

little lifts

What's in a Little Lifts Box?

Each Little Lifts Chemotherapy,
Radiotherapy and Surgery Box contains
items to help alleviate side effects, as
well as mood-boosting goodies to
support with emotional well-being,
specifically chosen by those who have
personal experience of breast cancer
treatment. The contents of each Box
can be found on our website. Products
and brand are subject to change.

How do I get a Box?

If you are receiving chemotherapy or radiotherapy treatment for breast cancer at one of our 10 NHS hospital partnerships you will be offered a Little Lifts Box by your medical team.

If you are receiving surgery at the NNUH you will be given a Box by your medical team.

If you are receiving chemotherapy, radiotherapy or surgery for breast cancer elsewhere in the UK, you can apply for a Little Lifts Box through The Little Kindness Fund, our national discretionary fund which we set up in response to the pandemic..

Am I eligible?

Anyone in the UK receiving chemotherapy, radiotherapy or surgery for primary or secondary breast cancer can receive a Little Lifts Box, free of charge.

Do you support all genders?

Yes! There are 400 men diagnosed with breast cancer every year and we are on a mission to support all of them, as well as the 55,900 other people diagnosed each year.

I am having hormone therapy. Why am I not eligible?

Each Little Lifts Box is tailored specifically to help alleviate the side-effects of each treatment. We have listened to feedback from patients and teams at our partner hospitals and are in the process of developing further Boxes to help reach our ambition of supporting ALL breast cancer patients in the UK. If you are receiving hormone therapy for secondary breast cancer, you are eligable for a box.

Why do you only support people with breast cancer?

We are a very small charity and right now we are only able to offer Boxes to breast cancer patients. Our founder, Oa, was diagnosed with breast cancer at the age of 28 and set up the charity 8 years ago to help people who are going through similar experiences. Her experience of breast cancer is what inspires our small charity today and is the focus of our work. However, we're small but mighty for a reason and one day in the future we may be able to offer our Boxes to people going through treatment for a different type of cancer.

Who is a surgery Box for?

You can apply for a surgery box up to 4 weeks after one of the following surgeries for breast cancer: mastectomy, lumpectomy or operation for a DCIS. If you are having surgery for a secondary breast cancer that has metastasised to another part of your body you may also apply for a box.



little lifts

How do I apply for a Box?

You can apply for a Little Lifts Box by completing questions through our portal. We ask for a few details (name, address etc.) as well as which Box you are applying for and some information about your diagnosis and treatment. It shouldn't take more than ten minutes to complete but if you need any support, do get in touch with us at box@littlelifts.org.uk.

What evidence do I need to provide?

We ask for one form of photographic ID (e.g. passport or driving license), and documents from your hospital confirming your breast cancer diagnosis and treatment (specific to which Box you are applying for).

Your evidence needs to include:

- Your full name
- Your treatment hospital logo, or official header/footer and a recent date
- Confirmation that this treatment is specifically for breast cancer and date of treatment

Alternatively, you can ask your medical team to complete <u>this evidence form</u>, and upload that with your application instead of the evidence above.

*Without evidence, we unfortunately will not be able to send you a Little Lifts Box



Why do you ask for evidence of diagnosis and treatment?

The Little Kindness Fund is made possible by some generous individuals, such as our Patron, Harriet from Spacemasks, who donates £1 from every box sold of chamomile Spacemasks to the Fund, and wonderful individuals who make donations, including recipients of our Boxes and their families. We are required by the Charity Commission to do our due diligence to ensure these donations are being used as intended: to support those specifically receiving chemotherapy, radiotherapy or surgery for breast cancer.

Why do you ask to see photographic proof of identification?

We ask for this so that we can confirm you are who you say you are. Surprisingly, we have received applications from people pretending to be someone else, and so we have put this extra step in place to try and prevent this. Please note, we are unable to accept selfies or holiday snaps as photo ID.

What happens to my documents once my application has been reviewed?

Once a decision has been made on your application, we permanently remove all documentation you have provided from our system.

Who reviews my application?

Your application is reviewed by a member (staff or volunteer) of our small Operations and Support Team.

How long will it take to receive a Box once I submit my application?

Once you have submitted your application, you will hear from us within 15 working days. We will let you know if your application has been successful or not, and whether we require any additional information in order to make a decision.

If you receive confirmation that your application has been successful, we will aim to get your Box to you within 28 working days, however it is often much sooner than this.

My treatment finished some time ago. Can I still apply for a Box?

We understand that side effects may continue once your treatment has finished, and so we will consider applications received up to 4 weeks following completion of your chemotherapy treatment, your radiotherapy treatment or your surgery.

How will my Box be delivered?

Via Royal Mail Tracked 48.



Can I apply for a Box on behalf of someone else?

As we request personal information and confirmation of diagnosis and treatment as part of the application process, its not possible to consider applications made on behalf of someone else. It is a GDPR requirement that we receive this information directly from the applicant of the Box and who's information we are holding.

My loved one doesn't have access to a computer/internet. How can they apply?

Please call 01603 740361. We can accept applications via post, providing all required information is included (full name, address, Box type and contact number). We would recommend sending photocopies of photo ID, diagnosis and treatment letters as we are unable to return originals in the post. Or print off this evidence form and send in a copy signed by your medical team confirming treatment and diagnosis. Send to: Little Lifts HQ, Bowthorpe Hall, Bowthorpe Hall Road, Norwich, NR5 9AA. Please note: Little Lifts are unable to take any responsibility for your personal details until they are safely delivered to Little Lifts HQ.



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I have already received a Little Lifts Box. Can I apply for another one if I am receiving a different treatment?

Sure thing! We understand that each treatment can have different side effects and each Box is tailored specifically to those. Providing there is funding available and the Little Kindness Fund application portal is open, you can certainly apply again, but this time for a different Box to your last, with your evidence confirming you'll be receiving that treatment.

My treatment has now finished how else can I access support?

Our support goes further than a Little Lifts Box. Keep an eye out for our Community Events which bring together people affected by breast cancer. If we don't have an event in your area, we have an amazing online community as well as resources on our website to help you find the support you need.

I have received a second diagnosis of breast cancer. Can I get another Box?

Yes our boxes are there to support people going through breast cancer treatment.





If you have any further questions please get in touch with us at box@littlelifts.org.uk