



The Rob George
Foundation

ANNUAL REVIEW 2017/18

OUR FOURTH YEAR OF OPERATION

GRANT
APPLICATIONS



2/3^{rds}
APPLICATIONS
SUCCESSFUL



TOTAL
RAISED
£143,310



AWARDS
TOTTALLING
£75,327



195
GUESTS



ANNIVERSARY BALL
£12,000 RAISED



ANNUAL REVIEW 2017/18

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MAJOR SUPPORTERS

A MAJOR MILESTONE

AND PROBABLY OUR PROUDEST MOMENT YET!

500 NOT OUT FOR THE RGF! Earlier this year we were so proud to announce that since our launch back in 2014 we had awarded our **500th grant!** Wow! Behind each grant is a personal story, often either highlighting considerable personal challenges or aspirations, but with one thing in common: young people needing financial and practical support. Our grants cover a wide range of requests. Under aim 1 we've supported our grantees with a range of things including new clothing, bed linen, fit for purpose furniture and white goods, hospital travelling costs, supplementary educational courses and driving lessons, laptops (a constant companion for many of our grantees facing long spells, often quite isolated, in hospital). Under aim 2, we've supported many

grantees in their sporting and performing arts pursuits, typically assisting them with their costs towards training, coaching, equipment, travel, and national & international competition entry fees. Many of them are achieving national and international recognition. But the most important message is that, without the amazing and generous support of our wonderful supporters and fundraisers, in so many ways, reaching this magnificent milestone would not have not been possible, so thank you to all of you for ensuring that the RGF really can continue "Making a difference, one individual at a time". It's been fun, it's been tough, and at times heart-breaking, but we carry on so we can be there for the next 500!

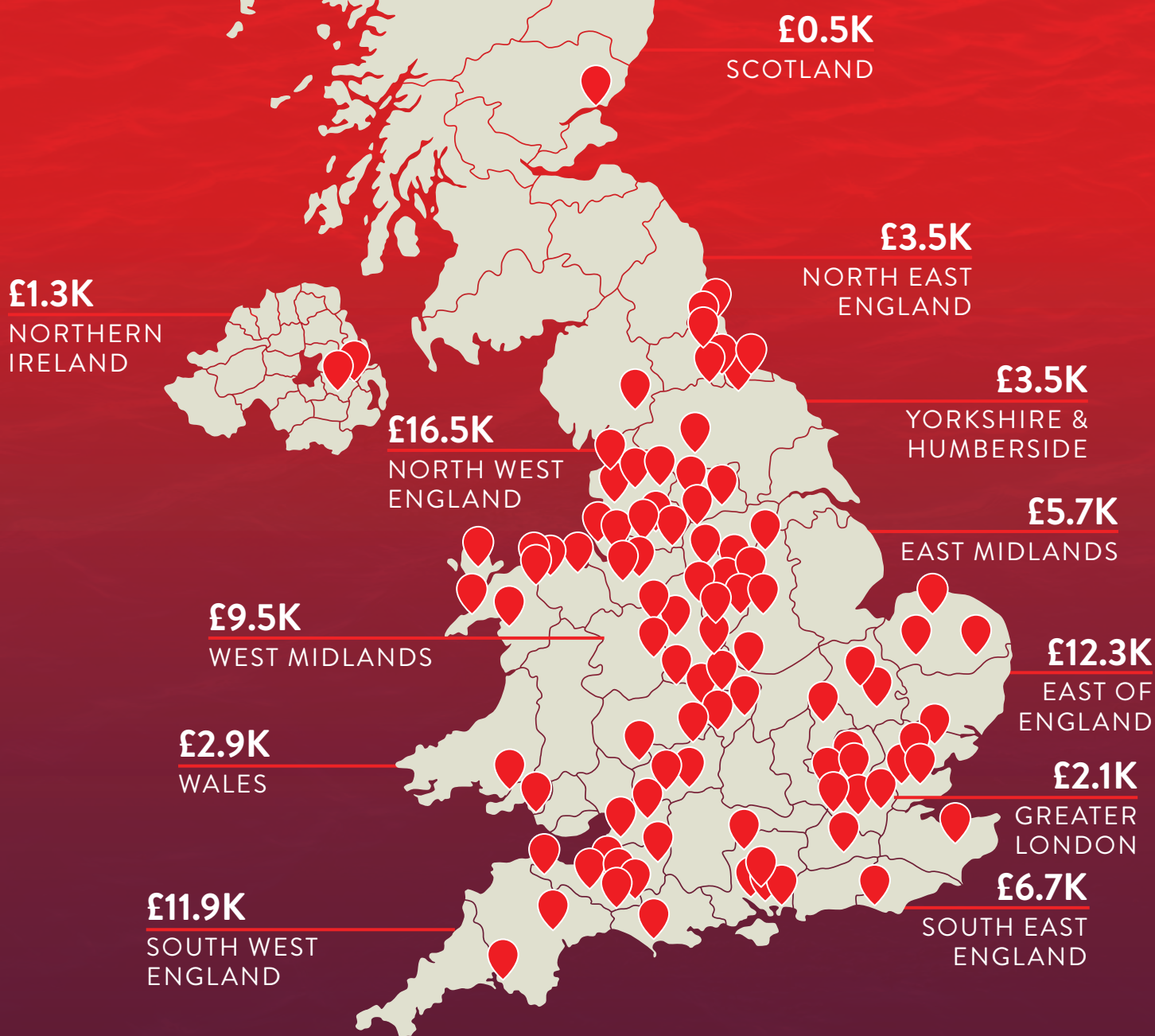
So, when you next pop a cork or pull a pint (or whatever you fancy) please raise your glass to the amazing Rob George and his truly amazing legacy – The Rob George Foundation!



MAP INFORMATION



Based in Colchester, Essex, The Rob George Foundation supports young people all over the UK. Our map highlights the location of each and every one of the grants awarded throughout the fourth year of our operation, with an accompanying total value of grants awarded for each region.



TRUSTEES' REPORT

The Trustees present their report and accounts for the period from 1st April 2017 to 31st March 2018. The accounts comply with the requirements of the Charities Act 2011, RGF's Trust Deed dated 16th January 2014 and the Financial Reporting Standard for Smaller Entities (FRSSE)

2/3rds 
APPLICATIONS
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JESS'S STORY The Rob George Foundation supported Jess Hopkins, a 15 year old athlete from Witham, Essex. She specialises in the heptathlon which consists of 7 events spread over 2 days: hurdles, high jump, shot put, 200m sprint, long jump, javelin and 800m. In 2017 she was selected to compete for England on two occasions (both with team and individual successes). Jess is a 2 time national champion and received national bronze and silver for shot put and long jump.

Her ultimate goal is to represent GB at the European Championships and the Olympics. Covering costs of certain international meets and selection competitions can be a challenge, putting a strain on the financial side of things.

We cannot thank the Rob George Foundation enough for the support and help they have given us as well as many other aspiring athletes around the UK, it will go a long way to cover the costs of competitions and travelling, **we are extremely grateful.**

LEA'S STORY On the 24th-25th of November 2017 I competed in the German Cup competition for Lifesaving Sport. It was my first international competition representing the UK and I was extremely nervous, but it was eye opening to compete against such a high standard of swimmers from all over the world and I absolutely loved the experience. I was extremely pleased to come away with Personal Bests in 4 out of my 5 events, a British University Record in the 100m Rescue Medley individual event as well as breaking the British Record in the Manikin Relay by over a second. **I am so grateful to the Rob George Foundation's support and funding for giving me the opportunity to compete for my country.**






**Thank you
so much!**

LIBBIE'S GOING FOR BRONZE! - Just wanted to thank the Rob George Foundation for their kind donation. Libbie was diagnosed with acute lymphoblastic leukaemia in January 2017 and had 6 months of intensive chemotherapy followed by tablet chemotherapy which she will take until March 2019. She's responded very well to treatment and is so positive, cheerful and dynamic, her attitude and admiration for life is enormous and she is an inspiration to others. This reflects in her latest goal in life. She is in year 10 and is currently doing her bronze Duke of Edinburgh award. Your donation has allowed her to fully equip herself for the expeditions, and we are so grateful.....she completed the practice run a few weeks ago and camped in sub-zero temperatures (much to the hospital doctors' amazement!)

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CHAIRMAN'S REVIEW

The Charity continued to be extraordinarily busy in its fourth year of operation. The number of applications for grants was 181, slightly down on the previous year (2016-2017: 249). Approximately two-thirds of the applications were successful, and awards totalling £75,327 were made, (2016-2017: £104,580). Total funds raised amounted to £143,310 (2016-2017: £114,471) including £53,391 (2016-2017: £35,854) from fund-raising events and £87,858 (2016-2017: £76,760) from donations.

	2016-2017	2017-2018
 Applications	249	181
 Awards Made	£ 104,580	£ 75,327
 Total Funds Raised	£ 114,171	£ 143,310

The Charity is once again indebted to a number of trusts and organizations who have kindly made significant donations during the year – for instance, **Walter Farthing (Trust) Limited**, Care UK Wellbeing Foundation, **Persimmon Homes**, Kent Blaxill & Co Limited, – and to some generous individuals who wish to remain anonymous. We are also grateful to **Birkett Long Solicitors**, Loughborough and St Andrews University Cricket Clubs, **Hatfields of Colchester**, Essex County Cricket Club, **Colchester Round Table**, The Wrinch Family and **Smith & Watts Printers** for their continuing support, **Fenn Wright**, WRS Stoke By Nayland Golf Club, **Reader Offers**, Aldeburgh Golf Club

Thank you! 😊

I would like to offer my special thanks to the board of Trustees who give their time freely and unpaid to guide RGF and ensure that we are run on sound lines with excellent financial control and with strong governance and to Wendy Smith, our hard-working Grants Officer. I also express my heartfelt thanks to all of those who have contributed to RGF in numerous ways during the year, whether as volunteers, fundraisers or donors. Without them, RGF would not be in a position to continue into the future.

PHILIP GEORGE, CHAIRMAN



OBJECTIVES

RGF was established under a Trust Deed dated 5th March 2014 and is a registered UK Charity (Registered Number 1156026). RGF's registered address is 4 Henry Villa Close Colchester Essex CO4 5XP. RGF's objectives are:-

- To prevent or relieve poverty and to promote the advancement of health by providing practical and/or financial support to young people with life threatening or terminal illnesses; and
- To promote the advancement of amateur sport and the arts by providing financial support to young people who demonstrate exceptional commitment and/or ability in the worlds of sport or the performing arts but may be held back by their financial situation from pursuing their goals.

PARTNERSHIP WORKING

The Trustees will willingly work in partnership with other organisations to fund initiatives beyond the financial scope of a single organisation, but will not normally approve the use of the Charity's funds for medical research, postgraduate study or purposes for which the government has a statutory responsibility to provide. Applications introduced to us by other charities such as Macmillan Cancer Support, CLIC Sargent, Teenage Cancer Trust and Essex Community Foundation continue to be welcomed.

HOW OUR SERVICES DELIVER PUBLIC BENEFIT

The Trustees are aware that the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. They pay due regard to the Charity Commission's guidance on public benefit in deciding which grants the Trust should make, focusing particularly on the prevention or relief of poverty, and the promotion of the advancement of health, amateur sport and the arts. In addition, they consider that the Charity itself gives added public benefit by its rapid and flexible responses to applications from potential grantees.

MATTHEW'S STORY Matthew, aged 20, from Liverpool successfully applied to the RGF for a grant to purchase a Samsung S8 with the appropriate Android App to operate his prosthetic leg. Matthew has been in touch to say - "A big thank you to the Rob George Foundation for giving me the Samsung S8 which will give me the opportunity to use a leg like my brother's Leg to help me get my life back on track. It's a lovely thing to know that when bad things happen there are people out there to help get you back to where you once were. Thank you again for your generosity."

A MUM'S SPECIAL MESSAGE TO THE RGF

"I wanted to share my son's story with you. Harry has just turned 18 and to his and the family's absolute horror, in August 2017 was diagnosed with Hodgkin's lymphoma. Harry has been through a torrid time, with x-rays, biopsies and then the dreaded chemotherapy treatment. Physically, Harry has tolerated the chemotherapy reasonably well. However, emotionally he's struggled with the knowledge that every other week, he'd receive this toxic yet hopefully curative treatment. Life for a 17 year old with cancer is hard. It has had an accumulative effect on his college work, social and, indeed, everyday life.

However, there was light at the end of our dark journey. Due to his age a referral was made to the Rob George Foundation. It was requested that an allowance be made to assist Harry with driving lessons. Harry had just started to learn prior to his diagnosis. Due to the fact as his mother and his only carer were off work, money became rather tight. I am sure that any parent reading this along with myself, just wanted to see a smile on his face, for however long I could. So when the Rob George Foundation stated that they could assist with helping to fund Harry's driving lessons, I don't think I have any words eloquent enough to express my sincere gratitude. Not only from a parent's perspective but far more importantly from Harry's. That hour he spent driving with his terrific driving instructor was truly priceless. Harry tells me that by him being out driving, he had gained some independence back.

So the Rob George Foundation continued to pay for his lessons and on the 30th January 2018 (a better year!) my brilliantly strong son passed his driving test. So I want to thank the charity for supporting Harry and making him smile which is a priceless gift.

I have never really paid much attention to supporting charities, but to have a child with cancer and to know that there is such a tremendous charity such as the Rob George Foundation out there, I will be most definitely try to raise funds within the organisation that I work for.

ACTIVITIES

The Charity's Anniversary Ball, held at the Hurlingham Club in London on January 6th 2018, was again the highlight of the year. The event was attended by 195 guests, who together raised nearly £12,000. The Charity's Patron, the entertainer and magician Michael J. Fitch, acted as a wonderful host and provided the entertainment with the senior students from the Lorraine George School of Dance and Performing Arts. The Charity was thrilled to have so many young attendees, many of whom had been friends of Rob, with parties of students and former students of Loughborough, St Andrew's and Oxford Universities and Colchester Royal Grammar School being particularly strong. The Cricket Clubs from Loughborough and St Andrew's once again raised amazing sums for the Charity as a result of their various fund-raising activities throughout the year.



A number of supporters took on amazing physical challenges for the Charity. These included Rob's cousin, Sarah Harvey, who ran the London Marathon. A party of eight (including Rob's Mum and Dad, Lorraine and Philip George), cycled a distance of some 320 miles across the desert from The Grand Canyon to Las Vegas in October, whilst in March a party of 19 travelled to Meribel in France for the first Ski for Rob challenge. Nick Griffiths faced perhaps the ultimate challenge by taking part in the Yukon Arctic Ultra 300-mile race in February. Conditions this year were extreme with temperatures dipping to -50 degrees, and unfortunately Nick was forced to withdraw, with most of the other competitors, on medical grounds. He had to undergo a long period of hospitalisation to enable the medics to deal with his severe frost-bite, but sadly they could not save three of his toes (see page 9).

A third highly successful Golf Day was held in May, and thanks are once again due to Andrew and Mike Duley of The Duley Partnership and their wonderful team for their brilliant organisation, and to



the members of Colchester Golf Club (where Rob had been Junior Captain) for their welcome and support. One of the Colchester Professionals, Chris Cutchie, was this year's Essex PGA Captain and chose the Charity as his Charity of the Year, whilst John O'Connor, a trustee and the Treasurer of the Charity, who took the over as Captain of Braintree Golf Club just before the end of the year, did the same.

The Charity's year as one of the five charities chosen by the 2016/17 Mayor of Colchester, Councillor Julie Young, came to an end in May. The Charity was once again generously supported by the Maldon Mud Race, by the Shepherd Neame Essex League at its Annual Dinner, by Colchester and East Essex Cricket Club





195
GUESTS

ANNIVERSARY BALL
£12,000 RAISED



at its Annual Six-a-Side day, and by the pupils of the Lorraine George School of Dance and Performing Arts at their annual show at The Mercury Theatre. Those pupils were also invited to perform at the Fire and Dance Ball organised by the St James Place Charitable Foundation, and further funds were raised for the Charity. The Charity's Patron, Graham Gooch, also very generously donated a table at his prestigious dinner at Le Talbooth Restaurant, and as a result of generous sponsorship from Mike Watson of Tube Tech International, significant funds were raised.

Amongst other fundraisers were the Greenstead Knit and Natter Group who sold their beautiful handiwork in aid of the Charity at a stall on Colchester Market, Nikki Taylor's Dance school who had a collection at their annual show and Hannah O'Connor who organised a Quiz night at The Drapers Hotel in Earls Colne. Mary Waylett once again organised a very well supported Bridge Day. It is always very much appreciated when funds are raised by grantees and their families, and we are grateful to Justin Taylor-Tipton and his family who arranged a highly successful Charity Ski Jam in Stoke.

The Charity continues to work for a change in the law to recognise that students who are forced to take a temporary break in their studies as result of life-threatening illnesses should qualify to receive State benefits.

FINANCIAL REVIEW

The Trustees have not undertaken any long-term funding commitments, have not considered, nor had to consider, the creation of a permanent endowment, and have taken no decision concerning the likely life cycle of the Charity. They do not consider that a formal reserves policy is necessary at this stage in the Charity's development.

INVESTMENT POLICY

With the current low levels of inflation, the Charity can meet its objectives whilst keeping its funds in liquid form. Just under 50% of its funds are held in the COIF Charities Investment Fund (which is rated AAA/V1 by Fitch Ratings and which aims to provide the strongest level of security together with daily liquidity and a good level of interest) with the remainder being invested by way of bank deposits. The current policy is to maintain this proportion.

The Charity's financial position is reconciled and reviewed at least monthly before decisions relating to grant-making are taken. The Trustees consider that the strong position of the Charity's finances at the end of its financial year is satisfactory, enabling it not only to meet its present objectives, but also to continue its activities for several years to come. It is the current objective of the Trustees to disburse as much as possible of the funds received by way of grants, and not to set up any permanent endowment.

A MESSAGE FROM OUR PATRONS



It's been another fantastic year for the RGF. Since its launch in early 2014 the Foundation has gone from strength to strength and there really is no doubt that for all the deserving young people receiving financial and practical support from the RGF throughout the UK, the Foundation really is living up to its mantra - "making a difference....one individual at a time". I'm so proud to be a patron and wish all at the RGF and its many supporters continued success for many years to come.

GRAHAM GOOCH, OBE DL



I am honoured to be patron of the Rob George Foundation.

I have the privilege to host the annual Ball, celebrating all the hard work from the previous year.

It's been incredible seeing the Rob George Foundation grow with the amazing dedication of family and friends. The RGF Team and fundraisers are truly Magic!

MICHAEL J FITCH

FUNDRAISING

In our 2016/17 Annual Review we previewed RGF fundraiser, Nick Griffith's "Biggest Challenge", namely the Yukon Arctic Ultra – the small matter of a 300 mile trek across the Arctic and dubbed the toughest ultra race in the world: And what a challenge it was!

With the obligatory health warning "don't try this at home", Nick, a former Royal Marine, had trained and prepared fully for the race, and was no stranger to endurance events, having completed the 3,000-mile Talisker Transatlantic Rowing Challenge in 2013.



Well, Nick duly took part in this eight-day event, in the depths of the Canadian winter, experienced temperatures that dropped to as low as minus 54 degrees and ended up with fourth degree frostbite.

Before he could fly back to the UK, Nick received cutting edge treatment in a Canadian intensive care unit which then continued in the burns unit in Wythenshawe Hospital in Manchester.



Being an RGF adventure it can't possibly stop there. Ultimately, Nick lost 3 toes and these now have pride of place in his bedside cabinet and he plans to donate them to the famous (or should that be infamous) Downtown

Hotel and their Sourtoe Cocktail Club which serves amputated toes as part of a bizarre cocktail – you heard it here it first! Before you ask, patrons are banned from swallowing toes or they are fined \$500, but

must let it touch their lips as they sink the drink. Odd that they should have to even contemplate a fine!

Nick, who works for Care UK as a regional facilities manager raised £9,555 for the RGF, and Care UK's Wellbeing Foundation added an additional £5,000 as a special donation to its partner charity. The £9,555 included many donations from Nick's Care UK colleagues and suppliers to the care home provider as well as his family and friends.

Nick told us: "The Yukon race was a gruelling adventure, but it was wonderful to be able to hand over the cheque to a charity that does such brilliant work providing support to young people with life threatening or terminal illnesses, and supporting those who show exceptional commitment and ability in the worlds of sport or the performing arts. I am grateful to my family for their support in my recovery and to Care UK for the £5,000 donation to the fundraising total."

Care UK's Head of Facilities Management Kevin Orme praised Nick's dedication and shared with us that: "Nick has a great reputation across the business in supporting our care homes by always putting the needs of our residents first. He is a very caring person, so it wasn't a surprise when he told us he would like to raise money for the Rob George Foundation and we were delighted to be able to support him in his epic journey."

RGF trustees Philip and Lorraine, said: "We have been so touched that Nick chose to support the Rob George Foundation, citing his keenness to support us because he wanted to help young people to pursue their love of sporting activities, something so dear to his heart".



INTRODUCING IZZY, the latest RGF grantee to give back to the foundation through her own fundraising.

The RGF have never doubted Izzy's passion for dance and the performing arts and over the last 3 years we've awarded her two grants, essentially to provide financial support to help cover the huge costs associated with college fees, studying and living away from home and just trying to make ends meet.

Izzy originally approached the RGF after she'd gained a triple grade distinction (level 3) Diploma in Performing Arts and Dance at Colchester Institute. She was in her first year, of three, at the Midlands Academy of Dance & Drama (MADD), studying for a Professional Musical Theatre Diploma (level 6 – degree level).

Izzy said: "The Rob George Foundation is a truly fantastic foundation and its financial support has enabled me to follow my dream. The RGF's support has meant that I am able pursue a course of study enhanced by individual sessions which work on areas of performance which need further development. I feel confident that RGF's support will be one of the keys to unlock the West End Stage door. I hope! Because the RGF supported me, I decided to raise funds for the RGF as it is a local charity which obviously helps people in our locality, like me, and what better reason can there be to give back when and wherever possible! I have raised funds by organising a food and drink stall at a show I organised and various coffee mornings and parent groups that have been run at a school local to me."



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MERIBEL “SKI FOR ROB’18”

LORRAINE REFLECTS.....



What a week! Nearly two years in the planning..... well we all love it when a plan comes together! With Rob’s challenge to us to keep all fundraising events for the RGF clearly things he would have loved to do himself - a ski trip ticked all the boxes.

19 fabulous folks set off from Stansted early on the Sunday morning of the 11th March, full of enthusiasm and laughter. The snow was amazing, the two adjacent chalets fabulous, the jacuzzi’s bubbling and the wine chilled - everything was set for a memorable week!

Four of the six days of skiing were filled with challenges: Coeur Blanc Challenge (all 42 lifts of Meribel in one day), The 3 Valley Rally (visit all the villages in the 3 Valleys in one day), Treasure Hunt (sort out the clues and re-enact various photos), Build a Snowman, Make a picture with your ski tracks, Carry your egg - all week! Best



Onesey for St. Patricks Day - to be worn all day - the four penguins were hysterical! Find a particularly hidden wonderful restaurant - Clos Bernard - at a specific time for tour lunch, and ski 1000 miles in a week - we managed that too!!

We had fabulous support from Esprit Ski who donated us all lunch on the first day (which of course Pip and I missed due to our Medical Centre Adventure), Ski Out the Blue, Jim who donated two pairs of skis and poles to the cause and Marmalade Ski School who guided us on two days. The whole trip turned into one huge party. Each night saw a different split across the two chalets for dinner with us all coming together for the final night’s dress up/dress down party (top half posh, bottom half PJs) - the dancing (and singing) were memorable, and Lou dancing on Lorraine’s crutches was a sight to behold! The Blue and Pink night was also a highlight, with men in one chalet and ladies in the other

- I’m still chuckling every time I think of it!!!

The snow was at its best, and so was the camaraderie. With Tom, our professional guide for two of the days, ably and willingly assisted by Gavin (Army and Qualified Ski Instructor) and Piers (who kicked this whole idea off and knows Meribel like the back of his hand!) each day was accomplished with everyone (possibly with the exception of Lorraine - we’ll come to that in a moment) having fun. A couple of our less experienced or out of practice skiers were offered help and encouragement from Gavin, and Pip sat and drank wine me after my little mis-hap.

This is a trip I’d hope to repeat, with the added draw of Snow-shoe walking challenges to encourage more non-skiers to join us too. How I managed to unravel my knee in quite such a spectacular fashion, just 1 1/2 hours into the trip, exiting a coffee stop is still a mystery. The snow was brilliant, and I was simply putting my goggles and gloves on - well there you go - you never know what’s just around the corner. I’d like to say a huge thank you to everyone who continued to make sure I had a great “Sofa Bound” week, and the enormous efforts they went to getting me in and out of the chalet, which necessitated dragging me on a child’s sleigh across the piste from our remote ski in/ski out home from home, and even forging a plan that got me to Clos Bernard on the final day for lunch - complete with horse drawn sleigh!

Every single person on “Ski for Rob’18” was spectacular. We managed to ski 1000 miles in the week, drink our body weights in sparkling wine and forge friendships that will last a life-time. We even raised £3000 for the RGF!

Thank you to everyone! If you are interested in a future trip, please do drop me an email.

Lorraine@therobgeorgefoundation.co.uk

PS. My new ACL is coming along nicely!!

MAKING A DIFFERENCE ...ONE INDIVIDUAL AT A TIME

ART THERAPY SESSIONS FOR RGF GRANTEE AMY

Literally as we were writing Amy's moving story we received the devastating and heart-breaking news that Amy had lost her brave fight, but her amazing family insisted that we go ahead and share her story. Amy's story is inspirational and epitomises what the RGF is all about. We were also humbled to hear that our work with Amy was mentioned during her funeral service. We won't forget Amy – the RGF's own sunflower!

In September 2017 Amy was diagnosed with a brain tumour. As a consequence of her illness Amy has struggled with her mobility, vision and speech.

To all who know Amy she is regarded as a bright, funny and sociable person and prior to her diagnosis was studying for her A Levels. Amy is passionate about art and immerses herself in arts and crafts, because it gives her so much pleasure.

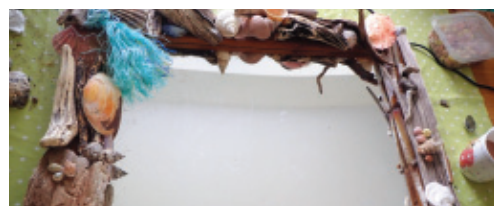
Amy's successful grant request was for 10 sessions with an art therapist who specialises in working with young people with cancer.

We're pleased to report that Amy has thoroughly enjoyed these sessions and has agreed to share some of her work with the RGF.

Amy said: "I am eternally grateful to the RGF for the support they have given me to pursue my love of art at this very difficult time and I have gained so much knowledge and experience working closely with the amazing art therapist. I hope you like my work!"

Amy has kindly provided some photos showcasing her work - a driftwood mirror and a sunflower table. Her Mum, Sister and Grannie have all contributed, too, to produce these beautiful pieces of art.

All of us at the RGF would like to thank Amy for sharing her story with us.



LEWIS' STORY RGF supported me back in November 2017 financially when I had a very busy couple of months before the year ended. 2 months prior to the support from the RGF I had competed out in Ireland and Holland, winning both international tournaments. After this I had the U22 National Championships, GB Championships and TeamGB trials which is when I approached the RGF. With their support I was able to focus on training, travel and sorting out accommodation and have days off work to get the best possible preparation for these tournaments. I went on to win the U22 National Championships, was runner up in the GB Championships and fulfilled a dream when I was accepted on to the TeamGB world class performance programme.

Obviously a lot of personal hard work goes into achieving what I do, but without support from charities like RGF it wouldn't be possible and I am forever grateful to them. I look forward to hopefully working with the Foundation again in the future and I hope they continue to grow and succeed in telling their story.

LAURA'S STORY PLEASE READ AND SEE WHAT THE RGF IS ALL ABOUT

I'd been suffering with severe headaches for a number of years always being told the pain was down to migraines, but fortunately my hospital decided to monitor the eye of a 'shadow' they could see on the right side of my brain. Late 2017, I was told the 'shadow' had changed and therefore the specialist believed it was actually a low grade tumour and this required surgery in January 2018 to try and remove as much of the tumour as possible. Following surgery the biopsy taken showed the tumour was actually an incurable cancerous grade 3 brain tumour which shocked us all, including the specialists. Further surgery followed in February 2018 to remove the remainder of the tumour, this was then followed by 6 weeks of combined radiotherapy and chemotherapy. Thankfully, I then had a short break from treatment but now find myself back on chemotherapy tablets which I take in cycles. This treatment will last a year to slow the growth of the tumour.

As Followers of the RGF are well aware it doesn't stop at this wicked illness. Following diagnosis and the ongoing prescribed treatment I had to stop working. I'd finished my university degree at the end of 2017 and had worked from a young age, so this was a massive knock back, but I knew I didn't have a choice! I assumed, having worked for a number of years, I would be entitled to some form of benefits to get me through my treatment until I was able to work again. I had to endure the tiring process of interviews supplying information (including my partner's details) only to be told at the end of process I couldn't claim any benefits alone due to not paying enough tax throughout the year (I was studying at University!). Then to completely deprive me of any independence I was advised that I wasn't entitled to anything, in any event because my partner's income was too high. We share a home together and

our financial commitments, but from a personal perspective, I was also having issues with cancelling my car finance as I was tied into a contract, and due to my illness I'm unable to drive for a number of years. To make ends meet my partner has to work lots of overtime. He already works 12 hour shifts (days and nights). The time he was spending extra at work to bring in the extra money was taking time away from him been at home looking after me and helping me around the house.

Ultimately, I discovered I was entitled to personal independent payments, but this didn't start until I began my radiotherapy, so during the early months of surgery I wasn't getting any income. I will soon receive my first payment but before this I was told about the Rob George Foundation through my social worker at the hospital. I filled in the application and within a couple of weeks was told I had been successful and the payments would be paid monthly. I can't express how grateful me and my partner are to the foundation for helping us through such a tough time, knowing we have extra money coming in for a number of months has eased the pressure of our finances. Whilst communicating back and forth via email with the foundation they have been so helpful in answering any questions I have and so friendly I can't thank them enough for what they have done I'll be forever grateful.

The RGF would like to thank Laura for sharing her story with us. It is currently campaigning for an important change in the law that will provide proper financial assistance for students who are forced to temporarily leave their studies because of life-threatening or terminal illness, and it is very optimistic that such a change will shortly be made.



"MAKING A DIFFERENCE - ONE INDIVIDUAL AT A TIME".

Read on! – "A big thank you to the Rob George Foundation for giving my son, Jordan, the opportunity to get back into the gym in the comfort of his own home. In October 2016 Jordan discovered he had osteosarcoma in his knee. In March 2017 he underwent limb salvage surgery not knowing if he would come out of surgery with one leg, or two! As you can imagine our whole lives changed. Jordan had to have an extender EPR (extended prosthetic replacement) fitted and learn how to walk again. Jordan never wished for a holiday of a life time. His only dream was to get back in the gym. So dreams do come true and he now has his own gym. The RGF provided us with a grant for all the electrics to be done to make the gym fully functional. So now Jordan and his siblings can walk down the garden to his Man Cave. A nice and warm gym with lighting - we all love it! Jordan is now building his muscles and getting stronger everyday on his leg helping to get his life back on track. Jordan has now gained enough confidence to get back into the gym where we used to go before he became unwell. It's a lovely thing to know that when bad things happen there are people out there to help get you back to where you once were. Dreams really do come true! Thank you again to everyone that supports the RGF and for your amazing generosity. We will be forever grateful."

CALLUM'S STORY –

RGF grantee, Callum, is 19 years old. He was born with quite a few complications and was diagnosed with C.H.A.R.G.E. Syndrome when he was around 5 years old. Callum is also deaf and has a heart condition.



Callum really struggled with his balance so his mum decided to enroll him onto ice skating lessons to help with his balance. Callum's never looked back and loves being on the ice despite it being a massive challenge for him. Over the years he has really progressed.

In March 2017 he had the honour of representing his country at the Special Olympics World Winter Games where he placed 8th - despite later being diagnosed with pneumonia and having to spend a week in an Austrian hospital. He also had the honour of meeting his skating idols - Jane Torvill and Christopher Dean.

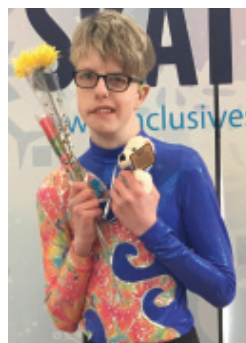
In the inclusive skating British and World Championships in April

2018 Callum won an array of medals - 4 silver medals and 2 Gold medals. He was also placed 2nd in the British Men's free skate championships and 3rd for free dance.

As you can imagine Callum trains really hard to achieve his goals, going to the ice rink multiple times a week as well as attending college.

Callum's next big competition is in September 2018 where he will once again compete in an Inclusive Skating international competition. Because of his success in Glasgow, Callum has been moved from a level 2 skater to a level 3 skater so there are lots of new techniques to learn.

Callum's Mum, Michelle said: "The Rob George Foundation awarding



Callum a grant is truly wonderful. The grant will help with Callum's training costs, as well as with travel and accommodation costs. A massive thank you to the Rob George Foundation - Callum aims to make you proud!!"

Callum – you've already done that – keep skating!

RGF FEELING PROUD

- SUPPORTING HANNAH'S DESIRE TO ACHIEVE A CAREER IN WOMEN'S FOOTBALL

Hannah applied for a grant during the 2014/2015 season while playing for Stoke City Ladies Centre of Excellence. The grant was to cover the costs of travelling from Cannock to Stoke, 3 times a week, for training and matches. Some weekends she was travelling as far as Manchester, Liverpool, Leeds, Blackburn and Milton Keynes. The grant also helped to cover the cost of her goalkeeping gloves, which were regularly replaced after 2 months due to wear and several pairs of boots which had different studs in relation to playing surfaces.

Being able to have the necessary gloves and boots enabled Hannah to perform to the best of her ability, without worrying that her interest in football was having a financial burden on her amazingly supportive family. Hannah was then selected for the England School's Women's U15's Team, where she had fixtures in tournaments in Ireland and Scotland. At the same time she was also selected for England Women's U16's Squad, where she played in the Nordic Tournament, against Denmark and Iceland. She also represented England in a 4-0 win against Italy U15's in a tournament at Loughborough University.

Hannah has continued to represent England Women at U17 and U18 and was recently selected for the U19 squad. In the summer of 2017 Hannah played Number 1 goalkeeper in the Elite Rounds for the UEFA U17 Women's Championship, held in England and in the Finals held in the Czech Republic.

Hannah left Stoke City in July 2016 and moved to Birmingham City Women, where she joined the Regional Talent Centre for U16's but quickly progressed to the Development Squad and then in the 2017/2018 season she moved to the First Team Squad, where she started six Women's Super League Fixtures, helping her team to finish 5th in the table.



Finally, at her most recent England call up for the Women's U19 training camp, held at St. Georges Park, Burton on Trent, **she was presented with her first England cap, for the 2016/2017 season**, which was presented by Manchester City and Lioness player, Jill Scott.

Hannah will be forever grateful for the support and belief that the Rob George Foundation gave to her, when they awarded her the grant. She is still aiming high and hopes to continue with her England career as well competing for the Number 1 goalkeeper shirt for Birmingham City Women.

All of us at the RGF wish Hannah continued success!



DEAFLYMPIC SILVER MEDAL FOR RGF GRANTEE

- Paul Waring, a 21 year old golfer represented Great Britain in the 23rd Deaflympics held in summer 2017 in Samsun, Turkey. Paul won the Silver Medal, losing the final on the first extra hole after a high quality and thrilling match.

Unlike the GB Olympic & Paralympic teams GB Deaflympic athletes receive no government/lottery funding at all, although the vast majority of nations competing at the Deaflympics are fully funded like their Olympic & Paralympic athletes. Paul commented "This makes support from organisations like the RGF vital to allow the athletes to train and compete effectively, so many thanks again to the RGF for your support."

Since returning from the Deaflympics Paul has retained for the 3rd successive time the European Deaf Mens Championship, held this year in Ganton, North Yorkshire.

THE RGF SUPPORTS ASPIRING ARCHERY OLYMPIAN

- 21 year old Philippa Taylor (Pip), from Derby is the Senior Outdoor National Champion, Junior 3 time National Champion, holding 9 national records and achieved international team silver medal success on her debut outing with Team GB juniors in 2014. Pip's ultimate goal is to represent Great Britain at the Olympics and at the World Championships. Archery is self-funded and Pip has the huge financial burden of travelling to various international and national competitions, consequently adding strain on her and her family. Pip has been selected to compete with the Great Britain team at the forthcoming international competition in Antalya, Turkey this March. The award from the RGF will go a long way towards her training and travel costs. Pip's personal message to the RGF is - "This is the first year I've received support from the Rob George Foundation and this help and support has been invaluable. I want to thank the RGF for the opportunities their support will provide me; to be able to enter relevant competitions, to buy new equipment and most importantly fuel costs to get to training, to see my coaches Harry Heeley & Eric Bell more often, to relieve the burden of working extra hours that can impact on my training time and energy levels. I appreciate the amount of support the RGF has given me, in order to help me achieve my dreams within archery and to be the best that I can be!"



THE ROB GEORGE FOUNDATION BACKS PROMISING YOUNG NORTH EAST TRAMPOLINER

- 14 year-old Martin Bland currently attends Apollo Trampoline Club in Washington, Tyne & Wear. Martin has had a very successful year becoming the Elite North of England and Elite British Champion in his Age Group!

Martin's dream is to become a professional trampolinist and the grant awarded to him from the RGF is to fund some of his training costs and travelling expenses for competitions.

Without the help from the RGF Martin would struggle to meet the costs involved in participating at this level.

The picture shows Martin with his Gold Medal he won at the British Championships in September 2017 in Liverpool at Echo Arena.

FUTURE EVENTS FOR YOUR DIARY AND OTHER FUNDRAISING INITIATIVES



5th Anniversary
Red, Black & White Ball

Saturday 5th January 2019
The Hurlingham Club, Ranelagh Gardens,
London SW6 3PR
Reception @ 6.45pm Carriages @ 12.30am

SPARKLING RECEPTION * THREE COURSE DINNER
CABARET * RAFFLE * SILENT AUCTION
LIVE BAND – Jupiter Ray

Black Tie - £80pp

The Rob George Foundation



ROB'S BIG WALK
- THE ESSEX WAY

Currently at the planning stage, but provisionally booked for the Summer Solstice weekend (**22/23 June 2019**).

A sponsored walk for teams and/or individuals with the walk being split into 10 sections, each approx. 8 miles in distance. The Essex Way runs for 81 miles from Epping to Harwich.



curry for rob

A great fundraiser for one of those cold Autumn/Winter evenings!

Buy a curry pack from the RGF and cook up one or more of our delicious curry recipes. Invite your friends at £10 a head. Have a fun evening while you raise money for the Rob George Foundation.



WHY NOT JOIN US FOR OUR ANNUAL RGF GOLF DAY 2019?
Colchester Golf Club, Thursday 30th May

Team of 4 £200 (£50PP)
– includes tea, coffee & bacon rolls on arrival plus dinner & prizes
100% of all monies raised will go to the foundation



Play our weekly lottery in support of The Rob George Foundation!

a fun and easy way to raise funds

These amazing cash prizes are up for grabs every week:

- a rollover prize of up to £10,000!
- 1st prize £250
- 4 x £10 prizes

make a smile **lottery**

It's easy to join at www.makeasmilelottery.org.uk or call the make a smile team on 0300 303 4500




You must be 16 or over to play make a smile lottery. Please play responsibly. Responsible gambling support: www.begambleaware.org. make a smile lottery is wholly owned by St Helena Hospice, a charity working with other charities to raise much needed funds. From October 2018 make a smile lottery is a make a smile lottery. Licensed by the Gambling Commission number 000-004685-41-506847-006. www.gamblingcommission.gov.uk. St Helena Hospice is a company limited by guarantee. Registered in England and Wales Number 01571841. Registered Charity Number 289999. Registered office: Myland Hall, Barnwell Close, Highwoods, Colchester CO4 5UL. BeGambleAware.org



RGF ANNUAL SIX-A-SIDE CRICKET DAY 2019

Why not enter a team and enjoy a fabulous day of cricket at Castle Park, Colchester, home of Colchester & East Essex Cricket Club (Rob's Club!)

BBQ, fully licensed bar
Provisional date Saturday 20 April 2019

-  Thank you to all our wonderful grantees whose stories and photos they have shared with us. They are truly inspirational, and motivate us all to continue “making a difference....one individual at a time”
-  Thank you to all our amazing followers – for their support, their fundraising and their love and kindness in always being there for the RGF and ensuring we can continue to deliver Rob's legacy
-  To Sam, Amanda and all their colleagues at Smith & Watts Print for helping us produce this Annual Report

Keep up to date with all of the RGF fundraising events and initiatives mentioned above and others that will appear in due course by regularly visiting our website www.therobgeorgefoundation.co.uk and contact us for further information. Alternatively follow us on www.facebook.com/therobgeorgefoundation, or twitter [@RGFcharity](https://twitter.com/RGFcharity)

GOVERNANCE

The management and oversight of the charity's affairs are under the direct supervision of the Trustees, one of whom is a partner in and another is a consultant to, the firm Birkett Long, solicitors to the charity. None of the trustees receives remuneration or other benefit from their work with the charity, and in the current year there are no related party transactions to be reported.

The Trustees regularly examine the major risks that the charity is likely to face, and believe that they have in place robust systems to mitigate them. They also have regard to, and regularly review, the Charity Commission's Internal Financial Controls for Charities Checklist.

TRUSTEES AND OFFICERS

The Trustees and officers who served during the year were:

Mr D M Cant

Mrs L George

Mr P W George

Mr S J E George

Mr A Kennedy

Mr J O'Connor

Mr O'Connor also serves as Treasurer, and Mrs W Smith as Grants Officer. The Charity's Patrons are the cricketer and former Essex and England captain Graham Gooch OBE DL, and the magician and entertainer Michael J Fitch.

ADVISERS

Bankers:

Handelsbanken

Greenwood House, 90/92 New London Road
Chelmsford, Essex CM2 0PP

Solicitors:

Birkett Long LLP

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Colchester, Essex CO3 3WG

Independent examiner:

BAS Accountants

No 1 The Courtyard, Balls Farm, Tye Road
Elmstead Market, Colchester, Essex CO7 7BB

The trustees of the RGF would like to thank the following businesses for their kind and generous support during the fourth year of our operation:

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