



for people affected by
breast cancer

Little Lifts Trustees' Annual Report

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Little Lifts Trustees' Annual Report

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

Administrative details

Trustees

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

Registered charity number

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

Accountant/s

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

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

Bankers

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

Structure, Governance and Management

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

Appointment of charity trustees:

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

Little Lifts Trustees' Annual Report

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

Saba received her Box via The Little Kindness Fund

A message from our Founder, Oa Hackett:

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

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

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

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

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

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

A special thank you

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

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

Message from our Chair, Karyn Maier:

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

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

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

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

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

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

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

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

Our vision

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

Our mission

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

Our values

Our values underpin everything that we do.

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

What Little Lifts does

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

Our NHS partnerships

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

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

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

The Little Kindness Fund

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

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

What is a Little Lifts Box?

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

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

Chemotherapy Boxes

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

Radiotherapy Boxes

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

Our support goes beyond the products

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

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

Why is Little Lifts needed?

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

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

Who develops breast cancer?

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

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

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

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

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

Our charitable objective

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



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

Activities to achieve our charitable objective

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

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

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

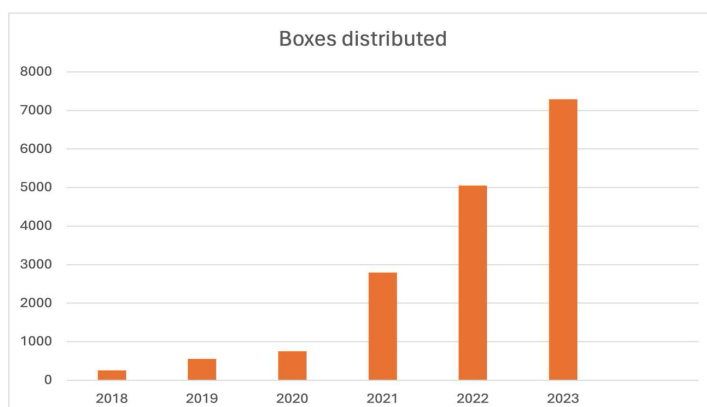
- We **continued to support** people across all nine NHS hospital partnerships across Norfolk, Suffolk and Essex.
- In February, Oa (Founder) was awarded a **Points of Light Award** from the Prime Minister.
- In March, we **delivered our 10,000th Little Lifts Box** to the Norfolk and Norwich University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

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

Our impact

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

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



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

- *"Everything in the Box was so thoughtful. It was like it was all personally chosen for me." – Rachel, Clatterbridge Hospital via The Little Kindness Fund (Chemotherapy)*
- *"I was having a really tough day and was so happy to receive the Box. It gave me a huge lift and I know I will use every single thing in there. I am actually blown away by the thought and care that goes into these Boxes, it's just lovely." – Amanda, York District Hospital via The Little Kindness Fund (Chemotherapy)*
- *"Just got my 'Little Lifts' Box today on a day where a lift was much needed! Can't tell you how much it meant to me and it was bursting with amazing quality presents. Many thanks to the organisers and contributors. My prognosis isn't good sadly, but amazing how kind gestures make you feel lucky." - Anonymous, West Suffolk Hospital (Chemotherapy)*
- *"I was not expecting it to arrive so quickly. So overwhelmed with the products all of them I will use and made you think of things you might like to buy and use, so thoughtful I cried. There are people that care." - Anonymous, The Little Kindness Fund (Chemotherapy)*
- *"Dear Little Lifts Team, thank you so much for the Box of treats I received from my radiotherapy department. Everything was so well chosen, practical help with skincare was especially appreciated. A lot of thought has been given to helping someone with breast cancer. Thank you so much!" – Anonymous, Norfolk and Norwich University Hospital (Radiotherapy)*
- *"It was so lovely to receive this Box. I had just had my 12th dose of paclitaxel and was feeling the most rough and this arrived with such a variety of gifts in it. Sorry for the slow reply but the week it arrived I ended up in hospital for 5 days with a chest infection so have only just gone through the Box of gifts." - Anonymous, The Little Kindness Fund (Chemotherapy)*
- *"I was having an awful day, being marked up for radiotherapy. It was a long and emotional day...and as I left, the nurse handed me a Box and said 'This is for you' ... It's the first time I've really cried since I was diagnosed. Just that one gesture, the acknowledgement that I'm not alone...that there are people out there that understand how it feels. And as I looked through my Box, at all the thoughtful items that have been chosen especially for us fighting this horrid disease, I was overwhelmed and so grateful. You have no idea how it helped me. It was like a warm hug. So thank you Little Lifts, you made an awful day a whole lot better! Xxx" - Zoe, Addenbrooke's Hospital (Radiotherapy)*
- *"What a lovely surprise it was to be given the Box. I was really nervous about having the radiotherapy and everyone was so kind. To be given a present was so thoughtful and generous at a time that has been very challenging for me and my family. These acts of kindness make people feel not just supported, but cared for with a deep compassion." - Anonymous, Colchester Hospital (Radiotherapy)*

Our support goes beyond our Boxes



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

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

Chemotherapy and Radiotherapy Box from Little Lifts during her treatment.

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

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

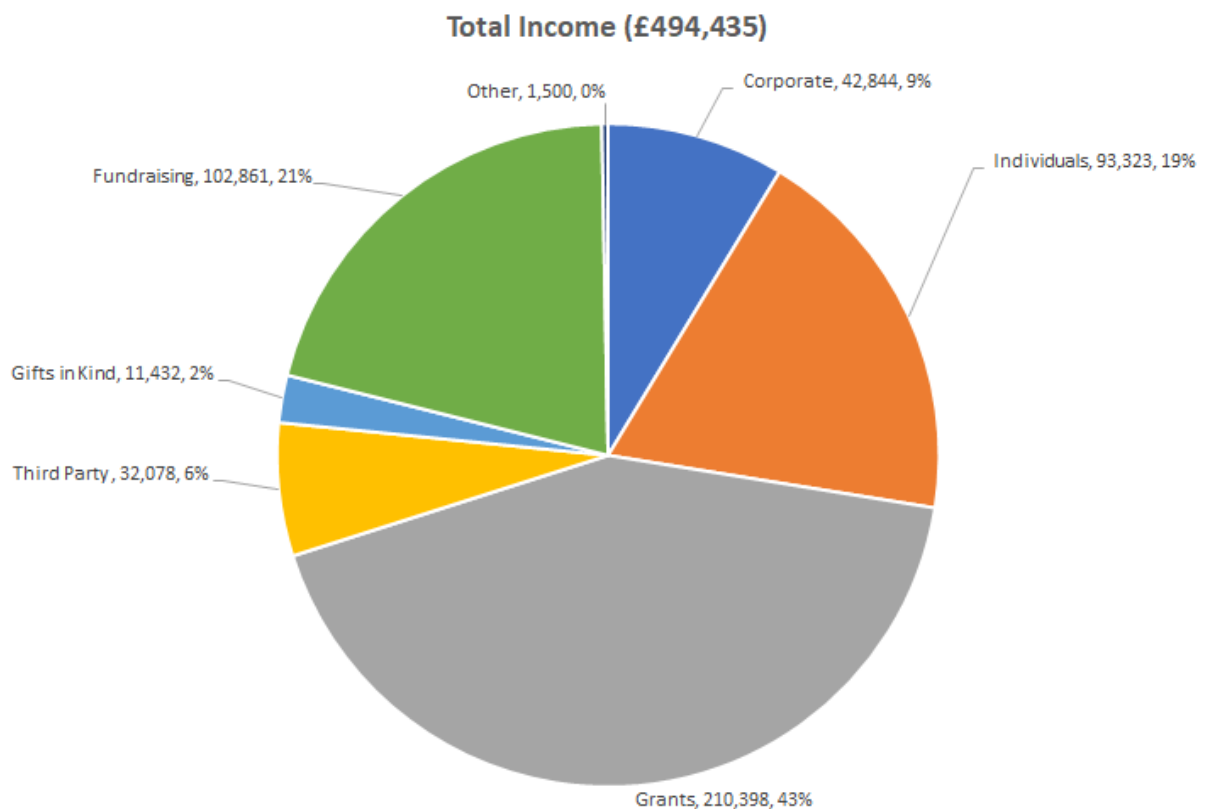
- Product changes: Feedback told us that the water bottles were not being used and that sleep and relaxation was a concern during and after treatment. We switched the water bottle out and replaced it with a sleep kit in our Chemotherapy Boxes and offered a relaxing pulse point roller in our Radiotherapy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

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

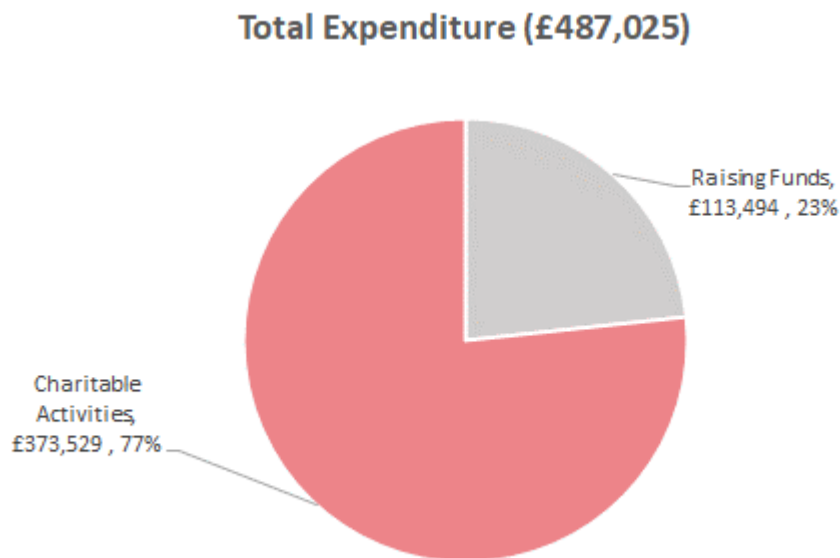
Our Finances

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

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



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



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

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

Our Reserves Policy and Going Concern

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

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

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

Our approach to fundraising

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

Our principal sources of fundraising

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

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

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

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

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

Our Little Lifts Community

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

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

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

Special thanks to some remarkable people

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

Gifts in Kind received

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

Declaration

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

Signed on behalf of the charity trustees:

Signature		
FULL NAME	PER HALL	JON HALL
POSITION	TRUSTEE	TREASURER

Date: Monday 5th August 2024

Little Lifts 1170737

Independent Examiner's Report to the members For the Year Ended 31 December 2023

Respective Responsibilities of Trustees and Examiner

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

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

It is my responsibility to

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

Basis of Independent Examiner's Statement

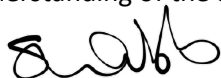
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures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

Independent Examiner's Statement

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

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

Signed



Date: 9th May 2024

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

Little Lifts

Statement of Financial Activities

For the Year Ended 31 December 2023

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

Little Lifts

Balance Sheet

As at 31 December 2023

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

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

Signed:

Signed:

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

Little Lifts

Statement of Cash Flows For the Year Ended 31 December 2023

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

Little Lifts

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

1 Accounting Policies

1.1 Basis of preparation of financial statements

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

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

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

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

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

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

1.2 Income

Recognition of income

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

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

Offsetting

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

1.3 Grants and donations

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

1.4 Legacies

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

1.5 Donations of gifts, services and facilities

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

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

Little Lifts

Notes to the Financial Statements

For the Year Ended 31 December 2023

1. Accounting policies (continued)

1.6 Fund Accounting

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

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

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

1.7 Liability recognition

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

All expenditure is accounted for on an accruals basis.

1.8 Governance and support costs

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

1.9 Grants payable

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

1.10 Creditors

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

1.11 Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year and are valued at historical cost.

Depreciation is charged on furniture and equipment on a straight-line basis over their estimated useful life of five years from the year of acquisition.

Depreciation is charged on computer equipment on a straight-line basis over their estimated useful life of three years from the year of acquisition.

1.12 Stock

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

1.13 Debtors

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

1.14 Cash at bank and in hand

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

Little Lifts

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

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

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

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

Other Income

CJRS Grant Income Received				
Kickstart Income Received			-	3,683
Apprenticeship Income			1,500	7,693
	<u>-</u>	<u>-</u>	<u>1,500</u>	<u>11,376</u>

4. Analysis of Expenditure

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

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

Little Lifts

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

	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 2023				16,106	16,106
Additions	0	0	0	2,324	2,324
At End of the Year	0	0	0	18,430	18,430
Depreciation and Impairment					
As at 1st January 2023				10,742	10,742
Depreciation				2,668	2,668
At End of the Year	0	0	0	13,410	13,410
Net book value					
As at 1st January 2023				5,364	5,364
As at 31st December 2023				5,020	5,020

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

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

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

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

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

Little Lifts

Notes to the Financial Statements

For the Year Ended 31 December 2023

9. Charity Funds

Current Year

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

Previous Year

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

General Funds	132,489	237,083	(142,591)	(50,000)	176,981
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Total Unrestricted Funds

170,489	237,083	(180,591)	0	0	226,981
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Restricted Funds

Broomfield Hospital	0	4,954	(4,954)		0
Colchester Hospital	0	5,000	(3,000)		2,000
Essex Hospitals	0	23,529	(5,352)		18,178
Ipswich Hospital	0	15,124	(15,124)		0
Norfolk Hospitals	0	16,158	(7,658)		8,500
Norfolk & Norwich University Hospital	0	17,852	(17,852)		0
Southend Hospital	0	2,500	(2,500)		0
West Suffolk Hospital	0	5,688	(4,101)		1,587
Norfolk Chemotherapy	0	7,114	(7,114)		(0)
Norfolk Radiotherapy	0	5,500	(5,500)		0
Secondary Chemotherapy	0	7,905	(7,905)		0
Little Kindness Fund	7,974	38,525	(46,499)		0
Make 2nds Count Partnership	4,648	42,478	(45,260)		1,865
CRM System	2,904	700	(3,604)		0
Focus Groups	1,194		(1,194)		0
Rent	12,789	6,568	(16,073)		3,284
Website Development	8,500	0	(8,500)		0
Box Products	0	11,875	0		11,875

Total Restricted Funds

38,009	211,469	(202,189)	0	0	47,289
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Total Funds

208,498	448,551	(382,780)	0	0	274,269
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Little Lifts

Notes to the Financial Statements

For the Year Ended 31 December 2023

9. Charity Funds

- Continued

Purpose of Restricted Funds

Addenbrooke's Hospital

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

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

Broomfield Hospital

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

	2023 £	2022 £
Walter Farthing Trust	5,000	4,954
	<u>-</u>	<u>-</u>
	<u>5,000</u>	<u>4,954</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.

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

Essex Hospitals

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

	2023 £	2022 £
Emergencies Trust Local Fund	-	5,352
The Big Give	-	18,178
	<u>0</u>	<u>23,530</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.

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

Art for Cure	3,870	5,031
	<u>14,309</u>	<u>15,124</u>

Norfolk Hospitals

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

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

Norfolk and Norwich University Hospital

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

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

Queen Elizabeth Hospital

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

	2023	2022
	£	£
Mrs Yvonne Flux Charitable Trust	3,000	-
	<u>3,000</u>	<u>0</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.

	2023	2022
	£	£
ROSCA Trust	-	2,500
Michael Watson Charitable Trust	949	-
	<u>949</u>	<u>2,500</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.

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

Little Lifts

Notes to the Financial Statements

For the Year Ended 31 December 2023

9. Charity Funds

- Continued

Purpose of Restricted Funds

Norfolk Chemotherapy

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

	2023	2022
Geoffrey Watling Trust	-	6,000
Tescos Community Grant	-	1,114
	<u>0</u>	<u>7,114</u>

Norfolk Radiotherapy

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

	2023	2022
St James Place Charitable Foundation	-	2,500
Souter Charitable Trust	2,000	
Paul Bassham Trust	3,000	3,000
	<u>5,000</u>	<u>5,500</u>

Suffolk Hospitals

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

	2023	2022
	<u>£</u>	<u>£</u>
D C Moncrieff Charitable trust	<u>1,000</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.

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

Surgery Boxes

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

	2023	2022
Paul Bassham Charitable Trust	<u>10,000</u>	<u>-</u>

Little Kindness Fund

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

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

Make 2nds Count Partnership

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

	2023	2022
	£	£
Make 2nds Count	<u>33,985</u>	<u>42,478</u>

Box Products

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

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

Rent

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

	2023	2022
	£	£
The Pink Ribbon Foundation	<u>6,586</u>	<u>6,568</u>
	<u>6,586</u>	<u>6,568</u>

Website Development

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

	2023	2022
	£	£
Sinclair International Ltd	-	-
National Lottery Community Fund	-	-
The Big Give	-	700
	<u>0</u>	<u>700</u>

Little Lifts

Notes to the Financial Statements

For the Year Ended 31 December 2023

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

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