



The Rob George Foundation

ANNUAL REVIEW AND FINANCIAL STATEMENT 2020/21 OUR SEVENTH YEAR OF OPERATION



GRANT
APPLICATIONS

2/3rds



APPLICATIONS
SUCCESSFUL

AWARDS
TOTTALLING

£82,309



TOTAL
RAISED

£38,719



**1000
NOT OUT**



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Rob's photo on the front page kindly supplied by our friends at the Colchester Gazette



Thank you!

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 three amazing and committed patrons; Graham Gooch, Michael J Fitch, and Tammy Beaumont. 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.

2020-2021: A year that brought us a great challenge, but saw us achieve an even greater milestone!

1000 Not Out!

From the outset back in 2014 our mission statement has been “making a difference, one individual at a time”. We never put a number on how many grantees we would support, but with the foundation's sure-footed growth and ever-growing reach across the UK we have now dwarfed all of our expectations and have now officially provided grants for more than 1000 young people – quite a remarkable achievement for a North Essex-based foundation, predominantly raising funds locally, but supporting the whole of the UK.

Everyone associated with the foundation has a deep sense of pride in reaching this milestone, especially when reflecting on what a huge difference it has made to our grantees, be it providing practical and financial support to young people with life-threatening or terminal illness or supporting aspiring sports people and performing artists to reach their goals.

So, what would Rob have made of his legacy?

There is no doubt he would have been thrilled and humbled by the difference he has made, and ultra-proud. It is worth reminding us all that when Rob was diagnosed with leukaemia, he never complained about it and never asked “why me?”. He was always thinking of others and ultimately how he could influence making their lives better or more comfortable and this is epitomised by the work of the Rob George Foundation.

We send our heartfelt thanks again to everyone who has helped the foundation along the way and now let us look forward to reaching even more milestones.

As always, when reflecting on another successful year, we raise a glass to every single person who has fundraised with us ever since our launch in 2014. Likewise, we raise a glass to every one of the 1000 young people for whom we truly hope we have made a difference – and there hasn't always been a happy ending! We raise a glass to £.625m granted since our launch: “making a difference...one individual at a time” – exactly what Rob wanted the foundation to achieve.

We continue to establish 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.

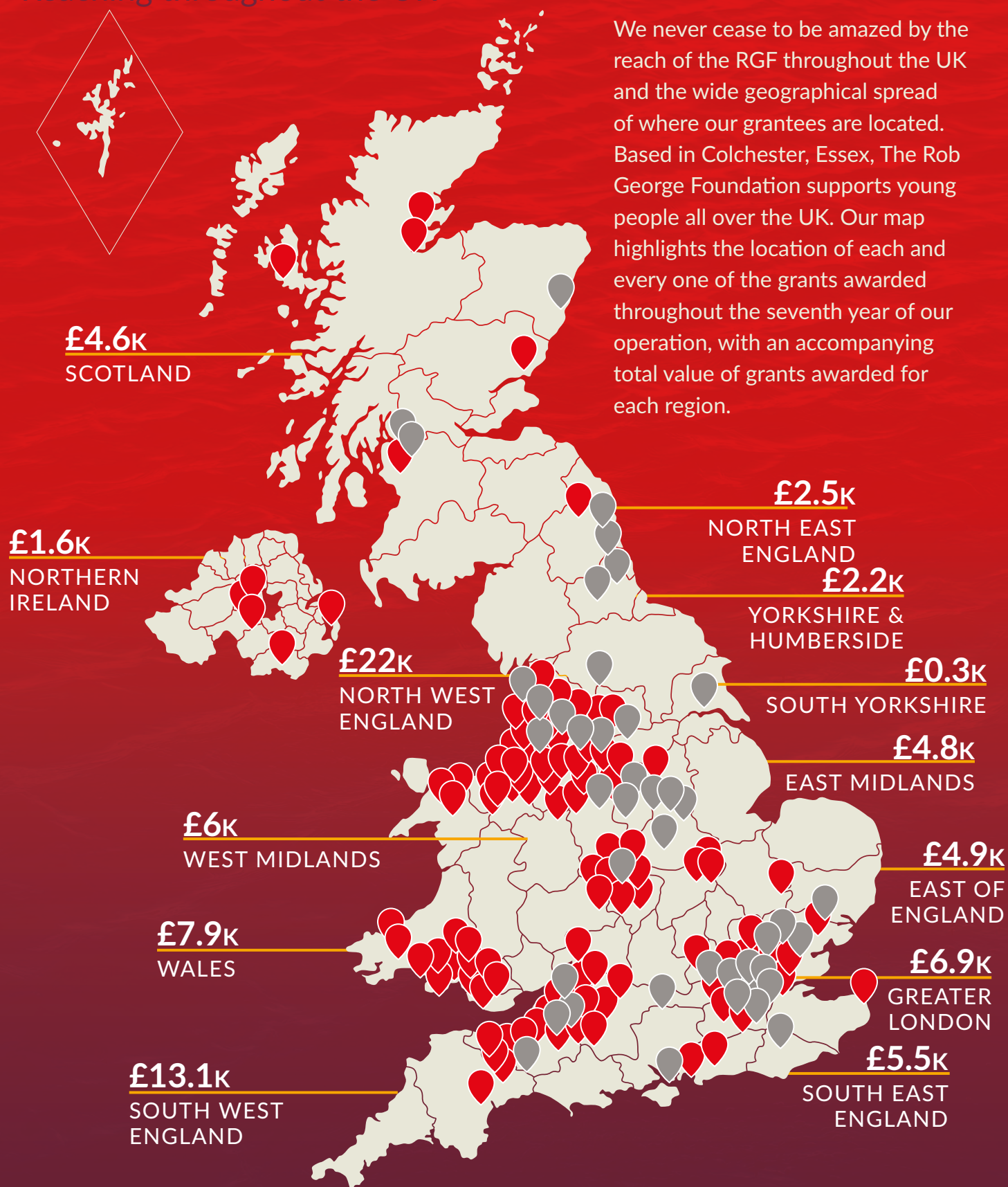
Thank you once again

Philip and Lorraine George



The Rob George Foundation

Reaching throughout the UK



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



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.

Understanding how the RGF supports our Aim 1 grantees

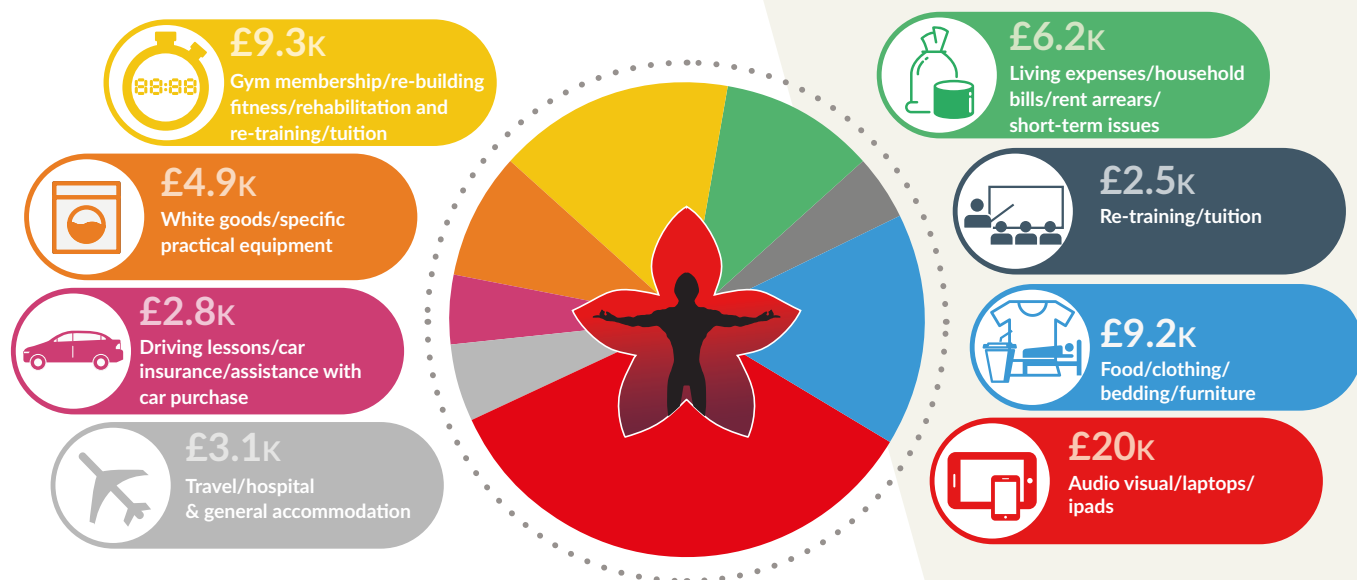
Due to the highly sensitive nature of dealing with serious and terminal illness, especially in young people, we are sure that supporters of the RGF totally understand the challenge we have in sharing and evidencing the work we do to support young people across the UK in this area.

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.



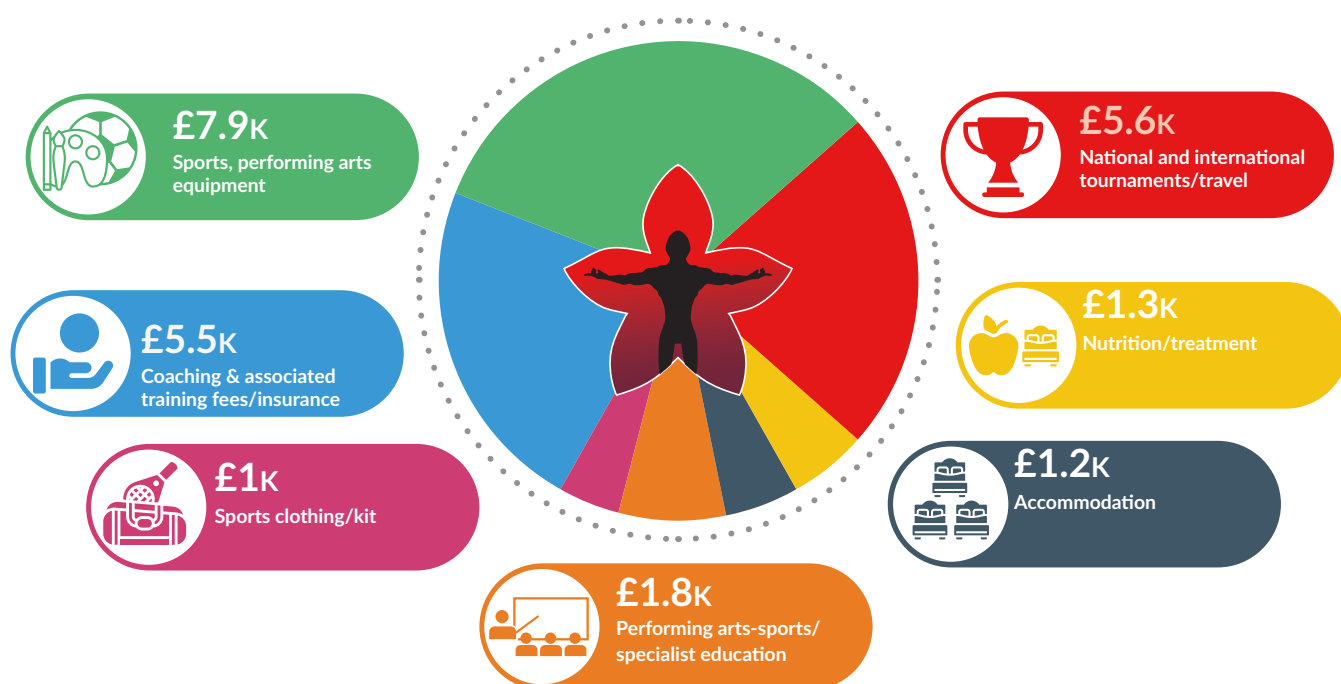
Sophie's story

"My name is Sophie and at the age of 18, I was diagnosed with a rare blood disorder called Aplastic Anaemia. I was told I would need a lifesaving bone marrow transplant which involved of chemotherapy, radiotherapy and a month long stay in hospital. Like many other patients up and down the country, the Covid 19 pandemic heavily disrupted my treatment throughout 2020. I had to cope with various setbacks and delays to treatment and endure several tests so the first couple of months post diagnosis were extremely isolating. Not only was I advised to shield, so I physically couldn't see my friends and extended family in a time when I needed them most, but I was also detached mentally. Thrown into uncharted territory, I tried to navigate my own illness in extraordinary circumstances. **The Rob George Foundation kindly gifted me a window in which to see the world again in the form of my own laptop.** My sister and I had been sharing a laptop for over a year which was fine, but with long hospital stays and no visitors allowed due to restrictions, having my own laptop to take with me eased my time at hospital and at home. I Zoom called with friends, binged various shows to pass the time and most importantly it allowed me to have family

by my side even if they weren't there in person. I think before receiving it, I might have underestimated how useful and convenient it was, always sitting at the side of my hospital bed and it really did provide me with a form of entertainment all the way through my bone marrow transplant. I received my lifesaving cells on 18th February 2021 and I'm glad to report I'm doing really well in my post-transplant recovery! I'm so grateful to the RGF for giving me the laptop and honestly can't thank them enough for making my stay in hospital at this strange time we are living through, that little bit more bearable. Thank you!"



Understanding how the RGF supports our Aim 2 grantees



RGF supports rising dance star, Zac

Zac is currently in his first year of dance training at Rambert School of Ballet and Contemporary Dance with aspirations to become a professional artist. Through the Outreach programme in Blackpool, being taught by members of the Royal Ballet he was selected to join the Royal Ballet JA Program spending three years learning the fundamentals of ballet technique. Zac then moved his training to the Centre of Advanced Training in Manchester, spending eight years developing different styles, techniques, and ways of creating movement. He worked with the National Youth Ballet in Swan Lake and Giselle and making it to a finalist in UDANCE with 'The Chorley Boys'. He was selected to be part of Akram Khan's 'Big Dance' in Trafalgar Square. Most recently he was in Matthew Bourne's New Adventures, performing his new take on Romeo and Juliet in Bradford at the Alhambra Theatre.

Zac's training at Rambert requires specialised dance and fitness equipment. Zac told us: "I am immensely thankful to the RGF for helping me purchase this equipment. Thank you to the trustees for supporting my journey and for the



encouragement they have given, it is immensely helpful to have the support of people who believe in your dreams with you. Thank you RGF!"

Trustees' Report

The trustees present their report and accounts for the period from 1st April 2020 to 31st March 2021. 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).

236



APPLICATIONS
SUCCESSFUL

AWARDS
TOTTALING

£38,719



A message from our dear friend, Eirlys Edwards, Young Person's Social Worker with Young Lives vs Cancer (formerly CLIC Sargent)

I know we say thank you every year for all that you do but I think this year it is even more important. As a charity that co-works so much with other charities, we have noticed the numbers being able to offer support have decreased during Covid, making what you do even more important. To be able to offer 'the good stuff' over the past year has been invaluable during a time when young people with Cancer were unable to go on any trips, meet friends, go to shows, go to restaurants etc. Many young palliative patients have had to spend the last year of their lives in isolation which is beyond heart breaking.

It has been such a hard year for young people on treatment with very limited hospital visits – usually one parent for a few hours a day or, if older, no visitors at all. So, the bikes, the laptops, the headphones, the iPads, the fancy watches, the driving lessons etc., have all become even more important than ever.

It has been such a sad year because we have lost some of our lovely young people, including Kieran, who you supported with an amazing new double bed. (He was sleeping on a small wooden one with no room for his cats and dogs to jump on). Kieran was such a

character. He was a 'truth box' and always told you exactly what he thought. He was intelligent, perceptive, funny, and honest and we miss him very much. His mother has said that she is 'forever grateful' to The Rob George Foundation for supporting Kieran and you

will always be such an important charity for her. Kieran's bed has been moved to mum's new house and the bedroom has been made up as he would have wanted. Mum says that she sleeps on the bed when she needs to feel close to Kieran.

Thank you for all that you do for so many young people with Cancer and thank you for managing to continue supporting during Covid.

And as we would say in Wales

diolch o galon am bopeth!

Thank you very much for everything.



Introducing Beverly Davies to the RGF's Board of Trustees



Beverly works for Suffolk County Council, as Grants Manager for the New Anglia Local Enterprise Partnership. She is responsible for managing various funding streams with a priority for funding businesses in Norfolk and Suffolk and increasing employment in the counties.

She has been trustee of Cory Environmental (now Enovert), distributing grants to community organisations. Beverly is also a JP, sitting in the Magistrates' Courts in Colchester.

No stranger to fundraising locally, as a member of King Coel's Kittens, she helps with the annual fireworks spectacular in Castle Park, Colchester, and then making grants to community enterprises throughout the year.

In her spare time, Beverly loves nothing more than to spend

time with her three children, two grandchildren and two grand-dogs!

Beverly is thrilled to have joined the RGF Board of Trustees. She said: "To be involved in the grant-making process for RGF is an absolute honour and a privilege. I have been involved in various grant-making bodies and can honestly say that this team is one of the most enjoyable and effective I have worked with. It is so humbling to see the difference our grants make to young people. I have known Philip and Lorraine for some years. In fact, I first met them in 1999 when I started working at Birkett Long."

Following Beverly's appointment, Philip, RGF Chairman said: "We are thrilled that Beverly has joined the Board of Trustees. We are fortunate indeed to be joined by such an able and proven fundraiser and grant maker. We have no doubt that Beverly's experience and extensive network of contacts will provide a perfect complement to those of the rest of our team."

Chairman's Review





Despite the pandemic, the charity continued in its seventh year to be very busy.

The number of applications for grants was 236, only a little down on the previous year (2019-2020: 280). As in previous years, approximately two-thirds of the applications were successful, and awards totalling £82,309 were made, (2019-2020: £105,515). As a result of almost all the charity's fundraising events being cancelled or postponed, total funds raised were substantially down on the previous year's figure and amounted to £38,719 (2019-2020: £134,069). This figure included £2,902 (2019-2020: £90,244) from fund-raising events and £34,031.83 (2019-2020: £41,448) from donations.

The charity is once again indebted to a number of trusts and other organisations who have kindly made significant donations during the year (including Persimmon Homes, and Fowler Smith and Jones Charities) as well as 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, Colchester Golf Club, Colchester & East Essex and South Woodford Cricket Clubs, Hamro Foundation Essex Cricket League, WRS Insurance Brokers, and Smith & Watts Printers for their continuing support.

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. At a recent meeting, Justin Tomlinson, Minister of State in the Department for Work and Pensions, confirmed that he was fully signed up to the need

for change; there was no doubt, he assured us, that change would come, and he believed that this would be "sooner rather than later". All he was unable to say was exactly when this would be. He has since written to confirm that the matter will be considered at a future fiscal event.

TOTAL RAISED 		
	2019-20	2020-21
Applications 	280	236
Awards Made 	£105,515	£82,309
Total Funds Raised 	£134,069	£38,719

So, what does practical support look like?

We'd like to introduce you to Dale. Dale has been recovering from a life-threatening injury over several years. Dale just wants to get his life back on track. With little or no money that's very difficult, but this is where the RGF really does make a difference. All Dale needed were some tools!

Dale sums it up perfectly, he said: "Thank you so much for the grant, after 6 years of treatment I did not know how I could get back into employment and start my life again. The money will be used for the tools I need to undertake my course and to get back into employment, I cannot explain how much it means to me and I could not have done it without your help."

Dale wants to train and qualify as a plumber and everyone at the RGF wishes him well on his journey to achieve this.



Objectives

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

Aim 1 To provide practical and/or financial support to young people with life threatening or terminal illnesses ("Objective 1").

Aim 2 To provide 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 ("Objective 2").

RGF supports Great Britain Skeleton Athlete, Amelia

We were delighted when Amelia got in touch with us to share her story with us. Amelia told us: "My name is Amelia Coltman. I am 24 years old and a Great Britain Skeleton Athlete. I got into Skeleton through a talent transfer campaign where I switched from tennis in 2017. In my first season of International competition in 2019/2020 season, I exceeded my expectations to be crowned the Overall Europa Cup Champion and created history by becoming the first Brit to win this title in their first season of competition. My success was rewarded with a spot on the World Cup team and the athlete longlist to be considered for the Beijing 2022 Winter Olympics. However, in order to compete with the best Skeleton athletes in the World, I needed to buy the best equipment available. The generous help from the Rob George Foundation has enabled me to purchase this equipment, and I now have the best possible chance of being selected to represent Great Britain at the Winter Olympics and achieve my dreams. I feel so fortunate to be a successful applicant and would like to thank RGF for enabling this amazing opportunity.



The work of the RGF is so inspiring and I hope to stay in touch with the charity and support their work in years to come."

The RGF Grant Making Principles:

In awarding grants, the trustees apply the following 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, 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.



Activities

The continuing threats posed by the Covid pandemic, which had first appeared towards the end of the previous financial year, meant that virtually all of the charity's fund-raising activities had to be cancelled or postponed, including the Anniversary Ball (traditionally held at the prestigious Hurlingham Club in London and the main social and fund-raising highlight of the charity's year).

The only significant fund-raising event during the year was held virtually – the charity's first on-line art show – which raised around £3200.

New and innovative ways of raising money had to be considered and, if appropriate, adopted. For instance, we raised more than £4000 by taking part in The 2.6 Challenge – created by London Marathon Events, The Great Run Company, Human Race and Parkrun when it was clear that the normal London Marathon could not be held. This event was designed for people to take part in fund-raising activities based around the numbers 2.6 or 26. We sold face-masks and, for the first-time, Christmas cards via our on-line shop. And we encouraged our supporters to raise money for us by using platforms such as Give as You Live and Easyfundraising when doing their on-line shopping. Others used De-Clutter and Donate and Ziffit to sell unwanted items found following a clear-out of cupboards during lockdown, whilst ID Hairdressing of Colchester provided their clients with a free face-mask in exchange for a



donation to the foundation. A group of friends enjoyed attending Royal Ascot virtually and donated their winnings. And, like so many people, Adam Soilleux, a friend of Rob's from Loughborough University and his fiancée Emily, had to postpone their wedding but they generously used the opportunity to raise funds for the foundation by seeking sponsorship as they walked, cycled or ran the collective distance their guests would have travelled to attend the wedding.

The annual Golf Day at Colchester Golf Club, like the Cricket Day at Colchester and East Essex Cricket Club, had to be postponed, but the Club Captain, Tim Logan, was able to hold his Captain's Day, and raised over £1000 for the foundation.

We were thrilled to be selected by Sunrisers, one of eight regional ECB hubs competing in the new Women's Elite Domestic Structure, as their charity partner, and to see the RGF logo, proudly displayed on the collars of their shirts.

Other notable fundraising contributors included the Brooks family; Hannah once again produced a most attractive calendar





and donated the proceeds of sale to three charities including the RGF, whilst her mother, Louise, donated monies arising from the sale of her beautiful stained glass.

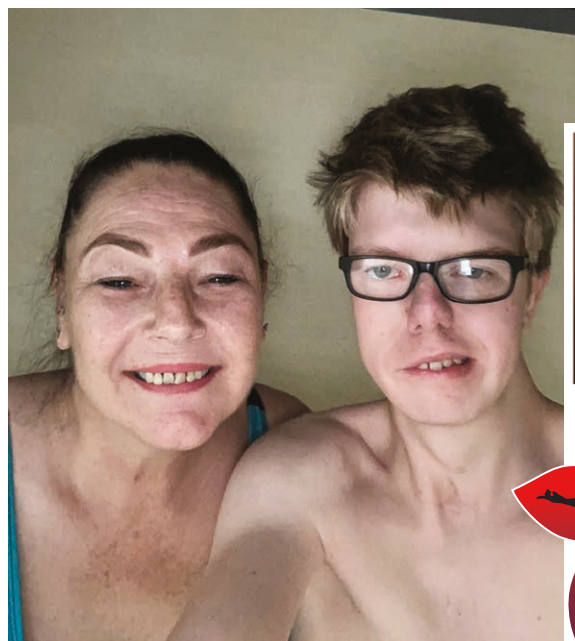
The foundation continues to encourage its Aim 2 grantees and their families to support our own fundraising efforts, either themselves or through

their families, clubs, schools or universities. Several of them - including Aimee Carrington, Heaven Harris-Burton and Callum Mills (with their respective families) - 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 at least one of our supporters was lucky enough to receive a four figure prize. 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 157 young people, all of whom received grants during the year.

The trustees were thrilled to learn that Hannah Hampton, a professional footballer who plays as goalkeeper for FA Women's Super League club Aston Villa, and a former grantee of the Charity, had been awarded her first international cap for England during the year.



A message from our patrons

What a tough year!



Through what has been a very challenging year for fundraising, I have been so impressed that the foundation has continued to provide financial and practical support for young people, not only in Essex, but across the whole of the UK.

As always, a big thank you to everyone who has supported the RGF over the last year, in whatever capacity; each and every one of you committed to "making a difference...one individual at a time" and I wish you all continued success for the future.

Graham Gooch OBE DL

If only one of my magic tricks could have made Covid 19 disappear!



Charities across the world have rarely experienced such tough times and raising funds has been incredibly difficult. That is why I am so proud that the RGF has kept working away and ensuring that young people across the UK who applied to the RGF for grant support throughout the year received the support they needed and deserved.

Michael J Fitch

The RGF unveils its third patron – Tammy Beaumont

In August 2020, the RGF was delighted to announce that England World Cup winning cricketer and one of Rob's Loughborough University mates, Tammy Beaumont, had accepted our invite to become our third patron.



Tammy told us: "It is a real honour and privilege for me to take on the role as one of the patrons of the Rob George Foundation. Having known Rob at Loughborough University it is great to see his legacy live on through the work of the foundation. Rob's priority was always to help and support others, and I am a firm believer, especially being a professional sportswoman, that every young person should have the opportunities to explore and develop their talents. It is not always possible for every young person to achieve their full potential in the arts and sport, and this is where the foundation may be able to help. I am passionate about this foundation to ensure, not only that this fantastic work continues, but also to celebrate Rob and the values which this foundation represents every day.

From a personal perspective, while at Loughborough University, Rob and I served on the University Cricket Club committee together and it is great to see his spirit lives on in the really important work that the Rob George Foundation does. For me, I support the foundation to ensure Rob's legacy lives on and through what Rob and his family went through they can support other families going through similar

difficult circumstances."

Rob's dad and Chairman of the RGF, Philip George, welcomed Tammy aboard and said: "Tammy is another ideal patron for the RGF. Not just the bond of cricket and Loughborough University (two things massively close to Rob's heart), but with Tammy being a peer and good mate of Rob's and with so many of our Aim 2 grantees aspiring to reach the levels that Tammy has in their chosen sport, the fit could not be more perfect.

Tammy has already achieved great success and recognition in the world of women's cricket. In winning the World Cup in 2017 with England, Tammy, scored 410 runs, including 147 against South Africa which contributed towards Tammy being named ICC Player of the tournament. The following year Tammy was awarded an MBE for services to cricket.



In 2019, on the back of scoring 3 consecutive centuries against South Africa in the summer of 2018, Tammy was named one of Wisden Cricketers of the year, alongside the likes of Virat Kohli & Jos Butler, only the 6th woman to receive the honour.

In March 2021 Tammy became the leading one-day batter in the world for the very first time. A number of our grantees aspire to reach the top of their sport or performing art, so it's both motivational and inspirational that Tammy has demonstrated that it can be done – with the right application and commitment dreams can come true!"

Summary of Financial Activities

Charitable activities

Total income for the year to 31st March 2021 amounted to £38,719, down from £134,069 in the previous year. Due to the societal restrictions of the pandemic, it has not been possible to organise any significant fundraising events through the year, and the majority of these funds (£34,032) were received directly from supporters by way of individual donations.

The charity paid a total amount of £82,309 to grantees, down from £105,515. The fall in the amount awarded can be largely attributed to the significant reduction in applications in the Aim 2 category, the beneficiaries of which will have had their activities seriously curtailed by the impact of the pandemic. Administrative costs including administration and website support, insurance and printing/postage etc. amounted to £6,491.

Investment performance

Investments held by the charity increased in value during the year by £36,799. The market value of these investments at 31st March 2021 was £187,465 and represents an increase in value of £87,465 on the original investment of £100,000. The growth in value of the investments this year does, to a large extent, reflect a recovery from the market downturn caused by the emergence of the Covid-19 virus in March 2020 and which impacted negatively on the value of investments at the end of the last financial year. No investments were sold during the year. At 31st March 2021, the charity also held cash deposits with banks totalling £79,332, although income generated by cash balances has been negatively impacted by the lower interest rate environment.

Internal and external factors

There are no internal factors currently affecting the charity. However, the charity's ability to raise income from fundraising events will continue to be affected by the Covid pandemic.

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 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, Young Lives Versus Cancer (formerly 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 three Patrons, the former Essex and England cricketer Graham Gooch OBE, magician and entertainer Michael J Fitch and England cricketer Tammy Beaumont MBE continue to be great supporters and ambassadors.

Trustees

The following trustees held office during the year:

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

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 2021.

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.

7th July 2021, **Andrew Rutherford ACCA**

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

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

Income	2021	2020
Donations	£34,032	£41,448
Fundraising Events	£2,902	£90,244
Merchandise Sales	£584	£1,052
Credit Interest	£1,201	£1,325
Income Total	£38,719	£134,069
Expenses	2021	2020
Awards	£82,309	£105,515
Fundraising Event Costs	£84	£43,159
Printing/Postage	£140	£692
Merchandise Costs	£540	£1,212
Sundry	£1,700	£1,791
Expenses Total	£89,423	£152,369
Excess (shortfall) for the year	(£50,704)	(£18,300)
Gain (loss) on investments for the year	£36,799	£10,721
Net movement in funds	(£13,905)	(£7,579)
Funds brought forward at 1 st April	£280,702	£288,281
Funds carried forward at 31st March	£266,797	£280,702

Balance sheet as at 31st March

Current assets	2021	2020
Cash deposits	£79,332	£130,036
Investments	£187,465	£150,666
Total	£266,797	£280,702

Making a difference ...

...one individual at a time

✿ Why Support the RGF?

Jude was diagnosed with medulloblastoma on his 8th birthday in March 2020, just when the pandemic began.

Jude's mum, Katie, explains more: "Jude had 3 months of chemotherapy, then 6 weeks of radiotherapy, then another 7 cycles of chemotherapy. The surgeons at the John Radcliffe hospital successfully removed 95% of Jude's tumour, but sadly it travelled to his spinal cord and other areas of his brain.

He has now finished treatment and awaiting another scan, thankfully all the past scans have come back "good" as in no new growth and most of the cancer has gone. Jude lost strength in the right side of his body, thankfully he is still my Jude. Jude played football and basketball every weekend, but at the moment Jude's balance isn't great so he needs help getting around."

Katie approached the RGF in February 2021 to apply for a grant to purchase an exercise bike that Jude could use at home to build up his strength and stamina. Well, we are delighted to share with you the wonderful news that Jude now has his very own exercise bike and is already making good use of it.



Katie added: "I cannot thank the RGF enough for supporting Jude, this will help him massively during his recovery."

Update: We got in touch with Katie in July 2021, and she said: "It's nice to hear from you, Jude is doing great, and his latest brain scan was all clear!". She also sent an updated photograph of Jude with the caption - "My Strong Boy!"

Our heartfelt thanks go to Katie for sharing Jude's story with us all!

A new sail for Olympic hopeful, Alysia

I am a member of the British Sailing Team, which is sailing's Olympic Programme, and over the past year, I have had the honour of being the Olympic Training Partner to Emma Wilson who has currently just secured herself a medal at the Olympic Games! I spent the whole winter training abroad in Portugal with Emma and all the other top windsurfers from around the world. Whilst I was there I competed at the European Championships where I finished 22nd overall and 5th under 21. I am now training full time in Weymouth on the new Olympic Equipment for Paris 2024, which the Rob George Foundation (RGF) helped me to obtain.

This year has been challenging with the Global Pandemic, I've had to do extended training camps abroad away from my friends and family and multiple isolations where I have been unable to train for 10 days at a time. However, through the foundation I am now able to prepare properly for my upcoming iQfoil Class World Championships in Silvaplana, Switzerland at the end of August. The grant I received from the RGF also enables me to race to my full potential as I am no longer limited by my equipment.

I think that the foundation does an amazing job at supporting young athletes, such as myself, and I can't wait to do them proud!



RGF grantee, Kiah reflects on how she is coping in these testing times for track athletes

Kiah told us: "I guess it was a massive shock to all athletes when major competitions were cancelled this year and sports centres closed. Everyone has had to find ways to cope especially during the lockdown. For me personally, I had to re-evaluate all my goals for this season, times have been tough! With the help of the RGF I was able to continue to stay fit at home and stay positive even though

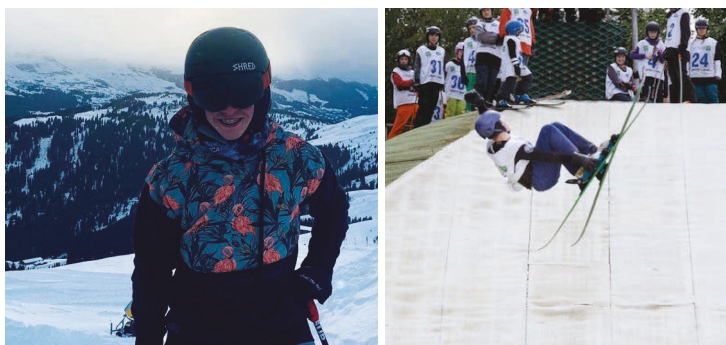


I have been training without clear goals. Being able to buy gym equipment meant I could continue to better myself at home. Usually I have a fixed goal for the season but training at home meant I could focus more on my technical skills like improving my strength and power. The start of the season this year was great and hopefully the end of my season will be just as good! Thank you, Rob George Foundation! "

We all hope Kiah is back competing in major competitions as soon as possible!

★ A message from Team GB prospect, Arran

He also had a message for supporters of the RGF. He told us: "I would like to say a massive thank you to the Rob George Foundation for the grant they have given me to help pay for replacement ski gear. I am a freestyle skier, training mostly on dry slopes which quickly wreck your ski gear. At the moment I am in the Performance level of Snowsport Scotland's Park & Pipe Home Nations team on the pathway hopefully to be selected one day for Team GB. Grants like the one I have received from the Rob George Foundation help to make that dream a possibility. I am really grateful to the Rob George Foundation for their generous grant."



★ A new clarinet and new horizons for Leanne

'I have been playing the clarinet for eleven years, and I have always enjoyed it immensely. Being able to share my passion for music with others is so rewarding. I have performed with the Essex Youth Symphonic Wind Orchestra, Essex Youth Orchestra, Essex Youth Jazz Orchestra and West Bergholt Concert Band over the years. I have toured France, Germany, and Budapest with my music, playing a variety of baroque, classical and modern repertoire.

Recently, I have achieved a distinction in my grade 8 clarinet exam, and I have been accepted into the Royal Birmingham Conservatoire for a degree in musical performance on the clarinet.

The support from The Rob George Foundation over the years has been invaluable to my success as a musician, and I cannot thank them enough.

The Rob George Foundation helped to fund my intermediate B-Flat clarinet, my bass clarinet and now my professional clarinet in A. With this financial aid, the Rob George Foundation has enabled my successful journey to become a professional musician. Being able to purchase a professional A clarinet, I am now able to continue my studies at the Royal Birmingham Conservatoire. I am looking forward to reaching my musical potential as a professional clarinettist.'



Fundraising

Fundraising – for charities, the key to everything. In an unprecedented (sorry we had to use that word) year in terms of the challenges faced in raising funds, you won't be surprised to discover that nothing stops the RGF!

We thought we'd share with you just some of the fundraising initiatives that took place during the year, starting with our very own Lorraine George and the RGF On-line art show

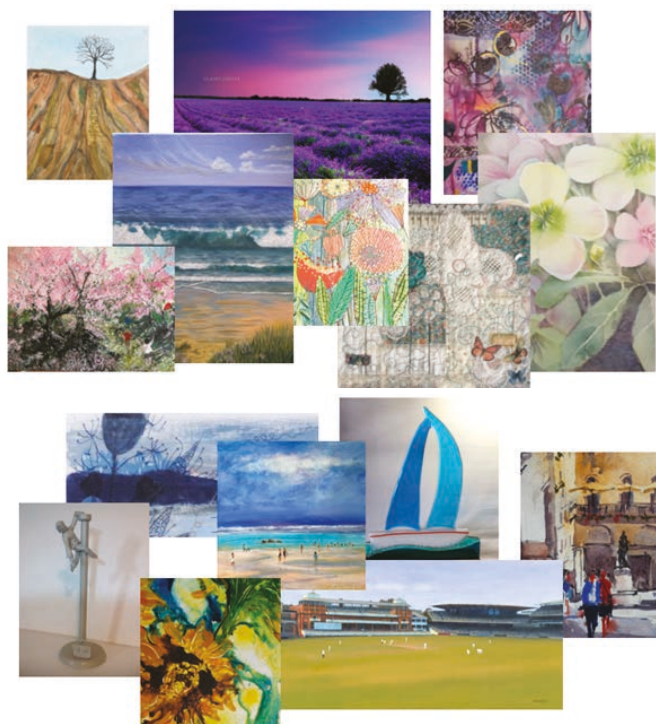
RGF Pop-Up Art Exhibition (online)

Lockdown caused havoc for every charity in the land – we at the RGF were not exempt from the chaos and saw our planned fundraising wiped out overnight. As the pandemic took hold, we felt compelled to try and find some way of connecting with our loyal supporters and hopefully raising some much-needed funds too – so we put our creative heads on and came up with the idea of an online Art Exhibition and Sale.

29 Artists from all over the UK supported us, submitting a fabulous range of artwork. Oils, Watercolours, Acrylic paintings, Mixed Media pieces, Textiles, Sculpture and Glass work were all available to be enjoyed and many of the pieces sold, raising £3200 for the RGF.

Our launch event was broadcast via Zoom. One of our Patrons, Michael J. Fitch, kindly hosted the event and entertained us with his magical talents too. It was great to see so many friendly faces, clutching their glasses of wine from the safety of their own sofas, wanting to continue to connect with us and support our work.

Thank you everyone for your valued support.



STOP PRESS

Pip and Lorraine George are embarking on their latest challenge, a new home and a new venture, The Sentinel Gallery, Wivenhoe, Essex. All proceeds from the new gallery will go to the RGF.

Pip said "Hopefully Lorraine's latest bright idea will remove the need for me to ride a bicycle and take on any more daft challenges!! We hope that our friends and RGF supporters will come and visit the vibrant village of Wivenhoe, on the beautiful River Colne, enjoy some local hospitality and some art too!"



It doesn't have to be your 40th to help the RGF, but it can help - Jen's Birthday Quiz Night

When it comes to fundraising, it doesn't always have to involve epic bike rides, sponsored snowshoes or long walks in the countryside! With her 40th birthday looming during the Covid-19 lockdown, long-time RGF supporter, Jen Skingsley, wanted to organise an event that would celebrate the milestone as well as raise funds for her favourite charity. She explains here how she went about organising it, with some tips for others thinking about doing the same.

I've supported the RGF since the beginning, having worked with Philip and David for almost 20 years. Naturally, a lot of the organised fundraising activities tend to be quite sporty, but in terms of the charity's second objective, it's safe to say my interests lie firmly in the performing arts side of things! I try to support as much as I can, where I can – so walking 81 miles doesn't float my boat but being on the support crew making the tea does - but that doesn't always contribute much to the sponsorship pot. I wanted to do something more directly, and with my 40th birthday coming up I thought this was the perfect opportunity.

Facing my second birthday in lockdown, I decided a quiz was the only real option – despite it feeling like there had been loads of quizzes going on, I'd actually only done a couple, and I thought it was a good way of including as many people as possible from as wide a geographic spread as possible. One thing I did know was I did not want to be the quiz master! I wanted to be able to enjoy the party, and I didn't want to ask a friend to do it either, so I started researching virtual quiz companies. I found one that had good reviews and gave me a decent quote (managing up to 15 teams was £250 – and that could be up to 150 people) so I booked them. It also gave me an idea for a fundraising total. I wanted to raise at least what I had paid out.

With a date set, the quiz master booked, and a fundraising page set up, now I needed some teams! I set about inviting family, friends, colleagues and even a few rogue RGF trustees!

The unique combination of it being a special birthday, lockdown and just after a Bank Holiday weekend meant I had just over 80 people join the quiz. Even more incredibly, my quizzers were so amazingly generous, raising over £822 after Gift Aid – well over my original target!



Jen's top tips:

1. Set the date
2. Book a quiz master (if you're outsourcing it!)
3. Set up a fundraising page
4. Send the invitations/share on social media.
Make sure to include the fundraising page link!
5. Prepare yourself for slow and late/last minute replies!
6. Send round joining instructions (if virtual!)
7. Keep sharing the fundraising page throughout the event (and even afterwards – people are slow!)

Callum, and his mum Michelle, complete their swimathon and raise funds for the RGF

Fundraising events for the RGF have been very limited during Covid19 so we are delighted to tell you that Callum, and his mum Michelle, completed their swimathon earlier this year raising close to £100 for the RGF.

The swimathon was held at Water Meadows in Mansfield and was organised by the Mansfield Rotary Club and the Armchair Club who have supported Callum massively throughout his ice-skating journey.

Michelle told us: "Callum and I had not been in a swimming pool for around 5 years. We turned up on the day - no practice beforehand- and in our 15-minute slot, Callum achieved 8 lengths and I managed 6. Half of the total money raised went to the Mansfield Rotary Club and the Armchair club. We asked for the remaining half to be split between Inclusive Skating and the Rob George Foundation, both of whom have helped Callum enormously and we hope will continue to do so. We thoroughly enjoyed the event, and we hope to participate in future fundraising events as we think it's so important to 'give back', although next time we might practice first."

Big RGF thanks to Callum and Michelle and it just goes to show – 'where there's a will, there's a way!'



Update: All of us at the RGF are immensely proud to announce that Callum has been invited to represent GB at the 2022 Special Olympics World Winter Games. The event takes place in Kazan, Russia, from 18 to 29 January 2022.

We all wish Callum every success!

RGF grantee, Aimee, and her family, complete their second fundraising event to "give back!"

Once again, we have been touched to hear that Aimee and her family organised a fundraising event to raise funds for the RGF (something we encourage all our grantees to do, if they are able to). Previously Aimee had volunteered herself for the "Ice Bucket" challenge. Her second fundraising challenge was arguably far more demanding and this time involving her family. Still with the water theme, the challenge was a sponsored swim. The swim covered the distance between Aimee's home and her ice rink in Streatham (this is 6.5 miles). The swim had to be completed in one week. So, in

swimming pool terms this meant 1680 laps of the pool. Apparently, the challenge was very closely monitored, and each swimmer had their daily swim officially recorded. Well, it appears that Aimee is not just talented, but also clearly very competitive because the swim was completed in only 5 days and, we are reliably informed, without injury or incident, raising over £200 for the RGF.

This is an amazing effort by Aimee and her family and if you'd like ideas on how to raise funds for the RGF, please get in touch via our website www.therobgeorgefoundation.org and request our very own fundraising pack.



Where are they now?

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

Edward's heart-warming and positive progress

Nearly 2 years ago the RGF purchased bunk beds for Edward so he could spend more time with his brother Dylan



Edward's mum, Catherine, has updated us on Edward's progress. She said: "So, our beautiful, brave, and awe-inspiring 5-year-old boy was 2 years in remission this May. Such glorious news that his latest MRI scan remains clear of tumour showing no evidence of disease.

Edward recently had surgery to remove fluid around his brain caused through his shunt over draining. The surgery left him with hydrocephalus, but our amazing NHS are once again exceeding all our expectations and supporting us and him to limit the impact it has on his life.

Edward has some mobility challenges, but copes so well. We are reminded every day how lucky we are to have this incredible human in our lives. Two years ago, we never dared hope that we would be where we are now, and we are making good on our



promise to ourselves during some incredibly dark times to make every single day count.

He is our absolute hero; he makes us so proud, and we strive to be better people because of him. Edward and his equally awesome siblings epitomise courage and we

are blessed to be living this wonderful life by their side.

Childhood cancer is NOT rare. Brain Tumours are NOT rare!"

What a wonderful and moving update and so uplifting to see the photos of Edward, Dylan, and Edith. Keep building those sandcastles!

Molly's story

"March 2018 was the start of a crazy and scary journey for me. From the West Wales coast, I love everything outdoors - surfing, coastering, mountain biking, kayaking, swimming, running. At 19, I was living and working in the French Alps snowboarding every spare hour I could when not working. While out snowboarding one day I fell off a cliff-edge, hit a big rock, and shattered a vertebrae in my spine. I had two spinal operations and spent three weeks in a French Hospital. I was then transported home to recover. I had to adjust from being so active, to having to take life very slowly, but I was recovering. In my second year of recovery, I declined and suffered severe back pain. I was shocked in December 2019, to be diagnosed with Chondro Sarcoma (bone cancer) which originated in my T11 vertebrae



spreading up to my T10 and down to my T12 vertebrae and spreading to my lungs. A 17.5-hour spinal operation ensued at the beginning of 2020, successfully removing the cancer from my spine,



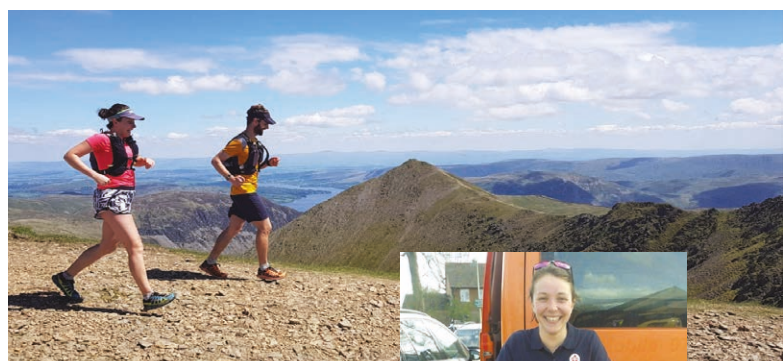
but at the loss of 3 of my vertebrae! They were replaced with a carbon fibre cage with supporting metal work. The huge surgery and changes to my body meant another long recovery period and walking and exercising was vital. This is where the Rob George Foundation have helped me immeasurably, providing me with an Apple

watch to track my walks and exercise sessions ensuring that I pace myself. It is also super-motivating to be able to measure my progress! I love my watch and get so much use out of it. Now I am running again, so I can manage time and distance! I'm so appreciative of all that the Rob George Foundation does, as having this watch really has changed my recovery for the better!"

Emily's story

When I saw the fantastic news that the RGF had awarded their 1000th grant, I thought I would check their website to read the stories of fellow grantees. To find mine you must go all the way back to page 13 and 2014! The RGF supported me when I was competing in duathlons and triathlons. For anyone in the sport, you will know the financial challenges: the bike, the specialist helmet, the three different types of shoes required, the wetsuit... The list goes on. Then add entry fees and travel to competitions. I was a student, like Rob, at Loughborough University (in fact Lorraine and Phillip collected Rob's graduation certificate at the same ceremony that I collected mine). I found that I had qualified for an age-group World Championships in Australia, having competed the previous year on a borrowed bike and wearing a borrowed helmet. I knew this was a fantastic opportunity. That is where RGF came in. They made it possible for me to have a once in a lifetime experience to travel across the world to compete for my country. For that, I will be eternally grateful to them!

Seven years on, I don't have an Olympic medal to show you like I had dreamed. But I would argue sport has given me skills, life experiences and relationships that are far more valuable. My love for sport, getting outside and challenging myself physically has never waned. I still enter myself into ridiculous challenges and this year am attempting a Bob Graham Round (just 66 of the Lake Districts toughest miles to be completed in 24 hours). Plus, I now work in sport too, as a



researcher for an organisation (TASS) that supports talented athletes in education or work. It is clear to me through this work the power sport has to teach us essential skills of teamwork, resilience, commitment, and determination that help us in all spheres of life.



Through my own experience and my work, I know that, despite the benefits, sport can be a challenging environment. I share Rob's passion for encouraging young people in sport no matter their situation. RGF has helped ease some of those challenges for myself and so many athletes since me. This is why I am committed to supporting the RGF, in any way that I can, to continue their work supporting and inspiring young people to reach their goals – whatever they may be!

Brioni heads to the Royal College of Music



The RGF received some wonderful news earlier in the year. Our regular supporters will recognise Brioni and be familiar

with her story. Her latest achievements are worthy of sharing with you. Following some very demanding auditions Brioni has been offered a place at the Royal College of Music in London for her 4-year degree starting this September. This is another amazing milestone for Brioni.

Brioni has been in touch and shared with us: "RCM has been my dream since I took part in a junior day there when I was twelve. The ethos, the community, the supportive environment, everything drew me towards it. As I have become older, I have been fortunate to attend some masterclasses by the flute professor of the RCM and was inspired by the passion I felt. I

knew it was the place for me, surrounded by passionate people who love music as much as I do! It is a dream come true for me to actually say I have been offered a place there and will be able to look out over the Royal Albert Hall studying what I love for the next 4 years! That is going to be amazing! My aspirations long term after my degree at the RCM are to be able to tour the world in a prestigious orchestra such as the London Philharmonic. Alongside performing I want to bring music to the younger generations. I was very blessed to be able to enjoy music from a young age, from experiencing it live to playing instruments through school. I wish to be part of something going forward that continues to bring music to children and give them chances to enjoy the Arts.

I would like to thank the Rob George Foundation for helping me in chasing down my dreams to become a professional musician. The trustees have helped me access education which has enabled me to be successful in my university auditions, giving me brilliant support and believing in my ability and ambitions. I hope, once COVID-19 times settle, there will be chance for me to perform for one of the annual events held by the RGF! Thank you to everyone at the foundation for helping me and making my dreams come true!"

Wow! What a journey so far for Brioni. We are all feeling so proud at the RGF and wish her every success with her degree and beyond!

Future events for your diary

and other fundraising initiatives

WHY NOT JOIN US FOR OUR ANNUAL RGF GOLF DAY 2022

Colchester Golf Club, Date to be confirmed
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 2022

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 2022 - THE ESSEX WAY

Currently at the planning stage, but provisionally booked for the Summer Solstice weekend (18/19 June 2022).

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.



Win up to £25,000 & Support The Rob George Foundation

Would you like to to fundraising for The Rob George Foundation - but the thought of physical challenges like walking, running, cycling or swimming fill you with dread? Maybe you would love to do your part for this amazing cause, but can't seem to find the spare time?

Why not play make a smile lottery? You can play and support The Rob George Foundation from the comfort of your home and for just £1 per week - you don't even need to move from the sofa!

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.

make a smile lottery enables a regular income that The Rob George Foundation can really rely on and plan for, so thank you to all the loyal players who are already supporting this wonderful charity by playing the lotto, you truly are amazing!

If you haven't already, sign up to support The Rob George Foundation today! With the chance of winning one of 102 guaranteed cash prizes every week ranging from £10 to £1,000 and a rollover jackpot up to £25,000, what are you waiting for?

Join now at makeasmilelottery.org.uk or therobgeorgefoundation.co.uk/fundraising/



You must be 18 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. St Helena Hospice Limited is licensed and regulated in Great Britain by the Gambling Commission under account number 4685. www.gamblingcommission.gov.uk. St Helena Hospice is a company limited by guarantee. Registered in England and Wales Number 01511841. Registered Charity Number 280919. Registered Office: Myland Hall, Barncroft Close, Highwoods, Colchester, CO4 9JU. make a smile lottery office: 6 The Atrium, Phoenix Square, Wyncollis Road, Colchester, CO4 9AS. make a smile lottery Privacy Policy and Terms & Conditions can be viewed on our website.



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, Peter, 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.

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

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