

The Rob George Foundation

ANNUAL REVIEW AND FINANCIAL STATEMENT 2019/20 OUR SIXTH YEAR OF OPERATION

GRANT APPLICATIONS

@ 280

2/3^{rds}

APPLICATIONS SUCCESSFUL

AWARDS TOTTALLING

£105,515

TOTAL RAISED

£134,069



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Thank you!

(and news of two more stunning milestones!)

We are once again very grateful to our dedicated and hard-working board of trustees who give selflessly of their time to ensure that the RGF continues to run smoothly and in accordance with strict governance and financial requirements and to our two amazing and committed patrons, Graham Gooch and Michael J Fitch. We also wish to record our thanks to the large band of supporters, whether or not they are mentioned by name in this Review, who have contributed in so many ways during the year - whether as volunteers, fundraisers or donors - and without whose sterling efforts we would not be able to continue with our work.

And now more about those milestones

There is no doubt that reaching milestones is motivational and re-energises charities, trustees, and supporters alike. **During 2019 the RGF reached a million pounds of income.** A stunning achievement that says so much about our fantastic supporters, our dedicated trustees, but most of all the one and only Rob George and the legacy he left behind him.

On 9th December 2013 only just over 6.5 years ago, Rob lost his life to Acute Myeloid Leukaemia, and his family and friends have strived since then to make a difference to our young people, throughout the length and breadth of the UK.

Each month our team of seven dedicated volunteer trustees meets to discuss the latest list of grant applications. We don't cap the number of grants each month, preferring to simply try and fulfil the need as it presents itself, and we pride ourselves on responding quickly, even more quickly where there is a desperate need. Typically, we look at 30-40 applications each month! Our trustees consider and discuss each application and decide on which ones we feel able to support and how much we will grant. Once this process has concluded our Treasurer, John O'Connor arranges for the grants to be paid to our grantees, many of whom are in a desperate situation due to the nature and effects of their life threatening or terminal illness – this is a never-ending cycle! **During 2019 we also reached £.5m of funds granted** – that's 783 young people across the UK. Now that's something for us all to be proud of!

We have committed ourselves to ongoing assistance to many of these youngsters in desperate need of financial support and we work very hard to ensure we make lasting provisions in our funds.

None of our trustees receives any form of payment from the foundation and we have no employees or premises to pay for. We strive to keep any expenses involved in our bigger fundraising events as low as possible.

We raise a glass to every single person who has fundraised with us over the last 6.5 years. Likewise, we raise a glass to every one of the 783 young people for whom we truly hope life is a little easier because of your support. We raise a glass to £.5m granted: "making a difference.....one individual at a time" – exactly what Rob wanted the foundation to achieve.

We hope that we are establishing a fund that will support young people for many years to come, especially as right now there seems to be no sign of our help being needed any less.

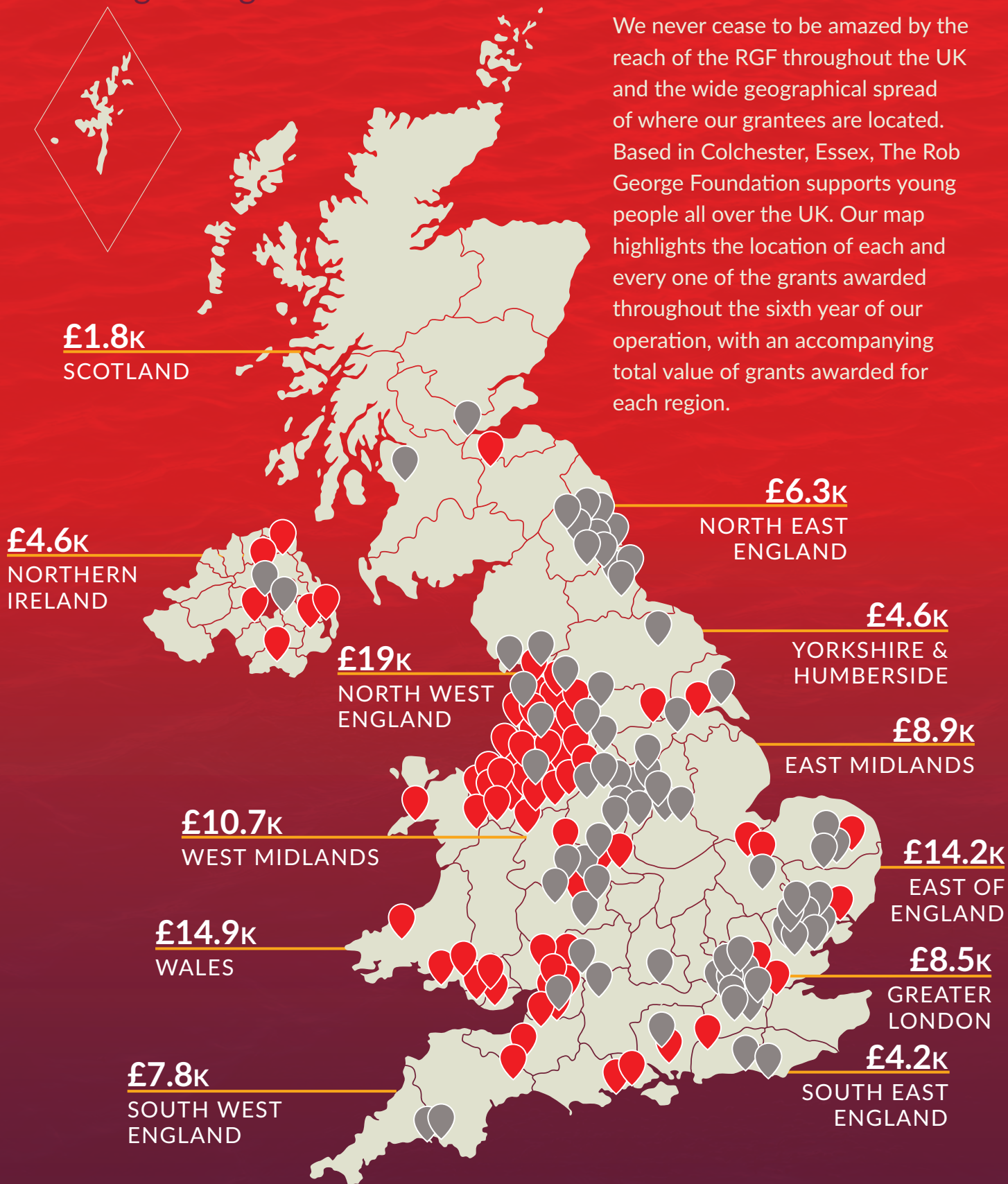
Thank you once again

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 sixth 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

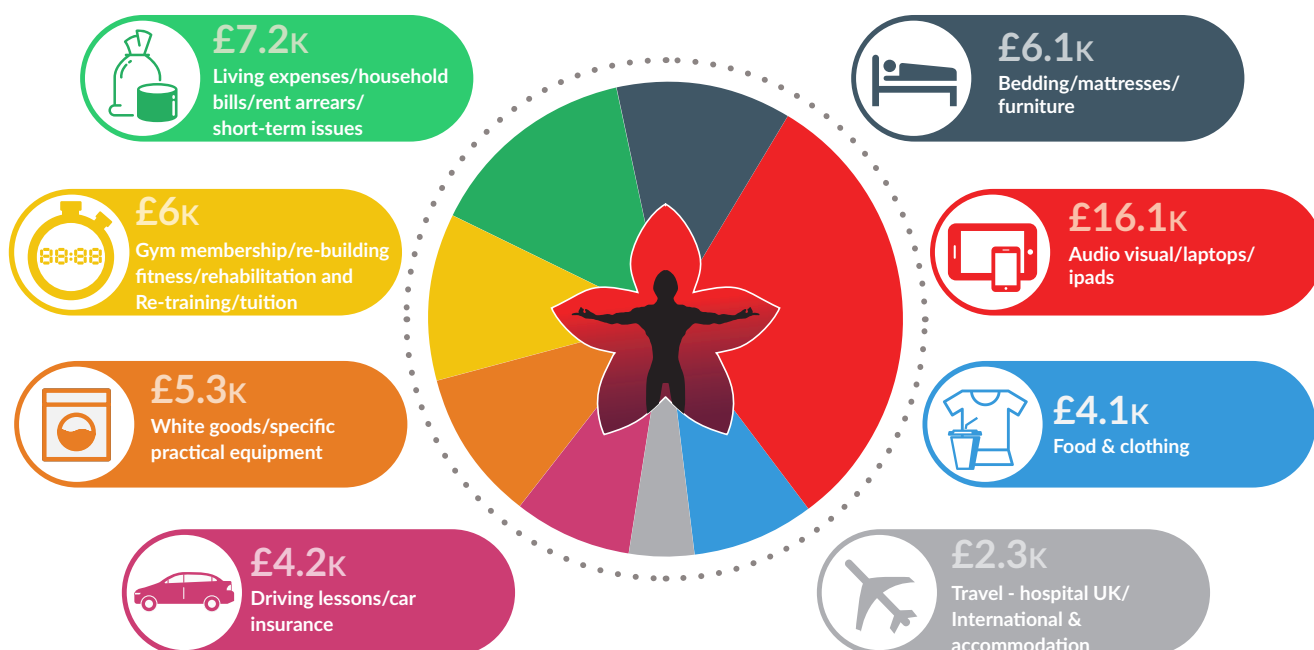
Due to the highly sensitive nature of dealing with serious and terminal illness, especially in young people, we are sure that supporters of the RGF totally understand the challenge we have in sharing and evidencing the work we do to support young people across the UK in this area.

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 the RGF so special; it epitomises Rob's aspirational and competitive, fun-loving personality, but also encapsulates his fighting spirit – what a legacy!

We are very proud to share with you, on this, and the following page, a comprehensive overview of how our grant aid is categorised and how we've supported Aim 1 & 2 grantees, giving you a real feel for what they have needed.



A message from Suzie

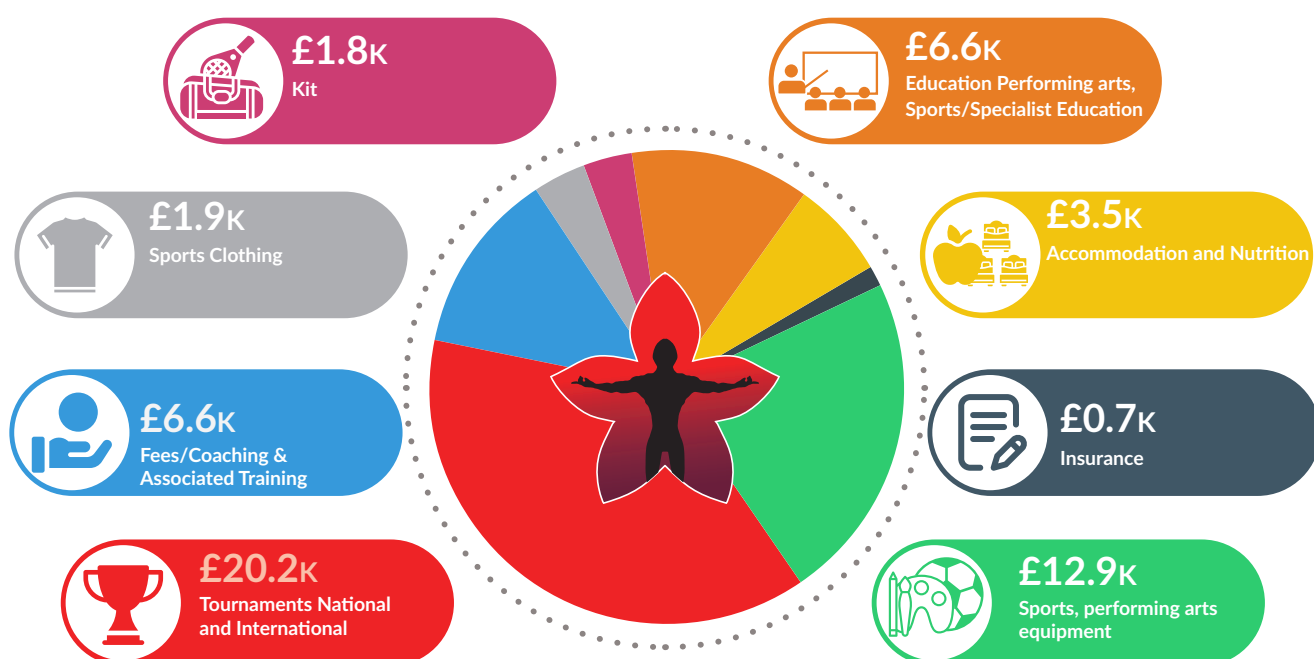
'My name is Suzie and I am a CLIC Sargent Social Worker, based in Bristol and the Southwest. I support young people aged 16-25 years who have a cancer diagnosis. Throughout 2019 The Rob George Foundation supported a number of my patients and their families, in a variety of different ways. Grants were provided to assist young people in their lives at what was already such a difficult and overwhelming time for them. One of my patients was provided with an electric guitar and amplifier, which helped him to keep entertained and busy throughout his treatment and made a huge difference to his emotional wellbeing during and after treatment. Another young person was provided with some furniture for his new flat to help regain confidence and rebuild his life following a bone marrow transplant and years of treatment. Without the generosity of the Foundation he wouldn't have been able to move out independently when he did and move forward with his life. Focusing on the move also helped him to get through the gruelling treatment and served as a light at the end of the tunnel for him. The Foundation also supported a number of palliative patients and their families, providing them with sofas

and beds to ensure that their last few months at home would be comfortable.

As a Social Worker in this role I rely heavily on the Rob George Foundation for support for my patients. There are very few charities who continue to support young cancer patients after their 18th birthday and so the charity is a lifeline for my young adult patients, many of whom do not have parents who are able to house or financially support them. The application process is easy to navigate and the Foundation are always as accommodating and understanding as they can be to requests. They don't judge they listen. They arrange delivery of goods themselves and so take away so much stress from young people who may be too unwell to go out and access these.

On behalf of myself and patients I would like to say a huge thank you to the Foundation for all of the support they have provided over the last year. Your hard work and generosity really does make a difference to real people and real lives – please never underestimate the good that you bring about. THANK YOU. X'

Understanding how the RGF supports our Aim 2 grantees



Royal Academy of Music Scholarship for RGF grantee, Max

The RGF has awarded Max two grants to support him complete his Master's course at the Royal Academy of Music. Recently Max kindly contacted us and said: "I am coming up to the end of my two-year Master's course at the Royal Academy of Music, and it has been fantastic. I have been exposed to world-class teaching – masterclasses with international singers, concerts lead by acclaimed conductors, opportunities to perform in operas regularly, and of course, the ability to practice in excellent facilities nearby as often as possible! To top it off, in December I was awarded a place at the Royal Academy's Opera School for September 2020, on a full scholarship. It is an incredible and generous opportunity to be given – it is a further two-year course, intensive but tailored to



a dozen students and is the final step for many students into their full careers. I am incredibly grateful for the support of The Rob George Foundation, which facilitated my study at this stage, giving me every possible chance to progress further without the stress and worry of not being able to support myself."

The first photo shows Max at the beginning of a concert for Hertfordshire Schools Music Service at the Royal Albert Hall in March, where he was a soloist as Amphibulus at the premiere of Anne Dudley's 'I am Alban'. Max is on the left. On the right is the other soloist Pete Martin, and in centre is the librettist and



narrator, the 'Bard of Barnsley' Ian McMillan.

The second photo shows Max Mid-aria in rehearsal for 'Lo Speziale' at the British Embassy in Paris, Oct 2019.

Trustees' Report

The Trustees present their report and accounts for the period from 1st April 2019 to 31st March 2020. 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
TOTTALLING
£105,515 

RGF grantee, Mia, looking ahead and setting herself big goals!

I took up triathlon when I went to University in Bath 3 years ago as I thought it sounded fun and quickly got hooked. After my first few races and having been inspired by my Bath team mates who are competing at an international level, I set myself the challenge of qualifying to represent Great Britain.

I worked extremely hard to achieve my goal and I qualified for team GB in Cardiff the following year going on to race at the ITU World Triathlon Championships 2018. I finished in 30th place at this race. My next goal was to improve on this and increase my rankings within team GB. Having stepped up my training, and with the support of fantastic coaches, I have achieved this. 2019 saw me finish in 8th place in the ITU World Championships, Lausanne, where I was the first British woman across the line. In doing this I have automatically qualified for the world championships in Edmonton next year, and I successfully secured my place in team GB for the European Championships in 2020.

As well as training over 20 hours a week I am studying full-time for my degree in Biochemistry at the University of Bath.

The support from The Rob George Foundation has been extraordinary and has helped fund my race fees for World and European Championships. Without their help and support I would be unable to race at the World and European Championships this year. I am very excited to be racing at the end of the season and am looking forward to seeing what I can do with all the hard work I have put into training over the winter.

I hope to make the Rob George Foundation proud when racing at World and European Championships and cannot thank you enough for your support.



RGF provides grant for aspiring Paralympian, Danny Sidbury

Danny applied to us for a grant in August 2019, as he needed funding to buy new equipment and to pay for the ongoing and inevitable repairs costs, plus travel costs to enable him to compete in competitions where he could achieve the qualifying times to be selected for the Paralympic games in Tokyo 2020.

Danny recently sent this message to share with all our RGF supporters. He said: "Hi, my name is Danny Sidbury and I'm

a T54 British athlete competing on the track as a wheelchair racer. I do a wide variety of distances both on track and road. 100m to 5000m on track and 5k to Half Marathon on road. My lifetime ambition is to compete in a Paralympic Games, I couldn't be more grateful for the support from RGF to help me get to the Paralympic Games in Tokyo in 2021."



All the very best Danny
and we all hope you make it to Tokyo (eventually!)

Chairman's Review

Our sixth year of operation was another very busy one.





The number of applications for grants was 280, more than 30% up on the previous year (2018-2019: 216). As in previous years, approximately two-thirds of the applications were successful, and awards totalling £105,515 were made, (2018-2019: £89,675). Total funds raised amounted to £134,069 (2018-2019: £110,147) including £90,244 (2018-2019: £41,172) from fund-raising events and £41,448 (2018-2019: £67,878) from donations.

We are once again indebted to a number of trusts and organisations who have kindly made significant donations during the year – for instance, **Healthcare Homes Group**, **CloudFm**, and **Baker Chapman and Bussey** – and to some generous individuals who wish to remain anonymous. We are also grateful to **Birkett Long Solicitors**, **Loughborough and St Andrews University Student Cricket Clubs**, **Hatfields of Colchester**, **Kent Blaxill & Co Limited**, **Essex County Cricket Club**, **Strutt and Parker**, **Essex Chambers of Commerce**, **Tiptree Jams**, **ROL Cruise**, **Aldeburgh and Colchester Golf Clubs**, **Colchester & East Essex and Frinton Cricket Clubs**, **Shepherd Neame Essex Cricket League**, **Easy Tiger Executive Search**, **WRS Insurance Brokers**, and **Smith & Watts Printers** for their continuing support.

We continue to work for a change in the law to recognise that students who are forced to take a temporary break in their studies because of life-threatening illnesses should qualify to receive State benefits. The road is a long and bumpy one, and the number of elections in recent years, giving rise to Government reshuffles and numerous changes in the identity of holders of high office at the Department for Work and Pensions, together with the lengthy and disturbing preoccupation with Brexit, has meant that it has often been a battle to keep this very important subject at the top of politicians' agendas. During the year, we supported Marie Curie in its Scrap Six Months campaign and

trustees made several appearances on local and national radio.

In common with most other charities, the principal risk currently facing us is Covid-19. Since the beginning of the pandemic in March 2020, our fundraising activities have been massively hit. As a result of our prudent financial management in the past, we have in place reserves which enable us to continue to operate for many months, but not indefinitely. The trustees are actively pursuing other possible sources of funding.

TOTAL RAISED 			
£134,069		2018-19	2019-20
 Applications		216	280
 Awards Made		£89,675	£105,515
 Total Funds Raised		£110,147	£134,069

Olivia's mum thanks the RGF

"We cannot thank you enough for supporting Olivia's driving lessons. Driving is an incredibly cathartic thing for Olivia as it gives her something else to think about other than being in hospital and on the receiving end of gruelling treatment for her leukaemia. Driving will be such a rewarding activity for Olivia moving forward, it will give her independence and allow her to lessen the reliance on myself and my husband! On a serious note driving will play an important role in allowing her to go to College in September for two important reasons; mainly we live in a rural location and also Olivia will be neutropenic at times, which means her immune system is compromised and therefore she will be unable to use public transport.

Your generosity is overwhelming and we are truly grateful to you for your support. "



Objectives

The aims of the RGF (Charity Registered Number 1156026; registered address 4 Henry Villa Close, Colchester, Essex CO4 5XP) 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.

A thank you from Leon's Mum

"My son Leon was diagnosed with Hodgkins Lymphoma 3 years ago. It was the day before he graduated with a degree in Film. Normal life pretty much stopped that day. It has been quite a time since then. One failed stem cell transplant, many awful treatments and at last he is undergoing another transplant and neutropenic as I write.

We wish for Leon to settle and start a 'normal' life. There has not been a lot of money to spare as I am self-employed and living a dual life between Cornwall and Bristol has been very expensive. When we were approved for a grant from the Rob George Foundation, we were delighted knowing that the items we requested, though simple in what they are, would be a purposeful addition to his life. A sofa to rest up on, a music system to enjoy his favourite tracks, and a dishwasher to hide all the unwashed dishes that had accumulated under his bed and various chairs.

These things mean so much when life gives you few glimmers of hope, it is a respite of goodwill and generosity and is received with gratitude."

The RGF Grant Making Principles:

- Applications from any geographical area within the UK (but not overseas) are eligible for consideration.
- Applications, must be made by individuals, not organisations.
- All applications from previous recipients of grants or from previously unsuccessful applicants are considered by the Trustees on their own merits. Although the Trustees have regard to the outcome of the previous application(s), any new application does not in any way receive preferential or adverse consideration. In the case of a second or subsequent application under Objective 2, the Trustees expect to see evidence of active fundraising and/or other support for the Charity since the previous award was made.
- Applicants under Objective 1 are normally between five and twenty-eight years of age and applicants under Objective 2 are normally between eleven and twenty-five years of age. In exceptional cases, the Trustees may consider applications from persons outside these parameters.
- The Charity does not, save in exceptional circumstances, make individual awards for sums in excess of £1,500.
- In the case of applications under Objective 2, applications must be from amateurs, not professionals, and the total number of grants and the total sum awarded in any one sport or performing art in any consecutive period of twelve months will not normally exceed three, or £4,500 respectively.
- The Charity will willingly work in partnership with other organisations to fund initiatives beyond the financial scope of a single organisation.



Alisha was diagnosed with Osteosarcoma in April 2019. She has been through difficult surgery and intense chemotherapy and has sadly relapsed!



The RGF provided a laptop for Alisha, which has been a lifeline. Alisha has spent months in hospital and then recovering at home. Having access to a laptop has meant she has stayed connected with her school friends and family which has meant so much to her. Also helping her to keep entertained and distracted.

STOP PRESS

Just to say at the time of going to press we've just heard that Alisha has received some good news. The most recent surgery has removed all the cancer and she's now in remission.



Activities

For the sixth consecutive year, the Anniversary Ball, was held at the prestigious Hurlingham Club in London. Once again, the event was the main social and fund-raising highlight of the Charity's year and was generally acknowledged to be the best ever.

The Charity's Patron, Michael J Fitch, was once again a wonderful host, and the Charity's other Patron, Graham Gooch, was one of the 192 other guests who attended and helped to raise nearly £14,000.

Physical challenges once again formed a major part of the Charity's fundraising. Rob's Big Walk along the Essex Way from Epping to Harwich was held in glorious weather over the Solstice weekend in June. This highly successful event, which was supported by teams from seven local businesses raised in excess of £6,000 and is likely to be repeated in future years.

The following month, four supporters – Chris Wheeler, Paul Duley, Grace Tedstone and Mike O'Neill - took part in the Asics 10K event in Central London and raised £3,000 by doing so.

Also in July, a party of twenty cyclists and three support crew, cycled off-road from the London Eye to the Eiffel Tower, and raised more than £20,000.

And a second cycling event was hosted by faithful RGF supporters, Nigel Hughes and Elizabeth Hornung, who raised more than £600 when they organised the first Santa's Cycle event just before Christmas.

In February, the second Ski for Rob event, attended by eighteen skiers and snow-shoers, took place in the Dolomites, Italy and raised some £4,500.



In April, Colchester and East Essex Cricket Club once again organised a Six-a-Side tournament to support us, whilst in May, the fourth Golf Day at Colchester Golf Club was held, this year very ably organised by Jenny Mitchell.

Some regular supporters continued to make major contributions:

- Loughborough University Students' Cricket Club held their Golf Day and Annual Dinner in aid of the Foundation.
- St Andrews University, too, continued to be wonderful supporters, and their Seagullian Ball raised more than £1,500.
- Another very successful private dinner at Milsom's was hosted by the Foundation's Patron, Graham Gooch and his friend and fellow England captain John Emburey.
- Mary Waylett held a Bridge Day and raised a magnificent £1,900.
- Colchester Dance HQ (formerly The Lorraine George School of Dance) once again chose the Foundation to be the charity to benefit from the retiring collections at their performances.
- The Foundation was again the charity chosen by the Shepherd Neame Essex Cricket League to benefit from the fundraising at their Annual Presentation Dinner.
- Colchester's North Countrymen's Club continue to be faithful supporters of the Foundation and their total fundraising now approaches £6,000.



Other fundraising contributors included Frinton-on-Sea Cricket Club, Brightlingsea Fish and Chip Shop and Sophie Caplin.

The Foundation continues to encourage its Aim 2 grantees and their families to support our own fundraising efforts, either themselves or through their families, clubs, schools or universities. Several of them responded very positively.

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

These fundraising activities enabled the Foundation to make a difference to the lives of 188 young people, all of whom received grants during the year.



The Foundation was thrilled to be selected by Essex Chambers of Commerce as their Charity of the Year in 2020. The first event – a walk from Old Leigh to Adventure Island (where much fun was had) followed by a fish and chip lunch – was enjoyed by about forty supporters.

A message from our patrons

What a fantastic 6 years it has been for the RGF.



As a very proud patron, I have been so impressed with the work of the foundation and how it provides financial and practical support for young people, not only in Essex, but across the whole of the UK.

As I've said before, 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, and as each year passes the demands of people to give freely to support others becomes more challenging!

A big thank you to everyone who has supported the RGF over the last year, in whatever capacity. It has been fun and rewarding as we have all worked together to help "make a difference...one individual at a time" and I wish you all continued success for the future.

Graham Gooch OBE DL

It has been another outstanding year for the RGF. An action-packed year of fundraising, all with the sole intention of helping young people across the UK. It is quite something when you stop and think how a North Essex based charity can have such a positive impact across the whole country!

I must confess that my personal highlight of the year is hosting the annual RGF Ball at the prestigious Hurlingham Club. Always a fantastic night, action-packed and something for everyone, even some amazing entertainment!

I look forward to seeing you all at the next one, hopefully in 2022 – it will be magic, I promise!

Michael J Fitch



Underwater Hockey success for RGF grantee, Alyssa Oates

During 2019, Alyssa has competed at the European Underwater Hockey Championships as a member of the elite ladies' team, winning a Silver medal. At the World Age Group Underwater Hockey Championships in Sheffield, Alyssa captained the U24 ladies' team and was also the flag bearer at the opening ceremony. Alyssa's team finished fourth, but along the way they beat the eventual champions, New Zealand! Earlier in the year Alyssa was nominated for the Amateur Sports Personality of the Year at the Devon and Cornwall Sports Awards. Alyssa is currently training hard and hopes to compete at several domestic competitions over the next six months and will trial for the elite ladies' team that will compete at the 2020 World Underwater Hockey Championships in Australia.

Alyssa said: "I would like to thank the Rob George Foundation for supporting my sporting journey throughout 2019."

Well done, Alyssa – on top of all your success over the last year, you have also provided one of the coolest photos of a grantee wearing an RGF t-shirt that we've ever seen!



It's a small world!

Our dear friend at Clic Sargent Eirlys Edwards who is based in Wales, contacted us last Summer saying: "My father-in-law used to play rugby and if you'd like me to I could ask him if he could donate a signed rugby shirt for one of the RGF's fundraising events." We mused as to who this could be. Let us just say the clue is in Eirlys' surname. Guessed it yet? Well, it turns out that it happens to be the player who some say is the greatest player ever to don the Welsh jersey, the one and only Sir Gareth Edwards CBE! Sir Gareth played scrum-half for Wales (53 caps – 88 points), the British Lions (10 caps - 3 points) and Cardiff RFC (195 appearances and 496 points). Sir Gareth kindly donated a Wales 2019 World Cup Rugby Union shirt signed by the legend himself and this was sold at the RGF Sixth Anniversary Ball (as it happens to a Welshman!).



We caught up with Sir Gareth recently and he told us: "I am delighted to support The Rob George Foundation who continue to support young people with Cancer in Wales. Your work is invaluable. Diolch am eich gwaith anhygoel."

What a thrill it was for Sir Gareth to support the RGF and we can't thank him enough, and Eirlys, of course who reliably informs us that even though he's now in his 70s Sir Gareth is still as competitive as ever especially at the family quiz nights!

Summary of Financial Activities

Charitable activities

Total income for the year to 31 March 2020 amounted to £134,069, with the majority of these funds (£90,244) arising from fundraising events organised by the charity. A further £41,448 was received directly from supporters, either as a result of their own fundraising efforts or by way of individual donations.

The charity paid a total amount of £105,515 to grantees, and costs arising from fundraising events totalled £43,159. Administrative costs including website maintenance, insurance and printing/postage etc. amounted to £2,483.

Investment performance

Investments held by the charity at 31 March 2020 increased in value during the year by £10,721. The market value of these investments at year end was £150,666 and represents an increase in value of £50,666 on the original investment of £100,000. The year-end valuation reflects the market disruption caused by the emergence of the Covid-19 virus and which may continue to impact on investment performance during 2020. No investments were sold during the year. At 31 March 2020, the charity also held cash deposits with banks totalling £130,036.

Internal and external factors

There are no internal factors currently affecting the charity. However, in common with the entire charitable sector, the charity's ability to raise income from fundraising events will be severely impacted by the societal restrictions imposed as a result of the Covid-19 virus outbreak.

Investment and Reserves Policy

The charity has not undertaken any long-term funding commitments and has not considered the creation of a permanent endowment. A formal reserves policy is not considered necessary at this stage in the charity's development.

Principal funding sources

The charity's funds (apart from small sums arising from the makeasmile lottery and the sale of merchandise) are derived from fundraising activities, donations and investment income. It receives no grants from national or local government, nor from health or other public bodies.

Structure, Governance and Management

Governing Instrument

The Rob George Foundation was established by a Trust Deed dated 16th January 2014.

Recruitment and Appointment of New Directors

The power of appointing new Trustees is vested by the Trust Deed in the current Trustees. Every Trustee must be appointed for a term of three years by a resolution of the Trustees passed at a special meeting called under clause 15 of the Deed and may be re-appointed. In selecting individuals for appointment as trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the Charity.

Induction and Training of New Directors

The Trustees share responsibility for the induction and training of new trustees (who will be provided with copies of the Charity's Trust Deed and latest accounts). They will also be asked to read and familiarise themselves with the Charity Commission's guidance note CC3 – The Essential Trustee.

Organisational Structure

The Trustees manage the charity generally and meet monthly to take jointly all decisions necessary to review the Charity's activities, the achievement of its objectives and the making of all grants. Some Trustees attend meetings by means of video-conferencing facilities.

Wider Network

The Charity is not part of a wider network.

Public Benefit Statement

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 Charity 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.

Related parties

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 by other charities such as Macmillan Cancer Support, CLIC Sargent, Teenage Cancer Trust and Essex Community Foundation continue to be welcomed.

Risk Management

The Trustees have a duty to identify and to review the risks to which the Charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Where a risk is identified, it is reported on and discussed at subsequent meetings. The Trustees have reviewed the risks to which the Charity is exposed and consider that they have established robust systems and procedures to mitigate those risks.

Patrons

The Charity's two Patrons, the former Essex and England cricketer Graham Gooch OBE and the magician and entertainer Michael J Fitch continue to be great supporters and ambassadors.

Trustees

The following Trustees held office during the year:

David Cant	Sam George
Glen Dobbs	Andrew Kennedy
Lorraine George	John O'Connor (Treasurer)
Philip George (Chairman)	

Independent Examiner's Report

I report to the trustees on my examination of the accounts of the Rob George Foundation ("the Trust") for the year ended 31st March 2020.

As the Charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which give me cause to believe that, in any material respect:

- Accounting records were not kept in accordance with section 130 of the Act; or
- The accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

18th June 2020, **Andrew Rutherford ACCA**

1 The Courtyard, Balls Farm, Tye Road, Elmstead Market,
Colchester CO7 7BB

Statement of Financial Activities for the year ended 31 March including income and expense account

Income	2020	2019
Donations	£41,448	£67,878
Fundraising Events	£90,244	£41,172
Merchandise Sales	£1,052	£93
Credit Interest	£1,325	£1,004
Income Total	£134,069	£110,147
Expenses	2020	2019
Awards	£105,515	£89,675
Fundraising Event Costs	£43,159	£21,827
Printing/Postage	£692	£685
Merchandise Costs	£1,212	£395
Sundry	£1,791	£1,326
Expenses Total	£152,369	£113,908
Excess (shortfall) for the year	(£18,300)	(£3,761)
Gain (loss) on investments for the year	£10,721	£845
Net movement in funds	(£7,579)	(£2,916)
Funds brought forward at 1 April	£288,281	£291,197
Funds carried forward at 31 March	£280,702	£288,281

Balance sheet as at 31 March

Current assets	2020	2019
Cash deposits	£130,036	£148,336
Investments	£150,666	£139,945
Total	£280,702	£288,281

Making a difference ...

...one individual at a time

★ Why support The Rob George Foundation? Just read Tom's story, that's why!

Tom, from the West Coast of Wales, contacted us back in December 2019, through his CLIC Sargent carer and big friend of the RGF, Eirlys Edwards.

In October 2019, Tom was diagnosed with AML. His grant request was for a laptop so he could stay connected to the outside world.

At the time Tom contacted us and said: "Thank you for my laptop. It's been a massive support to help pass the time in hospital. I've been here for 52 days and the laptop has helped me so much. Thank You Rob George Foundation!"

Now, things are looking a lot more positive for Tom. Towards the end of his chemotherapy a nutritionist helped Tom change his diet; he's now a vegetarian and taking a range of supplements to build his immune system.

Back to Tom: "I'm now well and truly back on my feet and since coming out of hospital I've managed to fully convert my beloved VW Camper van. I'm so chuffed as I'd literally started

the conversion a couple of weeks before I fell ill so to complete the job was one of the goals that kept me positive. I've also resumed another passion of mine, Coracle night fishing, this has also given me an income as we sell what we catch. I hope to secure a job once it is safe for me to do so following the Covid 19 outbreak.

My appreciation for the support the RGF has given me is absolutely massive – THANK YOU! The laptop is now one of my most prized possessions, after the camper van, of course, and my full head of hair back to its best."



★ Liv only started playing water polo aged 12. Liv's

parents told us "she's had so many knockbacks, but her determination and dedication to training paid off and she was selected to represent Great Britain at the European Championships. For the past 18 months, in addition to domestic club training and competitions, Liv has been attending GB training weekends every 4 weeks, travelling from her Brighton home up to Manchester. She has also represented her country at various camps and competitions in Greece, Hungary, Romania and Czech Republic throughout the Summer.



The financial help received from the RGF has contributed towards Liv's water polo expenses - which this year alone has run into the thousands. Without the help of organisations like the RGF, many sports would become elitist. The RGF is helping to keep high level sport available to lower income families, like ours.

I am incredibly proud of Liv and all that she has achieved, and I am also extremely grateful to the Rob George Foundation for recognising her potential and helping her to achieve her goals.

★ An update from RGF Grantee, Ayoola

Athlete, Ayoola, has been in touch and told us: "I could not be more grateful to the Rob George Foundation and the financial support they have given me. Times are tough right now and this pandemic has taken away from most athletes (including myself) the immediate goals they were working towards, forcing us to dig even deeper for the motivation to get up and train on our own with the hope that there will be something left of the 2020 season whether indoor or outdoor. We continue to train because that is what we love - it is our passion and the exciting journey we are all on. RGF has helped me get home training equipment, for example ankle weights and a roller which I use in my home circuits. I also plan to buy some new trainers to develop my running.

I have also challenged myself with something different by doing a 5k timed run and finding creative and innovative ways to carry out home exercises.

I hope everyone at the RGF, and all their wonderful supporters are all keeping safe and well."



★ The RGF combined with others to fund the purchase of a new Strike Force Sports Wheelchair for Ismail

Ismail has a condition called Infantile Onset Pompe disease which means there is an Enzyme missing in his body, resulting in muscle and heart failure. He has no walking mobility. He is a full-time student, requires 24/7 care and lives with his parents.

Ismail loves football and it's his only social engagement. Not only does he enjoy football as a competitive and physical sport, but it also helps his hand-eye co-ordination and overall fitness. It also has a huge positive psychological benefit, too.

Ismail, a passionate Liverpool supporter, loves to play and watch football. He's played for his local side Bolton Bullets for 8 years. Ismail contacted the RGF because his old wheelchair was not up to the standard required to enable him to play football competitively and this seriously affected his ability to participate and enjoy playing.

The RGF grant provided Ismail with some of the funding needed to purchase his new Strike Force Sports Wheelchair.

Ismail said: "The RGF is a fantastic organisation that recognises the importance sport has, not only from a physical perspective, but for me, also my mental wellbeing. Without the support of the RGF and other generous charities, I would not be able to participate in the sport I love and my life, quite simply, would not be the same. I am very aware that the RGF has helped many other young people out there and I can't thank them enough."



In the short term, Ismail is now looking to score more goals and become the league's top scorer and maybe some time in the future represent his country.

Ismail – you're a star and we wish you every success with your football career. Seeing you in your new Strike Force Sports Wheelchair is an inspiration to us all!

★ Luke tells us how the RGF helped him beat cancer

"My name is Luke Davies, I am a music lover/DJ/producer. I was diagnosed with stage 2 cancer in February 2019 which left me bewildered. With the determination to beat cancer, and the extra time on my hands going through surgery and chemotherapy I decided I wanted to take advantage of the time given to me. It has been a dream of mine since the age of 15 to have my own record label, so I set myself a goal to start up what is now called Heterogeneous Records. It is a vinyl only record label releasing electronic music, signing artists from Romania, Serbia & the UK, and the only way this was made possible was by The Rob George Foundation. Thanks to their generosity it was possible for 300 copies of vinyl to be released on the 10th of January 2020 worldwide in-store and online. I feel so blessed and grateful that they helped my dream come true and I can't thank enough the



generous souls who donate to this foundation to support people like me. Essentially, this foundation helped me beat cancer by allowing me to focus my mind on creating this record label."



★ Charlie's smile - a smile that says it all for the RGF!

Charlie is only 9 years old and was diagnosed with ALL in August 2018. Life has been extremely difficult for Charlie ever since; several rounds of chemotherapy and steroid treatment. Charlie has been isolated from his friends on a regular basis, impacting on his emotional well-being, anxiety and self-esteem. Recently, Charlie has been able to interact with his friends more and they all share a love for gaming. All Charlie and his family wanted from the RGF was a new Xbox One X so he could join in with his friends and reconnect. Hearing them chatting and giggling is absolutely priceless.



Charlie's mum, Michelle said: "This fantastic charity has provided Charlie with his lifeline - the Xbox. Now, to many who have never been touched by childhood cancer they may not understand the importance of gaming. Children, like Charlie, have their childhood snatched away from them without warning and they must endure unimaginable things that even an adult would struggle with.

We are beyond grateful to the RGF for gifting Charlie his lifeline and he hasn't been off it since it arrived. It's made him so happy and it's possible even the RGF doesn't fully understand the positive impact this has had on Charlie and me. The RGF are angels and Rob must be looking down with such pride. Not all superheroes wear capes! What an incredibly selfless and inspirational young man to think of others and leave this world making a huge difference to children like Charlie."

★ Be inspired by RGF grantee, Sarah-Marie

Sarah-Marie contacted us recently with an update to share with us the difference the RGF has made to her life and to share her story with our supporters. She told us: "Since I was six years old, I competed regionally in long distance running and rounders for 10 years, winning sports personality of the year at my school. Sport always enabled me to feel fulfilled, that the only barrier between myself and success was the amount of effort I put in.



Unfortunately, that was soon to be no longer the case.

After getting some back pain at 14, what was originally thought of as a simple sports injury became much more serious after an x-ray found out I had a birth defect in my spine. As I grew, this condition as well as my hypermobility paired with fibromyalgia led to a very dark time in my life.

I could no longer turn to sport as a relief in my life. A week before

my 19th Birthday I was rushed to hospital with unbearable pain throughout my body, and on bad medication I couldn't eat the entire week, and due to my medical conditions my college decided to ban me from campus for 2 months. I honestly did not know how my life could go in a positive direction.

A few weeks into starting university in Hull, someone asked me if I was interested in wheelchair basketball. After going to the national women's league tournament, I was inspired by the 100s of women empowered through sport and I knew I had found a new outlet for my passion for sport.

Nearly a year into playing (before the pandemic) I was training 4-10 hours a week and competing in several leagues. Unfortunately, unlike the sports I played earlier on in my life, there is a huge barrier to entry: the equipment.

Before the support the RGF so kindly gave me, I was borrowing a sports chair that was not suited to my body; causing me pain and constant injuries, leading to me needing more physiotherapy.

Because of the RGF, I will finally be able to play at my most confident on court and give it my absolute all when the season starts again".

★ Introducing RGF grantee, Brioni



– By Royal Appointment
(and that's not all –
read on!)

Brioni is a 16-year-old gifted musician from Preston who has been fortunate enough to receive support from

the RGF foundation enabling her to continue her studies at the Royal Northern College of Music. Brioni has had a love for music since she was 5 years old and studies the flute and piano. Through hard work and determination, she has performed with many orchestras and represented her country at various concerts within the UK & Europe, being the principal flute with the National Chamber Orchestra of Great Britain, the National Wind Ensemble of Great Britain, the National Youth Orchestra of Scotland and the National Children's Orchestra of the UK. Having won Lancashire's Musician of the Year, Brioni has gone on to become the Principal flute of the Halle Youth Orchestra in Manchester which she loves. This having been her dream since she was 9 years old, to have it come true at age 11 was a remarkable milestone and one she holds dearly. Brioni has worked with the Royal Ballet composing music for a new ballet, as well as being a pit musician for West End shows in London and over in Belfast. Most recently, Brioni was asked to perform for members of the Royal family at a private concert at Buckingham Palace, the ultimate venue for an aspiring musician!

Recently her rendition of Winter Spirits by Hoover was played on Classic FM! Alexandra Armstrong introduced her: "prepare to be impressed... a young lady to watch out for!"

Her dream is to become a principal artist in an orchestra such as the BBC Philharmonic, create music to inspire the generations that follow and perform as a solo artist alongside worldwide orchestras.

Brioni's mum, Rebekah said: "Brioni and her family are truly thankful to the RGF for their support, enabling her to access the education she needs to grow as a young talented musician. Thank you to all the trustees!"

Brioni has been nominated by Classic FM as a bright young star of the future in classical music.



Ski/Snow-shoe for Rob'20



On the 18th February 2020 a party of 18 intrepid skiers and snow-shoers set off for a week in the Sella Ronda, Italy, masterminded by Piers Lambert and Rob Neal, all in aid of the RGF. It was to be a glorious week.

The daytimes were definitely a trip of two halves. The skiers skied, enthusiastically, and the walkers walked their feet off, especially Peter O'Donnell who, used to completing long distance walks, set some gruelling routes for the walkers. Having said that, as a comparative newbie to snow-shoeing – I wouldn't have missed a step!

Some of you may remember the curse of Day 1, which saw my ACL shredded in France in 2018. Sadly, it returned on Day 1 to strike Andy Broadbent in a similar fashion. (At the time of writing I'm pleased to confirm he's making a steady recovery!)

The usual challenges were approached with the expected enthusiasm. Teams were presented with large RGF flags, and during the week photos were added to our album of some of the places at which they managed to hoist them! Hard boiled eggs were issued upon arrival at our chalet, and some of them even lasted until the final night. The antics recorded whilst the eggs were nursed around the resort were hilarious.

The Sella Ronda was skied in every direction possible and the walkers enjoyed a completely memorable day with a very dishy guide up high on the virgin snow. The skiers were taken to the Hidden Valley, which everyone rated as one of the most special days they'd enjoyed ever, and the walkers discovered a magnificent disused railway track that delivered us to one of the most

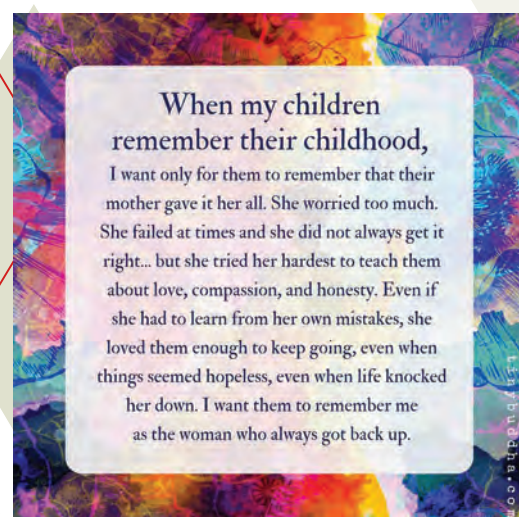


delicious lunches I've ever enjoyed. Our fancy dress day did not disappoint – with our "Where's Wally" theme being embraced by all, much to the bemusement of our young chalet staff.



Valentines Night was made extra special by us negotiating to re-arrange the dining room and decorate it "bistro" fashion. I can't be the only person to risk having excess luggage due to a suitcase full of table decorations! Everyone wore something red, and Alan Irvine sang to Carol. Lou Neal issued the usual outrageous fines and we all laughed a lot!

A fabulous group of friends, all determined to remember how lucky they are to be alive, keep Rob's spirit well and truly alive and make each moment count, each generously contributing to the £5,500 raised for the RGF.



Rob's Big Walk 2019



Over the solstice weekend 22/23rd June 2019 our first ever "Rob's Big Walk" took place.

The Essex Way is an 81-mile way marked footpath, through some of the most beautiful countryside, all to be found on the doorstep of the RGF's hometown, Colchester.

We approached local businesses, challenging them to field teams of walkers to cover, relay fashion, the 10 stages we had set. We even had our very own authentic baton from the London Olympics to pass from team member to team member at each stage.

At 5.00am on the Saturday morning our first walkers assembled at Epping Railway Station. The sun had just risen for the day, the weather was set to be scorching, and so it was time to put our best feet forward! Strutt and Parker, ably co-ordinated by the ever smiling and vivacious Sharnie Rogers were well represented at this early hour and indeed at every single stage.



As we progressed via Chipping Ongar, Good Easter, Little Leighs, Cressing and finally Great Tey for the night, we had been joined by walkers from Essex Chambers of Commerce and Birkett Long.

5.00am Sunday morning saw a good team assembled at Great Tey to kick off day 2. We headed off



across the fields to West Bergholt, Dedham, Bradfield, Ramsay and then the finishing line at the Harwich Lighthouse, culminating our weekend with fish and chips at the Pier Restaurant, beautifully looked after by the Milsom's team.

60 walkers from 6 companies supported our first walk, raising just over £6,000. We are grateful to The Gift Box at Gt Horkesley and Ellisons Solicitors for joining the fun, and especially thankful for the diligent support of our four pace setters, Reggie Lloyd, Tim Ogle, Bradley Powell and Simon Green from Birkett Long, but a special mention has to go to Healthcare Homes, whose team of walkers joined us for the second day. 4 of the men, decided to push their limits and walk the whole day – 40+ miles. A huge well done to them, I think Matt would say his feet haven't quite been the same since!



Lorraine's Diary: Ride for Rob'19

The London Eye to The Eiffel Tower • 31st July – 5th August 2019

This ride, for me, was the culmination of one of my first ever RGF ambitions on a bike!

On the day of Rob's funeral, after the service of celebration, Pip, Sam and I met with a group of Rob's family and friends, some from Colchester and East Essex Cricket Club (C&EECC), for a drink - in some cases more than one! It was Rob's cricket friends' deepest wish to "do something" to launch the RGF fundraising, and typically it had to be "big!" I recall someone asking Pip and me if we would be "in" and of course we said "yes!" Although that promise was made spontaneously and in complete ignorance of what could possibly lie in store, I have never regretted the decision and bailing on the promise was never an option. So, in August 2014, 21 of us gathered at the Cricket Club, boarded our borrowed minibus (thank you St. Helena Hospice!) and with our support crew headed for Paris. Our route ran north from the Eiffel Tower to C&EECC, Castle Park, Colchester, via Northern France, Belgium, Holland and finally our local port of Harwich – raising a staggering £50,000+ in the process.

A carefully planned route was needed to get us home at which point I discovered the "Avenue Verte" – a green cycle route linking The Eiffel Tower and The London Eye. No-one on that first big ride was interested in pottering along grassy tracks but the book languished on the bookcase and occasionally I flipped through the pages...

The London to Paris is a classic bike ride to tick off your bucket list. Not many folks are up for tackling the Avenue Verte, but the RGF was! With an itinerary sorted and promoted on Facebook, in no time at all we had 21 riders. It was going to happen!



At 6.30am on the 31st July 2019 we gathered at The London Eye. Our luggage was loaded onto our van kindly loaned and emblazoned with the RGF logo by Lookers of Colchester. A quick photo-shoot and we were off with strict instructions – no moaning and keep smiling! A ride of 62 miles took us across Clapham and Wandsworth Commons, onto Farthing Down, under Gatwick Airport, along The Worth Way to our hotel in

Royal Tunbridge Wells. After a quick freshen up we donned our cowboy outfits and hats and set off in search of The Smith and Western Bar Hotel for our first night party.

Day two dawned bright and sunny and we set off briskly at 7.45am with the added pressure of a ferry to catch later in the day. The route varied from hilly tarmac roads, to hilly grassy fields, all very pretty but tough and slow going. Nigel Hughes' bike broke on a particularly muddy stretch (thank goodness we carried a spare) and never were we so pleased to see our picnic stop, with our fabulous catering crew Lee Thomas and Jill Haviland, than upon arrival at Seaford seafront. Karen Holland, mum of one of Rob's mates at Loughborough University, arrived with prosecco, beer and cakes – and we watched our ferry sail across the bay into Newhaven Harbour in the baking sunshine with the sound of the RGF flags flapping in the wind. The sight of Carol Irvine wheeling her big, heavy bike, complete with wicker basket and red gingham cover into the ferry's hold is something that will stay in my mind's eye for a long time, as will her enormous smile which didn't fail the entire trip! We arrived in Dieppe after dark, and we disembarked with bike lights twinkling and took on the hectic port and French streets in search of our hotel.

Day three started at a chilly 7.45am. Departure went smoothly; I even managed a Facebook "live" broadcast – much to the bemusement of the passing French. We then set off on the most stunning 60 miles of converted old French railway line. We paused to catch our breath by a lake to watch the sun drawing the mist up off the water. I also paused occasionally just to revel in the total peace. The birds sang, the sun shone, and morning coffee was served by the gates of the beautiful chateaux at Mesnieres en Bray. Lee and Jill had the camping stove alight and we were greeted by the kettle boiling. Lunch was served in a recently harvested corn field and arriving last (as is my habit) to find a field of dozing RGF cyclists was a colourful sight.



Our hotel was in the centre of Beauvais. A very welcoming establishment with lovely comfy beds too! With the help of my daughter-in-law Essie (a talented linguist – every family should have one!) a splendid dinner was organised out in the garden of a local restaurant. A long trestle table had been set up under the trees and many bubbles were consumed along with superb food.

Day four took us through more sleepy villages, mostly off road, too. Our destination was Chantilly and our “treat” – an overnight at the posh Mercure Chantilly Resort. The pool was freezing but some of us did take a dip.

Day five saw some of us depart VERY early. We were the slowest cyclists, so a head start was required to have any chance of arriving at The Eiffel Tower in daylight! Through the woods of Chantilly, we set off – quite spooky so early in the morning.

Jan and Neil Holden, on their trusty tandem did have a bit of a prang on this section later in the day. Some locals had prepared a couple of mud jumps along the track. For reasons only Neil could possibly explain he decided to take the tandem over one of them. Reliable witnesses claim the tandem straddled the mound before it crashed backwards. Our lovely unflappable Jan took a horrible smack to the back of her helmet and found a few choice words for Neil!

We progressed well, pausing by gardens filled with sunflowers. Then we hit the River Seine – almost literally as the path descended a frighteningly steep sandy section of the route – that was very difficult to navigate. The path deteriorated, and we picked up a couple of punctures. We then came face to face with a sign no cyclist wants to find – Route Barrée. We could see through the barrier that the path appeared to continue in the distance. We were confident we could negotiate this section of fallen trees, concrete blocks, and ditches. We hauled ourselves and our bikes with just the occasional expletive. Many grazed knees and stung elbows later we finally emerged..... into a building site! Ultimately destined to be a wonderful new marina, with stylish homes overlooking the newly diverted Seine, but for now - a massive hole! We scrambled up into the site and realised we were fenced in. Thankfully there were no hungry guard dogs patrolling the site. At this point we were very thankful we had Jane Meacham-Broadbent in our group. Jane, and her husband Andy, build gates and fences for a living, and Jane confidently announced she could break out of any fence, no worries! And that is exactly what we did, carefully replacing the fence after us.

More punctures meant that our lead was lost, and we were united with the rest of our group. The route was truly fantastic, hugging water most of the way on designated cycle paths, criss-crossing

the Seine at every opportunity. Then we arrived at the Pont de Colombes, and things began to get a bit scary. The cycle path was still under construction, it seemed that every Parisian was out cycling! To add to our problems the French seemed to consider the cycle lane a great place to park their cars. We somehow managed to get to the Canal St. Denis and the Bassin de la Villette, and then the fun really began.

We somehow negotiated the back streets of Paris in rammed traffic. One of our party, Alan Pearson, is ex. Army and he yelled instructions to us all about keeping as a group, acting “like a bus” in order to get across junctions but all in all it was incredibly stressful. Our tandem riders decided, for their own safety, to cycle alone and meet us at the Eiffel Tower, but the rest of us did manage to gather in front of Notre Dame, the official end of the Avenue Verte.

The Cathedral is a sorry sight, with fences containing the burnt remains, but still a wonderful milestone for us. Then onto our final destination!

More screaming and shouting to each other ensued, more hooting of horns, more revving of engines right up our backsides! We all broke out into a sweat, but not just with the cycling. Then the Eiffel Tower came into view and it all seemed worthwhile. As we cautiously covered the final mile or two, some of it on the pavement, we managed to dodge all buses, taxis, pedestrians and the dreaded tourists on electric scooters and arrived on the bank of the Seine, under the shadow of the tower, to be greeted by Pip, Jill, and Lee proffering plastic cups of champagne, and many family and friends who had journeyed to meet us. It was a very emotional couple of minutes – which I will never forget. We gathered together and raised our glasses to Rob – our inspiration – and we thanked everyone who had supported us and contributed to the amazing total of £20,315.00 raised for the RGF.

I have now cycled to and from the Eiffel Tower. Each ride quite different, but both very special. Might I ever do it again? Well, never say never!



Where are they now?

An update from two of the grantees the RGF have supported over the years
Progress is relative and **always** worth celebrating!

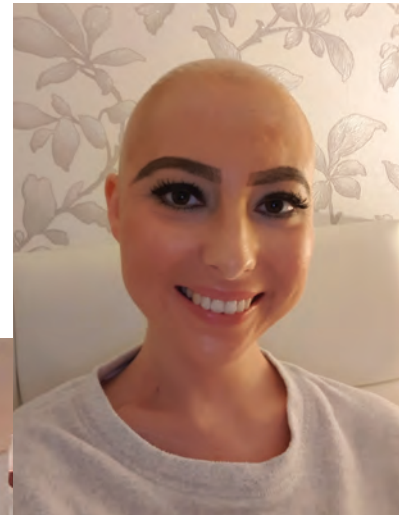


Sophie's story

In 2015, at 19 years old, I was given a cancer diagnosis. It's the news that no one ever wants to hear, especially not at such a young age. I was told that I would need two and a half years of treatment to eliminate the Leukaemia and hopefully prevent it from returning. The chemotherapy was gruelling and as the type of Leukaemia I had could enter the

brain, I was given many lumbar punctures to administer treatment into the spinal fluid. This caused a slipped disc in my back which resulted in awful back pain which meant many sleepless nights. I wrote to the Rob George Foundation as another patient had told me about the charity, and they kindly provided me with the funds to buy an orthopaedic bed to aid my back pain. The effects of the bed were felt immediately, and it meant that my nights were now spent pain free enabling me to get plenty of rest whilst battling through my treatment. I completed treatment in September 2017 however I only remained in remission for 9 months before relapsing. I was told that my only hope of curing the Leukaemia would be a stem cell transplant which I had in October 2018. My body was once again pushed to its limits and I remained in hospital for 7 weeks in isolation whilst I dealt with the side effects of

the transplant. It took around 12 months after the transplant for me to start feeling like myself again and at 18 months post transplant my life was back on track. However, this was once again



devastated by another relapse in January 2020. Having almost lost all hope, I was offered a lifeline in the form of CAR T cell therapy which has only recently been approved on the NHS. Thankfully, I met all the criteria and had the

treatment in May. After just 4 weeks, I was told that I was in complete remission and even the most sensitive tests could not detect any Leukaemia. I feel completely well in myself and so fortunate to have been given this treatment. I believe that my determination to survive has been the reason my fighting spirit never died. I am now house hunting with my partner and planning our wedding. I remain grateful to the Rob George Foundation for providing me with help when I needed it most.



Gareth's story – the RGF making a difference...one individual at a time!

Earlier this year we were very grateful to receive this update on Gareth's progress from our dear friend, Rachel Driver. Rachel is a senior Practitioner with CLIC Sargent.

"Gareth is 19 years old. He underwent surgery

in 2018 and, consequently, became eligible for our service at CLIC Sargent. He was absolutely desperate to drive so you can imagine how pleased he was when the Rob George Foundation awarded him a grant. The grant enabled him to have 10 driving lessons following which he passed his driving test in May 2019. He says driving allowed him to be independent and do what he wanted. It meant not relying on others and getting on people's nerves (his words!). He said going to hospital appointments on public transport was horrible and took so long, now he can drive there himself and it is a great relief. The independence and have increased his employment options and he has been in work since, most recently working as a carer for young people with learning difficulties. **Gareth is so grateful to the Rob George Foundation - it has given him much confidence, freedom, and independence."**

Future events for your diary

and other fundraising initiatives

WHY NOT JOIN US FOR OUR ANNUAL RGF GOLF DAY 2021?

Colchester Golf Club, Thursday 27th May 2021
Shot Gun Start 1.00PM

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 APRIL 2021

Date to be confirmed

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

ROB'S BIG WALK 2021 - THE ESSEX WAY

Currently at the planning stage, but provisionally booked for the Summer Solstice weekend (19/20 June 2021).

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"



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

WIN up to £10,000 with make a smile lottery

You could be our next big winner

a rollover prize of up to £10,000!
1st prize £1,000
£10 runner-up prizes

If you would like to fundraise for The Rob George Foundation, but the thought of physical challenges like walking, running, cycling or swimming fills you with dread, then why not play make a smile lottery? You can do it from the comfort of your armchair and for just £1 per week, that's cheaper than your daily latte!

make a smile lottery is one of the best ways to support The Rob George Foundation and is still only £1 per play per week. Lottery is a regular income that we can really rely on and plan for, so thank you to all the loyal players who continue to support The Rob George Foundation, you truly are amazing!

The fact that make a smile lottery is hospice owned and operated means that all proceeds stay in the charity sector and helps support the work of St Helena too (a place close to our hearts!).

The lottery is a fun and easy way to raise vital funds to ensure we can continue to support young people with life threatening and terminal illness, through financial and practical difficulties. Plus, you have the chance of winning one of 51 guaranteed cash prizes every week ranging from £10 to £1,000 and a rollover jackpot up to £10,000!

Join now at makeasmilelottery.org.uk. Players must be 16 or over.



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. St Helena Hospice receives a small income from each membership for administering the lottery. Promoter: St Helena Hospice trading as make a smile lottery. Licensed by the Gambling Commission Number 000-004683-N-306842-000 www.gamblingcommission.gov.uk. St Helena Hospice is a company limited by guarantee. Registered in England and Wales Number 0151841. Registered Charity Number 280919. Registered Office: Myland Hall, Barncroft Close, Highwoods, Colchester CO4 9JU. make a smile lottery Privacy Policy and Terms and Conditions can be viewed on our website.

BegambleAware.org
FR REGULATOR
GAMBLING COMMISSION

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.

Advisers

Bankers:

Handelsbanken
Greenwood House, 91-99 New London Road, Chelmsford,
Essex CM2 0PP

Solicitors:

Birkett Long LLP
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Independent examiner:

BAS Accountants
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