



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 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.

Little Lifts Trustees' Annual Report

"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 gynecology and colorectal.



Colchester Partnership launch, April 2021.

Our impact

In 2021, our operational demand saw an increase of 270% compared to 2020. 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

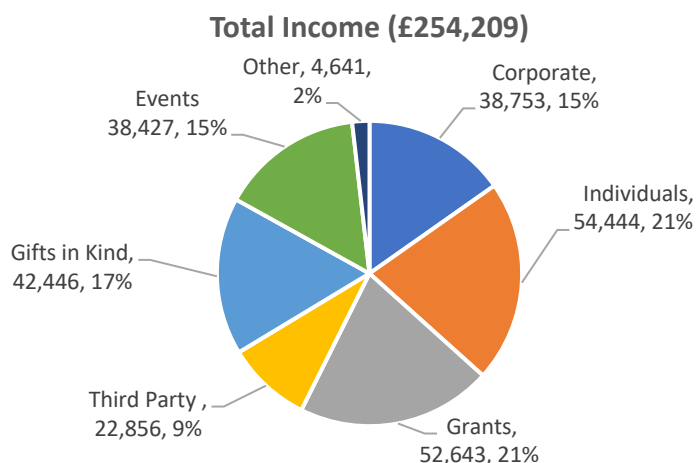
- It was so lovely to receive a box tailor made to help me deal with pretty much whatever chemo threw at me. The boxes are really thoughtfully put together and helped me a lot. The contents pre-empt things that you never even knew that you needed. An amazing gift. Thank you Little Lifts – Claire, Queen 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

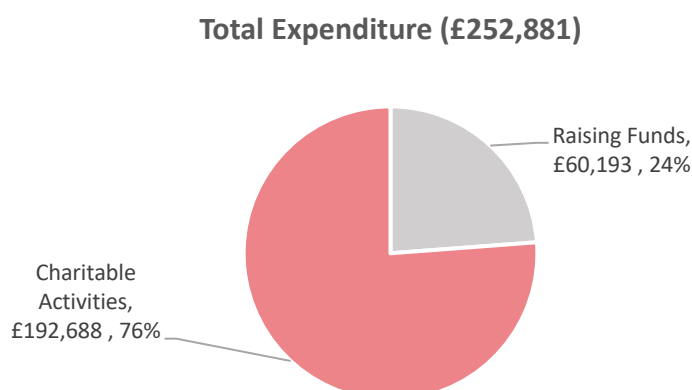
From a financial perspective it is key that we can serve every person affected by breast cancer by having sufficient and sustainable resources, both financial and non-financial, to support our box production and distribution.

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:

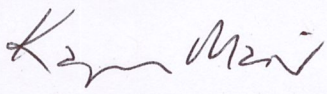
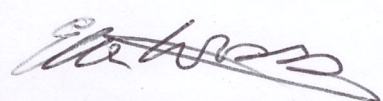
2021 Gifts in Kind				
Product	Quantity	RRP	Total Value	Notes
Box Products				
Spacemasks	1500	£3.50	£5,250.00	
Chocolate	827	£7.00	£5,789.00	(Booja Booja) for chemotherapy boxes
Toothpaste	1560	£2.85	£4,446.00	(Kingfisher) for chemotherapy boxes
Teabags	2000	£0.14	£280.00	Bird & Blend Donated for chemotherapy & radiotherapy boxes
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 chemotherapy / 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		
FULL NAME	KARYN MAIR	ELLA WISEBY
POSITION	CHAR TRUSTEE	TRUSTEE

Date:	24.3.22	24.3.22
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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

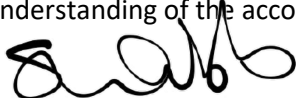
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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:

Kym Maw

24.3.22

These accounts were approved by the trustees on:

Signed:

[Signature]

24.3.22

Statement of Cash Flows
For the Year Ended 31 December 2021

	Note	<u>Funds</u> <u>2021</u> £	<u>Funds</u> <u>2020</u> £
Net cash provided by Operating Activities	10	<u>(209)</u>	<u>94,770</u>
Cashflow from Investing Activities			
Purchase/donation of tangible fixed assets		(1,860)	(808)
Cash provided by (used in) Investing Activities		<u>(1,860)</u>	<u>(808)</u>
Increase (decrease) in cash and cash equivalents in the year		<u>(2,069)</u>	<u>93,962</u>
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		<u>175,603</u>	<u>177,672</u>

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 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 or 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

	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £	Total 2020 £
Income From:				
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		
CJRS Grant Income Received	2,123	
Kickstart Income Received	2,518	
	4,641	

	Cost of Raising Funds	Charitable Activities	Governance	Support Costs	2021	2020
					£	£
4. Analysis of Expenditure						
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

	Freehold Land and Buildings £	Leasehold Land and Buildings £	Plant and Machinery £	Fixtures, Fittings and £	Total £
5. Tangible Fixed Assets					
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 activities 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	-
	<u>4,854</u>	<u>4,000</u>

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	-
	<u>1,569</u>	<u>-</u>

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	-
Jarrod Big Pink Weekend	2,061	-
Orangery Tea Rooms	250	-
Postcode Community Trust	-	18,754
	<u>3,845</u>	<u>18,754</u>

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
	<u>2,011</u>	<u>1,450</u>

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	-
	<u>4,980</u>	<u>-</u>

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
	<u>24,090</u>	<u>6,600</u>

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	-
	<u>32,142</u>	<u>3,671</u>

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	-
	<u>12,000</u>	<u>5,000</u>

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	<u>800</u>	<u>-</u>

Van

The following funds were provided specifically to support the costs of running the Little Lifts van.

	2021	2020
	£	£
Busseys Vehicle Leasing	<u>1,131</u>	<u>-</u>

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	<u>10,000</u>	<u>-</u>
	<u>20,000</u>	<u>10,000</u>

Littlelifts

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