Trustees' Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	01	January	2025	To	31	December	2025

Section A Reference and administration details

Charity name	Charlie Dallas Lancaster Foundation
Other names charity is known by	n/a
Registered charity number (if any)	1195207
Charity's principal address	Gardners Cottage Kilvington Hall North Kilvington Thirsk **Postcode** YO7 2NS

Names of the charity trustees who manage the charity

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

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

Name	Dates acted if not for whole year
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

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

Trustee selection methods (eg. appointed by, elected by)	Apart from the first charity trustees, every trustee must be appointed [for a term of 3 years] by a resolution passed at a properly convened meeting of the charity trustees.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	**Objects:** For the public benefit the promotion and protection of good mental health of people living in Yorkshire and the North East of England in particular but not exclusively through the provision of grant support to existing charities and through the provision of support services.
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)	As a charity we have two main objectives. • To raise awareness of mental health support in our community • Support individuals and families who need support or are at crisis point, and these services are funded through our fund raising activities. Awareness: • We have created a website and through our social media channels people in need can contract us 24 hours a day. • The website and social media channels help spread awareness of the support that is available aswell as sign posting to other charities who operate in the same space. • We take pride in organising and taking part in community based events, exercise, and group events, with our main event being 'A mile a life', which runs from 23rd May to 23rd June and all highlight the importance of mental health. Support: • Through trained and qualified councillors we have partnered with we have three service lines, male over 18, Teens male and female, and female over 18. These support services can be both face-to-face and/or digital delivery, based one needs/preferences. • Sessions at flexible times (weekends/evenings) e.g. for those who work/have childcare commitments. • Open to all individuals who require support regardless of ethnicity, disability, gender. • Free to access (funded through the Foundation). These are funded through our fundraising activities which include an dinners, sports events such as runs and cycles, local fundraisers such as small functions, selling of branded merchandise and also donations received from the public.

Additional details of objectives and activities (Optional information)

Section D Achievements and performance

Summary of the main achievements of the charity during the year

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

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

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

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

This provision supports:

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

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

Our work supports recovery, crisis prevention and connects people to stay well. Feedback from people we have supported has been positive and helped improved mental health and struggles. For people at crisis point or dealing with a crisis we have found that the speed in which we can access face-to-face or virtual support has helped. From our findings a large barrier for people reaching out for support in this cost of living crisis is funding and we have been able to support individuals through this from funds we have raised to date. We have donated funds in our fourth financial year which has supported over 50 individuals through support, and look to grow this in the next financial year.

Section E Financial review

Brief statement of the charity's policy on reserves	At the year end we had reserves of £73,683 We don't have a policy on minimum or maximum levels we must hold but have plans on deploying the reserves to our service lines as enquiries and referrals come in. We like to have a positive balance so that we can pay for deposits on events we have planned for the future.
Details of any funds materially in deficit	n/a

Further financial review details (Optional information)

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

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

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

- Donations through local fund raising events throughout the year: £29,093
- Sales of merchandise: £1,202

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

Donations we have made throughout the year are to:

- £4,100 Survive
- £4,100 Survive through CAF
- £4,100 Community Works
- £4,100 Menfulness
- £4,100 Lucys Legacy
- £3,074 Together for Cinema
- £3,000 Kitchen for everyone

£10,387 to Al Chambers and Sarah Atkinson who provide counselling support

Other expenditure was costs to put on events and merchandise which we either sell to the public for a donation or donate to athletes or helpers which cost £5,728

We have continued to provide awareness boards in community venues and local businesses, these have cost us £2,708

Other expenses in the year were £216 for just giving.

Overall this year we gave out more than we raised but this was part of our strategy due to our cash balances which had been building year on year. The deficit for the year was £15,319 which we are happy with as more of the cash reserves were used in supporting individuals and the community we serve.

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

Section F Other optional information

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

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

- We have a grant making which enables the trustees to review all grant submissions to them so long as they are aligned to the promotion and protection of good mental health of people living in Yorkshire and the North East of England.
- These requests must be directly linked to a service provided or project that is aligned to the promotion and protection of good mental health and that can be measured.
- For all grants made over £1,000 additional monitoring and due diligence will be required.
- There 5 volunteers who are ambassadors to the Foundation. They assist with events and fund raising as well as promoting awareness of the Foundation in the local communities we serve.

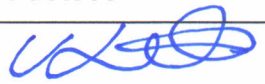
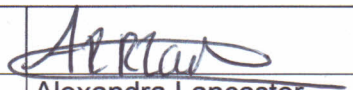
Section D Achievements and performance

n/a

Section G Declaration

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

Signed on behalf of the charity's trustees

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

Date 29.09.26

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
Charlie Dallas Lancaster Foundation	1195207

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/01/2025		31/12/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Fundraising events	29,093	-	-	29,093	-
Merchandise Sales	1,202	-	-	1,202	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	30,295	-	-	30,295	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,295	-	-	30,295	-
A3 Payments					
Awareness Boards	2,708	-	-	2,708	-
Just Giving costs	216	-	-	216	-
Merchandise Costs	5,728	-	-	5,728	-
Councilling Support	10,387	-	-	10,387	-
Donations made	26,575	-	-	26,575	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	45,614	-	-	45,614	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	45,614	-	-	45,614	-
Net of receipts/(payments)	- 15,319	-	-	- 15,319	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	89,002	-	-	89,002	-
Cash funds this year end	73,683	-	-	73,683	-

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

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Cash balance at year end	73,683	-	-
		-	-	-
		-	-	-
	Total cash funds	73,683	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Victoria Taylor	29/09/2026
	Alexandra Lancaster	29/09/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of (Charity Name) Charlie Dallas Lancaster Foundation

On accounts for the year ended 31st December 2025 | **Charity no (if any)** 1195207

Set out on pages 1 and 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

Signed: [signature] **Date:** 09/10/2026

Name: RICHARD HESELTINE

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

Address: 1 THE ORCHARD
OLD CASSOP
DURHAM DH6 4RS

Section B Disclosure

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

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