



for people affected by
breast cancer

Little Lifts Trustees' Annual Report

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Little Lifts Trustees' Annual Report

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

Administrative details

Trustees

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

Registered charity number

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

Accountant/s

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

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

Bankers

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

Structure, Governance and Management

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

Appointment of charity trustees:

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

Little Lifts Trustees' Annual Report

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

Lian received her Radiotherapy Box at Southend Hospital in 2025.

A message from our Founder, Oa Hackett

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

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

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

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

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

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

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

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

A special thank you

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

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

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



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

Message from our Chair, Karyn Maier

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

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

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

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

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

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



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

Our vision

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

Our mission

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

Our value

Our values underpin everything that we do.

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

What Little Lifts does

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

Our NHS partnerships

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

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

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

The Little Kindness Fund

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

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

What is a Little Lifts Box?

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

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

Chemotherapy Boxes

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

Radiotherapy Boxes

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

Surgery Boxes

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

Our support goes beyond the products

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

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

Why is Little Lifts needed?

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

Who develops breast cancer?

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

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

Every person experiences breast cancer treatment differently

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

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

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

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

Our charitable objective

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

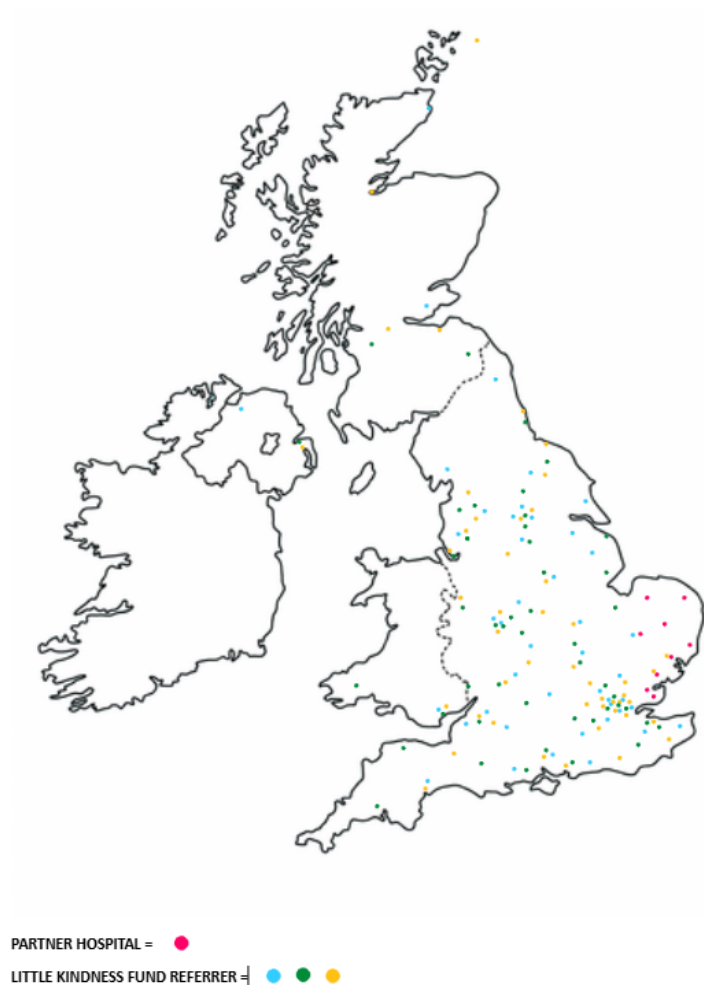
Activities to achieve our charitable objective

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

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

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

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



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

January

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

February

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

March

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

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

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

April

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

May

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

June

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

July

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

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

August

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

September

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

October

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

November

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

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

December

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



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

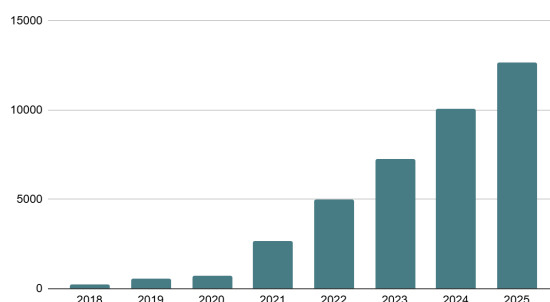
Our impact

In 2025, our operational demand increased by 26% compared to 2024. We delivered 12,672

Little Lifts Boxes, up from 10,075 in 2024. **Here's the breakdown:**

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

Box Distribution



The Little Kindness Fund Statistics

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

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

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

Becky, Chemotherapy patient, Ipswich Hospital.

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

Patricia, Radiotherapy patient, Ipswich Hospital.

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

Caroline, Chemotherapy patient, Norfolk and Norwich University Hospital.

"I was absolutely blown away by not only the quality of what was in my Box but the thought and the love that shone through the whole thing. I have shown it to everyone and, perhaps strangely, am looking forward to packing these treats and essentials into my "chemo" bag.

Thank you so much for such a lovely thing xxx"

Lucie, Chemotherapy patient, Addenbrooke's Hospital.

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

Anonymous, Radiotherapy patient, The Little Kindness Fund.

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

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

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

The work you're doing is amazing and really does make a difference."

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

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

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

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

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

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

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



Little Kindness Fund Focus Group, August 2025

Our support goes beyond our Boxes



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

What Paul said about his gift Box:

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

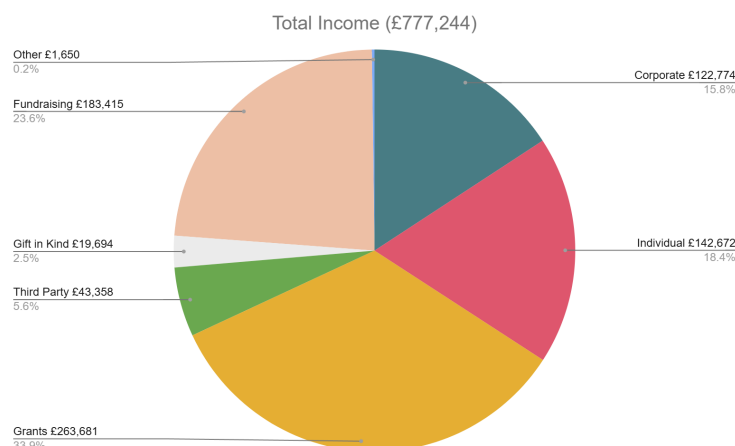
Feedback is incredibly important to us at Little Lifts. Not only does positive feedback help us stay focused on our goals, but suggestions from Box recipients also genuinely inform improvements to our operations and delivery, and have a real impact on our strategy, ensuring that we continue to serve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

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

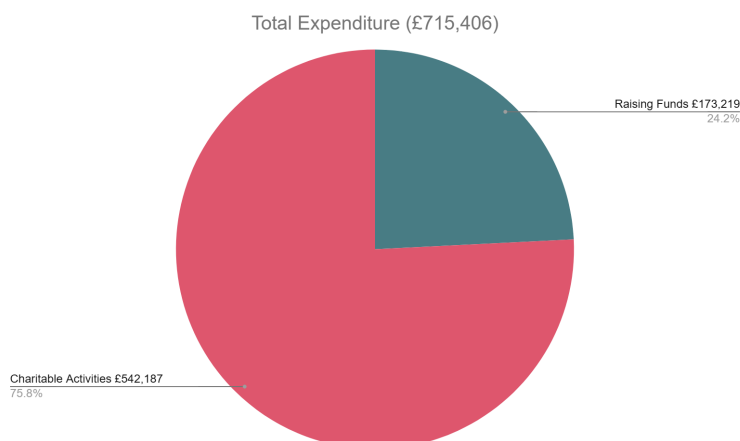
Our Finances – 2025

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

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



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



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

Our Reserves Policy and Going Concern

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

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

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

Our approach to fundraising

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

Our principal sources of fundraising

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

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

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

- Women and Girls Grant Making Programme (SCF)

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

Our Little Lifts Community

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

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

Special thanks to some remarkable people

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

Gifts in Kind received

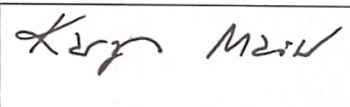

2025 Gift In Kind						
Product	Units	Cost Price	Total Value	Month Donated	Category	Donated by
Quarter 1 (Jan - Mar)						
Snacks	1	£150	£150.00	January	Event Costs - Trail Run	Brand Bank
Crisps	3	£15	£45.00	January	Event Costs - Trail Run	Kettle Foods
Radio Boxes	2080	£0.66	£1,372.80	January	Box Printing,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

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

Declaration

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

Signed on behalf of the charity trustees:

Signature		
FULL NAME	KARYN MARK	ANNE-MARIE MCCARTHY
POSITION	CHR TRUSTEE	TRUSTEE

Date: 20.2.26

littlelifts

1170737

Independent Examiner's Report to the members

For the Year Ended 31 December 2025

Respective Responsibilities of Trustees and Examiner

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

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

It is my responsibility to

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

Basis of Independent Examiner's Statement

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

Independent Examiner's Statement

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

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

Signed



Date: 31st March 2026

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

Little Lifts

Statement of Financial Activities For the Year Ended 31 December 2025

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

Little Lifts

Balance Sheet

As at 31 December 2025

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

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

Signed:

Kern Mair

Signed:

McCarthy

These accounts were approved by the trustees on:

20. 4. 26

Little Lifts

Statement of Cash Flows For the Year Ended 31 December 2025

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

Little Lifts

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

1 Accounting Policies

1.1 Basis of preparation of financial statements

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

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

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

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

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

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

1.2 Income

Recognition of income

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

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

Offsetting

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

1.3 Grants and donations

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

1.4 Legacies

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

1.5 Donations of gifts, services and facilities

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

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

Little Lifts

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

1. Accounting policies (continued)

1.6 Fund Accounting

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

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

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

1.7 Liability recognition

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

All expenditure is accounted for on an accruals basis.

1.8 Governance and support costs

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

1.9 Grants payable

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

1.10 Creditors

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

1.11 Tangible fixed assets for use by charity

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

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

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

1.12 Stock

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

1.13 Debtors

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

1.14 Cash at bank and in hand

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

Little Lifts

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

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Income From:				
2. Donations & Legacies				
Corporate	78,276	44,498	122,774	80,186
Individuals	120,914	21,758	142,672	124,276
Grants	15,200	248,481	263,681	214,754
Third Party	42,215	1,143	43,358	79,401
Gifts in Kind	19,694	-	19,694	32,635
	<u>276,299</u>	<u>315,880</u>	<u>592,179</u>	<u>531,252</u>
Gifts in Kind breakdown:			2025	2024
			£	£
Overheads			831	2,307
Equipment			-	8,538
Box Products			7,393	8,544
Box Printing, Packaging & Design			4,064	6,208
Event and Volunteer Support			<u>7,406</u>	<u>7,037</u>
			<u>19,694</u>	<u>32,634</u>
3. Fundraising Income				
Box Sales	12,963	-	12,963	10,754
Merchandise	3,326	-	3,326	651
Events	167,126	-	167,126	131,343
	<u>183,415</u>	<u>-</u>	<u>183,415</u>	<u>142,748</u>
Other Income				
Interest Received	1,650		1,650	1,095
Profit on Sale of Fixed Assets			-	20
Apprenticeship Income			-	-
	<u>1,650</u>	<u>-</u>	<u>1,650</u>	<u>1,115</u>

4. Analysis of Expenditure

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

Little Lifts

Notes to the Financial Statements

For the Year Ended 31 December 2025

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

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

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

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

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

Little Lifts

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

9. Charity Funds

Current Year

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

Previous Year

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

Little Lifts

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

9. Charity Funds - Continued

Purpose of Restricted Funds Addenbrooke's Hospital

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

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

	2025	2024
	£	£
Haslers Foundation	1,000	-
Walter Farthing Trust	5,000	5,000
	<u>6,000</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.

	2025	2024
	£	£
Ipswich and Colchester Hospitals Charity	-	10,808
	<u>-</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.

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

James Paget University Hospital

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

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

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

Norfolk and Norwich University Hospital

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

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

	2025	2024
	£	£
The Mrs Yvonne Flux Charitable Trust	<u>-</u>	<u>3,000</u>
	<u>-</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.

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

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

Little Lifts

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

9. Charity Funds

- Continued

Purpose of Restricted Funds

Norfolk Radiotherapy

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

	2025 £	2024 £
Aquarius Charitable trust	740	-
The Paul Bassham Charitable Trust	-	4,000
	<u>740</u>	<u>4,000</u>

Norfolk Chemotherapy

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

	2025 £	2024 £
The Geoffrey Watling Charity	4,000	-
The Woodmill Trust	250	-
	<u>4,250</u>	<u>-</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.

	2025 £	2024 £
Individual Donations	-	50
	<u>-</u>	<u>50</u>

Radiotherapy Boxes

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

	2025 £	2024 £
Individual Donations	-	50
The Souter Charitable Trust	-	2,000
	<u>-</u>	<u>2,050</u>

Little Kindness Fund

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

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

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

Retreats

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

	2025	2024
	£	£
Third Party Donations	-	3,784
Individual Donations	3,445	1,500
	<u>3,445</u>	<u>5,284</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.

	2025	2024
	£	£
The Pink Ribbon Foundation	7,500	6,590
OneStop	-	1,000
	<u>7,500</u>	<u>7,590</u>

Office Equipment and Furniture

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

	2025	2024
	£	£
Cancer Community Chest	-	4,308
	<u>-</u>	<u>4,308</u>

Van

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

	2025	2024
	£	£
Mills & Reeve LLP	1,250	-
	<u>1,250</u>	<u>-</u>

Community Clubs

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

	2025	2024
	£	£
Cancer Community Chest	600	-
	<u>600</u>	<u>-</u>

IT Support

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

	2025	2024
	£	£
The Co-operative Bank - Customer Donation Fund	1,000	-
	<u>1,000</u>	<u>-</u>

Little Lifts

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

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

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