

THE ELLA DAWSON FOUNDATION

England & Wales · Charity number 1204154

Details

Status Registered

Legal form CIO

Registered 2023-07-28

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

Contact

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Activities

Objects: THE RELIEF OF SICKNESS AND THE PROMOTION AND PROTECTION OF HEALTH AND WELLBEING FOR YOUNG ADULTS AGED BETWEEN 18-30 LIVING IN THE UK THROUGH AND BEYOND A CANCER DIAGNOSIS AND THEIR FAMILIES AND CARERS IN PARTICULAR BY PROVIDING PHYSICAL AND PSYCHOLOGICAL AND EMOTIONAL SUPPORT, RESOURCES AND INFORMATION WITH A VIEW TO PROVIDING PALLIATIVE RELIEF AND IMPROVING THEIR QUALITY OF LIFE AND TO MAKE GRANTS TOWARDS RESEARCH INTO THE TREATMENT OF CANCER IN YOUNG PEOPLE

Activities: The Ella Dawson Foundation was initially registered with the Charities Commission in December 2021 as a Charitable Trust Deed (Charity No 1197112). The charity aims to help young adults aged 18-30 years old living in the UK and their families and carers to live well through and beyond a cancer diagnosis by providing tailored physical, psychological, nutritional and wellbeing support.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£232,202	£174,652	-	-
2024-12-31	£194,733	£131,690	-	-

Trustees

Name	Role	Appointed
Jane Dawson	Chair	2023-07-28
Adam Waugh		2026-05-27
Erin Berry		2025-08-21
Hanna Simpson		2023-07-28
James Hales		2024-12-05
Kevin Dawson		2023-07-28
Kris Holland		2024-12-19
Laura Riach		2023-07-28

THE ELLA DAWSON FOUNDATION

England & Wales - Charity number 1204154

Accounts



Annual Report 2025

Part One: Impact Report

Part Two: Annual Report and Accounts



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helping young adults
live well with cancer



Impact Report 2025

Helping young adults live well with cancer



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"I want to put out there something I was missing, something that others can relate to in the future and prove not all is lost when you have been diagnosed with cancer."

*Ella Dawson, 1997-2021
The Ella Dawson Foundation is her legacy.*

A letter from our Founder

As we approach the end of our fourth year, I am incredibly proud of everything we have achieved together and the impact we have made on many young lives across the country. Since launching the Ella Dawson Foundation, we have now provided life-changing support to more than 2,500 young people living with and beyond cancer and their families.

In what continues to be a challenging economic climate, we could not do this work without the kindness and generosity of our community. Thank you to our Trustees, Lived Experience Panel Volunteers, Donors, Partners, Supporters, Beneficiaries, and Fundraisers. Together, we are working to ensure that every young adult diagnosed with cancer has access to the tools and support they need to live well and feel empowered.

Looking ahead, 2026 marks five years since we lost Ella and the Ella Dawson Foundation was created in her legacy. This will be a moment of reflection and even greater purpose. I am delighted to share this impact report, highlighting the achievements and stories that shaped 2025 at the Ella Dawson Foundation.

Thank you for being part of this journey. Our mission continues and together, we will make a difference to more young people facing cancer and their families and carers.

Jane Dawson
Founder, CEO



Together we are Changing Lives

The Ella Dawson Foundation is a national charity supporting young adults aged 18–30, their families and carers, through tailored psychological, emotional, physical, nutritional and wellbeing support at any stage of cancer.

Our mission is to ensure every young adult diagnosed with cancer has the tools and support they need to live well and feel empowered.

Since our launch in 2022 we've supported over 2500 young people living with and beyond cancer and their families

The Ella Dawson Foundation is a legacy to Ella Dawson. Ella was diagnosed with PH+ Acute Lymphoblastic Leukaemia in August 2019, aged 22. Over the course of the following 2 years, Ella underwent constant treatment. Sadly, Ella's disease was very aggressive and, heartbreakingly, she passed away in July 2021.

During her illness, Ella found that there was greater need for specialised mental and physical health and wellbeing support unique to the needs of young people with cancer.

Ella created a wellbeing blueprint to help others like her. The Ella Dawson Foundation was launched, as a legacy to Ella and the life she lived so well.

"I want to put out there something I was missing, I want to prove not all is lost when you have been diagnosed with cancer."

Ella Dawson, 2020



The Year at a Glance

Our mission is that every young adult with cancer and their families and carers have the tools and support they need to live well and feel empowered.

We have supported 1000 young people living with and beyond cancer and their families in 2025..

In 2025, we have extended our reach nationally reaching 95 treating hospitals nationwide.

We value the lived experience of all those we work with and support, and wellbeing is at the core of the support we offer.

We are dedicated to providing timely, tailored and high quality support to young people with cancer, when they need it and for as long as they need it.

We have funded a dedicated Complimentary Therapist supporting 270 young people and their families at the Christie Hospital, Manchester.



“I really needed a space and support to help me deal with all I was feeling and thinking. One of my best friends reached out to the Ella Dawson Foundation, and I immediately got a response. The support I received during the psychology sessions was exactly what I needed. My psychologist helped me speak through, process and understand all that I was experiencing in a safe place.” - Kim



Meet Ellys

I am Ellys, 24 years old.
I love socialising with
my friends, grabbing coffee on
the weekends and baking!



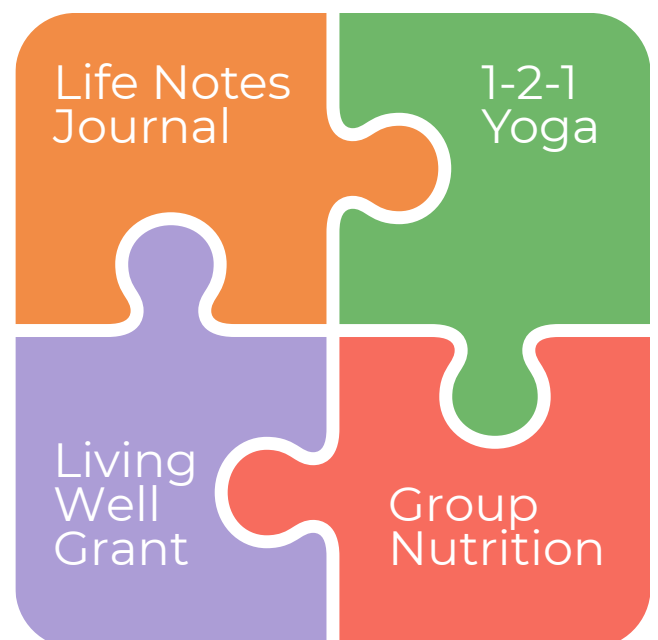
"I was diagnosed with Non-Hodgkin lymphoma. I was a rare case where my symptoms included a swollen face and debilitating shoulder pain which meant the doctors did not diagnose me for a really long time. I was in hospital for 3 very scary and very long weeks which is when it felt like my world was just tipped upside down.

My clinical nurse referred me to the Ella Dawson Foundation and the support I have received has made such a difference. I felt lost and felt so alone like I was the only young person to go through this. I felt like I had nowhere to turn to. Prior to the Ella Dawson Foundation, I was unaware of the amazing support they can provide.

The eat well sessions helped me gain confidence in what I was eating again. I have such a passion for cooking and baking which I felt with the treatment I was losing due to weight loss and appetite changes. However, the eat well sessions provided me such important nutritional lessons. I will be forever grateful for my move well sessions with Katy, I have found strength in being able to move my body again even if that was just an hour of yoga a week on my bed. Having that focused time each week carved out to relax and move my body was great.

I have now gained so much of my confidence back and a year after receiving the diagnosis I am back to my normal/usual self.

Even if you think you're so alone, you never are and the support is there to help meet likeminded people and services which bring light even in darkness."



Helping young adults live well with cancer

We're transforming cancer care for young people living with and beyond cancer and their families - delivering faster, tailored and personalised mental health, physical rehabilitation and wellbeing support. We empower young people to thrive, with better long-term outcomes and life changing impact.

We listen, understand and empower - placing young people at the heart of everything we do.

Young people told us our support helps them:

- Improve Mental Health
- Find Connection and Enjoyment
- Feel Heard and Understood
- Improve Confidence and Self-Belief
- Has a Life Changing Impact
- Create a meaningful life with or beyond cancer



2025

What we've achieved:

1415 Sessions delivered

Through our core programmes of support we have delivered 1415 1-2-1 and group sessions to young people living with and beyond cancer and their families.

National reach across 95 treating hospitals

We are proud to receive referrals from over 95 hospitals nationwide, with an equal geographic footprint across the UK.

Our team has grown

This year has been a year of sustained growth. We have strengthened and grown our Trustee Board, Lived Experience Panel and Ambassador network. Our team of expert practitioners has grown bringing new skills, increased capacity and diversity to our delivery team.

We built partnerships

We've built valuable partnerships with TeensUnite and Flynn's Barn, while growing our Parliamentary presence through DHSC recognition, event attendance, and active involvement in Cancer52.

Lived Experience at our core

Founded on lived experience, and guided by our active Lived Experience Panel, we place lived experience at the heart of everything we do - shaping services, informing decisions, and ensuring our support truly reflects the needs of those we serve.

What We Deliver:

Comprehensive Wellbeing Support

At Ella Dawson Foundation, we are committed to empowering young adults with a cancer diagnosis, along with their families and carers, to live well. through and beyond cancer Through a holistic approach, we provide a range of services designed to support mental, physical, and emotional well-being.



Feel Well

885 life changing sessions through clinical psychology, counselling and mindfulness journals helping overcome depression, anxiety, bereavement, trauma and life experiences.



Move Well

316 personalised exercise rehabilitation and yoga sessions building strength, confidence, purpose and reconnecting with their bodies.



Eat Well

88 tailored 1-2-1 and group sessions overcoming eating challenges due to cancer and its treatment and establishing health, sustainable food choices.



Live Well

126 grants, wellbeing breaks and workshops empowering young people to have choice and find their new normal. New partnerships with Flynn's Barn and TeensUnite.



I found this support to be outstanding and the quality of care, professionalism, and warmth of the team and the psychologist I was assigned really stood out. The sessions were incredibly helpful in supporting my emotional wellbeing and have given me practical tools I will continue to use. I felt genuinely listened to and supported throughout, and it gave me the opportunity to discuss my thoughts and feelings in a safe environment... This has made such a difference in helping me move forward feeling like I have some independence and clarity on my situation. Overall, I've been so impressed by the high standard of everything the Ella Dawson Foundation offers. The combination of kindness and expertise is really appreciated. - Miranda



Making a Difference

100%

improved mental health, reducing severe symptoms of depression and anxiety to mild-moderate following our Feel Well programme.

100%

reported their general overall wellbeing to have improved following support.

90%

said they felt more empowered

94%

said they felt more like themselves

A word cloud of feedback phrases from participants. The words are arranged in a roughly circular shape, with some words appearing larger and more prominent than others. The colors of the words vary, including shades of blue, red, orange, and green. The phrases include:

- learnt to love myself
- reach my goal
- appreciated
- return to my former self
- comforting
- happier
- improved mental health
- friendly
- comprehensive
- supportive
- breath of fresh air
- improved my wellbeing
- safe space
- judgement free
- feel normal
- accomplished
- amazing
- helpful
- tailored
- inspired
- more in control
- life changing
- personal
- stronger
- hope
- fun
- grateful
- understanding
- calm
- independence
- brilliant
- important
- leant techniques
- healthier
- ray of sunshine
- looking forward
- accessible
- improved my mental health
- improved wellbeing
- personalised
- process everything
- unique
- more like myself
- learnt techniques
- less alone
- easy
- enjoy
- confident
- more energy
- sociable
- trust
- reconnect
- flexible
- comfortable
- listened to
- prioritised
- recovery

Your incredible support and generosity have helped us grow and rise to meet the increasing need for our services - transforming more young lives than ever before. Together, we're creating life-changing moments and hope for young adults facing cancer.

From all of us at the Ella Dawson Foundation, thank you for making this possible!



Inspiring Stories

There are over 350 inspirational people who have taken on a challenge in 2025 to help young people live well with and beyond cancer. Each with their own individual challenge, story and reason. We are so grateful to every single person who joins our mission. Here are some supporter spotlights:



Adam Waugh is sailing around the world solo in a self built 19ft boat raising funds for young adults with cancer.



Snaps for Winnie completed the London to Paris Cycle on a Brompton bike in memory of Winnie.



Our Founder Jane, completed her first marathon, alongside our incredible London Marathon Team Ella runners.



Rosie completed her first half marathon following our Move Well programme and 9 months after being diagnosed with cancer.



Thank you to all our incredible volunteers, trustees, partners and members of the Lived Experience Panel for generously giving your time, expertise, and passion. Your commitment ensures that young adults facing cancer receive the support, resources, hope and community they deserve.

Together, we are making a real difference.

Join us in changing young lives

Thank you for helping make 2025 a year of impact, growth and inspiration. Together, we've empowered young people and created brighter futures.

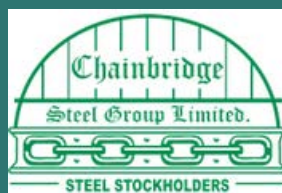
Join us on our mission:

- Partner with us: Corporate Partnerships & Charity of the Year
- Join a flagship or challenge event
- Take on your own fundraising event
- Become a regular donor | Volunteer with us
- Join our Business Development Board

To find out how you can be part of #TeamElla, visit our website or email Jane at jane@elladawsonfoundation.org.uk



Thank You to our Sponsors & Charity of the Year Partners







**Thank you for helping us make a difference.
Together, we are transforming lives.**



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helping young adults
live **well** with cancer



Part Two: Annual Report & Accounts 2025



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THE ELLA DAWSON FOUNDATION CIO

ANNUAL REPORT AND ACCOUNTS

31 DECEMBER 2025

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INFORMATION

Trustees

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Hanna Simpson
Laura Riach
James Hales
Kris Holland
Erin Berry

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THE ELLA DAWSON FOUNDATION CIO

CHAIR'S SUMMARY

As Chair of the Ella Dawson Foundation, I am exceptionally proud to reflect on what has been another year of remarkable growth, deepening impact, and inspiring community support. 2025 marks our fourth year of operation and a pivotal milestone - since we launched the charity in 2022, we have now provided life-changing support to more than 2,500 young people living with and beyond cancer and their families across the UK. Such growth reflects both the scale of need and the extraordinary dedication and commitment of every single person who supports the charity.

Inspired by Ella's vision, our mission remains unchanged: to ensure that every young adult with cancer, along with their families and carers, has the tools and support they need to live well and feel empowered through and beyond cancer. In 2025, we delivered on that mission at greater scale than ever before. Referrals into the charity grew by 70% and we supported 1,000 young people and their families through our core wellbeing programmes, delivering 1,415 individual and group support sessions, and extended our national referral network to reach 95 treating hospitals right across the UK.

We continued to fund our pioneering Complementary Therapist post at The Christie, Manchester, the first of its kind in the UK dedicated uniquely to the needs of young people with a cancer diagnosis, supporting 270 young people and their families annually. This role, is described by The Christie's Clinical Lead Nurse Specialist as 'one of the most impactful services available to young people with cancer and we are proud to be able to deliver this highly specialised impactful support for young people and their families'

Our experienced team of practitioners continues to deliver outstanding, measurable outcomes. In 2025, 100% of young people supported through our Feel Well programme reported improved mental health, with clinically significant reductions in severe symptoms of depression and anxiety. 100% reported improved overall wellbeing, 90% felt more empowered, and 94% said they felt more like themselves. These results reflect not just the quality of our psychological, physical, nutritional and wellbeing support but the whole-person, holistic approach that lies at the heart of everything we do.

2025 has also been a year of building and establishing strong foundations to ensure the charity scales sustainably to deliver its mission. We have grown and strengthened our Trustee Board and Ambassador network and set our plans to launch a powerful Business Development Board in 2026. Our Lived Experience Panel continued to grow and play a vital role in shaping our services, and we remain proud that the voices of those we serve sit at the very heart of our decision-making.

Our team of expert practitioners has expanded and we have welcomed a fourth clinical psychologist and third cancer exercise practitioner to the team. This has delivered not only additional capacity but has allowed us respond to the needs of the young people we support in offering weekend and evening appointments as well as bringing greater diversity to the team.

We are committed to ensuring we deliver support when and how a young person needs that support and so being able to offer timely, free, flexible support is a fundamental of our work. We are exceptionally proud to have maintained our service KPI of beginning support within 14 days of referral across all of our programmes.

We built valuable new partnerships with TeensUnite and Flynn's Barn and grew our Parliamentary presence through DHSC recognition of our Clinical Psychology Service, event attendance, and active involvement in Cancer52.

Fundraising in 2025 was once again a testament to the generosity and determination of our extraordinary community. Over 350 supported the charity, attending events or taking on inspiring personal challenges, from the incredible Adam Waugh's solo round-the-world Mini Globe Race sailing voyage in his self-built 19ft boat, to our founder Jane completing her first marathon at the London Marathon, to Rosie running her first half marathon just nine months after her cancer diagnosis, as well as hundreds of incredible supporters who have given their time and commitment to take in challenges and raise vital funds to support our work.

Our flagship events, the Colour Ball and Great North Run were again huge successes.

We were delighted to expand our corporate partnerships and were generously chosen by Northedge Capital as their 2025 Golf Day Partner and by Buccleuch Property Challenge as their challenge partner for

2025. The second year of our charity partnership with Simpson Wood was again a huge success and we
ELLA DAWSON FOUNDATION CIO

CHAIR'S SUMMARY Cont'd

were privileged to be invited by them to attend their many fundraising events across the year, We have continued to build and develop our relationships with trusts and foundations and grant funders and are extremely grateful for their generous support of our work, vital to delivering our work, programmes and impact.

In what continues to be a challenging economic climate for charities, we are grateful to have maintained and grown our income, generate surplus funds and strengthened our financial financial resilience We remain committed to building our financial reserves sustainably and broadening our income streams to ensure long-term resilience.

As we look ahead to 2026, a year which will mark five years since we lost Ella and established the charity was as her legacy, we do so with enormous pride in what has been achieved, and with even greater purpose. Our focus will be on scaling our services sustainably, further deepening our impact, broadening our reach to more young people and families across the UK, and continuing to advocate for wellbeing support to become part of standard cancer care for every young adult.

None of this would be possible without the donations, time, expertise and generosity of our entire community. On behalf of the Board of Trustees and the operational team, I extend a heartfelt thank you to every person, trustee, volunteer, ambassador, corporate partner, funder, and supporter who has helped us make 2025 a year of life-changing impact.

Together, we are transforming lives.



Jane Dawson

Chair, Ella Dawson Foundation

THE ELLA DAWSON FOUNDATION CIO

TRUSTEES' REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Ella Dawson Foundation CIO is a registered charity, number 1204154 and is governed by its Governing Document adopted on its registration on 28 July 2023.

The founding registered charity, number 1197112, was an unincorporated entity, registered with Charities Commission on 14 December 2021 and operated until 23 October 2023. At that point the charity's activities and remaining funds amounting to £34,009 were transferred to this charity. The founding charity has now ceased to exist. The objects and activities of 1197112 and 1204154 remain unchanged, and operations have been continuous since the initial registration in December 2021.

APPOINTMENT OF TRUSTEES

Apart from the first trustees, every trustee must be appointed for a period of 1 year. The selection of Trustees is made based on vacancies arising, additional skills and experience that potential new Trustees are able to afford and support of the charity's mission and objectives. Each new Trustee receives the Charity Commission publication 'The Essential Trustee: What you need to know', the most recent published annual report and other resources deemed necessary to complete the appointment.

There was one new appointment, Erin Berry, in 2025 to the Trustee Board as Finance Trustee. One Trustee, Natasha Dawson, resigned from the Board during the year in order to take up the position of Programme Manager. The role was openly advertised and filled through a recruitment process overseen by the Board. Natasha declared an interest and took no part in any discussions or decisions relating to the appointment. Any trustees with a conflict of interest declared their interests and recused themselves from all discussions and decision-making relating to the appointment. Following her resignation as Trustee, Natasha became an employee of the charity and no longer participated in Board decision-making.

RISK POLICY

The trustees regularly review the major risks which the charity is exposed to. Where appropriate, policies and procedures have been established to mitigate these risks. Procedures are in place to ensure compliance with the safety of staff, volunteers, and beneficiaries, and all these procedures are reviewed periodically.

INTRODUCTION TO THE ELLA DAWSON FOUNDATION

The Ella Dawson Foundation is a registered charity with the objective of providing support to allow young adults, aged 18–30 years old, with cancer, and their families and carers to feel well, move well, eat well, and live well.

Our mission is that every young adult, aged 18–30 years old, diagnosed with cancer in the UK, and their families and carers, have the tools and support they need to live well and feel empowered through and beyond a cancer diagnosis.

Each day in the UK, 13 young people aged 15-29 hear the devastating news 'you have cancer'. Life is suddenly put on hold as the physical and emotional challenges, fear, anxiety, uncertainty and loss of control inevitably take over. Despite a strong evidence base about the benefits of physical and emotional interventions during cancer, wellbeing support tailored to the unique needs of young people with cancer in the UK remains severely limited.

The Ella Dawson Foundation exists to change that. We deliver high quality highly impactful psychological, emotional, physical, nutritional and wellbeing support to enable young adults, aged 18–30 years old, and their families and carers to access tailored wellbeing support packages unique to their needs at any stage of their cancer diagnosis, within a safe, supporting and like-minded community.

BACKGROUND

In 2019, whilst travelling in Colombia after graduating, Ella was diagnosed with PH+ Acute Lymphoblastic Leukaemia, aged 22. Over the course of the following two years, Ella underwent almost constant treatment. She spent many months in isolation in hospital undergoing every possible known and

THE ELLA DAWSON FOUNDATION CIO

TRUSTEE'S REPORT cont'd

experimental treatment, each one more brutal than the last. Sadly, Ella's disease was very aggressive and, heartbreakingly, she passed away in July 2021, aged 24 years old.

During the two years of treatment, and despite exceptional medical and clinical care within the NHS, Ella, like many young people, felt that mental and physical health and wellbeing support tailored to the unique needs of young adults was lacking. Ella, like many others, wanted to retain her sense of self, her identity and keep living well through cancer. She was passionate about how she could make a difference and help demonstrate how physical, psychological, nutritional and wellbeing interventions are hugely impactful through and beyond a cancer diagnosis.

Over the course of her two-year illness, Ella worked with others and set about creating a wellbeing blueprint to help other young people with a cancer diagnosis. The Ella Dawson Foundation is her legacy.

'I just want to put out there something that I was missing, I want to show that not all is lost when you have been diagnosed with cancer'

Ella Dawson, 2020

OBJECTIVES AND PRINCIPAL ACTIVITIES

Our objective, as set out in our governing document, is:

'The relief of sickness and the promotion and protection of health and wellbeing for young adults aged between 18–30 living in the UK through and beyond a cancer diagnosis and their families and carers in particular by providing physical, psychological and emotional support, resources and information with a view to providing palliative relief and improving their quality of life and to make grants towards research into the treatment of cancer in young people'.

OUR ACTIVITIES

We aim to achieve our objectives by delivering free, timely, tailored, high-quality, and highly impactful psychological, emotional, nutritional, physical, and wellbeing support to young adults with cancer and their families, delivered within a safe, supportive and like-minded community.

Support can be accessed from diagnosis and up to two years post-completion of active treatment. Support is available within 14 days of referral and at times that suit young people, ensuring they receive help when they need it most. To deliver our programmes, our highly experienced team of clinical, healthcare, and wellbeing professionals provide the following services:

Feel Well

A young person's emotional and psychological needs change throughout a diagnosis and in the months and years beyond. Accessing the right support early on can help prevent the short-, mid- and long-term psychological effects of cancer (including PTSD, trauma, and anxiety). Our Feel Well programme is designed to offer emotional and psychological support, giving young people and their families access to our team of clinical psychologists and counsellors, all of whom specialise in young person's oncology. Our Mindfulness & Productivity Journal, Life Notes, has proved very popular with young people as a tool that encourages reflection, motivation and goal setting, ultimately supporting emotional wellbeing. We believe our service, offering 14-day access to specialist clinical psychologists, to young adults with and beyond cancer, is unique in the UK.

Move Well

The benefits of movement before, during and after cancer treatment are now well-documented through extensive research. Our Move Well programme helps young people

TRUSTEES REPORT Cont'd

engage in physical activity they enjoy throughout and beyond their cancer experience. Delivered by our Accredited Cancer and Exercise Rehabilitation Practitioners, the programme is tailored to each young person's individual needs and goals. Support includes one-to-one personalised coaching and programmes, group exercise classes, yoga and mindful movement sessions.

Eat Well

A healthy, balanced diet is essential throughout a cancer journey; however, it can be very difficult due to eating challenges and side effects such as treatment-affected appetite, nausea or weight changes. Our Eat Well programme provides personalised 1-to-1 consultations with our Oncology Dietician, a group programme for life after cancer, and a suite of healthy eating resources.

Live Well

Alongside the harsh physical and emotional effects of cancer, a diagnosis can often take away a young person's sense of self and identity. Our Live Well programme is designed to support young people in regaining a sense of identity, a feeling of control, and bringing some enjoyment back into life. The programme includes a small grant that young people can use for anything that supports their own wellbeing, as well as funded 2-night stays at beautiful lodges in Yorkshire and new partnerships with Flynn's Barn and TeensUnite to extend access to meaningful respite experiences.

OUR ACHIEVEMENTS

The Ella Dawson Foundation is a dynamic and forward-thinking charity, and we are incredibly proud of the continued growth, momentum and impact into our fourth year of operation.

Service Delivery

In 2025, we supported 1,000 young people and their families, delivering 1,415 individual and group support sessions across our four core programmes. Through our Feel Well programme, we delivered 885 life-changing sessions through clinical psychology, counselling and mindfulness journals. Our Move Well programme delivered 316 personalised exercise rehabilitation and yoga sessions. Our Eat Well programme delivered 88 tailored 1-2-1 and group nutrition sessions. Our Live Well programme distributed 126 grants, wellbeing breaks and workshops empowering young people to find their new normal.

We continued to fund the first-of-its-kind dedicated Complementary Therapist post at The Christie in Manchester, exclusively supporting young people with cancer and their families, a role described by the Lead Nurse as one of the most impactful services for the 270 young people and families cared for there each year.

We are proud to have become a trusted referral pathway for over 95 hospitals throughout the UK, and to have established collaborative model with clinical NHS teams to ensure that young people get the support they need, when they need it.

Outcomes and Impact

We are proud to have maintained our core KPI of offering the start of support within 14 days of referral, at a time that suits the individual. Our team expanded with an additional clinical psychologist and cancer exercise practitioner increasing both capacity, diversity and the ability to offer sessions outside standard working hours.

ELLA DAWSON FOUNDATION CIO TRUSTEE'S REPORT cont'd

Outcome highlights from 2025 include:

- 100% of young people supported through Feel Well reported improved mental health, reducing severe symptoms of depression and anxiety to mild-moderate
- 100% reported improved overall wellbeing
- 90% said they felt more empowered
- 94% said they felt more like themselves

Our support continues to be described as 'life-changing' by the young people and families we support. We are pleased to include just one of the hundreds of feedback quotations we receive each year:

‘My experience with the Ella Dawson Foundation has been incredibly positive and supportive. From the start, I felt listened to and understood, which made it easier to open up and focus on my goals. The encouragement and guidance I received have boosted my confidence, improved my wellbeing, and helped me feel more prepared to take positive steps forward. The support has truly made a difference in both my outlook and my readiness for the future’ – Eve aged 21

Lived Experience Panel

Our Lived Experience Panel, a group of young people who have experienced a cancer diagnosis and received support from the Foundation, grew in the year and continued to meet regularly throughout 2025, playing a crucial role in shaping the direction of our services and ensuring that the voices of those we support remain at the heart of everything we do. The panel is central to everything we do ensuring young people's voices shape the future of our service and delivery.

Fundraising and Community Support

2025 was another inspiring year for fundraising, made possible by our amazing community of supporters, volunteers, corporate partners, and funders. Over 350 incredible people supported the charity, attending events and taking on personal challenges. Key events included the Colour Ball, Great North Run, London Marathon, Northedge Capital Golf Day and the Buccleuch Property Challenge, alongside numerous individual, community and corporate initiatives.

We are especially grateful to Adam Waugh, who continued his extraordinary solo round-the-world voyage in the 14-month Mini Globe Race, sailing in a 19ft boat he built himself. Our Founder Jane completed her first marathon at the London Marathon alongside Team Ella ambassadors Paul Bryce and Hana Hassanbek and Rosie ran her first half marathon nine months after her own cancer diagnosis.

We are incredibly grateful to our key funders including Sport England, the National Lottery Community Fund, Ardonagh Community Trust, the Foyle Foundation, George A Moore, St James Place Foundation, Charles and Elsie Sykes Charitable Trust, Bernard Kenneth Hufton Trust, Artemis Foundation and Sovereign Health Care, as well as our growing network of corporate Charity of the Year partners.

Collaborative Achievements

We are proud to have built new partnerships in 2025 with TeensUnite and Flynn's Barn, and we continue to work with and collaborate with Teenage Cancer Trust, Young Lives vs Cancer, and as members of Cancer52. We continue to be active members of the 5K Your Way cancer support movement. We grew our Parliamentary presence through DHSC recognition of our specialist clinical psychology service and event attendance, and our Programme Manager continues as an active member of the West Yorkshire Cancer Alliance Board as a Public and Patient Representative.

Communication

Our core values: Empathy, Authenticity, Empowerment and Inspiration are embedded throughout all areas of our work.

We continue to be grateful for the pro bono support from Kitto UK and Fluid CM whose marketing and **ELLA DAWSON FOUNDATION CIO**
TRUSTEE'S REPORT cont'd

branding expertise has been instrumental in expanding our reach and connecting us with more young people, donors, supporters and partners.

GOVERNANCE

The Charity's Adults and Children Safeguarding Policy was reviewed in the year and staff received refresher training.

During the year the charity strengthened its IT infrastructure and cyber security, including the installation of a firewall and quarantine system to protect against cyber threats. The charity also migrated to SharePoint, improving operational efficiency and document management across the team. IT and other systems are reviewed on an ongoing basis to ensure they continue to meet the needs of the charity going forward

FINANCIAL REVIEW

This report covers the 12-month period from 1 January 2025 to 31 December 2025.

During this period our income grew significantly, reflecting strong donor, fundraising and corporate support alongside continued grant funding, enabling us to meet increasing demand for our services. Total income was £232,202 (2024: £194,733), representing an increase of approximately 19% year-on-year.

Total expenditure was £174,652 (2024: £131,690), reflecting the 70% increase in referrals and the increased volume of support provided. The charity generated a surplus of £57,550 (2024: £63,043), resulting in total funds at the end of the year of £154,602 (2024: £97,052).

All restricted funding received in 2025 was fully utilised in delivery of our Feel Well, Move Well and Live Well programmes. Unrestricted income has been deployed to fund remaining charitable service costs, administration, staffing and the continued development of the charity's capacity.

The trustees regularly consider the level of reserves that it is prudent for the Ella Dawson Foundation to hold. Consideration is given to future strategy, liabilities, and any other significant factors. The Charity is a going concern. There are no material uncertainties about the charity's ability to continue its operations.

GOING FORWARD

We are incredibly proud of the impact and momentum the charity has delivered in 2025, making a significant and meaningful difference to the lives of the young adults, families and carers we support.

As we look ahead to 2026, which will mark five years since Ella passed away and the charity was created in her legacy, our Board remains deeply committed to scaling our services sustainably, broadening our national reach, enhancing digital and physical resources, and continuing to advocate for wellbeing support to become part of standard cancer care for every young adult with cancer.



J Dawson

Chair of Trustees 2026

THE ELLA DAWSON FOUNDATION CIO

REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES

I report on the accounts of The Ella Dawson Foundation CIO for the period ended 31 December 2025 which are set out on pages 10 to 13.

Respective responsibilities of trustees and independent examiner

As the trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Act) and that an independent examination is needed. I am qualified to undertake the independent examination by being a member of the ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in General Directors given by the Charity Commission (under section 145(5)(b) of the Act); and
- to state whether particular matters have come to my attention.

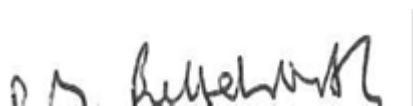
Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no material matter has come to my attention

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



D M Butterworth FCA
WHEAWILL & SUDWORTH LIMITED
Chartered
Accountants 35
Westgate
Huddersfield
HD1 1PA

THE ELLA DAWSON FOUNDATION CIO

INCOME AND EXPENDITURE ACCOUNT

for the period ended

31 DECEMBER 2025

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income				
Donations (individual/personal)	2,863	-	2,863	12,061
Donations (trusts/foundations)	19,485	24,630	44,475	93,998
Community fundraising	2,191	-	2,191	1,103
Challenge events	84,801	-	84,801	39,336
Major events	31,313	-	31,313	45,164
Art sales	688	-	688	716
Corporate donations/fundraising	59,367	-	59,367	200
Bank interest	1,122	-	1,122	2,155
Gift Aid	5,382	-	5,382	-
Total incoming resources	207,572	24,630	232,202	194,733
Expenditure				
Direct costs:				
Challenge events	5,072	-	5,072	8,764
Major events	20,754	-	20,754	17,367
Corporate donation costs	266	-	266	-
	26,092	-	26,092	26,131
Charitable activities				
Feel Well	21,146	25,847	46,993	28,369
Move Well	810	11,149	11,959	5,627
Live Well	8,760	8,190	16,950	10,311
Eat Well	8,250	-	8,250	12,382
Staff costs	8,471	-	8,471	
	47,437	45,186	92,623	56,689
Administration costs				
Salaries NI and pension	34,061	-	34,061	29,535
Volunteer expenses	79	-	79	18
Printing & postage	4,319	-	4,319	2,460
Accountancy fees	780	-	780	780
IT	5,524	-	5,524	3,040
Insurance	1,893	-	1,893	548
Legal fees	-	-	-	3,021
Subscriptions and membership	1,060	-	1,060	539
Marketing	3,769	-	3,769	6,038
Training	-	-	-	690
Bank charges	312	-	312	262
Other	4,140	-	4,140	1,939
	55,937	-	55,937	48,870
Total expenditure	129,466	45,186	174,652	131,690

THE ELLA DAWSON FOUNDATION CIO

INCOME AND EXPENDITURE ACCOUNT (Continued)

for the period ended

31 DECEMBER 2025

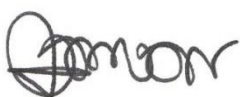
	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Surplus for the period	102,736	(45,186)	57,550	63,043
Funds brought forward	80,306	16,746	97,052	34,009
Transfers	(28,440)	28,440	-	-
Funds carried forward	154,602	-	154,602	97,052

BALANCE SHEET

31 DECEMBER 2025

	2025 £	2024 £
Cash at bank and in hand:		
Current account	156,162	97,832
Creditors:		
Accruals	(1,560)	(780)
Net assets	<u>154,602</u>	<u>97,052</u>
Funds		
At 1 January 2025	97,052	-
Surplus for the period	57,550	63,043
Transfer of reserves from founding charity	-	34,009
At 31 December 2025	<u>154,602</u>	<u>97,052</u>
Unrestricted funds	154,602	80,306
Restricted funds	-	16,746
Total funds	<u>154,602</u>	<u>97,052</u>

Approved by the trustees and signed on their behalf by:



Jane Dawson
Chair 2026

NOTES TO THE ACCOUNTS

31 DECEMBER 20

1 Accounting policies

Basis of accounting

The financial statements have been prepared under the historical cost convention and include the results of the charity's operations which are described in the trustees' report and all of which are continuing.

The financial statements have been prepared in accordance with Accounting and Reporting for Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and UK Generally Accepted Accounting Practice. The charity is exempt from preparing a cash flow statement.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general activities of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific instructions imposed by the donors.

Taxation

The charity is not liable for corporation tax by reason of its charitable objects and status.

Incoming resources

All incoming resources are included in the Statements of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Gifts and donations received in kind are recognised at their estimated values for both income and matched expenditure.

Value added tax

Value added tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

Resources expended

All expenditure is accounted for as incurred and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

NOTES TO THE ACCOUNTS (continued)

31 DECEMBER 2025

2	Net incoming resources for the period	2025 £	2024 £
	This is stated after charging:		
	Trustees' remuneration	-	-
	Independent exemption fee	300	300
		<u> </u>	<u> </u>

Trustees are not remunerated or reimbursed for any personal expenses incurred on charitable activities.

The charity had two paid employees during the period.

3 Incoming resources received in kind

During the period the charity was provided with free resources covering website costs and branding materials. The total value of these has been estimated at £16,500.

4	Creditors:	2025 £	2024 £
	Independent examination and payroll fees	1,560	780
		<u> </u>	<u> </u>

5 Reserves

Restricted funding received during the period amounted to £24,630. This was provided to assist with Feel Well and Live Well Programmes,

The balance of income received was of a general nature and utilised to further the charity's over-riding objectives.

6	Capital commitments	2025 £	2024 £
	Capital expenditure contracted but not provided in the accounts	-	-
		<u> </u>	<u> </u>

7 Related party disclosures

The trustees are not aware of any material related party transactions that require disclosure.

There is no one controlling party of the charity.

Accounts



Annual Report 2024

Part One: Impact Report

Part Two: Annual Report and Accounts



ella dawson
FOUNDATION

helping young adults
live well with cancer



ella dawson
FOUNDATION

helping young adults
live well with cancer



IMPACT REPORT 2024

Together we changed lives in 2024

The Ella Dawson Foundation works alongside a team of experts to enable young adults, aged 18-30 yrs old, and their families and carers access tailored wellbeing support packages unique to their needs at any stage of their cancer diagnosis within a safe, supporting and likeminded community.

**“I just wanted to put out there something that I thought was missing, for people my own age diagnosed with cancer”
“I want to prove that not all is lost once you have been diagnosed with cancer”**

Ella Dawson, 2021





As we reflect on 2024, we are filled with immense gratitude for your continued support. Together, we've achieved incredible milestones and impacted countless lives. Here's what we accomplished in 2024.....



We've supported 400 young adults living with and beyond cancer and their families and carers through our core wellbeing programmes of support.



Our vision is that wellbeing support is available to every young adult with cancer and their families/carers as part of standard care.

Our mission is that every young adult with cancer and their families / carers have the tools and support they need to live well and feel empowered.



We've funded a dedicated Complimentary Therapist to young people with cancer and their families/carers supporting 270 people a year at the Christie Hospital, Manchester.



In 2024, we've extended our reach nationally receiving referrals from over 50 hospitals.



We value the lived experience of all those we work with and support, and wellbeing is at the core of the support we offer.

“

**Life changing. Helped me
come back to the person I
felt I was losing.**

”



Alice's Story

“

My name is Alice, and I am 25 years old. I am a children's nurse and have been for 4 years and love my job! I enjoy baking, gardening, reading and being outdoors.

”



I distinctively remember the first email I received from Tasha and thinking to myself how grateful I was for such a friendly email and all the support that they were offering me. It was a breath of fresh air, and I felt so relieved. I was diagnosed with thymic cancer in April 2023, it was a big shock when I was diagnosed. Especially after being told that it was nothing to worry about for so long (I first started developing symptoms in May 2022). I had a gut feeling that it was something more and I am so glad that I listened to my body and chose to have surgery.

I cannot put into words how grateful I am for all of the support you have provided. It has been a breath of fresh air and I really don't think I would be the person I am today without it. I was able to process a lot of trauma I experienced through my cancer journey with the help of Nicky (clinical psychologist) and I will be forever grateful for that. Also, the regular yoga sessions with Katy have been incredible. I have learnt to love my post-cancer self and build strength. Since I have received your support, I have felt less alone in the scary cancer world and you will always hold a special place in my heart.

All of the support has helped me feel like myself again. I wouldn't be where I am today without the Ella Dawson Foundation. Cancer is so consuming, and it felt like I was walking around with a big grey cloud over my head. I now have my life back and have found my new 'normal'. I have been able to go back to work and enjoy life again! I now work as a stem cell transplant nurse and care for children with cancer. It feels like a very full circle moment, and I'd like to think my experience with cancer can help shape the way I care for my patients.

How we supported Alice



Helping Young Adults Live Well with Cancer

We are understanding, personable, caring, adaptive, individualised. Delivering high impact, high quality support to an often unheard and hard to reach population.



2024

What we've achieved:

400
YOUNG ADULTS

100% increase in referrals, supporting 400 young adults living with and beyond cancer and their families and carers through our core programmes of support.

270
PEOPLE
SUPPORTED

We've funded a dedicated Complimentary Therapist to young people with cancer and their families/carers supporting 270 people a year at the Christie. A role to alleviate side effects, reduce the emotional distress of treatments and procedures and restore a sense of control.

50
HOSPITALS

We've extended our reach nationally and are a trusted referral pathway from healthcare professionals in over 50 hospitals.

**DIGITAL
CANCER
PLATFORM**

We partnered with the UK's digital cancer platform to ensure that people living with cancer aged 18-30 can view personalised content to improve their wellbeing through its patient-facing app. A collaborative initiative that enhances access and improves patient experience.

**OUR
TEAM
HAS
GROWN**

4 Clinical Psychologists specialised in young people's oncology
2 Counsellors
2 Cancer and Exercise Rehabilitation Instructors
1 Yoga Instructor
1 Oncology Dietitian
1 Fully funded Complimentary Therapist dedicated to teenage and young adults at The Christie, Manchester.

What We Deliver: Comprehensive Wellbeing Support

At Ella Dawson Foundation, we are committed to empowering young adults with a cancer diagnosis, along with their families and carers, to live well. through and beyond cancer Through a holistic approach, we provide a range of services designed to support mental, physical, and emotional well-being.



Feel Well

448 Life-Changing Sessions Helping Young Adults Overcome Anxiety, Depression, and Trauma



Move Well

330 sessions enabling young adults to build strength, confidence and reconnect with their bodies



Eat Well

50 Nutrition Consultations: Supporting Recovery and Healthy, Sustainable Choices



Live Well

136 Grants & Wellbeing breaks, empowering young people to have choice and find their 'new' normal.



Events

Monthly Wellbeing Workshops: Nurturing Connection, Shared Experiences, and Holistic Support"

Making a Difference

Here's what young people we support reported after engaging with our services. These results demonstrate the positive and lasting impact of our work, helping young adults not only overcome their challenges but also thrive and move forward with confidence.

A horizontal orange bar representing 95% completion, with a white circle at the end.

95% Felt more empowered

A horizontal yellow bar representing 90% completion, with a white circle at the end.

90% Felt more like themselves

A horizontal orange bar representing 93% completion, with a white circle at the end.

93% Felt more in control

A horizontal yellow bar representing 100% completion, with a white circle at the end.

100% Recommended

A horizontal orange bar representing 100% completion, with a white circle at the end.

100% of feel well reduced their depression and anxiety levels

Thanks to your generosity,
we've been able to increase
our revenue which has
been vital to support the
continued increase in
referrals for our support.

A big thank you from us!





Over 350 inspirational people have taken on a challenge in 2024 to help young people live well with and beyond cancer.

“

I'm here to prove there is still hope and positivity to be found moving forwards from your cancer diagnosis. For everything they have done to help me, I want to do anything I can to help raise awareness and funds for this amazing charity.

”



In September Ellie took on a Daily Dance Challenge! Ellie was diagnosed with Hodgkin Lymphoma at 25

Inspiring Story:

Adam has built his own 19ft sailing boat in his garden shed over the course of the last 2 years. He is now about to embark on a 14-month solo adventure Sailing Around the World in the Mini Globe Race fundraising for the Ella Dawson Foundation. Good Luck Adam!

“

There are undoubtedly going to be some challenges along the way but knowing every extra nautical mile I am able to sail keeps the Ella Dawson Foundation's profile in the news and money coming in to fund their good work

”



Our Mission Continues: There is more to do

**Everyday 12 young people aged
15 - 30 years old hear the words
'you have cancer'...**

Lives are turned upside and often changed forever. Young people have unique needs and require our support to help them live well through treatment and into life after cancer.

In 2025 we have a big mission to continue to impact more young lives affected by cancer.

In 2025, we want to create a life changing difference to 1,000 Young People with Cancer and Their Families. To do this, we need your help!



We need you to help change lives and raise more funds :

- Our Flagship fundraising events:
Colour Ball, Sail Around Britain, Great North Run
- Corporate Partnerships
- Take on your own event or challenge
- sign up to our newsletter
- Join our team, become a volunteer or trustee
- Become a regular donor

Thank you for helping us make 2024 a year of impact, growth and inspiration. Together, we are transforming lives! Why not email Deb for a chat about how you can get involved and be apart of #TeamElla deb@elladawsonfoundation.org.uk







A national charity, based in
Huddersfield, West Yorkshire.
Registered Charity: 1204154
elladawsonfoundation.org.uk
hello@elladawsonfoundation.org.uk

  **Ella Dawson Foundation**



ella dawson
FOUNDATION

helping young adults
live **well** with cancer

THE ELLA DAWSON FOUNDATION CIO
ANNUAL REPORT AND ACCOUNTS
31 DECEMBER 2024

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Income and expenditure account	11
Balance sheet	12
Notes to the accounts	13-14

ELLA DAWSON FOUNDATION CIO

INFORMATION

Trustees

Jane Dawson
Natasha Dawson
Kevin Dawson
Connor Gamble
Hanna Simpson
Laura Riach
James Hales
Kris Holland

Address

The Art Studio 3
Delves Moor Chain
Road Slaithwaite
Huddersfield
HD7 5TY

Accountants

Wheawill & Sudworth Limited Chartered
Accountants
35 Westgate
Huddersfield
HD1 1PA

Website

www.elladawsonfoundation.org.uk

Contact

E: hello@elladawsonfoundation.org.uk
M: 07418 613885

Registered Charity Number : 1204154

ELLA DAWSON FOUNDATION CIO

CHAIR'S SUMMARY

As Chair of the Ella Dawson Foundation, I am exceptionally proud to reflect on a year of substantial growth, greater reach, and deeper impact. This has led to a significant increase in overall funds, which has enabled us to further develop our services, support more individuals and families in need, build our delivery team and invest in long-term initiatives that align with our mission of creating lasting, positive change for the young people we support and their families.

Inspired by Ella's vision, our mission is to ensure that every young adult with cancer, along with their families and carers, has the tools and support they need to live well and feel empowered through and beyond cancer. We deliver this mission through our four core programmes, each designed to provide timely and personalised emotional, physical, nutritional and wellbeing while fostering a safe, supportive, and like-minded community.

In 2024, we saw an annual 130% increase of referrals into the charity and provided one-to-one tailored support to 670 young people and families. This included the delivery of 1210 individual support sessions across our four core programmes. Additionally, we ran 10 group programmes, participated in a number of NHS TYA End of Treatment Days, and were very proud to fund a year-long pilot for a complementary therapist at The Christie, dedicated exclusively to young people with cancer, a first of its kind in the UK. With over 50 hospitals now referring into us on regular basis, we have continued to build our national presence and reach more young people and their families and carers.

We are committed to ensuring we deliver support when and how a young person needs that support and so being able to offer timely, flexible support is a fundamental of our work. We are exceptionally proud to have maintained our service kpi of beginning support within 14 days of referral across all of our programmes. We strengthened our clinical team with four new practitioners and began offering sessions outside standard hours, reflecting feedback from our new Lived Experience Panel and our beneficiaries.

We also sought to develop our resources digitally through a pilot with Careology, the UK's largest digital cancer care provider, and The Royal Marsden NHS Trust, making wellbeing resources more accessible for young people.

Through a combination of standardised qualitative a quantitative measure as well as feedback forms and surveys, we are proud of the clinically significant and transformative role our support plays in the lives of young people and their families through and beyond cancer. 100% of young people supported reported reduced anxiety and depression, 100% would recommend us, and 95% felt more empowered. Our support is frequently described as 'life changing'

However, none of this impact would be possible without the incredible generosity of our funders, supporters, volunteers and trustees. As a result of their time, support and generosity, we achieved strong income growth in the year with over 350 individuals taking part in events including our annual Colour Ball, the Great North Run, our inaugural Sail Around Britain and many community-led challenges. We extend special thanks to Adam Waugh, currently sailing solo around the world in the 14-month Mini Globe Race to raise awareness and funds for the Foundation.

As the charity grows, we are delighted to welcome two new trustees, James Hales and Kris Holland to our board. As Chair, I would like to express my sincere thanks to our whole trustee board for their ongoing guidance, vision, strategic oversight, and governance of the charity, which continues to play a vital role in shaping our mission and ensuring our long-term impact

As we look to 2025, our focus is on scaling our services sustainably, broadening our reach, enhancing digital and physical resources, developing our network of supporters, funders and partners and continuing to deliver high quality high impact support to our community

The services we provide to young adults with and beyond cancer and their families, especially during their times of greatest need, would not be possible without the donations, time, support, and generosity of our entire community.

On behalf of the Board of Trustees and the operational team, I extend a heartfelt thank you to every single person, volunteer, organisation and funder who has supported the charity, helping us to ensure that every young adult with and beyond cancer with and beyond cancer, and their families and carers, has the tools they need to live well and feel empowered.

Thank you!

A handwritten signature in black ink, appearing to read 'Jane Dawson', with a stylized, cursive script.

Jane Dawson

Chair, Ella Dawson Foundation

ELLA DAWSON FOUNDATION CIO

TRUSTEES REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Ella Dawson Foundation CIO is a registered charity, number 1204154 and is governed by its Governing Document adopted on its registration on 28 July 2023.

This is the first report and accounts of this charity. The founding registered charity, number 1197112, was an unincorporated entity, registered with Charities Commission on 14 December 2021 and operated until 23 October 2023. At that point the charity's activities and remaining funds amounting to £34,009 were transferred to this charity. The founding charity has now ceased to exist. The objects and activities of 1197112 and 1204154 remain unchanged, and operations have been continuous since the initial registration in December 2021.

APPOINTMENT OF TRUSTEES

Apart from the first trustee, every trustee must be appointed for a period of 1 year. In selecting individuals for appointments as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity.

RISK POLICY

The trustees regularly review the major risks which the charity is exposed to. Where appropriate, policies and procedures have been established to mitigate these risks. Procedures are in place to ensure compliance with the safety of staff, volunteers, and beneficiaries, and all these procedures are reviewed periodically.

INTRODUCTION TO THE ELLA DAWSON FOUNDATION

The Ella Dawson Foundation is a registered charity with the objective of providing support to allow young adults, aged 18-30 years old, with cancer, and their families and carers to feel well, move well, eat well, and live well.

Our mission is that every young adult, aged 18-30 years old, diagnosed with cancer in the UK, and their families and carers, have the tools and support they need to live well and feel empowered through and beyond a cancer diagnosis.

Each day in the UK, 12 young people aged 15-29 years old hear the devastating news 'you have cancer'. Life is suddenly put on hold as the physical and emotional challenges, fear, anxiety, and uncertainty and a loss of control inevitably take over. The psychological, emotional, physical, and social and practical challenges effects of a cancer diagnosis as a young adult often extend way beyond the physical effects of diagnosis and treatment often endure for many years after treatment has finished, However, despite a strong evidence base about the benefits of physical and emotional interventions during cancer, wellbeing support tailored to the unique need of young people with cancer in the UK are severely limited.

The Ella Dawson Foundation provides tailored one to one and group psychological, physical, nutritional and wellbeing support to young adults, aged 18-30 years old, and their families and carers, unique to their needs at any stage of their cancer diagnosis within a safe, supporting, and likeminded community. Our support is crucial in providing the tools, often difficult to access elsewhere, to help young people deal with the physical and emotional challenges of a cancer diagnosis and to positively rebuild their lives during and after cancer.

BACKGROUND

In 2019, whilst travelling in Colombia after graduating, Ella was diagnosed with PH+ Acute Lymphoblastic Leukaemia, aged 22. Over the course of the following 2 years, Ella underwent almost constant treatment. She spent many months in isolation in hospital undergoing every possible known and experimental treatment, each one more brutal than the last. Sadly, Ella's disease was very aggressive and, heartbreakingly, she passed away in July 2021.

During the two years of treatment and, despite exceptional medical and clinical care within the NHS, Ella, like many young people, felt that mental and physical health and wellbeing support, tailored to the unique needs of young adults, was lacking.

Ella, like many other young people, wanted to retain her sense of self, her identity and keep living well through cancer. She was passionate about how she could make a difference and help demonstrate how physical, psychological, nutritional and wellbeing interventions are hugely impactful through and beyond a cancer diagnosis, especially for a young person.

Over the course of her 2-year illness, Ella worked with others and set about creating a wellbeing blueprint to help other young people with cancer diagnosis. The Ella Dawson Foundation is her legacy.

‘I just want to put out there something that I was missing, I want to show that not all is when you have been diagnosed with cancer’ – Ella Dawson, 2020

Increasing numbers of young people are being diagnosed with cancer (Cancer Research UK) and, whilst cancer survivorship rates for many cancers are thankfully improving year on year, the physical and psychological late effects of a cancer diagnosis often endure long after treatment has stopped and when support is often needed most.

And so, it is our mission that every young adult, aged 18-30 years old, diagnosis with cancer in the UK, and their families and carers, have the tools and support they need to live well and feel empowered through and beyond a cancer diagnosis.

OBJECTIVES AND PRINCIPAL ACTIVITIES

Our objective, as set out in our governing document is:

‘The relief of sickness and the promotion and protection of health and wellbeing for young adults aged between 18-30 living in the UK through and beyond a cancer diagnosis and their families and carers in particular by providing physical, psychological and emotional support, resources and information with a view to providing palliative relief and improving their quality of life and to make grants towards research into the treatment of cancer in young people’.

OUR ACTIVITIES

We aim to achieve our objectives by delivering timely, tailored, high-quality, and highly impactful psychological, emotional, nutritional, physical, and wellbeing support to young adults with cancer and their families, delivered within a safe, supportive and likeminded community.

Support can be accessed from diagnosis and up to two years post-completion of active treatment. Support is available within 14 days of referral and at times that suit young people, ensuring they receive help when they need it most. To deliver our programmes, our highly experienced team of clinical, healthcare, and wellbeing professionals provide the following services:

Feel Well -A young person’s emotional and psychological needs change throughout a diagnosis and in the months and years beyond. Accessing the right support early on can help prevent the short-, mid-, and long-term psychological effects of cancer (including PTSD, trauma, and anxiety).

Our *Feel Well* programme is designed to offer emotional and psychological support, giving young people and their families access to our team of clinical psychologists and counsellors, all of whom specialise in young person’s oncology.

Our *Mindfulness & Productivity Journal*, Life Notes, has proved very popular with young people as a tool that encourages reflection, motivation, and goal setting, ultimately supporting emotional wellbeing.

We believe our service, offering 14-day access to specialist clinical psychologists, is unique in the UK. To our knowledge, there is no other non-NHS organisation offering this level of specialised psychological support to this population.

Move Well - The benefits of movement before, during, and after cancer treatment are now well-documented through extensive research.

Our *Move Well* programme helps young people engage in physical activity they enjoy throughout and beyond their cancer experience. Delivered by our Level 4 Cancer and Exercise Rehabilitation Practitioners the programme is tailored to each young person's individual needs and goals.

Support includes one-to-one personalised coaching, programmes, group exercise classes. As well as yoga and mindful movement sessions.

Our practitioners work closely with each young person to understand their objectives and support them in achieving personal goals through the Move Well programme.

Eat Well - A healthy, balanced diet is essential throughout a cancer journey, however, can be very difficult due to eating challenges and side effects. For example, treatment affects appetite, nausea or causes weight changes. Eating well can help the body build strength, maintain energy, boost immunity, and prevent infections. Many young people with cancer want to eat healthier but struggle to know what is safe, and how to implement these changes into everyday lifestyles.

Our *Eat Well* programme provides personalised 1-to-1 consultations with our Oncology Dietitians, group programme for life after cancer, and a suite of healthy eating resources, including our "Importance of Nutrition Through Cancer" booklet and a collection of easy, nutritious recipes.

Live Well - Alongside the harsh physical and emotional effects of cancer, a cancer diagnosis can often take away a young person's sense of self and identity. Taking time away from medical routines, especially outdoors, can help to restore a sense of normality and meaning back to life and spending time with loved ones can bring a sense of joy.

Our Live Well programme is designed to support young people in regaining a sense of identity, a feeling of control, and bringing some enjoyment back into life. The programme includes a small grant that young people can use for anything that supports their own wellbeing.

As part of our Live Well programme, we also fund 2-night stays for young people, their families, and carers at beautiful lodges in Yorkshire, offering peaceful time together in nature, away from hospital and treatment routines. Many describe these breaks as opportunities to "*be normal*" and "*be themselves*."

An outcome of our Lived Experience Panel has been the development of wellbeing workshops. In 2024, We hosted 10 wellbeing workshops throughout the year on topics chosen by the young people we support.

We work closely with NHS Teenage and Young Adult treatment centres to assist the delivery of regular End of Treatment events, offering support across mental, physical, nutritional, and wellbeing domains to help young people transition to life post-cancer.

Additionally, we actively support Teenage and Young Adult Principal Treatment Centres by providing grants to fund specialised wellbeing staff, helping to integrate vital psychological and physical wellbeing support into standard cancer care.

OUR ACHIEVEMENTS

The Ella Dawson Foundation is a dynamic and forward-thinking charity, and we are incredibly proud of the growth, momentum and impact of the charity which has continued strongly into our third year.

2024 marked another year of significant growth in scale, reach, and depth of the support we provide. Thanks to the hard work and dedication of our committed team, our trustees, Lived Experience Panel, volunteers, partners, and our incredible funders and supporters, we delivered more support to more young adults and families than ever before, providing a service which is unique for this population.

Service Delivery

In 2024, we provided one-to-one tailored support to 670 young people and their families, representing a 130% annual increase in the number of young people we have supported over the past 12 months. This included the delivery of 1,210 individual support sessions across our four core programmes helping young people to navigate the challenges of a cancer diagnosis and helping them to rebuild their post cancer lives.

We delivered wellbeing sessions at 3 NHS TYA End of Treatment Days and proudly funded a one-year pilot for the first complementary therapist dedicated exclusively to the needs of young people with cancer and their families, based at The Christie in Manchester, a first of its kind in the UK. The role supports the 270 young people and their families by providing tools and techniques to positively influencing treatment adherence and overall wellbeing.

Described by the Lead Nurse as *“one of the most impactful services we will have for the 270 young people and their families/carers who are diagnosed and cared for each year”*, this post represents a milestone in integrated cancer support.

We are proud to have become a trusted referral pathway for over 50 hospitals throughout the UK and support young people and their families right across the country.

Outcomes and Impact

A central focus of the Ella Dawson Foundation is ensuring timely, high-quality, and flexible support, delivered when and how young people need it. We are proud to have maintained our core KPI of offering the start of support within 14 days of referral, at a time that suits the individual. This responsiveness is unique in our sector and underlines our person-centred approach.

To facilitate this delivery, we expanded our team by welcoming four new clinical and wellbeing practitioners to the team to allow us to increase both capacity and offer sessions outside normal working hours as requested by our lived experience panel and beneficiaries.

In addition, to improve digital accessibility, we signed a partnership agreement with Careology, the UK’s largest cancer healthcare app provider. We are currently piloting a one-year collaboration with Careology and The Royal Marsden NHS Trust, aiming to empower young people by providing easily accessible digital wellbeing resources.

We are very proud of the clinically significant improvements in both mental and physical health outcomes in 2024. These results are vital in helping young people navigate their diagnosis and rebuild their lives post-treatment.

Feedback highlights include:

- 100% reported reduced levels of depression and anxiety
- 100% would recommend the charity
- 95% felt more empowered and in control of their lives

We are proud that our work is often described as “life-changing” by the young people and families we support.

Lived Experience Panel

In early 2024, we launched our first Lived Experience Panel, a group of 10 passionate young people who have experienced a cancer diagnosis and received support from the Ella Dawson Foundation. This panel meets regularly and plays a crucial role in shaping the direction of our services. Their insights ensure that young people and their families remain at the heart of everything we do.

Fundraising and Community Support

2024 was another busy and inspiring year for fundraising, made possible by our amazing supporters, volunteers, funders, corporate partners, and the many trusts and foundations who placed their trust in us and so generously supported our work.

We saw an income growth of 123% over 2024 (10 months), with over 350 people participating in events that raised both critical funds and awareness.

Our key events included our annual Colour Ball, our inaugural Sail Around Britain challenge, Dragon Boat Race, Great North Run, Yorkshire Three Peaks as well as numerous individual and community challenges, and local fundraising initiatives.

We are especially grateful to Adam Waugh, who is currently taking part in the 14-month Mini Globe Race, sailing solo in a 19ft yacht he built himself. His remarkable journey is raising awareness and funds for the Foundation, an extraordinary feat of courage and commitment.

We are incredibly grateful to several key funders who have generously supported our work, including the National Lottery, Sport England, and the Foyle Foundation.

Collaborative Achievements

We are proud to work with and collaborate with several other charities, including Teenage Cancer Trust, Young Lives vs Cancer, and have planned partnerships in 2025 with Teen Unite and Flynnne's Barn. We remain proud ambassadors of 5K Your Way, a collaboration with Move Charity.

In April, we were honoured to take part in the 2024 Teenage and Young Adult Cancer Awareness Month led by CCLG and TYAC Charities, helping to raise awareness and share the stories of young people experiencing cancer. In 2024, we also became members of Cancer52, an organisation focusing on rare and less common cancers.

We were proud to attend numerous conferences in the young adult oncology field including The Christie Interactive Oncology Conference, and were invited to the Yorkshire and Humber ODN Clinical Education Day and our Services Lead, Natasha, is an active member of the West Yorkshire Cancer Alliance Board as a Public and Patient Representative, continuing to ensure the voice of young people is heard at every level.

Communication

Our core values: To Listen, To Understand, To Engage, To Support, and To Inspire. Our trustees are deeply committed to ensuring these values are embedded throughout all areas of our work and are genuinely felt by everyone who interacts with our organisation.

Our marketing and communications strategy plays a vital role in sharing both our mission and these values. We are especially grateful for the continued pro bono support from Fluid CM, whose expertise in marketing and branding has been instrumental in helping us expand our reach. Their support enables us to connect with more young people and to share the impact of our work with new and existing donors, supporters, and partners.

We continue to actively promote our content across key social media platforms, our website, and through targeted mailing lists, ensuring that our message remains clear, consistent, and aligned with our values.

Governance

We were delighted to welcome two new highly experienced trustees to the board, James Hales and Kris Holland who, along with our exiting trustees board, further strengthen the board providing guidance, vision, strategic oversight and governance as the charity continues to grow.

The charity's Adults and Children Safeguarding Policy Safeguarding Policy was reviewed independently in the year, and staff received training or refresher training. Refresher training will take place in 2025. Key operational staff became qualified as Mental Health First Aiders.

IT and other systems are reviewed on an ongoing basis to ensure they meet the needs of charity going forward.

Financial Review

It should be noted that, given the transition to CIO, this report relates to the period 23 October 2023 to 31 October 2024. Future reports will cover the 12-month calendar year from January to December.

During this period our income grew significantly, reflecting strong donors and the grant support necessary to meet increased demand for our services. Income was £194,733, 122% over the 10 months of charity 1197112 prior to conversion to CIO.

The increase was due to a rise in both restricted and unrestricted income. The charity generated a surplus of £63,043 in the year, resulting in total funds at the end of the year of £97,052. Expenditure is very tightly managed, and operating overheads are kept to a minimum.

The funding climate has become more challenging and to address this we are further broadening our income streams, continuing to build our financial reserves and developing sustainable income generation streams. The trustees regularly consider the level of reserves that it is prudent for Ella Dawson Foundation to have when agreeing to the annual budget. Consideration is given to future strategy, liabilities, and any other significant factors which should be considered. The specific reserves policy, including the designation of reserves for specific purposes, will be agreed by trustees on an annual basis.

The Charity is a going concern. There are no material uncertainties about the charity's ability to continue its operations.

Going Forward

We are incredibly proud of the impact and momentum the charity has delivered, making a significant and meaningful impact on the lives of the young adults and families, and carers we support.

This is a testament to our committed and passionate team, our trustees, funders, volunteers, and supporters.

As we move forward, our Board remains deeply committed to ensuring that every young person and their family facing cancer has access to the right support at the right time. We will continue to grow and strengthen our services, partnerships, and impact - delivering high-quality, life-enhancing wellbeing support when it matters most.

J Dawson

Chair Of Trustees

THE ELLA DAWSON FOUNDATION CIO

REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES

I report on the accounts of The Ella Dawson Foundation CIO for the period ended 31 December 2024 which are set out on pages 10 to 13.

Respective responsibilities of trustees and independent examiner

As the trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Act) and that an independent examination is needed. I am qualified to undertake the independent examination by being a member of the ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in General Directions given by the Charity Commission (under section 145(5)(b) of the Act); and
- to state whether particular matters have come to my attention.

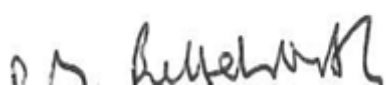
Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no material matter has come to my attention

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



D M Butterworth FCA
 WHEAWILL & SUDWORTH LIMITED
 Chartered Accountant 35
 Westgate Huddersfield,

THE ELLA DAWSON FOUNDATION CIO

INCOME AND EXPENDITURE ACCOUNT

For the period ended 31 December 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income			
Donations (individual/personal)	12,061	-	12,061
Donations (trusts/foundations)	43,986	50,012	93,998
Community fundraising	1,103	-	1,103
Challenge events	39,336	-	39,336
Major events	45,164	-	45,164
Art sales	716	-	716
Corporate donations/fundraising	200	-	200
Bank interest	2,155	-	2,155
Total incoming resources	144,721	50,012	194,733
Expenditure			
Direct costs:			
Challenge events	8,764	-	8,764
Major events	17,367	-	17,367
	26,131	-	26,131
Charitable activities			
Feel Well	3,577	24,792	28,369
Move Well	1,424	4,203	5,627
Live Well	2,540	7,771	10,311
Eat Well	12,382	-	12,382
	19,923	36,766	56,689
Administration costs			
Salaries NI and pension	29,535	-	29,535
Volunteer expenses	18	-	18
Printing & postage	2,460	-	2,460
Accountancy fees	780	-	780
IT	3,040	-	3,040
Insurance	548	-	548
Legal fees	3,021	-	3,021
Subscriptions and membership	539	-	539
Marketing	6,038	-	6,038
Training	690	-	690
Bank charges	262	-	262
Other	1,939	-	1,939
	48,870	-	48,870
Total expenditure	94,924	36,766	131,690
Surplus for the period	49,797	13,246	63,043

THE ELLA DAWSON FOUNDATION CIO

BALANCE SHEET

For the Period ended 31 DECEMBER 2024

	2024 £
Cash at bank and in hand:	
Current account	97,832
Creditors:	
Accruals	(780)
Net assets	97,052
Funds	
Surplus for the period	63,043
Transfer of reserves from founding charity	34,009
At 31 December 2024	97,052
Unrestricted funds	80,306
Restricted funds	16,746
Total funds	97,052

Approved by the trustees and signed on their behalf by:



Jane Dawson
Chair
2025

THE ELLA DAWSON FOUNDATION CIO

NOTES TO THE ACCOUNTS

31 DECEMBER 2024

1.0 Accounting policies

Basis of accounting

The financial statements have been prepared under the historical cost convention and include the results of the charity's operations which are described in the trustees' report and all of which are continuing.

The financial statements have been prepared in accordance with Accounting and Reporting for Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and UK Generally Accepted Accounting Practice. The charity is exempt from preparing a cash flow statement.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general activities of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific instructions imposed by the donors.

Taxation

The charity is not liable for corporation tax by reason of its charitable objects and status.

Incoming resources

All incoming resources are included in the Statements of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Gifts and donations received in kind are recognised at their estimated values for both income and matched expenditure.

Value added tax

Value added tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

Resources expended

All expenditure is accounted for as incurred and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

THE ELLA DAWSON FOUNDATION CIO

NOTES TO THE ACCOUNTS

31 DECEMBER 2024

2 Net incoming resources for the period

2024
£

This is stated after charging:

Trustees' remuneration

-

Independent exemption fee

300

Trustees are not remunerated or reimbursed for any personal expenses incurred on charitable activities.

The charity had two paid employees during the period.

3 Incoming resources received in kind

During the period the charity was provided with free resources covering website costs and branding materials. The total value of these has been estimated at £9250.

4 Creditors:

2024
£

Independent examination and payroll fees

780

5 Reserves

Restricted funding received during the period amounted to £50,012. This was provided to assist with the delivery of Feel Well, Move Well and Live Well Programmes. Of the reserves received from the founding charity £3,500 represented restricted funds to assist with Live Well and festival initiatives.

The balance of income received was of a general nature and utilised to further the charity's over-riding objectives.

6 Capital commitments

£

Capital expenditure contracted but not provided in the accounts

-

7 Related party disclosures

The trustees are not aware of any material related party transactions that require disclosure.

There is no one controlling party of the charity.