



## **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 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 23<sup>rd</sup> 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 5<sup>th</sup> 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, 4<sup>th</sup> 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 5<sup>th</sup> 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, 4<sup>th</sup> 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 8<sup>th</sup> 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 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 28<sup>th</sup> 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 1<sup>st</sup> 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 15<sup>th</sup> 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
<b>Total</b>	<b>227</b>	<b>546</b>	<b>714</b>	<b>2663</b>	<b>4987</b>	<b>9084</b>

**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 – Elish, 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 kind 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

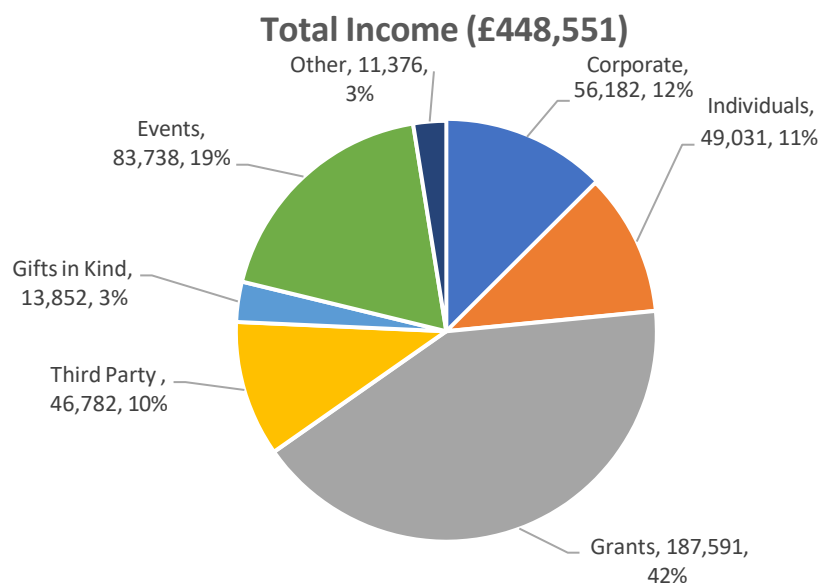


the Little Lifts box make you feel?' Beneficiaries are asked to mark out of 5 with 5 being 'very supported' and 1 being 'not supported'. 100% said the Little Lifts box made them feel 'very supported (98%) or supported (2%)'.

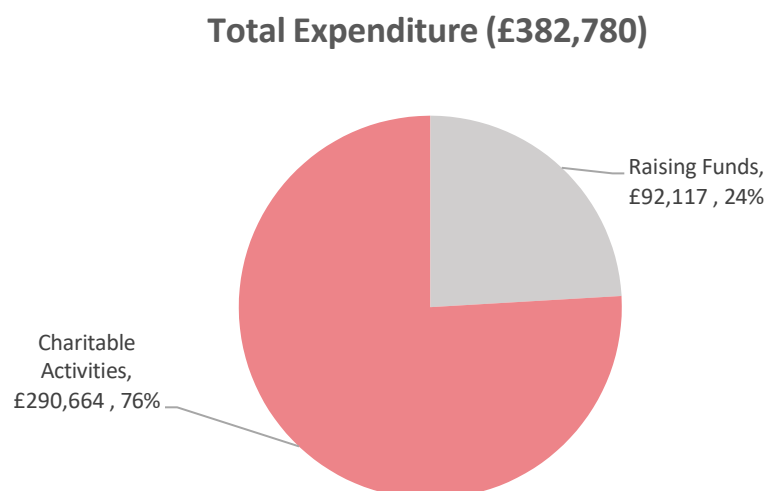
## Our Finances

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.

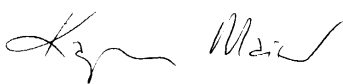

**Gifts in Kind received:**

2022 Gifts in Kind				
Product	Quantity	RRP	Total Value	Notes
<b>Box Products</b>				
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
<b>Extra Treats</b>				
Mints	540	£4	£2160.00	Motif Mints
Moisturiser sachets	1000	£0.25	£250.00	Green People
<b>Total value:</b>			<b>£13,852.00</b>	

**Declaration**

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

Signed on behalf of the charity trustees:

<b>Signature</b>		
<b>FULL NAME</b>	Karyn Maier	Jon Hall
<b>POSITION</b>	Trustee - Chair	Trustee - Treasurer

Date:

27-03-23

**Little Lifts**  
**1170737**

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**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**

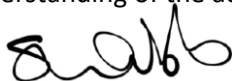
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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: 23<sup>rd</sup> 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

		Unrestricted 2022 £	Restricted 2022 £	Total Funds 2022 £	Total Funds 2021 £
	Notes				
<b>Income:</b>					
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
<b>Total Income</b>		<b>237,083</b>	<b>211,469</b>	<b>448,551</b>	<b>254,210</b>
<b>Expenditure on:</b>					
Raising Funds	4	92,117	-	92,117	60,193
Charitable Activities	4	88,475	202,189	290,664	192,688
<b>Total Expenditure</b>		<b>180,591</b>	<b>202,189</b>	<b>382,780</b>	<b>252,881</b>
<b>Net income/(expenditure)</b>		<b>56,492</b>	<b>9,280</b>	<b>65,771</b>	<b>1,329</b>
<b>Transfers between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	
<b>Net movement in funds</b>		<b>56,492</b>	<b>9,280</b>	<b>65,771</b>	<b>1,329</b>
<b>Reconciliation of Funds:</b>					
Total Funds brought forward		170,490	38,009	208,499	207,170
<b>Total Funds carried forward</b>		<b>226,982</b>	<b>47,289</b>	<b>274,270</b>	<b>208,499</b>



## Little Lifts

### Balance Sheet

As at 31 December 2022

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

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

Signed:



Signed:



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

# Little Lifts

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## Notes to the Financial Statements

For the Year Ended 31 December 2022

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### 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 or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

# Little Lifts

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

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### 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.

## Little Lifts

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

	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
<b>Income From:</b>				
<b>2. Donations &amp; Legacies</b>				
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

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

<b>3. Fundraising Income</b>				
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	
	-	-
	<u>11,376</u>	<u>4,641</u>

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

## Little Lifts

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

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

<b>6. Current Assets</b>	<b>2022</b>	<b>2021</b>
	£	£
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	<u>12,365</u>	<u>13,998</u>
	<b><u>58,733</u></b>	<b><u>40,829</u></b>

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

<b>7. Current Liabilities</b>	<b>2022</b>	<b>2021</b>
	£	£
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	<u>0</u>	<u>408</u>
	<b><u>9,923</u></b>	<b><u>12,959</u></b>

<b>8. Deferred Income</b>	<b>2022</b>	<b>2021</b>
	£	£
As at 1 January 2022	0	1,720
Additions during the year	0	0
Amounts released to income	<u>0</u>	<u>1,720</u>
As at 31 December 2022	<b><u>0</u></b>	<b><u>0</u></b>

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

## Little Lifts

### 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
	£	£	£	£	£	£
<b>Unrestricted Funds</b>						
Designated Funds:						
New Box Initiative				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
<b>Total Unrestricted Funds</b>	<b>170,489</b>	<b>237,083</b>	<b>(180,591)</b>	<b>0</b>	<b>0</b>	<b>226,981</b>
<b>Restricted Funds</b>						
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
<b>Total Restricted Funds</b>	<b>38,009</b>	<b>211,469</b>	<b>(202,189)</b>	<b>0</b>	<b>0</b>	<b>47,289</b>
<b>Total Funds</b>	<b>208,498</b>	<b>448,551</b>	<b>(382,780)</b>	<b>0</b>	<b>0</b>	<b>274,270</b>

##### Previous Year

	At 1 January 2021	Income	(Expenditure)	Transfers	Gains and (Losses)	At 31 December 2021
	£	£	£	£	£	£
<b>Unrestricted Funds</b>						
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
<b>Total Unrestricted Funds</b>	<b>167,080</b>	<b>146,787</b>	<b>(143,378)</b>	<b>0</b>	<b>0</b>	<b>170,489</b>



**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**

<b>40,090</b>	<b>107,422</b>	<b>(109,503)</b>	<b>0</b>	<b>0</b>	<b>38,009</b>
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**Total Funds**

<b>207,170</b>	<b>254,209</b>	<b>(252,881)</b>	<b>0</b>	<b>0</b>	<b>208,498</b>
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## Little Lifts

### 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	
	<u>4,954</u>	<u>0</u>

##### 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	
	<u>5,000</u>	<u>4,980</u>

##### 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	
	<u>23,529</u>	<u>0</u>

##### 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	
	<u>15,124</u>	<u>0</u>

##### 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
Jarrolld and Sons	7,658	
St James Place Charitable	7,500	
Barratt Family Charitable Trust	1,000	
	<u>16,158</u>	<u>4,854</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.

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

#### **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.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
ROSCA Trust	2,500	
	<u>-</u>	
	<u>2,500</u>	<u>0</u>

#### **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.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Art for Cure	3,870	
The Hospital Saturday Fund	<u>1,818</u>	
	<u>5,688</u>	<u>0</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 James Paget Hospital.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Great Yarmouth Round Table	<u>0</u>	<u>2,011</u>
	<u>0</u>	<u>2,011</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 King's Lynn.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
MP DuncanSmith London Marathon	<u>0</u>	<u>1,569</u>

## Little Lifts

### 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	<u>1,114</u>	<u>0</u>
	<u>7,114</u>	<u>0</u>

##### 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	<u>3,000</u>	<u>0</u>
	<u>5,500</u>	<u>0</u>

##### 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	<u>5,000</u>	<u>0</u>
	<u>7,905</u>	<u>0</u>

##### 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	<u>25,000</u>	<u></u>
	<u>38,525</u>	<u>32,142</u>

##### Make 2nds Count Partnership

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

2022 £	2021 £
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Make 2nds Count	<u>42,478</u>	<u>24,090</u>
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#### 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.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
The Pink Ribbon Foundation	6,568	6,000
Aviva Community Fund	<u>6,568</u>	<u>6,000</u>
		<u>12,000</u>

#### Office Furniture

The following funds were provided specifically as a contribution towards supporting furniture following expansion into a second packing room.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Winkworth Estate Agents	<u>0</u>	<u>800</u>

#### Van

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

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Busseys Vehicle Leasing	<u>0</u>	<u>1,131</u>

#### Brand Development

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

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Sinclair International Ltd		10,000
National Lottery Community Fund		10,000
The Big Give	<u>700</u>	<u>20,000</u>
	<u>700</u>	

#### 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.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Aviva Crowdfunder	5,925	-
Crowdfunder - Treekly - Local Action Fund Match Funding	5,950	-
	<u>-</u>	<u>-</u>
	<u>11,875</u>	<u>0</u>

## Little Lifts

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

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

	2022 £	2021 £
<b>Net Income/(Expenditure) for the reporting period</b>	65,771	1,329
<b>Adjustments For:</b>		
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	<u>(3,036)</u>	<u>6,421</u>
<b>Net Cash Provided by/Used in Operating Activities</b>	<u>47,070</u>	<u>(208)</u>