

Report on the audit of the financial statements

Opinion

We have audited the financial statements of Gort Cancer Support Group Company Limited By Guarantee (the company) for the financial year ended 31 December 2023 which comprise the Income and Expenditure Account, the Balance Sheet, the Reconciliation of Members' Funds, the Cash Flow Statement and the related 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', issued in the United Kingdom by the Financial Reporting Council, applying Section 1A of that Standard.

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 2023 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', applying Section 1A of that Standard; 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 the 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 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 material 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 on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

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 and the financial statements are in agreement with the accounting records.

INDEPENDENT AUDITOR'S REPORT

to the Members of Gort Cancer Support Group Company Limited By Guarantee

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' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the Company. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement set out on page 6, 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 operation, or has no realistic alternative but to do so.

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 the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

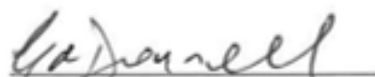
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

INDEPENDENT AUDITOR'S REPORT **to the Members of Gort Cancer Support Group Company Limited By Guarantee**

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.



Gerard O'Donnell
for and on behalf of
O'DONNELL KEANE & CO
Statutory Auditors & Accountants
Church Street
Gort
Co. Galway
Republic of Ireland

6 July 2024

Gort Cancer Support Group Company Limited By Guarantee
INCOME AND EXPENDITURE ACCOUNT
for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Income	4	182,163	161,236
Expenditure		(120,430)	(59,587)
Surplus before interest		61,733	101,649
Interest receivable and similar income		50	18
Surplus for the financial year		61,783	101,667
Total comprehensive income		61,783	101,667

Approved by the board on 5 July 2024 and signed on its behalf by:


Mary Nolan
Director


David Kelly
Director

Gort Cancer Support Group Company Limited By Guarantee

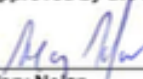
BALANCE SHEET

as at 31 December 2023

	Notes	2023 €	2022 €
Fixed Assets			
Tangible assets	6	367,803	376,868
Current Assets			
Cash and cash equivalents		378,365	305,608
Creditors: amounts falling due within one year	7	(4,554)	(2,645)
Net Current Assets		373,811	302,963
Total Assets less Current Liabilities		741,614	679,831
Non-Current Liabilities		-	-
Net Assets		741,614	679,831
Reserves			
Capital reserves and funds		-	340,125
Income and expenditure account		741,614	339,706
Equity attributable to owners of the company		741,614	679,831

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the board on 5 July 2024 and signed on its behalf by:


 Mary Nolan
 Director


 David Kelly
 Director

Gort Cancer Support Group Company Limited By Guarantee RECONCILIATION OF MEMBERS' FUNDS

as at 31 December 2023

	Retained surplus	Special reserve	Total
	€	€	€
At 1 January 2022	291,567	295,257	586,824
Surplus for the financial year	101,667	-	101,667
Other movements in equity attributable to owners	(53,528)	44,868	(8,660)
At 31 December 2022	339,706	340,125	679,831
Surplus for the financial year	61,783	-	61,783
Other movements in equity attributable to owners	340,125	(340,125)	-
At 31 December 2023	741,614	-	741,614

Gort Cancer Support Group Company Limited By Guarantee NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

1. General Information

Gort Cancer Support Group Company Limited By Guarantee is a company limited by guarantee incorporated in Ireland. Garrabeg, Gort, Co.Galway, Ireland is the registered office, which is also the principal place of business of the company. The nature of the company's operations and its principal activities are set out in the Directors' Report. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

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 company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 31 December 2023 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with 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 financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the "Small Companies Regime" in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

Income

Information on the Company's Income Policy:

- (1) Donations, fundraising and all other income are recognised when received into the premises of the charity or lodged into one of the charity's bank accounts.
- (2) Interest income is recognised on a receivable basis.
- (3) Income from voluntary donations or fundraising is recognised when received. As with many similar charitable organisations, independent groups from time to time organise fundraising activities and may operate bank accounts in the name of Gort Cancer Support Group Ltd. However, as amounts collected in this way are outside the control of the charity, they are not included in the financial statements until received by Gort Cancer Support Group Ltd.

Reserves Policy

Gort Cancer Support Group Ltd needs reserves to:

- (1) Ensure that the charity can continue to provide a quality service in the provision of cancer care.
- (2) Meet contractual liabilities should the organisation have to close.
- (3) Meet unexpected costs like the breakdown of essential office machinery and legal costs defending the charities interest.
- (4) Meet the costs of winding up the organisation in the event that this was necessary.
- (5) Have adequate cash flow to cover 3 months of current expenditure in the company.

Restricted Funds:

Restricted Funds are restricted income funds, which are expendable based on the requirements of the donees. All restricted funds are expendable within the objectives of the charity.

Unrestricted Funds:

Unrestricted Funds are expendable at the discretion of the board in the furtherance of the charity's objectives.

continued

Gort Cancer Support Group Company Limited By Guarantee

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

Tangible assets and depreciation

Tangible 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 assets, less their estimated residual value, over their expected useful lives as follows:

Land and buildings freehold	- 2% Straight line
Fixtures, fittings and equipment	- 15% Straight line

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and in hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the Balance Sheet bank overdrafts are shown within Creditors.

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Taxation

As a result of the company's charitable status, no charge to corporation tax arises under the provision of Section 207 of the Taxes Consolidation Act 1997. The company's registered charity number with the Revenue Commissioners is 19379.

3. Departure from Companies Act 2014 Presentation

The directors have elected to present an Income and Expenditure Account instead of a Profit and Loss Account in these financial statements as this company is a not-for-profit entity.

4. Income

The income for the financial year is analysed as follows:

	2023 €	2022 €
By Category:		
Donations & Annual Fundraising	91,057	28,234
Services Fundraising	78,290	112,003
Grants Received	10,840	20,500
Other income	1,976	499
	<u>182,163</u>	<u>161,236</u>

The whole of the company's income is attributable to its market in the Republic of Ireland and is derived from the principal activity of community based cancer support services.

5. Operating surplus

	2023 €	2022 €
Operating surplus is stated after charging:		
Depreciation of tangible assets	<u>9,065</u>	<u>405</u>

continued

Gort Cancer Support Group Company Limited By Guarantee
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2023

6. Tangible assets			
	Land and buildings freehold	Fixtures, fittings and equipment	Total
	€	€	€
Cost			
At 1 January 2023	432,980	18,502	451,482
At 31 December 2023	432,980	18,502	451,482
Depreciation			
At 1 January 2023	58,543	16,071	74,614
Charge for the financial year	8,660	405	9,065
At 31 December 2023	67,203	16,476	83,679
Net book value			
At 31 December 2023	365,777	2,026	367,803
At 31 December 2022	374,437	2,431	376,868
7. Creditors		2023	2022
Amounts falling due within one year		€	€
Taxation		1,169	-
Accruals		2,645	2,645
Deferred Income		740	-
		4,554	2,645
8. Taxation		2023	2022
		€	€
Creditors:			
PAYE		1,169	-
9. Government Grants & Supports			
Grant Source/Agency	HSE		
Source	Department of Health		
Grant Programme	Inflation Fund		
Purpose of Grant	To support charities with increased costs due to inflation		
Term	12 Months		
Total Fund	€1,000		
Expenditure	€1,000		
Fund Deferred or due at year end	Nil		
Received in the current year	€1,000		
Capital Grant	Nil		
Restriction on use	As outlined in grant allocation agreement		

continued

Gort Cancer Support Group Company Limited By Guarantee
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2023

Grant Source/Agency	HSE
Source	Department of Health
Grant Programme	Staff Funding
Purpose of Grant	To aid charities with costs of staffing personnel
Term	12 Months
Total Fund	€7,000
Expenditure	€7,000
Fund Deferred or due at year end	Nil
Received in current year	€7,000
Capital Grant	Nil
Restriction on use	As outlined in grant allocation agreement
Grant Source/Agency	Galway County Council
Source	Department of Rural & Community Development
Grant Programme	Insurance Fund
Purpose of Grant	Support scheme for community based groups with increased administration costs such as insurance
Term	12 Months
Total Fund	€1,000
Expenditure	€1,000
Fund Deferred or due at year end	Nil
Received in the current year	€1,000
Capital Grant	Nil
Restrictions on use	As outlined in grant allocation agreement



continued

Gort Cancer Support Group Company Limited By Guarantee NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

Grant Source/Agency	HSE
Source	Department of Health
Grant Programme	Lottery Grant Funding
Purpose of Grant	To be spent on specific counselling services provided by the charity
Term	12 Months
Total Fund	€2,580
Expenditure	€1,840
Fund Deferred or due at year end	€740
Received in the current year	€2,580
Capital Grant	Nil
Restrictions on use	As outlined in grant allocation agreement

10. 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 financial year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and of 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 € 2.

11. Capital commitments

The company had no material capital commitments at the financial year-ended 31 December 2023.

12. Post-Balance Sheet Events

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

13. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on 5 July 2024.

Gort Cancer Support Group Company Limited By Guarantee
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the financial year ended 31 December 2023

	2023 €	2022 €
Income		
Donations & Fundraising	91,057	28,234
Services Fundraising	78,290	112,003
Grants	10,840	20,500
Other income	1,976	499
	<u>182,163</u>	<u>161,236</u>
Expenditure		
Wages and salaries	28,666	-
Social welfare costs	3,167	-
Classes	8,660	4,809
Treatments, Therapy & Counselling	35,420	23,470
Financial Assistance	-	2,300
Household Expenses	9,480	5,363
Insurance	2,892	2,203
Light and heat	4,070	2,612
Repairs and maintenance	5,301	3,059
Printing, postage and stationery	2,437	2,330
Telephone & Internet	1,423	1,325
Computer costs	2,801	6,607
Drivers	1,585	947
Legal and professional	492	-
Bank charges	523	351
General expenses	1,803	1,161
Auditor's remuneration	2,645	2,645
Depreciation	9,065	405
	<u>120,430</u>	<u>59,587</u>
Miscellaneous income		
Bank interest	50	18
	<u>61,783</u>	<u>101,667</u>
Net surplus		

Gort Cancer Support Centre

Garrabeg

Gort

Co. Galway

H91 WFP8

Tel: 086 1724500, 091 648606

Email: info@gortcancersupport.ie



Gort Cancer Support



@gortcancersupport



www.gortcancersupport.ie

