



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

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# Little Lifts Trustees' Annual Report

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

## **Administrative details**

### **Trustees**

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

### **Registered charity number**

Little Lifts is a registered charity in England and Wales 1170737

### **Accountant/s**

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

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

### **Bankers**

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

### **Structure, Governance and Management**

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

#### **Appointment of charity trustees:**

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

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

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

Saba received her Box via The Little Kindness Fund

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

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

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

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

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

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

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

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

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

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

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

### **A special thank you**

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

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



Team Little Lifts outside HQ, Bowthorpe.

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

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

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

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

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

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

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

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

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

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

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

## Our vision

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

## Our mission

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

## Our values

Our values underpin everything that we do.

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

## What Little Lifts does

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

## Our NHS partnerships

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

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

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



## **The Little Kindness Fund**

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

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

## **What is a Little Lifts Box?**

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

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

## **Chemotherapy Boxes**

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

## **Radiotherapy Boxes**

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

## **Surgery Boxes**

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

## **Our support goes beyond the products**

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

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

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

### **Why is Little Lifts needed?**

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

### **Who develops breast cancer?**

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

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

### **Every person experiences breast cancer treatment differently**

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

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

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

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

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

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

### **Our charitable objective**

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



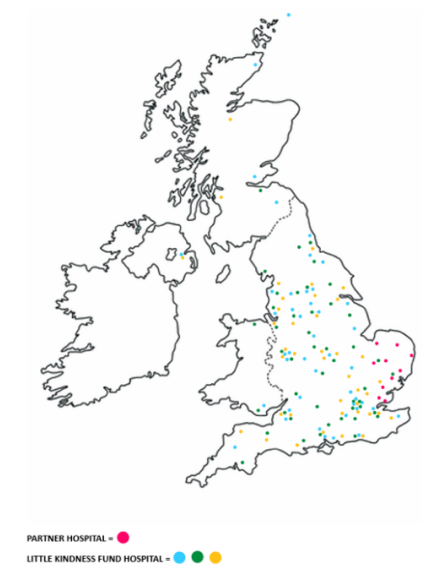
Little Lifts' 20,000th Box delivery to Addenbrooke's Hospital, May 2024.

### **Activities to achieve our charitable objective**

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

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

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



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

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

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

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

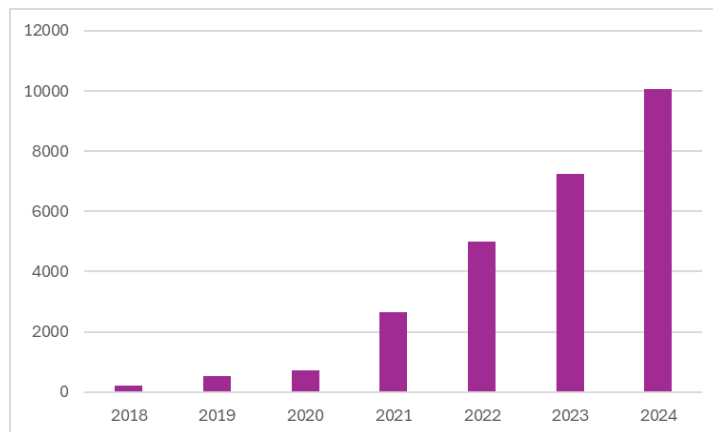
- **In October**, we said goodbye to our van, Joy, and welcomed a new, bigger van to support our expanding deliveries and event support. Special thanks go to Busseys Vehicle Leasing and CIM Signs for their support with this.
- Later that month our **October Ball** saw over 350 guests enjoy a spectacular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

## Our impact

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

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

## Box Distribution



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

- *"I don't think I have ever been so emotional over a gift before. In a week where I parted company with my hair and was feeling both down and angry, my Little Lifts Box arrived. The thought and effort going into these Boxes truly raised my spirits, like someone was holding my hand ready for treatment to start. The Boxes feel like the biggest hug a stranger can give you at an uncertain and difficult time. From the bottom of my heart, thank you"* – Anonymous, Glan Clwyd via The Little Kindness Fund (Chemotherapy)
- *"It was a wonderful gift received through a stressful period of diagnosis & treatment. Very well planned and thoughtfully packed for individuals. I am vegan so the Booja Booja chocolates were an absolute treat...What a wonderful charity this is & I am grateful to have been chosen to have received a gift Box."*– Karyn, Derriford Hospital via The Little Kindness Fund (Radiotherapy)
- *"This was such a lovely surprise on what was a difficult day for me - my first oncology appointment and the lowdown about my treatment plan. Huge amounts of info about drugs and long lists of awful side effects was quite overwhelming. Getting home and opening this Box made me feel like I had been given a hug from someone who completely understands. I cried!"* - Lizzie, Queen Elizabeth Hospital (Chemotherapy)
- *"I was blown away by the contents of the Little Lifts Box. The products are so thoughtful and appropriate. The quality and selection is outstanding. A great gift that truly lifted my spirits and helped me remain positive during my treatment. My treatment is particularly hard as my breast cancer is a recurrence just 2 years after my initial treatment concluded."* - Anonymous, Royal Sussex County Hospital via The Little Kindness Fund (Chemotherapy)



- *“Thank you for this lovely gift. It arrived on the day I had to go to hospital with possible treatment related septicaemia so it did lift my spirits. Such thoughtful contents that show a real understanding of what it's like to go through treatment for breast cancer. Thank you everyone for your kindness and generosity.” – Sarah, Poole Hospital via The Little Kindness Fund*
- *“I am overwhelmed by the kindness and generosity of the Box. It made me feel truly supported and special. Beautifully wrapped and put together with a great explanation card. Everything is going to be so useful and also some real treats too. I've also signed up for Treekly. Thank you, thank you, thank you for lots and lots of Little Lifts :-)” - Anonymous, Addenbrooke's Hospital (Chemotherapy)*
- *“I found the abundance and quality of the gifts quite overwhelming. And how did you know my tastes? It made me feel so uplifted and supported - that someone unknown to me out there really really cares, and gets just how un-special a cancer patient can feel without knowing it. Each time I use one of the little gifts it reminds me that I am still special, and helps me take care of myself in more and more special ways. Thank you all xxx” - Anonymous, Royal Lancaster Infirmary via The Little Kindness Fund*

## Our support goes beyond our Boxes



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

What Saba said about her gift Box:

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

This Box is not just a collection of items; it is a manifestation of compassion and understanding.

In the midst of the physical and emotional toll that cancer treatment takes, your thoughtful gift has managed to uplift my spirits in a way words cannot fully express. It is, without a doubt, the most considerate and heartfelt gift I have ever received...

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

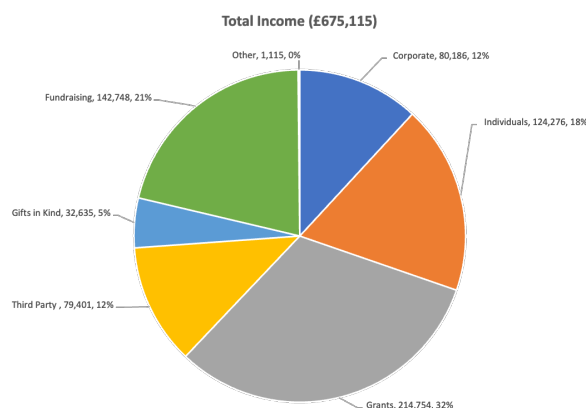
Feedback is incredibly important to us at Little Lifts. Not only does positive feedback help us stay focused on our goals, but suggestions from Box recipients also genuinely inform improvements to our operations and delivery, and have a real impact on our strategy, ensuring that we continue to serve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

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

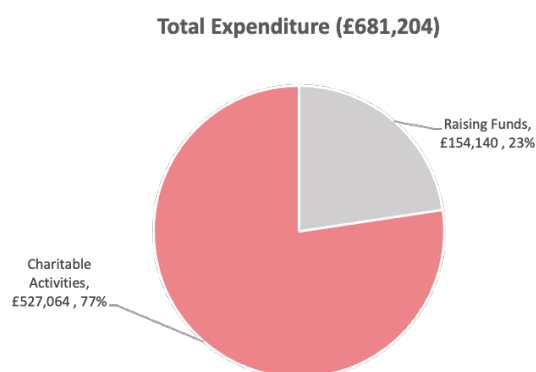
## Our finances

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

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



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



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

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

### **Our Reserves Policy and Going Concern**

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

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

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

### **Our approach to fundraising**

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

### **Our principal sources of fundraising**

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

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

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

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

### **Our Little Lifts Community**

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

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

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

### Special thanks to some remarkable people

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

### Gifts in Kind received

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

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

**Date:** 4th August 2025

# Little Lifts

1170737

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## Independent Examiner's Report to the members

For the Year Ended 31 December 2024

### Respective Responsibilities of Trustees and Examiner

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

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

It is my responsibility to

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

### Basis of Independent Examiner's Statement

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

### Independent Examiner's Statement

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

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

Signed



Date: 30<sup>th</sup> April 2025

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

## Little Lifts

### Statement of Financial Activities

For the Year Ended 31 December 2024

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

# Little Lifts

## Balance Sheet

As at 31 December 2024

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

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

Signed:

Signed:

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

# Little Lifts

## Statement of Cash Flows For the Year Ended 31 December 2024

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

# Little Lifts

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

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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 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

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

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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 2024

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

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

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

### Other Income

|                                |          |          |              |              |
|--------------------------------|----------|----------|--------------|--------------|
| Interest Received              |          |          | <b>1,095</b> | -            |
| Profit on Sale of Fixed Assets |          |          | <b>20</b>    | -            |
| Apprenticeship Income          |          |          | -            | 1,500        |
|                                | <b>-</b> | <b>-</b> | <b>1,115</b> | <b>1,500</b> |

### 4. Analysis of Expenditure

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



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

## Little Lifts

### Notes to the Financial Statements

For the Year Ended 31 December 2024

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

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

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

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

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

## Little Lifts

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

#### 9. Charity Funds

##### Current Year

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

##### Previous Year

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

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

## Little Lifts

### Notes to the Financial Statements

For the Year Ended 31 December 2024

#### 9. Charity Funds

##### - Continued

##### Purpose of Restricted Funds

##### Addenbrooke's Hospital

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

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

|                       | 2024         | 2023         |
|-----------------------|--------------|--------------|
|                       | £            | £            |
| Walter Farthing Trust | 5,000        | 5,000        |
|                       | <u>5,000</u> | <u>5,000</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 Colchester Hospital.

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

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

##### James Paget Hospital

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

|                    | 2024         | 2023     |
|--------------------|--------------|----------|
|                    | £            | £        |
| Love Norfolk (NCF) | 3,310        | -        |
|                    | <u>3,310</u> | <u>-</u> |

### Norfolk Hospital Partnerships

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

|                                     | 2024         | 2023         |
|-------------------------------------|--------------|--------------|
|                                     | £            | £            |
| The Barratt Family Charitable Trust | -            | 1,000        |
| The Woodmill Trust                  | 250          | -            |
| Masonic Charitable Fund             | 750          | -            |
| The Red Socks Charitable Trust      | 1,000        | -            |
|                                     | <u>2,000</u> | <u>1,000</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 Norfolk and Norwich University Hospital.

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

|                                      | 2024         | 2023         |
|--------------------------------------|--------------|--------------|
|                                      | £            | £            |
| The Mrs Yvonne Flux Charitable Trust | 3,000        | 3,000        |
|                                      | <u>3,000</u> | <u>3,000</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.

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

### Suffolk Hospitals

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

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

# Little Lifts

## Notes to the Financial Statements

For the Year Ended 31 December 2024

### 9. Charity Funds

- *Continued*

#### Purpose of Restricted Funds

##### Norfolk Radiotherapy

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

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

##### Secondary Chemotherapy

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

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

##### Radiotherapy Boxes

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

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

##### Surgery Boxes

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

|                                   | 2024     | 2023          |
|-----------------------------------|----------|---------------|
|                                   | £        | £             |
| The Paul Bassham Charitable Trust | -        | 10,000        |
|                                   | <u>-</u> | <u>10,000</u> |

##### Little Kindness Fund

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

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



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

#### Make 2nds Count Partnership

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

|                 | <b>2024</b> | <b>2023</b>   |
|-----------------|-------------|---------------|
|                 | <b>£</b>    | <b>£</b>      |
| Make 2nds Count | -           | 33,985        |
|                 | <u>-</u>    | <u>33,985</u> |

#### Box Products

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

|                     | <b>2024</b> | <b>2023</b> |
|---------------------|-------------|-------------|
|                     | <b>£</b>    | <b>£</b>    |
| The Rank Foundation | -           | 850         |
|                     | <u>-</u>    | <u>850</u>  |

#### Retreats

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

|                       | <b>2024</b>  | <b>2023</b> |
|-----------------------|--------------|-------------|
|                       | <b>£</b>     | <b>£</b>    |
| Third Party Donations | 3,784        | -           |
| Individual Donations  | 1,500        | -           |
|                       | <u>5,284</u> | <u>-</u>    |

#### 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>2024</b>  | <b>2023</b>  |
|----------------------------|--------------|--------------|
|                            | <b>£</b>     | <b>£</b>     |
| The Pink Ribbon Foundation | 6,590        | 6,586        |
| OneStop                    | 1,000        | -            |
|                            | <u>7,590</u> | <u>6,586</u> |

#### Office Equipment and Furniture

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

|                        | <b>2024</b>  | <b>2023</b> |
|------------------------|--------------|-------------|
|                        | <b>£</b>     | <b>£</b>    |
| Cancer Community Chest | 4,308        | -           |
|                        | <u>4,308</u> | <u>-</u>    |

## Little Lifts

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

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

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