



# Impact Report 2025

Helping young adults live well with cancer



ella dawson  
FOUNDATION

helping young adults  
live **well** with cancer



# 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



Founders Jane, Kevin and Tasha at the Buccleuch Property Challenge this Summer



# 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!





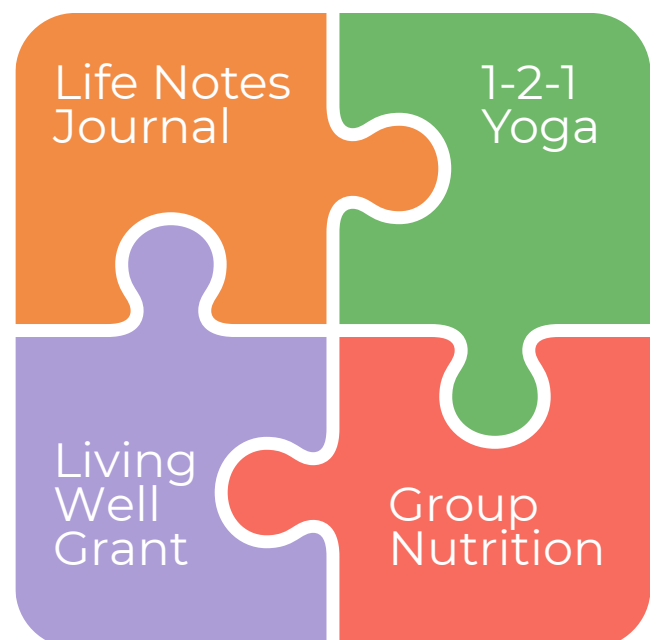
“I was diagnosed with Non-Hodgkin lymphoma. I was a rare case where my symptoms included a swollen face and debilitating shoulder pain which meant the doctors did not diagnose me for a really long time. I was in hospital for 3 very scary and very long weeks which is when it felt like my world was just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

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### **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.

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### **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.

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### **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.

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### **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.

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# 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 circular pattern, with some words appearing larger and more prominent than others. The colors of the words vary, including shades of blue, red, and black. 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
- accessible
- brilliant
- important
- healthier
- leant techniques
- ray of sunshine
- looking forward
- unique
- more like myself
- learnt techniques
- improved my mental health
- improved wellbeing
- personalised
- process everything
- listen to
- recovery
- comfortable
- flexible
- reconnect
- more energy
- sociable
- confident
- less alone
- easy
- enjoy



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.



# Thank You to our Sponsors & Charity of the Year Partners





# 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](mailto:jane@elladawsonfoundation.org.uk)







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



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