

ROAD SAFETY TALKS

England & Wales · Charity number 1184336

Details

Status Registered

Legal form CIO

Registered 2019-07-09

Register [View on the Charity Commission register](#)

Contact

Address 10a Boroughbridge Road
Knaresborough
HG5 0NG

Phone 07912303489

Email roadsafetytalk@gmail.com

Website www.roadsafetytalks.co.uk

Activities

Objects: FOR THE BENEFIT OF THE PUBLIC TO ADVANCE THE EDUCATION OF THE PUBLIC IN ISSUES OF ROAD SAFETY WITH THE OBJECT OF REDUCING PERSONAL INJURY AND DEATH AMONGST ROAD USERS IN THE UNITED KINGDOM IN PARTICULAR, BUT NOT EXCLUSIVELY, BY PROMOTING SAFE PRACTICES IN RELATION TO PUBLIC ROAD USE.

Activities: To encourage and improve basic road awareness, skills, knowledge and safe behaviour near the road

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£3,916	£1,436	-	-
2024-01-31	£3,874	£1,708	-	-
2023-01-31	£4,175	£2,364	-	-
2022-01-31	£4,743	£9,012	-	-
2021-01-31	£10,121	£16,502	-	-

Trustees

Name	Role	Appointed
Alyson Doherty		2019-07-09
Christopher Blunstone		2023-05-24
Lauren Doherty		2019-07-09
Rebecca Blunstone		2019-07-09

ROAD SAFETY TALKS

England & Wales - Charity number 1184336

Accounts

REGISTERED COMPANY NUMBER: CE018151 (England and Wales)
REGISTERED CHARITY NUMBER: 1184336

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2025
FOR
ROAD SAFETY TALKS**



DSC
Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 JANUARY 2025

TRUSTEES

Miss Lauren Doherty
Mrs Alyson Doherty
Mr Christopher Blunstone
Mrs Rebecca Blunstone

REGISTERED OFFICE

10A Boroughbridge Road
Knaresborough
North Yorkshire
HG5 0JX

**REGISTERED COMPANY
NUMBER**

CE018151 (England and Wales)

**REGISTERED CHARITY
NUMBER**

1184336

WEBSITE

www.roadsafetytalks.co.uk

ACCOUNTANTS

DSC Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

LAUREN DOHERTY STORY

I was a carefree teenager who lived life to the max, always hanging around with my friends and we loved being out. Career wise, I didn't really know what I wanted to do, but I always had a job. This changed when I was successful in gaining a position at a local college, supporting individuals who had visual impairment. I knew that I had found my vocation in life. A few months after starting the job, life as I knew it was to change forever. It was a summer's evening on the 11th August 2008, and I had been out with a group of my friends in our local town to watch a band play. Some of us went back to a friend's house and at about 4am I set off walking back home. A friend walked with me. I don't know what made me cross the road at the wrong time, what – if anything – distracted me, what my friend and I were talking about at the time, what made me make the split second decision that would change my life forever, but I crossed the road without looking, without taking due care and attention, and the result of this was that I was hit by a van. I don't remember anything of the accident, which is probably a good thing. My first memory is waking up in hospital very confused as to what the sounds were around me and wondering what all the tubes and monitors were. My mum's face is the first familiar thing I saw and I do remember that this brought me comfort in the midst of everything going on. I broke my neck and required an operation for this to be stabilised, my pelvis and my wrist were also broken. I had a bleed on my aorta requiring a stent to be fitted, compartment syndrome requiring an operation on my legs, required skin grafts on my legs, I had a tracheostomy fitted to allow me to be ventilated and a cage was fitted to my pelvis. I was kept in an induced coma for the first three days for the majority of these procedures to be carried out, and subsequently spent three-and-a-half weeks in intensive care. I spent a total of 16 months in different hospitals; Harrogate, Leeds, Sheffield, with the last eight months being spent in a local rehab centre. During this time I was very aware that I was in a 'bubble'. I made every effort to ensure that I made visits to the OT and Physio departments off the ward and also started to visit the hospital Café on a weekend. I made sure that I had trips out from the ward to help me get used to seeing the 'real world' and different people again. I was very aware that there could be a chance that life outside hospital may be daunting and I wanted to be as prepared as possible. People did have the odd look at me, but I just smiled back at them.

I remember all the conversations which used to go on at my bedside. One in particular was around the fact that I wouldn't be able to breathe again for myself. I remember feeling so determined that I would be able to do so, I made it my focus to prove everyone wrong! Over the months I spent in hospital, trials were run to see if I was able to breathe alone. I always remember my mum turning the monitor around so that I wouldn't panic if I saw my stats drop.

Eventually after two years of trials, I was in a position to not be totally dependent on a machine to help me breathe all the time. I still use my vent periodically to give my body a rest, and if I have a chest infection I tend to need it a bit more often, but I am not totally dependent on it which means a great deal to me.

The Doctors and Nurses who were involved in my recovery were all fantastic. I felt that they took me under their wing. It was the little things they would do for me which meant so much like dying my hair for me so that I could look as good as possible when moving hospitals! They made me feel that I had hope of building my life again. A Ward Sister once told me that even though I couldn't move, my life wasn't over as I could control my life with my voice. This has always stuck with me.

I will also always remember what my Family and Friends did for me whilst in hospital. They made sure I always had someone by my side the whole time. They found the patience to lip read what I was saying in the early days before I had a speaking valve fitted to my tracheostomy, they brought in celebrity magazines to read to me, painted my nails or just kept me up to date with local gossip; they kept my mind occupied and helped me focus on my recovery, not dwell on what had happened. My Mum and Uncle received the necessary vent training from the hospital so that when I had moved to the local rehab centre which was my home for 6 months, she was able to take me out. I enjoyed these times as they allowed me ease back into my life slowly.

As part of my discharge meeting, I had to meet a few care companies. I was discharged to a Young Adult Unit 10 minutes away from my family home which was great to be closer to my family but I was the youngest person in the unit by 30 years. My physio and a nurse from the spinal unit drove me to the unit where I met the nurses who would be taking care of me from the next six months. On November 23, 2009, I moved back to my parents' home which had had to be redesigned (they had only just had a new extension completed!) to allow the installation of all of my equipment and to accommodate the two carers I needed with me at all times. The task of totally rebuilding my life again began and on October 29 2013, I finally moved into my own purpose-built bungalow. This allowed me to live independently which I so wanted. I must look after my body even more since my accident, and the older I get the more aware I am of this. The long-term effects are that, apart from the paralysis, I have brittle bones, osteoporosis, requiring postural management, a tracheostomy in situ in case I require suction or for times when I do need some assistance from my ventilator, and I am susceptible to pressure sores.

ROAD SAFETY TALKS

LAUREN DOHERTY STORY (continued)

If I develop a pressure sore, it can mean me being extremely restricted in what I am able to do including showering, going out and being required to lay on my side for hours at a time in the hope it will heal.

I have always tried to follow the advice that I have been given over the years as I feel that if I take care of my body, I won't restrict my day to day activities. I experienced many changes to my body which led me to be very conscious about myself. One of these changes was that I had to have a tracheostomy fitted. I would always wear scarves (even in summer) to disguise it until one day I went to the shops and we had forgotten to bring one with us. The worry I had all that time about people looking at me because I had a tracheostomy needn't have worried me. It was my wheelchair people noticed, not my trachy, so from that day on I never wore a scarf again. It was a small part of my journey in starting to accept my new body.

I put a lot of weight on due to not being able to exercise and my body shape changed dramatically. I have low muscle tone therefore my stomach is very prominent. Over the years, I had to change my mindset around different styles of clothes and took my own positive actions as to how I improve my thoughts around my body shape. I often find it really hard to choose clothes that I like, will look right on my body shape as it is now and also hide my leg bag. This means that I spend lots of time either going out shopping or online shopping and there is a positive right there...I love shopping! I care about my appearance and by choosing to wear nice clothes and the fact that I always like my makeup done when I go out is something I can have control over.

I also needed to find a way to cope with the fact that I now need someone to do everything for me, including my personal care. In the early days after my RTC I found it really quite hard as I was very conscious about my body. I have a fantastic team around me who are so very sensitive and with who I feel comfortable with. I had to find a way of dealing with it and over the years I did...I just started to program my body to sleep through my shower and morning routine! I didn't have to worry then! One thing I always wanted to do after my accident was to speak in local schools about road safety. I felt really anxious about doing so and wondered how would it be received? In 2016, I teamed up with Rebecca to start work on my project 'Road Safety Talks' and visited my first school; a small country primary school. I was grateful for this opportunity as it helped me to gauge the children's reaction. As a result of talking to this one group of children, it has led to Teachers, Group leaders, Organisations, Companies, Police Forces and Fire & Rescue Services all sharing details of the work I am doing and has resulted in, to date, me speaking to over 8000 Children and Young Adults alongside these Agencies, as well as reaching thousands of people through social media, newspapers and magazines.

Working in collaboration with North Yorkshire Police, North Yorkshire Fire & Rescue Service, Harrogate Borough Council, North Yorkshire County Council and the Harrogate & District NHS Foundation Trust, I now help present as part of their 'Learn & Live' campaign. This campaign is aimed at Sixth Form Children, 16 years plus, who are new to, or currently learning to drive, raising their awareness of the consequences of poor driving and being a passenger in a vehicle driven by a young driver. Drugs, alcohol, mobile phones plus other distractions are covered via video clips and presentations.

Road Safety Talks project became a Registered Charity in July 2019.

By volunteering my time in the community, I have gained a purpose again as well as having a project I can focus on. If and when I have a bad day, which I still do 13 years on from my accident, I often think about the work I am doing, the warm welcome I receive everywhere I go, the great feedback, letters, messages of support and the pictures I have received from the children and it motivates me to stay positive.

I hope also to benefit others in demonstrating that just because you have had an accident and you are in a wheelchair, your life isn't over. You have to try your best to readjust to your new life and make the most of every new opportunity available to you. I believe that being open and honest about my life is the best way to be with the children as they seem to respond to extremely well, prompting a lot of questions and conversations afterwards. My hope is that by sharing what the reality is of what happens if you don't take care when crossing the road, it will, in a small way, help reduce the number of accidents on the road. The message I wish to get across is aimed at all age groups. From holding parents' hands, not using your mobile phone while crossing the road to being aware of the roads on a night out; it's all relevant. I am as honest as I can be in the hope it makes road users, drivers and pedestrians, take care on the roads. The reality is that I now need two carers around me all the time; if not by my side, in a room near me. They do everything for me from getting me washed, brushing my teeth, scratching my nose if I have an itch, cooking and feeding me my tea and enabling me to go out places. Although I do spend time by myself, I must have a baby monitor by my side in case I need any assistance or if there is an

emergency. If I make a call to my friends or family, my conversation is heard through the monitor. To use my TV, computer, phone, turn my lights on and off, I use a device called an Eyegaze, similar to an iPad. I can use this using my eyes; it detects my eye movement or when I tire of this, I can use a mouthpiece which is like a computer mouse. I enjoy shopping, going out and spending time with my friends, going to the cinema and concerts, taking my niece out and spending time with my family. I just can't do anything quickly or without planning now. The times I would just nip to see a friend or nip into town by myself have gone. I have had to accept that this is my life now.

I still try to get as much out of my life as I can, after having to overcome challenges to get the right care company with the help of my parents for the first 7 years after my accident, I'm now able to dedicate my time to promote road safety awareness. My life will never be the same again as a result of not concentrating on the road, and making a life-changing, split second decision to cross it at the wrong time. I hope that by sharing my story, it makes people aware of the impact an accident can have, not only on your life, but on your family and the driver's life. If my story prevents even one person from experiencing what I have been through, then I feel that talking to people about my life and road safety is worthwhile.



ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

The trustees, present their report with the financial statements of the charity for the period ended 31 January 2025.

OBJECTIVES AND ACTIVITIES

Incorporation

The charitable company was incorporated on 9 July 2019.

Objectives and aims

For the benefit of children and adults, by promoting safe practices in relation to road use, Road Safety Talks vision is to advance the education around issues of road safety with the objective of reducing personal injury and death amongst road users.

Significant activities

The Charity's main activity is, in the form of presentations or through the use of social media/other forms of media, sharing the personal experience of Lauren Doherty, who was involved in a RTC as a pedestrian in 2008 which left her paralysed.

The Charities aim is to encourage and improve basic road awareness, skills, knowledge and safe behaviour near the road.

We also work closely together with other agencies who share our vision, all contributing to educating on the subject and improving Road Safety.

Public benefit

The trustees have complied with the duty in section 17 (5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission.

ACHIEVEMENT AND PERFORMANCE

Main Achievements

To date, Lauren has reached over 13,000 Children and Adults personally with her message. The demand for her presentation still continues to grow.

As well as individual presentations, we still organising a number of multiagency events with Fire, Police & local Radio involved too, as always it is great to be working in the local Community promoting Road Safety.

We continue to benefit and make use of the fully accessible Road Safety Talks office hosting meetings and delivering online presentations further afield.

Lauren continues to write blogs about her experience for Manchester based firm, CFG Law.

On a personal note, in 2023, Lauren, accompanied by Trustees Alyson and Rebecca, were invited to attend The Coronation of Their Majesties King Charles III and Queen Camilla at Westminster Abbey.

Lauren has been honoured with numerous awards for her work including a British Empire Medal from Her Majesty Queen Elizabeth, The Bravery Award from Stray FM, British Citizens for Volunteers award, Volunteer of the Year Award from the Yorkshire Choice Awards and the Members choice award from the Spinal Injuries Association.

ROAD SAFETY TALKS

FINANCIAL REVIEW

Reserves policy

The reserves policy of the charity is to retain sufficient funds in the bank account to avoid becoming overdrawn. It is the aim of the charity to hold sufficient reserves for the foreseeable future.

FUTURE PLANS

Working independently, and with other Road Safety Professionals in the area, to continue being able to provide a free of charge service to Schools, Groups and Organisations educating on the importance of staying safe on the roads, in the hope that it will reduce the number of fatalities or serious injuries that occur each year on the roads.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation (Foundation) and its governing document is its constitution.

Overall structure

Rebecca Blunstone, Project Manager, is responsible for overseeing the day to day running of Road Safety Talks as well as working with and supporting Lauren in the work she carries out.

The priority of this role is time management, always ensuring that Lauren's diary is coordinated to ensure that she is not over committed to events.

Risk Management

The trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is reviewed periodically. Where appropriate, systems or procedure have been introduced to manage the risks the charity faces.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee must be appointed for a term of 3 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 administration of the charity.

There are no other person or external body entitled to appoint one or more of the charity trustees.

Induction and training of new trustees

The trustees will make available to each new charity trustee, on or before his or her first appointment a copy of the current version the constitution and a copy of the CIO's latest Trustees' Annual Report and financial statements.


ROAD SAFETY TALKS

**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31 JANUARY 2025**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'L.A. Doherty'. The signature is written in a cursive style with some capital letters.

Trustee: Lauren Doherty

18 October 2025

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2025

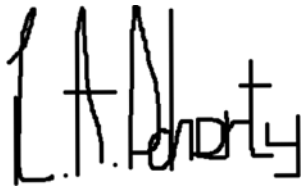
	2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,856	3,822
Grants	<u>60</u>	<u>52</u>
	<u>3,916</u>	<u>3,874</u>
Total incoming resources	3,916	3,874
EXPENDITURE		
Raising donations and legacies		
Postage and stationery	217	87
Charity Events	<u>491</u>	<u>416</u>
	708	503
Charitable activities		
Computer costs	60	542
Office costs	<u>122</u>	<u>54</u>
	182	596
Governance costs		
Insurance	126	112
Professional fees	<u>420</u>	<u>497</u>
	<u>546</u>	<u>609</u>
Total resources expended	<u>1,436</u>	<u>1,708</u>
NET INCOME/(EXPENDITURE)	<u><u>2,480</u></u>	<u><u>2,166</u></u>

ROAD SAFETY TALKS

**STATEMENT OF FINANCIAL POSITION
31 JANUARY 2025**

	2025 Unrestricted fund £	2024 Total funds £
CURRENT ASSETS		
Cash at bank	6,816	4,336
	<hr/>	<hr/>
NET CURRENT ASSETS	<u>6,816</u>	<u>4,336</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	6,816	4,336
	<hr/>	<hr/>
NET ASSETS	<u>6,816</u>	<u>4,336</u>
FUNDS		
Unrestricted funds	<u>6,816</u>	<u>4,336</u>
TOTAL FUNDS	<u>6,816</u>	<u>4,336</u>

The financial statements were approved by the trustees and were signed on its behalf by:



Trustee: Lauren Doherty

18 October 2025

ROAD SAFETY TALKS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2025

1. ACCOUNTING POLICIES

The accounts are prepared on the receipts and payments basis.

2. TRUSTEES' REMUNERATION AND BENEFITS

No trustees or related party received any remuneration or benefits during the year.

There were no trustees' expenses paid for the year ended 31 January 2025 nor for the period ended 31 January 2024.

3. OUTSTANDING GUARANTEES

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, the charity did not have any outstanding liabilities under the guarantee to third parties at the year end.

4. OUTSTANDING SECURED DEBTS

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, the charity did not have any debt outstanding which is secured by an express charge on any of the assets at the year end.

5. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2025.

ROAD SAFETY TALKS

England & Wales - Charity number 1184336

Accounts

REGISTERED COMPANY NUMBER: CE018151 (England and Wales)
REGISTERED CHARITY NUMBER: 1184336

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2024
FOR
ROAD SAFETY TALKS**



DSC
Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 JANUARY 2024

TRUSTEES	Miss Lauren Doherty Mrs Alyson Doherty Mr Christopher Blunstone (appointed 24/05/2023) Mrs Rebecca Blunstone
REGISTERED OFFICE	10A Boroughbridge Road Knaresborough North Yorkshire HG5 0JX
REGISTERED COMPANY NUMBER	CE018151 (England and Wales)
REGISTERED CHARITY NUMBER	1184336
WEBSITE	www.roadsafetytalks.co.uk
ACCOUNTANTS	DSC Chartered Accountants Tattersall House East Parade Harrogate North Yorkshire HG1 5LT

ROAD SAFETY TALKS

LAUREN DOHERTY STORY

I was a carefree teenager who lived life to the max, always hanging around with my friends and we loved being out. Career wise, I didn't really know what I wanted to do, but I always had a job. This changed when I was successful in gaining a position at a local college, supporting individuals who had visual impairment. I knew that I had found my vocation in life. A few months after starting the job, life as I knew it was to change forever. It was a summer's evening on the 11th August 2008, and I had been out with a group of my friends in our local town to watch a band play. Some of us went back to a friend's house and at about 4am I set off walking back home. A friend walked with me. I don't know what made me cross the road at the wrong time, what – if anything – distracted me, what my friend and I were talking about at the time, what made me make the split second decision that would change my life forever, but I crossed the road without looking, without taking due care and attention, and the result of this was that I was hit by a van. I don't remember anything of the accident, which is probably a good thing. My first memory is waking up in hospital very confused as to what the sounds were around me and wondering what all the tubes and monitors were. My mum's face is the first familiar thing I saw and I do remember that this brought me comfort in the midst of everything going on. I broke my neck and required an operation for this to be stabilised, my pelvis and my wrist were also broken. I had a bleed on my aorta requiring a stent to be fitted, compartment syndrome requiring an operation on my legs, required skin grafts on my legs, I had a tracheostomy fitted to allow me to be ventilated and a cage was fitted to my pelvis. I was kept in an induced coma for the first three days for the majority of these procedures to be carried out, and subsequently spent three-and-a-half weeks in intensive care. I spent a total of 16 months in different hospitals; Harrogate, Leeds, Sheffield, with the last eight months being spent in a local rehab centre. During this time I was very aware that I was in a 'bubble'. I made every effort to ensure that I made visits to the OT and Physio departments off the ward and also started to visit the hospital Café on a weekend. I made sure that I had trips out from the ward to help me get used to seeing the 'real world' and different people again. I was very aware that there could be a chance that life outside hospital may be daunting and I wanted to be as prepared as possible. People did have the odd look at me, but I just smiled back at them.

I remember all the conversations which used to go on at my bedside. One in particular was around the fact that I wouldn't be able to breathe again for myself. I remember feeling so determined that I would be able to do so, I made it my focus to prove everyone wrong! Over the months I spent in hospital, trials were run to see if I was able to breathe alone. I always remember my mum turning the monitor around so that I wouldn't panic if I saw my stats drop.

Eventually after two years of trials, I was in a position to not be totally dependent on a machine to help me breathe all the time. I still use my vent periodically to give my body a rest, and if I have a chest infection I tend to need it a bit more often, but I am not totally dependent on it which means a great deal to me.

The Doctors and Nurses who were involved in my recovery were all fantastic. I felt that they took me under their wing. It was the little things they would do for me which meant so much like dying my hair for me so that I could look as good as possible when moving hospitals! They made me feel that I had hope of building my life again. A Ward Sister once told me that even though I couldn't move, my life wasn't over as I could control my life with my voice. This has always stuck with me.

I will also always remember what my Family and Friends did for me whilst in hospital. They made sure I always had someone by my side the whole time. They found the patience to lip read what I was saying in the early days before I had a speaking valve fitted to my tracheostomy, they brought in celebrity magazines to read to me, painted my nails or just kept me up to date with local gossip; they kept my mind occupied and helped me focus on my recovery, not dwell on what had happened. My Mum and Uncle received the necessary vent training from the hospital so that when I had moved to the local rehab centre which was my home for 6 months, she was able to take me out. I enjoyed these times as they allowed me ease back into my life slowly.

As part of my discharge meeting, I had to meet a few care companies. I was discharged to a Young Adult Unit 10 minutes away from my family home which was great to be closer to my family but I was the youngest person in the unit by 30 years. My physio and a nurse from the spinal unit drove me to the unit where I met the nurses who would be taking care of me from the next six months. On November 23, 2009, I moved back to my parents' home which had had to be redesigned (they had only just had a new extension completed!) to allow the installation of all of my equipment and to accommodate the two carers I needed with me at all times. The task of totally rebuilding my life again began and on October 29 2013, I finally moved into my own purpose-built bungalow. This allowed me to live independently which I so wanted. I must look after my body even more since my accident, and the older I get the more aware I am of this. The long-term effects are that, apart from the paralysis, I have brittle bones, osteoporosis, requiring postural management, a tracheostomy in situ in case I require suction or for times when I do need some assistance from my ventilator, and I am susceptible to pressure sores.

ROAD SAFETY TALKS

LAUREN DOHERTY STORY (continued)

If I develop a pressure sore, it can mean me being extremely restricted in what I am able to do including showering, going out and being required to lay on my side for hours at a time in the hope it will heal.

I have always tried to follow the advice that I have been given over the years as I feel that if I take care of my body, I won't restrict my day to day activities. I experienced many changes to my body which led me to be very conscious about myself. One of these changes was that I had to have a tracheostomy fitted. I would always wear scarves (even in summer) to disguise it until one day I went to the shops and we had forgotten to bring one with us. The worry I had all that time about people looking at me because I had a tracheostomy needn't had worried me. It was my wheelchair people noticed, not my trachy, so from that day on I never wore a scarf again. It was a small part of my journey in starting to accept my new body.

I put a lot of weight on due to not being able to exercise and my body shape changed dramatically. I have low muscle tone therefore my stomach is very prominent. Over the years, I had to change my mindset around different styles of clothes and took my own positive actions as to how I improve my thoughts around my body shape. I often find it really hard to choose clothes that I like, will look right on my body shape as it is now and also hide my leg bag. This means that I spend lots of time either going out shopping or online shopping and there is a positive right there...I love shopping! I care about my appearance and by choosing to wear nice clothes and the fact that I always like my makeup done when I go out is something I can have control over.

I also needed to find a way to cope with the fact that I now need someone to do everything for me, including my personal care. In the early days after my RTC I found it really quite hard as I was very conscious about my body. I have a fantastic team around me who are so very sensitive and with who I feel comfortable with. I had to find a way of dealing with it and over the years I did...I just started to program my body to sleep through my shower and morning routine! I didn't have to worry then! One thing I always wanted to do after my accident was to speak in local schools about road safety. I felt really anxious about doing so and wondered how would it be received? In 2016, I teamed up with Rebecca to start work on my project 'Road Safety Talks' and visited my first school; a small country primary school. I was grateful for this opportunity as it helped me to gauge the children's reaction. As a result of talking to this one group of children, it has led to Teachers, Group leaders, Organisations, Companies, Police Forces and Fire & Rescue Services all sharing details of the work I am doing and has resulted in, to date, me speaking to over 8000 Children and Young Adults alongside these Agencies, as well as reaching thousands of people through social media, newspapers and magazines.

Working in collaboration with North Yorkshire Police, North Yorkshire Fire & Rescue Service, Harrogate Borough Council, North Yorkshire County Council and the Harrogate & District NHS Foundation Trust, I now help present as part of their 'Learn & Live' campaign. This campaign is aimed at Sixth Form Children, 16 years plus, who are new to, or currently learning to drive, raising their awareness of the consequences of poor driving and being a passenger in a vehicle driven by a young driver. Drugs, alcohol, mobile phones plus other distractions are covered via video clips and presentations.

Road Safety Talks project became a Registered Charity in July 2019.

By volunteering my time in the community, I have gained a purpose again as well as having a project I can focus on. If and when I have a bad day, which I still do 13 years on from my accident, I often think about the work I am doing, the warm welcome I receive everywhere I go, the great feedback, letters, messages of support and the pictures I have received from the children and it motivates me to stay positive.

I hope also to benefit others in demonstrating that that just because you have had an accident and you are in a wheelchair, your life isn't over. You have to try your best to readjust to your new life and make the most of every new opportunity available to you. I believe that being open and honest about my life is the best way to be with the children as they seem to respond to extremely well, prompting a lot of questions and conversations afterwards. My hope is that by sharing what the reality is of what happens if you don't take care when crossing the road, it will, in a small way, help reduce the number of accidents on the road. The message I wish to get across is aimed at all age groups. From holding parents' hands, not using your mobile phone while crossing the road to being aware of the roads on a night out; it's all relevant. I am as honest as I can be in the hope it makes road users, drivers and pedestrians, take care on the roads. The reality is that I now need two carers around me all the time; if not by my side, in a room near me. They do everything for me from getting me washed, brushing my teeth, scratching my nose if I have an itch, cooking and feeding me my tea and enabling me to go out places. Although I do spend time by myself, I must have a baby monitor by my side in case I need any assistance or if there is an

emergency. If I make a call to my friends or family, my conversation is heard through the monitor. To use my TV, computer, phone, turn my lights on and off, I use a device called an Eyegaze, similar to an iPad. I can use this using my eyes; it detects my eye movement or when I tire of this, I can use a mouthpiece which is like a computer mouse. I enjoy shopping, going out and spending time with my friends, going to the cinema and concerts, taking my niece out and spending time with my family. I just can't do anything quickly or without planning now. The times I would just nip to see a friend or nip into town by myself have gone. I have had to accept that this is my life now.

I still try to get as much out of my life as I can, after having to overcome challenges to get the right care company with the help of my parents for the first 7 years after my accident, I'm now able to dedicate my time to promote road safety awareness. My life will never be the same again as a result of not concentrating on the road, and making a life-changing, split second decision to cross it at the wrong time. I hope that by sharing my story, it makes people aware of the impact an accident can have, not only on your life, but on your family and the driver's life. If my story prevents even one person from experiencing what I have been through, then I feel that talking to people about my life and road safety is worthwhile.



ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

The trustees, present their report with the financial statements of the charity for the period ended 31 January 2024.

OBJECTIVES AND ACTIVITIES

Incorporation

The charitable company was incorporated on 9 July 2019.

Objectives and aims

For the benefit of children and adults, by promoting safe practices in relation to road use, Road Safety Talks vision is to advance the education around issues of road safety with the objective of reducing personal injury and death amongst road users.

Significant activities

The Charity's main activity is, in the form of presentations or through the use of social media/other forms of media, sharing the personal experience of Lauren Doherty, who was involved in a RTC as a pedestrian in 2008 which left her paralysed.

The Charities aim is to encourage and improve basic road awareness, skills, knowledge and safe behaviour near the road.

We also work closely together with other agencies who share our vision, all contributing to educating on the subject and improving Road Safety.

Public benefit

The trustees have complied with the duty in section 17 (5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission.

ACHIEVEMENT AND PERFORMANCE

Main Achievements

To date, Lauren has reached over 12,000 Children and Adults personally with her message. The demand for her presentation still continues to grow.

As well as individual presentations, we still organising a number of multiagency events with Fire, Police & local Radio involved too, as always it is great to be working in the local Community promoting Road Safety.

We continue to benefit and make use of the fully accessible Road Safety Talks office hosting meetings and delivering online presentations further afield.

Lauren continues to write blogs about her experience for Manchester based firm, CFG Law.

On a personal note, in 2023, Lauren, accompanied by Trustees Alyson and Rebecca, were invited to attend The Coronation of Their Majesties King Charles III and Queen Camilla at Westminster Abbey.

ROAD SAFETY TALKS

FINANCIAL REVIEW

Reserves policy

The reserves policy of the charity is to retain sufficient funds in the bank account to avoid becoming overdrawn. It is the aim of the charity to hold sufficient reserves for the foreseeable future.

FUTURE PLANS

Working independently, and with other Road Safety Professionals in the area, to continue being able to provide a free of charge service to Schools, Groups and Organisations educating on the importance of staying safe on the roads, in the hope that it will reduce the number of fatalities or serious injuries that occur each year on the roads.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation (Foundation) and its governing document is its constitution.

Overall structure

Rebecca Blunstone, Project Manager, is responsible for overseeing the day to day running of Road Safety Talks as well as working with and supporting Lauren in the work she carries out.

The priority of this role is time management, always ensuring that Lauren's diary is coordinated to ensure that she is not over committed to events.

Risk Management

The trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is reviewed periodically. Where appropriate, systems or procedure have been introduced to manage the risks the charity faces.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee must be appointed for a term of 3 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 administration of the charity.

There are no other person or external body entitled to appoint one or more of the charity trustees.

Induction and training of new trustees

The trustees will make available to each new charity trustee, on or before his or her first appointment a copy of the current version the constitution and a copy of the CIO's latest Trustees' Annual Report and financial statements.

ROAD SAFETY TALKS

**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31 JANUARY 2024**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'L.A. Doherty'. The letters are stylized and somewhat cursive, with the first name 'L.A.' and the last name 'Doherty' clearly distinguishable.

Trustee: Lauren Doherty

12 July 2024

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2024

	2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,822	4,065
Grants	<u>52</u>	<u>110</u>
	<u>3,874</u>	<u>4,175</u>
Total incoming resources	3,874	4,175
EXPENDITURE		
Raising donations and legacies		
Postage and stationery	87	60
Charity Events	<u>416</u>	<u>211</u>
	503	271
Charitable activities		
Advertising	-	859
Sundries	-	120
Computer costs	542	410
Office costs	<u>54</u>	<u>46</u>
	596	1,435
Governance costs		
Insurance	112	112
Professional fees	<u>497</u>	<u>546</u>
	<u>609</u>	<u>658</u>
Total resources expended	<u>1,708</u>	<u>2,364</u>
NET INCOME/(EXPENDITURE)	<u><u>2,166</u></u>	<u><u>1,811</u></u>

ROAD SAFETY TALKS

**STATEMENT OF FINANCIAL POSITION
31 JANUARY 2024**

	2024 Unrestricted fund £	2023 Total funds £
CURRENT ASSETS		
Cash at bank	4,336	2,170
	<hr/>	<hr/>
NET CURRENT ASSETS	<u>4,336</u>	<u>2,170</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	4,336	2,170
	<hr/>	<hr/>
NET ASSETS	<u>4,336</u>	<u>2,170</u>
FUNDS		
Unrestricted funds	<u>4,336</u>	<u>2,170</u>
TOTAL FUNDS	<u>4,336</u>	<u>2,170</u>

The financial statements were approved by the trustees and were signed on its behalf by:



Trustee: Lauren Doherty

12 July 2024

ROAD SAFETY TALKS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2024

1. ACCOUNTING POLICIES

The accounts are prepared on the receipts and payments basis.

2. TRUSTEES' REMUNERATION AND BENEFITS

No trustees or related party received any remuneration or benefits during the year.

There were no trustees' expenses paid for the year ended 31 January 2024 nor for the period ended 31 January 2023.

3. OUTSTANDING GUARANTEES

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, the charity did not have any outstanding liabilities under the guarantee to third parties at the year end.

4. OUTSTANDING SECURED DEBTS

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, the charity did not have any debt outstanding which is secured by an express charge on any of the assets at the year end.

5. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2024.

ROAD SAFETY TALKS

England & Wales - Charity number 1184336

Accounts

REGISTERED COMPANY NUMBER: CE018151 (England and Wales)
REGISTERED CHARITY NUMBER: 1184336

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2023
FOR
ROAD SAFETY TALKS**



DSC
Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 JANUARY 2023

TRUSTEES	Miss Lauren Doherty Mrs Alyson Doherty Mr Vincent Doherty Mrs Rebecca Blunstone
REGISTERED OFFICE	10A Boroughbridge Road Knaresborough North Yorkshire HG5 0JX
REGISTERED COMPANY NUMBER	CE018151 (England and Wales)
REGISTERED CHARITY NUMBER	1184336
WEBSITE	www.roadsafetytalks.co.uk
ACCOUNTANTS	DSC Chartered Accountants Tattersall House East Parade Harrogate North Yorkshire HG1 5LT

ROAD SAFETY TALKS

LAUREN DOHERTY STORY

I was a carefree teenager who lived life to the max, always hanging around with my friends and we loved being out. Career wise, I didn't really know what I wanted to do, but I always had a job. This changed when I was successful in gaining a position at a local college, supporting individuals who had visual impairment. I knew that I had found my vocation in life. A few months after starting the job, life as I knew it was to change forever. It was a summer's evening on the 11th August 2008, and I had been out with a group of my friends in our local town to watch a band play. Some of us went back to a friend's house and at about 4am I set off walking back home. A friend walked with me. I don't know what made me cross the road at the wrong time, what – if anything – distracted me, what my friend and I were talking about at the time, what made me make the split second decision that would change my life forever, but I crossed the road without looking, without taking due care and attention, and the result of this was that I was hit by a van. I don't remember anything of the accident, which is probably a good thing. My first memory is waking up in hospital very confused as to what the sounds were around me and wondering what all the tubes and monitors were. My mum's face is the first familiar thing I saw and I do remember that this brought me comfort in the midst of everything going on. I broke my neck and required an operation for this to be stabilised, my pelvis and my wrist were also broken. I had a bleed on my aorta requiring a stent to be fitted, compartment syndrome requiring an operation on my legs, required skin grafts on my legs, I had a tracheostomy fitted to allow me to be ventilated and a cage was fitted to my pelvis. I was kept in an induced coma for the first three days for the majority of these procedures to be carried out, and subsequently spent three-and-a-half weeks in intensive care. I spent a total of 16 months in different hospitals; Harrogate, Leeds, Sheffield, with the last eight months being spent in a local rehab centre. During this time I was very aware that I was in a 'bubble'. I made every effort to ensure that I made visits to the OT and Physio departments off the ward and also started to visit the hospital Café on a weekend. I made sure that I had trips out from the ward to help me get used to seeing the 'real world' and different people again. I was very aware that there could be a chance that life outside hospital may be daunting and I wanted to be as prepared as possible. People did have the odd look at me, but I just smiled back at them.

I remember all the conversations which used to go on at my bedside. One in particular was around the fact that I wouldn't be able to breathe again for myself. I remember feeling so determined that I would be able to do so, I made it my focus to prove everyone wrong! Over the months I spent in hospital, trials were run to see if I was able to breathe alone. I always remember my mum turning the monitor around so that I wouldn't panic if I saw my stats drop.

Eventually after two years of trials, I was in a position to not be totally dependent on a machine to help me breathe all the time. I still use my vent periodically to give my body a rest, and if I have a chest infection I tend to need it a bit more often, but I am not totally dependent on it which means a great deal to me.

The Doctors and Nurses who were involved in my recovery were all fantastic. I felt that they took me under their wing. It was the little things they would do for me which meant so much like dying my hair for me so that I could look as good as possible when moving hospitals! They made me feel that I had hope of building my life again. A Ward Sister once told me that even though I couldn't move, my life wasn't over as I could control my life with my voice. This has always stuck with me.

I will also always remember what my Family and Friends did for me whilst in hospital. They made sure I always had someone by my side the whole time. They found the patience to lip read what I was saying in the early days before I had a speaking valve fitted to my tracheostomy, they brought in celebrity magazines to read to me, painted my nails or just kept me up to date with local gossip; they kept my mind occupied and helped me focus on my recovery, not dwell on what had happened. My Mum and Uncle received the necessary vent training from the hospital so that when I had moved to the local rehab centre which was my home for 6 months, she was able to take me out. I enjoyed these times as they allowed me ease back into my life slowly.

As part of my discharge meeting, I had to meet a few care companies. I was discharged to a Young Adult Unit 10 minutes away from my family home which was great to be closer to my family but I was the youngest person in the unit by 30 years. My physio and a nurse from the spinal unit drove me to the unit where I met the nurses who would be taking care of me from the next six months. On November 23, 2009, I moved back to my parents' home which had had to be redesigned (they had only just had a new extension completed!) to allow the installation of all of my equipment and to accommodate the two carers I needed with me at all times. The task of totally rebuilding my life again began and on October 29 2013, I finally moved into my own purpose-built bungalow. This allowed me to live independently which I so wanted. I must look after my body even more since my accident, and the older I get the more aware I am of this. The long-term effects are that, apart from the paralysis, I have brittle bones, osteoporosis, requiring postural management, a tracheostomy in situ in case I require suction or for times when I do need some assistance from my ventilator, and I am susceptible to pressure sores.

ROAD SAFETY TALKS

LAUREN DOHERTY STORY (continued)

If I develop a pressure sore, it can mean me being extremely restricted in what I am able to do including showering, going out and being required to lay on my side for hours at a time in the hope it will heal.

I have always tried to follow the advice that I have been given over the years as I feel that if I take care of my body, I won't restrict my day to day activities. I experienced many changes to my body which led me to be very conscious about myself. One of these changes was that I had to have a tracheostomy fitted. I would always wear scarves (even in summer) to disguise it until one day I went to the shops and we had forgotten to bring one with us. The worry I had all that time about people looking at me because I had a tracheostomy needn't had worried me. It was my wheelchair people noticed, not my trachy, so from that day on I never wore a scarf again. It was a small part of my journey in starting to accept my new body.

I put a lot of weight on due to not being able to exercise and my body shape changed dramatically. I have low muscle tone therefore my stomach is very prominent. Over the years, I had to change my mindset around different styles of clothes and took my own positive actions as to how I improve my thoughts around my body shape. I often find it really hard to choose clothes that I like, will look right on my body shape as it is now and also hide my leg bag. This means that I spend lots of time either going out shopping or online shopping and there is a positive right there...I love shopping! I care about my appearance and by choosing to wear nice clothes and the fact that I always like my makeup done when I go out is something I can have control over.

I also needed to find a way to cope with the fact that I now need someone to do everything for me, including my personal care. In the early days after my RTC I found it really quite hard as I was very conscious about my body. I have a fantastic team around me who are so very sensitive and with who I feel comfortable with. I had to find a way of dealing with it and over the years I did...I just started to program my body to sleep through my shower and morning routine! I didn't have to worry then! One thing I always wanted to do after my accident was to speak in local schools about road safety. I felt really anxious about doing so and wondered how would it be received? In 2016, I teamed up with Rebecca to start work on my project 'Road Safety Talks' and visited my first school; a small country primary school. I was grateful for this opportunity as it helped me to gauge the children's reaction. As a result of talking to this one group of children, it has led to Teachers, Group leaders, Organisations, Companies, Police Forces and Fire & Rescue Services all sharing details of the work I am doing and has resulted in, to date, me speaking to over 8000 Children and Young Adults alongside these Agencies, as well as reaching thousands of people through social media, newspapers and magazines.

Working in collaboration with North Yorkshire Police, North Yorkshire Fire & Rescue Service, Harrogate Borough Council, North Yorkshire County Council and the Harrogate & District NHS Foundation Trust, I now help present as part of their 'Learn & Live' campaign. This campaign is aimed at Sixth Form Children, 16 years plus, who are new to, or currently learning to drive, raising their awareness of the consequences of poor driving and being a passenger in a vehicle driven by a young driver. Drugs, alcohol, mobile phones plus other distractions are covered via video clips and presentations.

Road Safety Talks project became a Registered Charity in July 2019.

By volunteering my time in the community, I have gained a purpose again as well as having a project I can focus on. If and when I have a bad day, which I still do 13 years on from my accident, I often think about the work I am doing, the warm welcome I receive everywhere I go, the great feedback, letters, messages of support and the pictures I have received from the children and it motivates me to stay positive.

I hope also to benefit others in demonstrating that just because you have had an accident and you are in a wheelchair, your life isn't over. You have to try your best to readjust to your new life and make the most of every new opportunity available to you. I believe that being open and honest about my life is the best way to be with the children as they seem to respond to extremely well, prompting a lot of questions and conversations afterwards. My hope is that by sharing what the reality is of what happens if you don't take care when crossing the road, it will, in a small way, help reduce the number of accidents on the road. The message I wish to get across is aimed at all age groups. From holding parents' hands, not using your mobile phone while crossing the road to being aware of the roads on a night out; it's all relevant. I am as honest as I can be in the hope it makes road users, drivers and pedestrians, take care on the roads. The reality is that I now need two carers around me all the time; if not by my side, in a room near me. They do everything for me from getting me washed, brushing my teeth, scratching my nose if I have an itch, cooking and feeding me my tea and enabling me to go out places. Although I do spend time by myself, I must have a baby monitor by my side in case I need any assistance or if there is an

emergency. If I make a call to my friends or family, my conversation is heard through the monitor. To use my TV, computer, phone, turn my lights on and off, I use a device called an Eyegaze, similar to an iPad. I can use this using my eyes; it detects my eye movement or when I tire of this, I can use a mouthpiece which is like a computer mouse. I enjoy shopping, going out and spending time with my friends, going to the cinema and concerts, taking my niece out and spending time with my family. I just can't do anything quickly or without planning now. The times I would just nip to see a friend or nip into town by myself have gone. I have had to accept that this is my life now.

I still try to get as much out of my life as I can, after having to overcome challenges to get the right care company with the help of my parents for the first 7 years after my accident, I'm now able to dedicate my time to promote road safety awareness. My life will never be the same again as a result of not concentrating on the road, and making a life-changing, split second decision to cross it at the wrong time. I hope that by sharing my story, it makes people aware of the impact an accident can have, not only on your life, but on your family and the driver's life. If my story prevents even one person from experiencing what I have been through, then I feel that talking to people about my life and road safety is worthwhile.



ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

The trustees, present their report with the financial statements of the charity for the period ended 31 January 2023.

OBJECTIVES AND ACTIVITIES

Incorporation

The charitable company was incorporated on 9 July 2019.

Objectives and aims

For the benefit of children and adults, by promoting safe practices in relation to road use, Road Safety Talks vision is to advance the education around issues of road safety with the objective of reducing personal injury and death amongst road users.

Significant activities

The Charity's main activity is, in the form of presentations or through the use of social media/other forms of media, sharing the personal experience of Lauren Doherty, who was involved in a RTC as a pedestrian in 2008 which left her paralysed.

The Charities aim is to encourage and improve basic road awareness, skills, knowledge and safe behaviour near the road.

We also work closely together with other agencies who share our vision, all contributing to educating on the subject and improving Road Safety.

Public benefit

The trustees have complied with the duty in section 17 (5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission.

ACHIEVEMENT AND PERFORMANCE

Main Achievements

To date, Lauren has reached over 11,000 Children and Adults personally with her message. The demand for her presentation still continues to grow.

Now that Covid restrictions have relaxed, we have been able to make more in person visits to deliver presentations. Organising a number of multiagency events with Fire, Police & local Radio involved too, it has been great to be back in the local Community promoting Road Safety.

We have been benefiting and making use of the recently created, fully accessible Road Safety Talks office hosting meetings and delivering online presentations further afield.

Lauren continues to write blogs about her experience for Manchester based firm, CFG Law.

On a personal note, since our last report, Lauren, accompanied by Trustees Alyson and Rebecca, were invited to attend The Coronation of Their Majesties King Charles III and Queen Camilla at Westminster Abbey.

ROAD SAFETY TALKS

FINANCIAL REVIEW

Reserves policy

The reserves policy of the charity is to retain sufficient funds in the bank account to avoid becoming overdrawn. It is the aim of the charity to hold sufficient reserves for the foreseeable future.

FUTURE PLANS

Working independently, and with other Road Safety Professionals in the area, to continue being able to provide a free of charge service to Schools, Groups and Organisations educating on the importance of staying safe on the roads, in the hope that it will reduce the number of fatalities or serious injuries that occur each year on the roads.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation (Foundation) and its governing document is its constitution.

Overall structure

Rebecca Blunstone, Project Manager, is responsible for overseeing the day to day running of Road Safety Talks as well as working with and supporting Lauren in the work she carries out.

The priority of this role is time management, always ensuring that Lauren's diary is coordinated to ensure that she is not over committed to events.

Risk Management

The trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is reviewed periodically. Where appropriate, systems or procedure have been introduced to manage the risks the charity faces.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee must be appointed for a term of 3 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 administration of the charity.

There are no other person or external body entitled to appoint one or more of the charity trustees.

Induction and training of new trustees

The trustees will make available to each new charity trustee, on or before his or her first appointment a copy of the current version the constitution and a copy of the CIO's latest Trustees' Annual Report and financial statements.

ROAD SAFETY TALKS

**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31 JANUARY 2023**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'L.A. Doherty'. The letters are stylized and somewhat cursive, with the first name 'L.A.' written in a larger, more prominent font than the last name 'Doherty'.

Trustee: Lauren Doherty

18 September 2023

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2023

	2023 Unrestricted fund £	2022 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,065	441
Grants	<u>110</u>	<u>4,302</u>
	<u>4,175</u>	<u>4,743</u>
Total incoming resources	4,175	4,743
EXPENDITURE		
Raising donations and legacies		
Postage and stationery	60	33
Charity Events	<u>211</u>	<u>-</u>
	271	33
Charitable activities		
Advertising	859	610
Sundries	120	261
Computer costs	410	1,325
Office costs	<u>46</u>	<u>1,926</u>
	1,435	4,122
Other		
Wages	-	3,744
Governance costs		
Insurance	112	159
Professional fees	<u>546</u>	<u>954</u>
	<u>658</u>	<u>1,113</u>
Total resources expended	<u>2,364</u>	<u>9,012</u>
NET INCOME/(EXPENDITURE)	<u><u>1,811</u></u>	<u><u>(4,269)</u></u>

ROAD SAFETY TALKS

**STATEMENT OF FINANCIAL POSITION
31 JANUARY 2023**

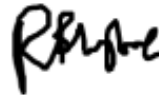
	2023 Unrestricted fund £	2022 Total funds £
CURRENT ASSETS		
Cash at bank	2,170	359
	<hr/>	<hr/>
NET CURRENT ASSETS	<u>2,170</u>	<u>359</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	2,170	359
	<hr/>	<hr/>
NET ASSETS	<u>2,170</u>	<u>359</u>
FUNDS		
Unrestricted funds	<u>2,170</u>	<u>359</u>
TOTAL FUNDS	<u>2,170</u>	<u>359</u>

The financial statements were approved by the trustees and were signed on its behalf by:



Trustee: Lauren Doherty

18 September 2023



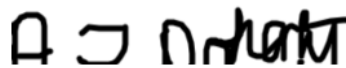
Trustee: Rebecca Blunstone

18 September 2023



Trustee: Vincent Doherty

18 September 2023



Trustee: Alyson Doherty

18 September 2023

ROAD SAFETY TALKS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2023

1. TRUSTEES' REMUNERATION AND BENEFITS

	2023	2022
	£	£
Trustees' salaries	<u>-</u>	<u>3,744</u>

During the accounting period year Mrs Rebecca Blunstone received a gross salary of £Nil (2022: £3,744).

No employees received employee benefits in excess of £60,000.

There were no trustees' expenses paid for the year ended 31 January 2023 nor for the period ended 31 January 2022.

2. OUTSTANDING GUARANTEES AND SECURED DEBTS

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on the assets of the CIO.

ROAD SAFETY TALKS

England & Wales - Charity number 1184336

Accounts

REGISTERED COMPANY NUMBER: CE018151 (England and Wales)
REGISTERED CHARITY NUMBER: 1184336

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2022
FOR
ROAD SAFETY TALKS**

DSC
Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 JANUARY 2022

TRUSTEES

Miss Lauren Doherty
Mrs Alyson Doherty
Mr Vincent Doherty
Mrs Rebecca Blunstone

REGISTERED OFFICE

10A Boroughbridge Road
Knaresborough
North Yorkshire
HG5 0JX

REGISTERED COMPANY NUMBER

CE018151 (England and Wales)

REGISTERED CHARITY NUMBER

1184336

WEBSITE

www.roadsafetytalks.co.uk

ACCOUNTANTS

DSC Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

LAUREN DOHERTY STORY

I was a carefree teenager who lived life to the max, always hanging around with my friends and we loved being out. Career wise, I didn't really know what I wanted to do, but I always had a job. This changed when I was successful in gaining a position at a local college, supporting individuals who had visual impairment. I knew that I had found my vocation in life. A few months after starting the job, life as I knew it was to change forever. It was a summer's evening on the 11th August 2008, and I had been out with a group of my friends in our local town to watch a band play. Some of us went back to a friend's house and at about 4am I set off walking back home. A friend walked with me. I don't know what made me cross the road at the wrong time, what – if anything – distracted me, what my friend and I were talking about at the time, what made me make the split second decision that would change my life forever, but I crossed the road without looking, without taking due care and attention, and the result of this was that I was hit by a van. I don't remember anything of the accident, which is probably a good thing. My first memory is waking up in hospital very confused as to what the sounds were around me and wondering what all the tubes and monitors were. My mum's face is the first familiar thing I saw and I do remember that this brought me comfort in the midst of everything going on. I broke my neck and required an operation for this to be stabilised, my pelvis and my wrist were also broken. I had a bleed on my aorta requiring a stent to be fitted, compartment syndrome requiring an operation on my legs, required skin grafts on my legs, I had a tracheostomy fitted to allow me to be ventilated and a cage was fitted to my pelvis. I was kept in an induced coma for the first three days for the majority of these procedures to be carried out, and subsequently spent three-and-a-half weeks in intensive care. I spent a total of 16 months in different hospitals; Harrogate, Leeds, Sheffield, with the last eight months being spent in a local rehab centre. During this time I was very aware that I was in a 'bubble'. I made every effort to ensure that I made visits to the OT and Physio departments off the ward and also started to visit the hospital Café on a weekend. I made sure that I had trips out from the ward to help me get used to seeing the 'real world' and different people again. I was very aware that there could be a chance that life outside hospital may be daunting and I wanted to be as prepared as possible. People did have the odd look at me, but I just smiled back at them.

I remember all the conversations which used to go on at my bedside. One in particular was around the fact that I wouldn't be able to breathe again for myself. I remember feeling so determined that I would be able to do so, I made it my focus to prove everyone wrong! Over the months I spent in hospital, trials were run to see if I was able to breathe alone. I always remember my mum turning the monitor around so that I wouldn't panic if I saw my stats drop.

Eventually after two years of trials, I was in a position to not be totally dependent on a machine to help me breathe all the time. I still use my vent periodically to give my body a rest, and if I have a chest infection I tend to need it a bit more often, but I am not totally dependent on it which means a great deal to me.

The Doctors and Nurses who were involved in my recovery were all fantastic. I felt that they took me under their wing. It was the little things they would do for me which meant so much like dying my hair for me so that I could look as good as possible when moving hospitals! They made me feel that I had hope of building my life again. A Ward Sister once told me that even though I couldn't move, my life wasn't over as I could control my life with my voice. This has always stuck with me.

I will also always remember what my Family and Friends did for me whilst in hospital. They made sure I always had someone by my side the whole time. They found the patience to lip read what I was saying in the early days before I had a speaking valve fitted to my tracheostomy, they brought in celebrity magazines to read to me, painted my nails or just kept me up to date with local gossip; they kept my mind occupied and helped me focus on my recovery, not dwell on what had happened. My mum and Uncle received the necessary vent training from the hospital so that when I had moved to the local rehab centre which was my home for 6 months, she was able to take me out. I enjoyed these times as they allowed me ease back into my life slowly.

As part of my discharge meeting, I had to meet a few care companies. I was discharged to a Young Adult Unit 10 minutes away from my family home which was great to be closer to my family but I was the youngest person in the unit by 30 years. My physio and a nurse from the spinal unit drove me to the unit where I met the nurses who would be taking care of me from the next six months. On November 23, 2009, I moved back to my parents' home which had had to be redesigned (they had only just had a new extension completed!) to allow the installation of all of my equipment and to accommodate the two carers I needed with me at all times. The task of totally rebuilding my life again began and on October 29 2013, I finally moved into my own purpose-built bungalow. This allowed me to live independently which I so wanted. I must look after my body even more since my accident, and the older I get the more aware I am of this. The long-term effects are that, apart from the paralysis, I have brittle bones, osteoporosis, requiring postural management, a tracheostomy in situ in case I require suction or for times when I do need some assistance from my ventilator, and I am susceptible to pressure sores. If I develop a pressure sore, it can mean me being extremely restricted in what I am able to do including showering, going out

ROAD SAFETY TALKS

LAUREN DOHERTY STORY (continued)

and being required to lay on my side for hours at a time in the hope it will heal.

I have always tried to follow the advice that I have been given over the years as I feel that if I take care of my body, I won't restrict my day to day activities. I experienced many changes to my body which led me to be very conscious about myself. One of these changes was that I had to have a tracheostomy fitted. I would always wear scarves (even in summer) to disguise it until one day I went to the shops and we had forgotten to bring one with us. The worry I had all that time about people looking at me because I had a tracheostomy needn't have worried me. It was my wheelchair people noticed, not my trachy, so from that day on I never wore a scarf again. It was a small part of my journey in starting to accept my new body.

I put a lot of weight on due to not being able to exercise and my body shape changed dramatically. I have low muscle tone therefore my stomach is very prominent. Over the years, I had to change my mindset around different styles of clothes and took my own positive actions as to how I improve my thoughts around my body shape. I often find it really hard to choose clothes that I like, will look right on my body shape as it is now and also hide my leg bag. This means that I spend lots of time either going out shopping or online shopping and there is a positive right there...I love shopping! I care about my appearance and by choosing to wear nice clothes and the fact that I always like my makeup done when I go out is something I can have control over.

I also needed to find a way to cope with the fact that I now need someone to do everything for me, including my personal care. In the early days after my RTC I found it really quite hard as I was very conscious about my body. I have a fantastic team around me who are so very sensitive and with who I feel comfortable with. I had to find a way of dealing with it and over the years I did...I just started to program my body to sleep through my shower and morning routine! I didn't have to worry then! One thing I always wanted to do after my accident was to speak in local schools about road safety. I felt really anxious about doing so and wondered how would it be received? In 2016, I teamed up with Rebecca to start work on my project 'Road Safety Talks' and visited my first school; a small country primary school. I was grateful for this opportunity as it helped me to gauge the children's reaction. As a result of talking to this one group of children, it has led to Teachers, Group leaders, Organisations, Companies, Police Forces and Fire & Rescue Services all sharing details of the work I am doing and has resulted in, to date, me speaking to over 8000 Children and Young Adults alongside these Agencies, as well as reaching thousands of people through social media, newspapers and magazines.

Working in collaboration with North Yorkshire Police, North Yorkshire Fire & Rescue Service, Harrogate Borough Council, North Yorkshire County Council and the Harrogate & District NHS Foundation Trust, I now help present as part of their 'Learn & Live' campaign. This campaign is aimed at Sixth Form Children, 16 years plus, who are new to, or currently learning to drive, raising their awareness of the consequences of poor driving and being a passenger in a vehicle driven by a young driver. Drugs, alcohol, mobile phones plus other distractions are covered via video clips and presentations.

Road Safety Talks project became a Registered Charity in July 2019.

By volunteering my time in the community, I have gained a purpose again as well as having a project I can focus on. If and when I have a bad day, which I still do 13 years on from my accident, I often think about the work I am doing, the warm welcome I receive everywhere I go, the great feedback, letters, messages of support and the pictures I have received from the children and it motivates me to stay positive.

I hope also to benefit others in demonstrating that just because you have had an accident and you are in a wheelchair, your life isn't over. You have to try your best to readjust to your new life and make the most of every new opportunity available to you. I believe that being open and honest about my life is the best way to be with the children as they seem to respond to extremely well, prompting a lot of questions and conversations afterwards. My hope is that by sharing what the reality is of what happens if you don't take care when crossing the road, it will, in a small way, help reduce the number of accidents on the road. The message I wish to get across is aimed at all age groups. From holding parents' hands, not using your mobile phone while crossing the road to being aware of the roads on a night out; it's all relevant. I am as honest as I can be in the hope it makes road users, drivers and pedestrians, take care on the roads. The reality is that I now need two carers around me all the time; if not by my side, in a room near me. They do everything for me from getting me washed, brushing my teeth, scratching my nose if I have an itch, cooking and feeding me my tea and enabling me to go out places. Although I do spend time by myself, I must have a baby monitor by my side in case I need any assistance or if there is an emergency. If I make a call to my friends or family, my conversation is heard through the monitor. To use my TV,

computer, phone, turn my lights on and off, I use a device called an Eyegaze, similar to an iPad. I can use this using my eyes; it detects my eye movement or when I tire of this, I can use a mouthpiece which is like a computer mouse. I enjoy shopping, going out and spending time with my friends, going to the cinema and concerts, taking my niece out and spending time with my family. I just can't do anything quickly or without planning now. The times I would just nip to see a friend or nip into town by myself have gone. I have had to accept that this is my life now.

I still try to get as much out of my life as I can, after having to overcome challenges to get the right care company with the help of my parents for the first 7 years after my accident, I'm now able to dedicate my time to promote road safety awareness. My life will never be the same again as a result of not concentrating on the road, and making a life-changing, split second decision to cross it at the wrong time. I hope that by sharing my story, it makes people aware of the impact an accident can have, not only on your life, but on your family and the driver's life. If my story prevents even one person from experiencing what I have been through, then I feel that talking to people about my life and road safety is worthwhile.



ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

The trustees, present their report with the financial statements of the charity for the period ended 31 January 2022.

OBJECTIVES AND ACTIVITIES

Incorporation

The charitable company was incorporated on 9 July 2019.

Objectives and aims

For the benefit of children and adults, by promoting safe practices in relation to road use, Road Safety Talks vision is to advance the education around issues of road safety with the objective of reducing personal injury and death amongst road users.

Significant activities

The Charity's main activity is, in the form of presentations or through the use of social media/other forms of media, sharing the personal experience of Lauren Doherty, who was involved in a RTC as a pedestrian in 2008 which left her paralysed.

The Charities aim is to encourage and improve basic road awareness, skills, knowledge and safe behaviour near the road.

We also work closely together with other agencies who share our vision, all contributing to educating on the subject and improving Road Safety.

Public benefit

The trustees have complied with the duty in section 17 (5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission.

ACHIEVEMENT AND PERFORMANCE

Main Achievements

As with everyone, Covid initially brought all work to a halt, not only presentation wise, but the new office build project too. As technology became the new way of life however, the demand for presentations grew and due to the fact that they were online, it meant that our audience reached national levels. To date, Lauren has reached over 10,000 Children and Adults personally with her message. The demand for her presentation still continues to grow.

As restrictions and lockdowns relaxed, building work was able to commence and it didn't take long at all for the incredible space which is now the new Road Safety Talks office to be built. This fully accessible space has changed the way we work. We not only have a place to now work from, but a place where we can invite and hold meetings with Colleagues and Supporters of the project without Lauren needing to travel anywhere. Should a meeting be based at a different venue, we now have all the technology to be able to connect online from the Office. This means that Lauren is involved in every meeting and decision made and is present in person.

Lauren continues to write blogs about her experience for Manchester based firm, CFG Law.

On a personal note, again now restrictions have been relaxed over the last year, Lauren was able to receive her Queens Birthday Honour in person from the Lord Lieutenant of North Yorkshire as well as attending the Queens Garden Party at Buckingham Palace.

ROAD SAFETY TALKS

FINANCIAL REVIEW

Reserves policy

The reserves policy of the charity is to retain sufficient funds in the bank account to avoid becoming overdrawn. It is the aim of the charity to hold sufficient reserves for the foreseeable future.

FUTURE PLANS

Working independently, and with other Road Safety Professionals in the area, to continue being able to provide a free of charge service to Schools, Groups and Organisations educating on the importance of staying safe on the roads, in the hope that it will reduce the number of fatalities or serious injuries that occur each year on the roads.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation (Foundation) and its governing document is its constitution.

Overall structure

Rebecca Blunstone, Project Manager, is responsible for overseeing the day to day running of Road Safety Talks as well as working with and supporting Lauren in the work she carries out.

The priority of this role is time management, always ensuring that Lauren's diary is coordinated to ensure that she is not over committed to events.

Risk Management

The trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is reviewed periodically. Where appropriate, systems or procedure have been introduced to manage the risks the charity faces.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee must be appointed for a term of 3 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 administration of the charity.

There are no other person or external body entitled to appoint one or more of the charity trustees.

Induction and training of new trustees

The trustees will make available to each new charity trustee, on or before his or her first appointment a copy of the current version the constitution and a copy of the CIO's latest Trustees' Annual Report and financial statements.

ROAD SAFETY TALKS

**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31 JANUARY 2022**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on its behalf by:

A handwritten signature in black ink that reads "L.A. Doherty". The letters are stylized and somewhat cursive, with the first name "L.A." and the last name "Doherty" clearly legible.

Trustee: Lauren Doherty

Date: 01 July 2022

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2022

	2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	441	7,249
Grants	<u>4,302</u>	<u>2,872</u>
	<u>4,743</u>	<u>10,121</u>
Total incoming resources	4,743	10,121
EXPENDITURE		
Raising donations and legacies		
Postage and stationery	<u>33</u>	<u>859</u>
	33	859
Charitable activities		
Advertising	610	449
Sundries	261	196
Computer costs	1,325	3,060
Office costs	<u>1,926</u>	<u>340</u>
	4,122	4,042
Other		
Wages	3,744	10,458
Governance costs		
Insurance	159	159
Professional fees	<u>954</u>	<u>984</u>
	<u>1,113</u>	<u>1,143</u>
Total resources expended	<u>9,012</u>	<u>16,502</u>
NET INCOME/(EXPENDITURE)	<u><u>(4,269)</u></u>	<u><u>(6,381)</u></u>

ROAD SAFETY TALKS

**STATEMENT OF FINANCIAL POSITION
31 JANUARY 2022**

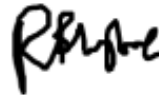
	2022 Unrestricted fund £	2021 Total funds £
CURRENT ASSETS		
Cash at bank	359	4,628
	<hr/>	<hr/>
NET CURRENT ASSETS	<u>359</u>	<u>4,628</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	359	4,628
	<hr/>	<hr/>
NET ASSETS	<u>359</u>	<u>4,628</u>
FUNDS		
Unrestricted funds	<u>359</u>	<u>4,628</u>
TOTAL FUNDS	<u>359</u>	<u>4,628</u>

The financial statements were approved by the trustees and were signed on its behalf by:



Trustee: Lauren Doherty

Date: 18 August 2022



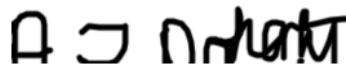
Trustee: Rebecca Blunstone

Date: 18 August 2022



Trustee: Vincent Doherty

Date: 18 August 2022



Trustee: Alyson Doherty

Date: 18 August 2022

ROAD SAFETY TALKS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2022

1. TRUSTEES' REMUNERATION AND BENEFITS

	2022	2021
	£	£
Trustees' salaries	<u>3,120</u>	<u>10,458</u>

Mrs Rebecca Blunstone, who is a trustee, receives monthly remuneration for her duty as the charity's Project Manager.

The provision for trustees to receive remuneration, for the supply of services other than acting as a trustee, was provided within the constitution.

During the accounting period year Mrs Rebecca Blunstone received a gross salary of £3,120 (2021: £10,458).

No employees received employee benefits in excess of £60,000.

There were no trustees' expenses paid for the year ended 31 January 2022 nor for the period ended 31 January 2021.

2. OUTSTANDING GUARANTEES AND SECURED DEBTS

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on the assets of the CIO.

ROAD SAFETY TALKS

England & Wales - Charity number 1184336

Accounts

REGISTERED COMPANY NUMBER: CE018151 (England and Wales)
REGISTERED CHARITY NUMBER: 1184336

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2021
FOR
ROAD SAFETY TALKS**

DSC
Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 JANUARY 2021**

TRUSTEES

Miss Lauren Doherty
Mrs Alyson Doherty
Mr Vincent Doherty
Mrs Rebecca Blunstone

REGISTERED OFFICE

10A Boroughbridge Road
Knaresborough
North Yorkshire
HG5 0JX

**REGISTERED COMPANY
NUMBER**

CE018151 (England and Wales)

**REGISTERED CHARITY
NUMBER**

1184336

WEBSITE

www.roadsafetytalks.co.uk

ACCOUNTANTS

DSC Chartered Accountants
Tattersall House
East Parade
Harrogate
North Yorkshire
HG1 5LT

ROAD SAFETY TALKS

LAUREN DOHERTY STORY

I was a carefree teenager who lived life to the max, always hanging around with my friends and we loved being out. Career wise, I didn't really know what I wanted to do, but I always had a job. This changed when I was successful in gaining a position at a local college, supporting individuals who had visual impairment. I knew that I had found my vocation in life. A few months after starting the job, life as I knew it was to change forever. It was a summer's evening on the 11th August 2008, and I had been out with a group of my friends in our local town to watch a band play. Some of us went back to a friend's house and at about 4am I set off walking back home. A friend walked with me. I don't know what made me cross the road at the wrong time, what – if anything – distracted me, what my friend and I were talking about at the time, what made me make the split second decision that would change my life forever, but I crossed the road without looking, without taking due care and attention, and the result of this was that I was hit by a van. I don't remember anything of the accident, which is probably a good thing. My first memory is waking up in hospital very confused as to what the sounds were around me and wondering what all the tubes and monitors were. My mum's face is the first familiar thing I saw and I do remember that this brought me comfort in the midst of everything going on. I broke my neck and required an operation for this to be stabilised, my pelvis and my wrist were also broken. I had a bleed on my aorta requiring a stent to be fitted, compartment syndrome requiring an operation on my legs, required skin grafts on my legs, I had a tracheostomy fitted to allow me to be ventilated and a cage was fitted to my pelvis. I was kept in an induced coma for the first three days for the majority of these procedures to be carried out, and subsequently spent three-and-a-half weeks in intensive care. I spent a total of 16 months in different hospitals; Harrogate, Leeds, Sheffield, with the last eight months being spent in a local rehab centre. During this time I was very aware that I was in a 'bubble'. I made every effort to ensure that I made visits to the OT and Physio departments off the ward and also started to visit the hospital Café on a weekend. I made sure that I had trips out from the ward to help me get used to seeing the 'real world' and different people again. I was very aware that there could be a chance that life outside hospital may be daunting and I wanted to be as prepared as possible. People did have the odd look at me, but I just smiled back at them.

I remember all the conversations which used to go on at my bedside. One in particular was around the fact that I wouldn't be able to breathe again for myself. I remember feeling so determined that I would be able to do so, I made it my focus to prove everyone wrong! Over the months I spent in hospital, trials were run to see if I was able to breathe alone. I always remember my mum turning the monitor around so that I wouldn't panic if I saw my stats drop.

Eventually after two years of trials, I was in a position to not be totally dependent on a machine to help me breathe all the time. I still use my vent periodically to give my body a rest, and if I have a chest infection I tend to need it a bit more often, but I am not totally dependent on it which means a great deal to me.

The Doctors and Nurses who were involved in my recovery were all fantastic. I felt that they took me under their wing. It was the little things they would do for me which meant so much like dying my hair for me so that I could look as good as possible when moving hospitals! They made me feel that I had hope of building my life again. A Ward Sister once told me that even though I couldn't move, my life wasn't over as I could control my life with my voice. This has always stuck with me.

I will also always remember what my Family and Friends did for me whilst in hospital. They made sure I always had someone by my side the whole time. They found the patience to lip read what I was saying in the early days before I had a speaking valve fitted to my tracheostomy, they brought in celebrity magazines to read to me, painted my nails or just kept me up to date with local gossip; they kept my mind occupied and helped me focus on my recovery, not dwell on what had happened. My mum and Uncle received the necessary vent training from the hospital so that when I had moved to the local rehab centre which was my home for 6 months, she was able to take me out. I enjoyed these times as they allowed me ease back into my life slowly.

As part of my discharge meeting, I had to meet a few care companies. I was discharged to a Young Adult Unit 10 minutes away from my family home which was great to be closer to my family but I was the youngest person in the unit by 30 years. My physio and a nurse from the spinal unit drove me to the unit where I met the nurses who would be taking care of me from the next six months. On November 23, 2009, I moved back to my parents' home which had had to be redesigned (they had only just had a new extension completed!) to allow the installation of all of my equipment and to accommodate the two carers I needed with me at all times. The task of totally rebuilding my life again began and on October 29 2013, I finally moved into my own purpose-built bungalow. This allowed me to live independently which I so wanted. I must look after my body even more since my accident, and the older I get the more aware I am of this. The long-term effects are that, apart from the paralysis, I have brittle bones, osteoporosis, requiring postural management, a tracheostomy in situ in case I require suction or for times when I do need some assistance from my ventilator, and I am susceptible to pressure sores. If I develop a pressure sore, it can mean me being extremely restricted in what I am able to do including showering, going out

ROAD SAFETY TALKS

LAUREN DOHERTY STORY (continued)

and being required to lay on my side for hours at a time in the hope it will heal.

I have always tried to follow the advice that I have been given over the years as I feel that if I take care of my body, I won't restrict my day to day activities. I experienced many changes to my body which led me to be very conscious about myself. One of these changes was that I had to have a tracheostomy fitted. I would always wear scarves (even in summer) to disguise it until one day I went to the shops and we had forgotten to bring one with us. The worry I had all that time about people looking at me because I had a tracheostomy needn't had worried me. It was my wheelchair people noticed, not my trachy, so from that day on I never wore a scarf again. It was a small part of my journey in starting to accept my new body.

I put a lot of weight on due to not being able to exercise and my body shape changed dramatically. I have low muscle tone therefore my stomach is very prominent. Over the years, I had to change my mindset around different styles of clothes and took my own positive actions as to how I improve my thoughts around my body shape. I often find it really hard to choose clothes that I like, will look right on my body shape as it is now and also hide my leg bag. This means that I spend lots of time either going out shopping or online shopping and there is a positive right there...I love shopping! I care about my appearance and by choosing to wear nice clothes and the fact that I always like my makeup done when I go out is something I can have control over.

I also needed to find a way to cope with the fact that I now need someone to do everything for me, including my personal care. In the early days after my RTC I found it really quite hard as I was very conscious about my body. I have a fantastic team around me who are so very sensitive and with who I feel comfortable with. I had to find a way of dealing with it and over the years I did...I just started to program my body to sleep through my shower and morning routine! I didn't have to worry then! One thing I always wanted to do after my accident was to speak in local schools about road safety. I felt really anxious about doing so and wondered how would it be received? In 2016, I teamed up with Rebecca to start work on my project 'Road Safety Talks' and visited my first school; a small country primary school. I was grateful for this opportunity as it helped me to gauge the children's reaction. As a result of talking to this one group of children, it has led to Teachers, Group leaders, Organisations, Companies, Police Forces and Fire & Rescue Services all sharing details of the work I am doing and has resulted in, to date, me speaking to over 8000 Children and Young Adults alongside these Agencies, as well as reaching thousands of people through social media, newspapers and magazines.

Working in collaboration with North Yorkshire Police, North Yorkshire Fire & Rescue Service, Harrogate Borough Council, North Yorkshire County Council and the Harrogate & District NHS Foundation Trust, I now help present as part of their 'Learn & Live' campaign. This campaign is aimed at Sixth Form Children, 16 years plus, who are new to, or currently learning to drive, raising their awareness of the consequences of poor driving and being a passenger in a vehicle driven by a young driver. Drugs, alcohol, mobile phones plus other distractions are covered via video clips and presentations.

Road Safety Talks project became a Registered Charity in July 2019.

By volunteering my time in the community, I have gained a purpose again as well as having a project I can focus on. If and when I have a bad day, which I still do 13 years on from my accident, I often think about the work I am doing, the warm welcome I receive everywhere I go, the great feedback, letters, messages of support and the pictures I have received from the children and it motivates me to stay positive.

I hope also to benefit others in demonstrating that that just because you have had an accident and you are in a wheelchair, your life isn't over. You have to try your best to readjust to your new life and make the most of every new opportunity available to you. I believe that being open and honest about my life is the best way to be with the children as they seem to respond to extremely well, prompting a lot of questions and conversations afterwards. My hope is that by sharing what the reality is of what happens if you don't take care when crossing the road, it will, in a small way, help reduce the number of accidents on the road. The message I wish to get across is aimed at all age groups. From holding parents' hands, not using your mobile phone while crossing the road to being aware of the roads on a night out; it's all relevant. I am as honest as I can be in the hope it makes road users, drivers and pedestrians, take care on the roads. The reality is that I now need two carers around me all the time; if not by my side, in a room near me. They do everything for me from getting me washed, brushing my teeth, scratching my nose if I have an itch, cooking and feeding me my tea and enabling me to go out places. Although I do spend time by myself, I must have a baby monitor by my side in case I need any assistance or if there is an emergency. If I make a call to my friends or family, my conversation is heard through the

monitor. To use my TV, computer, phone, turn my lights on and off, I use a device called an Eyegaze, similar to an iPad. I can use this using my eyes; it detects my eye movement or when I tire of this, I can use a mouthpiece which is like a computer mouse. I enjoy shopping, going out and spending time with my friends, going to the cinema and concerts, taking my niece out and spending time with my family. I just can't do anything quickly or without planning now. The times I would just nip to see a friend or nip into town by myself have gone. I have had to accept that this is my life now.

I still try to get as much out of my life as I can, after having to overcome challenges to get the right care company with the help of my parents for the first 7 years after my accident, I'm now able to dedicate my time to promote road safety awareness. My life will never be the same again as a result of not concentrating on the road, and making a life-changing, split second decision to cross it at the wrong time. I hope that by sharing my story, it makes people aware of the impact an accident can have, not only on your life, but on your family and the driver's life. If my story prevents even one person from experiencing what I have been through, then I feel that talking to people about my life and road safety is worthwhile.



ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

The trustees, present their report with the financial statements of the charity for the period ended 31 January 2021.

OBJECTIVES AND ACTIVITIES

Incorporation

The charitable company was incorporated on 9 July 2019.

Objectives and aims

For the benefit of children and adults, by promoting safe practices in relation to road use, Road Safety Talks vision is to advance the education around issues of road safety with the objective of reducing personal injury and death amongst road users.

Significant activities

The Charity's main activity is, in the form of presentations or through the use of social media/other forms of media, sharing the personal experience of Lauren Doherty, who was involved in a RTC as a pedestrian in 2008 which left her paralysed.

The Charities aim is to encourage and improve basic road awareness, skills, knowledge and safe behaviour near the road.

We also work closely together with other agencies who share our vision, all contributing to educating on the subject and improving Road Safety.

Public benefit

The trustees have complied with the duty in section 17 (5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission.

ACHIEVEMENT AND PERFORMANCE

Main Achievements

Due to the demand increasing again over the last year, despite Covid restrictions, for Lauren to share her story and Road Safety message, a temporary office was created whilst work started on the main project.

This temporary office was able to have the technology installed to enable Laurens presentations to be held by Zoom or other online methods. This facility meant that geographical boundaries and travel time wasn't an issue anymore and has seen Laurens message been shared nationally. To date, Lauren has reached over 8000 Children and Adults personally with her message.

Lauren also began to write blogs about her experience for Manchester based firm, CFG Law.

On a personal note, in 2020/2021, Lauren was awarded the following:

'Project Volunteer Award' at the Yorkshire Women Volunteer Awards

Possibly the highest accolade came in June 2021 when she was absolutely honoured to receive a BEM in the Queen's Birthday Honours.

These awards are in addition to previous years where she was awarded the following:

'Volunteer of the Year' Award at the Yorkshire Choice Awards,
'British Citizen Award' at The Palace of Westminster for her contribution to her community,
'Members Choice Award' from the Spinal Injuries Association
A Chief Constables Commendation from North Yorkshire Police
'Volunteer of the Year Award' at the Harrogate & District Volunteering Oscars
'Unsung Hero' at the Yorkshire Young Achievers Awards

ROAD SAFETY TALKS

FINANCIAL REVIEW

Reserves policy

The reserves policy of the charity is to retain sufficient funds in the bank account to avoid becoming overdrawn. It is the aim of the charity to hold sufficient reserves for the foreseeable future.

FUTURE PLANS

The creation of a fully equipped and accessible office, complete with the technology to deliver online presentations, based at Laurens home for her convenience, will enable the Charity to have a permanent base to work from and also be able to invite other Agencies to meet at. Although a number of grant applications have changed their criteria to support frontline Covid work over the last year, we will continue to apply for funding to enable the Charity to be self-sufficient and continue to do the work it does.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation (Foundation) and its governing document is its constitution.

Overall structure

Rebecca Blunstone, Project Manager, is responsible for overseeing the day to day running of Road Safety Talks as well as working with and supporting Lauren in the work she carries out.

The priority of this role is time management, always ensuring that Lauren's diary is coordinated to ensure that she is not over committed to events.

Risk Management

The trustees have carried out a review of the major risks to which the charity is exposed. A risk register has been established and is reviewed periodically. Where appropriate, systems or procedure have been introduced to manage the risks the charity faces.

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee must be appointed for a term of 3 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 administration of the charity.

There are no other person or external body entitled to appoint one or more of the charity trustees.

Induction and training of new trustees

The trustees will make available to each new charity trustee, on or before his or her first appointment a copy of the current version the constitution and a copy of the CIO's latest Trustees' Annual Report and financial statements.

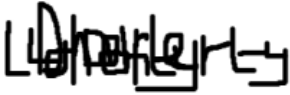
ROAD SAFETY TALKS

**REPORT OF THE TRUSTEES
FOR THE PERIOD ENDED 31 JANUARY 2021**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'L Doherty', written in a cursive style.

Trustee: Lauren Doherty

Date: 14 October 2021

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2021

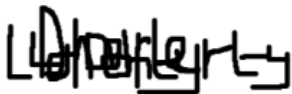
	YEAR ENDED 31.1.21 Unrestricted fund £	PERIOD 9.7.19 TO 31.1.20 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	7,249	7,381
Grants	<u>2,872</u>	<u>9,360</u>
	<u>10,121</u>	<u>16,741</u>
Total incoming resources	10,121	16,741
EXPENDITURE		
Raising donations and legacies		
Postage and stationery	859	354
Charity events	<u>-</u>	<u>799</u>
	859	1,153
Charitable activities		
Advertising	449	654
Sundries	193	106
Computer costs	3,060	650
Office costs	340	-
Travelling	-	191
Training	<u>-</u>	<u>100</u>
	4,042	1,701
Other		
Wages	10,458	2,062
Governance costs		
Insurance	159	-
Professional fees	<u>984</u>	<u>816</u>
	<u>1,143</u>	<u>816</u>
Total resources expended	<u>16,502</u>	<u>5,732</u>
NET INCOME/(EXPENDITURE)	<u><u>(6,381)</u></u>	<u><u>11,009</u></u>

ROAD SAFETY TALKS

**STATEMENT OF FINANCIAL POSITION
31 JANUARY 2021**

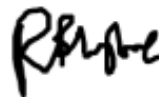
	2021 Unrestricted fund £	2020 Total funds £
CURRENT ASSETS		
Cash at bank	4,628	11,009
	<hr/>	<hr/>
NET CURRENT ASSETS	<u>4,628</u>	<u>11,009</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	4,628	11,009
	<hr/>	<hr/>
NET ASSETS	<u>4,628</u>	<u>11,009</u>
FUNDS		
Unrestricted funds	<u>4,628</u>	<u>11,009</u>
TOTAL FUNDS	<u>4,628</u>	<u>11,009</u>

The financial statements were approved by the trustees and were signed on its behalf by:



Trustee: Lauren Doherty

Date: 14 October 2021




Trustee: Rebecca Blunstone

Date: 14 October 2021



Trustee: Vincent Doherty

Date: 14 October 2021



Trustee: Alyson Doherty

Date: 14 October 2021

ROAD SAFETY TALKS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2021

1. TRUSTEES' REMUNERATION AND BENEFITS

	YEAR ENDED 31.1.21 £	PERIOD 9.7.19 TO 31.1.20 £
Trustees' salaries	<u>10,458</u>	<u>2,062</u>

Mrs Rebecca Blunstone, who is a trustee, receives monthly remuneration for her duty as the charity's Project Manager.

The provision for trustees to receive remuneration, for the supply of services other than acting as a trustee, was provided within the constitution.

During the accounting period year Mrs Rebecca Blunstone received a gross salary of £10,458 (2020: £2,062).

No employees received employee benefits in excess of £60,000.

There were no trustees' expenses paid for the year ended 31 January 2021 nor for the period ended 31 January 2020.

2. OUTSTANDING GUARANTEES AND SECURED DEBTS

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on the assets of the CIO.