



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% increasing 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
ADDITIONAL
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.

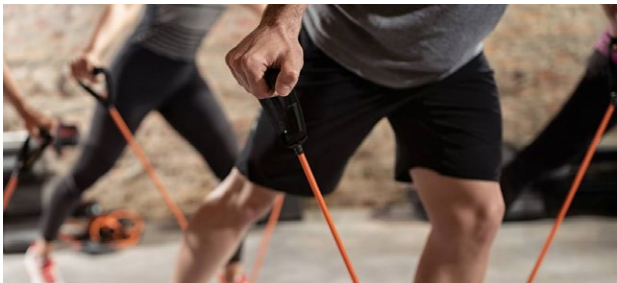
What We Deliver: Comprehensive Wellbeing Support

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!



A look back on our flagship events

Colour Ball



Sail Around Britain



Great North Run



ella dawson FOUNDATION helping young adults live well with cancer
<http://www.elladawsonfoundation.org.uk>

Yorkshire Three Peaks



Dragon Boat Race



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