# LITTLELIFTS

England & Wales · Charity number 1170737

## Details

| | |
|---|---|
| **Status** | Registered |
| **Legal form** | CIO |
| **Registered** | 2016-12-14 |
| **Register** | View on the Charity Commission register |

## Contact

| | |
|---|---|
| **Address** | Little Lifts<br>Bowthorpe Hall<br>Bowthorpe Hall Road<br>Norwich<br>NR5 9AA |
| **Phone** | 01603 740361 |
| **Email** | hello@littlelifts.org.uk |
| **Website** | www.littlelifts.org.uk |

## Activities

**Objects:** THE RELIEF OF SICKNESS AND SIDE EFFECTS TO EASE THE SUFFERING, BOTH MENTALLY AND PHYSICALLY, OF CHEMOTHERAPY AND/OR RADIOTHERAPY TREATMENT TO WOMEN AND MEN AGED 18 AND ABOVE WHO HAVE PRIMARY AND SECONDARY BREAST CANCER AND WHO ARE LIVING IN ENGLAND, WALES, SCOTLAND, NORTHERN ISLAND, CHANNEL ISLANDS OR ISLE OF MAN. IN PARTICULAR, BUT NOT EXCLUSIVELY, BY PROVIDING THEM WITH A LITTLELIFTS BOX AT THE START OF OR DURING THEIR CHEMOTHERAPY AND/OR RADIOTHERAPY TREATMENT. FOR THE PURPOSE OF THIS CLAUSE 'PRIMARY BREAST CANCER' MEANS THAT THE CANCER HAS NOT SPREAD BEYOND THE BREAST OR LYMPH NODES UNDER THE ARM.FOR THE PURPOSE OF THIS CLAUSE ‘SECONDARY BREAST CANCER’ MEANS THAT THE CANCER HAS SPREAD TO OTHER PARTS OF THE BODY BEYOND THE BREAST OR LYMPH NODES UNDER THE ARM.FOR THE PURPOSE OF THIS CLAUSE 'CHEMOTHERAPY' MEANS THE TREATMENT OF CANCER BY THE USE OF CHEMICAL SYSTEMIC ANTI-CANCER TREATMENT (SACT).FOR THE PURPOSE OF THIS CLAUSE ‘RADIOTHERAPY’ MEANS THE TREATMENT OF HIGH-ENERGY X-RAYS TO DESTROY CANCER CELLS. FOR THE PURPOSE OF THIS CLAUSE SICKNESS AND SIDE EFFECTS CAN VARY AMONGST WOMEN AND MEN, BUT MOST COMMON ARE TIREDNESS, WEAKNESS, SICKNESS, SORE MOUTH, HAIR LOSS, SORE EYES, DRY/SORE SKIN, CONSTIPATION, DIARRHOEA, LOSS OF APPETITE AND LOSS OF TASTE. FOR THE PURPOSE OF THIS CLAUSE LITTLELIFTS BOXES WILL CONTAIN ITEMS AIMED TO RELIEVE SOME OF THE SIDE EFFECTS WOMEN AND MEN MAY EXPERIENCE AS WELL AS PROVIDING COMFORT AND WELL-BEING.

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**Activities:** A charity supporting people undergoing treatment for primary and secondary breast cancer.

## Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

| Period end | Income | Expenditure | Assets | Employees |
|---|---|---|---|---|
| 2025-12-31 | £777,244 | £715,406 | £337,429 | 9 |
| 2024-12-31 | £675,115 | £681,204 | £275,591 | 9 |
| 2023-12-31 | £494,435 | £487,025 | - | - |
| 2022-12-31 | £448,551 | £382,780 | - | - |
| 2021-12-31 | £254,209 | £252,881 | - | - |
| 2020-12-31 | £242,172 | £144,004 | - | - |

## Trustees

| Name | Role | Appointed |
|---|---|---|
| **Dr Karyn Maier** | Chair | 2016-10-24 |
| Anne-Marie McCarthy | | 2025-12-12 |
| ELLA WISBEY | | 2016-10-24 |
| Jill Ward | | 2020-03-16 |
| Per Hall | | 2020-06-29 |
| Zoe Hill | | 2022-12-12 |

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**LITTLELIFTS**

England & Wales - Charity number 1170737

# Accounts

# Little Lifts Trustees' Annual Report

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# Little Lifts Trustees' Annual Report

The Trustees present their annual report together with the financial statements of Little Lifts for the year 1 January – 31 December 2025.

## Administrative details

**Trustees**

- Karyn Maier (Chair)
- Ella Wisbey (Secretary)
- Jill Ward
- Per Hall
- Jon Hall (Treasurer – resigned December 12th 2025)
- Zoe Hill
- Anne-Marie McCathy (Treasurer - joined December 12th 2025)

**Registered charity number**

Little Lifts is a registered charity in England and Wales 1170737.

**Accountant/s**

Karen Eason Certified Accountant Limited
167 Westacre Drive, Old Catton, NR6 7HX.

Make it Count (Accountancy Services) LTD
3 Malleson Place, East Carleton, Norfolk, NR14 8JA.

**Bankers**

The Co-operative Bank, 14 Gentleman's Walk, Norwich, NR2 1NA.

**Structure, Governance and Management**

Little Lifts is a Charitable Incorporated Organisation whose only voting members are its charity trustees. It is governed by a foundation model constitution.

Appointment of charity trustees:

- Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective management of the CIO.

***"I would like to say thank you to everyone who makes and puts these Boxes together. It's a hug in a Box filled with love and kindness. It's the type of hug you didn't know you needed until it sits with you and holds you close. All of the gifts are lovely; they have been carefully thought out, which makes you feel supported and strong. Others have walked this path, and they are with you. Keep going. X"***
Lian received her Radiotherapy Box at Southend Hospital in 2025.

**A message from our Founder, Oa Hackett**

Little Lifts remains one of the most remarkable journeys. The idea for our charity was inspired by the kindness I received during my breast cancer treatment. It all began eight years ago, with a group of people gathered around my kitchen table. On 23rd November 2017, I received a call from Oncology Nurse and former Trustee Tracey, telling me she had distributed the first Box. Knowing that someone about to start chemotherapy had received our Box stirred many emotions. We had worked hard to fundraise and had developed a Box filled with carefully selected products to provide practical and emotional support to people during their treatment. Little Lifts was finally launched.

In 2025, we surpassed our ambitious goal of delivering 12,500 Little Lifts, marking a 25% increase compared to the previous year. Little Lifts continues to collaborate with ten NHS hospitals across Norfolk, Suffolk, Essex, and Cambridgeshire. The Little Kindness Fund enables anyone living in the UK undergoing breast cancer treatment to request a Little Lifts Box free of charge through our website.

We raised sufficient funds to distribute 12,672 Little Lifts Boxes to breast cancer patients across our ten NHS Hospital Partnerships in the East of England and nationwide through our Little Kindness Fund (LKF). We organised eight Community Clubs, including our inaugural in-person Focus Group for breast cancer patients in London who received a Box via our Little Kindness Fund. In November, we hosted our second Retreat for women with secondary breast cancer. This three-day, two-night Retreat provided 13 women with relaxing wellness sessions, nourishing food, and the opportunity to connect with one another.

Our volunteers dedicated an impressive 3,000 hours to preparing and packing our Boxes, and they supported 21 trips in our van, 'Hope', delivering 4,132 Boxes across Norfolk, Suffolk, Essex, and Cambridgeshire. Our LKF Assessors processed over 8,000 applications, and our fantastic Community Champions and Event Volunteers assisted at 27 events alongside the 25 Packing Parties we hosted throughout the year.

We continue to work diligently to build Little Lifts' reputation while upholding our core values by listening to feedback from our hospital partners and those affected by breast

cancer. Despite the limited resources within our fundraising function, I am proud of what we have accomplished. We were able to offer a range of fundraising initiatives to support the development and sustainability of income streams. This included our third Trail Run, which raised over £25,000, our corporate fundraising increased by 54%, and we were delighted to welcome The New Homes Group as a new partner. Our Annual Ball raised over £60,000 – it was the most spectacular night! We continue to receive stable income from Trusts and Foundations, and I extend my sincere thanks for the ongoing support from Cancer Community Chest, Art for Cure, Walter Farthing, Pink Ribbon Foundation, Paul Bassham Charitable Trust, and The Alborada Trust. We continue to witness an increase in Community Fundraisers in response to individuals seeing a loved one receive a Little Lifts Box through The Little Kindness Fund, as well as breast cancer patients taking on their own fundraising to give back. Our Little Lifts Community never ceases to amaze me!

Every day, we receive messages and feedback from people who have benefited from our support. This is what continues to motivate us to grow our charity, spread kindness, and support more people affected by breast cancer. In April, I was deeply proud to attend a special event at Buckingham Palace, hosted by HRH The King and HRH The Queen, alongside colleague Kay Phoenix, Trustee Jill Ward, and Corporate Supporter Jenny Parton. The event recognised and celebrated organisations working hard to support cancer patients in their communities. That same month, I was honoured to receive the Anglia Ruskin Vice Chancellor's Alumni Outstanding Award for my services to the voluntary sector.

I cannot thank enough everyone who wholeheartedly believes in Little Lifts; I could not do this without you.

**A special thank you**

I want to give wholehearted thanks to some very special people and organisations who generously supported us in 2025:

- To my highly skilled, motivated, and energised team, who, despite being small (just eight of us!), were able to adapt to the continued pressures 2025 offered both on our income and operational demands.
- To my committed and generous Board of Trustees – Karyn Maier, Per Hall, Ella Wisbey, Zoe Hill, Jon Hall and Jill Ward. On 12th December, we said goodbye to our Treasurer Jon Hall, but were delighted to welcome Anne-Marie McCarthy.
- To our dedicated NHS hospital partnerships.
- To the medical professionals who support our Little Kindness Fund.
- To our grant givers.
- To every person who sends feedback about their Little Lifts Box.
- To our ever-growing community of Corporate Partners, in particular Sinclair International Ltd, who continue to offer support in a variety of ways.
- To our Patron, Harriet Inglis – Spacemasks.
- To our social media Ambassador, Laura Middleton-Hughes.

- To our amazing volunteers who give up hours to support us.
- To our generous suppliers who help us fill our Little Lifts Boxes.
- To our generous Little Lifts Community, filled with fundraisers, donors, corporate partnerships, and so much more!



*Oa (Founder) & Kay (Finance & Business Support Manager) meeting HRH The King, Buckingham Palace, April 2025.*

**Message from our Chair, Karyn Maier**

It is hugely gratifying to witness, on an ongoing basis, the powerful and uplifting impact our Little Lifts Boxes have on so many individuals during their breast cancer treatment. It is this increasingly positive experience that drives our determination to seize every opportunity we can to further the charity's growth, because at the heart of everything we do is our ambition to realise Little Lifts' vision of supporting as many people with breast cancer as we can every year.

Our vision and strategic thinking, combined with thoughtful financial planning, have enabled us to establish a strong foundation to continue growing our support for more individuals affected by breast cancer. 2025 was a year to review and refine internal processes and infrastructure, but our confidence in increasing our operational growth by 25% in 2025 was driven by the investment in developing a portal to support demand for our Little Kindness Fund in 2023, alongside successful, original, and collaborative fundraising.

We are continually evaluating and learning from the community we serve, and our activities throughout 2025, including the addition of Community Clubs, demonstrate that people affected by breast cancer are always at the centre of our decision-making. As Trustees, it is a privilege to witness first-hand the profound impact and tangible benefits Little Lifts has, not only on the direct recipients of our Boxes and their families, but also on the ever-expanding community of volunteers, partner organisations, and sponsors. The feedback we receive weekly serves as a continual reminder of how genuinely life-enhancing our work at Little Lifts is.

Every year, we are grateful for our dedicated and growing group of Hospital Partnerships, and we appreciate the enthusiasm of our Little Lifts Community, volunteers, and the support from individuals and organisations who have donated funds and resources to aid our work. It is worth noting that in 2025, we raised enough funds (£776k*) to distribute 12,672 Little Lifts Boxes to breast cancer patients across our ten NHS Hospital Partnerships in the East of England and nationally through our Little Kindness Fund. To enable our Boxes to reach so many beneficiaries through our hospital partnerships, we relied on our growing band of volunteers to put in 3,000 hours preparing and packing them, representing the distribution of 4,132 Boxes across Norfolk, Suffolk, Essex and Cambridgeshire. Particular thanks go to our corporate supporters, Sinclair International, the newly welcomed The New Homes Group, Patron Harriet Inglis at Spacemasks, Art for Cure, for their continued support of our work in Suffolk, The Pink Ribbon Foundation for its ongoing funding of our Chemotherapy Packing Room, and to The Alborada Trust for helping us grow our Little Kindness Fund. We were delighted to receive support from The National Lottery Awards for All and the Cancer Community Chest to fund our Surgery Boxes and a new Surgery Box packing room.

We must also give thanks to the drive and determination of our CEO and Founder, Oa, who we were so pleased to see receive royal recognition as well as the Anglia Ruskin Outstanding Alumni Award for Services to the Voluntary Sector. A huge thank you must also go to the support and hard work of the Little Lifts team: Kay, Lizzie, Shopie, George, Anya, Hannah and Victoria, because without them, Little Lifts would not have achieved such a successful set of outcomes as demonstrated by our sound financial results and the number of Boxes funded and delivered. Finally, our board of Trustees continue to provide dedicated commitment and support, backed up by a wide-ranging set of expertise and experience in helping to achieve the Little Lifts vision.

We now look forward to another successful year, building on all we have achieved in 2025.



*Trustees (left to right) Jon Hall, Karyn Maier, Anne-Marie McCarthy, Jill Ward, Zoe Hill, Ella Wisbey, Oa Hackett (Founder) and Per Hall, November 2025*

**Our vision**

Every person affected by breast cancer should have the opportunity to receive a Little Lifts Box.

**Our mission**

To provide practical and emotional support to every person living in the UK who faces breast cancer treatment by giving them a carefully created Little Lifts Box at the start of or during their surgery, chemotherapy or radiotherapy treatment.

**Our value**

Our values underpin everything that we do.

- **Compassion:** because we care for people
- **Respect:** every person's experience of breast cancer is different
- **Integrity:** to achieve excellence with care and thought in all that we do
- **Open**: continuously evaluating and improving
- **Generosity**: guiding us in all we do

**What Little Lifts does**

We support people undergoing surgery, chemotherapy and radiotherapy treatment for breast cancer by giving them a Little Lifts Box. In the East of England, our hospital partnerships ensure that every eligible person is reached. Elsewhere in the UK, people can apply to our 'Little Kindness Fund' to access our support.

**Our NHS partnerships**

What drives us, and the hospital partnerships we work with, is the shared belief that everyone facing breast cancer treatment needs to feel cared for and supported as they navigate their treatment in a clinical environment.

We work with dedicated Oncology, Radiotherapy, Surgery and Breast Care Teams who ensure our Little Lifts Boxes are offered to people during their treatment planning or review meetings.

| **Name of hospital** | **Year launched** |
|---|---|
| Norfolk and Norwich University Hospital | November 2017 |
| James Paget University Hospital | September 2018 |
| Ipswich Hospital | October 2018 |
| Queen Elizabeth Hospital, King's Lynn | March 2019 |
| West Suffolk Hospital | May 2019 |
| Colchester Hospital | April 2021 |
| Broomfield Hospital (Chelmsford) | February 2022 |
| Southend-on-Sea Hospital | February 2022 |
| Basildon Hospital | February 2022 |
| Addenbrooke's Hospital | May 2023 |

**The Little Kindness Fund**

During the COVID-19 pandemic, we received a surge in requests from breast cancer patients outside our hospital partnerships, enquiring about how to receive a Little Lifts Box. Thanks to generous support from Spacemasks, we launched The Little Kindness Fund on World Cancer Day, 4th February 2021.

The Little Kindness Fund is a discretionary fund for people undergoing surgery, chemotherapy or radiotherapy treatment for primary or secondary breast cancer, living in the UK. The Fund enables eligible applicants to receive a Little Lifts Box, free of charge, to support their emotional well-being and support them through their cancer treatment.

**What is a Little Lifts Box?**

We understand that everyone's experience of breast cancer treatment is different. Our Boxes are carefully curated by people with personal experience of breast cancer treatment, and we always choose planet-friendly, ethically made items where possible. Each Box is hand-packed with love by a volunteer in our community, often by a woman who has benefited from our support.

Our Boxes contain carefully curated products to help alleviate some of the side effects of treatment and provide practical support, as well as mood-boosting goodies to promote emotional well-being.

**Chemotherapy Boxes**

Little Lifts Chemotherapy Boxes contain 22 carefully chosen items. They include a heat pack to help with joint and muscle pain, a soft toothbrush to be kind to more sensitive gums, and chilli oil and herbs to bring flavour to foods that may taste a little different.

**Radiotherapy Boxes**

Little Lifts Radiotherapy Boxes contain 11 carefully chosen items. They include moisturiser to soothe sensitive skin, a heated eye mask and pulse point roller to aid relaxation, and a natural deodorant, as it is advisable for patients to use a metal-free deodorant during treatment.

**Surgery Boxes**

Little Lifts Surgery Boxes were launched as a pilot at the Norfolk and Norwich University Hospital in October 2023, and following the pilot's success, our support for breast cancer patients receiving surgery was extended to The Little Kindness Fund in October 2024. They include 15 carefully chosen items, such as unperfumed soap and an eco-friendly flannel to aid cleaning after surgery, and disposable wipes and hand sanitiser, which may come in handy during a hospital stay.

**Our support goes beyond the products**

But it's not just what's inside the Box that's important. Many people experience breast cancer treatment as a lonely and difficult time. Our recipients tell us that the sense of solidarity and kindness they experience when they receive their Little Lifts Box is just as valuable as the contents. Little Lifts Boxes ensure that no person faces surgery, chemotherapy or radiotherapy treatment for breast cancer unprepared, or alone.

***"If someone had described it to me beforehand, I would have thought it a 'nice idea' without having given much thought to how important the sentiment is … With one Box, I no longer felt that we were alone dealing with a life changing situation … It is not a Box of cutlery and tea bags, it is a gesture of compassion and understanding sent without judgement and with no expectation, from fellow members of a club that no one wants to be part of."***

**Why is Little Lifts needed?**

In the UK, 55,000 women and 400 men are diagnosed with breast cancer every year. 81% have surgery, 61% have radiotherapy, and 34% have chemotherapy, as part of their curative or palliative primary cancer treatment. There are 61,000 women in the UK living with incurable (secondary) breast cancer, a recognised disability.

**Who develops breast cancer?**

- **Eight out of 10** cases of breast cancer are diagnosed in women aged **50 and over.**
- **One-quarter** of cases are diagnosed in women aged 75 and over.
- Just over **10,000 women** under the age of 50 are diagnosed with breast cancer every year in the UK. Of these, around 7,600 women will be in their 40s.
- **31 women** die from breast cancer every day in the UK.
- Around **2,300** women in the UK are diagnosed aged 39 or under, or just 4% of all cases.

Breast cancer in men is rare, with just **400 new cases** in the UK each year, compared to around 55,000 new cases in women.

**Every person experiences breast cancer treatment differently**

There are a number of possible side effects of surgery, chemotherapy, and radiotherapy, and each person may experience them to varying degrees and for different periods of time. Surgery can cause pain, swelling, and fatigue, as well as the emotional impact of a hospital stay and the resulting physical change. Chemotherapy can cause, amongst other things, tiredness and fatigue, nausea, hair loss, a sore mouth, loss of appetite, a change in taste, trouble sleeping, and difficulty concentrating. It can be a very difficult process, physically and emotionally. Radiotherapy can cause skin problems, tiredness, a sore mouth, loss of appetite, and joint and muscle stiffness.

Radiotherapy can be considered by some to be a less 'gruelling' treatment than chemotherapy. Our beneficiaries told us that, as radiotherapy patients, they sometimes felt less entitled to support, or that the difficulties they faced were 'lesser' than those of chemotherapy patients, because they often did not outwardly appear unwell. But radiotherapy treatment, as well as sharing some of the physical and mental side effects of chemotherapy, is also incredibly disruptive, as it is administered daily in a clinical setting. In response to feedback from radiotherapy patients, we were proud to launch a special Little Lifts Radiotherapy Box in 2020.

There is no other charity working directly with NHS hospitals offering this type of support specific to breast cancer patients in the UK. It's not only the content of our support, but also its timing and how it's delivered – directly by clinicians at surgery, chemotherapy, and radiotherapy planning meetings – that's crucial. That's what makes Little Lifts unique.

***"The 'thank you' really should be to you and your fantastic, dedicated team. The difference one of your Boxes makes is so far from little; our patients are always incredibly grateful for the luxuries they receive."*** – Medical Professional at Thirlestaine Breast Centre.

**Our charitable objective**

The object of the CIO is for the public benefit, the relief of sickness and side effects to ease the suffering of surgery, chemotherapy or radiotherapy treatment to women and men aged 18 and above who have primary and secondary breast cancer and who are living in the UK. In particular, but not exclusively, by providing them with a Little Lifts Box before the start of their surgery, chemotherapy or radiotherapy treatment.

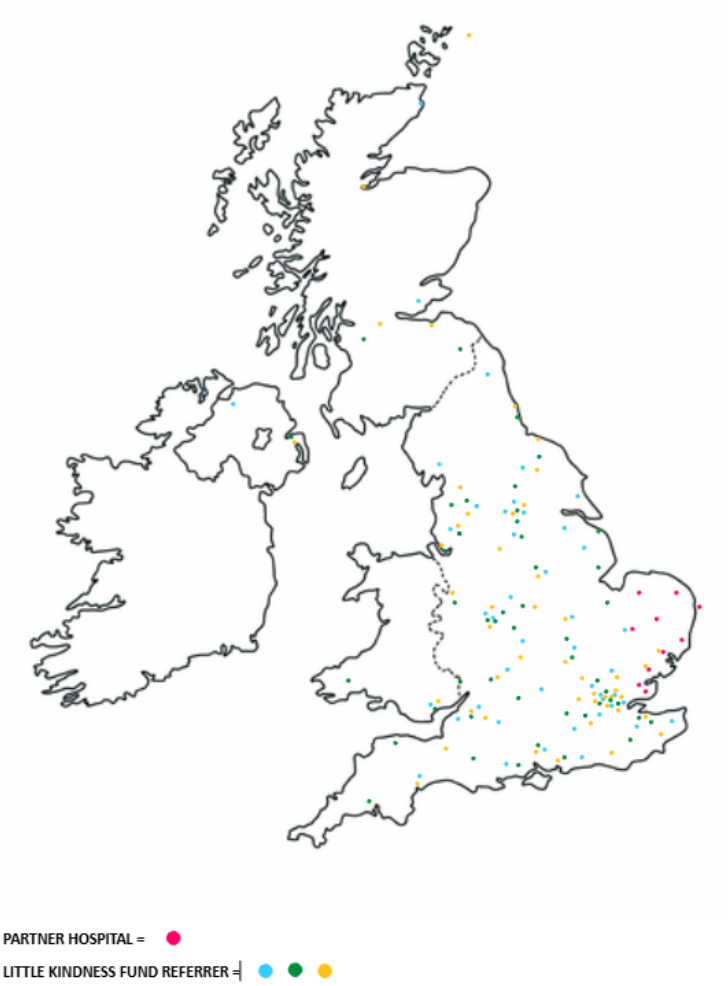
**Activities to achieve our charitable objective**

The trustees have had regard to the guidance issued by the Charity Commission on public benefit and complied with the duty in section 17 of the Charities Act 2011.

Our objectives for 2025 were to continue reviewing and refining our infrastructure to maintain our hospital partnerships and to grow our Little Kindness Fund, enabling more people affected by breast cancer to benefit from our support. In April 2025, we delivered our 30,000$^{th}$ Box, within our total of 12,672 Boxes (against a target of 12,500). Ongoing financial review and planning enabled **a 35% increase in Box distribution compared to 2024,** allowing us to distribute **12,672 Little Lifts Boxes** to support those affected by breast cancer. Of this total, **4,132 Boxes were distributed through our ten NHS Hospital Partnerships and 8,355 via The Little Kindness Fund, representing a 50% increase from 2024.** The remaining 185 were Treatment Boxes purchased on our online shop.

Outside the Boxes, we committed to hosting a second Retreat for women living with secondary breast cancer and a series of Community Clubs in Norfolk. We committed to hosting our first-ever in-person Focus Group for people who have received our support via our Little Kindness Fund.

**A map showing our Box distribution across the UK in 2025.**




In 2025, we are so proud to have achieved the following:

**January**

- We travelled to London to raise awareness and funds at the EAG Show, as part of a new partnership with the BACTA Charitable Trust.

**February**

- We celebrated the **4th birthday of our Little Kindness Fund**, which on this date had gifted 9,500 Boxes.
- To mark **World Cancer Day**, sixth formers at Langley School hosted an art exhibition called Capturing Courage, which shone a light on breast cancer patients and their families, whom we support.
- We celebrated our fundraising **Corporate Challenge 250** participants, who raised an impressive £50k, with the winning team (The Lovely Jubblies from Aviva) raising £18k.

**March**

- We hosted the **official opening** of our Chestnut Suite – the new home for our Surgery Boxes and a hub for our team meetings! This was made possible by funding

from the Cancer Community Chest and the kind support of Mills & Reeve and Source One Consulting.

- We welcomed The Pink Ribbon Foundation to our office as part of their 25th-anniversary celebratory campaign (since 2019, they have kindly funded our Chemotherapy Room).
- We spent time with Strictly Come Dancing professional dancer **Amy Dowden**, who shared her experiences of receiving a Little Lifts Box and helped us pack Boxes.

**April**

- We welcomed Breast Cancer Now to our HQ and celebrated the launch of a special partnership to signpost breast cancer patients to Breast Cancer Now's Here for You service.
- We celebrated the distribution of our **30,000th Little Lifts Box** with tea and cake!
- We hosted our **third Trail Run** sponsored by Norfolk Cordial and Rogers and Norton. It welcomed over 400 runners and raised £25k!
- Natalie and Louis (with support from his partner Lucy) took on the **London marathon,** raising over £10k!
- Our Founder, Oa, was awarded the Vice Chancellor's Outstanding Alumni Award for Voluntary Service.
- Founder Oa, Kay (Finance and Business Support Manager), Trustee Jill, and Jenny from the corporate patron Sinclair were invited to a special reception at **Buckingham Palace**, hosted by the King and Queen, to celebrate those who support breast cancer patients in their communities.

**May**

- We hosted **our fifth Fashion Show** with the incredible team at John Lewis in Norwich. 18 brave models affected by breast cancer took to the catwalk, cheered on by an audience of 200.
- We celebrated our Founding Funders, Art for Cure, for their continued support of our work in Suffolk.
- Our UK-wide virtual challenge**, Step Into May**, raised £10k thanks to people across the country!

**June**

- We received a £50,000 donation from **The Alborada Trust** to support our Little Kindness Fund.
- We spent a week celebrating our amazing volunteers during Volunteers' Week!
- Our Golf Day at Bawburgh Golf Club raised **over £13k** thanks to the kind support from Richard Tidy Wealth Management, Insurance With, Specsavers and The Mortgage Advice Bureau Foundation!

**July**

- We officially launched a brand-new corporate partnership with The New Homes Group.
- Our Founder, Oa, was asked to speak at the **Palace of Westminster** as part of the British Citizen Award celebrations.

- A brave bunch from **One Stop** took to the skies and raised £11.5k through their skydive.
- We were delighted to be part of the Leathes Prior Summer Party, which raised awareness of our work in the local community.
- We set up our **Community Choir** – a monthly meet-up for volunteers to come together and sing. This was inspired by volunteer Graham, who wrote a song about us!
- At the end of July**,** we said goodbye to Frannie, our Operations and Support Executive, who offered energy, kindness and warmth to us all.

**August**

- We hosted our second **Community Packing Party** of the year and celebrated students at Wymondham College who raised £5,200 to support our work.
- We welcomed volunteers to enjoy our annual summer picnic.
- We hosted our first-ever **Little Kindness Fund Focus Group** at the Future Dreams House in London.
- After receiving her Little Lifts Box, **Amanda's son, Max, 'braved the shave'** and raised £2k to support our work.
- We celebrated the first birthday of our Little Kindness Fund portal, which makes it easier and safer for medical professionals and breast cancer patients to access our support. **Applications have increased by 50%** compared with 2024, thanks to 487 medical professionals from 185 hospitals registering on the portal.

**September**

- Our Founder, Oa, was Awarded the Star Award at the Norfolk Women's Marketing Network Awards.

**October**

- **In October**, during Breast Cancer Awareness Month, we were proud to be featured in Breast Cancer Now's Vita Magazine, which circulates to over 40,000 people nationwide.
- We hosted our **third Volunteer Appreciation Awards**, kindly supported by Poultec and Hollinger Print.
- Our corporate supporter Endomag took on a step challenge and raised £10k to support our work.

**November**

- We hosted our **second Retreat for women living with secondary breast cancer**. With the kind support of Sedgeford Hall, this three-day, two-night Retreat offered 13 women relaxing wellness sessions, nutritious food, and the opportunity to connect with one another. Funding was raised thanks to Laura Middleton-Hughes and an in-memory donation from the family of beneficiary and volunteer Jo Ashford.
- We welcomed Tor to the team as our new Events and Fundraising Support Manager!
- **World Kindness Day (13th),** our Bakes for Kindness campaign raised £10k thanks to our community hosting bake sales across the country! Special thanks to Insurance With for sponsoring this new campaign, which we hope will become an annual event that brings communities together.

- **Our sixth annual Ball saw 400 guests** enjoy a spectacular evening, raising £62k. Our festive-themed ball was kindly sponsored by Sinclair International Ltd and Partridge Mortgage Services, with kind support from Saxon Air.
- **On 23rd November**, we celebrated our 8th birthday. MP Clive Lewis visited us to learn more about our work, and we launched a special 'boob' tea towel to mark the occasion!

**December**

- We ended the year with our volunteer festive event, which saw us sing Christmas carols and eat mince pies! Plus, we distributed our final Box of the year – 12,672!

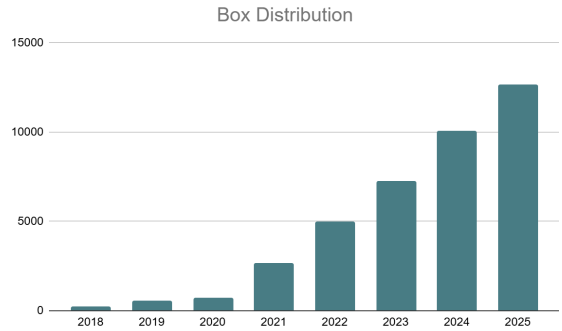



*Little Lifts Team marking 30,000th Box delivery, April 2025*

**Our impact**

In 2025, our operational demand increased by 26% compared to 2024. We delivered 12,672 Little Lifts Boxes, up from 10,075 in 2024. **Here's the breakdown:**

| Hospital | 2017-2019 Boxes | 2020 Boxes | 2021 Boxes | 2022 Boxes | 2023 Boxes | 2024 Boxes | 2025 Boxes | Total to Date |
|---|---|---|---|---|---|---|---|---|
| **NNUH – Chemo** | 412 | 178 | 206 | 178 | 260 | 218 | 219 | 1671 |
| **NNUH – Radio** | - | 128 | 681 | 671 | 564 | 746 | 610 | 3400 |
| **NNUH – Surgery** | - | - | - | - | 130 | 511 | 546 | 1187 |
| **JPUH – Chemo** | 83 | 43 | 53 | 56 | 15 | 25 | 66 | 341 |
| **IPS – Chemo** | 170 | 88 | 134 | 140 | 103 | 135 | 135 | 905 |
| **IPS – Radio** | - | - | 366 | 301 | 325 | 400 | 350 | 1742 |
| **QEH – Chemo** | 63 | 28 | 65 | 64 | 52 | 82 | 58 | 412 |
| **WSH – Chemo** | 63 | 58 | 102 | 113 | 143 | 94 | 92 | 665 |
| **CLCH – Chemo** | - | - | 71 | 96 | 178 | 130 | 93 | 568 |
| **CLCH – Radio** | - | - | 279 | 290 | 300 | 355 | 300 | 1524 |
| **BRM – Chemo** | - | - | - | 106 | 100 | 119 | 69 | 394 |
| **Southend – Chemo** | - | - | - | 161 | 92 | 129 | 218 | 600 |
| **Southend – Radio** | - | - | - | 734 | 670 | 650 | 734 | 2788 |
| **Basildon – Chemo** | - | - | - | 52 | 85 | 85 | 100 | 322 |
| **Addenbrooke's – Chemo** | - | - | - | - | 204 | 192 | 155 | 551 |
| **Addenbrooke's – Radio** | - | - | - | - | 490 | 463 | 386 | 1339 |
| **The Little Kindness Fund – Chemo** | 10 | 17 | 293 | 868 | 1856 | 3584 | 3858 | 10,486 |
| **The Little Kindness Fund – Radio** | - | - | 111 | 490 | 995 | 1615 | 2177 | 5388 |
| **The Little Kindness Fund – Surgery** | - | - | - | - | 1 | 378 | 2320 | 2699 |
| **Make 2nds Count partnership – Chemo** | - | 176 | 269 | 510 | 478 | 17 | - | 1450 |
| **Make 2nds Count partnership – Radio** | - | - | 33 | 71 | 61 | 1 | - | 166 |
| **E-Commerce – Chemo Boxes for breast cancer patients ONLY** | - | - | - | 42 | 86 | 65 | 63 | 256 |
| **E-Commerce – Radio Boxes for breast cancer patients ONLY** | - | - | - | 43 | 53 | 42 | 38 | 176 |
| **E-Commerce – Surgery Boxes for breast cancer patients ONLY** | - | - | - | - | - | - | 43 | 43 |
| **E-Commerce – Mini Boxes for breast cancer patients ONLY** | - | - | - | - | - | 39 | 42 | 81 |
| **Total** | **801** | **714** | **2663** | **4987** | **7241** | **10,075** | **12,672** | **39,154** |



**The Little Kindness Fund Statistics**

| | 2023 | 2024 | 2025 | 2025 vs 2024 |
|---|---|---|---|---|
| **Total Applications** | 3194 | 6062 | 8687 | +2625 |
| **Approved Applications** | 2844 | 5687 | 8135 | +2448 |
| **Dispatched Applications** | 2852 | 5577 | 8355 | +2778 |
| **Approved / Dispatched Chemotherapy** | 1845 / 1856 | 3630 / 3584 | 3731 / 3858 | +101 / +274 |
| **Approved / Dispatched Radiotherapy** | 999 / 995 | 1629 / 1615 | 2140 / 2177 | +511 / +562 |
| **Approved / Dispatched Surgery** | 1 / 1 | 428 / 378 | 2264 / 2320 | +1836 / +1942 |
| **Hospital Referrals** | 390 | 3068 | 5024 | +1956 |

**We know that it's the little things that matter most. Here's what people had to say about our Little Lifts Boxes throughout 2025:**

*"In a difficult time, and after a tough and slightly overwhelming info session about my chemo plan and what it would entail, and the units, being handed this Box genuinely was a 'little lift'! The gifts are sweet, kind and thoughtful, and a reminder that I'm not the first, won't be the last, and am not alone. Thank you!"*
Becky, Chemotherapy patient, Ipswich Hospital.

*"This was so much more than a 'Little Lift'. Something so unexpected and thoughtful gave a huge lift just when it was needed. Merely saying thank you will never seem enough."*
Patricia, Radiotherapy patient, Ipswich Hospital.

*"The Little Lifts Box is such a positive part of the awful journey you find yourself in. Coming home with letters, paperwork, and your mind racing, but when you sit down to unpack this Box, it is the perfect distraction. My children loved helping me unpack the items, which are all perfect to support some of the awful side effects you experience. MooGoo is now my favourite moisturiser and got me through radiotherapy with no problems."*
Caroline, Chemotherapy patient, Norfolk and Norwich University Hospital.

*"I was absolutely blown away by not only the quality of what was in my Box but the thought and the love that shone through the whole thing. I have shown it to everyone and, perhaps strangely, am looking forward to packing these treats and essentials into my "chemo" bag. Thank you so much for such a lovely thing xxx"*
Lucie, Chemotherapy patient, Addenbrooke's Hospital.

*"Receiving the LL Box really gave me a boost and genuinely made me feel people cared about me. I was surprised by the quality and quantity of treats in the Box, which made me realise how I can and should take care of myself whilst undergoing radiotherapy. I now feel I've got some 'back-up' to help me through my treatment, thank you! xx"*

Anonymous, Radiotherapy patient, The Little Kindness Fund.

*"The Little Lifts Box is the gift that keeps on giving! I received my Box and some items I wasn't sure why they'd be useful…until I started Chemotherapy. Each item is so well thought out and has some essential items you don't realise you'll want or use, but that soon becomes apparent. I am so grateful for this Box, and on my good days, the chocolate was definitely a nice touch!"*

Danielle, Chemotherapy patient, The Little Kindness Fund, Eccleshill Meadow Day Unit.

*"I absolutely loved receiving my Little Lifts Box, it really gave me the lift I needed as I'm coming to the end of my first course of chemo, ahead of my second course! Each and every gift is so well thought out and is going to be incredibly useful. I can't thank you all enough. The work you're doing is amazing and really does make a difference."*

Claire, Chemotherapy patient, The Little Kindness Fund, Salisbury District Hospital.

*"When I received the 'Little Lifts' Box through the post, I was absolutely overwhelmed. The brave face I try to wear was replaced with a little tear and a genuine smile. It felt like a warm virtual hug had been sent, and it meant the world <3 Thank you to your team, you are all wonderful, and I'm so grateful."*

Sandy, Radiotherapy patient, The Little Kindness Fund, Glenfield Hospital.

*"I was overwhelmed to receive my gift Box, and I'm finding the items very welcoming. I felt quite emotional looking through the Box and appreciated the kindness and support from Little Lifts charity. It is such a lovely thing to do for people going through cancer treatment. At a difficult time like this, Little Lifts has given me a real boost."*

Molisa, Radiotherapy patient, The Little Kindness Fund, Northampton General Hospital.

*"The kindness and care of strangers is reflected in this lovely gift, and every item is useful and chosen thoughtfully. I know everyone deals with cancer differently. This reminded me that I am not alone and that I am part of a community I know I can contact if I need to."*

Anonymous, Radiotherapy patient, The Little Kindness Fund, Peterborough City Hospital.



*Little Kindness Fund Focus Group, August 2025*

**Our support goes beyond our Boxes**



**Meet Paul!** Paul received his Little Lifts Chemotherapy Box through our Little Kindness Fund. After finding a hard pea-sized lump behind his nipple while on holiday, he was diagnosed with grade three primary breast cancer and had a mastectomy with three sentinel lymph nodes removed. He received three rounds of chemotherapy before displaying signs of confusion caused by the type of chemotherapy he was having, and subsequently stopped chemotherapy at his oncologist's advice. Paul now takes tamoxifen, which he will be on for five years, and is spreading the word on breast cancer amongst men. He told us, "I was especially keen to advise men to be more body aware and not to forget to check their boobs - we so often obsess about the other end of our torsos!'

What Paul said about his gift Box:

**"[It made me feel] positive, cared for and thought about by non-medical people. Keep up the good work! It really does provide a "lift" to receive a Box of lovely goodies of various kinds. It helps with the mental side of recovering from cancer - a positive attitude has psychosomatic effects. I still have items that I have not thrown away, even through a house move… and on reflection, this is so that I can be in touch with the positive feelings that I felt when I received the Box during a dark time."**

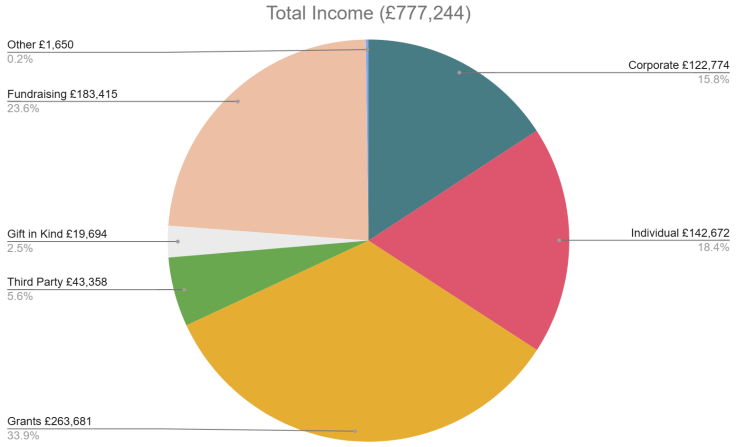
Feedback is incredibly important to us at Little Lifts. Not only does positive feedback help us stay focused on our goals, but suggestions from Box recipients also genuinely inform improvements to our operations and delivery, and have a real impact on our strategy, ensuring that we continue to serve our communities most effectively and expand our reach. The expansion of our Surgery Box to The Little Kindness Fund, following the 2023 pilot, demonstrates how we respond to feedback from patients and medical professionals.

Feedback also helps us better understand who our support reaches. At the time of writing this report, out of the 2,189 people who submitted feedback, 11 were men. Of this number, 1,489 individuals reported their ethnicity, with 2.6% identifying as being from a black or ethnic minority background. Our feedback form includes a question asking, 'How supported did/does the Little Lifts Box make you feel?' Beneficiaries are asked to mark on a scale of five, with five being 'very supported' and one being 'not supported'. 99% said the Little Lifts Box made them feel 'very supported' (93%) or 'supported' (6%).

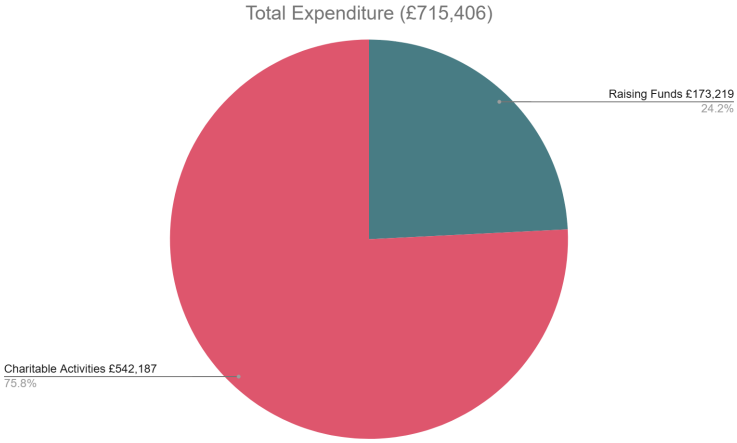
**Our Finances – 2025**

From a financial perspective, it is essential that we have adequate and sustainable resources, both financial and non-financial, to support our Box production and distribution and serve every individual affected by breast cancer.

In 2025, we achieved an income of £777K, marking a 15% increase compared to 2024 and building on the strong growth from the previous year. The most notable uplift came from corporate donations and events. This performance reflects our ongoing focus on diversifying income streams, thereby enhancing financial resilience.




The increase in income enabled us to distribute 12,672 Boxes, a 26% rise on 2024. By maintaining a strong focus on securing the best value for Box contents, the proportion of our costs spent on charitable activities remained largely stable at 76% of total costs (2024: 77%). While achieving record Box deliveries, our increase in income and robust cost control resulted in a surplus of £62K in 2025 (2024: £6K deficit). We have allocated £30k of this surplus to The Little Kindness Fund and to exploring a new Box initiative.




At Little Lifts, we believe that, as a public benefit organisation, it is important to maintain strong financial management to ensure we deliver the best value possible while using ethical, environmentally friendly, natural, organic, and locally sourced products whenever possible. Our quality and ethical standards mean that many of our products carry a high retail value, so we are deeply grateful to many of our suppliers who have provided generous charitable discounts and to the companies that have donated products for our Little Lifts Boxes.

**Our Reserves Policy and Going Concern**

In assessing the overall level of reserves, the trustees always aim to maintain sufficient unrestricted funds of at least six months to ensure Little Lifts remains solvent going forward. Designated or restricted funds shall not form part of this sum. The decision was made by the trustees so that Little Lifts can:

- Have the flexibility to continue to operate in the best interests of our beneficiaries should the forecasted income not be generated.
- Mitigate against the risk of unplanned closure and the impact this may have on our staff and beneficiaries; and
- Use the fund to support new projects we feel are in the best interest of the charity, should we not be able to secure financial support elsewhere.

At the end of 2025, the total reserves stand at £337k (2024: £276k), of which £252k (2024: £173.5k) is unrestricted and non-designated, which is satisfactory in accordance with the reserve policy mentioned above. The Trustees designate funds for specific purposes to support new Box initiatives and further assist 'The Little Kindness Fund', which provides Boxes to breast cancer patients across the UK.

**Our approach to fundraising**

- Little Lifts is a member of the Fundraising Regulator.
- Our income is generated thanks to the support of our Little Lifts Community, made up of individual fundraisers. We do not engage any fundraising agencies or third parties, nor have we run any direct mail, telephone, or door-to-door fundraising campaigns. The relationships we have with our supporters are very important to us; we work hard to ensure that all fundraising activities prioritise quality and personal stewardship. The charity does not wish for our supporters, including vulnerable people, to feel under any pressure to donate to the charity.
- Our close relationship with fundraisers enables us to support them in delivering their events and in complying with relevant codes of practice. Where we work with commercial participants, such as Spacemasks, contracts are exchanged to ensure compliance with the code of fundraising practice, applicable laws, and best practice.
- We received no complaints about our fundraising practices in 2025.

**Our principal sources of fundraising**

We are very grateful for the support we have received from the following Trusts and Foundations in 2025:

- Aquarius Charitable Foundation
- Arm Community Fund (CCF)
- Art for Cure
- Big Give - Small Charities Week Campaign, thanks to Global's Make Some Noise
- Big Give - Women and Girls Fund Campaign
- Cancer Community Chest
- Clare King Charitable Trust
- D C Moncrieff Charitable Trust
- Elveden Forest Community Fund (Center Parcs)
- Fowler Smith and Jones Trust

- Great Dunmow and District Round Table Charitable Trust
- Great Yarmouth Lions Club Trust Fund
- Harry Cureton Fund (CCF)
- Haslers' Foundation
- Colchester and Ipswich Hospitals Charity
- Lloyds Bank Foundation for England and Wales
- Mills & Reeve Charitable Trust
- National Lottery - Awards for All
- Norwich North Alpha Lions Club Charity Trust Fund
- Percy Lea Charitable Trust
- Pink Ribbon Foundation
- Postcode Places Trust - Funds raised by players of People's Postcode Lottery
- Richard Gurney Lodge 8387
- Souter Charitable Trust
- St James's Place Charitable Foundation
- The Alan Boswell Group Charitable Trust
- The Alborada Trust
- The Anthony and Elizabeth Mellows Charitable Settlement
- The Barbara Price Charitable Trust
- The Barratt Family Charitable Trust
- The BACTA Charitable Trust
- The Belstead Ganzoni Charitable Settlement
- The Childwick Trust
- The Co-operative Bank Customer Donation Fund
- The Daphne Edwards Charitable Trust
- The De Vere Hunt Charitable Trust
- The Frank Litchfield General Charitable Trust
- The Geoffrey Burton Charitable Trust
- The Geoffrey Watling Charity
- The Grimwade Charitable Trust
- The I F F Charity Trust
- The Illumina Community Fund (CCF)
- The John and Pamela Salter Charitable Trust
- The Lady Hind Trust
- The Lockett Trust
- The Mackintosh Foundation
- The Majestic Wine Charitable Foundation
- The Paul Bassham Charitable Trust
- The Public Interest Foundation
- The R C Snelling Charitable Trust
- The Red Socks Charitable Trust
- The Rotary Club of Billericay Mayflower Charitable Trust
- The Royal George Chapter Benevolent Fund
- The Simon Gibson Charitable Trust
- The Sir Robert Gooch Trust
- The Stockwell/Cliffe Charitable Trust
- The Timothy Colman Charitable Trust
- The Viscount Mackintosh Charitable Trust
- The Woodmill Trust
- Walter Farthing Trust

- Women and Girls Grant Making Programme (SCF)

In addition, we are very grateful for the support we have received, financial or otherwise, from our corporate supporters, including our strategic corporate partners Sinclair International Ltd, The New Homes Group, Spacemasks, Rogers & Norton and BACTA.

**Our Little Lifts Community**

A huge thank you to our wonderfully kind and dedicated **Little Lifts Community**, who help to raise awareness as well as fundraise for us. Here are just some of the many examples of our superstar individuals and group fundraisers.

- Louis ran the London Marathon after his partner Lucy received a Little Lifts Box, raising £7,527.
- Jo (beneficiary), along with her pub team and partner pubs (The Hero, The Ten Bells, The Wildman, and The Drawing Rooms), completed a 5k beach run, raising £4,344.
- Rachel (beneficiary) & David completed the Coast to Coast Walk and requested donations instead of wedding gifts, raising over £4,000.
- Thorpeness Golf Club picked us as their charity of the year, raising £4,666.
- Whispers Boutique chose us as their preferred charity to raise funds through a Fashion Show, sale of scarves, raffles, and participation in our Bakes for Kindness campaign, raising over £3,400.
- Rob Ireland completed a 70-mile walk in memory of Charlotte (beneficiary), raising over £2,400.
- Amanda (beneficiary) and her son Max shaved their heads together before she began her chemotherapy, raising over £2,000.
- Ottilie ran the Town and Gown 10K in Cambridge after her friend received a Little Lifts Box, raising over £1,800.
- Julia Wilkins held her Play it Pink Golf Day in Spain for the second consecutive year, raising £4,500.
- Lincolnshire Community and Hospitals NHS Group hosted their Charity Ball, raising £3,800.
- Emma (beneficiary) shaved her head, raising over £3,000.

**Special thanks to some remarkable people**

Katrina Archer-Rand, Mary Addyman, Mike Wyard, Dan Tulloch, Eva Stiles, James Rouse, Richard Tidy, Ben Crawford and Greg Hackett for being special members of our Little Lifts Community, giving their time and expertise to support us.

**Gifts in Kind received**

| 2025 Gift In Kind | | | | | | |
|---|---|---|---|---|---|---|
| **Product** | **Units** | **Cost Price** | **Total Value** | **Month Donated** | **Category** | **Donated by** |
| **Quarter 1 (Jan - Mar)** | | | | | | |
| Snacks | 1 | £150 | £150.00 | January | Event Costs - Trail Run | Brand Bank |
| Crisps | 3 | £15 | £45.00 | January | Event Costs - Trail Run | Kettle Foods |
| Radio Boxes | 2080 | £0.66 | £1,372.80 | January | Box Printing, Packaging & Design | Thompson Packaging |
| Coffee Bags for Office | 2 | £33.26 | £66.52 | January | Miscellaneous Expense | Paddy & Scott's |
| Soap | 70 | £1.75 | £122.50 | February | Box Products | Beam |
| Toothpaste | 1200 | £1.65 | £1,980.00 | March | Box Products | Kingfisher |
| Easter Egg Selection | 1 | £20 | £20.00 | March | Volunteer Events Costs | Tesco |
| Coffee Bags - Office | 2 | £33.26 | £66.52 | March | Miscellaneous Expense | Paddy & Scott's |
| Ground Coffee - Office | 6 | £3 | £18.00 | March | Miscellaneous Expense | Paddy & Scott's |
| **Quarter 2 (Apr - Jun)** | | | | | | |
| Wooden LL medals | 32 | £9.45 | £302.40 | April | Fundraising Costs | LaserUs |
| Radio/Surgery Boxes | 1850 | £0.66 | £1,221.00 | April | Box Printing, Packaging & Design | Thompson Packaging |
| Chemo Boxes | 1960 | £0.75 | £1,470.00 | April | Box Printing, Packaging & Design | Thompson Packaging |
| Cakes | 10 | £40 | £400.00 | April | Event Costs - Trail Run | Sponge Cakes |
| Lemonade | 300 | £1.50 | £450.00 | April | Event Costs - Trail Run | Norfolk Cordial |
| Spacemasks | 400 | £1.51 | £604.00 | May | Event Costs - Fashion Show | Spacemasks |
| Cake | 4 | £3 | £12.00 | June | Beneficiary Event Costs (Community Clubs) | Tesco |
| Toothpaste | 1200 | £1.65 | £1,980.00 | June | Box Products | Kingfisher |
| **Quarter 3 (Jul - Sep)** | | | | | | |
| Chocolate Wonders | 240 | £1.46 | £350.40 | July | Box Products | Booja Booja |
| Moisturiser | 50 | £4 | £200.00 | July | Beneficiary Event Costs (Community Clubs) | My Trusty |
| Gem Stones | 900 | £0.40 | £360.00 | July | Box Products | Little Gems Cromer |
| Cordial | 3 | £4.50 | £13.50 | July | Beneficiary Event Costs (Retreat) | Norfolk Cordial |
| Coffee Bags - Office | 3 | £33.26 | £99.78 | July | Miscellaneous Expense | Paddy & Scott's |
| Ground Coffee - Office | 6 | £3 | £18.00 | July | Miscellaneous Expense | Paddy & Scott's |
| Bracelets | 50 | £2.50 | £125.00 | August | Fundraising Support Costs | BoHo Betty |
| Bracelets | 50 | £2.50 | £125.00 | August | Box Products | BoHo Betty |
| Lip Balm | 24 | £1.44 | £34.56 | September | Beneficiary Event Costs (Retreat) | Yare Valley |
| Toothpaste | 1500 | £1.65 | £2,475.00 | September | Box Products | Kingfisher |
| **Quarter 4 (Oct - Dec)** | | | | | | |
| Postcards | 80 | £0.50 | £40.00 | October | Volunteer Events Costs (Awards) | Hollinger |
| Fizz | 6 | £3 | £18.00 | October | Volunteer Events Costs (Awards) | OneStop |
| Buffet | 45 | £3 | £135.00 | October | Volunteer Events Costs (Awards) | Poultec |
| Face Cream | 28 | £3.15 | £88.20 | October | Beneficiary Event Costs (Retreat) | Charlotte Tilbury |
| Tea | 6 | £8 | £48.00 | October | Beneficiary Event Costs (Retreat) | Paddy & Scott's |
| Ground Coffee | 6 | £6 | £36.00 | October | Beneficiary Event Costs (Retreat) | Paddy & Scott's |
| Hot Chocolate | 6 | £7 | £42.00 | October | Beneficiary Event Costs (Retreat) | Paddy & Scott's |
| Non-Alcoholic Wine | 24 | £4.88 | £117.00 | October | Beneficiary Event Costs (Retreat) | Eisberg Wine |

| | | | | | | |
|---|---|---|---|---|---|---|
| Chocolate Wonders | 16 | £1.46 | £23.36 | October | Beneficiary Event Costs (Retreat) | Booja Booja |
| Chocolate Boxes | 16 | £3.17 | £50.72 | October | Beneficiary Event Costs (Retreat) | Booja Booja |
| GHDs | 14 | £30.00 | £420.00 | November | Beneficiary Event Costs (Retreat) | GHD |
| Chocolate | 20 | £1.00 | £20.00 | November | Beneficiary Event Costs (Retreat) | A Lifetime of Chocolate |
| Keyrings | 15 | £2.50 | £37.50 | November | Beneficiary Event Costs (Retreat) | Scamp and Dude |
| Retreat Dinner | 1 | £350 | £350.00 | November | Beneficiary Event Costs (Retreat) | Florentina |
| Ignite Band | 1 | £750 | £750.00 | November | Event Costs - Ball | Ignite |
| Chocolate | 400 | £1.69 | £676.00 | November | Event Costs - Ball | Booja Booja |
| Spacemasks | 360 | £1.51 | £543.60 | November | Event Costs - Ball | Spacemasks |
| Table Name Cards | 38 | £0.10 | £3.80 | November | Event Costs - Ball | Hollinger |
| Menu Choice Cards | 450 | £0.08 | £36.00 | November | Event Costs - Ball | Hollinger |
| Toilets | 1 | £750 | £750.00 | November | Event Costs - Ball | Elite Toilet Hire |
| Kombucha | 70 | £1.35 | £94.50 | November | Event Costs - Ball | Oishii Kombucha |
| Fizz | 55 | £14.85 | £816.75 | November | Event Costs - Ball | Adnams |
| Low Alcohol Beer | 8 | £29.99 | £239.92 | November | Event Costs - Ball | Adnams (Cases) |
| Spacemasks | 40 | £1.51 | £60.40 | November | Fundraising Support Costs | Spacemasks |
| Candles | 80 | £1.50 | £120.00 | November | Volunteer Costs | Sentire |
| Coffee Bags - Office | 4 | £15 | £60.00 | December | Miscellaneous Expense | Paddy & Scott's |
| Teabags - Office | 2 | £4 | £8.00 | December | Miscellaneous Expense | Paddy & Scott's |
| Ground Coffee - Office | 2 | £3 | £6.00 | December | Miscellaneous Expense | Paddy & Scott's |
| Mince Pies | 30 | £0.70 | £21.00 | December | Volunteer Events Costs | Ketts Hill Bakery |
| **Total:** | | | **£19,693.73** | | | |

## Declaration

The trustees declare they have approved the Trustees' Annual Report above.

Signed on behalf of the charity trustees:

| | | |
|---|---|---|
| **Signature** | Karyn Main | AMcGrthy |
| **FULL NAME** | KARYN MAIN | ANNE-MARIE McCARTHY |
| **POSITION** | CHR TRUSTEE | TRUSTEE |

| |
|---|
| **Date:** 20.4.26 |

# littlelifts

**1170737**

## Independent Examiner's Report to the members

**For the Year Ended 31 December 2025**

### Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("The Act")

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to

- Examine the accounts under section 145 of the Charities Act,
- To follow the applicable Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act; and
- To state whether particular matters have come to my attention

### Basis of Independent Examiner's Statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
    - to keep accounting records in accordance with section 130 of the Charities Act
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements set out in the (Accounts and Reports) Regulations 2008 have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed _____ Date: 31st March 2026

**Shirley Webb MAAT Director**
**Make It Count (Accountancy Services) Ltd**
**3 Malleson Place**
**East Carleton**
**NR14 8JA**

# Little Lifts

## Statement of Financial Activities

**For the Year Ended 31 December 2025**

| | Notes | Unrestricted 2025 £ | Restricted 2025 £ | Total Funds 2025 £ | Total Funds 2024 £ |
|---|---|---|---|---|---|
| **Income:** | | | | | |
| Donations and legacies | **2** | 276,299 | 315,880 | 592,179 | 531,252 |
| Funds Raised by charity | **3** | 183,415 | - | 183,415 | 142,748 |
| Other Income | **3** | 1,650 | - | 1,650 | 1,115 |
| **Total Income** | | 461,364 | 315,880 | 777,244 | 675,115 |
| **Expenditure on:** | | | | | |
| Raising Funds | **4** | 173,219 | - | 173,219 | 154,140 |
| Charitable Activities | **4** | 209,962 | 332,225 | 542,187 | 527,064 |
| **Total Expenditure** | | 383,181 | 332,225 | 715,406 | 681,204 |
| **Net income/(Expenditure)** | | 78,183 | (16,345) | 61,838 | (6,089) |
| **Transfers between funds** | | - | - | - | - |
| **Net movement in funds** | | 78,183 | (16,345) | 61,838 | (6,089) |
| **Reconciliation of Funds:** | | | | | |
| Total Funds brought forward | | 173,460 | 102,131 | 275,591 | 281,680 |
| **Total Funds carried forward** | | 251,643 | 85,786 | 337,429 | 275,591 |

# Little Lifts

## Balance Sheet

As at 31 December 2025

| | Note | 2025 | 2024 |
|---|---|---|---|
| | | £ | £ |
| **Fixed Assets** | 5 | | |
| Tangible Assets | | 17,046 | 23,755 |
| **Total Fixed Assets** | | 17,046 | 23,755 |
| | | | |
| **Current Assets** | 6 | | |
| Stocks | | 34,288 | 31,113 |
| Debtors | | 28,066 | 24,044 |
| Cash at Bank and in hand | | 270,479 | 207,143 |
| **Total Current Assets** | | 332,833 | 262,300 |
| | | | |
| **Current Liabilities** | | | |
| Creditors: Amounts falling due within one year | 7 | 12,450 | 10,464 |
| Deferred Income | 8 | - | - |
| **Total Current Liabilities** | | 12,450 | 10,464 |
| | | | |
| Creditors: Amounts falling due after more than one year | | - | - |
| | | | |
| **Total Net Assets or Liabilities** | | 337,429 | 275,591 |
| | | | |
| **The Funds of The Charity** | 9 | | |
| Restricted Funds | | 85,786 | 102,131 |
| Unrestricted Funds | | | |
| Designated Funds | | 30,000 | - |
| General Funds | | 221,643 | 173,460 |
| **Total Charity Funds** | | 337,429 | 275,591 |

The notes at pages 28 to 39 form part of these accounts.

Signed: Kerry Muir

Signed: AMcCarthy.

These accounts were approved by the trustees on:

20.4.26

# Little Lifts

## Statement of Cash Flows

**For the Year Ended 31 December 2025**

| | Note | Funds 2025 £ | Funds 2024 £ |
|---|---|---|---|
| **Net cash provided by Operating Activities** | **10** | **64,056** | **14,774** |
| **Cashflow from Investing Activities** | | | |
| Purchase/donation of tangible fixed assets | | (720) | (22,623) |
| **Cash provided by (used in) Investing Activities** | | **(720)** | **(22,623)** |
| Increase / (Decrease) in cash and cash equivalents in the year | | 63,336 | (7,849) |
| Cash and cash equivalents at the beginning of the year | | 207,143 | 214,992 |
| **Total cash and cash equivalents at the end of the year** | | 270,479 | 207,143 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2025**

## 1 Accounting Policies

**1.1 Basis of preparation of financial statements**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

Little Lifts constitutes a public benefit entity as defined by FRS 102.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 1.1.

No changes to accounting estimates have occurred in the reporting period.

No material prior year errors have been identified in the reporting period.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 SORP a restatement of comparative items was needed. No restatements were required.

**1.2 Income**

**Recognition of income**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

**Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP.

**1.3 Grants and donations**

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

**1.4 Legacies**

Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

**1.5 Donations of gifts, services and facilities**

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services of facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

## Notes to the Financial Statements

**For the Year Ended 31 December 2025**

*1. Accounting policies (continued)*

**1.6 Fund Accounting**
Restricted funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by trustees for particular purposes.

**1.7 Liability recognition**
Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

All expenditure is accounted for on an accruals basis.

**1.8 Governance and support costs**
Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

**1.9 Grants payable**
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output. Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

**1.10 Creditors**
The charity has creditors which are measured at settlement amounts less any trade discounts.

**1.11 Tangible fixed assets for use by charity**
These are capitalised if they can be used for more than one year and are valued at historical cost.
Depreciation is charged on furniture and equipment on a straight-line basis over their estimated useful life of five years from the year of acquisition.
Depreciation is charged on computer equipment on a straight-line basis over their estimated useful life of three years from the year of acquisition.

**1.12 Stock**
Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**1.13 Debtors**
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**1.14 Cash at bank and in hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or the opening deposit or similar account.

## Notes to the Financial Statements

**For the Year Ended 31 December 2025**

| Income From: | Unrestricted 2025 £ | Restricted 2025 £ | Total 2025 £ | Total 2024 £ |
|---|---|---|---|---|
| **2. Donations & Legacies** | | | | |
| Corporate | 78,276 | 44,498 | **122,774** | 80,186 |
| Individuals | 120,914 | 21,758 | **142,672** | 124,276 |
| Grants | 15,200 | 248,481 | **263,681** | 214,754 |
| Third Party | 42,215 | 1,143 | **43,358** | 79,401 |
| Gifts in Kind | 19,694 | - | **19,694** | 32,635 |
| | 276,299 | 315,880 | **592,179** | 531,252 |

| **Gifts in Kind breakdown:** | **2025** | **2024** |
|---|---|---|
| | **£** | **£** |
| Overheads | 831 | 2,307 |
| Equipment | - | 8,538 |
| Box Products | 7,393 | 8,544 |
| Box Printing, Packaging & Design | 4,064 | 6,208 |
| Event and Volunteer Support | 7,406 | 7,037 |
| | **19,694** | 32,634 |

| **3. Fundraising Income** | | | | |
|---|---|---|---|---|
| Box Sales | 12,963 | - | **12,963** | 10,754 |
| Merchandise | 3,326 | - | **3,326** | 651 |
| Events | 167,126 | - | **167,126** | 131,343 |
| | 183,415 | - | **183,415** | 142,748 |

| **Other Income** | | | | |
|---|---|---|---|---|
| Interest Received | 1,650 | | **1,650** | 1,095 |
| Profit on Sale of Fixed Assets | | | **-** | 20 |
| Apprenticeship Income | | | **-** | - |
| | 1,650 | - | **1,650** | 1,115 |

**4. Analysis of Expenditure**

| | Cost of Raising Funds | Charitable Activities | Governance | Support Costs | 2025 | 2024 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| Wages and Salaries | 52,315 | 125,685 | 4,145 | 27,868 | **210,013** | 198,793 |
| Pension Costs | 1,101 | 2,644 | 87 | 586 | **4,418** | 4,207 |
| Event Costs | 51,031 | - | - | - | **51,031** | 44,172 |
| Merchandise | 982 | - | - | - | **982** | 868 |
| Other | 577 | - | - | 634 | **1,211** | 477 |
| Little Lifts Boxes and Patient Related Support | - | 255,066 | - | - | **255,066** | 262,766 |
| Box Printing and Postage | - | 53,464 | - | - | **53,464** | 43,940 |
| Funding Application Support Costs | 9,525 | - | - | - | **9,525** | 8,135 |
| Fundraising Support Costs | 13,143 | - | - | 2,304 | **15,447** | 11,792 |
| Travel | 3,799 | 8,864 | - | - | **12,663** | 12,113 |
| Staff Training and Welfare | - | - | - | 645 | **645** | 1,874 |
| Premises Costs | 6,500 | 37,916 | 1,083 | 8,667 | **54,166** | 42,989 |
| IT Costs, Software and Consumables | - | - | - | 23,642 | **23,642** | 17,354 |
| Equipment Maintenance | - | - | - | 746 | **746** | 1,624 |
| Printing, Stationery and Postage | - | - | - | 2,861 | **2,861** | 3,888 |
| Advertising, Marketing and PR | 871 | 2,613 | - | - | **3,484** | 13,131 |
| Accountancy and Independent Examiner Costs | - | - | 2,740 | - | **2,740** | 3,650 |
| Depreciation | - | - | - | 7,429 | **7,429** | 3,889 |
| Volunteer Costs | - | 1,046 | - | - | **1,046** | 575 |
| HR Support | - | - | - | - | **-** | - |
| Community Clubs and Retreat Costs | - | 4,827 | - | - | **4,827** | 4,967 |
| | 139,844 | 492,125 | 8,055 | 75,382 | **715,406** | 681,204 |
| Support Costs | 30,153 | 45,229 | - | (75,382) | - | - |
| Governance Costs | 3,222 | 4,833 | (8,055) | - | - | - |
| **Total Expenditure** | **173,219** | **542,187** | **-** | **-** | **715,406** | **681,204** |

## Notes to the Financial Statements

**For the Year Ended 31 December 2025**

| 5. Tangible Fixed Assets<br>Analysis of Opening and Carrying Amounts | Freehold Land and Buildings<br>£ | Leasehold Land and Buildings<br>£ | Plant and Machinery<br>£ | Fixtures, Fittings and Equipment<br>£ | Total<br>£ |
|---|---|---|---|---|---|
| **Cost or Valuation** | | | | | |
| As at 1st January 2025 | - | - | - | 38,547 | 38,547 |
| Additions | - | - | - | 720 | 720 |
| Disposals | - | - | - | - | - |
| **At End of the Year** | - | - | - | 39,267 | 39,267 |
| **Depreciation and Impairment** | | | | | |
| As at 1st January 2025 | - | - | - | 14,792 | 14,792 |
| Depreciation | - | - | - | 7,429 | 7,429 |
| Disposals | - | - | - | - | - |
| **At End of the Year** | - | - | - | 22,221 | 22,221 |
| **Net Book Value** | | | | | |
| As at 1st January 2025 | - | - | - | 23,755 | 23,755 |
| As at 31st December 2025 | - | - | - | 17,046 | 17,046 |

| 6. Current Assets | 2025<br>£ | 2024<br>£ |
|---|---|---|
| Box Product Stocks | 28,182 | 25,242 |
| Merchandise Stocks | 1,831 | 1,265 |
| Packaging Stock | 4,275 | 4,606 |
| Accrued Income | 456 | - |
| Office Rental Deposit | 2,100 | 2,100 |
| Other Debtors | 150 | 288 |
| Prepayments | 25,360 | 21,656 |
| | 62,354 | 55,157 |

Stocks represent the Little Lifts' Box contents in readiness for supply. The stocks will be used in the Boxes provided as part of charitable activities in 2026.

| 7. Current Liabilities | 2025<br>£ | 2024<br>£ |
|---|---|---|
| Creditors | 5,911 | 6,060 |
| PAYE & NIC Payable | 5,415 | 3,549 |
| Pensions Payable | 1,086 | 822 |
| Student Loans Deductions Payable | 38 | 33 |
| | 12,450 | 10,464 |

| 8. Deferred Income | 2025<br>£ | 2024<br>£ |
|---|---|---|
| As at 1 January 2025 | - | - |
| Additions during the year | - | - |
| Amounts released to income | - | - |
| As at 31 December 2025 | - | - |

## Notes to the Financial Statements

**For the Year Ended 31 December 2025**

### 9. Charity Funds

**Current Year**

| | At 1 January 2025 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2025 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| Little Kindness Fund | - | - | - | 20,000 | - | **20,000** |
| New Box Initiative | - | - | - | 10,000 | - | **10,000** |
| General Funds | 173,460 | 461,364 | (383,181) | (30,000) | - | **221,643** |
| **Total Unrestricted Funds** | **173,460** | **461,364** | **(383,181)** | **-** | **-** | **251,643** |
| **Restricted Funds** | | | | | | |
| Addenbrooke's Hospital | - | 30,633 | (28,633) | - | - | **2,000** |
| Broomfield Hospital | - | 6,000 | (6,000) | - | - | **-** |
| Colchester Hospital | 8,353 | - | (8,353) | - | - | **-** |
| Ipswich Hospital | 13,955 | 8,065 | (22,020) | - | - | **-** |
| James Paget Hospital | 3,310 | 2,250 | (5,560) | - | - | **-** |
| Norfolk Hospitals | - | 3,950 | (3,950) | - | - | **-** |
| NNUH Trust | 20,180 | 33,617 | (43,825) | - | - | **9,972** |
| Queen Elizabeth Hospital | 3,000 | - | (3,000) | - | - | **-** |
| Southend Hospital | 12,382 | 4,500 | (16,882) | - | - | **-** |
| Suffolk Hospitals | 1,000 | - | (1,000) | - | - | **-** |
| West Suffolk Hospital | 3,015 | 7,378 | (10,393) | - | - | **-** |
| Norfolk Radiotherapy | - | 740 | (740) | - | - | **-** |
| Norfolk Chemotherapy | - | 4,250 | (4,250) | - | - | **-** |
| Little Kindness Fund | 32,013 | 200,702 | (165,050) | - | - | **67,665** |
| Retreats | 1,630 | 3,445 | (2,676) | - | - | **2,399** |
| Rent | 3,293 | 7,500 | (7,043) | - | - | **3,750** |
| Vans | - | 1,250 | (1,250) | - | - | **-** |
| Community Clubs | - | 600 | (600) | - | - | **-** |
| IT Support | - | 1,000 | (1,000) | - | - | **-** |
| **Total Restricted Funds** | **102,131** | **315,880** | **(332,225)** | **-** | **-** | **85,786** |
| **Total Funds** | **275,591** | **777,244** | **(715,406)** | **-** | **-** | **337,429** |

**Previous Year**

| | At 1 January 2024 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2024 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| New Box Initiative | 11,431 | - | (11,431) | - | - | **-** |
| General Funds | 221,685 | 446,997 | (499,529) | 4,308 | - | **173,461** |
| **Total Unrestricted Funds** | **233,116** | **446,997** | **(510,960)** | **4,308** | **-** | **173,461** |
| **Restricted Funds** | | | | | | |
| Addenbrooke's Hospital | 5,000 | - | (5,000) | - | - | **-** |
| Broomfield Hospital | - | 5,000 | (5,000) | - | - | **-** |
| Colchester Hospital | 9,458 | 20,083 | (21,188) | - | - | **8,353** |
| Ipswich Hospital | 12,522 | 17,707 | (16,274) | - | - | **13,955** |
| James Paget Hospital | - | 3,310 | - | - | - | **3,310** |
| Norfolk Hospitals | - | 2,000 | (2,000) | - | - | **-** |
| Norfolk & Norwich University Hospita | - | 27,899 | (7,719) | - | - | **20,180** |
| Queen Elizabeth Hospital | 3,000 | 3,000 | (3,000) | - | - | **3,000** |
| Southend Hospital | - | 28,946 | (16,564) | - | - | **12,382** |
| Suffolk Hospitals | 1,000 | - | - | - | - | **1,000** |
| West Suffolk Hospital | 3,079 | 6,136 | (6,200) | - | - | **3,015** |
| Norfolk Radiotherapy | 1,000 | 4,000 | (5,000) | - | - | **-** |
| Chemotherapy Boxes | - | 50 | (50) | - | - | **-** |
| Radiotherapy Boxes | - | 2,050 | (2,050) | - | - | **-** |
| Surgery Boxes | 8,929 | - | (8,929) | - | - | **-** |
| Little Kindness Fund | - | 90,755 | (58,742) | - | - | **32,013** |
| Make 2nds Count Partnership | 1,283 | - | (1,283) | - | - | **-** |
| Retreats | - | 5,284 | (3,654) | - | - | **1,630** |
| Rent | 3,293 | 7,590 | (7,590) | - | - | **3,293** |
| Office Equipment and Furniture | - | 4,308 | - | (4,308) | - | **-** |
| **Total Restricted Funds** | **48,564** | **228,118** | **(170,243)** | **(4,308)** | **-** | **102,131** |
| **Total Funds** | **281,680** | **675,115** | **(681,203)** | **-** | **-** | **275,592** |

**9. Charity Funds**
***- Continued***

**Purpose of Restricted Funds**
**Addenbrooke's Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Addenbrooke's Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Arm Community Fund (CCF) | 1,955 | - |
| The Childwick Trust | 10,000 | 5,000 |
| Clare King Charitable Trust | 1,000 | - |
| Earl Fitzwilliam Charitable Trust | - | 1,000 |
| The Frank Litchfield General Charitable Trust | 2,000 | 1,000 |
| Hudson Charitable Trust | - | 300 |
| The I F F Charity Trust | 500 | - |
| Illumina Community Fund (CCF) | 9,988 | - |
| Simon Gibson Charitable Trust | 5,190 | - |
| | 30,633 | 7,300 |

**Broomfield Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Broomfield Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Haslers Foundation | 1,000 | - |
| Walter Farthing Trust | 5,000 | 5,000 |
| | 6,000 | 5,000 |

**Colchester Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Colchester Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Ipswich and Colchester Hospitals Charity | - | 10,808 |
| | - | 10,808 |

**Ipswich Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Ipswich Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Art for Cure | 2,065 | 3,792 |
| The Belstead Ganzoni Charitable Settlement | 3,000 | - |
| E&J Legacy Grantmaking Programme (SCF) | - | 2,978 |
| The Geoffrey Burton Charitable Trust | 1,500 | - |
| The Grimwade Charitable Trust | 500 | - |
| Ipswich and Colchester Hospitals Charity | - | 10,937 |
| Women & Girls' Fund (SCF) | 1,000 | - |
| | 8,065 | 17,707 |

**James Paget University Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at James Paget University Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Love Norfolk (NCF) | - | 3,310 |
| The Public Interest Foundation | 1,250 | - |
| The R C Snelling Charitable Trust | 1,000 | - |
| | 2,250 | 3,310 |

**Norfolk Hospital Partnerships**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our three Norfolk NHS Hospitals.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Barratt Family Charitable Trust | 500 | - |
| Centre Parcs - Norfolk | 500 | - |
| The Daphne Edwards Charitable | 200 | - |
| The D C Moncrieff Charitable Trust | 1,000 | - |
| Masonic Charitable Fund | - | 750 |
| The Red Socks Charitable Trust | 1,000 | 1,000 |
| The Royal George Chapter Benevolent Fund | 750 | - |
| The Woodmill Trust | - | 250 |
| | 3,950 | 2,000 |

**Norfolk and Norwich University Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Norfolk and Norwich University Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Alan Boswell Group Charitable Trust | 5,015 | - |
| Cancer Community Chest | 14,602 | 5,000 |
| The Hospital Saturday Fund | - | 1,956 |
| The John & Pamela Salter Charitable Trust | 3,000 | - |
| The Lady Hind Trust | 1,000 | - |
| National Lottery - Awards for All | - | 19,943 |
| Norwich North Alpha Lions Club Charity Trust Fund | 1,000 | - |
| The Paul Bassham Charitable Trust | 4,000 | - |
| Ridley Godfrey Foundation | - | 1,000 |
| Souter Charitable Trust | 2,000 | - |
| St James's Place Charitable Foundation | 2,500 | - |
| The Timothy Colman Charitable Trust | 500 | - |
| | 33,617 | 27,899 |

**Queen Elizabeth Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Queen Elizabeth Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Mrs Yvonne Flux Charitable Trust | - | 3,000 |
| | - | 3,000 |

**Southend Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Southend Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Fowler Smith & Jones Trust | 2,000 | 2,000 |
| Great Dunmow Round Table | 500 | - |
| The Lockett Trust | 2,000 | - |
| Postcode Places Trust | - | 24,981 |
| The Tudwick Foundation | - | 1,965 |
| | 4,500 | 28,946 |

**West Suffolk Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at West Suffolk Hospital.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Art for Cure | 6,378 | 4,136 |
| The Geoffrey Burton Charitable Trust | - | 1,000 |
| The Sir Robert Gooch Trust | 1,000 | 1,000 |
| | 7,378 | 6,136 |

## Notes to the Financial Statements
**For the Year Ended 31 December 2025**

**9. Charity Funds**
***- Continued***

**Purpose of Restricted Funds**

**Norfolk Radiotherapy**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing radiotherapy within Norfolk.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Aquarius Charitable trust | 740 | - |
| The Paul Bassham Charitable Trust | - | 4,000 |
| | 740 | 4,000 |

**Norfolk Chemotherapy**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing chemotherapy within Norfolk.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Geoffrey Watling Charity | 4,000 | - |
| The Woodmill Trust | 250 | - |
| | 4,250 | - |

**Secondary Chemotherapy**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing chemotherapy treatment for secondary breast cancer.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Individual Donations | - | 50 |
| | - | 50 |

**Radiotherapy Boxes**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing radiotherapy.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Individual Donations | - | 50 |
| The Souter Charitable Trust | - | 2,000 |
| | - | 2,050 |

**Little Kindness Fund**
The following funds were provided specifically for the National Discretionary Fund (The Little Kindness Fund) to provide Little Lifts Boxes to breast cancer patients across the UK.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Alborada Trust | 50,000 | 50,000 |
| Anonymous Charitable Trust | 6,000 | 5,000 |
| The BACTA Charitable Foundation | 20,000 | - |
| The Barbara Price Charitable Trust | 5,000 | - |
| The Big Give - Small Charities Week Campaign | 10,000 | - |
| The Big Give - Women & Girls Campaign | 10,000 | 10,000 |
| The De Vere Hunt Charitable Trust | 500 | 250 |
| Endomag | 10,000 | - |
| Harry Cureton Fund (CCF) | 10,000 | - |
| Hilary and David White Rose Foundation CIO | - | 2,000 |
| The Hilary Awdry Charitable Trust | - | 1,000 |
| Institute of Cemetery & Crematorium Management | | |

| | | |
|---|---|---|
| Buckinghamshire Council, Chilterns & Bierton Crematoria | 6,250 | - |
| The Oaks Crematorium | 4,000 | - |
| The Mackintosh Foundation | 1,000 | 1,000 |
| Mortgage Advice Bureau Match Funding - Crowdfunder | 4,700 | - |
| Myrtle Charitable Settlement | - | 25 |
| The New Homes Group | 17,500 | - |
| Percy Lea Charitable Trust | 500 | - |
| Postcode Places Trust | 24,998 | - |
| Spacemasks (VGP Limited) | 798 | 1,049 |
| The Theodore Maxxy Charitable Trust | - | 3,000 |
| Third Party Donations | 1,143 | 5,212 |
| Individual Donations | 18,313 | 12,219 |
| | 200,702 | 90,755 |

**Retreats**

The following funds were provided specifically to produce a two-night, three-day Retreat for beneficiaries of Little Lifts Boxes living with secondary breast cancer.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Third Party Donations | - | 3,784 |
| Individual Donations | 3,445 | 1,500 |
| | 3,445 | 5,284 |

**Rent**

The following funds were provided specifically as a contribution towards rent for Little Lifts to establish an office to facilitate the growth to help more people undergoing treatment for primary and secondary breast cancer.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Pink Ribbon Foundation | 7,500 | 6,590 |
| OneStop | - | 1,000 |
| | 7,500 | 7,590 |

**Office Equipment and Furniture**

The following funds were provided specifically for office equipment and furniture.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Cancer Community Chest | - | 4,308 |
| | - | 4,308 |

**Van**

The following funds were provided specifically to support the operational costs of the Little Lifts Van, 'Hope', to deliver Little Lifts Boxes to NHS hospital partnerships, as well as stock management and event support.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Mills & Reeve LLP | 1,250 | - |
| | 1,250 | - |

**Community Clubs**

The following funds were provided specifically for Norfolk Community Clubs, offering free or low-cost well-being events to beneficiaries and the wider Little Lifts Community.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Cancer Community Chest | 600 | - |
| | 600 | - |

**IT Support**

The following funds were provided specifically to support the IT operational costs of The Little Kindness Fund Portal.

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The Co-operative Bank - Customer Donation Fund | 1,000 | - |
| | 1,000 | - |

## Notes to the Financial Statements

**For the Year Ended 31 December 2025**

**10. Reconciliation of net income to net cash flow from operating activities**

| | 2025<br>£ | 2024<br>£ |
|---|---|---|
| **Net Income/(Expenditure) for the reporting period** | 61,838 | (6,089) |
| **Adjustments For:** | | |
| Net Movement in funds | | |
| Depreciation charges | 7,429 | 3,889 |
| (Increase)/Decrease in stocks | (3,175) | 38,292 |
| (Increase)/Decrease in Debtors | (4,022) | (7,613) |
| Increase/(Decrease) in Creditors | 1,986 | (13,705) |
| **Net Cash Provided by/Used in Operating Activities** | 64,056 | 14,774 |

**LITTLELIFTS**

England & Wales - Charity number 1170737

# Accounts

# Little Lifts Trustees' Annual Report

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# Little Lifts Trustees' Annual Report

The trustees present their annual report together with the financial statements of Little Lifts for the year 1 January – 31 December 2024.

## Administrative details

**Trustees**

- Karyn Maier (Chair)
- Ella Wisbey (Secretary)
- Jill Ward
- Per Hall
- Jon Hall (Treasurer)
- Zoe Hill

**Registered charity number**

Little Lifts is a registered charity in England and Wales 1170737

**Accountant/s**

Karen Eason Certified Accountant Limited
167 Westacre Drive, Old Catton, NR6 7HX

Make it Count (Accountancy Services) LTD
3 Malleson Place, East Carleton, Norfolk, NR14 8JA

**Bankers**

The Co-operative Bank, 14 Gentleman's Walk, Norwich, NR2 1NA

**Structure, Governance and Management**

Little Lifts is a Charitable Incorporated Organisation whose only voting members are its charity trustees. It is governed by a foundation model constitution.

Appointment of charity trustees:

- Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to skills, knowledge and experience needed for the effective management of the CIO.

**Little Lifts**
**Trustees' Annual Report**

**"This Box is not just a collection of items; it is a manifestation of compassion and understanding. In the midst of the physical and emotional toll that cancer treatment takes, your thoughtful gift has managed to uplift my spirits in a way words cannot fully express. It is, without a doubt, the most considerate and heartfelt gift I have ever received."**
Saba received her Box via The Little Kindness Fund

**A message from our Founder, Oa Hackett**

Little Lifts continues to be one of the most incredible journeys. The idea for our charity was inspired by the kindness I received during my breast cancer treatment. It all began eight years ago with a group of people gathered around my kitchen table. On 23rd November 2017, I received a call from Oncology Nurse and former Trustee Tracey, informing me that she had distributed the first Box, and we both cried. Knowing that someone about to start their chemotherapy treatment had received our Box stirred a lot of emotions. We had worked hard to fundraise and developed a Box filled with carefully selected products to provide practical and emotional support to people during their treatment. Little Lifts was finally out there.

2024 was Little Lifts' seventh year, and what a year it was! It also marked ten years since my cancer diagnosis, with 2024 fondly becoming the 'Year of Tens'. Our ambitious target for the year was to deliver 10,000 Little Lifts Boxes and for me to take on ten challenges throughout the year. Little Lifts continues to work with 10 NHS hospitals across Norfolk, Suffolk, Essex and Cambridgeshire. The Little Kindness Fund allows anyone living in the UK undergoing breast cancer treatment to apply for a Little Lifts Box, free of charge, on our website.

On 31st May 2024, I had the honour of delivering our 20,000th Little Lifts Box to Addenbrooke's Hospital alongside our volunteer Graham, who lost both his wife and daughter to breast cancer. The local and national press covered this milestone. Demand for our Little Kindness Fund grew, so we drew on our reserves and developed our Little Kindness Fund Portal, enabling us to receive more applications from both breast cancer patients and medical professionals, and to store them more securely. This cost the charity £8,000 to develop and allowed our Box distribution via The Little Kindness Fund to increase by 64% compared to 2023, delivering 5,577 Boxes compared to 2,844 in 2023. Special thanks are due to Spacemasks and The Alborada Trust for their generous support of this fund.

In October 2024, we celebrated the one-year anniversary of our Surgery Box at the Norfolk and Norwich University Hospital – a pilot kindly funded by The Paul Bassham Charitable Trust. The success of this pilot led to us receiving a grant from the National Lottery Awards for All to continue this support. In the same month, we introduced the Surgery Box to our Little Kindness Fund, and in the final quarter of the year, we provided 378 Surgery Boxes to

people undergoing this treatment for breast cancer. In November 2024, we took on a new space within our building and designated these rooms to support the packing of our Surgery Boxes and host meetings. We were able to do this thanks to Cancer Community Chest, Source One Consulting, Parasol Blinds and pro bono legal support from Mills & Reeves.

Support for our Boxes grew beyond their original scope, and throughout the year, we held a series of Community Clubs – opportunities for people to connect and develop peer-to-peer support. Activities included a sailing experience thanks to The Nancy Oldfield Trust, an Afternoon Tea with The Assembly House, a Glam Session with John Lewis, and Yoga kindly hosted by Paddy & Scott's. A total of 72 individuals affected by breast cancer accessed these events. Thanks to funds raised by our Ambassador, Laura Middleton-Hughes, we were able to host our first-ever Retreat for women living with secondary breast cancer. This event, held at Norfolk Bound, featured 14 women participating in a series of mindfulness activities, enjoying nutritious food, and connecting with each other. Feedback was 100% positive, with one participant saying, *"This was a chance to have a break from the normal routine and hospital appointments. It provided me with an opportunity to spend time with others living with secondary breast cancer."*

I am so proud that we have developed various ways for breast cancer patients to access our support. It demonstrates that we listen, adapt, and respond to the needs of those affected by breast cancer and that we have the capacity to make a further impact at minimal cost to the organisation, without affecting our primary objective of distributing Boxes.

We continue to work diligently to establish the reputation of Little Lifts while upholding our core values by listening to feedback from our hospital partners and those affected by breast cancer. Despite the limited resources within our fundraising function, I am proud of what we have accomplished. We were able to offer a range of fundraising initiatives to support the development and sustainability of income streams. This included our second-ever Trail Run, raising over £20,000, our corporate fundraising challenge increased its income by 257%, raising £50,000, and our Annual Ball raised over £50,000 – it was the most spectacular night! We continue to receive stable income from Trusts and Foundations, and I extend my sincere thanks for ongoing support from Art for Cure, Pink Ribbon Foundation, The Paul Bassham Charitable Trust, and The Alborada Trust, who have committed to a three-year funding relationship, donating £50,000 each year. We continue to witness an increase in Community Fundraisers in response to individuals seeing a loved one receive a Little Lifts Box via The Little Kindness Fund, as well as breast cancer patients taking on their own fundraising as a way of giving back. Our Little Lifts Community never ceases to amaze me!

The 'Year of Tens' was a busy one made fun by the challenges I took on thanks to a giant Box made by Thompson Packaging and inflatable boobs funded by Insurance With. From running in the Box to walking on fire and packing Boxes for 24 hours, I was proud to spread awareness and raise £10,000 to support our work.

Every day, we receive messages and feedback from people who have received our support. This is what continues to motivate us to grow our charity, spread kindness, and support more people affected by breast cancer. In July, I was deeply proud to receive a British Citizen Award for my services to healthcare. I cannot thank every person enough who wholeheartedly believes in Little Lifts because I could not do it without you.

**A special thank you**

I want to give wholehearted thanks to some very special people and organisations who generously supported us in 2024:

- To my highly skilled, motivated, and energised team, who, despite being small (just eight of us!), were able to adapt to the continued pressures 2024 offered both on our income and operational demands.
- To my committed and generous Board of Trustees – Karyn Maier, Per Hall, Ella Wisbey, Zoe Hill, Jon Hall and Jill Ward.
- To our dedicated NHS hospital partnerships.
- To the medical professionals who support our Little Kindness Fund.
- To our grant givers.
- To every person who sends feedback about their Little Lifts Box.
- To our Platinum Supporters, Sinclair International and Poultec Training Ltd.
- To our Patron, Harriet Inglis – Spacemasks.
- To our social media Ambassador – Laura Middleton-Hughes.
- To our amazing volunteers who give up hours to support us.
- To our generous suppliers who help us fill our Little Lifts Boxes.
- To our generous Little Lifts Community filled with fundraisers, donors, corporate partnerships, and so much more!



Team Little Lifts outside HQ, Bowthorpe.

**Message from our Chair, Karyn Maier**

We continue to see the powerful and uplifting impact our Little Lifts Boxes have on individuals during their breast cancer treatment. This ongoing experience drives our determination to seize every opportunity to further the growth of the charity because at the heart of everything we do is our ambition to realise Little Lifts' vision of supporting as many people with breast cancer as we can every year.

Despite a very busy 12 months, Little Lifts has continued in its mission to respond in meaningful and caring ways to the needs of people affected by breast cancer. As part of this, in 2024, we recognised the necessity of allocating funds to invest in the development of an online portal for our Little Kindness Fund to continue supporting as many people as possible across the UK, which we have followed through on with a great improvement to our efficiency and reach. We also introduced our Surgery Box, which has been gratefully received by our hospital partnership (NNUH) as well as beneficiaries. Alongside our new developments, we have, of course, continually assessed how to ensure we continue our day-to-day operations in the safest, most effective ways possible, always supported by an ongoing set of considered financial reviews and planning to ensure a robust and secure future for our charity.

Another key priority in 2024 was to continuously assess and adjust, as required, our staff overheads* to increase capacity in terms of;

- Higher production capability to meet demand
- Better support of our volunteers
- Growing our partnership network
- Delivering more Little Lifts Boxes to our Hospital Partnerships across Norfolk, Suffolk, Essex, Cambridgeshire and The Little Kindness Fund.

**The number of staff did not increase, but we increased hours to support fundraising and community engagement management.*

Our vision, combined with thoughtful financial planning, has allowed us to establish a strong foundation for us to continue growing our support for more individuals affected by breast cancer. We are constantly evaluating and learning from the community we serve, and our activities throughout 2024, including the addition of Community Clubs, show that people impacted by breast cancer are always at the centre of our decision-making. As Trustees, it is a privilege to witness first-hand the profound impact and tangible benefits Little Lifts has, not only on the direct recipients of our Boxes and their families, but also on the ever-expanding community of volunteers, partner organisations, and sponsors. The feedback we receive weekly serves as a continual reminder of how genuinely life-enhancing our work at Little Lifts is.

Every year, we are grateful for our dedicated and growing group of Hospital Partnerships, and we appreciate the enthusiasm of our Little Lifts Community, volunteers, and the

support from individuals and organisations who have donated funds and resources to aid our work. Particular thanks go to our Platinum Supporters, Sinclair International and Poultec Training Ltd, Patron Harriet Inglis at Spacemasks, Art for Cure for their continued support of our work in Suffolk, Pink Ribbon Foundation for its ongoing funding of our Chemotherapy Packing Room, and to The Alborada Trust for helping us grow our Little Kindness Fund.

We must also give thanks to the drive and determination of our CEO and Founder, Oa, who we were so pleased to see receive a British Citizen Award for her dedicated work and commitment to the breast cancer community. A huge thank you must also go to the support and hard work of the Little Lifts team: Kay, Lizzie, Shopie, George, Frannie, Anya, and Hannah; without them, Little Lifts would not have achieved such a successful set of outcomes as demonstrated by our sound financial results and the number of Boxes funded and delivered. Finally, our board of Trustees continue to provide dedicated commitment and support, backed up by a wide-ranging set of expertise and experience in helping to achieve the Little Lifts vision.

We look forward now to another successful year ahead, building on all we have achieved in 2024.

**Our vision**

Every person affected by breast cancer should have the opportunity to receive a Little Lifts Box.

**Our mission**

To provide practical and emotional support to every person living in the UK who faces breast cancer treatment by giving them a carefully created Little Lifts Box at the start of or during their surgery, chemotherapy or radiotherapy treatment.

**Our values**

Our values underpin everything that we do.

- **Compassion:** because we care for people
- **Respect:** every person's experience of breast cancer is different
- **Integrity:** to achieve excellence with care and thought in all that we do
- **Open**: continuously evaluating and improving
- **Generosity**: guiding us in all we do

**What Little Lifts does**

We support people undergoing surgery, chemotherapy and/or radiotherapy treatment for breast cancer by giving them a Little Lifts Box. In the East of England, our hospital partnerships ensure that every eligible person is reached. Elsewhere in the UK, people can apply to our 'Little Kindness Fund' to access our support.

**Our NHS partnerships**

What drives us, and the hospital partnerships we work with, is the shared belief that everyone facing breast cancer treatment needs to feel cared for and supported as they navigate their treatment in a clinical environment.

We work with dedicated Oncology, Surgery, Radiotherapy, and Breast Care Teams who ensure that our Little Lifts Boxes are given to people during their treatment planning or review meetings.

| **Name of hospital** | **Year launched** |
|---|---|
| Norfolk and Norwich University Hospital | November 2017 |
| James Paget University Hospital | September 2018 |
| Ipswich Hospital | October 2018 |
| Queen Elizabeth Hospital, King's Lynn | March 2019 |
| West Suffolk Hospital | May 2019 |
| Colchester Hospital | April 2021 |
| Broomfield Hospital (Chelmsford) | February 2022 |
| Southend-on-Sea Hospital | February 2022 |
| Basildon Hospital | February 2022 |
| Addenbrooke's Hospital | May 2023 |

**The Little Kindness Fund**

During the COVID-19 pandemic, we received a surge in requests from breast cancer patients outside of our hospital partnerships enquiring how they could receive a Little Lifts Box. Thanks to generous support from Spacemasks, we launched The Little Kindness Fund on World Cancer Day, 4th February 2021.

The Little Kindness Fund is a discretionary fund for women and men undergoing surgery, chemotherapy or radiotherapy treatment for primary or secondary breast cancer, living in the UK. The Fund enables eligible applicants to receive a Little Lifts Box free of charge to support their emotional well-being and support them through their cancer treatment.

**What is a Little Lifts Box?**

We understand that everyone's experience of breast cancer treatment is different. Our Boxes are carefully curated by people who have personal experiences of breast cancer treatment, and we always choose planet-friendly, ethically made items where we can. Each Box is hand-packed with love by a volunteer in our community, often by a woman who has benefited from our support.

Our Boxes contain carefully curated products to help alleviate some of the side effects of treatment and provide practical support, as well as mood-boosting goodies to promote emotional well-being.

**Chemotherapy Boxes**

Little Lifts Chemotherapy Boxes contain over 20 carefully chosen items. They include a heat pack to help with joint and muscle pain, a soft toothbrush to be kind to more sensitive gums, and chilli oil and herbs to bring flavour to foods that may taste a little different.

**Radiotherapy Boxes**

Little Lifts Radiotherapy Boxes contain 11 carefully chosen items. They include moisturiser to soothe sensitive skin, a heated eye mask and pulse point roller ball to aid relaxation, and a natural deodorant, as it is advisable for patients to use a metal-free deodorant during treatment.

**Surgery Boxes**

Little Lifts Surgery Boxes were launched as a pilot at the Norfolk and Norwich University Hospital in October 2023, and following the success of the pilot, were made available via The Little Kindness Fund in October 2024. They include 14 carefully chosen items, including unperfumed soap and an eco-friendly flannel to aid cleaning following surgery, and disposable wipes and hand sanitiser, which may come in handy during a hospital stay.

**Our support goes beyond the products**

But it's not just what's inside the Box that's important. Many people experience breast cancer treatment as a lonely and difficult time. Our recipients tell us that the sense of

solidarity and kindness they experience when they receive their Little Lifts Box is just as valuable as the contents. Little Lifts Boxes ensure that no person faces surgery, chemotherapy or radiotherapy treatment for breast cancer unprepared, or alone.

***'If someone had described it to me beforehand, I would have thought it a 'nice idea' without having given much thought to how important the sentiment is … With one Box, I no longer felt that we were alone dealing with a life changing situation … It is not a Box of cutlery and tea bags, it is a gesture of compassion and understanding sent without judgement and with no expectation, from fellow members of a club that no one wants to be part of.'***

**Why is Little Lifts needed?**

In the UK, 55,000 women and 400 men are diagnosed with breast cancer every year. 63% have radiotherapy, and 34% have chemotherapy, as part of their curative or palliative primary cancer treatment. There are 61,000 women in the UK living with incurable (secondary) breast cancer, a recognised disability.

**Who develops breast cancer?**

- **Eight out of 10** cases of breast cancer are diagnosed in women aged **50 and over.**
- **One-quarter** of cases are diagnosed in women aged 75 and over.
- Just over **10,000 women** under the age of 50 are diagnosed with breast cancer every year in the UK. Of these, around 7,600 women will be in their 40s.
- **31 women** die from breast cancer every day in the UK.
- Around **2,300** women in the UK are diagnosed aged 39 or under, or just 4% of all cases.

Breast cancer in men is rare with just **400 new cases** in the UK each year, compared to around 55,000 new cases in women.

**Every person experiences breast cancer treatment differently**

There are a number of possible side effects to surgery, chemotherapy and radiotherapy, and each person may experience them in varying intensities and for differing periods of time. Chemotherapy can cause, amongst other things, tiredness and fatigue, nausea, hair loss, a sore mouth, loss of appetite, a changed sense of taste, trouble sleeping, and difficulty concentrating. It can be a very difficult process, physically and emotionally. Radiotherapy can cause skin problems, tiredness, sore mouth, loss of appetite, and joint and muscle stiffness.

Radiotherapy can be considered by some to be a less 'gruelling' treatment than chemotherapy. Our beneficiaries told us that as radiotherapy patients, they sometimes felt less entitled to support, or that the difficulties they faced were 'lesser' than those of chemotherapy patients, because they often did not outwardly appear unwell. But radiotherapy treatment, as well as sharing some of the physical and mental side effects of

chemotherapy, is also incredibly disruptive, as it is administered daily in a clinical setting. In response to feedback from radiotherapy patients, we were proud to launch a special Radiotherapy Little Lifts Box in 2020.

Surgery plays a critical role in both life-saving and palliative treatment. However, the journey through surgery is not only physical—it is deeply emotional and psychological. Patients require support before, during, and after surgery to cope with fear, body image changes, pain, and recovery. That's why we launched our Little Lifts Surgery Box in October 2023 to provide vital emotional and practical support – a pilot at the NNUH, which we rolled out to The Little Kindness Fund in October 2024.

There is no other charity working directly with NHS hospitals offering this type of support specific to breast cancer patients in the UK. It's not only the content of our support, but its timing, and how it's delivered – directly by clinicians at surgery, chemotherapy and radiotherapy planning meetings – that's crucial. That's what makes Little Lifts unique.

***"The 'thank you' really should be to you and your fantastic, dedicated team. The difference one of your Boxes makes is so far from little, our patients are always incredibly grateful for the luxuries that they receive."*** – Medical Professional at Thirlestaine Breast Centre.

**Our charitable objective**

The object of the CIO is for the public benefit, the relief of sickness and side effects, to ease the suffering of surgery, chemotherapy or radiotherapy treatment to women and men aged 18 and above who have primary and secondary breast cancer and who are living in the UK. In particular, but not exclusively, by providing them with a Little Lifts Box at the start of their surgery, chemotherapy or radiotherapy treatment.



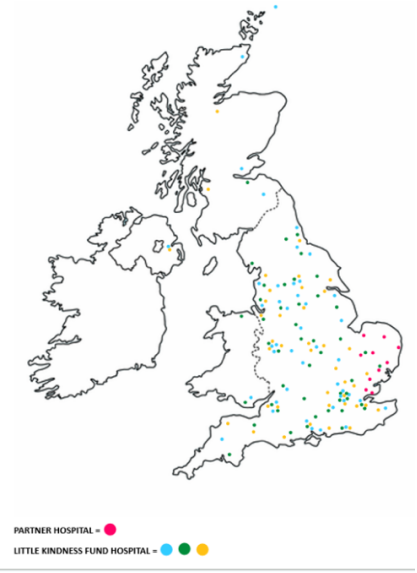
Little Lifts' 20,000th Box delivery to Addenbrooke's Hospital, May 2024.

**Activities to achieve our charitable objective**

The trustees have had regard to the guidance issued by the Charity Commission on public benefit and complied with the duty in section 17 of the Charities Act 2011.

Our objectives for 2024 were ambitious, as we sought to continue expanding our infrastructure to maintain our hospital partnerships while growing our Little Kindness Fund, enabling more people affected by breast cancer to benefit from our support. In May 2024, we delivered our 20,000th Little Lifts Box with volunteer Graham, who lost his wife and daughter to breast cancer but has devoted his time to Little Lifts after witnessing the impact our Boxes had on his family. As a result, Little Lifts was featured on national radio (Five Live Drive Time) and local BBC News. Ongoing financial review and planning allowed us to deliver 10,075 Boxes, with overheads coming in under the planned budget for 9,200 Boxes. **Box distribution increased by 39% compared to 2023,** enabling us to distribute **10,075 Little Lifts Boxes** to support those affected by breast cancer. Of this total, **5,741 Boxes were distributed through The Little Kindness Fund, representing a rise of 122% compared to 2023.**

**A map showing our Box distribution across the UK in 2024**




In 2024, we are so proud to have achieved the following:

- We **continued to support** people in all ten NHS hospital partnerships across Norfolk, Suffolk, Essex and Cambridgeshire.
- **In January**, we began planning the development of The Little Kindness Fund portal with support from medical professionals across the country.
- **In January,** volunteer and beneficiary Amy Bobbins organised **a dance marathon**, raising over £10,000 to support our work. Just one of the many examples of what our incredible community does for us!
- **In February**, we painted a **'boob wall'** in honour of **The Little Greene Company,** who created our Little Lifts pink in paint, as well as raising £3,000 to support our work.
- **In February,** we launched our very own **limited-edition coffee with Paddy & Scott's,** called Care Package.
- **In February**, we hosted **our first-ever Community Packing Party** for people who cannot commit to regular volunteering, and it raised £1,757.

- **In March,** we hosted our **first-ever Community Club** for women with breast cancer, which was kindly supported by John Lewis in Norwich.
- **In March,** our corporate partner, Thompson Packaging, made Oa a giant **Little Lifts Box** to support fundraising and awareness-raising efforts.
- **In April,** we celebrated **students from The Langley School**, who raised £2,101 by organising various events to support our work.
- **In April,** we hosted our **second-ever Trail Run**, welcoming over 360 runners and raising £20,000, doubling what we raised in 2023.
- **In April,** our Ambassador, Laura Middleton-Hughes, hosted a special event to mark ten years of living with cancer. Funds raised supported our first-ever Retreat later in the year.
- **In May**, **we delivered our 20,000th Little Lifts Box** to Addenbrooke's Hospital alongside volunteer Graham. Our story was featured on national radio and local TV.
- **In June**, we hosted **our fourth Fashion Show** with the incredible team at John Lewis in Norwich. Nineteen brave models affected by breast cancer took to the catwalk, and the event raised over £6,000 to support our work.
- **In June,** we received a £50,000 donation from The Alborada Trust to support our Little Kindness Fund.
- **In June,** we were invited to be part of the **Nurses' Conference hosted by Breast Cancer Now,** where we had the opportunity to talk to medical professionals about our work.
- **In July,** Amy Dowden (BBC Strictly Come Dancing Professional) shared a special message about the impact of our work.
- **In July,** our Founder, Oa, was awarded Professional Fundraiser of the Year at the Chartered Institute of Fundraising Awards – East of England.
- **In July,** supporter Andy took on an **epic cycle challenge** from Switzerland to Suffolk in 16 days to mark 5 years since his wife (and our Trustee Zoe) was diagnosed with breast cancer.
- **In July,** our Founder, Oa, was awarded **a British Citizen Award** for her exceptional contribution to healthcare.
- **In August,** we were **delighted to launch our Little Kindness Fund portal**. After months of hard work, it went live, making the process easier and safer for medical professionals and breast cancer patients to apply for a Box.
- **In September,** we received our highest number of applications to our Little Kindness Fund in one week – 180 applications!
- **In September,** our Founder took on Run Norwich in a **giant Little Lifts Box** alongside members of our community running in inflatable boobs. Later that month, Oa convinced friends and family to do a ten-mile walk around London in the giant Box and boobs. Special thanks to Insurance With for sponsoring our boobs!
- **In September,** we hosted our **second-ever Volunteer Appreciation Awards,** kindly supported by Poultec Training Ltd.
- **In October**, Breast Cancer Awareness Month, after a year of piloting the **Surgery Box** with the Norfolk and Norwich University Hospital, thanks to funding from The Paul

Bassham Charitable Trust, we were able to continue this offering with additional support from the National Lottery Awards for All. We also introduced the Surgery Box into our Little Kindness Fund, making it available nationwide.

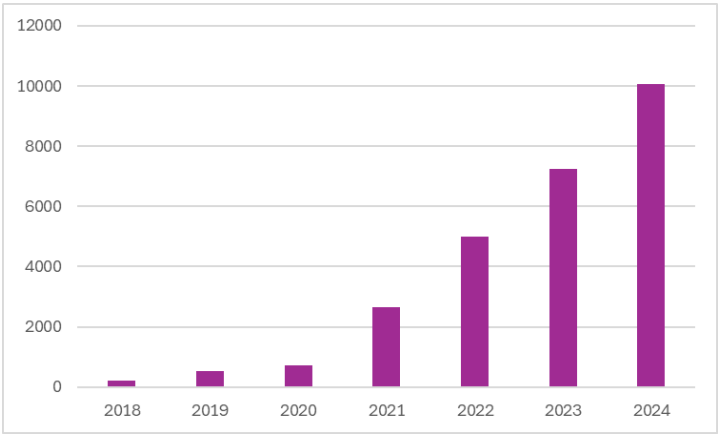
- **In October,** we said goodbye to our van, Joy, and welcomed a new, bigger van to support our expanding deliveries and event support. Special thanks go to Busseys Vehicle Leasing and CIM Signs for their support with this.
- Later that month our **October Ball** saw over 350 guests enjoy a spectacular evening raising £50,000. This Ball was kindly sponsored by Sinclair International Ltd and Rogers & Norton Solicitors.
- **In November,** we hosted our first-ever **Retreat for women living with secondary breast cancer**. Hosted at Norfolk Bound, this three-day, two-night Retreat saw 14 women enjoy relaxing spa activities, wellness sessions, nutritious food and an opportunity to connect with each other.
- **On 23rd November**, we celebrated our **7th Birthday!** A few days later, we hosted a 24-hour Packing Party, packing hundreds of Boxes alongside our wonderful volunteer community. We featured on ITV News too!
- **In December**, we distributed our final Box of the year – 10,075.
- We hosted **8 Community Clubs** to help us evaluate and improve our support – a total of 72 people accessed this support.
- We hosted **22 Packing Parties** with volunteers and supporters so that each Little Lifts Box was carefully hand-packed with love.
- We **spent 2908 hours packing and prepping** Little Lifts Boxes.
- We **dedicated time to fundraising activity** so that we could continue to deliver and grow our support across NHS hospitals in the East of England, as well as nationally via The Little Kindness Fund.
- **Our online shop** continued to provide the opportunity for more people across the UK to receive Little Lifts Boxes as gifts from loved ones and diversified our income streams.

**Our impact**

In 2024, our operational demand increased by 39% compared to 2023. We delivered 10,075 Little Lifts Boxes compared to 7,241 in 2023. **Here's the breakdown:**

| Hospital | 2018 Box deliveries | 2019 Box deliveries | 2020 Box deliveries | 2021 Box deliveries | 2022 Box deliveries | 2023 Box deliveries | 2024 Box deliveries | Total to date |
|---|---|---|---|---|---|---|---|---|
| **NNUH – chemotherapy** | 141 | 243 | 178 | 206 | 178 | 260 | 218 | 1424 |
| **NNUH – radiotherapy** | | | 128 | 681 | 671 | 564 | 746 | 2790 |
| **NNUH – surgery** | | | | | | 130 | 511 | 641 |
| **JPUH - chemotherapy** | 26 | 57 | 43 | 53 | 56 | 15*Boxes redirected to NNUH. | 25 | 275 |
| **IPS - chemotherapy** | 60 | 110 | 88 | 134 | 140 | 103 | 135 | 770 |
| **IPS – radiotherapy** | | | | 366 | 301 | 325 | 400 | 1392 |
| **QEH - chemotherapy** | | 63 | 26 | 65 | 64 | 52 | 82 | 352 |
| **WSH - chemotherapy** | | 63 | 58 | 102 | 113 | 143 | 94 | 573 |
| **CLCH – chemotherapy** | | | | 71 | 96 | 178 | 130 | 475 |
| **CLCH – radiotherapy** | | | | 279 | 290 | 300 | 355 | 1224 |
| **BRM – chemotherapy** | | | | | 106 | 100 | 119 | 325 |
| **Southend – chemotherapy** | | | | | 161 | 92 | 129 | 382 |
| **Southend – radiotherapy** | | | | | 734 | 670 | 650 | 2054 |
| **Basildon – chemotherapy** | | | | | 53 | 85 | 85 | 223 |
| **Addenbrooke's - chemotherapy** | | | | | | 204 | 192 | 396 |
| **Addenbrooke's - radiotherapy** | | | | | | 490 | 463 | 953 |
| **The Little Kindness Fund – chemotherapy** | | 10 | 17 | 293 | 868 | 1856 | 3584 | 6628 |
| **The Little Kindness Fund – radiotherapy** | | | | 111 | 490 | 995 | 1615 | 3211 |
| **The Little Kindness Fund – surgery** | | | | | | 1 | 378 | 379 |
| **Make 2nds Count partnership – chemotherapy** | | | 176 | 269 | 510 | 478 | 17 | 1450 |
| **Make 2nds Count partnership – radiotherapy** | | | | 33 | 71 | 61 | 1 | 166 |
| **Online shop orders – Chemotherapy Boxes for breast cancer patients ONLY*** | | | | | 42 | 86 | 65 | 193 |
| **Online shop orders – Radiotherapy Boxes for breast cancer patients ONLY*** | | | | | 43 | 53 | 42 | 138 |
| **Online shop orders - Mini Boxes for breast cancer patients ONLY*** | | | | | | | 39 | 39 |
| **Total** | **227** | **546** | **714** | **2663** | **4987** | **7241** | **10,075** | **26,453** |

**Box Distribution**




**We know that it's the little things that matter most. Here's what people had to say about our Little Lifts Boxes in 2024:**

- *"I don't think I have ever been so emotional over a gift before. In a week where I parted company with my hair and was feeling both down and angry, my Little Lifts Box arrived. The thought and effort going into these Boxes truly raised my spirits, like someone was holding my hand ready for treatment to start. The Boxes feel like the biggest hug a stranger can give you at an uncertain and difficult time. From the bottom of my heart, thank you"* – Anonymous, Glan Clwyd via The Little Kindness Fund (Chemotherapy)

- *"It was a wonderful gift received through a stressful period of diagnosis & treatment. Very well planned and thoughtfully packed for individuals. I am vegan so the Booja Booja chocolates were an absolute treat…What a wonderful charity this is & I am grateful to have been chosen to have received a gift Box."*– Karyn, Derriford Hospital via The Little Kindness Fund (Radiotherapy)

- *"This was such a lovely surprise on what was a difficult day for me - my first oncology appointment and the lowdown about my treatment plan. Huge amounts of info about drugs and long lists of awful side effects was quite overwhelming. Getting home and opening this Box made me feel like I had been given a hug from someone who completely understands. I cried!"* - Lizzie, Queen Elizabeth Hospital (Chemotherapy)

- *"I was blown away by the contents of the Little Lifts Box. The products are so thoughtful and appropriate. The quality and selection is outstanding. A great gift that truly lifted my spirits and helped me remain positive during my treatment. My treatment is particularly hard as my breast cancer is a recurrence just 2 years after my initial treatment concluded."* - Anonymous, Royal Sussex County Hospital via The Little Kindness Fund (Chemotherapy)

- *“Thank you for this lovely gift. It arrived on the day I had to go to hospital with possible treatment related septicaemia so it did lift my spirits. Such thoughtful contents that show a real understanding of what it's like to go through treatment for breast cancer. Thank you everyone for your kindness and generosity.”* – Sarah, Poole Hospital via The Little Kindness Fund

- *“I am overwhelmed by the kindness and generosity of the Box. It made me feel truly supported and special. Beautifully wrapped and put together with a great explanation card. Everything is going to be so useful and also some real treats too. I’ve also signed up for Treekly. Thank you, thank you, thank you for lots and lots of Little Lifts :-)”* - Anonymous, Addenbrooke’s Hospital (Chemotherapy)

- *“I found the abundance and quality of the gifts quite overwhelming. And how did you know my tastes? It made me feel so uplifted and supported - that someone unknown to me out there really really cares, and gets just how un-special a cancer patient can feel without knowing it. Each time I use one of the little gifts it reminds me that I am still special, and helps me take care of myself in more and more special ways. Thank you all xxx”* - Anonymous, Royal Lancaster Infirmary via The Little Kindness Fund

**Our support goes beyond our Boxes**



**Meet Saba!** Saba received her Little Lifts Chemotherapy Box through our Little Kindness Fund. She was diagnosed with stage 3 breast cancer. She needed a double mastectomy with sentinel lymph node removal on both sides and 6 rounds of chemotherapy, followed by 15 sessions of radiotherapy and 10 years on tamoxifen.

What Saba said about her gift Box:

"I am utterly moved and grateful for the exquisite Little Lifts Box that I received during my breast cancer journey…

This Box is not just a collection of items; it is a manifestation of compassion and understanding. In the midst of the physical and emotional toll that cancer treatment takes, your thoughtful gift has managed to uplift my spirits in a way words cannot fully express. It is, without a doubt, the most considerate and heartfelt gift I have ever received…

In this Box, I found not just well-crafted essentials but a reservoir of hope, care, and the affirmation that I am not alone on this journey. Please accept my deepest gratitude for making a profound difference in my life during a time when it was needed the most."

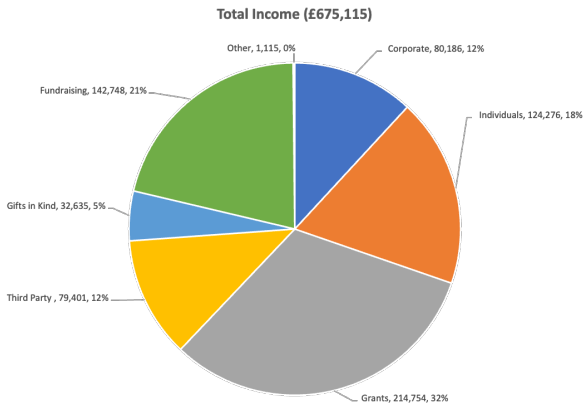
Feedback is incredibly important to us at Little Lifts. Not only does positive feedback help us stay focused on our goals, but suggestions from Box recipients also genuinely inform improvements to our operations and delivery, and have a real impact on our strategy, ensuring that we continue to serve our communities most effectively and expand our reach. The expansion of our Surgery Box to The Little Kindness Fund following the 2023 pilot is an example of how we respond to feedback from patients and medical professionals.

Feedback also helps us understand better who our support is reaching. At the time of writing this report, out of the 1,961 people who submitted feedback, nine were men. Of this number, 1,266 individuals reported their ethnicity, with 2% identifying as being from a black or ethnic minority background. Our feedback form includes a question asking, 'How supported did/does the Little Lifts Box make you feel?' Beneficiaries are asked to mark on a scale of five, with five being 'very supported' and one being 'not supported'. **100% said the Little Lifts Box made them feel 'very supported' (94%) or 'supported' (6%).**

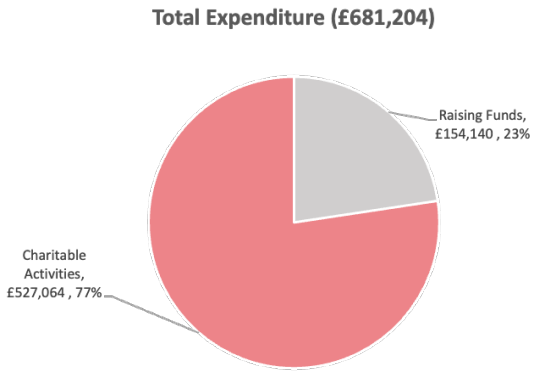
**Our finances**

From a financial perspective, it is essential that we can serve every individual affected by breast cancer by having adequate and sustainable resources, both financial and non-financial, to support our Box production and distribution.

Income in 2024 was strong, rising by an impressive 37% from 2023 to £675.1k, with grants remaining steady and notable growth in support from individuals, corporates, and events. In 2024, we focused on diversifying income sources from individuals and corporates. This has been successful, with 68% of income received excluding grants in 2024, compared to 57% in 2023.




In 2024, Little Lifts was able to expand its support for individuals affected by breast cancer. While there was a notable increase in income, the proportion used for charitable activities remained at 77%, particularly in Box-related costs, due to the rise in Boxes delivered to patients.




At Little Lifts, we believe that, as a public benefit organisation, it is important to maintain strong financial management to ensure we deliver the best value possible while using ethical, environmentally friendly, natural, organic, and locally sourced products whenever possible. Our quality and ethical standards mean that many of our products carry a high retail value, so we are deeply grateful to many of our suppliers who have provided generous charitable discounts and to the companies that have donated products for our Little Lifts

Boxes. Charitable activities accounted for 77% (2023: 77%) of total expenditure in 2024. This has resulted in an overall deficit of £6.1k for the charity.

**Our Reserves Policy and Going Concern**

In assessing the overall level of reserves, the trustees always aim to maintain sufficient unrestricted funds of at least six months to ensure Little Lifts remains solvent going forward. Designated or restricted funds shall not form part of this sum. The decision was made by the trustees so that Little Lifts can:

- Have the flexibility to continue to operate in the best interests of our beneficiaries should the forecasted income not be generated.
- Mitigate against the risk of unplanned closure and the impact this may have on our staff and beneficiaries.
- Use the fund to support new projects we feel are in the best interest of the charity, should we not be able to secure financial support elsewhere.

At the end of 2024, the total reserves stand at £275.6k, of which £173.5k is unrestricted and non-designated, which is satisfactory in accordance with the reserve policy mentioned above. The Trustees designate funds for specific purposes to support new Box initiatives and further assist The Little Kindness Fund, which provides Boxes to breast cancer patients across the UK. In 2024, we invested in the development of an online portal to enable us to meet the demand for this fund, allowing medical professionals to apply on behalf of patients in a secure manner.

**Our approach to fundraising**

- Have the flexibility to continue to operate in the best interests of our beneficiaries should the forecasted income not be generated.
- Little Lifts is a member of the Fundraising Regulator.
- Our income is generated thanks to the support of our Little Lifts Community, made up of individual fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a direct mail, telephone, or door-to-door fundraising campaign. The relationship we have with our supporters is very important to us; we work hard to ensure that all fundraising activities prioritise quality and personal stewardship. The charity does not wish for our supporters, including vulnerable people, to feel under any pressure to donate to the charity.
- Our close relationship with fundraisers means that we can support them in delivering their events and complying with relevant codes of practice. Where we work with commercial participators, such as Spacemasks, contracts are exchanged so that we can ensure compliance with the code of fundraising practice, applicable laws and adherence to best practice.
- We received no complaints about our fundraising practices in 2024.

**Our principal sources of fundraising**

We are very grateful for the support we have received from the following Trusts and Foundations:

- Art for Cure
- Big Give - Women & Girls Fund
- Cancer Community Chest
- Colchester Catalyst Charity
- E & J Legacy Grant Making Programme (SCF)
- East of England Co-op Community Cares Fund (ECF)
- Fowler Smith & Jones Trust
- Hilary and David White Rose Foundation
- Ipswich & Colchester Hospitals Charity
- Love Norfolk (NCF)
- Masonic Charitable Fund
- Myrtle Charitable Settlement
- National Lottery - Awards for All
- Players of the People's Postcode Lottery - Postcode Places Trust
- Ridley Godfrey Foundation
- Tesco Community Grant
- The Alan Boswell Group Charitable Trust
- The Alborada Trust
- The Barratt Family Charitable Trust
- The Bacta Charitable Trust
- The Childwick Trust
- The D C Moncreiff Charitable Trust
- The De Vere Hunt Charitable Trust
- The Earl Fitzwilliam Charitable Trust
- The Frank Litchfield General Charitable Trust
- The Geoffrey Burton Charitable Trust
- The Hilary Awdry Charitable Trust
- The Hospital Saturday Fund
- The Hudson Charitable Trust
- The Mackintosh Foundation
- The Mrs Yvonne Flux Charitable Trust
- The Paul Bassham Charitable Trust
- The Pink Ribbon Foundation
- The Red Socks Charitable Trust
- The Sir Robert Gooch Trust
- The Souter Charitable Trust
- The Theodore Maxxy Charitable Trust
- The Tudwick Foundation
- The Woodmill Trust
- Walter Farthing Trust

In addition, we are very grateful for the financial support we have received from corporate donations:

- Sinclair International Ltd
- Poultec Training Ltd
- Mattishall Golf Club
- Spacemasks
- Loveday & Partners
- Insurance With
- St James's Place Wealth Management
- Rogers & Norton Solicitors
- Little Greene Paint Company
- Institute of Cemetery & Crematorium Management - Seven Hills Crematorium
- Institute of Cemetery & Crematorium Management - Cromer Crematorium
- Mediterranean Shipping Company
- Paddy & Scott's
- Specsavers Wymondham
- T&B Design Ltd
- MacKinnon Construction
- Bussey's Vehicle Leasing

**Our Little Lifts Community**

A huge thank you to our wonderfully kind and dedicated **Little Lifts Community**, who help raise awareness and fundraise for us. Here are just some of the many examples of our superstar individuals and group fundraisers:

- Amy Bobbins, Little Lifts beneficiary, hosted a dance marathon, raising over £10,000.
- Carl and Jennifer: Carl braved the shave after Jennifer received her Little Lifts Box, raising over £2,200.
- Southwell Pink Ladies hosted a quiz night, raising over £3,500.
- Andy Hill, husband of our trustee and beneficiary Zoe Hill, did a 16-day cycle over 900 miles, raising over £2,700.
- Sophie Aylett trekked across Kenya after receiving a Little Lifts Box, raising over £3,000.
- Dani Cameron swam Loch Ness and hosted fundraising events at The Shoulder of Mutton, raising over £4,700.
- Glenfield Hospital Breast Care Team took on a 10k run, raising over £2,800.
- Julia Jacob hosted the Play it Pink Golf Day at the El Valle Golf Club in Spain, raising over £4,400.

- Kim Goddard hosted a charity night after receiving her Little Lifts Box, raising over £5,300.
- Chloe Jardine abseiled the iconic Lloyd's Building in London, raising over £2,900.
- Cawston Bowls Club hosted fundraising events across the year, raising £4,164.

**Special thanks to some remarkable people**

- Katrina Archer-Rand, Mary Addyman, Mike Wyard, Dan Tulloch, Ralph du Plessis, Eva Stiles, Ria Stiles, Ruth Baughan, James Rouse, Richard Tidy and Greg Hackett for being special members of our Little Lifts Community, giving their time and expertise to support us.

**Gifts in Kind received**

| 2024 Gift In Kind | | | | | | |
|---|---|---|---|---|---|---|
| **Product** | **Qty** | **Cost Price** | **Total Value** | **Month Donated** | **Category** | **Donated by** |
| **Quarter 1 (Jan-Mar)** | | | | | | |
| Toothpaste | 1500 | £1.65 | £2,475.00 | January | Box Products | Rainbow |
| Hand Wipes | 39 | £0.43 | £16.77 | February | Box Products | Cheeky Panda |
| Tissues | 66 | £0.30 | £19.80 | February | Box Products | Cheeky Panda |
| Chemo Box | 1800 | £0.90 | £1,620.00 | February | Box Printing, Packaging & Design | Thompson Packaging |
| Radio Box | 2030 | £0.66 | £1,339.80 | February | Box Printing, Packaging & Design | Thompson Packaging |
| **Quarter 2 (Apr-Jun)** | | | | | | |
| Crisps | 300 | £0.50 | £150.00 | April | Event Costs - Trail Run | Kettle Foods Ltd |
| Spacemasks | 400 | £1.51 | £604.00 | May | Event Costs - Trail Run | Spacemasks |
| Moisturiser | 350 | £1.44 | £504.00 | May | Event Costs - Trail Run | MooGoo |
| Coffee (office) | 6 | £3.00 | £18.00 | May | Misc Expense | Paddy & Scott's |
| Tea (office) | 3 | £4.00 | £12.00 | May | Misc Expense | Paddy & Scott's |
| **Quarter 3 (Jul-Sep)** | | | | | | |
| Coffee bags (office) | 2 | £20 | £40.00 | July | Misc Expense | Paddy & Scott's |
| Drinks and snacks | 70 | £0.80 | £56.00 | July | Volunteer Costs | Brand Bank |
| Spacemasks | 75 | £1.51 | £113.25 | August | Fundraising Support Costs | Spacemasks |
| Q&A Body Wash | 72 | £1.50 | £108.00 | Sept | Event Costs - Vol Awards | Q&A |
| Backdrop Stand | 1 | £588.00 | £588.00 | Sept | Repairs - Equipment Maintenance | Global Brand Solutions |
| Matchmakers | 61 | £0.45 | £27.45 | Sept | Event Costs - Vol Awards | One Stop |
| Chemo Box | 1990 | £0.90 | £1,791.00 | Sept | Box Printing, Packaging & Design | Thompson and Thompson |
| Radio Box | 2163 | £0.66 | £1,427.58 | Sept | Box Printing, Packaging & Design | Thompson and Thompson |
| Toothpaste | 1500 | £1.65 | £2,475.00 | Sept | Box Products | Kingfisher |

| Quarter 4 (Oct-Dec) | | | | | | |
|---|---|---|---|---|---|---|
| Booja Booja | 350 | £1.69 | £591.50 | October | Event Costs - Ball | Booja Booja |
| Spacemasks | 350 | £1.51 | £528.50 | October | Event Costs - Ball | Spacemasks |
| Photography | 1 | £2,000 | £2,000.00 | October | Event Costs - Ball | James Rouse |
| Toilets | 1 | £954 | £954.00 | October | Event Costs - Ball | Elite Hire |
| Shredded Paper | 2 | £15 | £30.00 | October | Box Printing, Packaging & Design | Shredded Paper Company |
| Q&A Body Wash | 10 | £2 | £15.00 | October | Volunteer Costs | Q&A |
| Q&A Serum | 10 | £2 | £15.00 | October | Volunteer Costs | Q&A |
| Coffee (office) | 8 | £3 | £24.00 | Nov | Misc Expense | Paddy & Scott's |
| Tea (office) | 4 | £4 | £16.00 | Nov | Misc Expense | Paddy & Scott's |
| Coffee | 9 | £2 | £14.40 | Nov | Beneficiary Event Costs - Retreat | Tesco |
| Non-alcoholic Gin | 1 | £8 | £8.00 | Nov | Beneficiary Event Costs - Retreat | Tesco |
| Desserts | 14 | £2 | £28.00 | Nov | Beneficiary Event Costs - Retreat | Farmyard Frozen |
| Food Platters | 2 | £60 | £120.00 | Nov | Beneficiary Event Costs - Retreat | Made by Ella |
| Cordial | 6 | £8 | £48.00 | Nov | Beneficiary Event Costs - Retreat | Norfolk Cordial |
| Crafts | 6 | £1 | £6.00 | Nov | Beneficiary Event Costs - Retreat | Tesco |
| Retreat Dinner | 1 | £350 | £350.00 | Nov | Beneficiary Event Costs - Retreat | Florentina |
| Animation | 1 | £810 | £810.00 | Nov | Advertising, Marketing & Design | Stephen Ong |
| Mulled Wine & Mince Pies | 1 | £80 | £80.00 | Nov | Event Costs - Vol Xmas Gathering | One Stop |
| Crisps, Cakes & Drinks | 1 | £180 | £180.00 | Nov | Event Costs - 24 Hour Packing Party (Oa's 10) | One Stop |
| Balloon Installation | 1 | £500 | £500.00 | Nov | Event Costs - 24 Hour Packing Party (Oa's 10) | Deck |
| Toothpaste | 2004 | £1.65 | £3,306.60 | Dec | Box Products | Kingfisher |
| Office Chairs | 3 | £90 | £270.00 | Dec | Furniture & Equipment Additions | Bedrock Learning |
| Computer Monitors | 4 | £100 | £400.00 | Dec | Computer Equipment | Bedrock Learning |
| Chairs – Chestnut St | 8 | £600 | £4,800.00 | Dec | Furniture & Equipment Additions | Source One Consulting |
| Sofas - Chestnut St | 2 | £990 | £1,980.00 | Dec | Furniture & Equipment Additions | Source One Consulting |
| Blinds - Chestnut St | 5 | £160 | £800.00 | Dec | Repairs - Property Maintenance | Parasol Blinds |
| Van Wrapping | 1 | £474 | £474.00 | Dec | Van Expenses | CiM Signs |
| Meeting Tables | 2 | £250 | £500.00 | Dec | Furniture & Equipment Additions | Anon Donation |
| Year Book | 60 | £2.50 | £150.00 | Dec | Event Costs - Volunteer Appreciation Awards | Hollinger Print |
| Bracelets | 100 | £2.50 | £250.00 | Dec | Box Products | BoHo Betty |
| **Total:** | | | **£32,634.65** | | | |

**Declaration:**

The trustees declare they have approved the Trustees' Annual Report above.
Signed on behalf of the charity trustees:

| | | |
|---|---|---|
| **Signature** |  |  |
| **FULL NAME** | PER HALL | JON HALL |
| **POSITION** | TRUSTEE | TREASURER |

| | |
|---|---|
| **Date:** | **4th August 2025** |

# Little Lifts

**1170737**

## Independent Examiner's Report to the members

**For the Year Ended 31 December 2024**

### Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("The Act")

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to

- Examine the accounts under section 145 of the Charities Act,
- To follow the applicable Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act; and
- To state whether particular matters have come to my attention

### Basis of Independent Examiner's Statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
    - to keep accounting records in accordance with section 130 of the Charities Act
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements set out in the (Accounts and Reports) Regulations 2008 have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed _____ Date: 30th April 2025

**Shirley Webb MAAT Director**
**Make It Count (Accountancy Services) Ltd**
**3 Malleson Place**
**East Carleton**
**NR14 8JA**

# Little Lifts

## Statement of Financial Activities

**For the Year Ended 31 December 2024**

| | Notes | Unrestricted 2024 £ | Restricted 2024 £ | Total Funds 2024 £ | Total Funds 2023 £ |
|---|---|---|---|---|---|
| **Income:** | | | | | |
| Donations and legacies | **2** | 303,134 | 228,118 | 531,252 | 390,074 |
| Funds Raised by charity | **3** | 142,748 | - | 142,748 | 102,861 |
| Other Income | **3** | 1,115 | - | 1,115 | 1,500 |
| **Total Income** | | 446,997 | 228,118 | 675,115 | 494,435 |
| **Expenditure on:** | | | | | |
| Raising Funds | **4** | 154,140 | - | 154,140 | 113,496 |
| Charitable Activities | **4** | 356,820 | 170,244 | 527,064 | 373,529 |
| **Total Expenditure** | | 510,960 | 170,244 | 681,204 | 487,025 |
| **Net income/(expenditure)** | | (63,964) | 57,875 | (6,089) | 7,410 |
| **Transfers between funds** | | - | - | - | - |
| **Net movement in funds** | | (63,964) | 57,875 | (6,089) | 7,410 |
| **Reconciliation of Funds:** | | | | | |
| Total Funds brought forward | | 233,116 | 48,564 | 281,680 | 274,270 |
| **Total Funds carried forward** | | 169,152 | 106,439 | 275,591 | 281,680 |

# Little Lifts

## Balance Sheet

**As at 31 December 2024**

| | Note | 2024 | 2023 |
|---|---|---|---|
| | | £ | £ |
| **Fixed Assets** | **5** | | |
| Tangible Assets | | 23,755 | 5,021 |
| **Total Fixed Assets** | | 23,755 | 5,021 |
| | | | |
| **Current Assets** | **6** | | |
| Stocks | | 31,113 | 69,405 |
| Debtors | | 24,044 | 16,431 |
| Cash at Bank and in hand | | 207,143 | 214,992 |
| **Total Current Assets** | | 262,300 | 300,828 |
| | | | |
| **Current Liabilities** | | | |
| Creditors: Amounts falling due within one year | **7** | 10,464 | 24,169 |
| Deferred Income | **8** | - | - |
| **Total Current Liabilities** | | 10,464 | 24,169 |
| | | | |
| Creditors: Amounts falling due after more than one year | | - | - |
| | | | |
| **Total Net Assets or Liabilities** | | 275,591 | 281,680 |
| | | | |
| **The Funds of The Charity** | **9** | | |
| Restricted Funds | | 102,131 | 48,564 |
| Unrestricted Funds | | | |
| Designated Funds | | - | 11,431 |
| General Funds | | 173,460 | 221,685 |
| **Total Charity Funds** | | 275,591 | 281,680 |

The notes at pages 29 to 42 form part of these accounts.

Signed:

Per Hall Digitally signed by:Per Hall Date: 2025-08-05 15:19:08 +0100

Signed:

Jon Hall Digitally signed by Jon Hall Date: 2025.08.04 16:32:49 +01'00'

These accounts were approved by the trustees on: 4th August 2025

# Little Lifts

## Statement of Cash Flows

**For the Year Ended 31 December 2024**

| | Note | Funds 2024 £ | Funds 2023 £ |
|---|---|---|---|
| **Net cash provided by Operating Activities** | **10** | **14,774** | **(2,781)** |
| **Cashflow from Investing Activities** | | | |
| Purchase/donation of tangible fixed assets | | (22,623) | (2,324) |
| **Cash provided by (used in) Investing Activities** | | **(22,623)** | **(2,324)** |
| Increase / (Decrease) in cash and cash equivalents in the year | | (7,849) | (5,105) |
| Cash and cash equivalents at the beginning of the year | | 214,992 | 220,097 |
| **Total cash and cash equivalents at the end of the year** | | 207,143 | 214,992 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2024**

# 1 Accounting Policies

### 1.1 Basis of preparation of financial statements

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

Little Lifts constitutes a public benefit entity as defined by FRS 102.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 1.1.

No changes to accounting estimates have occurred in the reporting period.

No material prior year errors have been identified in the reporting period.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 SORP a restatement of comparative items was needed. No restatements were required.

### 1.2 Income

**Recognition of income**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

**Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP.

### 1.3 Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

### 1.4 Legacies

Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

### 1.5 Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services of facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

## Notes to the Financial Statements

**For the Year Ended 31 December 2024**

*1. Accounting policies (continued)*

**1.6 Fund Accounting**
Restricted funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by trustees for particular purposes.

**1.7 Liability recognition**
Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

All expenditure is accounted for on an accruals basis.

**1.8 Governance and support costs**
Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

**1.9 Grants payable**
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output. Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

**1.10 Creditors**
The charity has creditors which are measured at settlement amounts less any trade discounts.

**1.11 Tangible fixed assets for use by charity**
These are capitalised if they can be used for more than one year and are valued at historical cost.
Depreciation is charged on furniture and equipment on a straight-line basis over their estimated useful life of five years from the year of acquisition.
Depreciation is charged on computer equipment on a straight-line basis over their estimated useful life of three years from the year of acquisition.

**1.12 Stock**
Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**1.13 Debtors**
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**1.14 Cash at bank and in hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or the opening deposit or similar account.

## Notes to the Financial Statements

**For the Year Ended 31 December 2024**

| Income From: | Unrestricted 2024 £ | Restricted 2024 £ | Total 2024 £ | Total 2023 £ |
|---|---|---|---|---|
| **2. Donations & Legacies** | | | | |
| Corporate | 79,137 | 1,049 | **80,186** | 42,844 |
| Individuals | 110,457 | 13,819 | **124,276** | 93,323 |
| Grants | 10,500 | 204,254 | **214,754** | 210,398 |
| Third Party | 70,405 | 8,996 | **79,401** | 32,078 |
| Gifts in Kind | 32,635 | - | **32,635** | 11,432 |
| | 303,134 | 228,118 | **531,252** | 390,075 |

| **Gifts in Kind breakdown:** | 2024 £ | 2023 £ |
|---|---|---|
| Overheads | 2,307 | - |
| Equipment | 8,538 | - |
| Box Products | 8,544 | 7,517 |
| Box Printing, Packaging & Design | 6,208 | - |
| Event and Volunteer Support | 7,037 | 3,915 |
| | **32,635** | 11,432 |

| | | | | |
|---|---|---|---|---|
| **3. Fundraising Income** | | | | |
| Box Sales | 10,754 | - | **10,754** | 15,278 |
| Merchandise | 651 | - | **651** | 839 |
| Events | 131,343 | - | **131,343** | 86,744 |
| | 142,748 | - | **142,748** | 102,861 |

| **Other Income** | | | | |
|---|---|---|---|---|
| Interest Received | | | **1,095** | - |
| Profit on Sale of Fixed Assets | | | **20** | - |
| Apprenticeship Income | | | **-** | 1,500 |
| | - | - | **1,115** | 1,500 |

### 4. Analysis of Expenditure

| | Cost of £ | Charitable £ | Governance £ | Support £ | 2024 £ | 2023 £ |
|---|---|---|---|---|---|---|
| Wages and Salaries | 47,715 | 120,761 | 3,705 | 26,612 | **198,793** | 167,227 |
| Pension Costs | 1,010 | 2,556 | 78 | 563 | **4,207** | 3,219 |
| Event Costs | 44,172 | - | - | - | **44,172** | 28,291 |
| Merchandise | 868 | - | - | - | **868** | 1,367 |
| Other | 477 | - | - | - | **477** | 475 |
| Little Lifts Boxes and Patient Related Support | - | 262,766 | - | - | **262,766** | 152,481 |
| Box Printing and Postage | - | 43,940 | - | - | **43,940** | 41,600 |
| Funding Application Support Costs | 8,135 | - | - | - | **8,135** | 6,765 |
| Fundraising Support Costs | 10,967 | - | - | 825 | **11,792** | 5,208 |
| Travel | 3,634 | 8,479 | - | - | **12,113** | 6,002 |
| Staff Training | - | - | - | 1,874 | **1,874** | 2,042 |
| Premises Costs | 5,159 | 30,092 | 860 | 6,878 | **42,989** | 34,726 |
| IT Costs, Software and Consumables | - | - | - | 17,354 | **17,354** | 13,406 |
| Equipment Maintenance | - | - | - | 1,624 | **1,624** | 597 |
| Printing, Stationery and Postage | - | - | - | 3,888 | **3,888** | 3,535 |

| | | | | | | |
|---|---|---|---|---|---|---|
| Advertising, Marketing and PR | 3,283 | 9,848 | - | - | **13,131** | 11,720 |
| Accountancy and Independent Examiner Costs | - | - | 3,650 | - | **3,650** | 4,031 |
| Depreciation | - | - | - | 3,889 | **3,889** | 2,668 |
| Volunteer Costs | - | 575 | - | - | **575** | 724 |
| HR Support | - | - | - | - | **-** | 720 |
| Focus Groups and Retreat Costs | - | 4,967 | - | - | **4,967** | 221 |
| | 125,420 | 483,984 | 8,293 | 63,507 | **681,204** | 487,025 |
| Support Costs | 25,403 | 38,104 | - | (63,507) | - | - |
| Governance Costs | 3,317 | 4,976 | (8,293) | - | - | - |
| **Total Expenditure** | **154,140** | **527,064** | **-** | **-** | **681,204** | **487,025** |

## Notes to the Financial Statements

**For the Year Ended 31 December 2024**

| 5. Tangible Fixed Assets<br>Analysis of Opening and Carrying Amounts | Freehold Land and Buildings | Leasehold Land and Buildings | Plant and Machinery | Fixtures, Fittings and Equipment | Total |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Cost or Valuation** | | | | | |
| As at 1st January 2024 | - | - | - | 18,431 | 18,431 |
| Additions | - | - | - | 22,623 | 22,623 |
| Disposals | - | - | - | (2,507) | (2,507) |
| **At End of the Year** | - | - | - | 38,547 | 38,547 |
| **Depreciation and Impairment** | | | | | |
| As at 1st January 2024 | - | - | - | 13,410 | 13,410 |
| Depreciation | - | - | - | 3,889 | 3,889 |
| Disposals | - | - | - | (2,507) | (2,507) |
| **At End of the Year** | - | - | - | 14,792 | 14,792 |
| **Net Book Value** | | | | | |
| As at 1st January 2024 | - | - | - | 5,021 | 5,021 |
| As at 31st December 2024 | - | - | - | 23,755 | 23,755 |

| 6. Current Assets | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Box Product Stocks | 25,242 | 62,926 |
| Merchandise Stocks | 1,265 | 1,443 |
| Packaging Stock | 4,606 | 5,036 |
| Accrued Income | - | - |
| Office Rental Deposit | 2,100 | 2,100 |
| Other Debtors | 288 | 100 |
| Prepayments | 21,656 | 14,231 |
| | 55,157 | 85,836 |

Stocks represent the Little Lifts' Box contents in readiness for supply. The stocks will be used in the Boxes provided as part of charitable activities in 2025.

| 7. Current Liabilities | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Creditors | 6,060 | 12,296 |
| PAYE & NIC Payable | 3,549 | 10,631 |
| Pensions Payable | 822 | 916 |
| Student Loans Deductions Payable | 33 | 326 |
| | 10,464 | 24,169 |

| 8. Deferred Income | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| As at 1 January 2024 | - | - |
| Additions during the year | - | - |
| Amounts released to income | - | - |
| As at 31 December 2024 | - | - |

## Notes to the Financial Statements
**For the Year Ended 31 December 2024**

### 9. Charity Funds

### Current Year

| | At 1 January 2024 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2024 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| New Box Initiative | 11,431 | - | (11,431) | - | - | **-** |
| Little Kindness Fund | - | - | - | - | - | **-** |
| General Funds | 221,685 | 446,997 | (499,529) | 4,308 | - | **173,460** |
| **Total Unrestricted Funds** | **233,116** | **446,997** | **(510,960)** | **4,308** | **-** | **173,460** |
| **Restricted Funds** | | | | | | |
| Addenbrooke's Hospital | 5,000 | - | (5,000) | - | - | **-** |
| Broomfield Hospital | - | 5,000 | (5,000) | - | - | **-** |
| Colchester Hospital | 9,458 | 20,083 | (21,188) | - | - | **8,353** |
| Ipswich Hospital | 12,522 | 17,707 | (16,274) | - | - | **13,955** |
| James Paget Hospital | - | 3,310 | - | - | - | **3,310** |
| Norfolk Hospitals | - | 2,000 | (2,000) | - | - | **-** |
| NNUH Trust | - | 27,899 | (7,719) | - | - | **20,180** |
| Queen Elizabeth Hospital | 3,000 | 3,000 | (3,000) | - | - | **3,000** |
| Southend Hospital | - | 28,946 | (16,564) | - | - | **12,382** |
| Suffolk Hospitals | 1,000 | - | - | - | - | **1,000** |
| West Suffolk Hospital | 3,079 | 6,136 | (6,200) | - | - | **3,015** |
| Norfolk Radiotherapy | 1,000 | 4,000 | (5,000) | - | - | **-** |
| Chemotherapy Boxes | - | 50 | (50) | - | - | **-** |
| Radiotherapy Boxes | - | 2,050 | (2,050) | - | - | **-** |
| Surgery Boxes | 8,929 | - | (8,929) | - | - | **-** |
| Little Kindness Fund | - | 90,755 | (58,742) | - | - | **32,013** |
| Make 2nds Count Partnership | 1,283 | - | (1,283) | - | - | **-** |
| Retreats | - | 5,284 | (3,654) | - | - | **1,630** |
| Rent | 3,293 | 7,590 | (7,590) | - | - | **3,293** |
| Office Equipment and Furniture | - | 4,308 | - | (4,308) | - | **-** |
| **Total Restricted Funds** | **48,564** | **228,118** | **(170,244)** | **(4,308)** | **-** | **102,131** |
| **Total Funds** | **281,680** | **675,115** | **(681,204)** | **-** | **-** | **275,591** |

### Previous Year

| | At 1 January 2023 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2023 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| New Box Initiative | 15,000 | - | (3,569) | - | - | **11,431** |
| New Hospital Partnerships | 20,000 | - | (20,000) | - | - | **-** |
| Essex Hospitals | - | - | - | - | - | **-** |
| Little Kindness Fund | 15,000 | - | (15,000) | - | - | **-** |
| General Funds | 176,981 | 311,518 | (266,814) | - | - | **221,685** |

| | | | | | | |
|---|---|---|---|---|---|---|
| **Total Unrestricted Funds** | **226,981** | **311,518** | **(305,383)** | **0** | **0** | **233,116** |
| | | | | | | |
| **Restricted Funds** | | | | | | |
| Addenbrooke's Hospital | - | 7,300 | (2,300) | - | - | **5,000** |
| Broomfield Hospital | - | 5,000 | (5,000) | - | - | **-** |
| Colchester Hospital | 2,000 | 10,808 | (3,350) | - | - | **9,458** |
| Essex Hospitals | 18,178 | - | (18,178) | - | - | **-** |
| Ipswich Hospital | - | 14,309 | (1,787) | - | - | **12,522** |
| Norfolk Hospitals | 8,500 | 1,000 | (9,500) | - | - | **-** |
| Norfolk & Norwich University Hospital | - | 1,496 | (1,496) | - | - | **-** |
| Queen Elizabeth Hospital | - | 3,000 | - | - | - | **3,000** |
| Southend Hospital | - | 949 | (949) | - | - | **-** |
| Suffolk Hospitals | - | 1,000 | - | - | - | **1,000** |
| West Suffolk Hospital | 1,587 | 7,518 | (6,026) | - | - | **3,079** |
| Norfolk Chemotherapy | - | - | - | - | - | **-** |
| Norfolk Radiotherapy | - | 5,000 | (4,000) | - | - | **1,000** |
| Chemotherapy Boxes | - | 20,847 | (20,847) | - | - | **-** |
| Surgery Boxes | - | 10,000 | (1,071) | - | - | **8,929** |
| Little Kindness Fund | - | 53,269 | (53,269) | - | - | **-** |
| Make 2nds Count Partnership | 1,865 | 33,985 | (34,567) | - | - | **1,283** |
| Box Products | 11,875 | 850 | (12,725) | - | - | **-** |
| CRM System | - | - | - | - | - | **-** |
| Rent | 3,284 | 6,586 | (6,577) | - | - | **3,293** |
| | | | | | | |
| **Total Restricted Funds** | **47,289** | **182,917** | **(181,642)** | **-** | **-** | **48,564** |
| | | | | | | |
| **Total Funds** | **274,270** | **494,435** | **(487,025)** | **-** | **-** | **281,680** |

## 9. Charity Funds
***- Continued***

**Purpose of Restricted Funds**
**Addenbrooke's Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Addenbrooke's Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Earl Fitzwilliam Charitable Trust | - | 1,000 |
| The Hudson Charitable Trust | - | 300 |
| The Frank Litchfield General Charitable Trust | - | 1,000 |
| The Childwick Trust | - | 5,000 |
| | - | 7,300 |

**Broomfield Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Broomfield Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Walter Farthing Trust | 5,000 | 5,000 |
| | 5,000 | 5,000 |

**Colchester Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Colchester Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Ipswich and Colchester Hospitals Charity | 10,308 | 10,808 |
| Colchester Catalyst Charity | 4,000 | - |
| The Tudwick Foundation | 2,000 | - |
| East of England Co-op Community Cares Fund (ECF) | 3,775 | - |
| | 20,083 | 10,808 |

**Ipswich Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Ipswich Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Ipswich and Colchester Hospitals Charity | 10,937 | 10,439 |
| Art for Cure | 3,792 | 3,870 |
| E&J Legacy Grantmaking Programme (SCF) | 2,978 | - |
| | 17,707 | 14,309 |

**James Paget Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at James Paget Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Love Norfolk (NCF) | 3,310 | - |
| | 3,310 | - |

**Norfolk Hospital Partnerships**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our three Norfolk NHS Hospitals.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Barratt Family Charitable Trust | - | 1,000 |
| The Woodmill Trust | 250 | - |
| Masonic Charitable Fund | 750 | - |
| The Red Socks Charitable Trust | 1,000 | - |
| | 2,000 | 1,000 |

**NNUH Trust**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Norfolk and Norwich University Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Alan Boswell Group Charitable Trust | - | 125 |
| Tesco Community Grant | - | 371 |
| The Red Socks Charitable Trust | - | 1,000 |
| Ridley Godfrey Foundation | 1,000 | - |
| The Hospital Saturday Fund | 1,956 | - |
| National Lottery - Awards for All | 19,943 | - |
| Cancer Community Chest | 5,000 | - |
| | 27,899 | 1,496 |

**Queen Elizabeth Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Queen Elizabeth Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Mrs Yvonne Flux Charitable Trust | 3,000 | 3,000 |
| | 3,000 | 3,000 |

**Southend Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Southend Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Tudwick Foundation | 1,965 | 949 |
| Fowler Smith & Jones Trust | 2,000 | - |
| Postcode Places Trust | 24,981 | - |
| | 28,946 | 949 |

**Suffolk Hospitals**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our Suffolk NHS Hospitals.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| D C Moncrieff Charitable Trust | - | 1,000 |
| | - | 1,000 |

**West Suffolk Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at West Suffolk Hospital.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Art for Cure | 4,136 | 3,518 |
| Ridley Godfrey Foundation | - | 500 |
| The Lord Belstead Charitable Settlement | - | 2,000 |
| The Sir Robert Gooch Trust | 1,000 | 1,000 |
| The Geoffrey Burton Charitable Trust | 1,000 | 500 |
| | 6,136 | 7,518 |

## 9. Charity Funds
*- Continued*

**Purpose of Restricted Funds**

**Norfolk Radiotherapy**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing radiotherapy within Norfolk.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Souter Charitable Trust | - | 2,000 |
| The Paul Bassham Charitable Trust | 4,000 | 3,000 |
| | 4,000 | 5,000 |

**Secondary Chemotherapy**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing chemotherapy treatment for secondary breast cancer.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Big Give - Women & Girls Fund | - | 20,847 |
| Individual Donations | 50 | - |
| | 50 | 20,847 |

**Radiotherapy Boxes**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing radiotherapy.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Individual Donations | 50 | - |
| The Souter Charitable Trust | 2,000 | 10,000 |
| | 2,050 | 10,000 |

**Surgery Boxes**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing surgery.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Paul Bassham Charitable Trust | - | 10,000 |
| | - | 10,000 |

**Little Kindness Fund**
The following funds were provided specifically for a National Discretionary Fund (The Little Kindness Fund) to provide Little Lifts Boxes to breast cancer patients across the UK.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Spacemasks (VGP Limited) | 1,049 | 1,123 |
| The Alborada Trust | 50,000 | 50,000 |
| The Big Give - Women & Girls Fund | 10,000 | - |
| The Theodore Maxxy Charitable Trust | 3,000 | - |
| Hilary and David White Rose Foundation | 2,000 | - |

| | | |
|---|---|---|
| Myrtle Charitable Settlement | 25 | - |
| The Mackintosh Foundation | 1,000 | - |
| The De Vere Hunt Charitable Trust | 250 | - |
| The Hilary Awdry Charitable Trust | 1,000 | 1,000 |
| Co-Op Funeral Directors | - | 100 |
| Third Party Donations | 5,212 | - |
| Individual Donations | 12,219 | - |
| Anonymous Charitable Trust | 5,000 | - |
| Boho Betty Bracelet Sales | - | 546 |
| Insurance With | - | 500 |
| | 90,755 | 53,269 |

**Make 2nds Count Partnership**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to secondary breast cancer patients.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Make 2nds Count | - | 33,985 |
| | - | 33,985 |

**Box Products**

The following funds were provided specifically for producing sleep kits for our Little Lifts Chemotherapy Boxes.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Rank Foundation | - | 850 |
| | - | 850 |

**Retreats**

The following funds were provided specifically to produce a two-night and three-day Retreat for beneficiaries of Little Lifts Boxes living with secondary breast cancer.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Third Party Donations | 3,784 | - |
| Individual Donations | 1,500 | - |
| | 5,284 | - |

**Rent**

The following funds were provided specifically as a contribution towards rent for Little Lifts to establish an office to facilitate the growth to help more people undergoing treatment for primary and secondary breast cancer.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The Pink Ribbon Foundation | 6,590 | 6,586 |
| OneStop | 1,000 | - |
| | 7,590 | 6,586 |

**Office Equipment and Furniture**

The following funds were provided specifically for office equipment and furniture.

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Cancer Community Chest | 4,308 | - |
| | 4,308 | - |

## Notes to the Financial Statements

**For the Year Ended 31 December 2024**

### 10. Reconciliation of net income to net cash flow from operating activities

| | 2024<br>£ | 2023<br>£ |
|---|---|---|
| **Net Income/(Expenditure) for the reporting period** | (6,089) | 7,410 |
| **Adjustments For:** | | |
| Net Movement in funds | | |
| Depreciation charges | 3,889 | 2,668 |
| (Increase)/Decrease in stocks | 38,292 | (25,138) |
| (Increase)/Decrease in Debtors | (7,613) | (1,968) |
| Increase/(Decrease) in Creditors | (13,705) | 14,247 |
| **Net Cash Provided by/Used in Operating Activities** | 14,774 | (2,781) |

**LITTLELIFTS**

England & Wales - Charity number 1170737

# Accounts

little lifts

for people affected by
breast cancer

# Little Lifts Trustees' Annual Report

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# Little Lifts Trustees' Annual Report

The trustees present their annual report together with financial statements of Little Lifts for the year 1 January – 31 December 2023.

## Administrative details

**Trustees**

- Karyn Maier (Chair)
- Ella Wisbey (Secretary)
- Jill Ward
- Per Hall
- Jon Hall (Treasurer)
- Zoe Hill

**Registered charity number**

Little Lifts is a registered charity in England and Wales 1170737.

**Accountant/s**

Karen Eason Certified Accountant Limited
167 Westacre Drive, Old Catton, NR6 7HX

Make it Count (Accountancy Services) LTD
3 Malleson Place, East Carleton, Norfolk, NR14 8JA

**Bankers**

The Co-operative Bank, 14 Gentleman's Walk, Norwich, NR2 1NA

**Structure, Governance and Management**

Little Lifts is a Charitable Incorporated Organisation whose only voting members are its charity trustees. It is governed by a foundation model constitution.

Appointment of charity trustees:

- Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to skills, knowledge and experience needed for the effective management of the CIO.

**Little Lifts**
**Trustees' Annual Report**

**"This Box is not just a collection of items; it is a manifestation of compassion and understanding. In the midst of the physical and emotional toll that cancer treatment takes, your thoughtful gift has managed to uplift my spirits in a way words cannot fully express. It is, without a doubt, the most considerate and heartfelt gift I have ever received."**
Saba received her Box via The Little Kindness Fund

**A message from our Founder, Oa Hackett:**

Little Lifts has been on the most incredible journey. The idea for our charity was inspired by kindness I received during my breast cancer treatment 7 years ago. It all started with a group of people around my kitchen table. On 23rd November 2017, I received a call from Oncology Nurse and former Trustee Tracey, telling me that she had given out the first Box, and we both cried. Knowing that someone who was about to start their chemotherapy treatment had received our Box sparked a lot of emotions. We had worked hard to fundraise and had developed a Box full of carefully selected products to provide practical and emotional support to people during their treatment. Little Lifts was finally out there.

Fast forward to 2023 and Little Lifts is celebrating delivering our 10,000th Little Lifts Box. We now work with 10 NHS hospitals across Norfolk, Suffolk, Essex and Cambridgeshire. The Little Kindness Fund means that anyone living in the UK going through breast cancer treatment can apply for a Little Lifts Box, free of charge, on our website. Our partnership with Make2ndsCount means that anyone undergoing secondary breast cancer treatment can access a Box. I am immensely proud that we have grown and developed these different ways to access our support. It shows that we listen, adapt, and respond to the needs of people affected by breast cancer.

As well as our 10,000th Box milestone, 2023 marked a special year for Little Lifts as we welcomed Addenbrooke's to the family and launched a pilot Surgery Box. In February, I was honoured to receive a Points of Light Award from the Prime Minister. BBC national news coverage followed, and Little Lifts was inundated with enquiries and messages of support. As a result, this year saw our operational activity increase by 51% compared to 2022, meaning that we've taken on more staff and more partnerships to help us double our Box distribution – we distributed a grand total of 7241 Little Lifts Boxes in 2023.

We continue to work hard to establish the reputation of Little Lifts whilst maintaining our core values by listening to feedback from our hospital partners and those affected by breast cancer. Despite limited resources within our fundraising function, I am proud of what we have achieved. We were able to offer a variety of fundraising initiatives to support the development and sustainability of income streams. This included our first ever Trail Run, a corporate fundraising challenge and our Annual Ball. We continue to see stable income via Trusts and Foundations, and I give great thanks to the ongoing support from Art for Cure, Pink Ribbon Foundation, The Paul Bassham Charitable Trust, and The Alborada Trust who committed to a three-year funding relationship, donating £50k every year. We continue to see an increase in Community Fundraisers in response to individuals seeing a loved one

receive a Little Lifts Box via The Little Kindness Fund. Our Little Lifts Community never ceases to amaze me!

Every day we receive messages and feedback from people who have received our support. This is what continues to motivate us to grow our charity, spread kindness, and support more people affected by breast cancer.

**A special thank you**

I would like to give wholehearted thanks to some very special people and organisations who generously supported us in 2023:

- To my highly skilled, motivated, and energised team, who despite being small (just seven of us!) were able to adapt to the continued pressures 2023 offered both on our income and operational demands.
- To my committed and generous Board of Trustees.
- To our dedicated NHS hospital partnerships.
- To the team at Make 2nds Count.
- To our grant givers.
- To every person who sends feedback about their Little Lifts Box.
- To our Platinum Supporters, Sinclair International and Poultec Training LTD.
- To our Patron, Harriet Inglis – Spacemasks.
- To our social media Ambassador – Laura Middleton-Hughes.
- To our amazing volunteers who give up hours to support us.
- To our generous suppliers who help us fill our Little Lifts Boxes.
- To our generous Little Lifts Community filled with fundraisers, donors, corporate partnerships and so much more!

**Message from our Chair, Karyn Maier:**

We continue to see the powerful and uplifting impact our Little Lifts Boxes have on women and men during their breast cancer treatment. It is this that continues to drive our determination in taking every opportunity to carry on growing the charity. At the core of everything we do is our ambition to realise the Little Lifts' vision to support as many people with breast cancer as we possibly can each year.

Despite a very busy year, Little Lifts has continued in its mission to respond to the needs of people affected by breast cancer. In 2023, we maintained a relatively cautious approach in assessing how we could safely continue our operations, always backed by an ongoing set of considered financial reviews and planning to ensure a robust and secure future for our charity. We took the decision to use surplus funds from 2022 to designate into specific projects in 2023 which saw us launch hospital partnership number 10 with Addenbrooke's in Cambridgeshire. Our thanks go to Harriet Inglis at Spacemasks for her continued support of our Little Kindness Fund; alongside renewed support from The Alborada Trust in June 2023, this enabled us to far exceed the number of Boxes distributed by The Little Kindness Fund in 2022. Whilst our partnership with Make 2nds Count came to an end at the end of 2023, we were delighted to continue the partnership supporting people affected by secondary breast cancer.

We saw some team changes with Kay going on maternity leave, but a well-planned temporary replacement with Lizzie coming in meant we experienced no real disruption to the running of the charity. In addition, our Founder, on top of an already demanding role, took on some of the key financial responsibilities Kay had covered to ensure no interruption occurred in the delivery of our services. The Little Lifts' small team of seven have worked consistently and with great creativity to continue offering unique and essential fundraising initiatives – these included a cold-water swimming challenge at the start of the year, our annual Ball, John Lewis Fashion Show and a Christmas Market. We also ran our first ever Trail Run which was a huge success. Our Operations Team liaised effectively with our partnerships to ensure Little Lifts Boxes continued to be carefully curated and delivered as well as growing visibility of our Little Kindness Fund to 72 hospitals across the UK.

A key priority in 2023 was to adjust our staff overheads to increase capacity in terms of;

- Higher production capability to meet demand
- Better support of our volunteers
- Growing our partnership network
- Delivering more Little Lifts Boxes to our Hospital Partnerships across Norfolk, Suffolk, Essex and Cambridgeshire, The Little Kindness Fund and partnership with Make 2nds Count.

Our vision, coupled with considered financial planning, provides us with a strong foundation to continue to grow our support to more people with breast cancer. We are continuously evaluating and learning from the community that we support and our activity throughout 2023 demonstrates that people affected by breast cancer are always at the forefront of our decision making. As Trustees it is a privilege to be able to experience first-hand the profound impact Little Lifts has, not just on the direct recipients of our Boxes, but on the ever-wider community of volunteers, partner organisations and sponsors. The feedback we receive on a weekly basis provides a constant reminder of just how life enhancing our work at Little Lifts is.

Every year we are thankful to our dedicated group of hospital partnerships, and we thank the enthusiasm of our Little Lifts community, volunteers, and the support from individuals and organisations who donated funds and resources to support our work. Particular thanks goes to our Platinum Supporters, Sinclair International and Poultec, Ambassador Harriet Inglis at Spacemasks, Art for Cure for continuing to support our work in Suffolk, The Pink Ribbon Foundation for continuing to fund our chemotherapy packing room and to The Alborada Trust for helping us to grow our Little Kindness Fund.

We must also give thanks to the drive and determination of our CEO and Founder, Oa. We were pleased to see her valued for her work via the Points of Light Award. A huge thank you must also go to the support and hard work of the Little Lifts' team Lizzie, Shopie, George, Frannie, Anya and Hannah; without them Little Lifts would not have achieved such a successful set of outcomes as demonstrated by our sound financial results and numbers of Boxes funded and delivered. Finally, our Board of Trustees provided a dedicated commitment and source of support coupled with a wide-ranging set of expertise and experience in helping to achieve the Little Lifts vision.

**Our vision**

Every person affected by breast cancer should have the opportunity to receive a Little Lifts Box.

**Our mission**

To provide practical and emotional support to every person, living in the UK, who faces breast cancer treatment by giving them a carefully created Little Lifts Box at the start of or during their chemotherapy or radiotherapy treatment.

**Our values**

Our values underpin everything that we do.

- **Compassion:** because we care for people
- **Respect:** every person's experience of breast cancer is different
- **Integrity:** to achieve excellence with care and thought in all that we do
- **Open**: continuously evaluating and improving
- **Generosity**: guiding us in all we do

**What Little Lifts does**

We support people undergoing chemotherapy and/or radiotherapy treatment for breast cancer by giving them a Little Lifts Box. In the East of England, our hospital partnerships ensure that every eligible person is reached. Elsewhere in the UK, people can apply to our 'Little Kindness Fund' to access our support.

**Our NHS partnerships**

What drives us, and the hospital partnerships we work with, is the shared belief that everyone facing breast cancer treatment needs to feel cared for and supported as they navigate their treatment in a clinical environment.

We work with a team of dedicated Oncology, Radiotherapy and Breast Care Teams who ensure that our Little Lifts Boxes are given to people during their treatment planning or review meetings.

| **Name of hospital** | **Year launched** |
|---|---|
| Norfolk and Norwich University Hospital | November 2017 |
| James Paget University Hospital | September 2018 |
| Ipswich Hospital | October 2018 |
| West Suffolk Hospital | May 2019 |
| Colchester Hospital | April 2021 |
| Broomfield Hospital (Chelmsford) | February 2022 |
| Southend-on-Sea Hospital | February 2022 |
| Basildon Hospital | February 2022 |
| Addenbrooke's Hospital | May 2023 |

## The Little Kindness Fund

During the Covid 19 pandemic, we received a surge in requests from breast cancer patients outside of our hospital partnerships enquiring how they could receive a Little Lifts Box. Thanks to generous support from Spacemasks we launched The Little Kindness Fund on World Cancer Day, February 4th 2021.

The Little Kindness Fund is a discretionary fund for women and men undergoing chemotherapy or radiotherapy treatment for primary or secondary breast cancer, living in the UK. The Fund enables eligible applicants to receive a Little Lifts Box, free of charge, to support their emotional well-being and support them through their cancer treatment.

**What is a Little Lifts Box?**

We understand that everyone's experience of breast cancer treatment is different. Our Boxes are carefully curated by people who have personal experiences of breast cancer treatment, and we always choose planet-friendly, ethically made items where we can. Each Box is hand packed with love by a volunteer in our community, often by a woman who has benefitted from our support.

Our Boxes contain carefully curated products to help alleviate some of the side effects of treatment and provide practical support, as well as mood-boosting goodies to promote emotional well-being.

**Chemotherapy Boxes**

Little Lifts Chemotherapy Boxes contain over 20 carefully chosen items. They include a heat pack to help with joint and muscle pain, a soft toothbrush to be kind to more sensitive gums, and chilli oil and herbs to bring flavour to foods that may taste a little different.

**Radiotherapy Boxes**

Little Lifts Radiotherapy Boxes contain 11 carefully chosen items. They include moisturiser to soothe sensitive skin, a heated eye mask and candle to aid relaxation, and a natural deodorant, as it is advisable for patients to use a metal-free deodorant during treatment.

**Our support goes beyond the products**

But it's not just what's inside the Box that's important. Many people experience breast cancer treatment as a lonely and difficult time. Our recipients tell us that the sense of solidarity and kindness they experience when they receive their Little Lifts Box is just as valuable as the contents. Little Lifts Boxes ensure that no person faces chemotherapy or radiotherapy treatment for breast cancer unprepared, or alone.

*'If someone had described it to me beforehand, I would have thought it a 'nice idea' without having given much thought to how important the sentiment is … With one Box, I no longer felt that we were alone dealing with a life changing situation … It is not a Box of cutlery and tea bags, it is a gesture of compassion and understanding sent without judgement and with no expectation, from fellow members of a club that no one wants to be part of.'*

**Why is Little Lifts needed?**

In the UK, 55,000 women and 400 men are diagnosed with breast cancer every year. 63% have radiotherapy, and 34% have chemotherapy, as part of their curative or palliative

primary cancer treatment. There are 61,000 women in the UK living with incurable (secondary) breast cancer, a recognised disability.

**Who develops breast cancer?**

- **Eight out of 10** cases of breast cancer are diagnosed in women aged **50 and over.**
- **One-quarter** of cases are diagnosed in women aged 75 and over.
- Just over **10,000 women** under the age of 50 are diagnosed with breast cancer every year in the UK. Of these, around 7,600 women will be in their 40s.
- **31 women** die from breast cancer every day in the UK.
- Around **2,300** women in the UK are diagnosed aged 39 or under, or just 4% of all cases.

Breast cancer in men is rare with just **400 new cases** in the UK each year, compared to around 55,000 new cases in women.

**Every person experiences breast cancer treatment differently**. There are a number of possible side effects to both chemotherapy and radiotherapy, and each person may experience them in varying intensities and for differing periods of time. Chemotherapy can cause, amongst other things, tiredness and fatigue, nausea, hair loss, a sore mouth, loss of appetite, a changed sense of taste, trouble sleeping, and difficulty concentrating. It can be a very difficult process, physically and emotionally. Radiotherapy can cause skin problems, tiredness, sore mouth, loss of appetite, and joint and muscle stiffness.

Radiotherapy can be considered by some to be a less 'gruelling' treatment than chemotherapy. Our beneficiaries told us that as radiotherapy patients they sometimes felt less entitled to support, or that the difficulties they faced were 'lesser' than those of chemotherapy patients, because they often did not outwardly appear unwell. But radiotherapy treatment, as well as sharing some of the physical and mental side effects of chemotherapy, is also incredibly disruptive, as it is administered daily in a clinical setting. In response to feedback from radiotherapy patients, we were proud to launch a special radiotherapy Little Lifts Box in 2020.

There is no other charity working directly with NHS hospitals offering this type of support specific to breast cancer patients in the UK. It's not only the content of our support, but its timing, and how it's delivered – directly by clinicians at chemotherapy and radiotherapy planning meetings – that's crucial. That's what makes Little Lifts unique.

**Our charitable objective**

The object of the CIO is for the public benefit, the relief of sickness and side effects to ease the suffering of chemotherapy or radiotherapy treatment to women and men aged 18 and above who have primary and secondary breast cancer and who are living in the UK. In particular, but not exclusively, by providing them with a Little Lifts Box at the start of their chemotherapy or radiotherapy treatment.



Little Lifts Box delivery to Norfolk and Norwich University Hospital, April 2023.

**Activities to achieve our charitable objective**
The trustees have had regard to the guidance issued by the Charity Commission on public benefit and complied with the duty in section 17 of the Charities Act 2011.

Our objectives for 2023 were ambitious because we wanted to continue to grow our infrastructure so that we could grow our hospital partnerships and Little Kindness Fund, enabling more people affected by breast cancer to benefit from our support. March 2023 saw us deliver our 10,000th Little Lifts Box, which coincided with our Founder receiving a Points of Light Award from the Prime Minister. As a result, Little Lifts made it onto BBC national news and demand for our services increased by 1200%. Thanks to the growth of our hospital partnerships and Little Kindness Fund, our **Box distribution grew by 43% compared to 2022** meaning we were able to distribute **7241 Little Lifts Boxes** to support people affected by breast cancer. Of this figure, **2852 Boxes were distributed via The Little Kindness Fund.**

In 2023, we are so proud to have achieved the following:

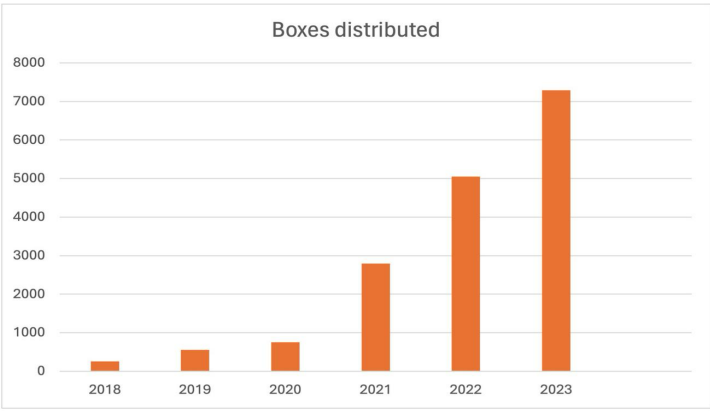
- We **continued to support** people across all nine NHS hospital partnerships across Norfolk, Suffolk and Essex.
- In February, Oa (Founder) was awarded a **Points of Light Award** from the Prime Minister.
- In March, we **delivered our 10,000th Little Lifts Box** to the Norfolk and Norwich University Hospital and Little Lifts made national BBC news.
- In April, **we hosted our first ever Trail Run**, kindly sponsored by Loveday & Partners, with over 200 runners taking part and over £10,000 raised.
- In May 2023, we **launched hospital number 10** with Addenbrooke's, Cambridgeshire.

- In June, **we welcomed Hannah** to the team – working as an Operations and Support Executive. Lizzie also joined us, on a **6-month secondment from John Lewis,** supporting our events function one day per week.
- In June, our Fashion Show with John Lewis **saw 20 people affected by breast cancer** take to the catwalk, raising over £3000.
- In June, **The Alborada Trust** supported us with a £50k donation to specifically support our Little Kindness Fund.
- In September, we hosted our **first ever Volunteer Appreciation Awards** kindly supported by Poultec.
- In September, we celebrated our volunteer, Laura Middleton-Hughes, winning **Volunteer of the Year Award** at the Radio Norfolk BBC Make a Difference Awards.
- In October, Breast Cancer Awareness Month, we **launched a pilot Surgery Box** with the Norfolk and Norwich University Hospital thanks to funding from The Paul Bassham Charitable Trust.
- Later that month our **October Ball** saw over 322 guests enjoy a spectacular evening raising £40,000. This ball was kindly sponsored by Sinclair International and Rogers & Norton.
- The **Little Greene Paint Company** chose us as a charity to support, kindly making us a sample of Little Lifts paint. We used it to create our very own boob wall.
- We ended October with a **Beneficiary Pamper Party** with kind support from Tropic.
- On November 23rd, we celebrated our **6th Birthday!**
- In November, our **Corporate Challenge 250** ended, and our amazing teams raised £12,562 with SaxonAir taking the winner's trophy!
- In December, our Founder was invited to spend a festive evening at **10 Downing Street.**
- We **continued working with Make 2nds Count,** specifically **supporting 539 people** with secondary breast cancer across the UK.
- We hosted **three focus groups** to help us evaluate and improve our support.
- We hosted **19 packing parties** with volunteers and supporters so that each Little Lifts Box was carefully hand packed with love.
- We **spent over 2125 hours packing and prepping** Little Lifts Boxes.
- We **dedicated time to fundraising activity** so that we could continue to deliver and grow our support across NHS hospitals in the East of England, and nationally via The Little Kindness Fund.
- **Our online shop** continued to provide the opportunity for more people across the UK to receive Little Lifts Boxes as gifts from loved ones and diversified our income streams.

**Our impact**

In 2023, our operational demand saw an increase of 43% compared to 2022. We delivered 7241 Little Lifts Boxes compared to 4987 in 2022. **Here's the breakdown:**

| Hospital | 2018 Box deliveries | 2019 Box deliveries | 2020 Box deliveries | 2021 Box deliveries | 2022 Box deliveries | 2023 Box deliveries | Total to date |
|---|---|---|---|---|---|---|---|
| **NNUH – chemotherapy** | 141 | 243 | 178 | 206 | 178 | 260 | 1206 |
| **NNUH – radiotherapy** | | | 128 | 681 | 671 | 564 | 2044 |
| **NNUH – surgery** | | | | | | 130 | 130 |
| **JPUH - chemotherapy** | 26 | 57 | 43 | 53 | 56 | 15*Boxes redirected to NNUH. | 250 |
| **IPS - chemotherapy** | 60 | 110 | 88 | 134 | 140 | 103 | 635 |
| **IPS – radiotherapy** | | | | 366 | 301 | 325 | 992 |
| **QEH - chemotherapy** | | 63 | 26 | 65 | 64 | 52 | 270 |
| **WSH - chemotherapy** | | 63 | 58 | 102 | 113 | 143 | 479 |
| **CLCH – chemotherapy** | | | | 71 | 96 | 178 | 345 |
| **CLCH – radiotherapy** | | | | 279 | 290 | 300 | 869 |
| **BRM – chemotherapy** | | | | | 106 | 100 | 206 |
| **Southend – chemotherapy** | | | | | 161 | 92 | 253 |
| **Southend – radiotherapy** | | | | | 734 | 670 | 1404 |
| **Basildon – chemotherapy** | | | | | 53 | 85 | 138 |
| **Addenbrooke's - chemotherapy** | | | | | | 204 | 204 |
| **Addenbrooke's - radiotherapy** | | | | | | 490 | 490 |
| **The Little Kindness Fund – chemotherapy** | | 10 | 17 | 293 | 868 | 1856 | 3044 |
| **The Little Kindness Fund – radiotherapy** | | | | 111 | 490 | 995 | 1596 |
| **The Little Kindness Fund – surgery** | | | | | | 1 | 1 |
| **Make 2nds Count partnership – chemotherapy** | | | 176 | 269 | 510 | 478 | 1433 |
| **Make 2nds Count partnership – radiotherapy** | | | | 33 | 71 | 61 | 165 |
| **Online shop orders – Chemotherapy Boxes for breast cancer patients ONLY*** | | | | | 42 | 86 | 128 |
| **Online shop orders – Radiotherapy Boxes for breast cancer patients ONLY*** | | | | | 43 | 53 | 96 |
| **Total** | **227** | **546** | **714** | **2663** | **4987** | **7241** | **16,378** |



**We know that it's the little things that matter most. Here's what people had to say about our Little Lifts Boxes throughout 2023:**

- *"Everything in the Box was so thoughtful. It was like it was all personally chosen for me."* – Rachel, Clatterbridge Hospital via The Little Kindness Fund (Chemotherapy)

- *"I was having a really tough day and was so happy to receive the Box. It gave me a huge lift and I know I will use every single thing in there. I am actually blown away by the thought and care that goes into these Boxes, it's just lovely."*– Amanda, York District Hospital via The Little Kindness Fund (Chemotherapy)

- *"Just got my 'Little Lifts' Box today on a day where a lift was much needed! Can't tell you how much it meant to me and it was bursting with amazing quality presents. Many thanks to the organisers and contributors. My prognosis isn't good sadly, but amazing how kind gestures make you feel lucky."* - Anonymous, West Suffolk Hospital (Chemotherapy)

- *"I was not expecting it to arrive so quickly. So overwhelmed with the products all of them I will use and made you think of things you might like to buy and use, so thoughtful I cried. There are people that care."* - Anonymous, The Little Kindness Fund (Chemotherapy)

- *"Dear Little Lifts Team, thank you so much for the Box of treats I received from my radiotherapy department. Everything was so well chosen, practical help with skincare was especially appreciated. A lot of thought has been given to helping someone with breast cancer. Thank you so much!"* – Anonymous, Norfolk and Norwich University Hospital (Radiotherapy)

- *"It was so lovely to receive this Box. I had just had my 12th dose of paclotaxal and was feeling the most rough and this arrived with such a variety of gifts in it. Sorry for the slow reply but the week it arrived I ended up in hospital for 5 days with a chest infection so have only just gone through the Box of gifts."* - Anonymous, The Little Kindness Fund (Chemotherapy)

- *"I was having an awful day, being marked up for radiotherapy. It was a long and emotional day...and as I left, the nurse handed me a Box and said 'This is for you' ... It's the first time I've really cried since I was diagnosed. Just that one gesture, the acknowledgement that I'm not alone...that there are people out there that understand how it feels. And as I looked through my Box, at all the thoughtful items that have been chosen especially for us fighting this horrid disease, I was overwhelmed and so grateful. You have no idea how it helped me. It was like a warm hug. So thank you Little Lifts, you made an awful day a whole lot better! Xxx"* - Zoe, Addenbrooke's Hospital (Radiotherapy)

- *"What a lovely surprise it was to be given the Box. I was really nervous about having the radiotherapy and everyone was so kind. To be given a present was so thoughtful and generous at a time that has been very challenging for me and my family. These acts of kindness make people feel not just supported, but cared for with a deep compassion."* - Anonymous, Colchester Hospital (Radiotherapy)

**Our support goes beyond our Boxes**



**Meet Graham (75), one of our wonderful Little Lifts volunteers, who delivers our Boxes across Norfolk, Suffolk, Essex and Cambridgeshire.**

*"I have lost both my wife and 31-year-old daughter to breast cancer in the last 3 years. My wife was diagnosed in 2015 and died in 2019. I was with her when she received a Little Lifts Box from Dr Alexander at the Norfolk & Norwich University Hospital whilst undergoing chemotherapy. My daughter Alice then had her first baby in June 2021; Reuben. Whilst trying to establish breastfeeding him, she discovered pain and was then diagnosed with stage 4 triple negative breast cancer in September 2021. She was given 12 months to live. We lost Alice in September 2022. She had received both a Chemotherapy and Radiotherapy Box from Little Lifts during her treatment.*

*In April 2022 I wrote to Oa to say thank you for those Boxes that my wife and daughter received and wondered if there was any way I could do something to say thank you and give back. Soon after, I met with Oa and her team and was soon enrolled as a volunteer – taking part in fashion shows, driving the Little Lifts van to make hospital deliveries and packing Boxes. I am retired and now live on my own since the passing of my wife. Volunteering for Little Lifts gives me an outlet to meet new people and feel supported by other people whose lives have been affected by breast cancer. The Little Lifts Boxes are so useful, appropriate and welcome. They do what they say on the tin – giving a lift to people and brightening their day during a difficult time."*

Feedback is incredibly important to us at Little Lifts. Not only does positive feedback help us to keep focused on our goals, but suggestions from Box recipients also genuinely inform improvements to our operations and delivery, and have a real impact on our strategy, ensuring that we continue to serve our communities in the most effective way, and grow our reach. The launch of our pilot Surgery Box is an example of how we respond to feedback from patients and medical professionals. This pilot project will allow us to gather feedback to support our long-term plan to be able offer support via The Little Kindness Fund so that every person undergoing breast cancer treatment has the opportunity to receive our emotional and practical support. Here's some examples of how our Focus Groups help our work:

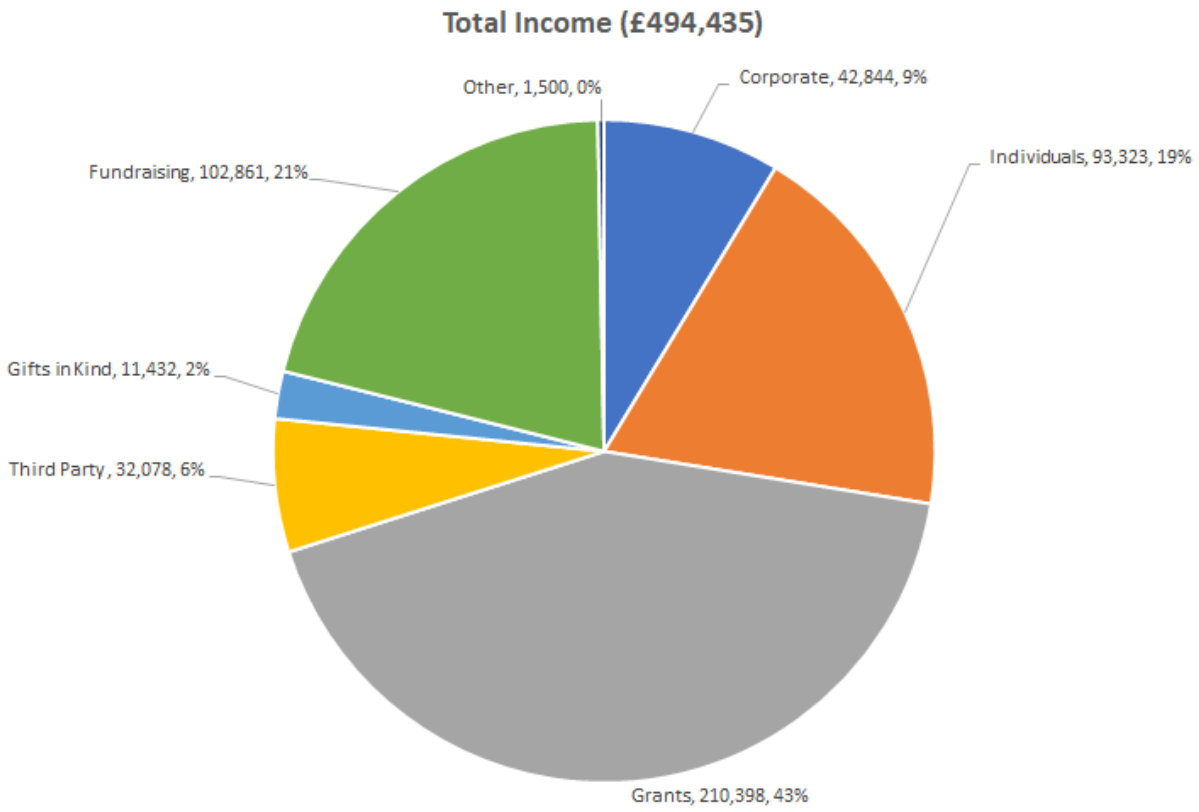
- Product changes: Feedback told us that the water bottles were not being used and that sleep and relaxation was a concern during and after treatment. We switched the water bottle out and replaced it with a sleep kit in our Chemotherapy Boxes and offered a relaxing pulse point roller in our Radiotherapy Boxes.
- Women want more opportunities to meet and take part in wellness activities: We hosted our first pamper event in 2023 for 17 women. The feedback we received was very positive, so we are committed to hosting four wellness events in 2024 with a view to introduce these as an established offering within our portfolio of support.

Feedback also helps us to better understand who our support is reaching. At the time of writing this report, of the 1524 people who sent in feedback, six were men. Of this figure 843 told us about their ethnicity with 2% of people from a black or ethnic minority background. Our feedback form includes a question asking, 'how supported did/does the Little Lifts Box make you feel?' Beneficiaries are asked to mark out of five with five being 'very supported' and one being 'not supported'. 100% said the Little Lifts Box made them feel 'very supported' (98%) or 'supported' (2%).

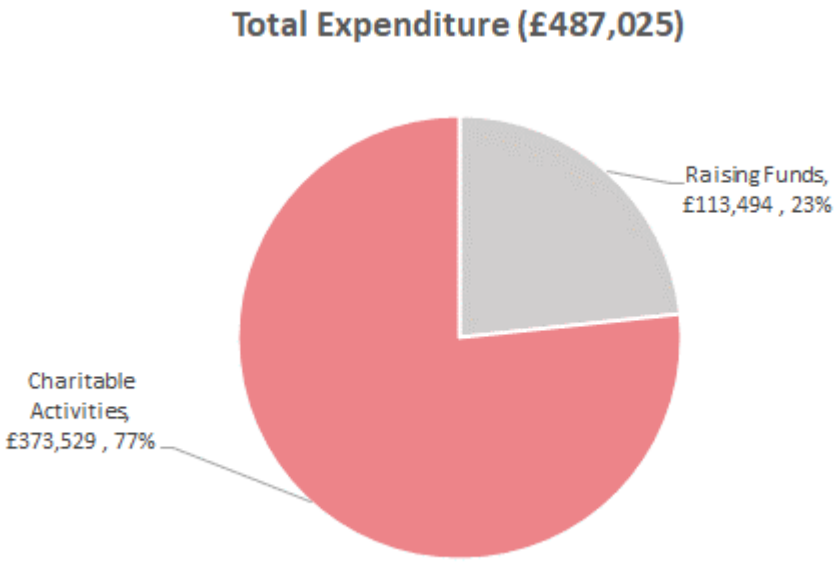
**Our Finances**

From a financial perspective it is key that we can serve every person affected by breast cancer by having sufficient and sustainable resources, both financial and non-financial, to support our Box production and distribution.

Income in 2023 was strong at 10% higher than 2022 at £494.4k, with increases notable in events income, Box sales, individual donations, and grants. For 2023 our focus continued to be maintaining the proportion of income raised from grants, given the impact the charity can demonstrably prove. This has been delivered, with 43% of income being received from grants in 2023 compared to 42% in 2022.



In 2023 Little Lifts was able to expand its support for people affected by breast cancer. Whilst there was a notable increase in income, the proportion utilised in charitable activities has been broadly maintained, notably in Box-related costs, given the rise in Boxes delivered to patients.




At Little Lifts we believe that it's important, as a public benefit organisation, to have strong financial management to ensure we're delivering the best value possible whilst using ethical, environmentally friendly, natural, organic and local products as much as we can. Our quality and ethical standards mean that many of our products have a high retail value, so we are very thankful to many of our suppliers who have given generous charitable discounts and companies who have donated products to our Little Lifts Boxes. Charitable activities were 77% (2022: 76%) of total expenditure in 2023.

This has meant that in overall terms the charity made a small surplus of £7.4k. The charity had several new charitable initiatives starting in early 2023 and had been well positioned having pre-funded these in 2022 and also has a good stock of Box products available for 2024 charitable activities.

**Our Reserves Policy and Going Concern**

In assessing the overall level of reserves, the trustees always aim to maintain sufficient unrestricted funds of at least six months to ensure Little Lifts remains solvent going forwards. Designated or restricted funds shall not form part of this sum. The decision was made by the trustees so that Little Lifts can:

- Have the flexibility to continue to operate in the best interests of our beneficiaries should the forecasted income not be generated;
- Mitigate against the risk of unplanned closure and the impact this may have on our staff and beneficiaries; and
- Use the fund to support new projects we feel are in the best interest of the charity should we not be able to secure financial support elsewhere.

At the end of 2023 the total reserves stand at £281.7k, of which £224.7k is unrestricted and non-designated, which is satisfactorily in line with the reserve policy above. The Trustees designate funds to specific purposes in supporting new NHS partnerships and to further support 'The Little Kindness Fund' which provides Boxes to breast cancer patients across the UK.

**Our approach to fundraising**

- Little Lifts is a member of the Fundraising Regulator.
- Our income is generated thanks to the support of our Little Lifts Community made up of individual fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a direct mail, telephone, or door to door fundraising campaign. The relationship we have with our supporters is very important to us; we work hard to ensure that all fundraising activities prioritise quality and personal stewardship. The charity does not wish for our supporters, including vulnerable people, to feel under any pressure to donate to the charity.
- Our close relationship with fundraisers means that we can support them in delivering their events and complying with relevant codes of practice. Where we work with commercial participators, such as Spacemasks, contracts are exchanged so that we can ensure compliance with the code of fundraising practice, applicable laws and adherence to best practice.
- We received no complaints about our fundraising practices in 2023.

**Our principal sources of fundraising**

We are very grateful for the support we have received from the following Trusts and Foundations:

- Art for Cure
- Big Give Christmas Challenge
- Colchester & Ipswich Hospitals Charity
- Frank Litchfield General Charitable Trust
- Lord Belstead Charitable Settlement
- Michael Watson Charitable Trust
- R G Hills Charitable Trust
- Ridley Godfrey Foundation
- The Alan Boswell Charitable Settlement
- The Alborada Trust
- The Anthony and Elizabeth Mellows Charitable Settlement
- The Barratt Family Charitable Trust
- The Blyth Watson Charitable Trust
- The Childwick Trust
- The David Pearlman Charitable Foundation
- The D C Moncreiff Charitable Trust
- The Earl Fitzwilliam Charitable Trust
- The Earle & Stuart Charitable Trust
- The Geoffrey Burton Charitable Trust
- The Hilary Awdry Charitable Trust
- The Hudson Charitable Trust
- The Masonic Charitable Foundation
- The Mrs Yvonne Flux Charitable Trust

- The Orr Mackintosh Foundation
- The Paul Bassham Charitable Trust
- The Pink Ribbon Foundation
- The Rank Foundation
- The Red Sock Charitable Trust
- The Sir Robert Gooch Trust
- The Walter Farthing Trust

In addition, we are very grateful for financial support we have received from corporate donations:

- Sinclair International Ltd
- Poultec Training Ltd
- Mattishall Golf Club
- Spacemasks
- Saxon Air
- John Lewis (Norwich branch)
- Loveday & Partners
- CiM Signs
- Richard Tidy Wealth Management
- Boho Betty
- Insurance With

**Our Little Lifts Community**

A huge thank you to our wonderfully kind and dedicated **Little Lifts Community**, who help to raise awareness as well as to fundraise for us.

Just some of the many examples of our superstar individuals and group fundraisers:

- James took on the Sandringham 24 and ran 100 miles in 24 hours, raising over £1000 to support our work.
- Natalie, a Little Lifts beneficiary, got her friends involved with her fundraising and raised £1726 taking on a 12k muddy obstacle course.
- Hayley took to the skies and completed a wing walk, raising £1405 in memory of her friend, Louise.
- Jake, from Jake's Kitchen, raised over £2000 selling his delicious bakes in memory of his wonderful mum.
- Our trustee Zoe's Netball team raised £500 through their Quiz Night.
- Fred cycled Needham Lake three times after his aunt received a Box, raising over £2,000.
- Lindsay and her fundraising group took on the challenge of the three peaks in 24 hours, raising over £6,300 following receiving a Little Lifts Box.
- Grace ran the Royal Parks Half Marathon, raising over £100. Little Lifts is close to her heart as her sister Laura is our ambassador and her other sister Hannah is part of our Ops Team.
- Becky Brook took on the BB battles Taupo Ironman 70.3 all the way over in New Zealand after her mum received a Box, raising over £700.
- Ben Johnson took on the Fred Whitton Challenge, 112 miles and 10,400 feet of elevation. Ben is a cancer survivor and chose to fundraise for Little Lifts after his friend received a Box, raising over £1,500.
- Our very own Anya, ran 5000 steps every day in October, raising over £1000!

**Special thanks to some remarkable people**

- Katrina Archer-Rand, Mary Addyman, Mike Wyard, Dan Tulloch, Ralph du Plessis, Eva Stiles, Ria Stiles, Ruth Baughan, James Rouse, Richard Tidy and Greg Hackett for being special members of our Little Lifts Community, giving their time and expertise to support us.

**Gifts in Kind received**

| 2023 EOY Gift In Kind | | | | | | |
|---|---|---|---|---|---|---|
| **Product** | **Quantity** | **Cost Price** | **Total Value** | **Month Donated** | **Category** | **Donated by** |
| **Quarter 1 (Jan-Mar)** | | | | | | |
| Boho Betty Bracelets | 100 | £2.50 | £250.00 | January | Box Products | Boho Betty |
| Small Chocolate Bars | 144 | £0.25 | £36.00 | January | Box Products | Montezuma |
| Loafers | 500 | £0.40 | £197.60 | March | Events | ADA Cosmetics |
| Anti- Bac | 12 | £1.00 | £12.00 | March | Events | ADA Cosmetics |
| Nail Kits | 1000 | £0.03 | £32.00 | March | Events | ADA Cosmetics |
| Shampoo | 1000 | £0.22 | £220.00 | March | Events | ADA Cosmetics |
| Conditioner | 1000 | £0.22 | £224.00 | March | Events | ADA Cosmetics |
| Shower Gel | 1000 | £0.22 | £220.00 | March | Events | ADA Cosmetics |
| Body Lotion | 1000 | £0.23 | £226.80 | March | Events | ADA Cosmetics |
| Toothpaste | 1200 | £1.60 | £1,920.00 | January | Box Products | Rainbow Wholefoods |
| Nicola Jane Tote Bags | 400 | £1.00 | £400.00 | February | Events | Nicola Jane |
| **Quarter (2 April - June)** | | | | | | |
| Boho Betty Bracelets | 100 | £2.50 | £250.00 | April | Box Products | Boho Betty |
| Spacemasks | 300 | £3.30 | £990.00 | April | Events (Trail Run) | Spacemasks |
| Herbs | 1200 | £0.31 | £369.00 | May | Box Products | Green Cuisine |
| Chemo Boxes | 1935 | £0.75 | £1,451.25 | June | Box Packaging | Thompson Packaging |
| Radio/Surgery Boxes | 1925 | £0.55 | £1,058.75 | June | Box Packaging | Thompson Packaging |
| **Quarter 3 (Jul-Sept)** | | | | | | |
| Tissues | 244 | £0.25 | £61.00 | August | Box Products | Cheeky Panda |
| Cheeky Wipes | 108 | £0.35 | £37.80 | August | Events | Cheeky Panda |
| Kingfisher Toothpaste | 1200 | £1.60 | £1,920.00 | September | Box Products | Rainbow Wholefoods |
| Mints/Sweets | 96 | £0.59 | £56.64 | September | Events | Motif Mints |
| **Quarter 4 (Oct-Dec)** | | | | | | |
| Body Wash | 200 | £1.00 | £200.00 | November | Box Products | Q&A |
| Spacemasks | 350 | £3.30 | £1,155.00 | November | Events (Ball) | Spacemasks |
| Festive Pack | 60 | £2.00 | £120.00 | December | Volunteers | Q&A |
| Percy Nobleman Face Kits | 12 | £2.00 | £24.00 | December | Volunteers | Q&A |
| **Total:** | | | **£11,431.84** | | | |

## Declaration

The trustees declare they have approved the Trustees' Annual Report above.

Signed on behalf of the charity trustees:

| **Signature** |  | Jon Hall Digitally signed by Jon Hall Date: 2024.08.05 09:50:57 +01'00' |
|---|---|---|
| **FULL NAME** | PER HALL | JON HALL |
| **POSITION** | TRUSTEE | TREASURER |

| **Date:** | Monday 5th August 2024 |
|---|---|

# Little Lifts 1170737

## Independent Examiner's Report to the members

**For the Year Ended 31 December 2023**

### Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("The Act")

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to

- Examine the accounts under section 145 of the Charities Act,
- To follow the applicable Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act; and
- To state whether particular matters have come to my attention

### Basis of Independent Examiner's Statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
    - to keep accounting records in accordance with section 130 of the Charities Act
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements set out in the (Accounts and Reports) Regulations 2008 have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed _____ Date: 9th May 2024

**Shirley Webb MAAT Director**
**Make It Count (Accountancy Services) Ltd**
**3 Malleson Place**
**East Carleton**
**NR14 8JA**

# Little Lifts

## Statement of Financial Activities

**For the Year Ended 31 December 2023**

| | Notes | Unrestricted 2023 £ | Restricted 2023 £ | Total Funds 2023 £ | Total Funds 2022 £ |
|---|---|---|---|---|---|
| **Income:** | | | | | |
| Donations and legacies | **2** | 207,157 | 182,917 | 390,074 | 353,438 |
| Funds raised by charity | **3** | 102,861 | - | 102,861 | 83,738 |
| Other Income | **3** | 1,500 | - | 1,500 | 11,376 |
| **Total Income** | | 311,518 | 182,917 | 494,435 | 448,552 |
| **Expenditure on:** | | | | | |
| Raising Funds | **4** | 113,496 | - | 113,496 | 92,117 |
| Charitable Activities | **4** | 191,887 | 181,642 | 373,529 | 290,664 |
| **Total Expenditure** | | 305,383 | 181,642 | 487,025 | 382,781 |
| **Net income/(expenditure)** | | 6,135 | 1,275 | 7,410 | 65,771 |
| **Transfers between funds** | | - | - | - | |
| **Net movement in funds** | | 6,135 | 1,275 | 7,410 | 65,771 |
| **Reconciliation of Funds:** | | | | | |
| Total Funds brought forward | | 226,981 | 47,289 | 274,270 | 208,499 |
| **Total Funds carried forward** | | 233,116 | 48,564 | 281,680 | 274,270 |

# Little Lifts

## Balance Sheet

**As at 31 December 2023**

| | Note | 2023 | 2022 |
|---|---|---|---|
| | | £ | £ |
| **Fixed Assets** | **5** | | |
| Tangible Assets | | 5,020 | 5,364 |
| **Total Fixed Assets** | | 5,020 | 5,364 |
| | | | |
| **Current Assets** | **6** | | |
| Stocks | | 69,406 | 44,268 |
| Debtors | | 16,433 | 14,465 |
| Cash at Bank and in hand | | 214,992 | 220,096 |
| **Total Current Assets** | | 300,830 | 278,829 |
| | | | |
| **Current Liabilities** | | | |
| | | | |
| Creditors: Amounts falling due within one year | **7** | 24,170 | 9,923 |
| Deferred Income | **8** | - | - |
| **Total Current Liabilities** | | 24,170 | 9,923 |
| | | | |
| Creditors: Amounts falling due after more than one year | | - | - |
| | | | |
| **Total Net Assets or Liabilities** | | 281,681 | 274,270 |
| | | | |
| **The Funds of The Charity** | **9** | | |
| Restricted Funds | | 48,564 | 49,171 |
| Unrestricted Funds | | | |
| Designated Funds | | 11,431 | 50,000 |
| General Funds | | 221,685 | 175,099 |
| **Total Charity Funds** | | 281,681 | 274,270 |

The notes at pages 24 to 35 form part of these accounts.

Signed:

Digitally signed by 19eccf02-f033-4ff6-b0bd-99ad44b4977b
DN: cn=19eccf02-f033-4ff6-b0bd-99ad44b4977b
Reason: I am approving this document
Location:
Date: 2024-08-05 13:07+01:00

Signed:

Jon Hall

Digitally signed by Jon Hall
Date: 2024.08.05 09:52:00 +01'00'

These accounts were approved by the trustees on:
Monday 5th August 2024

# Little Lifts

## Statement of Cash Flows

**For the Year Ended 31 December 2023**

| | Note | Funds 2023 £ | Funds 2022 £ |
|---|---|---|---|
| **Net cash provided by Operating Activities** | **10** | **(2,780)** | **47,070** |
| **Cashflow from Investing Activities** | | | |
| Purchase/donation of tangible fixed assets | | (2,324) | (2,577) |
| **Cash provided by (used in) Investing Activities** | | **(2,324)** | **(2,577)** |
| Increase (decrease) in cash and cash equivalents in the year | | (5,105) | 44,493 |
| Cash and cash equivalents at the beginning of the year | | 220,096 | 175,603 |
| **Total cash and cash equivalents at the end of the year** | | 214,991 | 220,096 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2023**

## 1 Accounting Policies

**1.1 Basis of preparation of financial statements**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

Little Lifts constitutes a public benefit entity as defined by FRS 102.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 1.1.

No changes to accounting estimates have occurred in the reporting period.

No material prior year errors have been identified in the reporting period.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 SORP a restatement of comparative items was needed. No restatements were required.

**1.2 Income**

**Recognition of income**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

**Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP.

**1.3 Grants and donations**

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

**1.4 Legacies**

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

**1.5 Donations of gifts, services and facilities**

Donated professional services and donated facilties are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services of facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

## Notes to the Financial Statements

**For the Year Ended 31 December 2023**

*1. Accounting policies (continued)*

**1.6 Fund Accounting**

Restricted funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by trustees for particular purposes.

**1.7 Liability recognition**

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

All expenditure is accounted for on an accruals basis.

**1.8 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

**1.9 Grants payable**

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output. Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

**1.10 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts

**1.11 Tangible fixed assets for use by charity**

These are capitalised if they can be used for more than one year and are valued at historical cost.
Depreciation is charged on furniture and equipment on a straight-line basis over their estimated useful life of five years from the year of acquisition.
Depreciation is charged on computer equipment on a straight-line basis over their estimated useful life of three years from the year of acquisition.

**1.12 Stock**

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**1.13 Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**1.14 Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or the opening deposit or similar account.

## Notes to the Financial Statements
**For the Year Ended 31 December 2023**

| Income From: | Unrestricted 2023 £ | Restricted 2023 £ | Total 2023 £ | Total 2022 £ |
|---|---|---|---|---|
| **2. Donations & Legacies** | | | | |
| Corporate | 40,575 | 2,269 | **42,844** | 56,182 |
| Individuals | 93,323 | - | **93,323** | 49,031 |
| Grants | 29,750 | 180,648 | **210,398** | 187,591 |
| Third Party | 32,078 | - | **32,078** | 46,782 |
| Gifts in Kind | 11,432 | | **11,432** | 13,852 |
| Equipment | - | - | **-** | - |
| | 207,157 | 182,917 | **390,074** | 353,438 |

| Gifts in Kind breakdown: | 2023 £ | 2022 £ |
|---|---|---|
| Rent | - | - |
| Box products | **11,432** | 12,472 |
| Box printing, packaging & design | **-** | 1,380 |
| Event and Volunteer Support | **-** | - |
| | **11,432** | 13,852 |

| **3. Fundraising Income** | | | | |
|---|---|---|---|---|
| Box Sales | 15,278 | - | **15,278** | 11,096 |
| Merchandise | 839 | - | **839** | 688 |
| Events | 86,744 | - | **86,744** | 71,954 |
| | 102,861 | - | **102,861** | 83,738 |

| **Other Income** | | | | |
|---|---|---|---|---|
| CJRS Grant Income Received | | | | |
| Kickstart Income Received | | | **-** | 3,683 |
| Apprenticeship Income | | | **1,500** | 7,693 |
| | - | - | **1,500** | 11,376 |

### 4. Analysis of Expenditure

| | Cost of Raising Funds | Charitable Activities | Governance | Support Costs | 2023 £ | 2022 £ |
|---|---|---|---|---|---|---|
| Wages and salaries | 35,526 | 99,292 | 2,766 | 29,644 | **167,227** | 110,638 |
| Pension costs | 684 | 1,911 | 53 | 571 | **3,219** | 2,186 |
| Event costs | 28,291 | - | - | - | **28,291** | 16,320 |
| Merchandise | 1,367 | - | - | - | **1,367** | (616) |
| Other | 476 | - | - | - | **476** | 596 |
| Boxes and patient related support | - | 152,481 | - | - | **152,481** | 151,790 |
| Box printing and postage | - | 41,599 | - | - | **41,599** | 13,617 |
| Funding application support costs | 6,765 | - | - | - | **6,765** | 5,635 |
| Fundraising support costs | 4,822 | - | - | 385 | **5,207** | 6,860 |
| Travel | 1,801 | 4,202 | - | - | **6,002** | 4,611 |
| Staff training | - | - | - | 2,042 | **2,042** | 828 |
| Premises costs (rent) | 4,167 | 24,308 | 695 | 5,556 | **34,726** | 30,257 |
| IT Costs, software and consumables | - | - | - | 13,406 | **13,406** | 6,872 |
| Equipment maintenance | - | - | - | 597 | **597** | 360 |
| Printing, stationery and postage | - | - | - | 3,535 | **3,535** | 1,854 |

| | | | | | | |
|---|---|---|---|---|---|---|
| Design | - | - | - | - | - | - |
| Advertising, marketing and PR | 2,930 | 8,790 | - | - | **11,720** | 24,251 |
| Accountancy and independent examiner costs | - | - | 4,031 | - | **4,031** | 3,048 |
| Depreciation | - | - | - | 2,668 | **2,668** | 2,239 |
| Volunteer costs | - | 724 | - | - | **724** | 163 |
| HR support | - | - | - | 720 | **720** | 1,030 |
| Focus Groups | - | 222 | - | - | **222** | 241 |
| | 86,829 | 333,528 | 7,545 | 59,124 | **487,025** | 382,780 |
| Support Costs | 23,649 | 35,474 | - | (59,124) | - | - |
| Governance Costs | 3,018 | 4,527 | (7,545) | - | - | - |
| **Total Expenditure** | **113,496** | **373,529** | **-** | **-** | **487,025** | **382,780** |

## Notes to the Financial Statements

**For the Year Ended 31 December 2023**

| 5. Tangible Fixed Assets | Freehold Land and Buildings | Leasehold Land and Buildings | Plant and Machinery | Fixtures, Fittings and | Total |
|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ |
| **Analysis of Opening and Carrying Amounts** | | | | | |
| **Cost or Valuation** | | | | | |
| As at 1st January 2023 | | | | 16,106 | 16,106 |
| Additions | 0 | 0 | 0 | 2,324 | 2,324 |
| **At End of the Year** | 0 | 0 | 0 | 18,430 | 18,430 |
| **Depreciation and Impairment** | | | | | |
| As at 1st January 2023 | | | | 10,742 | 10,742 |
| Depreciation | | | | 2,668 | 2,668 |
| **At End of the Year** | 0 | 0 | 0 | 13,410 | 13,410 |
| Net book value | | | | | |
| As at 1st January 2023 | | | | 5,364 | 5,364 |
| As at 31st December 2023 | | | | **5,020** | **5,020** |

| 6. Current Assets | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Box Product Stocks | 62,926 | 36,706 |
| Merchandise Stocks | 1,443 | 2,609 |
| Packaging Stock | 5,036 | 4,953 |
| Accrued income | 0 | 0 |
| Office Rental Deposit | 2,100 | 2,100 |
| Other Debtors | 100 | 0 |
| Prepayments | 14,232 | 12,365 |
| | 85,838 | 58,733 |

Stocks represent the Little Lifts Box ingredients in readiness for supply. The stocks will be used in the Boxes provided as part of charitable activites in 2024.

| 7. Current Liabilities | | 2023 | 2022 |
|---|---|---|---|
| | | £ | £ |
| Creditors | | 12,297 | 6,305 |
| PAYE & NIC Payable | | 10,631 | 3,334 |
| Pensions Payable | | 916 | 0 |
| Student Loans Deductions Payable | | 326 | 284 |
| Accruals | Accountancy & Independent Examiners Fee | 0 | 0 |
| | Other | 0 | 0 |
| | | 24,170 | 9,923 |

| 8. Deferred Income | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| As at 1 January 2022 | 0 | 0 |
| Additions during the year | 0 | 0 |
| Amounts released to income | 0 | 0 |
| As at 31 December 2022 | 0 | 0 |

Deferred income comprises donations of funding received to support focus groups.

## Notes to the Financial Statements

**For the Year Ended 31 December 2023**

### 9. Charity Funds

**Current Year**

| | At 1 January 2023 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2023 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| New Box Initiative | 15,000 | | (3,569) | - | | **11,431** |
| New Hospital Partnerships | 20,000 | | (20,000) | - | | **0** |
| Essex Hospitals | 0 | | 0 | - | | **0** |
| Little Kindness Fund | 15,000 | | (15,000) | - | | **0** |
| General Funds | 176,981 | 311,518 | (266,814) | - | | **221,685** |
| **Total Unrestricted Funds** | **226,981** | **311,518** | **(305,383)** | **0** | **0** | **233,116** |
| **Restricted Funds** | | | | | | |
| Addenbrookes Hospital | 0 | 7,300 | (2,300) | | | **5,000** |
| Broomfield Hospital | 0 | 5,000 | (5,000) | | | **0** |
| Colchester Hospital | 2,000 | 10,808 | (3,350) | | | **9,458** |
| Essex Hospitals | 18,178 | - | (18,178) | | | **0** |
| Ipswich Hospital | 0 | 14,309 | (1,787) | | | **12,522** |
| Norfolk Hospitals | 8,500 | 1,000 | (9,500) | | | **0** |
| Norfolk & Norwich University Hospital | 0 | 1,496 | (1,496) | | | **0** |
| Queen Elizabeth Hospital | 0 | 3,000 | 0 | | | **3,000** |
| Southend Hospital | 0 | 949 | (949) | | | **0** |
| West Suffolk Hospital | 1,587 | 7,518 | (6,026) | | | **3,079** |
| Norfolk Chemotherapy | 0 | - | 0 | | | **0** |
| Norfolk Radiotherapy | 0 | 5,000 | (4,000) | | | **1,000** |
| Suffolk Hospitals | 0 | 1,000 | 0 | | | **1,000** |
| Secondary Chemotherapy | 0 | 20,847 | (20,847) | | | **0** |
| Surgery Boxes | 0 | 10,000 | (1,071) | | | **8,929** |
| Little Kindness Fund | 0 | 53,269 | (53,269) | | | **0** |
| Make 2nds Count Partnership | 1,865 | 33,985 | (34,567) | | | **1,283** |
| Box Products | 11,875 | 850 | (12,725) | | | **0** |
| CRM System | 0 | 0 | 0 | | | **0** |
| Rent | 3,284 | 6,586 | (6,577) | | | **3,293** |
| **Total Restricted Funds** | **47,289** | **182,917** | **(181,642)** | **0** | **0** | **48,564** |
| **Total Funds** | **274,270** | **494,435** | **(487,025)** | **0** | **0** | **281,681** |

**Previous Year**

| | At 1 January 2022 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2022 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| New Box Iniative | | | | 15,000 | | **15,000** |
| New Hospital Partnerships | | | | 20,000 | | **20,000** |
| Essex Hospitals | 23,000 | | (23,000) | | | **0** |
| Little Kindness Fund | 15,000 | | (15,000) | 15,000 | | **15,000** |

| | | | | | | |
|---|---|---|---|---|---|---|
| General Funds | 132,489 | 237,083 | (142,591) | (50,000) | | **176,981** |
| **Total Unrestricted Funds** | **170,489** | **237,083** | **(180,591)** | **0** | **0** | **226,981** |
| **Restricted Funds** | | | | | | |
| Broomfield Hospital | 0 | 4,954 | (4,954) | | | **0** |
| Colchester Hospital | 0 | 5,000 | (3,000) | | | **2,000** |
| Essex Hospitals | 0 | 23,529 | (5,352) | | | **18,178** |
| Ipswich Hospital | 0 | 15,124 | (15,124) | | | **0** |
| Norfolk Hospitals | 0 | 16,158 | (7,658) | | | **8,500** |
| Norfolk & Norwich University Hospital | 0 | 17,852 | (17,852) | | | **0** |
| Southend Hospital | 0 | 2,500 | (2,500) | | | **0** |
| West Suffolk Hospital | 0 | 5,688 | (4,101) | | | **1,587** |
| Norfolk Chemotherapy | 0 | 7,114 | (7,114) | | | **(0)** |
| Norfolk Radiotherapy | 0 | 5,500 | (5,500) | | | **0** |
| Secondary Chemotherapy | 0 | 7,905 | (7,905) | | | **0** |
| Little Kindness Fund | 7,974 | 38,525 | (46,499) | | | **0** |
| Make 2nds Count Partnership | 4,648 | 42,478 | (45,260) | | | **1,865** |
| CRM System | 2,904 | 700 | (3,604) | | | **0** |
| Focus Groups | 1,194 | | (1,194) | | | **0** |
| Rent | 12,789 | 6,568 | (16,073) | | | **3,284** |
| Website Development | 8,500 | 0 | (8,500) | | | **0** |
| Box Products | 0 | 11,875 | 0 | | | **11,875** |
| **Total Restricted Funds** | **38,009** | **211,469** | **(202,189)** | **0** | **0** | **47,289** |
| **Total Funds** | **208,498** | **448,551** | **(382,780)** | **0** | **0** | **274,269** |

## Notes to the Financial Statements
**For the Year Ended 31 December 2023**

### 9. Charity Funds
***- Continued***

**Purpose of Restricted Funds**
**Addenbrooke's Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Addenbrooke's Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Earl Fitzwilliam Charitable Trust | 1,000 | - |
| Hudson Charitable Trust | 300 | - |
| Frank Litchfield General Charitable Trust | 1,000 | - |
| Childwick Trust | 5,000 | - |
| | 7,300 | 0 |

**Broomfield Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Broomfield Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Walter Farthing Trust | 5,000 | 4,954 |
| | - | |
| | 5,000 | 4,954 |

**Colchester Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at the Colchester Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Ipswich and Colchester Hospitals Charity | 10,808 | - |
| Tudwick Foundation | - | 2,000 |
| Fowler Smith & Jones | - | 3,000 |
| | 10,808 | 5,000 |

**Essex Hospitals**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at hospitals across our Essex NHS hospitals.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Emergencies Trust Local Fund | - | 5,352 |
| The Big Give | - | 18,178 |
| | 0 | 23,530 |

**Ipswich Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Ipswich Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Ipswich and Colchester Hospitals Charity | 10,439 | 10,093 |

| | | |
|---|---|---|
| Art for Cure | 3,870 | 5,031 |
| | 14,309 | 15,124 |

**Norfolk Hospitals**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our Norfolk NHS hospitals.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Jarrold and Sons | - | 7,658 |
| St James Place Charitable | - | 7,500 |
| Barratt Family Charitable Trust | 1,000 | 1,000 |
| | 1,000 | 16,158 |

**Norfolk and Norwich University Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Norfolk and Norwich University Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Marsh | - | 14,000 |
| Alan Boswell Group | 125 | 2,852 |
| Tesco Community Grant | 371 | - |
| Red Sock Charitable Trust | 1,000 | - |
| D C Moncrieff Charitable Trust | - | 1,000 |
| | 1,496 | 17,852 |

**Queen Elizabeth Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Queen Elizabeth Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Mrs Yvonne Flux Charitable Trust | 3,000 | - |
| | 3,000 | 0 |

**Southend Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Southend Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| ROSCA Trust | - | 2,500 |
| Michael Watson Charitable Trust | 949 | - |
| | 949 | 2,500 |

**West Suffolk Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at West Suffolk Hospital.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Art for Cure | 3,518 | 3,870 |
| Ridley Godfrey Foundation | 500 | - |
| Lord Belstead Charitable Settlement | 2,000 | - |
| Sir Robert Gooch Trust | 1,000 | - |
| Geoffrey Burton Charitable Trust | 500 | - |
| The Hospital Saturday Fund | - | 1,818 |
| | 7,518 | 5,688 |

## 9. Charity Funds
*- Continued*

**Purpose of Restricted Funds**

**Norfolk Chemotherapy**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing chemotherapy across our Norfolk NHS hospitals.

| | 2023 | 2022 |
|---|---|---|
| Geoffrey Watling Trust | - | 6,000 |
| Tescos Community Grant | - | 1,114 |
| | 0 | 7,114 |

**Norfolk Radiotherapy**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing radiotherapy across our Norfolk NHS hospitals.

| | 2023 | 2022 |
|---|---|---|
| St James Place Charitable Foundation | - | 2,500 |
| Souter Charitable Trust | 2,000 | |
| Paul Bassham Trust | 3,000 | 3,000 |
| | 5,000 | 5,500 |

**Suffolk Hospitals**

The following funds were provided specifically for producing Little Lifts Vhemotherapy and radiotherapy Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our Suffolk NHS hospitals.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| D C Moncrieff Charitable trust | 1,000 | 0 |

**Secondary Chemotherapy**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing secondary chemotherapy treatment.

| | 2023 | 2022 |
|---|---|---|
| Neon Marl | - | 159 |
| The Big Give | 20,847 | 2,746 |
| Childwick Trust | - | 5,000 |
| | 20,847 | 7,905 |

**Surgery Boxes**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing surgery.

| | 2023 | 2022 |
|---|---|---|
| Paul Bassham Charitable Trust | 10,000 | - |

**Little Kindness Fund**

The following funds were provided specifically for The Little Kindness Fund to provide Boxes to breast cancer patients across the UK.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Spacemasks (VGP Limited) | 1,123 | 1,497 |
| Third Party Donations | - | 6,688 |
| Macintosh Foundations | - | 1,000 |
| Richmond Capital | - | 2,000 |
| Local Action National Emergency Fund | - | 2,339 |
| The Hilary Awdry Charitable Trust | 1,000 | - |
| Co-Op Funeral Directors | 100 | - |
| Boho Betty Bracelet Sales | 546 | - |
| Insure With | 500 | - |
| Alborada Trust | 50,000 | 25,000 |
| | 53,269 | 38,524 |

**Make 2nds Count Partnership**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to secondary breast cancer patients.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Make 2nds Count | 33,985 | 42,478 |

**Box Products**

The following funds were provided specifically for producing sleep kits for our Little Lifts Chemotherapy Boxes.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Aviva Crowdfunder | - | 5,925 |
| The Rank Foundation | 850 | - |
| Crowdfunder - Treekly - Local Action Fund Match Funding | - | 5,950 |
| | 850 | 11,875 |

**Rent**

The following funds were provided specifically as a contribution towards rent for Little Lifts to facilitate the growth to help more people undergoing treatment for primary and secondary breast cancer.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| The Pink Ribbon Foundation | 6,586 | 6,568 |
| | 6,586 | 6,568 |

**Website Development**

The following funds were provided specifically for brand, website and IT development.

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Sinclair International Ltd | - | - |
| National Lottery Community Fund | - | - |
| The Big Give | - | 700 |
| | 0 | 700 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2023**

**10. Reconciliation of net income to net cash flow from operating activities**

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| **Net Income/(Expenditure) for the reporting period** | 7,410 | 65,771 |
| **Adjustments For:** | | |
| Net Movement in funds | | |
| Depreciation charges | 2,668 | 2,239 |
| (Increase)/decrease in stocks | (25,138) | (19,537) |
| (Increase)/decrease in Debtors | (1,968) | 1,633 |
| Increase/(Decrease) in Creditors | 14,247 | (3,036) |
| **Net Cash Provided by/Used in Operating Activities** | (2,780) | 47,070 |

**LITTLELIFTS**

England & Wales - Charity number 1170737

# Accounts

# Little Lifts Trustees' Annual Report

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**Page 27: Notes to financial statement for year ended 31 December 2022**

# Little Lifts Trustees' Annual Report

The trustees present their annual report together with financial statements of Little Lifts for the year 1 January – 31 December 2022.

## Administrative details

### Trustees

- Karyn Maier (Chair)
- Ella Wisbey (Secretary)
- Jill Ward
- Per Hall
- Jon Hall (Treasurer)
- Zoe Hill (joined December 2022)

### Registered charity number

Little Lifts is a registered charity in England and Wales 1170737.

### Accountant/s

Karen Eason Certified Accountant Limited
167 Westacre Drive, Old Catton, NR6 7HX

Make it Count (Accountancy Services) LTD
3 Malleson Place, East Carleton, Norfolk, NR14 8JA.

### Bankers

The Co-operative Bank, 69 London Street, Norwich, NR2 4SF.

### Structure, Governance and Management

Little Lifts is a Charitable Incorporated Organisation whose only voting members are its charity trustees. It is governed by a foundation model constitution.

Appointment of charity trustees:

- Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to skills, knowledge and experience needed for the effective management of the CIO.

*"I think these boxes are amazing and really cheered me up when I received it. You have thought of everything that someone needs and more. What a wonderful organisation."*

**A message from our Founder, Oa Hackett**

Little Lifts has been on the most incredible journey. The idea for our charity was inspired by kindness I received during my breast cancer treatment 7 years ago. It all started with a group of people around my kitchen table. On 23rd November 2017, I received a call from Oncology Nurse and previous Trustee Tracey, telling me that she had given out the very first Little Lifts Box. Knowing that someone who was about to start their chemotherapy treatment had received our Box sparked a lot of emotions – we both cried. We had worked hard to fundraise and had developed a Box full of carefully selected products to provide practical and emotional support to people during their treatment. Little Lifts was finally out there.

Fast forward to 2022 and Little Lifts now works with all 9 NHS hospitals across Norfolk, Suffolk and Essex. The Little Kindness Fund was set up in response to the pandemic and means that anyone living in the UK going through breast cancer treatment can apply for a Little Lifts Box, free of charge, on our website. Our partnership with Make2ndsCount means that anyone undergoing secondary breast cancer treatment can access a Box. This is something I am immensely proud of. It shows that we listen, adapt, and respond to the needs of the people we support.

We continue to work hard to establish the reputation of Little Lifts whilst maintaining our core values by listening to feedback from our hospital partners and those affected by breast cancer. 2022 marked a special year for Little Lifts as we celebrated our 5th Birthday in November. It was also a busy year for us because our operational activity increased by 84% compared to 2021, meaning that we've taken on more staff and more partnerships to help us double our Box distribution – we distributed a grand total of 5048 Little Lifts Boxes in 2022. Our fundraising efforts also increased as post-covid restrictions lifted and in May 2022 we held our long-awaited Ball with over 200 guests joining us for the evening. We also saw an increase in Community Fundraisers in response to individuals seeing a loved one receive a Little Lifts Box via The Little Kindness Fund. Access to our Little Kindness Fund was made easier when, in April 2022, we launched our new website thanks to funding from Sinclair International and National Lottery Awards for All. Funding from the Women and Girls Fund provided us with an opportunity to host paid ads across our social media channels; this saw our applications increase by 1150% in 2022.

**A special thank you**

I would like to give wholehearted thanks to some very special people and organisations who generously supported us in 2022:

- To my highly skilled, motivated, and energised team, who despite being small (just six of us!) were able to adapt to the continued pressures 2022 offered both on our income and operational demands.
- To my committed and generous Board of Trustees.
- To our dedicated NHS hospital partnerships.
- To the team at Make 2nds Count.
- To every person who sends feedback about their Little Lifts box.
- To our Platinum Supporters, Sinclair International and Poultec Training LTD.
- To our Patron, Harriet Inglis – Spacemasks.
- To our social media Ambassador – Laura Middleton Hughes.
- To our amazing volunteers who give up hours to support us.
- To our generous suppliers who help us fill our Little Lifts boxes.
- To our generous Little Lifts Community filled with fundraisers, donors, corporate partnerships and so much more!

**Message from our Chair, Karyn Maier:**

Every day we see the powerful and uplifting impact our Little Lifts boxes have on women and men during their breast cancer treatment. It is this that continues to drive our determination in taking every opportunity to carry on growing the charity. At the core of everything we do is our ambition to realise the Little Lifts' vision to support as many people with breast cancer as we possibly can each year.

In 2022, we maintained a relatively cautious approach in assessing how we could safely continue our operations, always backed by an ongoing set of considered financial reviews and planning to ensure a robust and secure future for our charity. We were delighted to launch hospital partnerships 7, 8, and 9 at the start of last year in Essex, allowing us to provide an additional 1000 Boxes per year to people affected by breast cancer. Our thanks go to Harriet Inglis at Spacemasks for her continued support of our Little Kindness Fund, and the support we received from The Alborada Trust in June 2022 meant that we were able to exceed the number of Boxes distributed by the Little Kindness Fund. Our partnership with Make2ndsCount continues to grow each year, supporting people specifically with secondary breast cancer.

Despite the challenges, our small team of six have worked consistently and with great creativity to continue offering unique fundraising initiatives – these included a cold-water swimming challenge at the start of year, our annual Ball, John Lewis Fashion Show and a Christmas Market. We also ran several successful Crowdfunding campaigns throughout the year. Despite the continued pressure on the NHS, the team liaised effectively with our partnerships to ensure that Little Lifts Box orders could be fulfilled in a safe way. Following the launch of our new website (April 2022), we promoted our Little Kindness Fund to hospitals across the country. This, coupled with paid ads across our social media channels (thanks to funding received), has meant that applications to our Little Kindness Fund have dramatically increased.

A key priority in 2022 was to adjust our staff overheads to increase capacity in terms of;

- Higher production capability to meet demand
- Better support our volunteers

- Grow our partnership network
- Deliver more Little Lifts Boxes to our Hospital Partnerships across Norfolk, Suffolk and Essex, Little Kindness Fund and partnership with Make2ndsCount.

Despite a very busy year Little Lifts has continued with its mission to respond to the needs of people affected by breast cancer. We established three new hospital partnerships, grew The Little Kindness Fund, and strengthened our partnership with Make 2nds Count to support those with secondary breast cancer living across the UK. Our vision, coupled with considered financial planning, provides us with a strong foundation to continue to grow our support to more people with breast cancer. We are continuously evaluating and learning from the community that we support and our activity throughout 2022 demonstrates that people affected by breast cancer are always at the forefront of our decision making.

Every year we are thankful to our dedicated group of hospital partnerships, and we thank the enthusiasm of our Little Lifts community, volunteers, and the support from individuals and organisations who donated funds and resources to support our work. Particular thanks goes to; Platinum Supporters, Sinclair International and Poultec; Ambassador Harriet Inglis at Spacemasks; Art for Cure for continuing to support our work in Suffolk; The Pink Ribbon Foundation for continuing to fund our chemotherapy packing room; and to The Alborada Trust for helping us to grow our Little Kindness Fund.

We must also give thanks to the drive and determination of our CEO and Founder, Oa, and support and hard work from her colleagues Kay, Shopie, George, Frannie, Anya and Lizzie; without them Little Lifts would not have achieved such a successful set of outcomes as demonstrated by our sound financial results and numbers of boxes funded and delivered. The Board of Trustees provide a dedicated commitment and source of support in helping to achieve the Little Lifts vision.

**Our vision**

Every person affected by breast cancer should have the opportunity to receive a Little Lifts Box.

**Our mission**

To provide practical and emotional support to every person, living in the UK, who faces breast cancer treatment by giving them a carefully created Little Lifts Box at the start of or during their chemotherapy or radiotherapy treatment.

**Our values**

Our values underpin everything that we do.

- **Compassion:** because we care for people
- **Respect:** every person's experience of breast cancer is different
- **Integrity:** to achieve excellence with care and thought in all that we do
- **Open**: continuously evaluating and improving
- **Generosity**: guiding us in all we do

**What Little Lifts does**

We support people undergoing chemotherapy or radiotherapy treatment for breast cancer by giving them a Little Lifts Box. We do this in the following ways:

1. In the East of England, our NHS hospital partnerships ensure that every eligible person is reached.
2. Elsewhere in the UK, people can apply to our Little Kindness Fund to access our support.
3. Our partnership with Make2ndsCount means that people living with secondary breast cancer can receive a Little Lifts Box.

**Our NHS partnerships**

What drives us, and the hospital partnerships we work with, is the shared belief that everyone facing breast cancer treatment needs to feel cared for and supported as they navigate their treatment in a clinical environment.

We work with a team of dedicated Oncology, Radiotherapy and Breast Care Teams who ensure that our Little Lifts Boxes are given to people during their treatment planning or review meetings.

| **Name of hospital** | **Launched** |
|---|---|
| Norfolk and Norwich University Hospital | November 2017 |
| James Paget University Hospital | September 2018 |
| Ipswich Hospital | October 2018 |
| West Suffolk Hospital | May 2019 |
| Colchester Hospital | April 2021 |
| Broomfield Hospital (Chelmsford) | February 2022 |
| Southend-on-Sea Hospital | February 2022 |
| Basildon Hospital | February 2022 |

**The Little Kindness Fund**

Since the beginning of the pandemic, we have received a surge in requests from breast cancer patients outside of our hospital partnerships enquiring how they can receive a Little Lifts Box. Thanks to generous support from Spacemasks we launched The Little Kindness Fund on World Cancer Day, 4th February 2021.

The Little Kindness Fund is a discretionary fund for women and men undergoing chemotherapy or radiotherapy treatment for primary or secondary breast cancer, living in the UK. The fund enables eligible applicants to receive a Little Lifts Box, free of charge, to support their emotional well-being and support them through their cancer treatment.

**Our partnership with Make2ndsCount**

In June 2020 we launched a partnership with Make2ndsCount, a charity that specifically supports people living with secondary breast cancer. Make2ndsCount fund Little Lifts Boxes that are given directly to secondary breast cancer patients living across the UK.

**What is a Little Lifts Box?**

We understand that everyone's experience of breast cancer treatment is different. Our Boxes are carefully curated by people who have personal experiences of breast cancer treatment, and we always choose planet-friendly, ethically made items where we can. Each Box is hand-packed with love by a volunteer in our community, often by a woman who has benefitted from our support.

Our Boxes contain carefully curated products to help alleviate some of the side effects of treatment and provide practical support, as well as mood-boosting goodies to promote emotional well-being.

**Chemotherapy Boxes**

Little Lifts chemotherapy Boxes contain over 20 carefully chosen items. They include a heat pack to help with joint and muscle pain, a soft toothbrush to be kind to more sensitive gums, and chilli oil and herbs to bring flavour to foods that may taste a little different.

**Radiotherapy Boxes**

Little Lifts radiotherapy Boxes contain eleven carefully chosen items. They include moisturiser to soothe sensitive skin, a heated eye mask and candle to aid relaxation, and a natural deodorant as it is advisable for patients to use a metal-free deodorant during treatment.

**Our support goes beyond the products**

But it's not just what's inside the Box that's important. Many people experience breast cancer treatment as a lonely and difficult time. Our recipients tell us that the sense of solidarity and kindness they experience when they receive their Little Lifts Box is just as valuable as the contents. Little Lifts Boxes ensure that no person faces chemotherapy or radiotherapy treatment for breast cancer unprepared, or alone.

*'If someone had described it to me beforehand, I would have thought it a 'nice idea' without having given much thought to how important the sentiment is … With one Box, I no longer felt that we were alone dealing with a life changing situation … It is not a Box of cutlery and tea bags, it is a gesture of compassion and understanding sent without judgement and with no expectation, from fellow members of a club that no one wants to be part of.'*

**Why is Little Lifts needed?**

In the UK, 55,000 women and 370 men are diagnosed with breast cancer every year. 63% have radiotherapy, and 34% have chemotherapy, as part of their curative or palliative primary cancer treatment. There are 36,000 women in the UK living with incurable (secondary) breast cancer, a recognised disability.

**Who develops breast cancer?**

- **Eight out of 10** cases of breast cancer are diagnosed in women aged **50 and over.**
- **One-quarter** of cases are diagnosed in women aged 75 and over.
- Just over **10,000 women** under the age of 50 are diagnosed with breast cancer every year in the UK. Of these, around 7,600 women will be in their 40s.
- **31 women** die from breast cancer every day in the UK.
- Around **2,300** women in the UK are diagnosed aged 39 or under, or just 4% of all cases.

Breast cancer in men is rare with just **370 new cases** in the UK each year, compared to around 55,000 new cases in women.

**Every person experiences breast cancer treatment differently**

There are a number of possible side effects to both chemotherapy and radiotherapy, and each person may experience them in varying intensities and for differing periods of time. Chemotherapy can cause, amongst other things, tiredness and fatigue, nausea, hair loss, a sore mouth, loss of appetite, a changed sense of taste, trouble sleeping, and difficulty concentrating. It can be a very difficult process, physically and emotionally. Radiotherapy can cause skin problems, tiredness, sore mouth, loss of appetite, and joint and muscle stiffness.

Radiotherapy can be considered by some to be a less 'gruelling' treatment than chemotherapy. Our beneficiaries told us that as radiotherapy patients they sometimes felt less entitled to support, or that the difficulties they faced were 'lesser' than those of chemotherapy patients, because they often did not outwardly appear unwell. But radiotherapy treatment, as well as sharing some of the physical and mental side effects of chemotherapy, is also incredibly disruptive, as it is administered daily in a clinical setting. In response to feedback from radiotherapy patients, we were proud to launch a special radiotherapy Little Lifts box in 2020.

There is no other charity working directly with NHS hospitals, offering this type of support specific to breast cancer patients in the UK. It's not only the content of our support, but its timing, and how it's delivered – directly by clinicians at chemotherapy and radiotherapy planning meetings – that's crucial. That's what makes Little Lifts unique.

**Our charitable objective**

The object of the CIO is for the public benefit, the relief of sickness and side effects to ease the suffering of chemotherapy or radiotherapy treatment to women and men aged 18 and above who have primary and secondary breast cancer and who are living in the UK. In particular, but not exclusively, by providing them with a Little Lifts Box at the start of their chemotherapy or radiotherapy treatment.




Little Lifts box delivery to Colchester Hospital, April 2022.

**Activities to achieve our charitable objective**

The trustees have had regard to the guidance issued by the Charity Commission on public benefit and complied with the duty in section 17 of the Charities Act 2011.

Our objectives for 2022 were ambitious because we wanted to continue to grow our infrastructure so that we could grow our hospital partnerships and Little Kindness Fund so that more people affected by breast cancer could benefit from our support. The start of 2022 brought with it residual challenges resulting from COVID-19 with a particular impact on volunteer support and in-person events at the start of Q1. However, 2022 marked a special year – our 5th birthday – and lots happened! Thanks to the growth of our hospital partnerships and Little Kindness Fund, our Box distribution grew by 89% compared to 2021 meaning we were able to distribute 5048 Little Lifts, of which 4987 were distributed to support people affected by breast cancer. The rest were Boxes people ordered via our online shop for non-breast cancer patients.

In 2022, we are so proud to have achieved the following:

- We **continued to support** people across all six hospital partnerships: Norfolk and Norwich University Hospital (NNUH), James Paget University Hospital (JPUH), Ipswich Hospital (IP), West Suffolk Hospital (WSH), Queen Elizabeth Hospital (QEH) and Colchester Hospital (COL).
- To coincide with World Cancer Day, 4th February 2022, **we launched hospitals partnership 7, 8 and 9.** Working with Southend, Basildon and Broomfield hospitals means that we can provide an additional 1500 Little Lifts Boxes to people affected by breast cancer in the county of Essex.
- On 8th March, International Women's Day, **Harriet Inglis became an official Patron** of Little Lifts. Since 2019, Harriet has provided us with lots of support and in 2021, thanks to the launch of the Little Lifts Spacemask we were able to launch our Little Kindness Fund. The Fund means that anyone going through chemotherapy or radiotherapy treatment for breast cancer treatment, living in the UK, can apply for a Box, free of charge, to support them through their treatment.
    - Harriet says*: "I am delighted to be Patron of Little Lifts; a charity so very close to my heart, bringing Boxes of thoughtfulness to those undergoing gruelling breast cancer treatment. Sadly, there was nothing like this for my mother*

*who died from secondary breast cancer aged 48. Reading the grateful comments from Little Lifts Box recipients makes me grin from ear to ear."*

- At the end of March, following from a successful 6-month Kick Start programme, we **offered George a 12-month Level 2 Apprenticeship**.
- In April, after so many restrictions, **we held our first in-person focus group** since before the pandemic. 12 women joined us for afternoon tea at the Assembly House and shared their experience of receiving a Little Lifts Box with us. We held an another in-person focus group later in the year in Ipswich. Focus groups provide us with an important opportunity to understand people's experiences of breast cancer and its treatment and provide us with vital insights to improve our Boxes.
- On 28th April, after lots of hard work from across our Little Lifts Community we were very proud to **launch our new website** thanks to funding from Sinclair International and National Lottery Awards for All. As well as the website, we also launched a brand uplift, all part of strengthening our strategy to increase our impact on those affected by breast cancer.
- In May, **we welcomed Frannie to the team**. Frannie sits within the Operations and Support Team and manages our Little Kindness Fund.
- The month of June began with **celebrating Volunteers Week**! Our incredible volunteers give up hours of their time to help pack and deliver Boxes, plan and volunteer at events, support us with office admin, social media, marketing, finance, HR…the list really does go on and on. **80% of our volunteers are people who have been directly impacted by our work** and they contributed a whopping 954 volunteer hours in 2022.
- In August, **we welcomed Anya** to the team as our Brand and Marketing Executive.
- In September, we received funding from the Women & Girls Fund, enabling us to meet the rise in **applications to our Kindness Fund, which increased in 2022 by 1150%**.
- At the start of October, **Breast Cancer Awareness Month**, we welcomed a lovely group from Tesco who travelled from far and wide to join us for the day, helping to pack over 100 Boxes. Project Manager Michael said*: "After seeing how chemotherapy affected my mum with her breast cancer, it was great to see the work Little Lifts is doing; taking their own experiences to support others."*
- Towards the end of October, we hosted a fashion show with the wonderful team at John Lewis in Norwich. It was **bold, bright, and empowering**. Over 120 guests joined us for the evening to celebrate and support **our amazing models who have all been affected by breast cancer.** Our models were made to feel like VIPs thanks to the kind, warm, and generous support from the team at John Lewis.
- On 1st November, our birthday month, we kicked off the Boobie Bake Off thanks to support from the Assembly House in Norwich. The idea was **to inspire people** to get baking and to celebrate this special milestone. Our community didn't disappoint, and we were thrilled to see so many Boobie Bakes, **raising awareness of the signs and symptoms of breast cancer**.
- On 15th December we said **farewell to Box Guru, Kay**, who is off to have a baby, and we welcomed Lizzie to the team.
- We **continued working with Make 2nds Count**, specifically **supporting 581 people** with secondary breast cancer across the UK.
- We **hosted 15 packing parties** with volunteers and supporters so that each Little Lifts Box was carefully hand-packed with love.
- We **spent over 950 hours packing** Little Lifts boxes.

- We **dedicated time to fundraising activity** so that we could continue to deliver and grow our support across NHS hospitals in Norfolk, Suffolk, Essex and beyond.
- We **kept our online shop open** to diversify our income streams, as well as to provide the opportunity for more women across the UK to receive Little Lifts boxes as gifts from loved ones.



Volunteer Graham delivering Boxes to Southend Hospital – July 2022



Little Lifts photo shoot – April 2022



Model Sian at the John Lewis Fashion Show – October 2022



Chelsey speaking about her experiences of breast cancer at the John Lewis Fashion Show



Ami and Terri both live with secondary breast cancer. They spoke about their experiences at our May Ball.



Little Lifts Focus Group in Norfolk – April 2022

**Our impact**

In 2022, our operational demand saw an increase of 89% compared to 2021. We delivered 4897 Little Lifts boxes compared to 2663 in 2021. **Here's the breakdown:**

| Hospital | 2018 Box deliveries | 2019 Box deliveries | 2020 Box deliveries | 2021 Box deliveries | 2022 Box deliveries | Total YTD |
|---|---|---|---|---|---|---|
| **NNUH – chemotherapy** | 141 | 243 | 178 | 206 | 178 | 947 |
| **NNUH – radiotherapy** | | | 128 | 681 | 671 | 1352 |
| **JPUH** | 26 | 57 | 43 | 53 | 56 | 226 |
| **IPS – chemotherapy** | 60 | 110 | 88 | 134 | 140 | 532 |
| **IPS – radiotherapy** | | | | 366 | 301 | 667 |
| **QEH** | | 63 | 26 | 65 | 64 | 220 |
| **WSH** | | 63 | 58 | 102 | 113 | 336 |
| **CLCH – chemotherapy** | | | | 71 | 96 | 167 |
| **CLCH – radiotherapy** | | | | 279 | 290 | 569 |
| **BRM – chemotherapy** | | | | | 106 | 106 |
| **Southend – chemotherapy** | | | | | 161 | 161 |
| **Southend – radiotherapy** | | | | | 734 | 734 |
| **Basildon – chemotherapy** | | | | | 53 | 53 |
| **The Little Kindness Fund – chemotherapy** | | 10 | 17 | 293 | 868 | 1161 |
| **The Little Kindness Fund – radiotherapy** | | | | 111 | 490 | 601 |
| **Make 2nds Count partnership – chemotherapy** | | | 176 | 269 | 510 | 779 |
| **Make 2nds Count partnership – radiotherapy** | | | | 33 | 71 | 104 |
| **Online shop orders – Chemotherapy Boxes for breast cancer patients ONLY*** | | | | | 42 | 42 |
| **Online shop orders – Radiotherapy Boxes for breast cancer patients ONLY*** | | | | | 43 | 43 |
| **Total** | **227** | **546** | **714** | **2663** | **4987** | **9084** |

**We know that it's the little things that matter most. Here's what people had to say about our Little Lifts Boxes throughout 2022:**

- I have received my box before chemo. I am about to start today, it gave me great comfort to receive the box. I used almost all my treats by now! It made me feel great that people can be so caring and thoughtful, a beautiful gift that brought me joy at a horrible time – thank you – please keep it up — Paola, NNUH, January 2022
- My goodness, what a lovely box, packed with such care. On the day my box arrived I was feeling very low, unable to meet up with friends as feeling sick and dizzy. The Little Lifts Box certainly cheered me up, I'm hoping to enjoy the eatables when feeling less sick. Everything in the box has been lovingly chosen. Thank you isn't enough! Such a wonderful pick me up! – Julie, Make 2nds Count partnership, January 2022
- I have Her2 + ve breast cancer which hasn't gone to nodes. I have had op, chemo and radiotherapy and started on Herceptin. I feel my life had been suddenly taken away especially with covid too. The boxes have been brilliant. The cream and edible contents especially. Crossword book too. It is these small things which make a huge difference especially when from those who understand. Thank you so much. It really did make a difference – Julie, Ipswich Hospital, January 2022
- I arrived home after my first chemo in a state of shock & opened my Little Lifts Box in the evening. I was so surprised and amazed at the thoughtfulness and care that you have given to choose every brilliant item. I was so delighted I had to take some pictures and send them to my daughter. The most immediate usage is the lovely soft toothbrush and much needed lip balm. I love that the products are all ethical eco-friendly and the tote bag is a great idea! Many thanks for the uplift I so badly need on day one! – Jill, Ipswich Hospital, January 2022
- Thank you so much for the amazing Little Lifts Box – it was such a thoughtful gift to receive at such a difficult time, as I am only just starting I am unable to add any other ideas but it certainly seems you have covered everything. Thank you once again – Anon, James Paget University Hospital, January 2022
- It was lovely receiving this box. It cheered my up after gave 5 radiotherapy sessions. The gifts inside the box are really well thought out and lovely – Judith, The Little Kindness Fund, February 2022
- This is a lovely unexpected thoughtful treat everything in it was useful and the body cream was really good and the one thing that was essential. Thank you so much it really made me feel good on my first visit. It would be nice if you could put in where we could purchase more of these. Thank you very much – Joy, NNUH, February 2022
- Thank you so much for the Little Lifts gift box, it was such a boost to receive it on the first day of my treatment. It really helped and cheered me up on a day that was very daunting. The mix of gifts is just right as you have the practical things along with the little treats, an excellent idea – Anon, NNUH, February 2022
- I was really touched to see how thoughtfully the box was put together – I was expecting low-quality gifts and was delightfully surprised by the contents. I had underestimated how psychologically difficult radiotherapy could be and this gift

added to the sense that I was being well looked-after... that I wasn't just on an anonymous conveyer belt of treatment. Thank you! – Anon, NNUH, February 2022

- I really cannot thank you for the gift box I received at Southend Hospital today whilst half way through my Radiotherapy appts. You must have been through this journey, for you to be able to know, how to make me feel that someone really cares. Each item has been hand picked to make a difference. I am lucky to have a lot of family and friend support but it is hard for people to know the right thing to say or do. Like a lot of people, I have been through a really difficult time, I was diagnosed 15 months ago but as we were in the middle of Pandemic, my operation had to be postponed and finally took place on 15th December 2021. This week I have had Radiotherapy at Southend Hospital I cannot thank you enough for brightening my day and making me feel special. The name a "little lift" is a huge understatement, but very much appreciated – Bente, Southend Hospital, February 2022
- This was a lovely surprise and such a treat! Just what I needed! Bit jaded after chemo sessions and now radiotherapy every day – and feeling a bit sorry for myself and I was given this! Some pure treats and some gifts geared towards radiotherapy. I feel loved! – Janet, Southend Hospital, February 2022
- I was so chuffed to receive my Little Lifts Box. It was such a nice surprise after a boring day at hospital. The contents were really tasteful, and I've already used a lot of them. Thank you very much for being so thoughtful and supportive – what a great charity – Katherine, Broomfield Hospital, February 2022
- I cried when I received this most beautiful generous parcel of little treats and I shared it with my friend who went through breast cancer five years ago. Today was a sad day as a friend is being buried tomorrow who died from triple negative breast cancer and to receive the beautiful parcel lifted my spirits so much. Thank you thank you thank you. Lots of love and keep up the amazing working because you don't realize just what it might mean to someone on a bad day – Ellish, Make 2nds Count partnership, March 2022
- Absolutely loved my Little Lifts box, it has cheered me up on some very dark days. I wouldn't change any or its contents – all have been gratefully used. Very much thanks – Anon, Southend Hospital, March 2022
- I received my box today & it's just so lovely. Full of very practical essentials, all the things that I had read about needing in my chemo kit. Thanks so very much – Debbie, West Suffolk Hospital, March 2022
- Such a lovely gesture to receive this box. It really cheered me up and gave me a lift. Such thoughtful lovely products. Thank you so much!! – Suzanne, Colchester Hospital, March 2022
- Every item in the box has been so carefully thought about and has a perfect reason for being there. It's certainly more than a 'little' lift it's a huge hug, a big boost and a super support – Katherine, The Little Kindness Fund, April 2022
- I received my Little Lifts box last week after being told about my reoccurring breast cancer & my plan. Until then I was totally unaware of the charity. I was overwhelmed when it was passed to me & yet again when I opened my very special Little Lifts box. I certainly felt very special, thank you so much – Sally, NNUH, April 2022

- Lovely treats. It's not a nice club to be a member of but your box lifted my spirits – Andrea, The Little Kindness Fund, April 2022
- It is so important to know somebody understands what you're about to face. Family don't get it and just want you to be "normal" and not have cancer. Nothing about this is normal so a deeply thoughtful box helps you to put yourself first just for a while – Joanna, Ipswich Hospital, May 2022
- It's a not just a little lift, it's a big lift and a big box. The contents were lovely, all very much thought out for the chemotherapy patient. Loved everything about it and liked that you got a tote bag so you can carry your essentials with you to hospital for treatment – April, The Little Kindness Fund, May 2022
- I was absolutely thrilled to receive a Little Lifts box. At the time I was feeling tired and anxious during the long journey that my cancer has taken me on. Not only did it make me feel special and cared for, but it also provided so many wonderful things to help me cope with the journey – Susan, Colchester Hospital, June 2022
- I am very pleased to receive a box from Little Lifts, it feels like Christmas! I feel supported and love at the same time. I am fighting a difficult battle and I am so happy that there are kind and loving people who cares for us – Anon, Make 2nds Count partnership, June 2022
- I have just moved to NNUH from LRI, so although I've been on treatment for a few years now, it was my first appointment with a new consultant. I was so delighted to receive a little lifts box. It was so thoughtful and made me feel very supported through my journey. Thank you – Anon, NNUH, July 2022
- A breast cancer diagnosis can be a lonely time – both of my Little Lift boxes made me feel loved + lifted my spirits – it's such a kind thought – thank you. I loved my Little Lifts box – Joanna, NNUH, July 2022
- It's such a thoughtful box of sunshine rays and hugs. You can tell that it's been put together by someone who has been through chemotherapy and understands the 'little' things that are so important – Anon, The Little Kindness Fund, August 2022
- My consultant oncologist handed me this parcel and I was delighted, I felt very humbled and supported, it was such a king thing to do. I felt quite overwhelmed. Thank you Little Lifts – Claire, NNUH, August 2022
- Just wanted to say a big thank you, you gave me a big lift just when I really did need it. My husband said that he saw the old me before everything went downhill this year when I opened your box. I got to smile again – Amanda, The Little Kindness Fund, August 2022
- I was emotionally moved by this gift packed by Louise. I had never thought I would be in this situation and at times, especially waiting for post op results, (five and a half weeks), a time when I felt very alone and vulnerable. Having this gift lifted me to knowing I was being thought of and that I was being cared for emotionally and practically for after care of radiotherapy. Thank you very much for your kind thoughts and be reassured that I am and have used your gift – Wendy, Southend Hospital, August 2022
- Thank you very much for the Little Lifts box. It was much appreciated, and I found all the contents very useful. I particularly found the personal care items useful. Having treatment, I could use those products safely. The main feedback is the box made me

feel valued and gave me comfort in a time I needed it especially being someone who suffers with other health problems – Anon, Ipswich Hospital, September 2022

- Thank you! It was a lovely surprise to receive this box. The chocolates went down a treat following my radiotherapy. I was particularly tired one day so it was a camomile tea, and putting my feet up on the sofa to rest kind of day. Just what I needed! – Claire, Ipswich Hospital, September 2022
- This little jewel of kindness arrived today and I promptly burst into surprising tears. Surprising because I'm quite a 'together' woman but this recognition of my journey through cancer really really touched me – THANK YOU! It was exciting to lift out so very many special items and marvel over them – Linda, The Little Kindness Fund, October 2022
- I was given a Little Lifts box at Ipswich Hospital before I started radiotherapy. It's such a wonderful idea and gave both me and my husband lots of joy opening it and finding out the contents. So much thought has been put into it. So a big thank you to all those involved. I've made a donation to ensure someone else going through a similar experience gets the same treat – Anon, Ipswich Hospital, November 2022
- These gifts are called Little Lifts and the do just that. I was really dreading the radiotherapy and this gift was both practical and morale boosting. I really felt like someone who was not family really appreciated how I felt. Many thanks to all at Little Lifts – Anon, Colchester Hospital, November 2022
- This was quite a pleasant unexpected surprise after the last radiotherapy session. A little carefully packed box with such thoughtful little gifts. Each item so well considered, not just a random assortment of items. I left the oncology department with a smile on my face, like a child at Christmas – Anon, NNUH, November 2022
- When I went into the cubicle to change for my first radiotherapy treatment, on top of the gown was a 'Little box of lifts'. By the time the time I was called through I was almost in tears, the box was so full of such incredibly thoughtful and generous gifts, but even more – so packed with love and support that I knew I wasn't going through this journey on my own. It felt like a massive hug from a friend. I can’t express enough how much your Little box has meant to me. The moo cream has wonderfully 'rehydrated' my skin that was dry and sore after radiotherapy. Through all of this experience I have learnt to slow down and take time to really appreciate and savour the small things in life – sitting with your candle burning and savouring the most delicious choc buttons has really lifted my spirits – Anon, Colchester Hospital, November 2022
- I received my box today and I just wanted to say wow, thank you so much. I am blown away by how many lovely items are in there. The mints will help me through chemo, the tissues are perfect for my constant running nose, the soft toothbrush with help my mouth as I have ulcers, and the crossword will distract me from the cold cap during treatment – Anon, via online shop, December 2022
- It was amazing. I ordered online just around chemo start time. I didn't know what was ahead or what I needed. This gift included such kindness and helpful gifts. Each one perfect – Anon, The Little Kindness Fund, December 2022

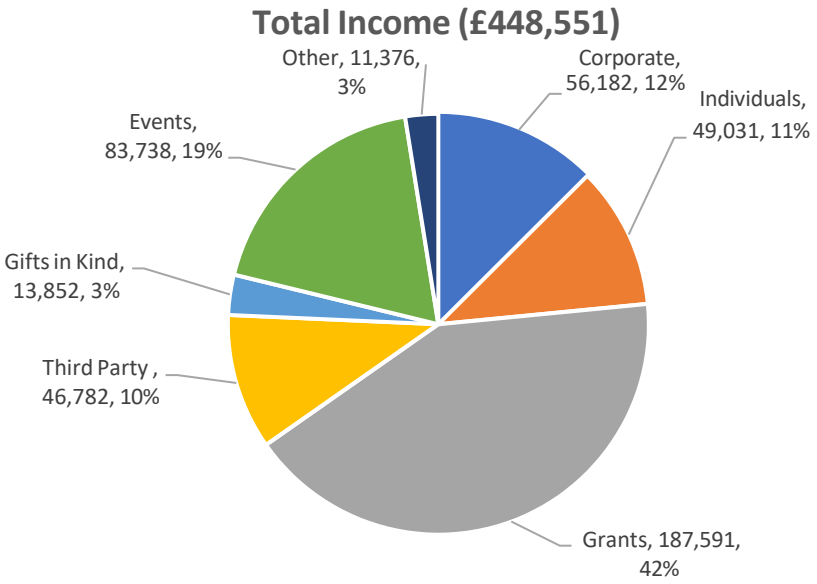
Of the 800 people who sent in feedback, 3 were men and 6% were from a black or minority ethnic background. Our feedback form includes a question asking, ‘how supported did/does

the Little Lifts box make you feel?’ Beneficiaries are asked to mark out of 5 with 5 being ‘very supported’ and 1 being ‘not supported’. 100% said the Little Lifts box made them feel ‘very supported (98%) or supported (2%)’.

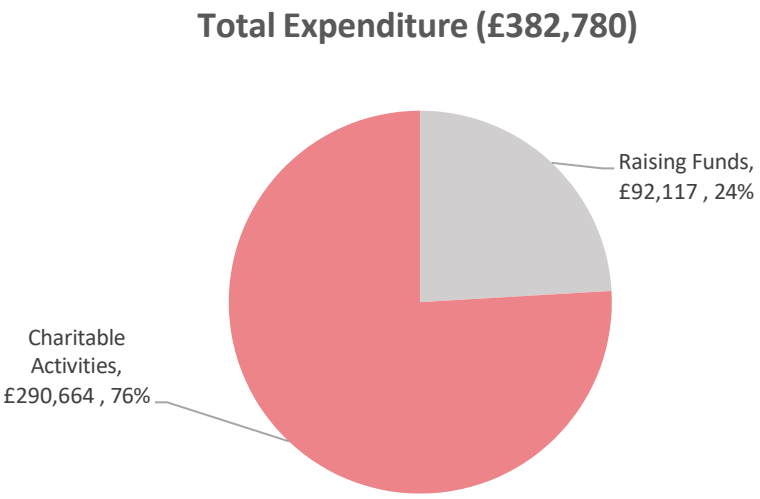
**Our Finances**

From a financial perspective it is key that we can serve every person affected by breast cancer by having sufficient and sustainable resources, both financial and non-financial, to support our Box production and distribution.

Income in 2022 was very strong; 76% higher than 2021, at £448.6k, with an increase in all income sources – events income, Box sales and grants. For 2022 our focus was to address the proportion of income raised from grants, given the impact the charity can demonstrably prove. This has been delivered, with 42% of income being received from grants in 2022 compared to 21% in 2021.




In 2022 Little Lifts was able to expand its support for people affected by breast cancer. Whilst there was a notable increase in income, the proportion utilised in charitable activities has been broadly maintained, notably in Box-related costs, given the rise in Boxes delivered to patients.



At Little Lifts we believe that it's important, as a public benefit organisation, to have strong financial management to ensure we're delivering the best value possible whilst using ethical, environmentally friendly, natural, organic and local products as much as we can. Our quality and ethical standards mean that many of our products have a high retail value, so we are very thankful to many of our suppliers who have given generous charitable discounts and companies who have donated products to our Little Lifts Boxes. Charitable activities were 76% (2021: 76%) of total expenditure in 2022.

This has meant that in overall terms the charity made a surplus of £65.8k. This is higher than in previous years which reflects the fact that the charity has a number of new charitable initiatives starting in early 2023 and is well positioned having pre-funded these.

**Our Reserves Policy and Going Concern**

In assessing the overall level of reserves, the trustees always aim to maintain sufficient unrestricted funds of at least six months to ensure Little Lifts remains solvent going forwards. Designated or restricted funds shall not form part of this sum. The decision was made by the Trustees so that Little Lifts can:

- Have the flexibility to continue to operate in the best interests of our beneficiaries should the forecasted income not be generated;
- Mitigate against the risk of unplanned closure and the impact this may have on our staff and beneficiaries; and
- Use the fund to support new projects we feel are in the best interest of the charity should we not be able to secure financial support elsewhere.

At the end of 2022 the total reserves stand at £274.3k, of which £177.0k is unrestricted and non-designated, which is satisfactorily in line with the reserves policy above. The Trustees have designated £50.0k to specific purposes – supporting a new NHS partnership, which is launching in early 2023, and to further support the Little Kindness Fund which launched in 2021 and provides boxes to breast cancer patients across the UK. £10k has been designated to trial the launch of a new type of Box in response to patients and hospital staff who support patients before and after surgery for breast cancer.

**Our approach to fundraising:**

- Little Lifts is a member of the Fundraising Regulator.
- Our income is generated thanks to the support of our Little Lifts Community made up of individual fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a direct mail, telephone, or door to door fundraising campaign. The relationship we have our supporters is very important to us; we work hard to ensure that all fundraising activities prioritise quality and personal stewardship. The charity does not wish for our supporters, including vulnerable people, to feel under any pressure to donate to the charity.
- Our close relationship with fundraisers means that we can support them in delivering their events and complying with relevant codes of practice. Where we work with commercial participators, such as Spacemasks, contracts are exchanged so that we can ensure compliance with the code of fundraising practice, applicable laws and adherence to best practice.
- We received no complaints about our fundraising practices in 2022.

**Our principal sources of fundraising**

We are very grateful for the support we have received from the following Trusts and Foundations:

- The Walter Farthing Trust
- The Fowler Smith and Jones Trust
- The Paul Bassham Charitable Trust
- The Alborada Trust
- The Rosca Trust
- The Childwick Trust
- The Geoffrey Watling Charity
- The Pink Ribbon Foundation
- St James Place Charitable Foundation
- Tesco Community Grant Scheme
- The Edward Gostling Foundation
- The Souter Charitable Trust
- The Alan Boswell Group Charitable Trust
- The Hospital Saturday Fund
- The D C Moncrieff Charitable Trust
- The Barratt Family Charitable Trust
- The Tudwick Foundation
- The Emergency Trust Local Fund
- The Women & Girls Fund
- The Ipswich Hospital Charitable Trust
- The Mackintosh Foundation
- The Barratt Foundation

In addition, we are very grateful for financial support we have received from corporate donations:

- Sinclair International LTD
- Poultec Training LTD
- Aviva Community Fund
- Richmond Capital
- Marsh
- VGP Limited
- Jarrold
- Roys of Bowthorpe
- Boho Betty

**Our Little Lifts Community**

A huge thank you to our wonderfully kind and dedicated **Little Lifts Community**, who help to raise awareness as well as to fundraise for us.

Just some of the many examples of our super star individuals and group fundraisers:

- Team Sit in a Stream took on 4-day challenge cycling 320 miles and dipped in 83 rivers across Norfolk. The entire challenge was planned with incredible detail and

self-funded. Over £13,000 was raised, and we cannot thank them enough for wholeheartedly taking on the challenge with such passion and dedication.

- Team Ultra Lifters took on the Race to the Stones, a whopping 100km run completed within 24 hours. The Ultra Lifters are a group of men who take on physical challenges to raise awareness of men's mental health whilst at the same time raising funds for Little Lifts after a family member benefited from our Little Kindness Fund. Together they raised over £7,000 with funds raised directly supporting our Little Kindness Fund.
- The Captain at Bawburgh Golf club chose Little Lifts as his Charity of the Year and raised £5140 to support our work.
- Team Perfit took on a 100-mile bike ride along the Norfolk coast and raised £4519.
- Rose gave her long locks the chop and raised £917.



Team Sit in a Stream – July 2022

**Special thanks some remarkable people:**

- Mary Addyman, Eva Stiles, Ria Stiles, Jon Cheswick, Katrina Archer-Rand, Ruth Baughan, Rose Kemmy, James Rouse, Richard Tidy and Greg Hackett for being special members of our Little Lifts community, giving their time and expertise to support us.

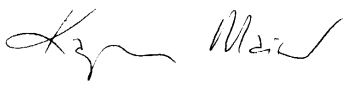
**Gifts in Kind received:**

| 2022 Gifts in Kind | | | | |
|---|---|---|---|---|
| **Product** | **Quantity** | **RRP** | **Total Value** | **Notes** |
| **Box Products** | | | | |
| Spacemasks | 1500 | £3.50 | £5,250.00 | |
| Chocolate | 292 | £7.00 | £1,752.00 | Booja Booja continuing |
| Toothpaste | 758 | £2.85 | £3,060.00 | Kingfisher continuing |
| Flatpack Boxes - Chemo | 1000 | £1.38 | £1,380.00 | Thompson Packaging donated |
| **Extra Treats** | | | | |
| Mints | 540 | £4 | £2160.00 | Motif Mints |
| Moisturiser sachets | 1000 | £0.25 | £250.00 | Green People |
| **Total value:** | | | **£13,852.00** | |

## Declaration

The trustees declare they have approved the Trustees' Annual Report above.

Signed on behalf of the charity trustees:

| | | |
|---|---|---|
| **Signature** |  |  |
| **FULL NAME** | Karyn Maier | Jon Hall |
| **POSITION** | Trustee - Chair | Trustee - Treasurer |

| |
|---|
| **Date:** 27-03-23 |

**Little Lifts**
**1170737**

## Independent Examiner's Report to the members

**For the Year Ended 31 December 2022**

### Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("The Act")

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to

- Examine the accounts under section 145 of the Charities Act,
- To follow the applicable Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act; and
- To state whether particular matters have come to my attention

### Basis of Independent Examiner's Statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
    - to keep accounting records in accordance with section 130 of the Charities Act
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements set out in the (Accounts and Reports) Regulations 2008 have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed  Date: 23rd March 2022

**Shirley Webb MAAT Director**
**Make It Count (Accountancy Services) Ltd**
**3 Malleson Place**
**East Carleton**
**NR14 8JA**

# Little Lifts

## Statement of Financial Activities

**For the Year Ended 31 December 2022**

| | Notes | Unrestricted 2022 £ | Restricted 2022 £ | Total Funds 2022 £ | Total Funds 2021 £ |
|---|---|---|---|---|---|
| **Income:** | | | | | |
| Donations and legacies | **2** | 141,969 | 211,469 | 353,438 | 211,142 |
| Funds Raised by charity | **3** | 83,738 | - | 83,738 | 38,427 |
| Other Income | **3** | 11,376 | - | 11,376 | 4,641 |
| **Total Income** | | 237,083 | 211,469 | 448,551 | 254,210 |
| **Expenditure on:** | | | | | |
| Raising Funds | **4** | 92,117 | - | 92,117 | 60,193 |
| Charitable Activities | **4** | 88,475 | 202,189 | 290,664 | 192,688 |
| **Total Expenditure** | | 180,591 | 202,189 | 382,780 | 252,881 |
| **Net income/(expenditure)** | | 56,492 | 9,280 | 65,771 | 1,329 |
| **Transfers between funds** | | - | - | - | |
| **Net movement in funds** | | 56,492 | 9,280 | 65,771 | 1,329 |
| **Reconciliation of Funds:** | | | | | |
| Total Funds brought forward | | 170,490 | 38,009 | 208,499 | 207,170 |
| **Total Funds carried forward** | | 226,982 | 47,289 | 274,270 | 208,499 |

# Little Lifts

## Balance Sheet

**As at 31 December 2022**

| | Note | 2022 | 2021 |
|---|---|---|---|
| | | £ | £ |
| **Fixed Assets** | **5** | | |
| Tangible Assets | | 5,364 | 5,026 |
| **Total Fixed Assets** | | 5,364 | 5,026 |
| | | | |
| **Current Assets** | **6** | | |
| Stocks | | 44,268 | 24,731 |
| Debtors | | 14,465 | 16,098 |
| Cash at Bank and in hand | | 220,096 | 175,604 |
| **Total Current Assets** | | 278,829 | 216,433 |
| | | | |
| **Current Liabilities** | | | |
| | | | |
| Creditors: Amounts falling due within one year | **7** | 9,923 | 12,960 |
| Deferred Income | **8** | - | - |
| **Total Current Liabilities** | | 9,923 | 12,960 |
| | | | |
| Creditors: Amounts falling due after more than one year | | - | - |
| | | | |
| **Total Net Assets or Liabilities** | | 274,270 | 208,499 |
| | | | |
| **The Funds of The Charity** | **9** | | |
| Restricted Funds | | 47,289 | 38,009 |
| Unrestricted Funds | | | |
| Designated Funds | | 50,000 | 38,000 |
| General Funds | | 176,981 | 132,490 |
| **Total Charity Funds** | | 274,270 | 208,499 |

The notes at pages 27 to 38 form part of these accounts.

Signed: Signed:

Jon Hall

These accounts were approved by the trustees on: Monday 27th March 2023

# Little Lifts

## Statement of Cash Flows

**For the Year Ended 31 December 2022**

| | Note | Funds 2022 £ | Funds 2021 £ |
|---|---|---|---|
| **Net cash provided by Operating Activities** | **10** | **47,070** | **(208)** |
| **Cashflow from Investing Activities** | | | |
| Purchase/donation of tangible fixed assets | | (2,577) | (1,860) |
| **Cash provided by (used in) Investing Activities** | | **(2,577)** | **(1,860)** |
| Increase (decrease) in cash and cash equivalents in the year | | 44,493 | (2,068) |
| Cash and cash equivalents at the beginning of the year | | 175,604 | 177,672 |
| **Total cash and cash equivalents at the end of the year** | | 220,097 | 175,604 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2022**

## 1 Accounting Policies

**1.1 Basis of preparation of financial statements**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

Little Lifts constitutes a public benefit entity as defined by FRS 102.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 1.1.

No changes to accounting estimates have occurred in the reporting period.

No material prior year errors have been identified in the reporting period.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 SORP a restatement of comparative items was needed. No restatements were required.

**1.2 Income**

**Recognition of income**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

**Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP.

**1.3 Grants and donations**

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

**1.4 Legacies**

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

**1.5 Donations of gifts, services and facilities**

Donated professional services and donated facilties are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services of facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

## Notes to the Financial Statements

**For the Year Ended 31 December 2022**

*1. Accounting policies (continued)*

**1.6 Fund Accounting**

Restricted funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by trustees for particular purposes.

**1.7 Liability recognition**

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

All expenditure is accounted for on an accruals basis.

**1.8 Governance and support costs**

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

**1.9 Grants payable**

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output. Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

**1.10 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts

**1.11 Tangible fixed assets for use by charity**

These are capitalised if they can be used for more than one year and are valued at historical cost.
Depreciation is charged on furniture and equipment on a straight-line basis over their estimated useful life of five years from the year of acquisition.
Depreciation is charged on computer equipment on a straight-line basis over their estimated useful life of three years from the year of acquisition.

**1.12 Stock**

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**1.13 Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**1.14 Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or the opening deposit or similar account.

## Notes to the Financial Statements
For the Year Ended 31 December 2022

| Income From: | Unrestricted 2022 £ | Restricted 2022 £ | Total 2022 £ | Total 2021 £ |
|---|---|---|---|---|
| **2. Donations & Legacies** | | | | |
| Corporate | 24,943 | 31,239 | **56,182** | 38,753 |
| Individuals | 49,031 | - | **49,031** | 54,444 |
| Grants | 14,050 | 173,541 | **187,591** | 52,643 |
| Third Party | 40,093 | 6,688 | **46,782** | 22,856 |
| Gifts in Kind | 13,852 | | **13,852** | 42,446 |
| Equipment | - | - | **-** | - |
| | 141,969 | 211,469 | **353,438** | 211,142 |

| Gifts in Kind breakdown: | 2022 £ | 2021 £ |
|---|---|---|
| Rent | - | 785 |
| Box products | **12,472** | 38,963 |
| Box printing, packaging & design | **1,380** | 1,380 |
| Event and Volunteer Support | **-** | 1,318 |
| | **13,852** | 42,446 |

| | | | | |
|---|---|---|---|---|
| **3. Fundraising Income** | | | | |
| Box Sales | 11,096 | - | **11,096** | 8,056 |
| Merchandise | 688 | - | **688** | 765 |
| Events | 71,954 | - | **71,954** | 29,606 |
| | 83,738 | - | **83,738** | 38,427 |

| Other Income | | | | |
|---|---|---|---|---|
| CJRS Grant Income Received | | | | 2,123 |
| Kickstart Income Received | | | **3,683** | 2,518 |
| Apprenticeship Income | | | **7,693** | |
| | - | - | **11,376** | 4,641 |

**4. Analysis of Expenditure**

| | Cost of Raising Funds | Charitable Activities | Governance | Support Costs | 2022 | 2021 |
|---|---|---|---|---|---|---|
| | | | | | £ | £ |
| Wages and Salaries | 35,142 | 55,125 | 2,531 | 17,840 | **110,638** | 73,389 |
| Pension Cost | 695 | 1,090 | 50 | 352 | **2,186** | 1,535 |
| Event Costs | 16,320 | - | - | - | **16,320** | 6,394 |
| Merchandise | (616) | - | - | - | **(616)** | 1,629 |
| Other | 519 | - | - | 77 | **596** | 430 |
| Little Lifts Boxes and Patient Related Support | - | 151,790 | - | - | **151,790** | 103,610 |
| Box Printing and Postage | - | 13,617 | - | - | **13,617** | 8,663 |
| Funding Application support costs | 5,635 | | | | **5,635** | |
| Fundraising Support Costs | 3,364 | | | | **3,364** | 400 |
| Travel | 1,383 | 3,228 | - | - | **4,611** | 5,235 |
| Staff Training | - | - | - | 828 | **828** | 1,147 |
| Premises Costs | 3,631 | 21,180 | 605 | 4,841 | **30,257** | 16,015 |
| IT Costs, software and consumables | - | - | - | 6,872 | **6,872** | 10,296 |
| Equipment Maintenance | - | - | - | 360 | **360** | 557 |
| Printing, Stationery and Postage | - | - | - | 1,854 | **1,854** | 1,145 |
| Design | - | - | - | - | - | - |
| Advertising, Marketing and PR | 6,063 | 18,189 | - | - | **24,251** | 15,762 |
| Accountancy and Independent Examiner Costs | - | - | 3,048 | | **3,048** | 2,549 |
| Depreciation | - | - | - | 2,239 | **2,239** | 1,947 |
| Focus Group Costs | - | - | - | - | **-** | - |
| PayPal, Stripe and Sum-up Fees | | | | 877 | **877** | 350 |
| Volunteer Costs | | 163 | | | **163** | 200 |

| | | | | | | |
|---|---|---|---|---|---|---|
| HR Support | | | | 1,030 | **1,030** | |
| Focus Groups | | 241 | | | **241** | |
| Admin Fees | 2,619 | - | - | - | **2,619** | 1,629 |
| | 74,755 | 264,621 | 6,234 | 37,170 | **382,780** | 252,882 |
| Support Costs | 14,868 | 22,302 | - | (37,170) | - | - |
| Governance Costs | 2,493 | 3,740 | (6,234) | - | - | - |
| **Total Expenditure** | **92,117** | **290,664** | **-** | **-** | **382,780** | **252,882** |

## Notes to the Financial Statements

**For the Year Ended 31 December 2022**

| 5. Tangible Fixed Assets | Freehold Land and Buildings £ | Leasehold Land and Buildings £ | Plant and Machinery £ | Fixtures, Fittings and £ | Total £ |
|---|---|---|---|---|---|
| **Analysis of Opening and Carrying Amounts** | | | | | |
| **Cost or Valuation** | | | | | |
| As at 1st January 2022 | | | | 13,529 | 13,529 |
| Additions | 0 | 0 | 0 | 2,577 | 2,577 |
| **At End of the Year** | 0 | 0 | 0 | 16,106 | 16,106 |
| **Depreciation and Impairment** | | | | | |
| As at 1st January 2022 | | | | 8,503 | 8,503 |
| Depreciation | | | | 2,239 | 2,239 |
| **At End of the Year** | 0 | 0 | 0 | 10,742 | 10,742 |
| Net book value | | | | | |
| As at 1st January 2022 | | | | 5,026 | 5,026 |
| As at 31st December 2022 | | | | **5,364** | **5,364** |

| 6. Current Assets | 2022 £ | 2021 £ |
|---|---|---|
| Box Product Stocks | 36,706 | 22,980 |
| Merchandise Stocks | 2,609 | 1,751 |
| Packaging Stock | 4,953 | 0 |
| Accrued income | 0 | 0 |
| Office Rental Deposit | 2,100 | 2,100 |
| Other Debtors | 0 | 0 |
| Prepayments | 12,365 | 13,998 |
| | 58,733 | 40,829 |

Stocks represent the Little Lifts box ingredients in readiness for supply. The stocks will be used in the boxes provided as part of charitable activites in 2020

| 7. Current Liabilities | 2022 £ | 2021 £ |
|---|---|---|
| Creditors | 6,305 | 11,196 |
| PAYE & NIC Payable | 3,334 | 1,035 |
| Pensions Payable | 0 | 0 |
| Student Loans Deductions Payable | 284 | 120 |
| Accruals Accountancy & Independent Examiners Fee | 0 | 200 |
| Other | 0 | 408 |
| | 9,923 | 12,959 |

| 8. Deferred Income | 2022 £ | 2021 £ |
|---|---|---|
| As at 1 January 2022 | 0 | 1,720 |
| Additions during the year | 0 | 0 |
| Amounts released to income | 0 | 1,720 |
| As at 31 December 2022 | 0 | 0 |

Deferred income comprises donations of funding received to support focus groups.

## Notes to the Financial Statements

**For the Year Ended 31 December 2022**

### 9. Charity Funds

**Current Year**

| | At 1 January 2022 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2022 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| New Box Iniative | | | | 15,000.00 | | **15,000** |
| New Hospital Partnerships | | | | 20,000.00 | | **20,000** |
| Essex Hospitals | 23,000 | | (23,000) | | | **0** |
| Little Kindness Fund | 15,000 | | (15,000) | 15,000.00 | | **15,000** |
| General Funds | 132,489 | 237,083 | (142,591) | (50,000.00) | | **176,981** |
| **Total Unrestricted Funds** | **170,489** | **237,083** | **(180,591)** | **0** | **0** | **226,981** |
| **Restricted Funds** | | | | | | |
| Broomfield Hospital | 0 | 4,954 | (4,954) | | | **0** |
| Colchester Hospital | 0 | 5,000 | (3,000) | | | **2,000** |
| Essex Hospitals | 0 | 23,529 | (5,352) | | | **18,178** |
| Ipswich Hospital | 0 | 15,124 | (15,124) | | | **0** |
| Norfolk Hospitals | 0 | 16,158 | (7,658) | | | **8,500** |
| NNUH Trust | 0 | 17,852 | (17,852) | | | **0** |
| Southend Hospital | 0 | 2,500 | (2,500) | | | **0** |
| West Suffolk Hospital | 0 | 5,688 | (4,101) | | | **1,587** |
| Norfolk Chemotherapy | 0 | 7,114 | (7,114) | | | **(0)** |
| Norfolk Radiotherapy | 0 | 5,500 | (5,500) | | | **0** |
| Secondary Chemotherapy | 0 | 7,905 | (7,905) | | | **0** |
| Little Kindness Fund | 7,974 | 38,525 | (46,499) | | | **0** |
| Make 2nds Count Partnership | 4,648 | 42,478 | (45,260) | | | **1,865** |
| CRM System | 2,904 | 700 | (3,604) | | | **0** |
| Focus Groups | 1,194 | | (1,194) | | | **0** |
| Rent | 12,789 | 6,568 | (16,073) | | | **3,284** |
| Website Development | 8,500 | 0 | (8,500) | | | **0** |
| Box Products | 0 | 11,875 | 0 | | | **11,875** |
| **Total Restricted Funds** | **38,009** | **211,469** | **(202,189)** | **0** | **0** | **47,289** |
| **Total Funds** | **208,498** | **448,551** | **(382,780)** | **0** | **0** | **274,270** |

**Previous Year**

| | At 1 January 2021 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2021 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| Essex Hospitals | | | | 23,000 | | **23,000** |
| Little Kindness Fund | | | | 15,000 | | **15,000** |
| General Funds | 167,080 | 146,787 | (143,378) | (38,000) | | **132,489** |
| **Total Unrestricted Funds** | **167,080** | **146,787** | **(143,378)** | **0** | **0** | **170,489** |

| | | | | | | |
|---|---|---|---|---|---|---|
| **Restricted Funds** | | | | | | |
| Ipswich Hospital | 10,022 | 0 | (10,022) | | | **0** |
| James Paget Hospital | 0 | 2,011 | (2,011) | | | **0** |
| Norfolk Hospitals | 0 | 4,854 | (4,854) | | | **0** |
| Queen Elizabeth Hospital | 0 | 1,569 | (1,569) | | | **0** |
| West Suffolk Hospital | 3,806 | 0 | (3,806) | | | **0** |
| NNUH Trust | 9,178 | 3,845 | (13,023) | | | **0** |
| Colchester Hospital | 0 | 4,980 | (4,980) | | | **0** |
| National Donations | 1,585 | 0 | (1,585) | | | **0** |
| Make 2nds Count Partnership | 0 | 24,090 | (19,442) | | | **4,648** |
| Focus Groups | 1,194 | 0 | 0 | | | **1,194** |
| National Discretionary Fund (The Little Kindness Fund) | 3,671 | 32,142 | (27,839) | | | **7,974** |
| CRM System | 6,504 | 0 | (3,600) | | | **2,904** |
| Rent | 4,130 | 12,000 | (3,341) | | | **12,789** |
| Office Furniture | 0 | 800 | (800) | | | **0** |
| Van | 0 | 1,131 | (1,131) | | | **0** |
| Brand, marketing and website development | 0 | 20,000 | (11,500) | | | **8,500** |
| **Total Restricted Funds** | **40,090** | **107,422** | **(109,503)** | **0** | **0** | **38,009** |
| **Total Funds** | **207,170** | **254,209** | **(252,881)** | **0** | **0** | **208,498** |

## Notes to the Financial Statements
**For the Year Ended 31 December 2022**

**9. Charity Funds**
***- Continued***

**Purpose of Restricted Funds**

**Broomfield Hospital**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to primary breast cancer patients at their treatment planning or review meeting at Broomfield Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Walter Farthing Trust | 4,954 | |
| | - | |
| | 4,954 | 0 |

**Colchester Hospital**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at the Colchester Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Aviva Community Fund | | 4,980 |
| Tudwick Foundation | 2,000 | |
| Fowler Smith & Jones | 3,000 | |
| | 5,000 | 4,980 |

**Essex Hospitals**
The following funds were provided specifically for producing Little Lifts Chemotherapy and Radiotherapy Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our Essex NHS Hospitals.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Emergencies Trust Local Fund | 5,352 | |
| The Big Give | 18,178 | |
| | 23,529 | 0 |

**Ipswich Hospital**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Ipswich Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Louise Smith | 10,093 | |
| Art for Cure | 5,031 | |
| | 15,124 | 0 |

**Norfolk Hospital Partnerships**
The following funds were provided specifically for producing Little Lifts Chemotherapy and Radiotherapy Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our three Norfolk NHS Hospitals.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Arnold Clark | | 1,000 |
| The Paul Bassham Charitable Trust | | 3,000 |

| | | |
|---|---|---|
| The Fakenham Posties | | 854 |
| Jarrold and Sons | 7,658 | |
| St James Place Charitable | 7,500 | |
| Barratt Family Charitable Trust | 1,000 | |
| | 16,158 | 4,854 |

**NNUH Trust**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at The Norfolk and Norwich University Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| The Co-op Community Fund | | 1,534 |
| Jarrold Big Pink Weekend | | 2,061 |
| Orangery Tea Rooms | | 250 |
| Marsh | 14,000 | |
| Alan Boswell Group | 2,852 | |
| D C Moncrieff Charitable Trust | 1,000 | |
| | 17,852 | 3,845 |

**Southend Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Southend Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| ROSCA Trust | 2,500 | |
| | - | |
| | 2,500 | 0 |

**West Suffolk Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at West Suffolk Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Art for Cure | 3,870 | |
| The Hospital Saturday Fund | 1,818 | |
| | 5,688 | 0 |

**James Paget University Hospital**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at James Paget Hospital.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Great Yarmouth Round Table | 0 | 2,011 |
| | 0 | 2,011 |

**Queen Elizabeth Hospital (King's Lynn)**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Queen Elizabeth Hospital King's Lynn.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| MP DuncanSmith London Marathon | 0 | 1,569 |

## Notes to the Financial Statements
**For the Year Ended 31 December 2022**

### 9. Charity Funds
***- Continued***

**Purpose of Restricted Funds**

**Norfolk Chemotherapy**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing chemotherapy within Norfolk.

| | 2022 | 2021 |
|---|---|---|
| Geoffrey Watling Trust | 6,000 | 0 |
| Tescos Community Grant | 1,114 | 0 |
| | 7,114 | 0 |

**Norfolk Radiotherapy**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing radiotherapy within Norfolk.

| | 2022 | 2021 |
|---|---|---|
| St James Place Charitable Foundation | 2,500 | 0 |
| Paul Bassham Trust | 3,000 | 0 |
| | 5,500 | 0 |

**Secondary Chemotherapy**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients undergoing secondary chemotherapy treatment.

| | 2022 | 2021 |
|---|---|---|
| Neon Marl | 159 | 0 |
| The Big Give | 2,746 | 0 |
| Childwick Trust | 5,000 | 0 |
| | 7,905 | 0 |

**Little Kindness Fund**

The following funds were provided specifically for a National Discretionary Fund (The Little Kindness Fund) to provide Boxes to breast cancer patients across the UK.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Spacemasks (VGP Limited) | 1,497 | 5,960 |
| Ansvar | | 5,000 |
| Aviva Community Fund | | 9,748 |
| Adam Wright Fundraising Challenge | | 3,311 |
| Third Party Donations | 6,688 | |
| Macintosh Foundations | 1,000 | |
| Richmond Capital | 2,000 | |
| Local Action National Emergency Fund | 2,339 | 8,123 |
| Alborada Trust | 25,000 | |
| | 38,525 | 32,142 |

**Make 2nds Count Partnership**

The following funds were provided specifically for producing Little Lifts Boxes to be donated to secondary breast cancer.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |

| | | |
|---|---|---|
| Make 2nds Count | 42,478 | 24,090 |

**Rent**

The following funds were provided specifically as a contribution towards rent for Little Lifts to establish an office to facilitate the growth to help more people undergoing treatment for primary and secondary breast cancer.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| The Pink Ribbon Foundation | 6,568 | 6,000 |
| Aviva Community Fund | | 6,000 |
| | 6,568 | 12,000 |

**Office Furniture**

The following funds were provided specifically as a contribution towards supporting furniture following expansion into a second packing room.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Winkworth Estate Agents | 0 | 800 |

**Van**

The following funds were provided specifically to support the costs of running the Little Lifts van.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Busseys Vehicle Leasing | 0 | 1,131 |

**Brand Development**

The following funds were provided specifically for brand, website and IT development.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Sinclair International Ltd | | 10,000 |
| National Lottery Community Fund | | 10,000 |
| The Big Give | 700 | |
| | 700 | 20,000 |

**Box Products**

The following funds were provided specifically for supporting a new initiative to keep patients active during treatment by giving them access to an app called Treekly. For every person who is gifted a Box and accesses the app, Treekly will plant a mangrove, which supports our mission by operating in a way that is kind to the planet.

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Aviva Crowdfunder | 5,925 | - |
| Crowdfunder - Treekly - Local Action Fund Match Funding | 5,950 | - |
| | - | |
| | 11,875 | 0 |

## Notes to the Financial Statements
**For the Year Ended 31 December 2022**

**10. Reconciliation of net income to net cash flow from operating activities**

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| **Net Income/(Expenditure) for the reporting period** | 65,771 | 1,329 |
| **Adjustments For:** | | |
| Net Movement in funds | | |
| Depreciation charges | 2,239 | 1,947 |
| (Increase)/decrease in stocks | (19,537) | (3,712) |
| (Increase)/decrease in Debtors | 1,633 | (6,193) |
| Increase/(Decrease) in Creditors | (3,036) | 6,421 |
| **Net Cash Provided by/Used in Operating Activities** | 47,070 | (208) |

**LITTLELIFTS**

England & Wales - Charity number 1170737

# Accounts

# Little Lifts Trustees' Annual Report

Contents

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# Little Lifts Trustees' Annual Report

The trustees present their annual report together with financial statements of Little Lifts for the year 1 January – 31 December 2021.

**Administrative details**

**Trustees**

- Karyn Maier (Chair)
- Ella Wisbey (Secretary)
- Jill Ward
- Per Hall
- Jon Hall (joined May 2021)

**Registered charity number**

Little Lifts is a registered charity in England and Wales 1170737.

**Accountant/s**

Karen Eason Certified Accountant Limited
167 Westacre Drive, Old Catton, NR6 7HX

Make it Count (Accountancy Services) LTD
3 Malleson Place, East Carleton, Norfolk, NR14 8JA.

**Bankers**

The Co-operative Bank, 69 London Street, Norwich, NR2 4SF.

**Structure, Governance and Management**

Little Lifts is a Charitable Incorporated Organisation whose only voting members are its charity trustees. It is governed by a foundation model constitution.

Appointment of charity trustees:

- Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to skills, knowledge and experience needed for the effective management of the CIO.

*"I was diagnosed with de novo metastatic breast cancer a few weeks ago and received a Little Lifts Box at my first meeting with oncologist at the James Paget. It really did give me a "little lift"! It made me feel very supported. I am very grateful to everyone involved in making up these lovely boxes."*
– Bev, November 2021, James Paget University Hospital.

**A message from our Founder, Oa Hackett**

Over the last few years, we have worked hard to establish the reputation of Little Lifts whilst maintaining our core values by listening to feedback from our hospital partners and those affected by breast cancer. Despite another challenging year 2021 saw us accelerate our support to 2663 people affected by breast cancer – a 270% increase compared to our activity in 2020. This was achieved by a highly skilled, motivated and energised team, who despite being small, were able to adapt to the continued pressures 2021 offered both on our income and operational demands.

**Breast cancer and COVID 19**

Breast cancer and its treatment didn't stop during the ongoing challenges COVID-19 caused in 2021. We continued to work with our NHS partnerships across Norfolk and Suffolk so that people undergoing chemotherapy or radiotherapy treatment for primary and secondary breast cancer could be offered a Little Lifts box. More than ever, our Little Lifts boxes were needed because people facing cancer treatment are clinically extremely vulnerable, and therefore at high risk from COVID-19. As well as the increased risk to health, the pandemic has made access to support systems and networks more challenging.

**Extending our support to more people affected by breast cancer**

In 2020 we took the decision to delay the launch of radiotherapy support across our Norfolk and Suffolk Hospital partnerships, meaning a significant number of boxes were unable to be distributed (approx. 600). This was recovered in 2021:

- January 2021 – all radiotherapy patients in Norfolk able to receive a Little Lifts box.
- April 2021 – all radiotherapy patients in Suffolk able to receive a Little Lifts box.
- April 2021 – we launched our sixth hospital partnership with Colchester Hospital – support all chemotherapy and radiotherapy patients.
- June 2021 – our partnership with Make 2nds Count included support for secondary breast cancer patients receiving radiotherapy treatment.

**Our response to the pandemic**

Since the beginning of the pandemic, we've received a surge in requests from breast cancer patients outside Norfolk and Suffolk enquiring how they can receive a Little Lifts box. Thanks to generous support from Spacemasks we were able to launch The Little Kindness Fund. A discretionary fund for women and men undergoing chemotherapy or radiotherapy treatment for primary or secondary breast cancer, living in the UK. The fund enables eligible applicants to receive a Little Lifts box, free of charge, to support their emotional wellbeing and support them through their cancer treatment. In July 2021 Ansvar generously donated £5k to support this fund. This fund directly supported 404 people affected by breast cancer living across the UK.

Our Little Lifts Community continued to amaze us throughout the year by taking on various fundraising challenges and we thoroughly enjoyed supporting them with their efforts. Our Platinum Supporters, Sinclair International, generously donated £10k to support brand and website development. In October 2021 we launched Challenge 250 – a entrepreneurial fundraising competition with businesses across Norfolk taking part. In November 2021 we welcomed a second Platinum supporter to the family – Poultec and Mattishall Golf Club. Our commercial partnership with Spacemasks was vital to the launch our Little Kindness Fund. The team at Farfetch generously donated hours to support the development of our brand and website, launching in early 2022.

**A special thank you**

I would like to give wholehearted thanks to some very special people and organisations who generously supported us in 2021:

- To my dedicated small team of staff – Kay, Shopie and George who joined us in September as part of the Government Kick Start Scheme.
- To my committed and generous Board of Trustees.
- To our dedicated NHS hospital partnerships.
- To the team at Make 2nds Count.
- To every person who sends feedback about their Little Lifts box.
- To our Platinum Supporters, Sinclair International and Poultec.
- To our Ambassador, Harriet Inglis – Spacemasks.
- To our social media Ambassador – Laura Middleton Hughes.
- To our amazing volunteers who give up hours to support us.
- To our generous suppliers who help us fill our Little Lifts boxes.

**Message from our Chair, Karyn Maier:**

It's the clear strength of the impact our Little Lifts boxes have on women (and men) during their breast cancer treatment that continues to drive our determination in taking every opportunity to carry on growing the charity. At the core of everything we do is our ambition to realise the Little Lifts' vision to support as many people with breast cancer as we possibly can each year.

Following on from the adverse climate of 2020, 2021 continued to present us with huge uncertainty and real challenge. We maintained a cautious approach in assessing how we could safely continue our operations always backed by ongoing considered financial review and planning to ensure the robustness and secure future of our charity. In May 2021 we were delighted to welcome Jon Hall to our Board as Treasurer.

Despite the challenges, our small team – Oa, Kay, Shopie (furloughed Nov 21 – March 22) and George (joined Sept 21, Kickstart initiative) worked consistently and with great creativity to continue offering unique fundraising initiatives – this included a cold-water swimming challenge in January 2021 (over £10k was raised) and a number of successful Crowdfunding campaigns we ran throughout the year. Despite the continued pressure on the NHS, the team liaised effectively with our partnerships to ensure that Little Lifts box orders could be fulfilled in a safe way – this included welcoming a new hospital partnership (Colchester) to the family.

A key priority in 2021 was to ensure our production capability could manage our increase in demand. To achieve this, we strengthened our volunteer strategy and in December 2021 made the decision to extend our premise space to accommodate more volunteers in a safe way. We also invested funds (kindly donated by Sinclair International) to review and strengthen our brand further supported via pro bono specialist advice from Farfetch. A £10k donation from the National Lottery Awards for All fund will support the development of a new website to be launched in early 2022.

Despite this tough year Little Lifts has continued with its mission to respond to the needs of people affected by breast cancer. Despite the negative impact on staff and volunteer resource, we achieved the establishment of our sixth hospital partnership, the launch of a national discretionary fund, and growing a partnership with Make 2nds Count to support those with secondary breast cancer living across the UK. Our vision, coupled with considered financial planning, provides us with a strong foundation to continue to grow our support to more people with breast cancer. We are continuously evaluating and learning from the community that we support and our activity throughout 2021 demonstrates that people affected by breast cancer are always at the forefront of our decision making.

We also continue to work with a dedicated group of hospital partnerships, and we thank the enthusiasm of our Little Lifts community, volunteers, and the support from individuals and organisations who donated funds and resources to support our work during a very challenging time. Particular thanks goes to Platinum Supporter, Sinclair International, and Ambassador Harriet Inglis at Spacemasks, and the team at Farfetch.

We must also give thanks to the drive and determination of our CEO and Founder, Oa, and support and hard work from her colleagues Kay, Shopie and George; without them Little Lifts would not have overcome another challenging year as demonstrated by our sound financial results and numbers of boxes funded and delivered. The Board of Trustees provide a dedicated commitment and source of support in helping to achieve the Little Lifts vision.

**Our vision**

Every person affected by breast cancer should have the opportunity to receive a Little Lifts box.

**Our mission**

To provide practical and emotional support to every person, living in the UK, who faces breast cancer treatment by giving them a carefully created Little Lifts box at the start of or during their chemotherapy or radiotherapy treatment.

**Our values**

Our values underpin everything that we do.

- **Compassion:** because we care for people
- **Respect:** every person's experience of breast cancer is different
- **Integrity:** to achieve excellence with care and thought in all that we do
- **Open**: continuously evaluating and improving
- **Generosity**: guiding us in all we do

**What Little Lifts does**

We support people undergoing chemotherapy and/or radiotherapy treatment for breast cancer by giving them a Little Lifts box. In the East of England, our hospital partnerships ensure that every eligible person is reached. Elsewhere in the UK, people can apply to our 'Little Kindness Fund' to access our support.

Since the beginning of the pandemic, we have received a surge in requests from breast cancer patients outside of our hospital partnerships enquiring how they can receive a Little Lifts box. Thanks to generous support from Spacemasks we launched the Little Kindness Fund on World Cancer Day,

4th February 2021.

The Little Kindness Fund is a discretionary fund for **women and men** undergoing chemotherapy or radiotherapy treatment for primary or secondary breast cancer, living in the UK. The fund enables eligible applicants to receive a Little Lifts box, free of charge, to support their emotional wellbeing and support them through their cancer treatment.

We understand that everyone's experience of breast cancer treatment is different. Our boxes contain products to help alleviate some of the side effects of treatment and provide practical support, as well as mood-boosting goodies to promote emotional wellbeing.

Little Lifts boxes contain over 20 carefully chosen items. They include a heat pack to help with joint and muscle pain, a soft toothbrush to be kind to more sensitive gums, and chilli oil and herbs to bring flavour to foods that may taste a little different.

But it's not just what's inside the box that's important. Many people experience breast cancer treatment as a lonely and difficult time. Our recipients tell us that the sense of solidarity and kindness they experience when they receive their Little Lifts box is just as valuable as the contents. Little Lifts boxes ensure that no person in Norfolk, Suffolk or Essex faces chemotherapy or radiotherapy treatment for breast cancer unprepared, or alone.

What drives us, and the hospital partnerships we work with, is the shared belief that everyone facing breast cancer treatment needs to feel cared for and supported as they navigate their treatment in a clinical environment.

**Why is Little Lifts needed?**

In the UK, 55,000 women and 370 men are diagnosed with breast cancer every year. 63% have radiotherapy, and 34% have chemotherapy, as part of their curative or palliative primary cancer treatment. There are 36,000 women in the UK living with incurable (secondary) breast cancer, a recognised disability.

**Who develops breast cancer?**

- **Eight out of 10** cases of breast cancer are diagnosed in women aged **50 and over.**
- **One-quarter** of cases are diagnosed in women aged 75 and over.
- Just over **10,000 women** under the age of 50 are diagnosed with breast cancer every year in the UK. Of these, around 7,600 women will be in their 40s.
- **31 women** die from breast cancer every day in the UK.
- Around **2,300** women in the UK are diagnosed aged 39 or under, or just 4% of all cases.

Breast cancer in men is rare with just **370 new cases** in the UK each year, compared to around 55,000 new cases in women.

In Norfolk each year, approximately 310 women face chemotherapy treatment for primary or secondary breast cancer, and about 600 women undergo radiotherapy for breast cancer. In Suffolk, we're supporting about 240 people per year who undergo chemotherapy, and 420 who face radiotherapy treatment. Our reach into North Essex means approximately 130 chemotherapy boxes and 300 radiotherapy boxes each year. Support for men makes up less than 1% of this total.

**Every person experiences breast cancer treatment differently**. There are a number of possible side effects to both chemotherapy and radiotherapy, and each person may experience them in varying intensities and for differing periods of time. Chemotherapy can cause, amongst other things, tiredness

and fatigue, nausea, hair loss, a sore mouth, loss of appetite, a changed sense of taste, trouble sleeping, and difficulty concentrating. It can be a very difficult process, physically and emotionally. Radiotherapy can cause skin problems, tiredness, sore mouth, loss of appetite, and joint and muscle stiffness.

Radiotherapy can be considered by some to be a less 'gruelling' treatment than chemotherapy. Our beneficiaries told us that as radiotherapy patients they sometimes felt less entitled to support, or that the difficulties they faced were 'lesser' than those of chemotherapy patients, because they often did not outwardly appear unwell. But radiotherapy treatment, as well as sharing some of the physical and mental side effects of chemotherapy, is also incredibly disruptive, as it is administered daily in a clinical setting. In response to feedback from radiotherapy patients, we were proud to launch a special radiotherapy Little Lifts box in 2020.

There is no other charity working directly with NHS hospitals, offering this type of support specific to breast cancer patients in the UK. It's not only the content of our support, but its timing, and how it's delivered – directly by clinicians at chemotherapy and radiotherapy planning meetings – that's crucial. That's what makes Little Lifts unique.

**Our charitable objective**

The object of the CIO is for the public benefit, the relief of sickness and side effects to ease the suffering of chemotherapy or radiotherapy treatment to women and men aged 18 and above who have primary and secondary breast cancer and who are living in the UK. In particular, but not exclusively, by providing them with a Little Lifts box at the start of their chemotherapy or radiotherapy treatment.



Little Lifts box delivery to the Norfolk and Norwich University Hospital radiotherapy team, September 2021.

**Activities to achieve our charitable objective**

The Trustees have had regard to the guidance issued by the Charity Commission on public benefit and complied with the duty in section 17 of the Charities Act 2011.

Our objectives for 2021 were ambitious because we wanted to continue to grow our infrastructure so that we could grow our hospital partnerships, launch a national discretionary fund, and support many more people going through breast cancer treatment, but COVID-19 continued to impact on our ways of working, both operationally and how we generated income.

For the first three months of 2021 Little Lifts' staffing consisted of two members of staff and no volunteer support, until March 2021 when restrictions were lifted, and our third staff member returned from furlough.

Despite the challenges, our small agile team adapted, and we are proud to have achieved the following:

- We **continued to support** people across all five hospital partnerships: Norfolk and Norwich University Hospital (NNUH), James Paget University Hospital (JPUH), Ipswich Hospital (IP), West Suffolk Hospital (WSH) and Queen Elizabeth Hospital (QEH).
- On World Cancer Day, 4th February 2021, we **launched The Little Kindness Fund.**
- On 14th April 2021, we **launched our sixth NHS partnership** with Colchester Hospital.
- We **extended our support** from England and Wales to include all of the UK so that no person is unable to access our support.
- We **continued working with Make 2nds Count,** specifically supporting people with secondary breast cancer across the UK.
- We **held two focus groups (two virtual)** with 14 women so that we could understand their experiences of chemotherapy and the Little Lifts box. Feedback from these sessions resulted in an in-depth product review of our Little Lifts boxes and how we can further our support.
- We **hosted two packing parties** (between Oct and Dec 2021) with volunteers and supporters so that each Little Lifts box was carefully hand packed with love.
- On 28th September 2021, **we welcomed George** to Little Lifts as part of the Government Kick Start initiative.
- We **spent over 950 hours packing** Little Lifts boxes.
- We responded quickly to the challenging environment and **dedicated time to fundraising activity** so that we could continue to deliver and grow our support across NHS hospitals in Norfolk, Suffolk, Essex and beyond.
- We **kept our online shop open** to diversify our income streams, as well as to provide the opportunity for more people across the UK to receive Little Lifts boxes as gifts from loved ones.
- Our **online shop has extended to Oncology and Radiotherapy** departments buying boxes for cancer patients to include genecology and colorectal.



Colchester Partnership launch, April 2021.

**Our impact**

In 2021, our operational demand saw an increase of 270% compared to 2021. We delivered 2663 Little Lifts boxes compared to 714 in 2020. **Here's the breakdown:**

| Hospital | 2018 box deliveries | 2019 box deliveries | 2020 box deliveries | 2021 box deliveries | Total YTD |
|---|---|---|---|---|---|
| **NNUH – chemotherapy** | 141 | 243 | 178 | 206 | 768 |
| **NNUH – radiotherapy (launched Oct 2020)** | | | 128 | 681 | 809 |
| **JPUH** | 26 | 57 | 43 | 53 | 179 |
| **IPS- chemotherapy** | 60 | 110 | 88 | 134 | 392 |
| **IPS – radiotherapy (launched Jan 2021)** | | | | 366 | 366 |
| **QEH** | | 63 | 26 | 65 | 154 |
| **WSH** | | 63 | 58 | 102 | 223 |
| **CLCH – chemotherapy (launched April 2021)** | | | | 71 | 71 |
| **CLCH – radiotherapy (launched April 2021)** | | | | 279 | 279 |
| **The little Kindness Fund – chemotherapy** | | 10 | 17 | 293 | 320 |
| **The Little Kindness Fund – radiotherapy** | | | | 111 | 111 |
| **Make 2nds Count partnership – chemotherapy** | | | 176 | 269 | 445 |
| **Make 2nds Count partnership – radiotherapy** | | | | 33 | 33 |
| **Total** | **227** | **546** | **714** | **2663** | **4150** |

**We know that it's the little things that matter most. Here's what people had to say about our Little Lifts boxes throughout 2021:**

- Hi, just got a 'little lifts' box today on a day where a lift was much needed! Can't tell you how much it meant to me and it was bursting with amazing quality presents.
  Many thanks to the organisers and contributors.
  My prognosis isn't good sadly, but amazing how kind gestures make you feel lucky – Anon, West Suffolk Hospital, January 2021

- I think it is great. A fab mix of stuff which is really useful – deodorant (I was struggling to know which one to buy), moisturiser etc and treats which helped really cheer me up – chocolate, candle, gorgeous little bracelet etc. Made a real difference to a gruelling time – Anon, The Little Kindness Fund, February 2021

- Just wanted to say a big thank you for my Little Lift Box which was waiting for me when I came home from the hospital appointment. "Little" is not something that I would use to describe this amazing box of goodies which cheered me up no end. "Lift" is certainly what it did for me. You do an amazing job and really appreciate it. Lovely support from so many businesses too. – Kim, The Little Kindness Fund, February 2021

- I just wanted to say thank you for my little lifts box of treats I received before I started radiotherapy in early January. I've just gone through 7 months of intensive treatments so was feeling anxious starting radiotherapy but when I was given this box it really did lift my spirits and was full of luxury treats that really are helpful, just so thoughtful. You and your team really are amazing in supporting people going through such a tough time in their lives. Thank you – Sharon, NNUH, February 2021

- I was very scared about going back to hospital after a small break from appointments, surgery, scans, tests so to be met with the radiographer and this box of goodies was such a lovely gesture and a positive way to start treatment. It was like a gorgeous hug, knowing whoever had come up with this idea, knew exactly how it felt. Surrounded by machines and laser beams, it was such a wonderful human touch – Rebecca, NNUH, March 2021

- Thank you so much for my little lifts care package. I was diagnosed early December with Stage 2 A, Grade 3 Breast Cancer. I am due to start my chemotherapy on 5th March 2021. followed by Radiotherapy, and hormone treatment.
  I was overwhelmed to get this lovely thoughtful gift, and wondered if I can donate to this Charity, because it must cost quite a bit to put these lovely goodies together. Your Little Lifts box certainly does what it says on the tin, I felt really loved getting; it's a boost – Caroline, JPUH, March 2021

- I'm feel overwhelmed to receive this box it's absolutely amazing – Eileen, Make2ndsCount, March 2021

- Thank you, my box was packed by Kay, and it really cheered me up on a day that felt rather challenging! Such lovely treats to make me feel special and understood. Thank you, what a very special gesture – Alison, Ipswich Hospital, March 2021

- Such a beautiful caring box made me feel less alone and more determined – Teresa, JPUH, March 2021

- It’s amazing. Really cheered me up during what is a very dark and difficult time. I’m sure all the bits inside will come in very useful during treatment. Thank you for lifting my spirits – Caroline, The Little Kindness Fund, March 2021

- The contents of the box were lovely, useful and very well thought through. The nicest thing about receiving the box was that it made me realise that I was not alone in my diagnosis and there were people out there who understood what I was going through. It really did give me a little boost during a very dark time. Thank you – Anon, NNUH, April 2021

- I was so surprised to receive my Little Lifts box and when I saw what was inside, I was so touched by the thoughtful selection inside. Every single item is relevant to my situation and is being used. What a wonderful gift to make chemo that bit more... bearable. Thank you so much – Anon, NNUH, April 2021

- It was a really lovely, touching gift that helped brighten an emotional day, and the products are extremely useful and lovely, too! So thank you!! – Joanne, Colchester Hospital, April 2021

- Thank you so much for my Little Lifts box. When things seem negative, the gifts are both a lovely surprise but also something tangible - a knowledge that you are not alone is very special at a time of concern and every fear for the future. My gratitude, Little Lifts team, for such a thoughtful gift – Margaret, NNUH, April 2021

- Firstly, I would like to say a huge thank you to Little Lifts, for my chemotherapy box; I am completely overwhelmed. Never in my wildest dreams did I think it would be quite as special as it was (not because I ever doubted Little Lifts, but because I know how much of a struggle it can be to find the funding for these things) but, you have quite literally thought of everything! There are so many side effects of chemotherapy, aside from the more obvious ones, and many of which came as a surprise to me, but these boxes have something for everyone. Whether it be mouth sores/ulcers, dry skin and lips, the frustrating brain fog, aching joints and muscles or the awful taste it can leave in your mouth, once of these boxes will take care of all of them. It’s only when you go through something like this, that you get to see just how many wonderful people there are out there, taking time out of their own lives, to help make those of others just that little bit more bearable, and Little Lifts is a prime example. – Lauren, The Little Kindness Fund, April 2021

- The thought that someone else was thinking about my wellbeing at a very difficult time was so comforting. Everything in the box has purpose and meaning and not just for the sake of it which it makes it more special. Being given the box at the appointment that recommended chemo gave me a chance to explore the contents and understand their relevance before treatment started. I was prepared with my pear and ginger frozen smoothies! – Anon, NNUH, April 2021

- Thank you so much for blessing me today with a Little Lifts parcel it really touched me, as it shows such love, care and understanding of chemo treatment for breast cancer. It's a long rollercoaster ride and you get it! Thank you – Anon, The Little Kindness Fund, May 2021

- The box was beautifully and thoughtfully packaged. It arrived with everything intact, just 4 days before my chemo started - great timing! It contained so many lovely goodies - it gave me a real lift, at a time of anxiety, when I was opening it. I especially loved the snacks & sweets, treats, notebook & pen, crossword book & lip balm, water bottle and tissue pack - I took all of these in my bag for the first chemo. I'm sure I will use the cordial, toothpaste & brush, moisturiser & heat pack (for pain relief). Other nice touches such as the eye mask and wild flower seed are lovely too – Joy, Make2ndsCount, May 2021

- You made me feel special. I was given the box on my first radiotherapy session. It lifted my spirits that someone understood and cared about my treatment and cancer journey. The box contains thoughtful things and is such a touching gift to get especially in these covid times when we have been alone having treatments. Thanks – Barbara, Colchester Hospital, May 2021

- I loved my Little Lifts box. Every item in it has been well thought out and is something that you will use. I was feeling a bit low when my box arrived and I can honestly say it brought a smile to my face and made me feel better. It was a much needed boost. Thank you for your kindness during this difficult time! – Rebecca, The Little Kindness Fund, May 2021

- I was given your box when I had my first consultation preceding my chemotherapy treatment. I was reeling from all the information and felt overwhelmed by the feeling of impending doom for the coming months. I took the box home without really acknowledging it properly, and finally opened it later that evening. I was absolutely amazed, not only by the contents, but by the wonderful, thoughtful packaging. The contents seemed never ending and I was blown away by the quality of all the products. Especially when you re on a limited income, and cannot afford to treat yourself very much, I told my family and friends all about the box, and they were as blown away as me,
  Now that I have started chemotherapy, I can now understand why those products have been chosen, and how important it is to have treats to get you through the very bleak days when you think you cannot go on with the treatment. I haven't used everything as yet, but I'm sure they will make me smile as much as the ones that I have.
  It is a fantastic concept, and I want to thank you very much for making me feel very cared for,
  Thank you doesn't seem to be quite good enough to describe how I feel. Thank you brilliant people – Beverly, NNUH, June 2021

- As I sat in an empty waiting room on my own (due to covid restrictions) and not knowing what to expect I was feeling particularly low when I was greeted by a lovely nurse who told me she had a box for me. I opened the Little Lifts gift box as I sat there and what a wonderful surprise, every single item was so thoughtful and useful, it reminded me I wasn't alone and gave me a real boost. All the gifts have been used or eaten (the chocolate bar on the way home!) and the Moo Goo moisturising cream was extremely handy, it smells lovely and I had no skin reactions to the treatment, I have since bought replacements for several of the items I have used up, and will continue to do so. So thank you again for all your hard work in getting the boxes together and out to people, and to all the companies who donate, everything you do really does make a difference – Sue, NNUH, July 2021

- Thank you for all of the support that I received throughout my treatment. Everyone has been kind and friendly and I genuinely felt I was treated as a person rather than a number. I appreciated the little touches which made the treatment more bearable – Maureen, NNUH, June 2021

- My wonderful box was filled with delightful and useful items. Amongst other things, there was an ideal handbag sized bottle for drinks, hot chocolate dipper for that evening when you just need a special lift. Udder cream and roll on deodorant to ease troubled skin. What a delightful surprise, it made my cancer journey that little bit easier. As it says on the box Little Lifts, it does just that! – Anon, The Little Kindness Fund, June 2021

- It was so lovely to receive a box tailor made to help me deal with pretty much whatever chemo threw at me. The boxes are really thoughtfully put together and helped me a lot. The contents pre-empt things that you never even knew that you needed. An amazing gift. Thank you Little Lifts – Claire, Queen Elizabeth Hospital, June 2021

- I was given this box before I started my chemo, I was anxious about opening it as I wasn't sure what would be inside it took me a few week to open it. When I did it brought tears to my eyes, I loved everything and I felt supported and loved at the same time. I have had surgery now but I will need more chemo and radiotherapy which I don't know much about. Thank you from the bottom of my heart! – Anon, Ipswich Hospital, June 2021

- I cannot tell you how wonderful your generous box was. In particular - the quality of everything and the choice of items. Just spot on! I was emotional when I received it, I couldn't unpack it when I got home until I had felt ready. Thank you so very much for making me feel worth something. I am more fortunate than some I know, in that my cancer was small and treatable, but the box made me feel I was still worth being cared for. I am so very grateful and touched by your gesture – Anon, Ipswich Hospital, July 2021

- I received it when I was going through some tough days after my first chemo treatment and it was such a lift as it says on the box. All the little touches and things considered which you are affected by during treatment were so well thought out. Everything in the box was relevant and had a fitting purpose in this journey. I am so grateful to have been sent it – Anon, The little Kindness Fund, August 2021

- I had just come home from my third chemotherapy feeling a bit more tired than usual then and I saw an amazing Little Lifts delivery at my door! My eyes lit up and I ran upstairs to open my gift. I was absolutely overwhelmed with how many useful goodies where inside!! I have been struggling with my taste and smell from a side effect from chemotherapy where near enough everything tastes metallic or rotten and there is lots of things in this box that can help me with this which I am over the moon about! I love that there is a card with a list of items and why they were included too, I think this is a great touch. Thank you so much for bringing me joy during this time! – Sarah, The Little Kindness Fund, November 2021

- I cried when the radiographer handed me the box! I had just received the amazing news that my cancer had been removed with clear margins and that all I would now need is 15 sessions of radiotherapy, to start next month. I cannot tell you how touched I was to receive the box . The love and thoughtfulness that had gone into it touched me beyond belief. Thank you from the bottom of my heart. What you are doing is a beautiful gesture of love and support to people at a low point in their lives. Thank you! – Anon, Ipswich Hospital, November 2021

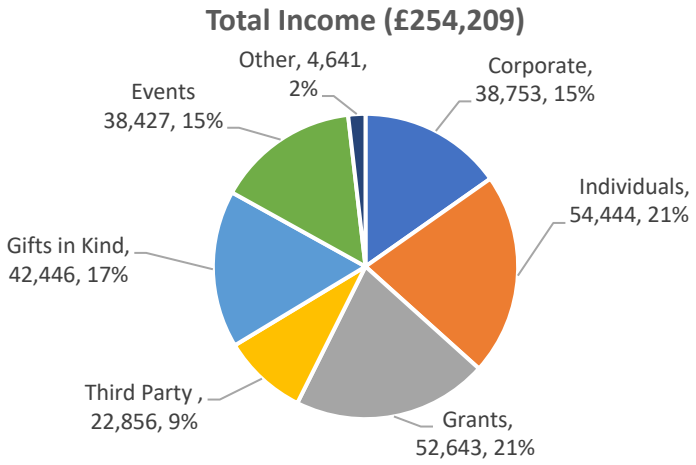
- This little box of nurturing treats was very welcome. It arrived just before my 2nd Chemotherapy session and I was getting a bit twitched at this prospect. The gifts were pampering, thoughtful, generous and relevant to the Chemo experiences. Small acts of kindness like this restore your faith in humanity and genuinely lifted my mood when I was starting to feel a bit apprehensive. What you do makes a difference – Anon, The little Kindness Fund, December 2021

**Our feedback form** (distributed in our Little Lifts boxes) includes a question asking, 'how supported did/does the Little Lifts box make you feel?'. Beneficiaries are asked to mark out of 5 with 5 being 'very supported' and 1 being 'not supported'. Of the 208 people who submitted feedback forms in 2021, 100% said the Little Lifts box made them feel **'very supported or supported**'.

**Our Finances**

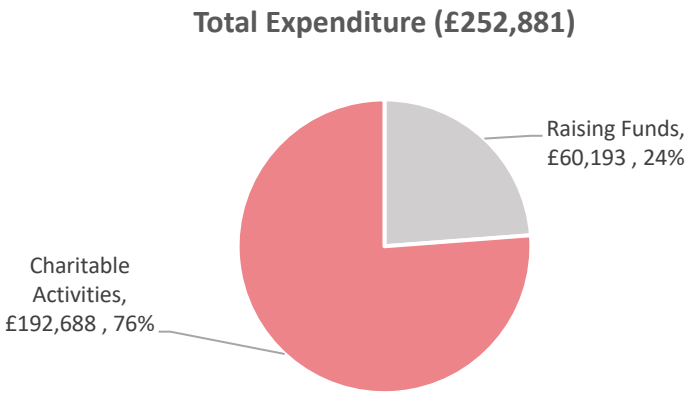
From a financial perspective it is key that we can serve every person affected by breast cancer by having sufficient and sustainable resources, both financial and non-financial, to support our box production and distribution.

Income in 2021 was 5% higher than in 2020 at £254.2k, with an increase in events income and box sales offsetting a decline in grants. In 2022 it is a focus for us to address the proportion of income raised from grants, given the impact the charity can demonstrably prove.




As some of the restrictions eased in 2021 when compared to 2020 there was a notable increase in the balance of income utilised in charitable activities, notably in box-related costs, given the rise in boxes delivered to patients (as noted in this report above). At Little Lifts we believe that it's important, as a public benefit organisation, to have strong financial management to ensure we're delivering the best value possible whilst using ethical, environmentally friendly, natural, organic and local products as much as we can. Our quality and ethical standards mean that many of our products have a high retail value, so we are very thankful to many of our suppliers who have given generous charitable discounts and companies who have donated products to our Little Lifts boxes. Charitable activities amounted to 76% of total expenditure in 2021.

This has meant that in overall terms the charity made a small surplus of £1,329.



**Our Reserves Policy and Going Concern**

In assessing the overall level of reserves, the trustees always aim to maintain sufficient unrestricted funds of at least six months to ensure Little Lifts remains solvent going forwards. Designated or restricted funds shall not form part of this sum. The decision was made by the trustees so that Little Lifts can:

- Have the flexibility to continue to operate in the best interests of our beneficiaries should the forecasted income not be generated;
- Mitigate against the risk of unplanned closure and the impact this may have on our staff and beneficiaries; and
- Use the fund to support new projects we feel are in the best interest of the charity should we not be able to secure financial support elsewhere.

At the end of 2021 the total reserves stand at £208.5k, of which £132.5k is unrestricted and non-designated, which is satisfactorily in line with the reserve policy above. The Trustees have designated £38.0k to specific purposes in supporting new Essex NHS partnerships which launched in early 2022 and to further support the 'National Discretionary Fund' (The Little Kindness Fund) which launched in 2021 and provides boxes to breast cancer patients across the UK.

**Our approach to Fundraising:**

- Little Lifts is a member of the Fundraising Regulator.
- Our income is generated thanks to the support of our Little Lifts Community made up of individual fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a direct mail, telephone or door to door fundraising campaign. The relationship we have our supporters is very important to us; we work hard to ensure that all fundraising activities prioritise quality and personal stewardship. The charity does not wish for our supporters, including vulnerable people, to feel under any pressure to donate to the charity.
- Our close relationship with fundraisers means that we are able to support them in delivering their events and complying with relevant codes of practice. Where we work with commercial participators, such as Spacemasks, contracts are exchanged so that we can ensure compliance with the code of fundraising practice, applicable laws and adherence to best practice.
- We received no complaints about our fundraising practices in 2021.

**Our principal sources of fundraising**

We are very grateful for the support we have received from the following Trusts and Foundations:

- **The Pink Ribbon Foundation** for providing £6,000 to support rent of our packing room for twelve months.
- **National Lottery Awards for All** for providing funding of £10k to support our website development.
- **The Paul Bassham Charitable Trust** for donating £3,000 to support our work in Norfolk.

In addition, we are very grateful for financial support we have received from corporate donations:

- Our key corporate partner and Platinum Supporter, **Sinclair International**, have provided £10,000 of funding towards the costs brand and website development.

- **Aviva Community Fund** for providing £10,980 towards the costs of chemotherapy and radiotherapy boxes.
- **Ansvar** for donating £5,000 to support our national discretionary fund.
- **Arnold Clark** for donating £1,000 to support our work in Norfolk.
- **VGP Limited** for providing £5,923 of funding towards the National Discretionary Fund launched February 2021.
- **Winkworth** for donating £800 to support the purchase of furniture to support a second packing room.

**Our Little Lifts Community**

A huge thank you to our wonderfully kind and dedicated **#LittleLiftsCommunity** who help to raise awareness as well as to fundraise for us.

Just some of the many examples of our super star individuals and group fundraisers:

- **Adam Wright** took on the 4x4x48 challenge and raised an incredible £3,311.
- **Jarrold** hosted a Big Pink Weekend and raised £2,061 to support our work at the Norfolk and Norwich University Hospital.
- **Paul Nicholl's** cold water challenge raised over £1,833.
- **Amy Parkins** jumped from a plane and raised £1,300.
- **Our skydivers** raised a whopping £10,764.
- **The Orangery Tea Rooms** hosted an afternoon tea and raised £250.
- **MP Duncan Baker Smith** took on the London Marathon and raised £1569.

**Special thanks some remarkable people:**

- Mary Addyman, Eva Stiles, Ria Stiles, Jon Cheswick, Katrina Archer-Rand, Ruth Baughan and Greg Hackett for being special members of our Little Lifts community, giving their time and expertise to support us.

**Gifts in Kind received and breakdown:**

| 2021 Gifts in Kind | | | | |
|---|---|---|---|---|
| **Product** | **Quantity** | **RRP** | **Total Value** | **Notes** |
| **Box Products** | | | | |
| Spacemasks | 1500 | £3.50 | £5,250.00 | |
| Chocolate | 827 | £7.00 | £5,789.00 | (Booja Booja) for chemotherapy boxes |
| Toothpaste | 1560 | £2.85 | £4,446.00 | (Kingfisher) for chemotherapy boxes |
| Teabags | 2000 | £0.14 | £280.00 | Bird & Blend Donated for chemotherapy & radiotheraoy boxex |
| Flatpack Boxes - Chemo | 1000 | £1.38 | £1,380.00 | Thompson Packaging donated 1000 chemotherapy boxes. |
| **Extra Treats** | | | | |
| Bracelets | 400 | £15.00 | £6,000.00 | From Boho Betty – added to our boxes as an 'extra treat'. |
| Moisturiser | 1200 | £13.99 | £16,788.00 | From Salcura - added to our boxes as an 'extra treat'. |

| | | | | |
|---|---|---|---|---|
| Bracelets | 60 | £0.00 | £0.00 | Anon - added to our boxes as an 'extra treat'. |
| Body Shop Assorted | 100 | £2.00 | £200.00 | Anon- added to fundraising goodie bags. |
| Mint Sample Packs | 200 | £0.10 | £20.00 | From Peppersmiths - added to fundraising goodie bags. |
| Unscented Toiletries | 15 | £6.00 | £90.00 | From The Healing Hut - added to fundraising goodie bags. |
| Assorted Men's Toiletries | 200 | £0.50 | £100.00 | Something To Look Forward To – for male chemotherapty / radiotherapy boxes. |
| **Furniture** | | | | |
| Desks | 3 | £85.00 | £255.00 | Donated from Social B to support office. |
| Two drawer Cupboard | 1 | £50.00 | £50.00 | Donated from Social B to support office. |
| Chairs | 8 | £60.00 | £480.00 | Donated from Social B to support office. |
| **Thank Yous & Gifts** | | | | |
| Chocolate Buttons | 200 | £3.99 | £798.00 | Montezuma's Donated for Christmas bundles |
| Seeds (large bags) | 200 | £2.00 | £400.00 | From Munchy Seeds for staff across our hospital partnerships. |
| Assorted Lotions | 20 | £4.50 | £90.00 | From MooGoo for staff across our hospital partnerships. |
| Spacemasks | 20 | £1.52 | £30.40 | From Spacemasks for staff across our hospital partnerships. |
| **Total value:** | | | **£42,446.40** | |

**Declaration**

The trustees declare they have approved the Trustees' Annual Report above.

Signed on behalf of the charity trustees:

| | | |
|---|---|---|
| **Signature** | Karyn Mair | |
| **FULL NAME** | KARYN MAIR | ELLA WISBEY |
| **POSITION** | CHAIR TRUSTEES | TRUSTEE |
| **Date:** | 24.3.22 | 24.3.22 |

# littlelifts

**1170737**

## Independent Examiner's Report to the members

**For the Year Ended 31 December 2021**

### Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("The Act")

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to

- Examine the accounts under section 145 of the Charities Act,
- To follow the applicable Directions given by the Charity Commission (under section 145(5)(b)) of the Charities Act; and
- To state whether particular matters have come to my attention

### Basis of Independent Examiner's Statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
    - to keep accounting records in accordance with section 130 of the Charities Act
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements set out in the (Accounts and Reports) Regulations 2008 have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed _____ Date 21/3/2022

**Shirley Webb MAAT Director**
**Make It Count (Accountancy Services) Ltd**
**3 Malleson Place**
**East Carleton**
**NR14 8JA**

# littlelifts

## Statement of Financial Activities

**For the Year Ended 31 December 2021**

| | Notes | Unrestricted 2021 £ | Restricted 2021 £ | Total Funds 2021 £ | Total Funds 2020 £ |
|---|---|---|---|---|---|
| **Income:** | | | | | |
| Donations and legacies | **2** | 103,720 | 107,422 | 211,142 | 215,159 |
| Funds Raised by charity | **3** | 38,427 | - | 38,427 | 27,013 |
| Other Income | **3** | 4,641 | - | 4,641 | - |
| **Total Income** | | 146,787 | 107,422 | 254,209 | 242,172 |
| **Expenditure on:** | | | | | |
| Raising Funds | **4** | 60,193 | - | 60,193 | 48,720 |
| Charitable Activities | **4** | 83,185 | 109,503 | 192,688 | 95,284 |
| **Total Expenditure** | | 143,378 | 109,503 | 252,881 | 144,004 |
| **Net income/(expenditure)** | | 3,410 | (2,081) | 1,329 | 98,168 |
| **Transfers between funds** | | - | - | - | - |
| **Net movement in funds** | | **3,410** | **(2,081)** | **1,329** | 98,168 |
| **Reconciliation of Funds:** | | | | | |
| Total Funds brought forward | | 167,080 | 40,090 | 207,170 | 109,002 |
| **Total Funds carried forward** | | **170,490** | **38,009** | **208,499** | 207,170 |

# littlelifts

## Balance Sheet

**As at 31 December 2021**

| | Note | 2021 | 2020 |
|---|---|---|---|
| | | £ | £ |
| **Fixed Assets** | 5 | | |
| Tangible Assets | | 5,026 | 5,113 |
| **Total Fixed Assets** | | 5,026 | 5,113 |
| **Current Assets** | 6 | | |
| Stocks | | 24,731 | 21,019 |
| Debtors | | 16,098 | 9,905 |
| Cash at Bank and in hand | | 175,603 | 177,672 |
| **Total Current Assets** | | 216,432 | 208,596 |
| **Current Liabilities** | | | |
| Creditors: Amounts falling due within one year | 7 | 12,960 | 4,819 |
| Deferred Income | 8 | - | 1,720 |
| **Total Current Liabilities** | | 12,960 | 6,539 |
| Creditors: Amounts falling due after more than one year | | - | - |
| **Total Net Assets or Liabilities** | | **208,499** | **207,170** |
| **The Funds of The Charity** | 9 | | |
| Restricted Funds | | 38,009 | 40,090 |
| Unrestricted Funds | | | |
| Designated Funds | | 38,000 | - |
| General Funds | | 132,490 | 167,080 |
| **Total Charity Funds** | | **208,499** | **207,170** |

*The notes at pages 22 - 31 form part of these accounts*

Signed: K Mair

24.3.22

Signed:

24.3.22

These accounts were approved by the trustees on:

## Statement of Cash Flows
**For the Year Ended 31 December 2021**

| | Note | Funds 2021 £ | Funds 2020 £ |
|---|---|---|---|
| **Net cash provided by Operating Activities** | **10** | **(209)** | **94,770** |
| **Cashflow from Investing Activities** | | | |
| Purchase/donation of tangible fixed assets | | (1,860) | (808) |
| **Cash provided by (used in) Investing Activities** | | **(1,860)** | **(808)** |
| Increase (decrease) in cash and cash equivalents in the year | | (2,069) | 93,962 |
| Cash and cash equivalents at the beginning of the year | | 177,672 | 83,709 |
| **Total cash and cash equivalents at the end of the year** | | 175,603 | 177,672 |

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

## 1 Accounting Policies

**1.1 Basis of preparation of financial statements**
These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

Littlelifts constitutes a public benefit entity as defined by FRS 102.

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 1.1.

No changes to accounting estimates have occurred in the reporting period.

No material prior year errors have been identified in the reporting period.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 SORP a restatement of comparative items was needed. No restatements were required.

**1.2 Income**
**Recognition of income**
These are included in the Statement of Financial Activities (SoFA) when:
- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

**Offsetting**
There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP.

**1.3 Grants and donations**
Grants and donations are only included in the SoFA when the general income recognition criteria are met.

**1.4 Legacies**
Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

**1.5 Donations of gifts, services and facilities**
Donated professional services and donated facilties are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services of facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

*1. Accounting policies (continued)*

**1.6 Fund Accounting**
Restricted funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by trustees for particular purposes.

**1.7 Liability recognition**
Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to

All expenditure is accounted for on an accruals basis.

**1.8 Governance and support costs**
Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving

**1.9 Grants payable**
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such

**1.10 Creditors**
The charity has creditors which are measured at settlement amounts less any trade discounts

**1.11 Tangible fixed assets for use by charity**
These are capitalised if they can be used for more than one year and are valued at historical cost.
Depreciation is charged on furniture and equipment on a straight-line basis over their estimated useful life of five years from the
Depreciation is charged on computer equipment on a straight-line basis over their estimated useful life of three years from the year of acquisition.

**1.12 Stock**
Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**1.13 Debtors**
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued

**1.14 Cash at bank and in hand**
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

| Income From: | Unrestricted 2021 £ | Restricted 2021 £ | Total 2021 £ | Total 2020 £ |
|---|---|---|---|---|
| **2. Donations & Legacies** | | | | |
| Corporate | 3,820 | 34,933 | 38,753 | 34,608 |
| Individuals | 51,133 | 3,311 | 54,444 | 63,164 |
| Grants | 1,994 | 50,649 | 52,643 | 91,027 |
| Third Party | 4,327 | 18,529 | 22,856 | - |
| Gifts in Kind | 42,446 | - | 42,446 | 26,360 |
| | **103,720** | **107,422** | **211,142** | 215,159 |

| **Gifts in Kind breakdown:** | 2021 £ | 2020 £ |
|---|---|---|
| Rent, fixtures & fittings | 785 | 7,716 |
| Box products | 38,963 | 17,564 |
| Box printing, packaging & design | 1,380 | 1,080 |
| Event and volunteer support | 1,318 | - |
| | **42,446** | 26,360 |

| | | | | |
|---|---|---|---|---|
| **3. Fundraising Income** | | | | |
| Box Sales | 8,056 | - | 8,056 | 4,169 |
| Merchandise | 765 | - | 765 | 656 |
| Events | 29,606 | - | 29,606 | 22,189 |
| | **38,427** | **-** | **38,427** | 27,013 |

| **Other Income** | | |
|---|---|---|
| | 2,123 | |
| CJRS Grant Income Received | 2,518 | |
| Kickstart Income Received | | |
| | **4,641** | |

| **4. Analysis of Expenditure** | Cost of Raising Funds | Charitable Activities | Governance | Support Costs | 2021 £ | 2020 £ |
|---|---|---|---|---|---|---|
| Wages and Salaries | 18,495 | 40,785 | 1,671 | 12,438 | **73,389** | 54,004 |
| Pension Cost | 387 | 853 | 35 | 260 | **1,535** | 1,154 |
| Event Costs | 6,394 | - | - | - | **6,394** | 5,792 |
| Merchandise | 1,629 | - | - | - | **1,629** | 538 |
| Other | 430 | - | - | - | **430** | 293 |
| littlelifts Boxes and Patient Related Support | - | 103,610 | - | - | **103,610** | 35,906 |
| Box Printing and Postage | - | 8,663 | - | - | **8,663** | 4,637 |
| Funding Application support costs | 400 | | | | **400** | - |
| Travel | 1,571 | 3,665 | - | - | **5,235** | 3,946 |
| Staff Training | - | - | - | 1,147 | **1,147** | 831 |
| Premises Costs | 4,036 | 8,900 | 365 | 2,714 | **16,015** | 16,559 |
| IT Costs, software and consumables | - | - | - | 10,296 | **10,296** | 7,433 |
| Equipment Maintenance | - | - | - | 557 | **557** | 140 |
| Printing, Stationery and Postage | - | - | - | 1,145 | **1,145** | 1,649 |
| Advertising, Marketing and PR | 11,033 | 4,729 | - | - | **15,762** | 5,496 |
| Accountancy and Independent Examiner Costs | - | - | 2,549 | | **2,549** | 2,773 |
| Depreciation | - | - | - | 1,947 | **1,947** | 2,816 |
| Focus Group Costs | - | - | - | - | **-** | 31 |
| PayPal, Stripe and Sum-up Fees | - | - | - | 350 | **350** | - |
| Volunteer Costs | - | 200 | - | - | **200** | - |
| Admin Fees | 1,629 | - | - | - | **1,629** | 6 |
| | 46,003 | 171,404 | 4,619 | 30,854 | **252,881** | 144,004 |
| Support Costs | 12,342 | 18,512 | - | (30,854) | - | - |
| Governance Costs | 1,848 | 2,772 | (4,619) | - | - | - |
| **Total Expenditure** | **60,193** | **192,688** | **-** | **-** | **252,881** | 144,004 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2021**

| 5. Tangible Fixed Assets | Freehold Land and Buildings £ | Leasehold Land and Buildings £ | Plant and Machinery £ | Fixtures, Fittings and £ | Total £ |
|---|---|---|---|---|---|
| **Analysis of Opening and Carrying Amounts** | | | | | |
| **Cost or Valuation** | | | | | |
| As at 1st January 2021 | | | | 11,669 | 11,669 |
| Additions | 0 | 0 | 0 | 1,860 | 1,860 |
| **At End of the Year** | 0 | 0 | 0 | 13,529 | 13,529 |
| **Depreciation and Impairment** | | | | | |
| As at 1st January 2021 | | | | 6,555 | 6,555 |
| Depreciation | | | | 1,947 | 1,947 |
| **At End of the Year** | 0 | 0 | 0 | 8,503 | 8,503 |
| Net book value | | | | | |
| As at 1st January 2021 | | | | 5,113 | 5,113 |
| As at 31st December 2021 | | | | **5,026** | **5,026** |

| 6. Current Assets | 2021 £ | 2020 £ |
|---|---|---|
| Box Product Stocks | 22,980 | 18,851 |
| Merchandise Stocks | 1,751 | 2,168 |
| Accrued income | 0 | 0 |
| Office Rental Deposit | 2,100 | 2,500 |
| Other Debtors | 0 | 1,146 |
| Prepayments | 13,998 | 6,259 |
| | **40,829** | 30,924 |

Stocks represent the littlelifts' box ingredients in readiness for supply. The stocks will be used in the boxes provided as part of charitable activites in 2022

| 7. Current Liabilities | | 2021 £ | 2020 £ |
|---|---|---|---|
| Creditors | | 11,196 | 3,532 |
| PAYE & NIC Payable | | 1,035 | 916 |
| Pensions Payable | | 0 | 0 |
| Student Loans Deductions Payable | | 120 | 125 |
| Accruals | Accountancy & Independent Examiners Fee | 200 | 186 |
| | Other | 408 | 61 |
| | | **12,960** | 4,819 |

| 8. Deferred Income | 2021 £ | 2020 £ |
|---|---|---|
| As at 1 January 2021 | 1,720 | 8,022 |
| Additions during the year | 0 | 0 |
| Amounts released to income | 1,720 | 6,302 |
| As at 31 December 2021 | **0** | 1,720 |

Deferred income comprises of funding received to support focus groups.

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

**9. Charity Funds**

**Current Year**

| | At 1 January 2021 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2021 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds: | | | | | | |
| Essex Hospitals | | | | 23,000 | | **23,000** |
| National Discretionary Fund | | | | 15,000 | | **15,000** |
| General Funds | 167,080 | 146,787 | (143,378) | -38,000 | | **132,490** |
| **Total Unrestricted Funds** | **167,080** | **146,787** | **(143,378)** | **0** | **0** | **170,490** |
| **Restricted Funds** | | | | | | |
| Ipswich Hospital | 10,022 | 0 | 10,022 | | | **0** |
| Norfolk Hospitals | 0 | 4,854 | 4,854 | | | **0** |
| Queen Elizabeth Hospital | 0 | 1,569 | 1,569 | | | **0** |
| West Suffolk Hospital | 3,806 | 0 | 3,806 | | | **0** |
| NNUH Trust | 9,178 | 3,845 | 13,023 | | | **0** |
| James Paget Hospital | 0 | 2,011 | 2,011 | | | **0** |
| Colchester Hospital | 0 | 4,980 | 4,980 | | | **0** |
| National Donations | 1,585 | 0 | 1,585 | | | **0** |
| Make2ndsCount partnership | 0 | 24,090 | 19,442 | | | **4,648** |
| Focus Groups | 1,194 | 0 | 0 | | | **1,194** |
| National Discretionary Fund (Kindness Fund) | 3,671 | 32,142 | 27,839 | | | **7,974** |
| CRM System | 6,504 | 0 | 3,600 | | | **2,904** |
| Rent | 4,130 | 12,000 | 3,341 | | | **12,789** |
| Office Furniture | 0 | 800 | 800 | | | **0** |
| Van | 0 | 1,131 | 1,131 | | | **0** |
| Brand, marketing & website development | 0 | 20,000 | 11,500 | | | **8,500** |
| **Total Restricted Funds** | **40,090** | **107,422** | **(109,503)** | **0** | **0** | **38,009** |
| **Total Funds** | **207,170** | **254,209** | **(252,881)** | **0** | **0** | **208,499** |

**Previous Year**

| | At 1 January 2020 | Income | (Expenditure) | Transfers | Gains and (Losses) | At 31 December 2020 |
|---|---|---|---|---|---|---|
| | £ | £ | £ | £ | £ | £ |
| **Unrestricted Funds** | | | | | | |
| Designated Funds | | | | | | |
| General Funds | 103,191 | 147,914 | (84,025) | | | **167,080** |
| **Total Unrestricted Funds** | **103,191** | **147,914** | **(84,025)** | **0** | **0** | **167,080** |

| | | | | | | |
|---|---|---|---|---|---|---|
| **Restricted Funds** | | | | | | |
| E-Commerce | 1,948 | 0 | (1,948) | | | **0** |
| Suffolk Hospitals | 2,733 | 0 | (2,733) | | | **0** |
| Rent | 380 | 5,000 | (1,250) | | | **4,130** |
| Volunteer Laptop | 750 | 0 | (750) | | | **0** |
| Ipswich Hospital | 0 | 18,676 | (8,654) | | | **10,022** |
| National Donations | 0 | 6,600 | (5,016) | | | **1,584** |
| Norfolk & Suffolk Hospitals | 0 | 17,571 | (17,571) | | | **0** |
| West Suffolk Hospital | 0 | 11,311 | (7,505) | | | **3,806** |
| NNUH Trust | 0 | 18,754 | (9,576) | | | **9,178** |
| CRM System | 0 | 10,000 | (3,495) | | | **6,505** |
| Focus Groups | 0 | 1,225 | (31) | | | **1,194** |
| National Discretionary Fund | 0 | 3,671 | 0 | | | **3,671** |
| JPUH Trust | 0 | 1,450 | (1,450) | | | **0** |
| **Total Restricted Funds** | **5,811** | **94,258** | **(59,979)** | **0** | **0** | **40,090** |
| | | | | | | |
| **Total Funds** | **109,002** | **242,172** | **(144,004)** | **0** | **0** | **207,170** |

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

**9. Charity Funds**
***- Continued***

**Purpose of Restricted Funds received in 2021**

**Norfolk Hospital Partnerships**
The following funds were provided specifically for producing Little Lifts chemotherapy and radiotherapy Boxes to be donated to breast cancer patients at their treatment planning or review meeting across our three Norfolk NHS Hospital Partnerships.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Arnold Clark | 1,000 | - |
| The Paul Bassham Charitable Trust | 3,000 | 4,000 |
| The Fakenham Posties | 854 | - |
| | 4,854 | 4,000 |

**Queen Elizabeth Hospital (King's Lynn)**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at Queen Elizabeth Hospital in King's Lynn.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| MP Duncan Smith London Marathon | 1,569 | - |
| | 1,569 | - |

**NNUH Trust**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at the Norfolk and Norwich University Hospital.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| The Co-op Community Fund | 1,534 | - |
| Jarrold Big Pink Weekend | 2,061 | - |
| Orangery Tea Rooms | 250 | - |
| Postcode Community Trust | - | 18,754 |
| | 3,845 | 18,754 |

**James Paget University Hospital**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at the James Paget University Hospital.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Great Yarmouth Round Table | 2,011 | - |
| Art for Cure | - | 1,450 |
| | 2,011 | 1,450 |

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

### 9. Charity Funds
***- Continued***

**Purpose of Restricted Funds received in 2021**

**Colchester Hospital**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to breast cancer patients at their treatment planning or review meeting at the James Paget University Hospital.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Aviva Community Fund | 4,980 | - |
| | 4,980 | - |

**Make 2nds Count Partnership**
The following funds were provided specifically for producing Little Lifts Boxes to be donated to secondary breast cancer patients

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Make 2nds Count | 24,090 | 6,600 |
| | 24,090 | 6,600 |

**National Discretionary Fund**
The following funds were provided specifically for a National Discretionary Fund (The Little Kindness Fund) to provide Boxes to

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| VGP LTD | 5,960 | 3,671 |
| Ansvar | 5,000 | - |
| Aviva Community Fund | 9,748 | - |
| Adam Wright Fundraising Challenge | 3,311 | - |
| Local Action National Emergency Fund | 8,123 | - |
| | 32,142 | 3,671 |

## Notes to the Financial Statements
**For the Year Ended 31 December 2021**

**9. Charity Funds**
***- Continued***

**Purpose of Restricted Funds**

**Rent**
The following funds were provided specifically as a contribution towards rent for Little Lifts to establish an office to facilitate the growth to help more people undergoing treatment for primary and secondary breast cancer.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| The Pink Ribbon Foundation | 6,000 | 5,000 |
| Aviva Community Fund | 6,000 | - |
| | 12,000 | 5,000 |

**Office Furniture**
The following funds were provided specifically as a contribution towards supporting furniture following expansion into a second packing room.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Winkworth Estage Agents | 800 | - |

**Van**
The following funds were provided specifically to support the costs of running the Little Lifts van.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Busseys Vehicle Leasing | 1,131 | - |

**Brand, Marketing, Website and CRM**
The following funds were provided specifically for brand, website and IT development.

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Sinclair International | 10,000 | 10,000 |
| National Lottery Community Fund | 10,000 | - |
| | 20,000 | 10,000 |

## Notes to the Financial Statements

**For the Year Ended 31 December 2021**

**10. Reconciliation of net income to net cash flow from operating activities**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| **Net Income/(Expenditure) for the reporting period** | **1,329** | 98,168 |
| **Adjustments For:** | | |
| Net Movement in funds | | |
| Depreciation charges | 1,947 | 2,816 |
| (Increase)/decrease in stocks | (3,712) | (5,851) |
| (Increase)/decrease in Debtors | (6,193) | 376 |
| Increase/(Decrease) in Creditors | 6,421 | (739) |
| **Net Cash Provided by/Used in Operating Activities** | **(209)** | 94,770 |