



Charity Registration No. 1198467

LITTLE BLEEDERS
TRUSTEE'S REPORT AND UNAUDITED ACCOUNTS
FOR THE PERIOD ENDED 31 MAY 2023



LITTLE BLEEDERS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mr A Dowsett
Mrs J Dowsett
Mr D Hart
Mrs N Hubert
Mr J Woyton
Mr J Millard
Ms Kate Burt

Charity number

1198467

Independent examiner

Ellacotts LLP
Countrywide House
23 West Bar
Banbury
Oxfordshire
OX16 9SA
England



LITTLE BLEEDERS

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LITTLE BLEEDERS

TRUSTEE'S REPORT

FOR THE PERIOD ENDED 31 MAY 2023

The trustees presents it's report and accounts for the Period ended 31 May 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

Structure, governance and management

The charity was established by a charitable trust deed on 31st March 2022 .

The members of the trustees who served during the Period were:

Mr A Dowsett

Mrs J Dowsett

Mr D Hart

Mrs N Hubert

Mr J Woyton

Mr J Millard

Ms Kate Burt

(Appointed 1 January 2023)

The charity welcomes expressions of interest from individuals who are passionate about supporting young people with bleeding disorders. While we value a broad range of skills and experiences, our primary focus is on finding trustees who share our commitment to the charity's mission. We are open and inclusive in our recruitment approach, encouraging applications from all backgrounds. New trustees are selected based on their enthusiasm, alignment with our values, and ability to contribute to the charity's ongoing development and governance.

The charity is successfully managed through a clear and well-structured governance framework, ensuring that all activities are delivered effectively and in line with its charitable objectives. Operating solely within the UK, the charity is dedicated to supporting young people under the age of 18 who are living with bleeding disorders, with a particular focus on encouraging safe participation in sport and movement as a means of managing their condition and enhancing their overall wellbeing.

Oversight is provided by a committed Board of Trustees, made up of seven members with a broad range of skills and professional backgrounds. The current trustee board includes individuals with expertise in haemophilia healthcare, physiotherapy, finance, legal compliance, sport coaching, and charity governance. This diverse blend of knowledge ensures informed decision-making and a strong foundation for sustainable growth.

The trustees meet to review strategic priorities, financial performance, and operational delivery. They are responsible for ensuring that the charity adheres to all relevant regulatory and legal requirements, including those set by the Charity Commission for England and Wales. Risk management, impact measurement, and ongoing evaluation are embedded into the governance process to maintain accountability and transparency.

A key element of the charity's success is its formal partnership with The Haemophilia Society. As a larger, well-established organisation, The Haemophilia Society provides vital support in areas where scale and capacity might otherwise be limiting. This partnership allows the charity to extend its reach and impact while maintaining a clear and independent governance structure. The collaboration has proven to be highly effective, strengthening the delivery of shared objectives and ensuring young people with bleeding disorders receive well-rounded, consistent support across services.

The strength of the charity's leadership, combined with a clear mission, trusted partnerships, and dedicated operational delivery, has enabled it to build a reputation for high-quality support and meaningful impact in the lives of young people with bleeding disorders across the UK.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.



LITTLE BLEEDERS

TRUSTEE'S REPORT (CONTINUED) FOR THE PERIOD ENDED 31 MAY 2023

Objectives and activities

Little Bleeders is dedicated to empowering young people with bleeding disorders to live full and active lives. Founded by professional cyclist Alex Dowsett, who himself has severe haemophilia A, the charity focuses on promoting physical activity as a means of managing haemophilia.

Objectives:

- **Empowerment Through Sport:** Encourage and support young individuals with bleeding disorders to participate in sports and physical activities safely, fostering confidence and well-being.
- **Education and Awareness:** Provide resources and information to young people, their families, and the broader community about bleeding disorders and the benefits of an active lifestyle in managing these conditions.
- **Advocacy:** Raise awareness about bleeding disorders and advocate for the inclusion and support of affected individuals in sports and other physical pursuits.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

- **Educational Events:** Alex Dowsett Hour Record successfully showed audiences on a global scale that anything can be possible with the right management and respect for haemophilia.
- **Resource Provision:** Develop and distribute materials that assist young people and their families in navigating the challenges associated with bleeding disorders, emphasizing the role of physical activity in management.
- **Community Building:** Foster a supportive network where young individuals with bleeding disorders can connect, share stories, and motivate each other to lead active lifestyles.

Through these objectives and activities, Little Bleeders strives to create a positive impact in the lives of young people affected by bleeding disorders, promoting health, confidence, and community engagement.

Achievements and performance

Little Bleeders exists to provide meaningful public benefit by supporting the health, wellbeing, and long-term fitness of young people living with bleeding disorders. By promoting and enabling access to sport and physical activity, the charity contributes to key public health outcomes—encouraging children and young people to stay active, manage their condition effectively, and reduce their long-term reliance on NHS services. Physical movement is widely recognised as a critical factor in improving joint health, mobility, mental wellbeing, and overall quality of life, particularly for those living with haemophilia and related conditions.

The charity's grant programme lies at the heart of its impact. To date, Little Bleeders has awarded thousands of pounds in grants to support young people with safe access to sport and movement-based activities. These grants have enabled participation in activities ranging from swimming, tennis, cricket, and archery, to rock climbing, skateboarding, and soft play for infants as young as four months old. By removing financial barriers, the charity empowers families to make movement a part of everyday life for their children, regardless of age or diagnosis. All support is tailored to ensure the activities are appropriate and beneficial in managing bleeding disorders.

Little Bleeders supports young people from infancy through to the age of 18, making a significant contribution to long-term health outcomes. The charity's work helps to instil healthy habits from an early age, reduce isolation, and give young people the tools to take control of their condition in a positive, proactive way.

A major highlight in the charity's fundraising efforts came through founder Alex Dowsett's high-profile cycling Hour Record attempt, which raised over £50,000 to support the charity's mission. This not only provided critical funds for grant-giving and awareness campaigns but also helped raise global visibility for the needs and potential of young people living with bleeding disorders.

Through its grants, advocacy, and engagement with families, clinicians, and partner organisations, Little Bleeders continues to demonstrate strong performance in delivering public benefit and improving lives across the UK.



LITTLE BLEEDERS

TRUSTEE'S REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 MAY 2023

Financial review

During the year the charity received donations of £34k, while making grants of £10.6k. Alongside admin expenses incurred the current free reserves balance stands at £22.5k. The trustees believe this is sufficient cover to meet the running expenses of the charity.

All funds held by the charity are unrestricted.

On behalf of the board of trustees

A handwritten signature in black ink that reads "Alex Dowsett". The signature is written in a cursive, flowing style.

.....
Mr A Dowsett

Trustee
Dated: 28/4/2025 | 12:38 BST



LITTLE BLEEDERS

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

The trustees is responsible for preparing the Trustee's Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that Period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees is responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable it to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. It is 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.



LITTLE BLEEDERS

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LITTLE BLEEDERS

I report to the trustees on my examination of the financial statements of Little Bleeders (the charity) for the period ended 31 May 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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

Ellacotts LLP

Ellacotts LLP

Countrywide House
23 West Bar
Banbury
Oxfordshire
OX16 9SA
England

Date: *30/4/25*



LITTLE BLEEDERS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD ENDED 31 MAY 2023

		2023
	Notes	
<u>Incoming resources from generated funds</u>		
Donations and legacies	2	36,872
		<hr/>
<u>Resources expended</u>	3	
Charitable activities		
Raising Funds		1,214
Grants		10,650
		<hr/>
Total resources expended		11,864
		<hr/>
Net income for the year/ Net movement in funds		25,008
Fund balances at 31 March 2022		-
		<hr/>
Fund balances at 31 May 2023		25,008
		<hr/> <hr/>



LITTLE BLEEDERS
BALANCE SHEET
AS AT 31 MAY 2023

	Notes	2023 £	£
Current assets			
Debtors	7	25,008	
Total assets less current liabilities			25,008
Income funds			
Unrestricted funds			25,008
			25,008

The accounts were approved by the Trustees on 28/4/2025 | 12:38 BST

Alex Dowsett
.....
Mr A Dowsett
Trustee



LITTLE BLEEDERS

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31 MAY 2023

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared on a receipts and payments basis.

The charity has limited overhead expenditure as it's key purpose is to issue grants to others. All trustees are volunteers and no payments are made.

The trustees have considered the position of the charity and its requirements for the coming 12 months and believe the charity should be considered a going concern.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Charities Act 2011.

2 Donations and legacies

2023

Donations and gifts

36,872

3 Total resources expended

	Other costs £	Grant funding £	Total 2023 £
Charitable activities			
<u>Raising Funds</u>			
Activities undertaken directly	1,214	-	1,214
<u>Grants</u>			
Grant funding of activities	-	10,650	10,650
	<u>1,214</u>	<u>10,650</u>	<u>11,864</u>

4 Grants payable

2023
£

Grants

10,650

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the Period.



LITTLE BLEEDERS

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE PERIOD ENDED 31 MAY 2023

6 Employees

There were no employees during the Period.

7 Debtors	2023
	£
Other debtors	25,008

Other debtors consists of the charity funds held on their behalf by The Haemophilia Society, a charity in which a trustee is employed, there is an ongoing strategic partnership between the charities.