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

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2026

FOR

ROAD SAFETY TALKS

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

ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

FOR THE YEAR ENDED 31 JANUARY 2026

REFERENCE AND ADMINISTRATIVE DETAILS

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

ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

FOR THE YEAR ENDED 31 JANUARY 2026

LAUREN DOHERTY STORY

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

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

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

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

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

As part of my discharge meeting, I had to meet a few care companies. I was discharged to a Young Adult Unit 10 minutes away from my family home which was great to be closer to my family but I was the youngest person in the unit by 30 years. My physio and a nurse from the spinal unit drove me to the unit where I met the nurses who would be taking care of me from the next six months. On November 23, 2009, I moved back to my parents' home which had had to be redesigned (they had only just had a new extension completed!) to allow the installation of all of my equipment and to accommodate the two carers I needed with me at all times. The task of totally rebuilding my life again began and on October 29 2013, I finally

LAUREN DOHERTY STORY (continued)

moved into my own purpose-built bungalow. This allowed me to live independently which I so wanted. I must look after my body even more since my accident, and the older I get the more aware I am of this. The long-term effects are that, apart from the paralysis, I have brittle bones, osteoporosis, requiring postural management, a tracheostomy in situ in case I require suction or for times when I do need some assistance from my ventilator, and I am susceptible to pressure sores. If I develop a pressure sore, it can mean me being extremely restricted in what I am able to do including showering, going out and being required to lay on my side for hours at a time in the hope it will heal.

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

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

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

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

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

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

I hope also to benefit others in demonstrating that that just because you have had an accident and you are in a wheelchair, your life isn't over. You have to try your best to readjust to your new life and make the most of every new opportunity available to you. I believe that being open and honest about my life is the best way to be with the children as they seem to respond to extremely well, prompting a lot of questions and conversations afterwards. My hope is that by sharing what the

LAUREN DOHERTY STORY (continued)

reality is of what happens if you don't take care when crossing the road, it will, in a small way, help reduce the number of accidents on the road. The message I wish to get across is aimed at all age groups. From holding parents' hands, not using your mobile phone while crossing the road to being aware of the roads on a night out; it's all relevant. I am as honest as I can be in the hope it makes road users, drivers and pedestrians, take care on the roads. The reality is that I now need two carers around me all the time; if not by my side, in a room near me. They do everything for me from getting me washed, brushing my teeth, scratching my nose if I have an itch, cooking and feeding me my tea and enabling me to go out places. Although I do spend time by myself, I must have a baby monitor by my side in case I need any assistance or if there is an emergency. If I make a call to my friends or family, my conversation is heard through the monitor. To use my TV, computer, phone, turn my lights on and off, I use a device called an Eyegaze, similar to an iPad. I can use this using my eyes; it detects my eye movement or when I tire of this, I can use a mouthpiece which is like a computer mouse. I enjoy shopping, going out and spending time with my friends, going to the cinema and concerts, taking my niece out and spending time with my family. I just can't do anything quickly or without planning now. The times I would just nip to see a friend or nip into town by myself have gone. I have had to accept that this is my life now.

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









ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

FOR THE YEAR ENDED 31 JANUARY 2026

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document
The charity is a Charitable Incorporated Organisation (Foundation) and its governing document is its constitution dated 9 July 2019.

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

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

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

Recruitment and appointment of new trustees
Apart from the first charity trustees, every trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity.

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

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

OBJECTIVES AND ACTIVITIES

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

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

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

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

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

ROAD SAFETY TALKS

TRUSTEE'S ANNUAL REPORT

FOR THE YEAR ENDED 31 JANUARY 2026

ACHIEVEMENT AND PERFORMANCE

Main Achievements

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

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

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

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

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

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

FINANCIAL REVIEW

Reserves policy

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

FUTURE PLANS

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

ROAD SAFETY TALKS

REPORT OF THE TRUSTEES

FOR THE PERIOD ENDED 31 JANUARY 2026

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

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

Approved by the trustees and signed on its behalf by:



Trustee: Lauren Doherty

08 October 2026

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 JANUARY 2026

	2026 Unrestricted fund £	2025 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	3,856
Grants	58	60
	58	3,916
Total incoming resources	58	3,916
EXPENDITURE		
Raising donations and legacies		
Postage and stationery	63	217
Charity Events	396	491
	459	708
Charitable activities		
Computer costs	60	60
Travelling	416	-
Office costs	199	122
	675	182
Governance costs		
Insurance	126	126
Professional fees	-	420
	126	546
Total resources expended	1,260	1,436
NET INCOME/(EXPENDITURE)	(1,202)	2,480

ROAD SAFETY TALKS

STATEMENT OF FINANCIAL POSITION

31 JANUARY 2026

	2026 Unrestricted fund £	2025 Total funds £
CURRENT ASSETS		
Cash at bank	5,614	6,816
NET CURRENT ASSETS	5,614	6,816
TOTAL ASSETS LESS CURRENT LIABILITIES	5,614	6,816
NET ASSETS	5,614	6,816
FUNDS		
Unrestricted funds	5,614	6,816
TOTAL FUNDS	5,614	6,816

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



Trustee: Lauren Doherty

08 October 2026

1. ACCOUNTING POLICIES

The accounts are prepared on the receipts and payments basis.

2. TRUSTEES' REMUNERATION AND BENEFITS

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

There were no trustees' expenses paid for the year ended 31 January 2026 nor for the period ended 31 January 2025.

3. OUTSTANDING GUARANTEES

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

4. OUTSTANDING SECURED DEBTS

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

5. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2026.