

WINTER 2025



IMPACT

REPORT 2024-25

An update for our supporters on how we are making a difference to the lives of local people affected by cancer *with your help*



*Your support
makes
our support
possible*

Your backing is vital

This report marks my first year as CEO of FORCE Cancer Charity. In the past 12 months I have taken the time to listen to and get to know everyone involved with the charity and, importantly, meet the people using our services where possible. The feedback I have received from everyone I have met has been how extremely positive their experience of FORCE has been. They have felt supported, listened to, cared for and relieved that they have had access to advice, counselling, exercise, financial support, complementary therapies or groups, which have all been of huge benefit during an incredibly difficult period of their lives. Moving forward, we aim to maintain the warm welcome, personalised, innovative and collaborative approach that makes FORCE unique and the care and support we provide so exceptional.

We are operating within an increasingly difficult external climate. With an aging population in Devon (above the UK average), we are seeing higher than average cancer diagnoses, a trend which is expected to continue over the next 10 years. Approximate projections show the number of people diagnosed in Devon increasing by around 8-10% by 2030 and by around 17-20% by 2035. There is a positive aspect with more people expected to live longer than ever before with their cancer, but it inevitably adds pressure to services as higher numbers of local people need our support for longer periods than we have seen before.

That is why we are so grateful to everyone who supports us in whatever way they can. Put simply, we couldn't offer the high level of support we do to thousands of local people each year without the backing of the communities we serve.

I am heartened to see a more positive year-end for 2024-25 than the budget predicted (a reported deficit of £97k compared with a budgeted deficit of £317k). We are grateful to everyone who donated

to and funded FORCE in this financial year and to each person who left a gift in their will. These generous legacies made a huge difference to our income and helped us to support many more people.

My sincere thanks go to everyone involved in FORCE – staff, volunteers, trustees, partners, Vice Patrons, Friends of FORCE groups, funders and supporters who help us continue to provide the care and support cancer patients in Devon need. Your dedication, commitment and determination to ensure FORCE is here for everyone in their time of need is truly appreciated and valued.



Kate

KATE FEW-SINGH
CEO, FORCE Cancer Charity

INNOVATING TO OFFER BETTER SUPPORT

In 2024-25 there were more than 16,000 visits, appointments and contacts with our teams from cancer patients and the people they care about. To enhance our service, we introduced several well-received new initiatives during the year to ensure our support remains relevant and impactful. We have:

Developed a new **RELAXATION AND ANXIETY MANAGEMENT** programme

Offered monthly support groups for people with **NON-CURABLE CANCER**, following feedback from a successful pilot

Launched a **PRE-LOVED WIG** service to help ease the financial strain of hair loss treatments, an often overlooked but deeply personal aspect of cancer care

Offered a new **PILATES** programme to support physical wellbeing

Been proactive with **FOLLOW-UP CALLS** for patients waiting longer than four weeks, offering emotional reassurance

Developed a new **ASSESSMENT AND IMPACT MONITORING** system to better understand and improve patient outcomes



"I am so grateful for all the support FORCE has given me. It definitely helped me in my emotional recovery. I found that when I visited the Centre I was met with understanding and calm at a very traumatic time in my life. I was also able to access the relaxation classes, the yoga classes, the art classes and have massages. The FORCE nurse supported me throughout my diagnosis and recovery and was amazing. I really couldn't have asked for more from this oasis in the hospital grounds. I know it is a small amount, but it comes with a big heart of thankfulness and appreciation for all that you do."

FORCE service user and supporter

Horse rider Diane Humphrey, 55, has credited FORCE with getting her back in the saddle after cancer on top of serious injury damaged her health and confidence. This is her story.

FORCE helps Diane ride again

Up to December 2021 I would have said I was fairly fit for my age, horse riding three times a week. But a riding accident resulted in me dislocating my right ankle, breaking it in two places and breaking my right leg. After physio through the hospital and privately I still didn't feel strong enough to get back on a horse.

Fast forward to February 2024. I had a colonoscopy due to weight loss, fatigue and never feeling like I could fully empty my bowels. It was colorectal cancer. Things moved fast – in March 2024 I had a permanent stoma (Stanley), followed in April and May by a five-week course of chemo radiotherapy. I didn't suffer from any side effects apart from fatigue, which made me wonder if it was working. But it did and it shrank my tumour. At the beginning of October 2024, I had APR (Abdominal Perineal Resection) surgery, which included removal of the gracilis muscles from both my legs.

I had been told about FORCE since my diagnosis but I had managed well, having a very close group of friends and family, until this point. At the end of October I spoke to Becky (FORCE oncology physio) regarding what exercise I could do as, apart from exercises for my core and short walks, I was stuck feeling I could do more but didn't want to aggravate my healing process. On that day I set a goal of being able to go horse riding again.

I was told about all the services FORCE offers but I was only concerned about my mobility so we discussed Pilates and gym.

I started the 12-week gym referral programme through FORCE at the Isca Centre in April 2025 as it fitted around my working hours and from the first session I was taught to use the equipment safely while improving my fitness without exhausting myself. I am now a



Diane and her daughter Jessy

member of the gym and still go three times a week to continue to improve and retain my fitness.

This service has been of great benefit to me and I would highly recommend it to everyone. I've made friends along the way, sharing our post cancer fitness journeys.

Happy ending to my story – my daughter, Jessy, arranged a two-hour horse-riding trek over Dartmoor for my birthday in August and I DID IT. Thanks again FORCE for making this happen. Without your help it wouldn't have and I'm so grateful.



Diane back in the saddle

OUR GET ACTIVE WITH FORCE EXERCISE GROUPS, co-ordinated and led by our physiotherapy team, offered valuable opportunities for physical rehabilitation in community, at FORCE and in online settings. In 2024/25 the numbers accessing our exercise groups rose by nearly 20%, with significant increases in the number of people accessing our yoga and Pilates programmes too. One of the significant benefits of the group is the social support that is offered informally.

“There is a great balance of exercises and information and the group talks throughout are so great for chatting through shared experiences. Thank you so much!”

Integral part of cancer pathway

FORCE Cancer Charity offers a wide range of non-clinical services to anyone affected by cancer in Exeter and across many parts of Devon. We recognise that each individual faces unique circumstances with their own range of experience, skills and knowledge. We offer a personalised package of support to help them during a challenging time and beyond.

Our charity is an integral part of the care pathway for cancer patients across large parts of the county and because we recognise the ripple effect of a diagnosis, we are also here for family members and carers. It's part of our mission to ensure that no-one feels isolated or alone when cancer turns their life upside down.

FORCE's reputation as a safe haven and a source of unparalleled support is borne out by the number of people seeking our help.

"Thank you FORCE Cancer Charity for being there and for being so blooming marvellous... greeted by kind volunteers, a complementary therapy with Kayleigh, where I could fully relax in safe hands, and a chat with Jane from Support Services, where I could natter on at length without ever feeling rushed, reset the start of my week perfectly. Huge gratitude to you all for listening and helping me to feel comfortable acknowledging that the current anxiety is ok!"

FORCE service user

IN 2024-25 WE HAVE HAD A SIGNIFICANT RISE IN ACTIVITY ACROSS ALMOST ALL OF OUR CORE SERVICES



overall increase in visitors to FORCE

16,368

visits, appointments and contacts at our Centre



1,471

new registrations



689

visitors to our outreach centres in Ottery St Mary, Tiverton and Okehampton



APPOINTMENTS

UP 28%

outreach centres appointments

UP 30%

complementary therapy appointments

UP 19%

counselling appointments

UP 51%

support and education group appointments (Moving Forward, Mindfulness, Relaxation and Anxiety Management and Living with Non-Curable Cancer support groups)



20%

more physio exercise groups

Although enquiries to the Information Services team have increased only slightly this year, the nature of the requests is noticeably more complex



FORCE VOLUNTEERS

Volunteers are a vital and integral part of the FORCE team. Without their selfless contribution, we couldn't provide all the care and support we offer to thousands of people in Devon affected by cancer.

In the last financial year, we welcomed 23 new support service volunteers, taking the total regularly giving their time to more than 120.

Our Board of Trustees is made up of 12 volunteers who meet at least five times a year to ensure that FORCE is working efficiently, effectively and with a legal framework.



I love volunteering here. The staff are special people and chatting to the people we support puts everything into perspective. No two days are ever the same. It really is a very special place to volunteer.

CLAIRE, Centre volunteer

We are also fortunate to have a dedicated cohort supporting our fundraising activities. There are 32 Friends of FORCE group members and more than 100 people who volunteer at events to ensure we generate the income we need to maintain a significant level of support for people dealing with a cancer diagnosis.

We are grateful for significant contributions to our retail operations at the FORCE shop in Heavitree and the hospital snack bar.

Our pioneering Role Specific Volunteer programme continues to expand. It's making a real difference to the different ways we can support patients and carers through complementary therapies, our support and education programmes in Exeter and our outreach locations, with admin skills and through our recently launched pre-loved wig service.

Two volunteers received specialist training to enable them to lead on wig fittings and appointments and oversee the service with a member of staff.

Centre volunteers regularly visit patients on the Cherrybrook chemotherapy ward at the RD&E, offering refreshments and a reassuring smile, and a team of 25 FORCE volunteers support the chemo nurses at Ottery St Mary Community Hospital five days

It's a real privilege to be a volunteer at FORCE, to be just a small part of an amazing organisation that cares and gives comfort to people. As a volunteer we get to see the results of the effects FORCE has on people and that is the reward and also, as a volunteer, we are so well cared for and so supported.

LEE, Centre volunteer



WHERE OUR VOLUNTEERS GIVE THEIR TIME

Support Centre and the RD&E

FORCE garden

Hospital snack bar

FORCE charity shop

Outreach:
Tiverton, Ottery St Mary,
Okehampton

Trustees

Role Specific Volunteers

Groups

Therapists

Support and Info team

Pre-loved wigs
service

Admin: physio,
finance, fundraising



a week. At Okehampton Hospital 10 volunteers oversee FORCE services each Wednesday and at Tiverton Hospital on Mondays we have a team of six volunteers.

The outside space at the FORCE Centre looks great thanks to a fantastic team of gardeners with occasional support from companies who release staff to spend time working with us. Our visitors tell us again and again how much they appreciate a place where they can relax when they visit us for support or around hospital appointments.



FORCE were very supportive to me during my lived experience and that inspired me to start volunteering as a way of giving something back and at the same time, helping others who have been affected by cancer in whatever shape or form.

PHIL, Okehampton volunteer



OUTREACH

We have continued to deliver support closer to home and where it is needed most in our outreach centres in Ottery St Mary, Okehampton and Tiverton. We know that these centres make an incredible difference in reducing travel-related stress and costs for patients from rural areas. We are grateful to donors, funders and the National Lottery Community Fund (NLCF) for supporting these services over the past three years as we have been able to continue to provide and grow counselling, complementary therapies, physiotherapy and benefits advice (via our partnership with Citizens Advice) closer to home.

“It works out expensive to regularly travel to and from the RD&E. I don’t have a great income, I’m living off my savings so I’m constantly watching the pennies. On a good day it’s a 40-minute journey from home to the entrance of RD&E, on a bad day when the A30 is busy it can take 1 hour and forty minutes, which it has numerous times this year. It can take you another 40 minutes to find a parking space, the overall travel experience can be very stressful especially when trying to meet a deadline like a consultant appointment or treatment. Therefore, to have a facility locally eliminates that stress making the hospital treatment/visit less stressful and more enjoyable, whereby I’m sure the experience must be of greater benefit to all.”

“As I am a carer it is much more difficult for me to go into Exeter and have to leave my partner alone or pay a carer to be with them. Going to Ottery was a Godsend. Also it was so much easier to ask friends for a lift to Ottery than the hassle of going into Exeter.”

Outreach has been highly successful in removing the physical barriers to accessing FORCE’s services. Taking our support closer to those who need it most was critical for the 11% of people needing our services who wouldn’t otherwise have been able to access help. Responses to an outreach survey repeatedly reinforced that location is key — 100% of respondents said the location made a difference, removing the barriers of rurality, ability to travel due to poor health, access to public transport and other responsibilities such as being a carer or work. We are also pleased to be able to do our bit to reduce health inequalities by helping people access support closer to them in a timely manner.

We conducted a review of our outreach services at the end of 2024, before the end of National Lottery grant funding in September 2025, assessing how the services were working and ahead of seeking further funding. Following the review, FORCE committed to continue outreach services, given the positive impact it has for patients. The feedback from patients and their families was overwhelmingly positive and demonstrated the practical impact and benefit that these services have. Without them, more people would struggle to access support and would need the help of other care providers.



89%

Feedback from outreach service users showed that 89% felt the support had reduced their reliance on health and social care services.

OUTREACH VISITOR NUMBERS 2024-2025

Okehampton:	238
Tiverton:	175
Ottery St Mary	276



DISTANCE FROM THE RD&E

Okehampton Hospital:	25 miles
Tiverton Hospital:	16 miles
Ottery St Mary Hospital:	11 miles

"I can walk to the Okehampton service whereas if I need to drive or take public transport to Exeter, it is a 60-mile round trip or 3 hours by public transport."

I can be a mum and I can be a partner because I've got someone else looking after me emotionally – Leonie's story

I was diagnosed with breast cancer on February 13th, the day before my birthday. It was really hard at my staging scans, probably one of the worst parts of it so far. At that point, you just don't know how bad it is. I asked: 'What happens if you find its spread?' When the cancer nurse gave me the answer, I was just frozen. That's when she said, I think it would really benefit you to have someone to talk to and she talked about FORCE.

In the beginning you are so teary all the time. It's awful. You can't protect the children. They saw me cry so much. I remember them saying one day once I'd started treatment 'Mummy you haven't cried much lately.' You realise you cried so much because you're in such fear of the unknown in the beginning. Cancer was like a little bomb that goes off in the house. That's the only way I can describe it because it's this thing which comes in and explodes through life. But life doesn't stop.

In the beginning I didn't want therapy. In my head I was like, no, I'm fine. Honestly, I don't know what I would do without it. Being able to go into that room and say the things that you're not allowed to say to some people, you know that you shouldn't say. You don't realise the things that cancer brings up. There's so much depth to how it affects you, how it can take you back to things. So being able to speak to someone and have that support there, away from your family, it's the best thing I ever did through all this. I don't think I would have been able to be strong through this if I didn't have it. I can then go there, be that way and I come out feeling so refreshed. I can come home and I can be mum and I can be a partner because I've got someone else looking after me emotionally. I can then come back and look after my family emotionally.

It's definitely helped my family. When it comes to my therapy sessions, people really try to rally around to get me there, to watch the children or help. They know how important that is to me and the

knock-on with the family. They can see exactly how it helps me. They see how I am after I've walked out of there. It's helped all of us.

I live about 50 minutes from Exeter whereas Okehampton (my nearest outreach) is 10-15 minutes down the road. If it hadn't been close, I would have probably missed a lot of sessions or I wouldn't have been able to access it. Trying to tie it in around family would be really hard. I could ask my mum to watch the kids just for an hour and she'd be like, 'Yeah, you go.' Exeter would mean I'd be away for three hours. When you've also got all these other appointments as well that you're trying to tie people around to make sure you've got childcare, that would then become a lot.

My new treatment really whacks me out. There's no way I would have wanted to be driving all that way to Exeter and back again. I would just be too exhausted. It'd be too much, especially on days if you're feeling sick. The other thing is the expense. Having cancer is really expensive. You'd have extra fuel costs, the paying to park. You'd have to leave even earlier because parking there is such a nightmare. I don't think I'd have done it. No, I wouldn't have because it would have just been too much added pressure. It's not something you need right now, going through this journey. FORCE is something there to help you, not to stretch you out.

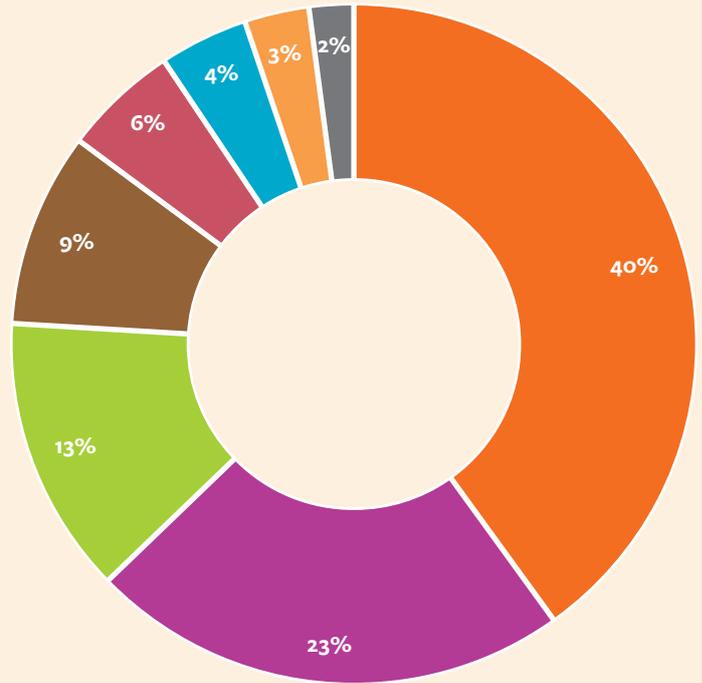
It's so important for people to have FORCE. I can't explain how much it does help, having that outside support and having it close to home. Going to Exeter can be very triggering. You're going to where you got your diagnosis, where you're going through treatment. It becomes a home in a way, like this horrible home that you're going to all the time. So being able to have the outreach service close to home, it's different scenery and that in itself really helps. It helps you go in there with a clearer head and come out feeling that bit stronger.

Honestly, I think I would be sat here a very different version of myself if I didn't have it."

SUMMARY OF OUR INCOME

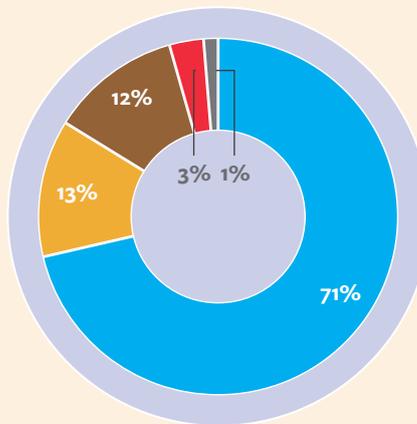
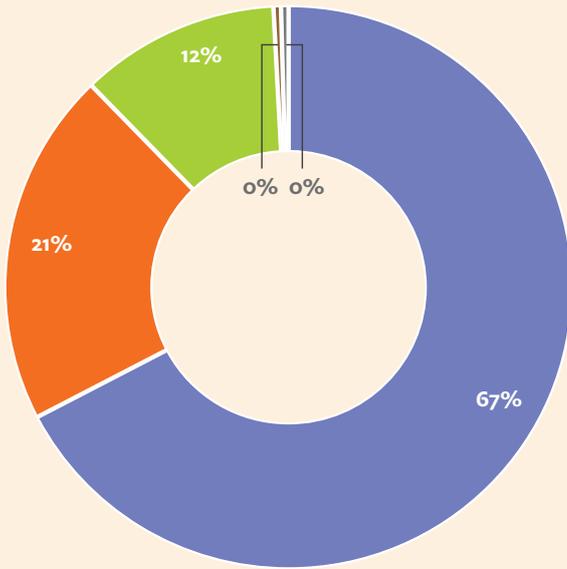
Year ending 31 March 2025

TOTAL INCOME	£1,622,635
Fundraising & collections	£650,289
Legacies	£367,703
Shop	£214,933
Donations and In memoriam	£151,017
Gift aid	£87,338
Investment income	£67,625
Grants	£49,575
Other income	£34,155



SUMMARY OF OUR EXPENDITURE

Year ending 31 March 2025



TOTAL EXPENDITURE	£1,718,607
Charitable expenditure	£1,157,424
Income generation costs	£350,677
Shop costs	£199,962
Investment costs	£5,274
Other costs	£5,270

CHARITABLE EXPENDITURE	£1,157,424
Patient support	£825,307
Outreach	£144,433
Administration and governance costs	£136,787
Research and innovation grants	£35,472
Other	£15,425

SHOP STATS

Our shop team works incredibly hard to collect, sort, display and sell an amazing array of donated goods.

- In 2024-25 our treasure trove of dynamite deals brought in just under **£215,000!**
- During the year bargain hunters bagged a total of **96,775** items.

If you're looking for some quality pre-loved goods, come along to the FORCE shop in Fore Street, Heavitree, or check out our online stores – eBay, depop, Vinted and Gumtree.

The shop's top 10 best sellers, snapped up by savvy shoppers by number of items sold:

1	Bric-a-brac	34,154
2	Clothes	18,654
3	Books	12,588
4	Children's toys	10,695
5	Linens	8,048
6	Music and DVDs	3,704
7	Jewellery	3,423
8	Miscellaneous	1,144
9	Collectables	978
10	Electricals	388

The top 10 most profitable departments:

1	Clothes	£71,208.13
2	Bric-a-brac	£46,206.42
3	Children's toys	£14,559.67
4	Linens	£13,813.51
5	Books	£13,298.96
6	Jewellery	£8,994.26
7	Music and DVDs	£8,479.07
8	Collectables	£8,415.51
9	Electricals	£5,925.57
10	Miscellaneous	£4,440

Team FORCE puts the GREAT into the Great West Run!

IN 2024 WE SAW a giant step forward in the number of people who chose to run for FORCE in Exeter's favourite half marathon.



And in May 2025 that figure nearly doubled to a staggering **£201,201** – an amount that makes a massive difference to the support FORCE can offer to thousands of people affected by cancer.

£100,000 is enough to cover all of our **SUPPORT AND EDUCATION GROUPS** for a whole year – our pioneering Moving Forward and Living with Non-Curable Cancer programmes, Mindfulness and Relaxation and Anxiety Management sessions, all invaluable for cancer patients and their families.

£200,000 would fund FORCE's **ONCOLOGY SUPPORT SPECIALIST SERVICE** for eight months, ensuring local people receive expert counselling, compassionate care and emotional support at a time when it matters most.

Thank you to all our previous runners for your support and we are excited to see how you will impact more local people affected by cancer in 2026.



Why not join us in 2026. Be part of Team FORCE and do something amazing!

Take part in the half marathon or 10K, starting and finishing at Exeter Arena, on Sunday May 24 2026. Registering to run for FORCE costs £20 and we ask you to raise a minimum of £90.

Your registration fee gets you:

- FORCE running vest
- Access to Strava & WhatsApp groups
- Pre-race guidance and post-run support from injury experts Motion
- Training support from local running coach Hannah at City Runs
- Event pack with information about the day and fundraising tips
- FORCE support around the course on race day

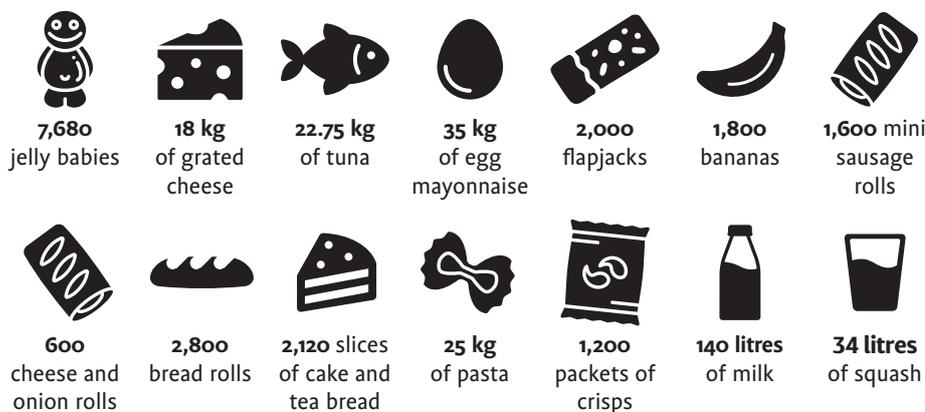
Thank you event for top 20 fundraisers

Find out all you need to know at forcecancercharity.co.uk/great-west-run-2026/

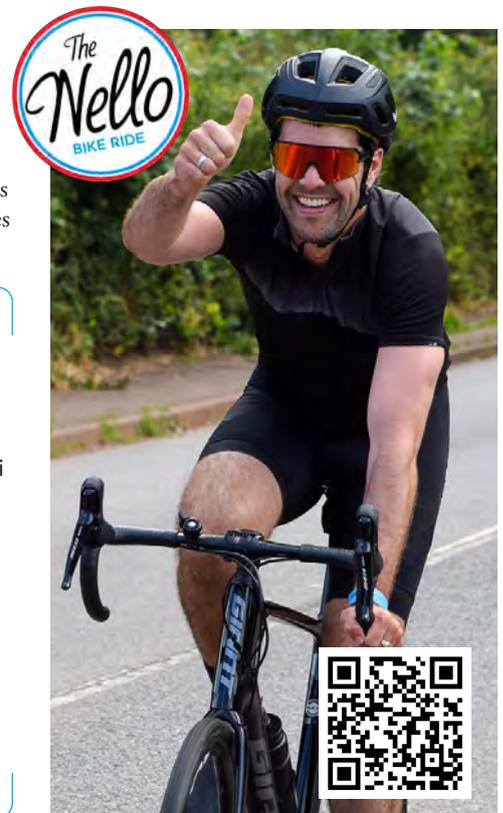
Nello's recipe for success

FORCE's annual Nello bike ride, always held on the last Sunday in June, has raised more than £1.5 million for the charity since it was first staged in the year 2000. The food stops are legendary with cake, sandwiches, rolls, pasta, flapjacks and sweets among the goodies on offer.

Last year's **1,369** cyclists consumed:



It powered them to cycle **111,180 miles** and raise an astonishing **£157,000**



Our cycling superstars conquered 100 or 60 miles around the glorious Devon countryside, supported all the way by our brilliant partners at Bike Shed – we couldn't do it without them and our wonderful team of volunteers.

It's an event like no other and you can be a part of it in 2026. It's happening on Sunday June 28 and all bikes, including e-bikes, are welcome. It's not a sportive, it's not chip timed and it's definitely not a race! It's all about having fun and doing something to

support people in our community affected by cancer.

Early bird entry opens in December £45 until January 31 2026 – check our website to secure your place in this iconic ride. <https://forcecancercharity.co.uk/nello/>

Our plans for the future

During the year our strategic plan was finalised for the period 2024-2027. These are some of the areas we will be focusing on:

- > Finding **SUSTAINABLE WAYS** to meet the increasing demands on the service
- > Continuing **OUTREACH SERVICES**; developing our offer and seeking sustainable funding
- > **INCREASING INCOME** and managing costs carefully with the aim of moving towards a balanced budget
- > Continuing to capture, evolve and learn from patient and service user **FEEDBACK**
- > Bringing together people with common experiences and encouraging **PEER SUPPORT**
- > Building relationships with partners in **LOCAL COMMUNITIES** to understand any barriers and explore how we can overcome them
- > **BUILDING SUPPORT** for people who are currently poorly served, such as families and those bereaved by cancer
- > Establishing **INDIVIDUAL COUNSELLING ASSESSMENTS** and test new booking system
- > Continuing to develop **PARTNERSHIP WORKING** to benefit cancer patients
- > Recruiting more **VOLUNTEERS** to help us across the organisation
- > Developing and investing in **FUNDRAISING OPPORTUNITIES** to grow our income sustainably
- > Establishing and implementing **IT CHANGES** to improve operations, cyber security and effectiveness
- > Continuing to improve FORCE's **GOVERNANCE** working with Trustees



Gifts in wills sustain FORCE's vital care and support

You may not realise just how transformative a gift in a will can be - but for FORCE, they have been nothing short of life-changing.

In 2014, FORCE established its outreach programme to support people in Tiverton and Okehampton, thanks to a generous legacy gift. That act of kindness laid the foundation for FORCE's outreach work, bringing vital cancer support to people, particularly in rural communities, who would otherwise face long journeys into the centre of Exeter or limited access to care. Today, our centres in Tiverton, Okehampton and Ottery St Mary are lifelines for patients and families navigating the challenges of cancer.

Alongside our flagship Cancer Support and Information Centre in Exeter, these

outreach centres continue to thrive thanks to the foresight and generosity of those who choose to leave us a gift in their will.

As a charity funded entirely by donations, fundraising and legacies, we rely on the support of our community. A gift in your will is a powerful way to ensure FORCE's care continues into the future for your friends, family and neighbours.

Did you know, in the financial year 2024/25, gifts in wills covered the cost of support for one in every five people who came through our doors here at FORCE?

As Kay Jeffery, a supporter of FORCE, puts it: "I would encourage everyone to make a will and leave a gift to FORCE, however big or small, to enable them to carry on with the wonderful work they do helping families in times of crisis when faced with cancer."

Her words reflect the heart of legacy giving, ensuring FORCE can continue to be there for those who need us most.

If you're considering leaving a gift to FORCE in your will, we'd love to talk to you about how your support could shape the future of cancer care

in our region. Every gift, no matter the size, helps us continue our mission: to support anyone locally affected by cancer.

Thank you to everyone who has already made this extraordinary commitment. Your legacy is a lifeline to so many.

For more information see the legacy page on the FORCE website at <https://forcecancercharity.co.uk/get-involved/leave-a-gift-in-your-will/>

If you have any question about a gift to FORCE in your will, please get in touch with Rachael Bryett on **01392 406150** or at Rachael.Bryett@forcecancercharity.co.uk



SAVE THE DATE

FORCE Make a Will Week

MARCH 2nd - 6th 2026

FORCE is partnering with local solicitors for the FORCE Make a Will Week – a great opportunity to make or update your will while supporting FORCE Cancer Charity.

The power of legacies

Gifts in wills are a powerful way to show your support for charities like FORCE,

For some people, charitable legacies can be a way of mitigating their exposure to Inheritance Tax as charities do not pay it. Therefore, any legacy that individuals leave to FORCE in their wills will not only reduce the exposure to Inheritance Tax on their estates, but the benefit will be passed in full to the charity.

FORCE does not receive any direct funding from the Government or from the NHS and is therefore reliant on fundraising and donations to service its objectives in the community.

Legacies of any size are welcome as funds can be pooled together to ensure a bigger impact.

For those considering making larger donations, if you give more than 10% of your estate to charitable causes (this could be one charity or spread between several), the rate of Inheritance Tax that applies to the estate is reduced from 40% to 36%, with the majority of the "lost" revenue being felt by the Exchequer.

Volunteers and supporters of FORCE will already be aware of the work the charity does and appreciate the direct accountability and transparency of the charity.

If you feel that you want your estate to make a difference, supporting people affected by cancer within your local community, please speak to your legal advisor to discuss the creative ways in which legacies can be used to make a positive impact.

Frank Cook
Solicitor and FORCE Trustee

Examples of your 2024-25 support in numbers

375 event miles covered by supporters tackling their own running challenges (that's 650,00 steps!)

43

celebrations including anniversaries, birthdays and vow renewals

1,586

cream teas ordered as part of Cream Teas for Cancer

261

regular donors

4 YEARS OLD

Stanley, our youngest fundraiser

EVERY ACT OF KINDNESS MATTERS

EVERY COMMUNITY EVENT, every sporting challenge, every musical note played or sung, every head shave, every company contribution, every bake sale or breakfast, every pound of pocket money donated, every pre-loved item offered to our shop — every penny matters to FORCE.

Did you know it costs less than £20 a day to keep us in tea and biscuits for a whole year? You cannot underestimate the power of a welcoming cuppa and a chat with one of our wonderful volunteers when local people affected by cancer visit our centres in Exeter, Ottery St Mary, Tiverton and Okehampton.

A simple act of kindness that raises money for our charity is an act of faith in our mission to support the people you care about when cancer turns their life upside down.



Could you do something amazing for FORCE?

Get in touch today and help us make a difference.

01392 402875

forcefr@forcecancercharity.co.uk

www.forcecancercharity.co.uk/get-involved

“FORCE has been a lifeline for members of my family. My aunty and grandad both received support from FORCE during their battles with cancer and I saw firsthand the kindness, comfort and practical help they provided at the toughest of times. I want to give something back. Running the Manchester Marathon for FORCE would be my way of saying thank you – and of helping ensure other families have access to the support I deeply value.”

Kelly Curran, FORCE supporter

2025-26 Events calendar

FRIDAY 28 NOVEMBER 2025

TOPSHAM LIGHT SWITCH-ON BUCKET COLLECTION

Topsham. 6pm.

SATURDAY 13 DECEMBER 2025
COMMUNITY MARKET

The Institute, Ottery St Mary.
9:30am – 12:30.

SATURDAY 13 DECEMBER 2025
CHRISTMAS FAYRE

Heavitree United Reformed Church.
11am – 2pm.

SPRING 2026

GREAT DEVON BREAKFAST

Host a breakfast or something similar for FORCE Cancer Charity – anywhere, anytime.



FRIDAY 3 APRIL 2026

CITY RUNS FAST FRIDAY 10K

Exeter.

SUNDAY 12 APRIL 2026

BRIGHTON MARATHON

Preston Park.
9:45am – 2:30pm.

SUNDAY 19 APRIL 2026

MANCHESTER MARATHON

Old Trafford.
9am – 2pm.

SATURDAY 2 MAY 2026

JURASSIC COAST 10K

Budleigh Salterton.

SUNDAY

24 MAY 2026

GREAT WEST RUN

Exeter
Half Marathon and 10K.



SUNDAY

28 JUNE 2026

THE NELLO BIKE RIDE

Start and finish in Topsham.
60 or 100 miles.
8am – 6pm.



FRIDAY 3 JULY 2026

STARCROSS ANNUAL CHARITY GOLF DAY

Starcross Golf Club.
All day.

SATURDAY 1 - SUNDAY 2
AUGUST 2026

SNOWDON AT NIGHT

Trek to the top of the highest peak in Wales at night and summit at sunrise.
Llanberis, Wales. Overnight.

SEPTEMBER 2026

CREAM TEAS FOR CANCER

Delicious cream tea delivered straight to your door by our FORCE team.



SUNDAY 4 OCTOBER 2026

CARDIFF HALF MARATHON

Cardiff, Wales.

SATURDAY

14 NOVEMBER 2026

CLASSICS GALORE!

Exeter's very own Last Night of the Proms.
University of Exeter Great Hall.



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[01392 402875 \(Fundraising\)](tel:01392402875) / [01392 406151 \(Patient Support\)](tel:01392406151)

Charity registration no. 1140676 Company registration no. 7529991

