

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.



95% Felt more empowered



90% Felt more like themselves



93% Felt more in control



100% Recommended



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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ELLA DAWSON FOUNDATION CIO

INFORMATION

Trustees

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

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The Art Studio 3
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Accountants
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Website

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Contact

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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.

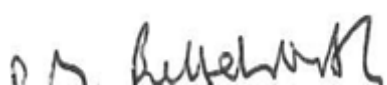
Basis of independent examiner's report

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.