

CHARLIE.DALLAS.LANCASTER.FOUNDATION

England & Wales · Charity number 1195207

Details

Status Registered

Legal form CIO

Registered 2021-07-19

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

Contact

Address Gardeners Cottage
North Kilvington
Thirsk
YO7 2NS

Phone 0783567658

Email info@cdfs.uk

Website www.charliedallaslancafterfoundation.co.uk

Activities

Objects: THE OBJECT OF THE CIO IS:FOR THE PUBLIC BENEFIT THE PROMOTION AND PROTECTION OF GOOD MENTAL HEALTH OF PEOPLE LIVING IN YORKSHIRE AND THE NORTH EAST OF ENGLAND IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF GRANT SUPPORT TO EXISTING CHARITIES AND THROUGH THE PROVISION OF SUPPORT SERVICES.

Activities: We are a charitable foundation, fundraising to allow the provision of much needed help and support to individuals and organisations working within the mental health and suicide prevention sphere.

Classification

- **How:** Makes Grants To Organisations
- **What:** General Charitable Purposes
- **Who:** Other Charities Or Voluntary Bodies

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£73,466	£48,120	-	-
2023-12-31	£68,812	£44,379	-	-
2022-12-31	£95,106	£55,883	-	-

Trustees

Name	Role	Appointed
Victoria Jane Taylor	Chair	2021-07-19
Alexandra Louise Rose Lancaster		2021-07-19

CHARLIE.DALLAS.LANCASTER.FOUNDATION

England & Wales - Charity number 1195207

Accounts



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charlie Dallas Lancaster Foundation

**On accounts for the year
ended**

31st December 2024

**Charity no
(if any)**

1195207

Set out on pages

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 12 / 2024.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

**Independent
examiner's statement**

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Will Pepper

Date:

08/10/2025

Name:

Will Pepper

**Relevant professional
qualification(s) or body
(if any):**

AAT Qualified Accountant

Address:

23 Millfield Close

York

YO41 5PP

Section B**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	January	2024		31	December

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

 Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Victoria Taylor	YO7 2NS	Whole year	Victoria Taylor
2	Alexandra Lancaster	YO7 2NS	Whole year	Alexandra Lancaster

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution document
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation ('Foundation' model constitution)
Trustee selection methods (eg. appointed by, elected by)	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.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Objects: For the public benefit the promotion and protection of good mental health of people living in Yorkshire and the North East of England in particular but not exclusively through the provision of grant support to existing charities and through the provision of support services.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

As a charity we have two main objectives.

- To raise awareness of mental health support in our community
- Support individuals and families who need support or are at crisis point, and these services are funded through our fund raising activities.

Awareness:

- We have created a website and through our social media channels people in need can contact us 24 hours a day.
- The website and social media channels help spread awareness of the support that is available aswell as sign posting to other charities who operate in the same space.
- We take pride in organising and taking part in community based events, exercise, and group events, with our main event being 'A mile a life', which runs from 23rd May to 23rd June and all highlight the importance of mental health.

Support:

- Through trained and qualified councillors we have partnered with we have three service lines, male over 18, Teens male and female, and female over 18. These support services can be both face-to-face and/or digital delivery, based one needs/preferences.
- Sessions at flexible times (weekends/evenings) e.g. for those who work/have childcare commitments.
- Open to all individuals who require support regardless of ethnicity, disability, gender.
- Free to access (funded through the Foundation).

These are funded through our fundraising activities which include an Annual Ball, sports events such as runs and cycles, local fundraisers such as small functions, selling of branded merchandise and also donations made from the public

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

- We have a grant making which enables the trustees to review all grant submissions to them so long as they are aligned to the promotion and protection of good mental health of people living in Yorkshire and the North East of England.
- These requests must be directly linked to a service provided or project that is aligned to the promotion and protection of good mental health and that can be measured.
- For all grants made over £1,000 additional monitoring and due diligence will be required
- There 6 volunteers who are ambassadors to the Foundation. They assist with events and fund raising as well as promoting awareness of the Foundation in the local communities we serve.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The foundation was created in the memory of our brother Charlie Dallas Lancaster. The foundation was set up to carry on the great charity work Charlie was dedicated to his whole adult life.

We have created a strong brand and presence in the region to help and support people who are suffering with poor mental health and need some support and guidance.

The foundation has now completed its second financial year and seen the strength and growth in relationships with counsellors and support to be able to provide provision of free/low cost therapy, counselling/support face-to-face for individuals in the York/wider Yorkshire region, including our service lines:

- Menfulness (York) who provide counselling/support through Serendipity for those 18+/male.
- Al Chambers (York) and Sarah Pym (Thirsk) for females and males or those under 18 but over 10 years old
- We would pay the service provider and individual, based on needs which they assess.

This provision supports:

- Reducing stigma on Mental Health through support and education
- Improving self-harm awareness/prevention via counselling/support
- Supporting people to engage with their own health/support independence through our service providers and wellbeing activities

Through the platforms (online/social media) we have created and the awareness of positive mental health and enabling people to contact us if they are suffering/need support or know people who do. Through our service lines of counselling, we are able to get people seen to within a week of contacting us which will help the individuals, relieve pressure on NHS and help local employers who are looking to support their staff in the Yorkshire area.

Our work supports recovery, crisis prevention and connects people to stay well. Feedback from people we have supported has been positive and helped improved mental health and struggles. For people at crisis point or dealing with a crisis we have found that the speed in which we can access face-to-face or virtual support has helped. From our findings a large barrier for people reaching out for support in this cost of living crisis is funding and we have been able to support individuals through this from funds we have raised to date. We have donated funds in our third financial year which has supported over 40 individuals through support, and look to grow this in the next financial year.

Section E

Financial review

Brief statement of the charity's policy on reserves

At the year end we had reserves of £89,001.79

We don't have a policy on minimum or maximum levels we must hold but have plans on deploying the reserves to our service lines as enquiries and referrals come in.

We like to have a positive balance so that we can pay for deposits on events we have planned for the future.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

As broken down in our accounts for the second financial year our principle sources of fund raising are:

- Annual Ball: £49,346
- Donations through local fund raising events throughout the year: £21,718
- Sales of merchandise: £2,402

Our expenditure has supported our key objectives of providing the support and service.

Donations we have made throughout the year are to:

- £1,500 to The HUT York
- £4,000 Amber Bee CIC
- £7,000 to Menfulness who provide the counselling support.
- £8,130 to Al Chambers and Sarah Pym who provide counselling support

Other expenditure was costs to put on events (the Ball) £21,483 and merchandise which we either sell to the public for a donation or donate to athletes or helpers which cost £3,218.

We have continued to provide awareness boards in community venues and local businesses, these have cost us £2,074

Other expenses in the year were £716 which was for postage, just giving and website costs.

We have a good structure in place for our grant making and we are in regular dialogue with our service lines so can gauge when funding is required and we overlay this into our fundraising plans for the year.

Section F



Other optional information

n/a

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Victoria Taylor	Alexandra Lancaster
Position (eg Secretary, Chair, etc)	Trustee	

Date 16.09.2023



Receipts and payments accounts

CC16a

For the period
from

01/01/2024

To

31/12/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
2024 Annual Ball	49,346	-	-	49,346	n/a
Merchandise Donations	2,402	-	-	2,402	n/a
Fund raising events	21,718	-	-	21,718	n/a
Sub total (Gross income for AR)	73,466	-	-	73,466	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	n/a
	-	-	-	-	n/a
Sub total	-	-	-	-	-
Total receipts	73,466	-	-	73,466	-
A3 Payments					
Ball Costs	21,483	-	-	21,483	-
Boards	2,074	-	-	2,074	-
Councillors	8,130	-	-	8,130	-
Donations made	12,500	-	-	12,500	-
IT costs	313	-	-	313	-
Postage	186	-	-	186	-
Just Giving	216	-	-	216	-
Merchandise	3,218	-	-	3,218	-
Sub total	48,120	-	-	48,120	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	48,120	-	-	48,120	-
Net of receipts/(payments)	25,346	-	-	25,346	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	63,655	-	-	63,655	-
Cash funds this year end	89,001	-	-	89,001	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash balance at year end	89,001	-	-
		-	-	-
		-	-	-
	Total cash funds	89,001	-	-

(agree balances with receipts and payments account(s))

OK	OK	OK
Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £

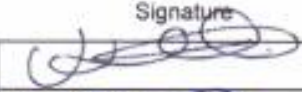

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	n/a	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	n/a		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	n/a		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	n/a		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Victoria Taylor	15/09/2025
	Alexandra Lancaster	15/09/2025

CHARLIE.DALLAS.LANCASTER.FOUNDATION

England & Wales - Charity number 1195207

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charlie Dallas Lancaster Foundation

**On accounts for the year
ended**

31st December 2023

**Charity no
(if any)**

1195207

Set out on pages

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 12 / 2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

William Pepper

Date:

27 / 9 / 24

Name:

WILLIAM PEPPER.

**Relevant professional
qualification(s) or body
(if any):**

AAT QUALIFIED ACCOUNTANT

Address:

23 MILLFIELD CLOSE

YO41 5PP.

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Trustees' Annual Report for the period

Period start date: 01 January 2023
 Period end date: 31 December 2023
 From To

Section A Reference and administration details

Charity name: Charlie Dallas Lancaster Foundation

Other names charity is known by: n/a

Registered charity number (if any): 1195207

Charity's principal address: Gardners Cottage
 Kilvington Hall
 North Kilvington
 Thirsk
 Postcode: YO7 2NS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Victoria Taylor	YO7 2NS	Whole year	Victoria Taylor
2	Alexandra Lancaster	YO7 2NS	Whole year	Alexandra Lancaster

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution document
How the charity is constituted	Charitable Incorporated Organisation ('Foundation' model constitution)
Trustee selection methods	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.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Objects: For the public benefit the promotion and protection of good mental health of people living in Yorkshire and the North East of England in particular but not exclusively through the provision of grant support to existing charities and through the provision of support services.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

As a charity we have two main objectives.

- To raise awareness of mental health support in our community
- Support individuals and families who need support or are at crisis point, and these services are funded through our fund raising activities.

Awareness:

- We have created a website and through our social media channels people in need can contact us 24 hours a day.
- The website and social media channels help spread awareness of the support that is available as well as sign posting to other charities who operate in the same space.
- We take pride in organising and taking part in community based events, exercise, and group events, with our main event being 'A mile a life', which runs from 23rd May to 23rd June and all highlight the importance of mental health.

Support:

- Through trained and qualified councillors we have partnered with we have three service lines, male over 18, Teens male and female, and female over 18. These support services can be both face-to-face and/or digital delivery, based on needs/preferences.
- Sessions at flexible times (weekends/evenings) e.g. for those who work/have childcare commitments.
- Open to all individuals who require support regardless of ethnicity, disability, gender.
- Free to access (funded through the Foundation).

These are funded through our fundraising activities which include an Annual Ball, sports events such as runs and cycles, local fundraisers such as small functions, selling of branded merchandise and also donations made from the public

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

- We have a grant making which enables the trustees to review all grant submissions to them so long as they are aligned to the promotion and protection of good mental health of people living in Yorkshire and the North East of England.
- These requests must be directly linked to a service provided or project that is aligned to the promotion and protection of good mental health and that can be measured.
- For all grants made over £1,000 additional monitoring and due diligence will be required
- There 6 volunteers who are ambassadors to the Foundation. They assist with events and fund raising as well as promoting awareness of the Foundation in the local communities we serve.

Summary of the main achievements of the charity during the year

The foundation was created in the memory of our brother Charlie Dallas Lancaster. The foundation was set up to carry on the great charity work Charlie was dedicated to his whole adult life.

We have created a strong brand and presence in the region to help and support people who are suffering with poor mental health and need some support and guidance.

The foundation has now completed its second financial year and seen the strength and growth in relationships with counsellors and support to be able to provide provision of free/low cost therapy, counselling/support face-to-face for individuals in the York/wider Yorkshire region, including our service lines:

- Menfulness (York) who provide counselling/support through Serendipity for those 18+/male.
- Al Chambers (York) and Sarah Pym (Thirsk) for females and males or those under 18 but over 10 years old
- We would pay the service provider and individual, based on needs which they assess.

This provision supports:

- Reducing stigma on Mental Health through support and education
- Improving self-harm awareness/prevention via counselling/support
- Supporting people to engage with their own health/support independence through our service providers and wellbeing activities

Through the platforms (online/social media) we have created and the awareness of positive mental health and enabling people to contact us if they are suffering/need support or know people who do. Through our service lines of counselling, we are able to get people seen to within a week of contacting us which will help the individuals, relieve pressure on NHS and help local employers who are looking to support their staff in the Yorkshire area.

Our work supports recovery, crisis prevention and connects people to stay well. Feedback from people we have supported has been positive and helped improved mental health and struggles. For people at crisis point or dealing with a crisis we have found that the speed in which we can access face-to-face or virtual support has helped. From our findings a large barrier for people reaching out for support in this cost of living crisis is funding and we have been able to support individuals through this from funds we have raised to date. We have donated funds in our second financial year which has supported over 30 individuals through support, and look to grow this in the next financial year.

Section E

Financial review

Brief statement of the charity's policy on reserves

At the year end we had reserves of £63,655.31

We don't have a policy on minimum or maximum levels we must hold but have plans on deploying the reserves to our service lines as enquiries and referrals come in.

We like to have a positive balance so that we can pay for deposits on events we have planned for the future.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

As broken down in our accounts for the second financial year our principle sources of fund raising are:

- Annual Ball: £24,440
- Donations through local fund raising events throughout the year: £41,405
- Sales of merchandise: £2,865

Our expenditure has supported our key objectives of providing the support and service.

Donations we have made throughout the year are to:

- £2,000 to Menfulness who provide the counselling support.
- £2,430 to AI Chambers and Sarah Pym who provide counselling support
- £300 to York Mind
- £3,000 to Ripple
- £3,000 to Safe and Sound
- £1,500 to Carecent

Other expenditure was costs to put on events (the Ball) £19,676 and merchandise which we either sell to the public for a donation or donate to athletes or helpers which cost £7,908.

This year we have started to provide awareness boards in community venues and local businesses, these have cost us £2,565

Other expenses in the year were £781 which was for postage, just giving and website costs.

We have a good structure in place for our grant making and we are in regular dialogue with our service lines so can gauge when funding is required and we overlay this into our fundraising plans for the year.

Section F


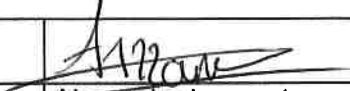
Other optional information

n/a

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Victoria Taylor	Alexandra Lancaster
Position (eg Secretary, Chair, etc)	Trustee	
Date	10.09.24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charlie Dallas Lancaster Foundation 1195207

CC16a

Receipts and payments accounts

For the period from	01/01/2023	To	31/12/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
2023 Annual Ball	24,441	-	-	24,441	n/a
Merchandise Donations	2,865	-	-	2,865	n/a
Fund raising events	41,506	-	-	41,506	n/a
					n/a
Sub total (Gross income for AR)	68,812	-	-	68,812	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	n/a
	-	-	-	-	n/a
Sub total	-	-	-	-	-
Total receipts	68,812	-	-	68,812	-
A3 Payments					
Ball Costs	19,676	-	-	19,676	-
Boards	2,565	-	-	2,565	-
Counselling	3,498	-	-	3,498	-
Donations made	9,950	-	-	9,950	-
IT costs	438	-	-	438	-
Postage	127	-	-	127	-
Just Giving	216	-	-	216	-
Merchandise	7,908	-	-	7,908	-
Sub total	44,379	-	-	44,379	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	44,379	-	-	44,379	-
Net of receipts/(payments)	24,433	-	-	24,433	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	39,223	-	-	39,223	-
Cash funds this year end	63,655	-	-	63,655	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash balance at year end	63,655	-	-
		-	-	-
		-	-	-
	Total cash funds	63,655	-	-

(agree balances with receipts and payments account(s))


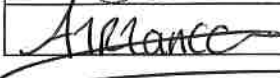
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	n/a	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	n/a		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	n/a		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	n/a		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Victoria Taylor	31/08/2024
	Alexandra Lancaster	31/08/2024

CHARLIE.DALLAS.LANCASTER.FOUNDATION

England & Wales - Charity number 1195207

Accounts



Receipts and payments accounts

For the period from	23/06/2021	To	31/12/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
2021 Mile A Life Event	-	20,495	-	20,495
2022 Annual Ball	25,606	-	-	25,606
Fund raising events	18,934	-	-	18,934
Just Giving Donations	7,429	-	-	7,429
Paypal Donations	11,844	-	-	11,844
Cash Donations	7,265	-	-	7,265
Merchandise Donations	3,533	-	-	3,533
	-	-	-	-
Sub total (Gross income for AR)	74,611	20,495	-	95,106
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	74,611	20,495	-	95,106
A3 Payments				
Menfulness	10,105	-	-	10,105
Jordan Legacy	1,040	-	-	1,040
Yound Minds	860	-	-	860
Events	17,030	-	-	17,030
Merchandise	5,748	-	-	5,748
Postage	65	-	-	65
Just Giving	180	-	-	180
Other Expenses	360	-	-	360
York Mind	-	10,288	-	10,288
SASH	-	10,207	-	10,207
	-	-	-	-
Sub total	35,388	20,495	-	55,883
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	35,388	20,495	-	55,883
Net of receipts/(payments)	39,223	-	-	39,223
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	39,223	-	-	39,223

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Cash balance at year end	39,223	-
		-	-
		-	-
	Total cash funds	39,223	-
(agree balances with receipts and payments account(s))		OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	n/a	-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets	n/a		-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use	n/a		-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities	n/a		-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Victoria Taylor

Alexandra Lancaster

CC16a



Last year
to the nearest £

n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
-

n/a
n/a
-

-

-
-
-
-
-
-
-
-
-
-
-

-

-

-
-
-
-



**Endowment
funds**
to nearest £

-
-
-
-

OK

**Endowment
funds**
to nearest £

-
-
-
-
-
-

Current value
(optional)

-
-
-
-
-

Current value
(optional)

-
-
-
-
-
-
-
-
-

When due
(optional)

Date of approval

01/01/2023
01/01/2023



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A

Independent Examiner's Report

Report to the trustees/ members of	Charity Name Charlie Dallas Lancaster Foundation		
On accounts for the year ended	31 st December 2022	Charity no (if any)	1195207
	Set out on pages 1 and 2 <small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 12 / 2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:		Date:	10/10/23
Name:	WILL PEPPER		
Relevant professional qualification(s) or body (if any):	AAT		
Address:	SUITE 2, WOODHOUSE GRANGE		
	BUSINESS PARK.		
	YO41 4DF.		

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NONE



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charlie Dallas Lancaster Foundation

1195207

Receipts and payments accounts

CC16a

For the period from	23/08/2021	To	31/12/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
2021 Mile A Life Event	-	20,495	-	20,495	n/a
2022 Annual Ball	25,606	-	-	25,606	n/a
Fund raising events	18,934	-	-	18,934	n/a
Just Giving Donations	7,429	-	-	7,429	n/a
Paypal Donations	11,844	-	-	11,844	n/a
Cash Donations	7,265	-	-	7,265	n/a
Merchandise Donations	3,533	-	-	3,533	n/a
	-	-	-	-	n/a
Sub total (Gross income for AR)	74,611	20,495	-	95,106	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	n/a
	-	-	-	-	n/a
Sub total	-	-	-	-	-
Total receipts	74,611	20,495	-	95,106	-
A3 Payments					
Menfulness	10,105	-	-	10,105	-
Jordan Legacy	1,040	-	-	1,040	-
Young Minds	860	-	-	860	-
Events	17,030	-	-	17,030	-
Merchandise	5,748	-	-	5,748	-
Postage	65	-	-	65	-
Just Giving	180	-	-	180	-
Other Expenses	360	-	-	360	-
York Mind	-	10,288	-	10,288	-
SASH	-	10,207	-	10,207	-
	-	-	-	-	-
Sub total	35,388	20,495	-	55,883	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,388	20,495	-	55,883	-
Net of receipts/(payments)	39,223	-	-	39,223	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	39,223	-	-	39,223	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash balance at year end	39,223	-	-
		-	-	-
		-	-	-
	Total cash funds	39,223	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


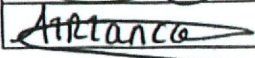
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	n/a	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	n/a		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	n/a		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	n/a		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Victoria Taylor	01/01/2023
	Alexandra Lancaster	01/01/2023



Trustees' Annual Report for the period						
		Period start date			Period end date	
From		23	June	2021	To	31 December 2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Gardners Cottage	
Kilvington Hall	
North Kilvington	
Thirsk	
Postcode	YO7 2NS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Victoria Taylor	YO7 2NS	Whole year	Victoria Taylor
2	Alexandra Lancaster	YO7 2NS	Whole year	Alexandra Lancaster

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution document
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation ('Foundation' model constitution)
Trustee selection methods <small>(eg. appointed by, elected by)</small>	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.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Objects: For the public benefit the promotion and protection of good mental health of people living in Yorkshire and the North East of England in particular but not exclusively through the provision of grant support to existing charities and through the provision of support services.

Summary of the main activities undertaken for the public benefit in relation to these objects (Include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

As a charity we have two main objectives.

- To raise awareness of mental health support in our community
- Support individuals and families who need support or are at crisis point, and these services are funded through our fund raising activities.

Awareness:

- We have created a website and through our social media channels people in need can contact us 24 hours a day.
- The website and social media channels help spread awareness of the support that is available as well as sign posting to other charities who operate in the same space.
- We take pride in organising and taking part in community based events, exercise, and group events, with our main event being 'A mile a life', which runs from 23rd May to 23rd June and all highlight the importance of mental health.

Support:

- Through trained and qualified councillors we have partnered with we have three service lines, male over 18, Teens male and female, and female over 18. These support services can be both face-to-face and/or digital delivery, based on needs/preferences.
- Sessions at flexible times (weekends/evenings) e.g. for those who work/have childcare commitments.
- Open to all individuals who require support regardless of ethnicity, disability, gender.
- Free to access (funded through the Foundation).

These are funded through our fundraising activities which include an Annual Ball, sports events such as runs and cycles, local fundraisers such as small functions, selling of branded merchandise and also donations made from the public

Additional details of objectives and activities (Optional Information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

- We have a grant making which enables the trustees to review all grant submissions to them so long as they are aligned to the promotion and protection of good mental health of people living in Yorkshire and the North East of England.
- These requests must be directly linked to a service provided or project that is aligned to the promotion and protection of good mental health and that can be measured.
- For all grants made over £1,000 additional monitoring and due diligence will be required
- There 6 volunteers who are ambassadors to the Foundation. They assist with events and fund raising as well as promoting awareness of the Foundation in the local communities we serve.

Summary of the main achievements of the charity during the year

The foundation was created in the memory of our brother Charlie Dallas Lancaster. The foundation was set up to carry on the great charity work Charlie was dedicated to his whole adult life.

We have created a strong brand and presence in the region to help and support people who are suffering with poor mental health and need some support and guidance.

When we started the foundation we didn't have the service lines set up to start with as we were still in our development stage. Our first event raised significant funds with a lot of the public donating in honour of Charlie. As trustees we split these funds (restricted funds) and donated to SASH and York Mind which are two charities aligned to our strategy and two charities that Charlie supported in the past.

Over the first financial year we have set up relationships with counsellors and support to be able to provide provision of free/low cost therapy, counselling/support face-to-face for individuals in the York/wider Yorkshire region, including our service lines:

- Menfulness (York) who provide counselling/support through Serendipity for those 18+/male.
- Al Chambers (York) and Sarah Pym (Thirsk) for females and males or those under 18 but over 10 years old
- We would pay the service provider and individual, based on needs.

This provision supports:

- Reducing stigma on Mental Health through support and education
- Improving self-harm awareness/prevention via counselling/support
- Supporting people to engage with their own health/support independence through our service providers and wellbeing activities

Through the platforms (online/social media) we have created and the awareness of positive mental health and enabling people to contact us if they are suffering/need support or know people who do. Through our service lines of counselling, we are able to get people seen to within a week of contacting us which will help the individuals, relieve pressure on NHS and help local employers who are looking to support their staff in the Yorkshire area.

Our work supports recovery, crisis prevention and connects people to stay well. Feedback from people we have supported has been positive and helped improved mental health and struggles. For people at crisis point or dealing with a crisis we have found that the speed in which we can access face-to-face or virtual support has helped. From our findings a large barrier for people reaching out for support in this cost of living crisis is funding and we have been able to support individuals through this from funds we have raised to date. We have donated funds in our first financial year which has covered 200 hours of support, and look to grow this in the next financial year.

Section E

Financial review

Brief statement of the charity's policy on reserves

At the year end we had reserves of £39,223.

We don't have a policy on minimum or maximum levels we must hold but have plans on deploying the reserves to our service lines as enquiries and referrals come in.

We like to have a positive balance so that we can pay for deposits on events we have planned for the future.

Details of any funds materially in deficit

N/A

Further financial review details (Optional Information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

As broken down in our accounts for the first financial year our principle sources of fund raising are:

- Annual Ball: £25,606
- Paypal which were people buying auction prizes at the ball: £11,844
- Local fund raising events throughout the year: £18,934
- Just giving donations from sports events: £7,429
- Cash Donations: £7,265
- Sales of merchandise: £3,533
- 2021 Mile a Life event: £20,495 – we have classed these as restricted funds as we paid these straight out to SASH and York Mind following the event.

Our expenditure has supported our key objectives of providing the support and service. This was through £10,105 to Menfulness who provide the counselling support.

We supported Jordan Legacy and Young Minds through grants of £1,040 and £860 which are charities who operated in our space.

Other expenditure was costs to put on events (the Ball) £17,030 and merchandise which we either sell to the public for a donation or donate to athletes or helpers which cost £5,748.

Other expenses in the year were £605 which was for postage, just giving and website costs.

We have a good structure in place for our grant making and we are in regular dialogue with our service lines so can gauge when funding is required and we overlay this into our fundraising plans for the year.

Section F


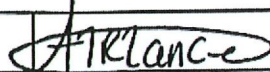
Other optional information

n/a

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Victoria Taylor	Alexandra Lancaster
Position (eg Secretary, Chair, etc)	Trustee	

Date 07.10.2023



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