



GRANT APPLICATIONS



216

2/3^{rds}



APPLICATIONS
SUCCESSFUL

TOTAL RAISED



£110,147

AWARDS
TOTTALING



£89,675



CONTENTS

- | | | | |
|---|--|-------|--|
| 2 | THANK YOU | 8-9 | ACTIVITIES |
| 3 | THE ROB GEORGE FOUNDATION
-REACHING THROUGHOUT THE UK | 10 | MESSAGE FROM OUR PATRONS |
| 4 | UNDERSTANDING HOW THE RGF
SUPPORTS OUR AIM 1 GRANTEES | 11-12 | MAKING A DIFFERENCE
-ONE INDIVIDUAL AT A TIME |
| 5 | TRUSTEES' REPORT | 13-14 | INSPIRED BY THOSE WHO GIVE BACK |
| 6 | CHAIRMAN'S REVIEW | 15 | FUTURE EVENTS |
| 7 | OBJECTIVES | 16 | A SELECTION OF OUR MAJOR
SPONSORS |

Thank you! 😊

We are once again very grateful to our hard-working board of Trustees - enhanced this year by the appointment of Glen Dobbs, one of Rob's oldest and dearest friends - who ensure that we continue to run smoothly, with excellent financial control and in accordance with the strictest governance requirements, to Wendy Smith, our Grants Officer, and to our two amazing patrons, Graham Gooch and Michael Fitch. We'd also like to express enormous thanks to each and every member of the large team of people - our magnificent volunteers, fundraisers, donors - without whose untiring support the work of the RGF would not be possible.

PHILIP AND LORRAINE GEORGE

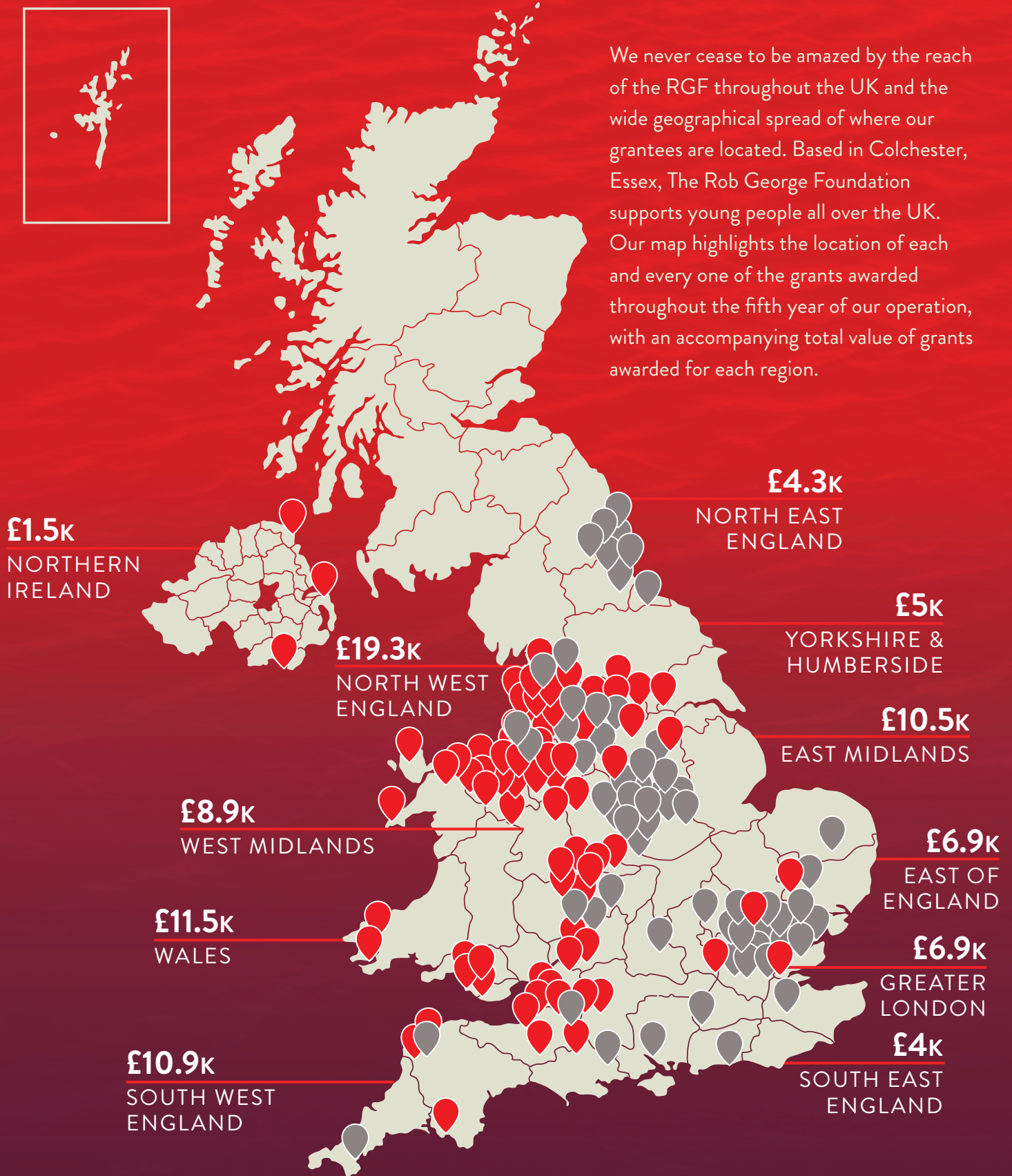


THE ROB GEORGE FOUNDATION

- REACHING THROUGHOUT THE UK



We never cease to be amazed by the reach of the RGF throughout the UK and the wide geographical spread of where our grantees are located. 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 fifth year of our operation, with an accompanying total value of grants awarded for each region.



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



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.

UNDERSTANDING HOW THE RGF SUPPORTS OUR AIM 1 GRANTEES

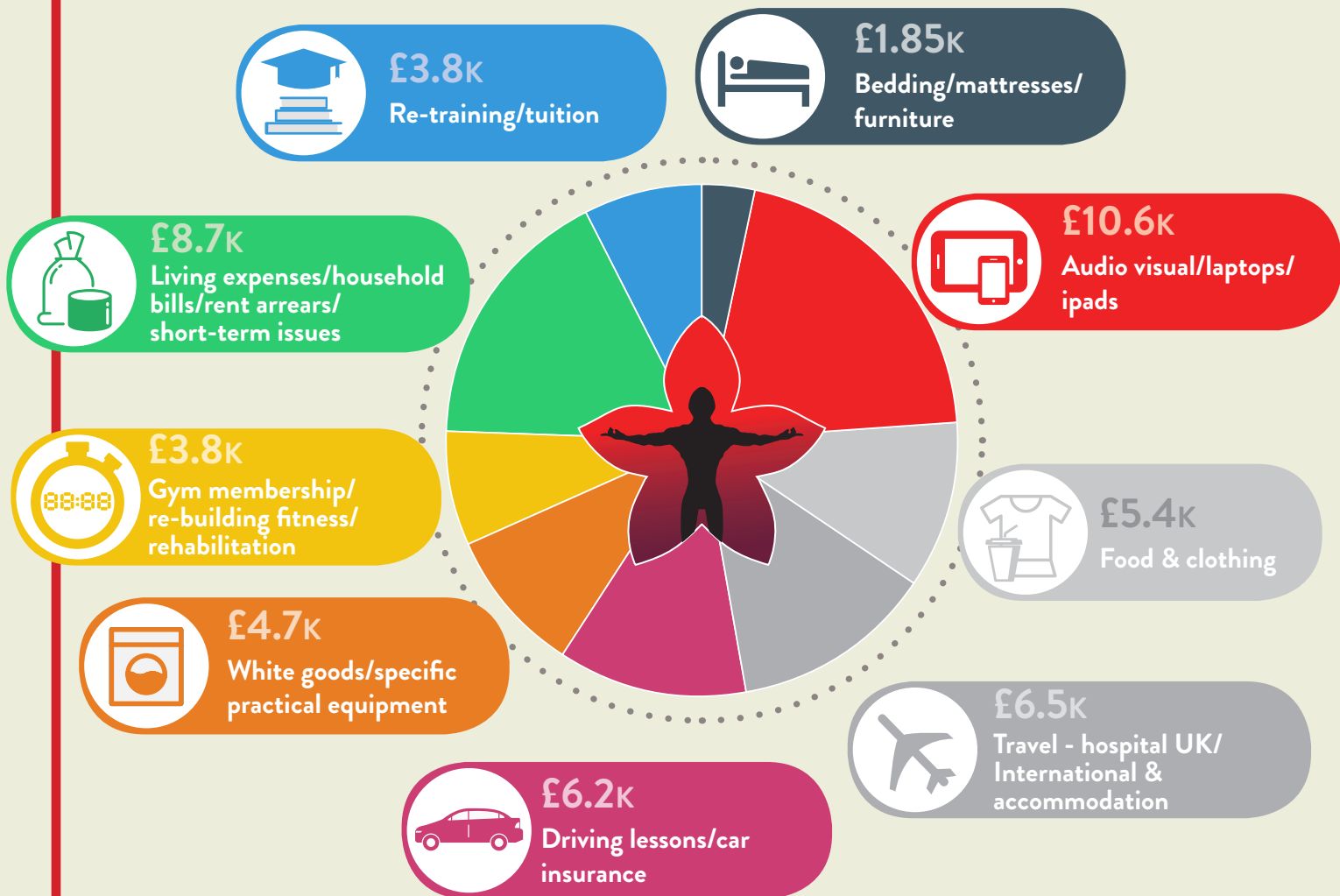
Due to the highly sensitive and personal nature of dealing with serious and terminal illness, especially in young people, we are sure that supporters of the RGF totally understand the challenge we have in sharing and evidencing the work we do in the way we are able to with Aim 2 grantees.

Our Aim 1 grantees are often at the early to mid-stages of their illness and when applying for financial and/or practical support they often express the devastating effect the illness has on their physical and mental well-being, notably drastic weight gain/loss, issues with self-esteem and self-confidence. Sadly, in many cases they feel isolated, locked in their own world, unable to live a normal life and to socialise

with their friends or pursue any of the activities they enjoyed before their illness.

We are very conscious of the juxtaposition of our two aims; one fighting serious and terminal illness, the other all about dreams and aspirations, but this is what we think makes Rob and the RGF so special; it not only epitomises Rob's aspirational and competitive, fun-loving personality, but also encapsulates his fighting spirit – what a legacy!

We want to share with you via the graph below a comprehensive overview of how we've helped Aim 1 grantees financially and give you a real feel for what they need.



TRUSTEES' REPORT

The Trustees present their report and accounts for the period from 1st April 2018 to 31st March 2019. 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).

2/3^{rds} 
APPLICATIONS
SUCCESSFUL

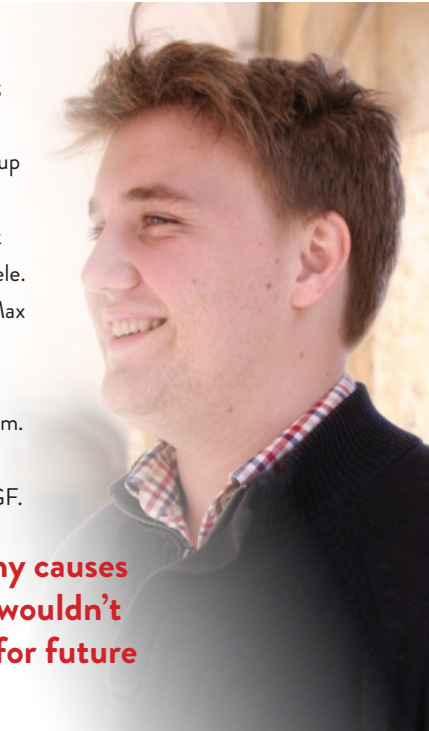

AWARDS
TOLLING
£89,675



The grant from the RGF has enabled Max to begin full-time study on a two year course at the Royal Academy of Music in singing. As well as an intensive schedule of biweekly singing lessons; vocal and opera coachings; language classes in French, German, Italian; drama, performance and movement classes; studying at the Royal Academy of Music has opened up many unique opportunities. This has included: individual masterclass with international tenor, Toby Spence, working with conductor Trevor Pinnock CBE, and performing in the Royal Academy Opera's production of Semele. The skills fostered and developed inside the RAM have already enabled Max to partake in a number of exciting engagements as a young professional

whilst studying, including two productions of Bizet's Carmen in a lead role of Don Jose in London, Cambridge and Bournemouth, a tour to Hong Kong as a soloist in Bernstein's 'Chichester Psalms', and a recital in the RAM Museum. Next year, Max will have been accepted onto the advance 'Preparatory Opera' course, which aims to prepare young singers for a career in opera, and he's in the process of planning a charity recital in London to raise funds for the RGF.

Max said: "it's incredible that the RGF are able to support so many worthy causes and I am humbled that they have supported my study – without which I wouldn't be able to have access to such world-class education, which is invaluable for future opportunities and career prospects."



EXCITING news from the family of RGF grantee, Emma

We are delighted to be sharing the fantastic news that Emma has been offered a place on the British Canoeing World Class Programme 2019. It has been an incredible time for Emma competing in both Marathon and Sprint canoeing in her final year as a junior kayaker. The support from the RGF has been invaluable by giving Emma every opportunity to reach this goal. The RGF supported Emma to go out to Portugal for a training camp in early 2018, where she worked exceptionally hard with British Canoeing coaches to prepare for forthcoming international competitions in Europe. The preparation and hard work paid off as during Emma's first international regatta in May 2018, she won 4 gold medals and was placed 3rd best athlete on the medal table from 250 European competitors. Emma attended both European and World Championships for Sprint and Marathon Canoeing later in the year. In the 500m K1 distance, she was

silver medalist in the junior European Sprint Championships and bronze medalist in the junior World Sprint Championships. In Croatia, Emma won the junior European Canoe Marathon Championship title. The RGF again supported Emma for the World Canoe Marathon Championships, where she gained a double place on the podium with bronze medals in K1 (single) and K2 (doubles).






Emma's family said: "Our heartfelt thanks go to the RGF for believing in, and supporting Emma, leading to this amazing opportunity to join the British Canoeing World Class Programme."

CHAIRMAN'S REVIEW

The Charity continued to be extraordinarily busy in its fifth year of operation. The number of applications for grants was 216, significantly up on the previous year (2017-2018: 181). Approximately two-thirds of the applications were successful, and awards totalling £89,675 were made, (2017-2018: £75,327). Total funds raised amounted to £110,147 (2017-2018: £147,178) including £41,172 (2017-2018: £53,391) from fund-raising events and £67,878 (2017-2018: £91,726) from donations.

The Charity is once again indebted to a number of trusts and organizations who have kindly made significant donations during

the year – for instance, **Care UK Wellbeing Foundation**, Persimmon Homes, **Chelmsford Rotary Club**, 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**, Tiptree Jams, **ROL Cruise**, Beresfords, **Aldeburgh Golf Club**, Easy Tiger Executive Search, **WRS Insurance Brokers**, The Wrinch and Shreeve families, **John Warren and family** and Smith & Watts Printers for their continuing support.

	2017-2018	2018-2019
 Applications	181	216
 Awards Made	£ 75,327	£ 89,675
 Total Funds Raised	£ 143,310	£ 110,147



**TOTAL
RAISED**
£110,147

RGF grantee, Shaun, passes his driving test (first time!)

Shaun and his family approached the RGF in August 2018. Shaun, having faced a serious illness requiring surgery, needed funding for driving lessons so he could learn to drive. Shaun wanted to be able to drive to widen his opportunities and to enable him to attend his ongoing hospital appointments without over-burdening his family – something we all know as independence! The RGF provided a grant of £400 to cover the cost of his driving lessons. Shaun is naturally delighted that he's passed his driving test and commented: "I am so grateful to the RGF for giving me the opportunity to take driving lessons. I'm pleased to say I passed first time. Without your help I would not have been able to do this. It has helped me build up my confidence to the extent that I'm now in the process of looking for a job, something I would not have had the confidence to do previously."

Just reflect on Shaun's words for a few seconds and really appreciate what the RGF is all about "making a difference...one individual at a time", and why your support is so vital.

We all wish Shaun the very best for the future, a full recovery, and that his search for a job is successful very soon.



OBJECTIVES

Charity (Registered Number 1156026). The RGF's registered address is 4 Henry Villa Close, Colchester, Essex CO4 5XP. The RGF's objectives are:-

(Aim 1) 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

(Aim 2) 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.

Heartfelt thanks from Elin's Mum

"Thank you so much for Elin's laptop. It is going to help her so much in a lot of ways. During this horrible leukaemia journey, we have met some amazing people and charities. People that don't know us give their time and support to children like our Elin. There are no words enough to say thank you and how much we appreciate your very generous support. Thank you so much "

The RGF provided a grant for badminton player, 20 year old Rosemary Allen from Essex. She is currently the top ranked player in Essex for singles, doubles and mixed and since receiving the grant, her National rank has risen to 11th in England. She recently competed in the English National Championships, where she reached the top 16, narrowly missing out on a place in the quarter finals by 4 points in the 3rd set.



Rosemary is currently at university and is completely self-funded. She wished to compete on the international circuit, however the entry fees, travel and accommodation is very costly. The award from The Rob George Foundation will go towards ensuring Rosemary is able to compete in more tournaments abroad.

Rosemary has said, "Since receiving the grant last month, I have already competed in the Bulgarian international, which would not have been possible without the support from The Rob George Foundation and I cannot thank them enough. I plan to enter a few more internationals before the new year to improve my rank and gain experience."

Kate's mum thanks RGF

"Thank you so much for your help, we can't tell you how much we appreciate your support and Kate and her son have just enjoyed an amazing first Christmas together in their new home to build the memories they deserve. I honestly cannot begin to tell you how your kindness has brought me to tears. As a parent I wish I could have afforded to do everything for Kate and her son (my grandson) but the flooring and other household goods were so expensive it stretched me to my limitations. Watching them cry for each other constantly has been heart breaking. Hospital separations are understandable, but the nightly goodbyes because their old home was unsuitable was soul destroying. All Kate wanted was to tuck her son in bed and read him a story. With your help this is now possible and (by the way) he loves his 'big boy' bed and I can't honestly express my gratitude to the amazing RGF. I will, of course, in the very near future pay back that kindness and raise some funds locally so you can continue to help other young people like Kate. Every day I treat as precious so I can only imagine your pain as parents at losing your son. I think it's amazing that you keep his memory alive in such a practical way. God bless and thank you once again."



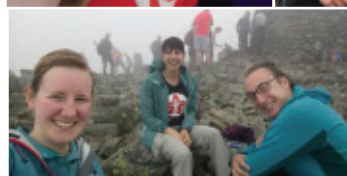
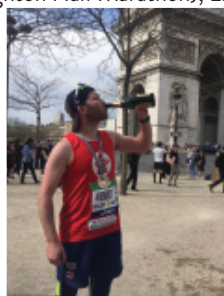
ACTIVITIES

The main social and fund-raising highlight was once again the Anniversary Ball, held for the fifth successive year at the prestigious Hurlingham Club in London, and hosted once again by the Charity's Patron, Michael J Fitch. 185 guests attended and raised a magnificent £12,988, a particularly impressive sum in view of the large number of young people once again attending, with students and former students of Loughborough, St Andrews and Oxford Universities (many of them friends of Rob) in strong attendance.

The Charity was chosen as one of the main beneficiaries at another ball – with a Peaky Blinders theme – hosted by Paul and Jill Whight in the grounds of their magnificent home at Colne Priory, Earls Colne, and £9000 was raised.

Several of the Charity's supporters took on significant physical challenges to raise money. These included Euan Brock (Paris Marathon), Anne-Louise Hall (Brighton Half Marathon), Laura

Millar and friends (Three Peaks Challenge) and Robert Gould (Ealing Half Marathon). The Foundation was particularly touched that one of its partners, Rachel Driver from CLIC Sargent, chose to run the Anglesey Half Marathon to raise money for us, whilst another CLIC Sargent Social Worker, Eirlys Edwards, joined the family of one of our grantees, Amy, who had sadly passed away, by making and selling driftwood mirrors to raise funds for us. The Foundation encourages its Aim 2 grantees to support our own fundraising efforts, either themselves or through



their families, clubs, schools or universities. A number of them responded very positively in this

respect, including Emma Russell, Dylan Alexander, Justin Taylor-Tipton and Nathan Thomas.

Andrew and Mike Duley for the third consecutive year organised a highly successful Golf Day at Colchester Golf Club where Rob had been Junior Captain, and we were made to feel very welcome by the club's staff and members. The Duleys have now handed over the organisation of this event to Jenny McEvoy, a former Sports Director at the Hurlingham Club and an old friend of the Foundation.

As a result of an introduction made by Perry Groves, the former Arsenal footballer, Quants/Kylemore Quantity Surveyors chose the Foundation as the beneficiary at their Golf Day, hosted at Ealing Golf Club in September. Still on a golfing theme, the Foundation's Treasurer and Braintree Golf Club captain John O'Connor presented a cheque for an amazing £11,694 at his hand-over Dinner in March (which will increase by more than £1,000 with the addition of Gift

Aid) as a result of the wonderful support from club members throughout his year in office. Also Colchester Golf Club's professional Chris Cutchie presented a cheque for £1,000 following his year as captain of the Essex PGA.

Continuing the sporting theme, Colchester and East Essex Cricket Club once again organised a Six-a-Side tournament to support us, and we were also chosen by Coggeshall Cricket Club to be the charity to benefit from their match against Lashings Cricket Club. The Foundation's Patron, Graham Gooch and his friend and fellow England captain John Emburey hosted an exclusive dinner at Milsoms in



September, whilst in April Essex CCC hosted a visit to Fenners by sixty French students and their teachers and provided a wonderful introduction to the game of cricket. Also Nigel Hughes and Elizabeth Hornung raised £1500 when they hosted a Swim the Channel for Rob event in their lovely swimming pool.



The Lorraine George School of Dance once again chose the Foundation to be the charity to benefit from the retiring collections at their performances of CATS at Colchester's Mercury Theatre, and Rob's family in Newbury continued their amazing support

by organising a cocktail party and also a coffee morning at Newbury Methodist Church, as well as producing the Foundation's splendid new promotional video.

We were pleased to be invited by Colchester 367 Round Table to join them on one evening of their Christmas float collection, and to benefit from the funds raised.

Colchester's North Countrymen's Club have been faithful supporters

of the Foundation from the very beginning and chose the Foundation as one of the two beneficiary charities at its 75th Anniversary Dinner in January. Total fundraising by the NCC now exceeds £5,300.

The Foundation's three year partnership with Care UK Wellbeing Foundation came to an end during the year, but not before it had organised a Summer Fete to raise further funds.

Funds continue to be raised by the Foundation's membership of makeasmilelottery, run by St Helena Hospice, as the numbers of participating supporters continues to grow. Another welcome source of funds comes via Facebook as an increasing number of supporters invite donations on the occasion of their birthdays and other significant occasions.

Congratulations are due to grantee Dean Bale who won a bronze medal in shooting at the Commonwealth Games.

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 a result of life-threatening illnesses should qualify to receive State benefits, and was delighted that the Secretary of State for Work and Pensions, Amber Rudd MP, acknowledged the need for change in the House of Commons as a result of a question raised by Will Quince MP. The Charity is enormously grateful to all those mentioned above and to the numerous others who have contributed in a variety of ways during the year, whether as volunteers, fundraisers or donors, without which the Foundation would not be able to continue its work.



A MESSAGE FROM OUR PATRONS



Raising funds and awareness is not easy and it takes a great deal of commitment and dedication to keep a charity moving in the right direction, staying energetic and innovative.

I'd like to thank everyone who has supported the RGF over the last year, in whatever capacity. I've enjoyed working with you all, having some fun and lively banter and helping to

“make a difference...one individual at a time” and I wish you all continued success for the future.

GRAHAM GOOCH, OBE DL

Well, it's been another fabulous year for the RGF. I'm so pleased to see that, yet again, so many young people across the UK have had a positive difference made to their lives though the financial and practical support of the RGF.

One of the highlights of my year is hosting the annual RGF Ball at the prestigious Hurlingham Club. We have so much fun celebrating the previous year's success and remembering Rob, and it's just one of the many fundraising events staged throughout the year, organised by the trustees, their families, friends and supporters.

I've said it before and I'll say it again – the RGF team are truly Magic and I consider it a privilege to be a patron

MICHAEL J FITCH



FINANCIAL REVIEW

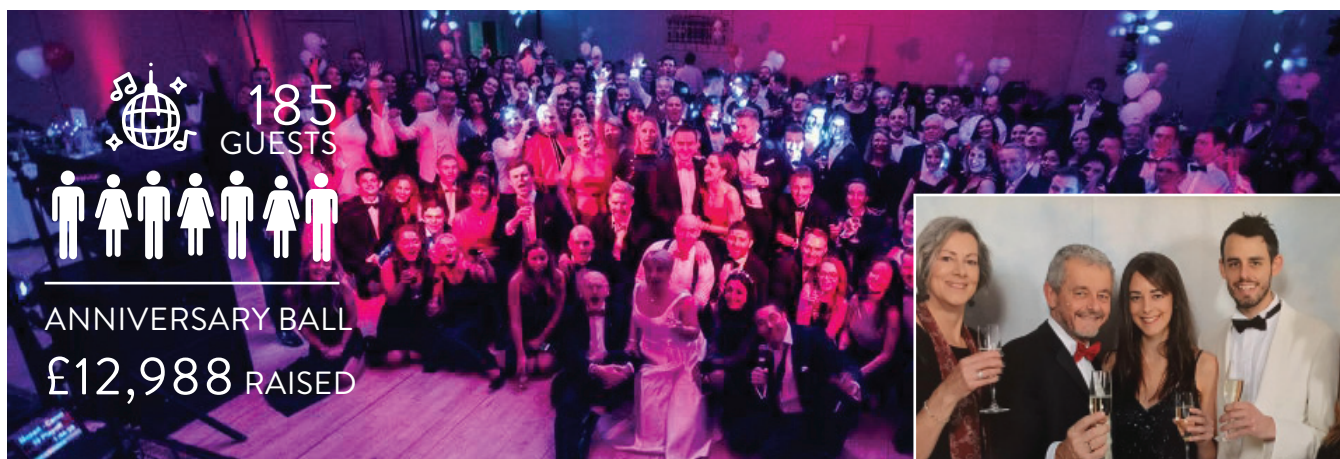
The Trustees have not undertaken any long-term funding commitments, have not considered, nor had to consider, the creation of a permanent endowment, and have taken no decision concerning the likely life cycle of the charity. They do not consider that a formal reserves policy is necessary at this stage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



MAKING A DIFFERENCE ...ONE INDIVIDUAL AT A TIME



Dylan's chance to shine - this is the first year that the RGF has supported Dylan. Their support has enabled Dylan to move from Newham, London to one of the best basketball academies in the UK. Dylan trialled along with several boys from Europe and was successful in gaining one of the handful of places. He is attending the John Madejski Academy based in Reading in conjunction with the Reading Rockets Basketball Team and is enjoying his time away from the inner city and just concentrating on 6th form and basketball. His head coach is Alan Keane, the GB & England u18 head coach & England men's assistant head coach. Dylan is so proud to have been selected to train under him and hopes in the future he will represent England internationally.

Before moving to Reading, Dylan competed nationally for the Newham Youngblood Lions Basketball Team and played for his school, St Bonaventure's, where he was part of the team that won the English National Schools Basketball final on two occasions. He has also represented the London Borough of Newham on numerous occasions and has been short-listed for this year's Newham Youth Achievement Awards in the individual athletes category.

Dylan's Mum said: "It is very important to our family that Dylan has a chance to succeed and that his talent is not wasted which unfortunately has happened to many boys in the area, which is why we are very grateful for the support from RGF. Without this Dylan would not have been able to enrol in one of the best basketball academies around."

Imagine our pride and joy when we heard, shortly after we'd supported Dylan that he'd been awarded the Newham Council Youth Achievement Award for Sports.

Well done, Dylan – we're so proud of you and wish you continued success!

Take a look at page 14 to see how Dylan's "Super Gran" has raised funds for the RGF



European success for RFG Archery grantee, Layla - I'd like to thank the Rob George Foundation for their amazing support. The RGF helps sports people achieve their goals and just look at how it's helped me – The RGF assisted with my funding towards my trip early in 2018 to Yankton USA for the indoor world championships where I finished fourth. This trip helped me gain confidence in my ability and gave me the knowledge that I can go onto win major tournaments.

Well the big news is that I succeeded in doing this earlier in the summer of 2018 winning the European championships in Greece.

So, thanks again to the Rob George foundation for helping me.

The Rob George Foundation were great to deal with, friendly and processed my application quickly.



Leihona just keeps winning - Leihona started Taekwondo when she was 9yrs old and has had many successes throughout the 4 years she's been competing. She took Silver at the British Championships in her first year and quickly became British Champion. Leihona has been Scottish Champion twice and has recently been taken on by the Great Britain Wider Cadet Team. Leihona competes all over the UK and internationally and has won G1 medals in Romania and Latvia. Leihona trains once a month at the Great Britain Academy in Manchester, and her goal is to be selected to represent GB at the European or World Championships. Leihona's mum told the RGF: "Your kind and generous grant will help fund some competitions and equipment. Taekwondo is self-funded, so any support is greatly appreciated as this sport is very expensive putting pressure on us to continue funding her ourselves. Thank you to the Rob George Foundation for their kind grant helping Leihona to pursue her Taekwondo journey."





The RGF supported Lucy Turner an International heptathlete from Newcastle

The heptathlon is a track and field combined events contest made up of 7 events including 100m hurdles, high jump, shot putt, 200m, long jump and 800m. Lucy's best events are the 100m hurdles with a personal best time of 13.72 and long jump with a personal best of 6.04m. In 2017 Lucy represented Great Britain at the European Cup Combined Events Super League in Estonia, she also won the indoor and outdoor BUCS title in the heptathlon and long jump. In 2018 she won the EAP International Combined Events and Home Countries Combined Events Championships whilst representing England. Lucy's goal is to win the England athletics indoors championships on the 6th January 2019 granting her selection for the GB international in Cardiff. However, her ultimate goal in 2019 is to qualify for the European U23 Combined Events Championships in Sweden! The RGF will help and support Lucy towards her competition and travel costs in addition to all the equipment necessary for the heptathlon! Lucy also has a condition called type 1 diabetes which means her blood glucose levels are too high, the RGF grant allows Lucy to pay particular attention to her nutrition and all the supplements she needs.



Rising cycling star and grantee, Miriam, updates us on a very successful season

I just want to take the time to thank the Rob George Foundation for the support they have given me this season. The grant they have provided me with has gone towards travel costs to national events & repairs for my racing bikes. I am pleased to report that this season I won a gold and silver medal at the regional track championships and I came 4th in the National Derny Championships held this September and 16th overall in the National 10-mile time trial (2nd under 23). I could not have achieved this without the support of the Rob George Foundation **All of us at the RGF wish Miriam continued success!**



Climbing high! - The RGF provided a grant for GB competition climber Thea Cameron. Thea was selected to represent Great Britain this year in international competitions and will be travelling to Portugal, Switzerland and France for the European cup climbing competitions. The Grant provided by the RGF helps Thea to pay for her coaching and equipment through the year which will massively help her to push her performance levels even further and allow her to perform her very best at the international competitions. All members of the GB Climbing Team are self-funded, so this grant is very much appreciated by Thea and her family.

Thea's aspirations are to make a final in one of the European cups which will allow her to compete in the World Youth Climbing Championships.



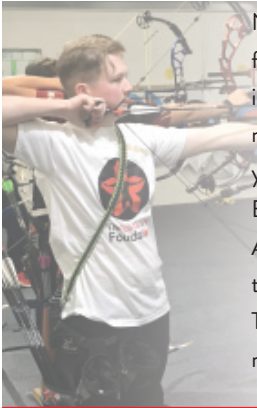
Second grant for the amazing Bello brothers - The RGF awarded the Bello brothers a grant for the second time to support their beach volleyball aspirations. They are multiple national champions; Youth Commonwealth gold medallists and their most recent achievements include two 5th places at the U19 World Championships and Youth Olympic Games in Argentina in late 2018. The twins continue their development in the international senior arena and the award from the Rob George Foundation will help them fund their tournaments on the World Tour, which will take them all over the world this season.

The boys told us: **"The support of the RGF has been instrumental to England's rise into the international beach volleyball scene, we cannot be more thankful to the Foundation for believing in us and their help in achieving our sporting aspirations."**

Wishing the Bello brothers all the best for their future in beach volleyball.



INSPIRED BY THOSE WHO GIVE BACK



Nathan's shooting high for the RGF – a big well done and even bigger thank you to Nathan and his family and friends for organising a 24-hour charity shoot to raise funds for the RGF. We're reliably informed that they had great fun and in doing so raised an amazing £725. Nathan's family told us: "We are so happy to give back to you as Nathan would never have been able to represent Great Britain if it wasn't for you offering him a grant earlier in the year. We thank you so much for that."

Back in April 2018 the RGF awarded 16 year-old Nathan, an exceptionally talented Archer, a grant to enable him to represent GB in Italy. He also needed new equipment to compete on the international stage.

The RGF wishes Nathan continued success in the future and thank you once again for raising much-needed funds and thinking of others that need our support – you're a star!



Remembering Amy and a Heartfelt thank you from the RGF to Amy's mum, Pam - in September 2017 Amy was diagnosed with a brain tumour. As a consequence of her illness Amy struggled with her mobility, vision and speech. In 2018 the RGF awarded Amy a grant for some Art Therapy sessions. Amy loved art and these sessions helped her, and her family, cope with her illness. We featured Amy's story in our 2017/18 Annual Review. Literally as we were writing Amy's moving story we received the devastating and heart-breaking news that Amy had lost her brave fight.

Amy's family's appreciation of the RGF is such that soon after Amy's passing they organised a fundraising event to raise funds for the RGF. Rather poignantly Pam and Amy's grandmother, together with Eirlys (Amy's CLIC Sargent's social worker) met and shared some memories and made some shell and driftwood mirrors with a view to selling them to raise funds. Then Pam hosted a RGF charity fundraising evening at her home and with the sales of the mirrors and a raffle they raised £300 – simply amazing!

Pam said: "the owner of a local gift shop brought a selection of her gifts to my house for a shopping party and I invited friends and family to a shopping evening in my home. It was a lovely evening full of fun and it also made me decorate the house for Christmas."

A few words from Eirlys who also wanted to contribute to this post: "I work as a CLIC Sargent social worker for South West Wales and the support given to my young people by the RGF is invaluable. I work with young people aged 16-24 with a Cancer diagnosis. It can be a struggle to source funding and support for young adults this age but the RGF are able to do this. They have supported so many of the young people I work with including funding for Amy to do art therapy work, help with financial struggles and buying bikes to get young people fit again after chemotherapy treatment. I feel as if the RGF are as passionate about supporting young people as we are at CLIC Sargent and I feel as if I know them personally whenever we communicate. I feel as if we are a team and the outcome of that is more support for our amazing young people. Thank you RGF. Don't ever stop!"

Amy and her mum, Pam, inspire us all at the RGF. They epitomise what the RGF is all about. We have been so humbled to hear how our support helped Amy and her family. We were also touched to know that Amy's story with the RGF was read out at her funeral. To then find the strength to organise this event takes our admiration of Pam and her family to another level!

Thank you Pam – Amy will forever be the RGF's very own beautiful sunflower.



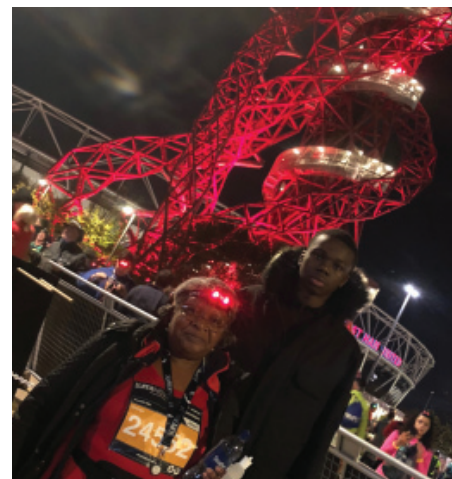
Introducing Rachel Driver, another RGF superstar! – Rachel is a Senior Practitioner with CLIC Sargent. The RGF and Rachel have a very special and mutual bond committed to helping young people. Rachel wanted to "give back" to the RGF and such was her motivation to do so she took part in, and completed, The Anglesey 10K.

Please take time to read Rachel's message: "For 8 years I have worked with CLIC Sargent supporting young people in North Wales with a cancer diagnosis. Cancer costs, and I heavily rely on the RGF to help provide financial support. There are few charities out there providing help for those 18 years and above. The RGF has kindly provided laptops and mobile phones for patients who are keen to maintain their studies, or to help them relieve the boredom of long hospital stays/ waits and helping them to keep in contact with friends and family. The RGF has also given out many grants to help my young people learn to drive to help them widen their opportunities, gain independence and rebuild their confidence – something we all know is so important to them, and us. I am so grateful to the RGF that I wanted to show my support by organising a fundraising event."

Rachel, well done and thank you from all of us at the RGF.



Dylan's "Super Gran" raises funds for the RGF – even when Dylan applied for his RGF grant it was clear that he had an amazingly supportive mum and grandma at his side. We recall being impressed at the time that Dylan still runs with his grandma on occasions. Dylan's mum, Sarah, told us that as soon as Super Gran (Pam) heard that the RGF had agreed to support Dylan she made it her mission to give something back to the RGF. Pam (63 – we're allowed to tell you that!) is a retired nurse and she also spent some time in the UK Army. She still runs every day and every Saturday she runs her local "parkrun". Well, Pam kept to her word - on 26 October she ran the SUPERNOVA RUN 2018 raising £262 for the RGF in the process. This was a night-time run through the Queen Elizabeth Olympic Park, Stratford, East London. Thank you Super Gran (Pam) for your support and raising funds for the RGF. We're sure Dylan is really proud of you, too! We are truly inspired by the wonderful young people we work with and their families that support them. None more so than you, Pam!



A thriller of an update from Zinzele one of our very early grantees

I am Zinzele Tshuma and I graduated from Bird College in the summer of 2018. I am so very grateful to The Rob George Foundation as they helped fund towards my Diploma. They took time to listen to my story and helped towards achieving my dream of becoming a professional dancer. I am now currently performing in Thriller, live in the West End. I started on this show a year ago just after completing my training/qualifications in May, prior to graduating in July. I feel very blessed to have been chosen for this show so quickly and to call this my big first professional job is amazing. **I am very thankful, and I could not have done it without my family and friends and to all the people that helped fund my education for my future, especially the Rob George Foundation!**



Glen joins the RGF's Board of Trustees – we are delighted to share the news that the RGF has appointed Glen Dobbs to its Board of trustees with immediate effect.

Glen met Rob at Colchester Royal Grammar School and they remained best friends. After leaving the school as Head Boy, Glen went on to study Molecular and Cellular Biochemistry at Oxford University where he earned a First in his Masters Degree and was made a Scholar of Trinity College. He was also part of the university's Anthony Nolan group which signed up potential donors to the bone marrow register. After graduating from University, Glen joined Alcentra, one of the investment boutiques of The Bank of New York Mellon and most recently worked as a credit analyst covering a variety of companies in the leveraged loan and high yield bond markets. Glen holds the Chartered Financial Analyst® designation.



In his spare time Glen enjoys a variety of sports. In his youth he played for Ipswich Town's Football Club's Academy and captained his college's rugby team. He also enjoys skiing (most memorably with Rob, Lorraine and Sam) as well as travelling.

Welcoming the exciting challenge of joining the Board, Glen said: "I was honoured to be asked to become a trustee of the Rob George Foundation and I am delighted to accept the offer. The RGF has wonderful supporters and has gone from strength to strength under the stewardship of its trustees, making a huge difference with each and every grant. I have been involved with the foundation since its inception and am privileged to have been afforded the opportunity to contribute to its continued success as a trustee."

In response, Philip George, our Chairman, said: "We are thrilled that Glen has accepted our invitation to join the Board of trustees. We are fortunate indeed to be joined by such an able and talented young man who happens also to be one of Rob's oldest and dearest friends. Glen's age and experience will provide a perfect complement to those of the rest of our team."

If you'd like to make a donation to the RGF please visit our website for further details on the various ways in which you can make a donation. If you're motivated to organise your own fundraising event to support the RGF then also visit our website and request a RGF Fundraising pack – www.the-robgeorgefoundation.co.uk

FUTURE EVENTS FOR YOUR DIARY AND OTHER FUNDRAISING INITIATIVES



6th Anniversary Ball
Saturday 4th January 2020
The Hurlingham Club, Ranelagh Gardens,
London SW6 3PR
Reception 6.45 for 7.30pm
Carriages 12.30am

Tickets:
On or before 1st Nov '19 £85pp
2nd Nov '19 onwards £90pp
email:
info@therobgeorgefoundation.co.uk

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




Ski/Snow-shoe for Rob'20
8th – 15th February 2020 – Sella Ronda, Italy.

Please join us for the second snow adventure – with a few challenges to help raise funds for the Rob George Foundation. We would love it if you could raise any amount in sponsorship for the 4 challenges – that would be fantastic!

7 nights with 6 full days on the snow, 4 days of RGF challenges: including the Sella Ronda in both directions, and a Ornesie treasure hunt, there will be snow-shoe challenges too – led by Pip and Lorraine!

Chalet Soldanelle, Selva, in the stunning Italian Dolomites.
£1250pp
Cost includes: Return flights from Gatwick and transfers to/from the resort.
- Buffet breakfast with cooked option
- Afternoon tea/coffee with fresh cake
- 4 course evening meal with pre-dinner aperitif, wines during and after dinner, coffee and chocolates
- Hot drinks all day – catering for 5 days – pizza party and tour lunch on the other two days.

Transfer your deposit of £250pp (non refundable) to:
The Rob George Foundation
Sort Code: 40 51 62
Account Nos: 12814350
Add your name and "Ski for Rob" as the reference.
Balance of £1000 due 1st Nov'19 – pay in instalments if it helps!!

Very limited places available – don't delay in booking your place.

WHY NOT JOIN US FOR OUR ANNUAL RGF GOLF DAY 2020?
Colchester Golf Club, Thursday 28th 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




RGF ANNUAL SIX-A-SIDE CRICKET DAY SATURDAY 18 APRIL 2020

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
Date to be confirmed



Play our lottery in support of The Rob George Foundation!

Only **£1** a week!
Weekly prizes up to **£2,500** 15x: £10
Win up to **£10,000** in prizes!

It's easy to join at makeasmilelottery.org.uk or call us 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. Promoter: St Helena Hospice trading as make a smile lottery. Licensed by the Gambling Commission. Number 020-004616-0-004616-000. www.gamblingcommission.gov.uk. St Helena Hospice is a company limited by guarantee. Registered in England and Wales Number 0151841. Registered Charity Number 280791. Registered Office: Helms Hall, Harwood Close, Highwoods, Colchester CO2 9JL. make a smile lottery Privacy Policy and Terms and Conditions can be viewed on our website.



ROB'S BIG WALK 2020 - THE ESSEX WAY

Currently at the planning stage, but provisionally booked for the Summer Solstice weekend (**20/21 June 2020**).

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.

-  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
Mr G Dobbs
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, 91-99 New London Road,
Chelmsford, Essex CM2 0PP

Solicitors:

Birkett Long LLP
1 Amphora Place, Sheepen Road
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 fifth year of our operation:

