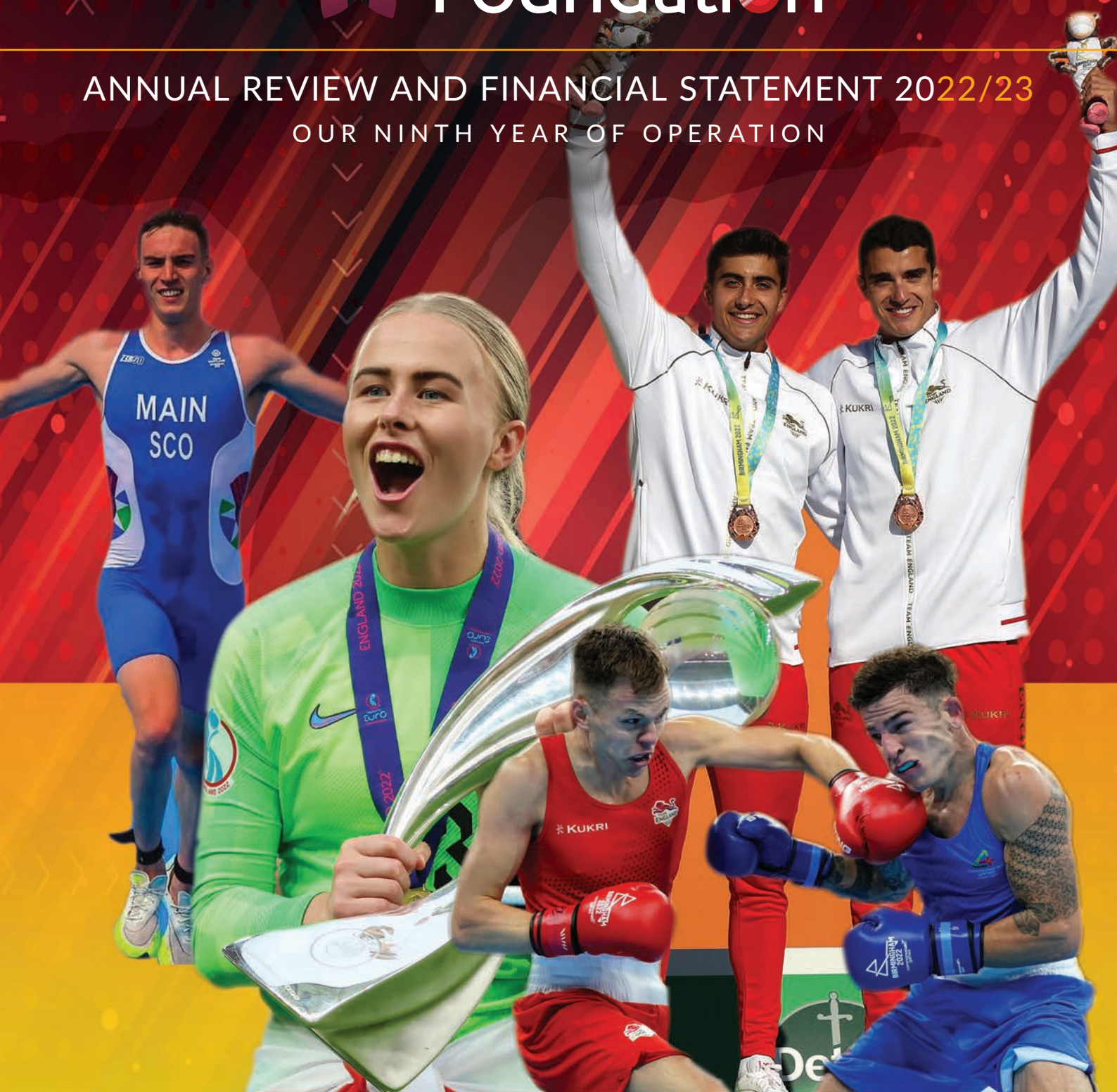


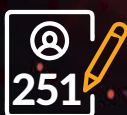


The Rob George Foundation

ANNUAL REVIEW AND FINANCIAL STATEMENT 2022/23 OUR NINTH YEAR OF OPERATION



GRANT
APPLICATIONS



70%
APPLICATIONS
SUCCESSFUL



AWARDS
TOTTALLING
£84,119



TOTAL
RAISED
£62,110



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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 our work.

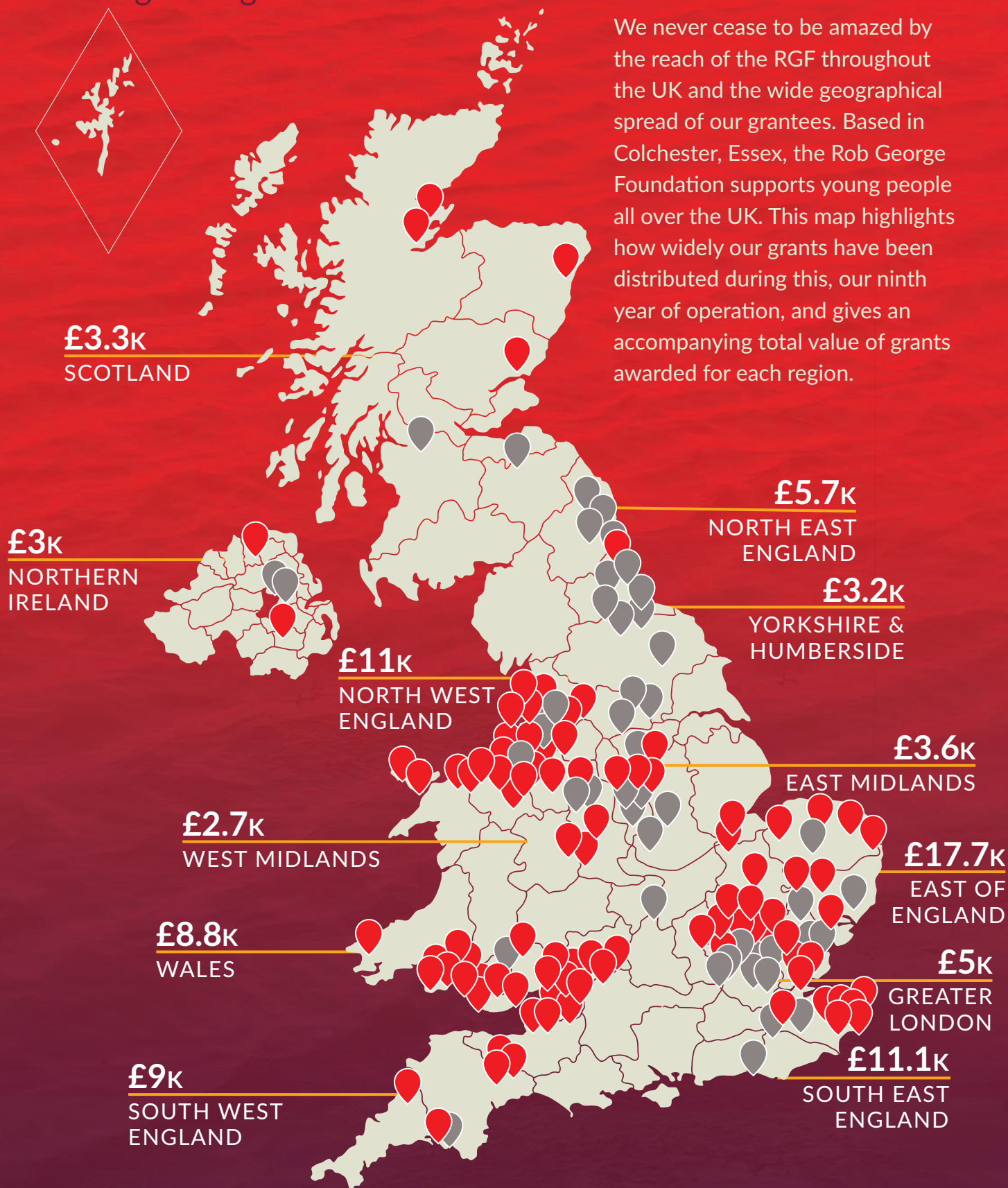
Philip and Lorraine George





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 our grantees. Based in Colchester, Essex, the Rob George Foundation supports young people all over the UK. This map highlights how widely our grants have been distributed during this, our ninth year of operation, and gives an accompanying total value of grants awarded for each region.



 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

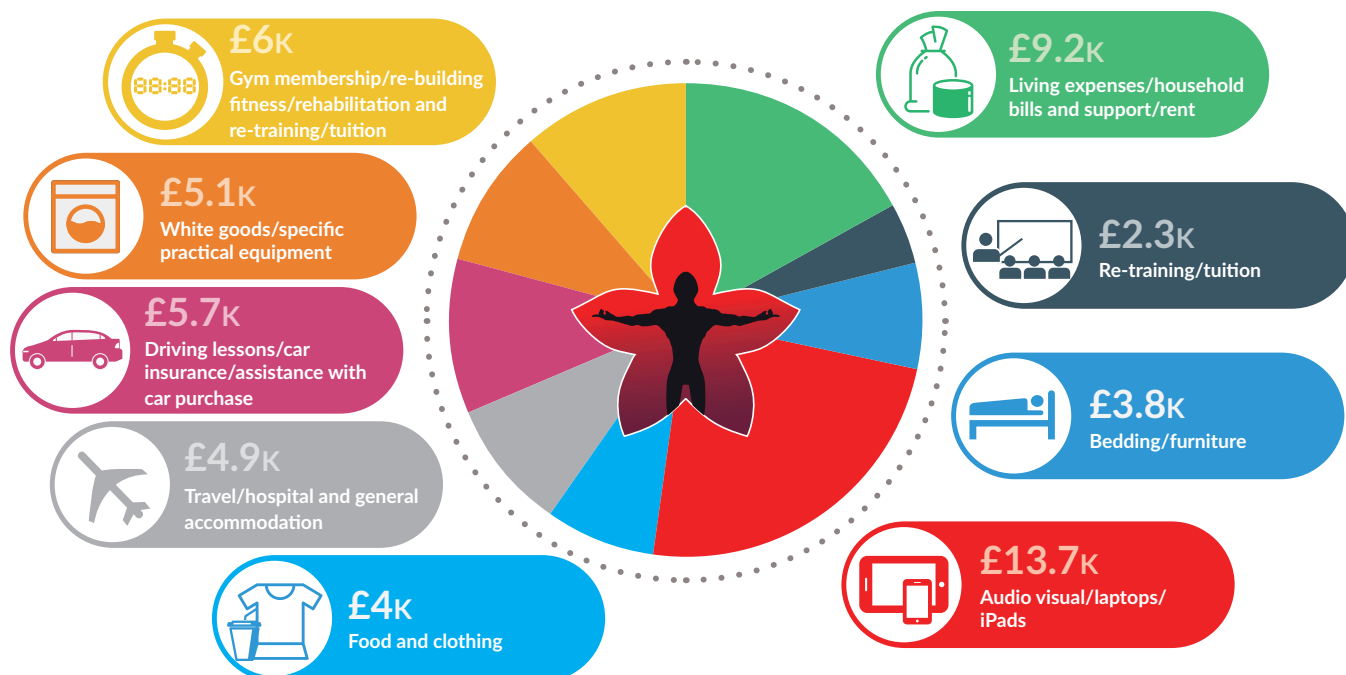
Due to the highly sensitive nature of dealing with serious and terminal illness, especially in young people, we are sure that supporters of the RGF totally understand the challenge we face in sharing and evidencing the work we do to support young people across the UK.

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 had on their physical and mental well-being: notably drastic weight gain/loss, and 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 socialise with their friends or pursue any

of the activities they enjoyed before their illness.

We remain extremely 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, *and* 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 and 2 grantees, giving you a real feel for their needs.



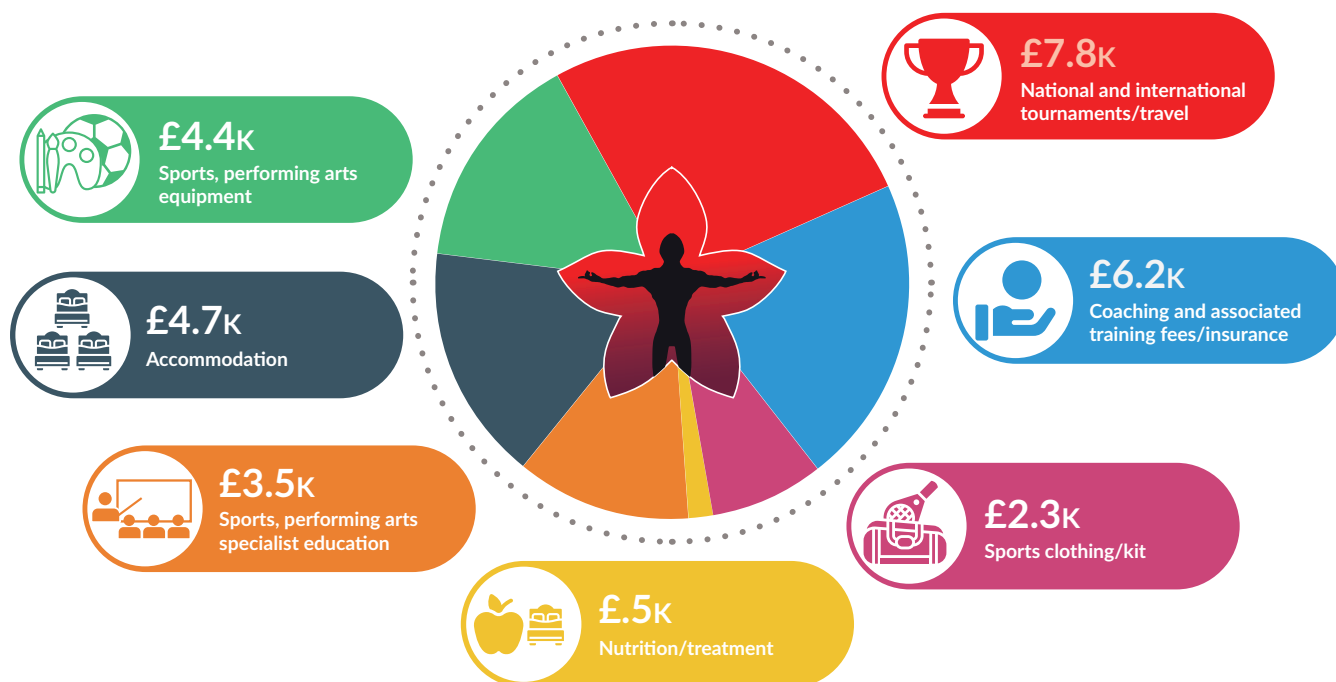
Toby's smile says it all!

RGF grantee, Toby, approached us in May 2022 to help him purchase off-road tyres for his wheelchair. Toby was struggling with the uneven ground in his local park when walking his dog. He also plays wheelchair rugby and competes in wheelchair racing.

Toby's mum, Leanne, explains: "The Rob George Foundation's support has enabled Toby to access parks and trails again. After his spinal cord injury in June 2021 to remove part of his cancer, our lives changed forever. Toby loved going to local parks, long walks with his dog and going on new adventures. After his operation Toby was left in a wheelchair and with the tremendous help of the Rob George Foundation, he has his freedom back to access all the beauty of the countryside and to participate in rugby and racing."

RGF trustee, David Cant, said: "I just love this photo of Toby. The smile, his amazing wheelchair with the new tyres and the beautiful backdrop; this is what the RGF is all about. It is Toby's dream to compete in the Commonwealth Games or Paralympics, ideally winning a gold medal – well, he is on his way and who is going to stop him?! All the best Toby!"

Understanding how the RGF supports our Aim 2 grantees



Jack

Triathlete, Jack, approached the RGF last December to help fund the purchase of an indoor smart turbo trainer to help him train over last winter. Jack's goal is to compete at the 2026 Commonwealth Games and Olympics.

He is clearly making great progress and has been in touch with an update; he told us:

"Over the course of the last four months I have been travelling and training extensively all over the world, living out of a suitcase. Initially, I flew to America for a big training camp specifically set up to prepare for the racing season. This was led by my American-based coach Ryan Bolten and fellow training partner Dan Dixon. I spent three weeks training in Santa Fe, New Mexico, adjusting to altitude and toughening up in extreme weather conditions!

"I then headed across America to Tucson, Arizona, for the remainder of the America camp. Here I participated in two races, the Super League Arena Games Triathlon in Montreal, Canada, where I came third in the professional race, followed by a race in La Paz, Mexico, where I came twelfth in the professional field.

"After more training in Tucson I made my way back to London for the World Championship of the Super League Arena



Games. Competitors included an Olympic Bronze Medallist and a multiple Ironman World Champion. I managed to race well making the semi-finals. I then travelled to Portugal to train at Villamoura to prepare for my next race in Carole, Italy, in May."

Keep up the great work, Jack!

Trustees' Report

The trustees present their report and accounts for the period from 1st April 2022 to 31st March 2023. 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).

251
APPLICATIONS

AWARDS
TOTTALLING
£84,119



Introducing Yasmin

"My name is Yasmin. I am a female foil fencer representing GB internationally. I am fortunate to be one of the athletes supported by the Rob George Foundation, which came at an all-important time for me. The COVID pandemic hit fencing hard around the world; from the ban on training to no competitions, everyone felt it, and in my case being in the UK this was ten times worse compared to my foreign counterparts. With funding cuts in 2016 and the surging cost of training facilities in the UK our sport found itself in a dire situation, which led to me having to seek training opportunities abroad to keep abreast of the deficits I'd built up at home and to support my goal of going to the 2024 Paris Olympics. Of course, this came at a cost, and my parents and I are the ones that bear the burden, paying for me to enter competitions around the world.

"My training schedule, whilst being a full-time student and an

athlete, leaves no time to look for jobs that could support my training costs... at least, not without sacrificing either my fencing results or my education.

At times I've been unable to enter competitions due to the cost, but now I'm in the Olympic cycle I can't afford to sacrifice the points from competitions. However, the Rob George Foundation has helped me access funds to support me on my journey. It's allowed me to pay for flights to and from competitions without the debilitating worries I had before. For this, I am eternally grateful to the Rob George Foundation for their amazing support."



Millie's planning her future

"As I head towards the end of my time at Bird College I have been reflecting on the amazing journey and memories I have made.

"This year I performed in my third year musical, 42nd Street, directed and choreographed by Paul Robinson. I completed my dance, cre8, as featured ensemble and dance captain. Currently I am workshopping Graeme Henderson's new musical, 'Artie, Gwen and Lance - A Tale Told in Tap' set in the 1930's, which was loosely inspired by a combination of 'Camelot' and 'Chicago.'

"I am hoping to secure a



pantomime for the end of the year and am currently auditioning for this. For the remainder of the year and heading into the new year I intend to continue to audition for a cruise ship tour, performing as a dancer.

"I would like to thank the Rob George Foundation for all their help and

support this year. I feel so lucky to have been supported by such a wonderful Foundation. They have made such a positive difference over the last year. I will be forever grateful - thank you!"

Chairman's Review





The number of applications for grants was 251, a significant increase on the previous year (2021/2022: 206) and marking a return to pre-COVID levels. The number of successful applications exceeded two-thirds of the total received and awards totalling £84,119 were made (2021/2022: £67,291). Total funds raised amounted to £62,110 – comparable to the previous year (2021/2022: £66,731) but still well below pre-COVID levels. This figure included £9,242 from fundraising events, significantly down on the previous year (2021/2022: £28,703) and £51,449 from donations, which showed a pleasing increase (2021/2022: £35,662).

The Charity is once again indebted to a number of trusts and other organisations which have kindly made significant donations during the year (including Persimmon Homes, Fowler Smith and Jones Charities, Hargreaves Foundation, Healthcare Homes Group, and Baker Chapman and Bussey) 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, Ellisons Solicitors, Essex Chambers of Commerce, Colchester Golf Club, Colchester & East Essex, South Woodford and Gentlemen of Essex Cricket Clubs, Hamro Foundation Essex Cricket League, WRS Insurance Brokers, R & H Accountants Limited and Smith & Watts Printers for their continuing support.

The Charity achieves its objectives by fundraising and awarding grants to young people who meet certain criteria.

The Charity continues to work for a change in the law to recognise that students who are forced to take a temporary break in their studies as a result of life threatening illnesses should qualify to receive State benefits, and is grateful to long-standing supporter Louise Forsyth for the assistance and expertise she has

provided this year. Justin Tomlinson, then Minister of State in the Department for Work and Pensions, confirmed in 2020 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”. He subsequently wrote to us to confirm that the matter will be considered at a future fiscal event, but then the COVID pandemic intervened. We have been promised an early meeting with Justin's successor, Tom Pursglove, but at the time of writing this has still to be arranged.

TOTAL RAISED 			
£62,110		2020/22	2022/23
 Applications		206	251
 Awards made		£67,291	£84,119
 Total funds raised		£66,731	£62,110

A new piano for RGF grantee, Declan

A very happy Declan told us: “After graduating with my degree in classical piano performance, conducting and composition, I was all set to continue my progression to establish myself as a professional musician.

“Sadly, my progress was hampered by the pandemic and the lack of a suitable professional quality instrument at home during those years when so many avenues into the world of the performing arts were closed.

“With the help of the Rob George Foundation I have been able to purchase a beautiful Kawai Concert Artist 99 hybrid instrument, which will be the heart of my studio going forward.

“Purchasing this instrument and continuing the artistic progression it directly facilitates in multiple ways would not have been possible without the generosity of the RGF and I am incredibly grateful for their support.

“I've been lucky enough to work with this wonderful organisation for many years and look forward to hopefully doing so for many more to come.”

The RGF's association with Declan dates back many years. While studying at Colchester Institute - during which time the RGF was its Charity of the Year - Declan helped raise funds for us, notably at the Major Music Project. Since then, Declan has continued to support us through his musical performances. We wish him a successful career in music.



Under the terms of the Trust Deed dated 16th January 2014, the aims of the Charity are:

- To provide practical and/or financial support to young people with life threatening or terminal illnesses ('Aim 1').
- 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 ('Aim 2').

Strictly RGF

Ballroom and Latin dancer, Tobias, applied for a grant from the RGF in early 2022. The trustees were unanimous in wanting to support him. For a nine-year-old Tobias showed exceptional commitment and dedication, training a minimum of four times a week.

Tobias' mum, Danielle, took time out of their busy travelling and performing schedule to update us on his progress. She told us: "Tobias is so grateful for the support he receives from the RGF, as both he and his older brother compete in regular Ballroom and Latin across the UK.

"Tobias and his dance partner, Bay Rose, have been successful in numerous prestigious competitions throughout 2022, including in April becoming the under-ten European Latin Champions at the Winter Gardens, Blackpool, and in October reaching the Internationals in Gillingham, Kent."

Tobias and his family are so grateful for the support of the RGF!

Keep dancing, Tobias!



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.
- 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 Aim 2, the trustees expect to see evidence of active fundraising and/or other support for the Charity since the previous award was made.
- Both successful and unsuccessful applicants will typically not be considered for second and subsequent applications within twelve months of their most recent grant application decision.
- Applicants under Aim 1 are normally between five and twenty-eight years of age and applicants under Aim 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 £1,000.
- Grants for IT devices (e.g. laptops, phones, ipads, tablets, etc.) will typically be limited to a fixed award not exceeding £400 towards the cost of the device.
- In the case of applications under Aim 2, applications must be 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 £3,000, respectively.
- The Charity will willingly work in partnership with other organisations to fund initiatives beyond the financial scope of a single organisation.
- The trustees 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.

A message from our patrons

A solid year for the RGF

"Given the rather challenging economy, it's been a solid year of fundraising for the RGF, achieving a very respectable £62,100. There have been some hugely impressive, challenging, and thoughtful fundraising efforts, some of which feature in this year's annual review.



"I never cease to be impressed by the loyal support the RGF receives from its many supporters and the positive impact the Foundation has on so many young people across the UK. It remains a privilege to be one of its patrons and I thank you all for your support and wish the RGF a highly successful 2023/2024."

Graham Gooch OBE DL

A magical year for the RGF

"You only have to look at the front page to see what a magical year it's been for the RGF, watching Aim 2 grantees achieving success at the Commonwealth Games and the Women's Football European Championships 2022.



"Of course, this is only one half of the story as the RGF also strives to support Aim 1 grantees who face challenges of a different nature, but with equal courage. It has been another fantastic year at the RGF: undeterred by the continued presence of COVID the RGF continued to operate at full capacity, raising funds, still meeting every month to award grants, still focused on supporting young people across the UK.

"I remain intensely proud to be one of the RGF's patrons."

Michael J Fitch

Rob's legacy lives on

"It's clear that demands on the RGF show no signs of abating, receiving a huge 251 grant applications throughout the 2021/22 year, approximately 70% of which were successful.

"With a base in North Essex I find it so inspiring that the RGF can make such a difference to young people across the whole of the UK, ensuring that Rob's legacy lives on... and some!

"I still believe passionately that every young person should have the opportunity to explore and develop their talents in the world of sport and the performing arts, and that they should not be held back through lack of funding."

Tammy Beaumont

Sailor Charlie



Sailor, Charlie, successfully applied to the RGF for funds to enable him to pursue his dream of a career on superyachts.

Charlie requested RGF funding to join the UKSA Superyacht Cadetship course: a structured programme designed to train the future officers of the superyacht industry.

Charlie has battled cancer and we are delighted to report he is now in remission. The support of the RGF has enabled him to join the UKSA Cadetship programme on the Isle of Wight with the ultimate goal of becoming an officer of the watch on superyacht sailing vessels. This will only be possible after successful completion of a demanding four-year training programme.

Charlie has almost completed his RYA Yachtmaster professional qualification, which entails completion of 2,500 miles sea sailing and rigorous theory examinations. This whole adventure has changed his life and could only be achieved with the assistance and kindness of the RGF.

It is so uplifting to see Charlie realising his dreams and everyone associated with the RGF wishes him every future success on the ocean waves! What a great photo, too!



Health should not thwart ambition

Rob's dad, Philip George, mentions in his Chairman's Report that the RGF is still working 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. This has very much become our unofficial Aim 3 and now is a good time for an update!

Currently students, like Rob, needing to pause their higher or further education because of a life threatening or terminal illness are not automatically eligible for State benefits. To qualify for financial support they have to 'abandon' their course! Just to be clear, deferring or pausing their studies in the hope that they will get better excludes them from any support.

Even prior to the launch of the RGF, Philip had been lobbying the government for a much-needed rule change, repeatedly citing Rob's appalling treatment trying to secure State benefits to support him through serious illness. For those of you unfamiliar with Rob's story please go to our website - <https://therobgeorgefoundation.co.uk/> and read 'The Motivation Behind the Rob George Foundation' (just click on the 'About the RGF' on the menu bar).

Sadly, it's now 2023 and the rules have not changed. It's not through lack of trying. Over the years Philip has written to a whole host of Westminster 'heavyweights' including respective Prime Ministers: David Cameron MP, Theresa May MP, and Rishi Sunak, plus Sarah Newton MP, Amber Rudd MP, Iain Duncan Smith MP, Justin Tomlinson MP, Ian Purglove MP, and Helen Whately MP.

To all of the above, the RGF message has and continues to be quite simple: seriously ill students should not be told to "give up" on their hope of recovery to qualify for State support.

We have been engaging with the Department for Work and Pensions (DWP) on this issue since 2014. In recent years the DWP has given assurances that the Chancellor of the Exchequer has considered changing this policy. In July 2022, Minister Chloe Smith confirmed that she and the Secretary of State "recognise[d] the importance of this issue" and committed to "ask the Chancellor to look at it again when the time is appropriate". We thought the Spring Budget in March 2023 provided a significant opportunity to revisit the eligibility criteria

for assistance for students with life threatening or terminal illnesses and commit to resolving this issue. Well, guess what? Nothing!

We are not oblivious to the significant challenges currently facing our country, notably the economy. But the numbers of students affected by this policy are relatively few and the issue is longstanding. The cost to the Exchequer is likely to be small – and far outweighed by the positive impact it would bring to the lives of those students and their families. As Rob's parents, Philip and Lorraine, can testify, the experience of living with a young person with life threatening illness is made far harder by having to decide whether to end their studies.

Students should be able to focus on their treatment secure in the knowledge that their place at college or university, which is often the thing they have spent their life so far

working towards, is secure.

The finest of examples to demonstrate this point is that Rob completed his second year of university at Loughborough in 2012/13 after having deferred it to receive treatment for leukaemia. Had he 'abandoned' his course to secure benefits, Rob would not have achieved a 2:1 success in that year's exams, nor captained the second XI cricket team, as he likely weighed up whether to reapply for university altogether. Yes, Philip and Lorraine were financially able to support Rob when he paused his studies, but the RGF has come across many young people whose families were not in such a fortunate position and have suffered significantly as a result. Financial independence is a crucial part of the dignity that students should be afforded as they endure symptoms of cancer, leukaemia or other life threatening or terminal illnesses.

So that's the latest, but there's more. You can help. If, like the RGF, you want to influence this rule change then you can help us and engage in some good old-fashioned lobbying. We would be so grateful if you, your family and your friends could write to your respective MP and support our quest for change – we can even provide you with recommended text. Please email for assistance, either david@therobgeorgefoundation.co.uk or philip@therobgeorgefoundation.co.uk

Thank you in anticipation.



Euro 22 and Commonwealth Games success

One way or another, all RGF grantees are champions and we're proud of them all; whether it's bravely living with, and fighting, life threatening or terminal illness, or pursuing their dreams in the worlds of sport or performing arts.

Last year, RGF grantees, Lewis, Hannah, Cameron, and the Bello Brothers (as proudly featured on our front page) all epitomised the qualities we look for in our Aim 2 grantees when we strive 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'.

Hannah was in the England squad that won the 2022 UEFA European Women's Football Championship at Wembley in July 2022.

Almost simultaneously at the 2022 Commonwealth Games in Birmingham there were bronze medals for the Bello Brothers (beach volleyball) and Lewis (boxing). Cameron (triathlon) proudly represented Scotland.

We asked each of them for few words to describe their experience and how the RGF made a difference.

Cameron

"My experience at the Commonwealth Games 2022 is something I will cherish for the rest of my life. Having family and friends there to cheer me on was really special. I am very proud of my performances at the Games, especially coming away with fifth in the relay event, which shows just how much Scottish Triathlon is developing. The support I received from The Rob George Foundation made a big difference in the way I was able to prepare for the Games; thanks to them I could purchase new equipment and essential race items that helped me during the race."

Bello Brothers

"Competing at the Commonwealth Games in front of thousands of our home fans was an amazing experience and a really unique moment for our sport. While we managed to showcase beach volleyball on the biggest stage and take a big step forwards in our career by winning the bronze medal, we are most proud of having helped to inspire young people and future stars. The support of the Rob George Foundation at the beginning of our journey was life-changing, allowing us to make the most out of our love and passion for beach volleyball. We are incredibly grateful for their support."

Hannah

"My dream came true when I was selected for the England squad for the Euros in 2022. I wanted to seize the moment, yet take nothing for granted. Training with such exceptional players was inspiring. The support from the country and fans was unbelievable, impacting hugely on the squad and me. Seeing billboards and posters about us in cities across the country was just amazing – almost fever pitch!

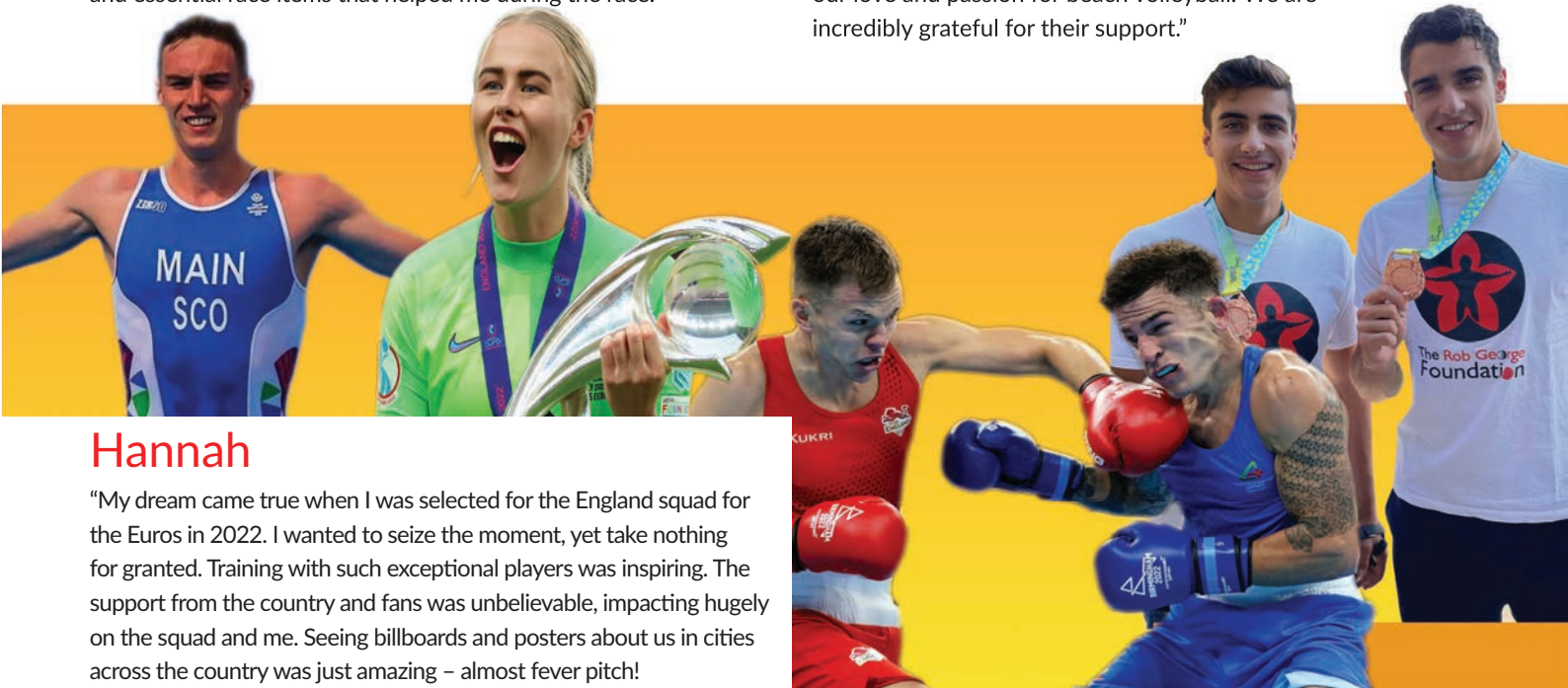
"The atmosphere at Wembley for the Final was such an exciting experience. The noise, the colour and the record-breaking attendance made it so memorable for me, then to come away with a winner's medal and holding the trophy are experiences I will never forget.

"I am always grateful for the support that RGF gave me in my journey towards Women's Super League and International football. The Foundation is brilliant in the way it supports talented individuals to reach their potential, not only by helping with financial needs but also by taking a firm interest in their progress.

"I cannot thank the RGF enough for their support, then, now, and into my future."

Lewis

"The Commonwealth Games was an amazing event, made better with the opportunity to compete on home soil. From humble beginnings in Colchester to competing for my nation in front of 10,000 people was a special moment in my career. All the support I've had throughout my boxing journey, including that from the Rob George Foundation between 2017-2019, has contributed to me achieving a medal at the Commonwealth Games and I will remain eternally grateful for that."



Activities

The first major fundraising event of the year was once again Rob's Big Walk. This year the event was superbly organised by Ellisons Solicitors, and it took a slightly different form, being held on a single day rather than over a weekend. Organisations and individuals were invited to enter teams to walk the second half of the Essex Way – from Great Tey to Harwich. The event was well supported and raised around £3,000. Lorraine George and an artist friend, Margriet van Nieuwburg, took on their own challenge by painting a scene taken from each of the five legs of the Walk. Some of the paintings were subsequently sold, raising a further £450.

Jenny McEvoy again organised an excellent golf day at Colchester Golf Club in September, when a sum in excess of £4,000 was raised.

The Cricket Clubs of two universities continue to be amongst the Charity's most loyal supporters. Loughborough University (where Rob was an undergraduate) raised a wonderful £2,200 at its Annual Dinner while St Andrews University raised £1,700 at its Seagullian Ball.

Our supporters continued to find new and innovative ways of raising money, marking family occasions – both happy and sad. For instance, Gordon Cochrane celebrated his 60th birthday by inviting friends and relatives to make donations to the Charity rather than buying him presents, raising £4,650 in the process, and an old friend of Rob's, Tom Bryan, and his fiancée Stephanie Coulson (pictured above) marked their wedding in the same way, raising more than £1,200. Robert Gould sadly lost his father Alan during the year, but very generously invited donations in Alan's memory to be made to the Charity, raising nearly £500.



Iain Macarthur and Tony Latos carried on the tradition of inviting friends to enjoy a Curry for Rob and raised a wonderful £250, whilst Jamie Barry jumped out of an airplane and raised £250.

John Davey and the other members of the North Countrymen's Club in Colchester, who have loyally supported the Charity from the very beginning, continued with their magnificent





fundraising efforts as they ploughed on towards £7,000.

Hannah Brooks once again produced a beautiful calendar and again donated the proceeds of sale to three charities including the RGF.



The Sentinel Gallery in Wivenhoe (where all profits are being donated to the Charity) continued to provide a regular source of income. Further details of this initiative can be found elsewhere in this Annual

Review. Two exhibiting artists, Susan Boddy and John Cooper (pictured above), were particularly generous, making a £1,200 donation.

Colchester 367 Round Table once again chose the Charity to be one of the beneficiaries of its Christmas Santa's Sleigh collections, and a number of the Charity's supporters were pleased to join the Round Table team as they walked the streets of St Michael's Estate in Colchester.

Funds continue to be raised by the Charity's membership of makeasmilelottery, run by St Helena Hospice. This is a very easy way to help the Charity, and supporters are strongly encouraged to sign up. One of our most loyal supporters, Victoria Fenner, won a significant prize and promptly donated it back to the Charity.

Other welcome sources of funds come via Facebook when supporters invite donations to mark their birthdays and other significant occasions, and from initiatives such as Give as You Live, easyfundraising and Amazon Smile, which enable significant donations to be raised by supporters as they shop online, at no additional cost to themselves.

The Charity 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, and Aimee Carrington's family were again outstanding in this respect.

The trustees always take great pride and pleasure in learning of the success of grantees and former grantees. They were therefore thrilled to learn that Hannah Hampton was a member of the Lionesses England squad, which was victorious at Euro 22. Former grantees, the Bello brothers (at beach volleyball) and Lewis Richardson (boxing) won medals at the Commonwealth Games in Birmingham where Cameron Main also took part.



Summary of financial activities

Charitable activities

Total income for the year to 31st March 2023 amounted to £62,110, slightly down from £66,731 in the previous year. We remain grateful to our many supporters for their fundraising activities and individual donations that comprised the majority of these funds (£48,449).

The amount that the Charity awarded to grantees increased by 25% to £84,119, up from £67,291. Administrative costs including administration and website support, insurance and printing/postage etc., reduced by 15% to £4,778, from £5,610.

Investment performance

Investments held by the Charity decreased in value during the year by £5,649. The market value of these investments at 31st March 2023 was £205,102 and represents an increase in value of £105,102 on the original investment of £100,000. No investments were sold during the year. At 31 March 2023 the Charity also held cash deposits with banks totalling £37,017, down from £67,124.

Internal and external factors

There are no internal factors currently affecting the Charity. Looking ahead, continued high inflation in the UK and its effect on disposable household income may negatively affect income, whether through direct donations or fundraising activities.

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 currently considered necessary.

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 trustees

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 trustees

The trustees share responsibility for the induction and training of new trustees (who are provided with copies of the Charity's Trust Deed, trustees' handbook, and latest accounts). They are also asked to read and familiarise themselves with the Charity Commission's guidance note CC3 – The Essential Trustee. The trustees carried out a review of the handbook during the year.

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 to us by other charities such as Macmillan Cancer Support, Young Lives Versus Cancer, 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* (retired 18th June 2022)	
Glen Dobbs	Andrew Kennedy
Lorraine George	John O'Connor (Treasurer)

*Beverly Davies retired as a trustee on 18th June, 2022. The Charity is very grateful to her for her years of dedicated service.

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 2023.

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.

6th June 2023, **Andrew Rutherford ACCA**

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

Income	2023	2022
Donations	£48,449	£35,662
Donations – Restricted Funds	£3,000	£0
Fundraising events	£9,242	£28,703
Merchandise sales	£1,032	£1,744
Credit interest	£387	£622
Income total	£62,110	£66,731
Expenses	2023	2022
Awards	£83,119	£67,291
Awards – Restricted Funds	£1,000	£0
Fundraising event costs	£2,932	£4,207
Printing/postage	£131	£889
Merchandise costs	£388	£1,831
Admin & website support	£4,253	£4,380
Sundry	£393	£341
Expenses total	£92,217	£78,939
Excess (shortfall) for the year	(£30,107)	(£12,208)
Gain (loss) on investments for the year	(£5,649)	£23,287
Net movement in funds	(£35,756)	£11,079
Funds brought forward at 1st April	£277,876	£266,797
Funds carried forward 31st March	£242,120	£277,876

Balance sheet as at 31st March

Current assets	2023	2022
Cash deposits	£37,017	£67,124
Investments	£205,102	£210,752
Total	£242,120	£277,876

Making a difference...

...one individual at a time

★ Fired up to help RGF grantee, Jaqub

Towards the end of 2022 the McCarthy-Stone family were facing the huge challenge of caring for their 10-year son, Jaqub, who was fighting leukaemia and undergoing an aggressive chemotherapy treatment plan. As if this were not enough to endure, their boiler started to leak!

Following unsuccessful and costly attempts to repair their six-year-old boiler they were greeted with a most unwelcome New Year's Eve message: "you need a new boiler!"

At the time of approaching the RGF, the McCarthy-Stone family had been without heat and hot water for over a week, and they had little funding in place to purchase a new boiler. Frequent and costly trips from Peterborough to Addenbrookes, costs associated with in-patient stays, the impact of time off work, plus the cost-of-living crisis, had had a catastrophic impact on their savings, not to mention the



intolerable emotional strain on the whole family.

Back at home, Jaqub was confined to one room with makeshift heating, and they had to use the local swimming pool facilities to shower. They were at their financial 'wits end' and reached out to the RGF for financial support.

Jaqub's dad, Martin, said: "I do not even know how to put into words how to say thank you to the RGF. It is truly wonderful that there are people out there that are thinking of Jaqub, and all he has to endure. As I write Jaqub's been through another one of those standard chemo days. Again, we cannot express our thanks enough."

Every Aim 1 grant application is exceptional, but every once in a while, exceptional moves to another level and with the McCarthy-Stone family's application the trustees were, without hesitation, unanimous that we should break with our normal grant threshold to enable them to purchase and install a new boiler.

★ The RGF: truly making a difference - Nyla's story



Nyla's mum, Sheena, told us: "I cannot thank the RGF enough for helping us when we needed it most.

"Nyla was diagnosed with leukaemia in August 2022. Consequently I was unable to work. Nyla had six months of intense chemotherapy and is now on treatment until September 2025. Nyla loves being outdoors but whilst being on

treatment Nyla cannot walk as far as she used to, and we were unable to do much as she is too big to carry around for lengthy periods of time. Nyla has been through so much since last August. I wanted her to start enjoying life and getting outdoors more and having fun. We reached out to the RGF, and they helped provide a pram which was just the right size for Nyla. When the pram arrived Nyla absolutely loved it. She got in and sat there comfortably and watched a film on her iPad. We are now able to continue going on days out and making the most of each and every day. Again, thank you for your kindness – it means so much to us."

RGF Trustee, David Cant, said: "First, thank you Sheena for sharing Nyla's story with us – it truly is what the RGF is all about and why it is so important that we strive to continue our work to support young people across the UK. Second, the photo of Nyla was taken on the day her new pram arrived. What it does not show is Sheena behind the lens hiding her tears of joy at seeing Nyla so happy. She was absolutely thrilled with it. I do not mind admitting it got me, too, Sheena."

★ Lead role for RGF grantee, Tumi

Tumi was awarded an RGF grant in 2021 to help fund her attendance at the Bristol Old Vic Theatre School, one of the most successful and well-respected conservatoire drama schools in the UK.

If her recent update is anything to go by it looks like she is making the most of it!

Tumi told us: "I am currently in my second year of training on the BA acting course at Bristol Old Vic Theatre School. As part of the second year, we begin public-facing performances for the first time and this started with a tour of 10 schools in Bristol, performing 'Wilda and the Whirlwinds', written and directed by Liz Felton, in which I played Wilda!

"The tour was a gruelling but formative experience. I am not sure if I miss the 5am starts, but it was an invaluable experience to be part of a self-made show – which not many drama school students get to do. We were responsible for transporting and setting up the set, costume and sound, and on top of that I

learnt to play the ukulele to accompany our pre-show songs!

"Now almost halfway through my training I feel more grateful than ever to have the opportunity to do what I love every day. I am in an environment where I am pushed to be the best I can be. I hope to continue making the most of every day of training, especially as I move into my final and most important year in September. In the future I hope to be an authentic storyteller and continue sharing poignant stories.

"I continue to be extremely grateful for the generosity of the RGF for all the support they have given me, and I hope we can continue to work together as I complete my training over the next 18 months.

"Without the RGF I would not have been able to embark on these studies and develop in the way I have. I will be eternally grateful for their support and for believing in me!"

RGF trustee, David Cant, said: "It is great to see Tumi doing so well. She is clearly very driven and committed to her work in theatre, and the photos she has shared with us are amazing."



★ European success for RGF grantee, Ella

18-year-old Ella recently competed in the Women's European Open, Sub-Junior Classic Powerlifting Championships in Poland, winning three bronze medals:

- Squat 127.5 third place
- Deadlift 152.5 third place
- Overall 342.5 third place

A very chuffed Ella has been in contact with the RGF. She said: "I just wanted to say another huge thank you for the grant, which has funded my journey to the European Championships.

"I came third in Europe overall, and won two bronze medals in the Squat and Deadlift. I can honestly say that without the RGF's grant I would not be able to compete at this level – thank you!"



Romain's back on his feet - literally!

The ROYAL MARSDEN
NHS Foundation Trust



Romain, via Emma Thistlethwayte (pictured), his Teenage & Young Adult (TYA) Lead Nurse at The Royal Marsden NHS Foundation Trust, applied to the Rob George Foundation in June 2022 for a grant to fund ten fortnightly sessions of physiotherapy. Romain had an allogeneic stem cell transplant in July 2020 and developed severe joint graft versus host disease, meaning he had contractures; he was unable to walk unaided and became housebound with no response to first- or second-line treatment. Consequently, he had funded fortnightly physio privately and was making amazing progress, enabling him to walk again and put his feet flat on the ground. Romain's funds eventually started to dry up and he was struggling to afford his private treatment. Any delay or cessation of his treatment would have led to a deterioration in his health and recovery, and his all-important journey to independence.



Emma explains further: "Romain was transitioned to the TYA team having had his transplant under the paediatric team. When I first met him, he could only walk very short distances with walking aids and suffered from terrible pain so consequently had a very poor quality of life. This was due to mucocutaneous graft versus host disease, which had been

resistant to multiple lines of therapy. Thanks to your financial support Romain has been able to have ongoing massage therapy and support around an exercise program and re-structuring of his routine and bedroom. The results have been truly impressive and to see this progress I know brings tears to the eyes of all of us who know him. He is now able to walk unaided, has reduced substantially his pain relief and is able to engage regularly with friends in social activities. We cannot thank you enough for your support."

Romain said: "I would like to thank the Rob George Foundation for all it has done to help me get back on my feet, quite literally; without their financial help and backing I would still be in a wheelchair today.

"The aid they provided allowed me to receive the treatment I most urgently needed in terms of physiotherapy, with the help of a private sports therapist and soft tissue worker.

"This is not to say that the NHS physiotherapists are not well meaning or unqualified, simply that they have little time, and I am sure they are under extreme pressure, which, for a case as complex as mine, severely limited the potential of what could be achieved.



"Thanks to the Rob George Foundation grant, more time could be spent on my rehabilitation leading to results that impressed even my doctors and have allowed me more personal freedom as a young adult."

RGF trustee, David Cant, said: "What a fine example of how the RGF can 'make a difference... one individual at a time'! Romain's story is so uplifting. Every

single supporter who helps raise funds for the RGF should be so proud of how we can support young people, like Romain, across the UK. I would like to thank Romain for sharing his inspirational story with us, and the brilliant Emma and her team who work tirelessly on the NHS front line making a difference in their uniquely special way."

The Rob George Foundation

Rob's legacy in numbers. Nine years and counting!

Rob's legacy just keeps growing. It's amazing that his small Foundation, based in North Essex, supported by a band of loyal and generous supporters, can influence the lives of so many young people from all corners of the UK and make such a positive difference.

Still the grant requests come in, almost daily, wide-ranging in their needs – from beds to books, from frisbees to fridges, from leotards to laptops, and from goalkeeper gloves to gas boilers. The RGF caters for all and considers every single grant application on its own merits.

What a journey (so far)! We salute our many fundraisers – it's each and every one of you that makes the difference!

The trustees are proud to share these key cumulative numbers that evidence the success achieved since 2014 when the Foundation was launched.

Cheers Rob!

Total income to date (incl. unrealised gains)	£1.264m
Total number of grants awarded	1,306
Total amount of grants paid	£767k
Average grant paid	£587

2,007 TOTAL APPLICATIONS RECEIVED

537 TOTAL APPLICATIONS DECLINED

115 TOTAL APPLICATIONS WITHDRAWN/ NOT PROGRESSED

49 APPLICATIONS PENDING (AS AT 31ST MARCH 2023)



Fundraising

We include our fundraising pages to inform and inspire, in equal measure. Vix didn't have to give back her make a smile lottery winnings. Gordon could have treated himself to something special to celebrate his 60th birthday. James certainly didn't need to jump out of a plane, and I'm sure

Tony would have preferred not to have spent hours on a treadmill. But they did! And they had one purpose: to donate money to the RGF. It's supporters like Vix, Gordon, Jamie, Tony and the Carrington family, and others, of course who enable the RGF to do the work it does!

Aimee's Story

There's no stopping the Carringtons!

When it comes to fundraising for the RGF and 'giving back' one of our finest examples is undoubtedly the Carrington family.

Aimee's grandad, Tony, has been in touch to tell us about Aimee and why they support the RGF:

"Aimee began ice skating when she was five years old at the Streatham Ice Rink and at 17 years old is still in love with the sport.

"Every year since 2014 she has qualified for the British National Solo Ice Dance Championship with her best result being in 2016 when she achieved a bronze medal.



"Having advanced through the different levels, Aimee is now in the junior section where she is competing against girls up to the age of 20. She is currently ranked 15th in the country.

"The encouragement and financial support given by the Rob George Foundation has meant so much to Aimee and has been hugely instrumental in allowing her to achieve her goals."

This year Tony and his wife (both in the over seventies club) completed a triathlon by swimming 10 kilometres, cycling 44 kilometres, and walking 12 kilometres (the distance from their house to Brighton Pier).

What a fabulous effort!

Gordon's Story

The RGF – top of Gordon's birthday present list



Healthcare Homes CEO, Gordon Cochrane, asked his friends, family and colleagues not to buy him a gift for his 60th birthday, but instead to make a donation to the Foundation.

This hugely generous gesture from Gordon resulted in a truly remarkable £4,675 being raised for the RGF.

Gordon told us: "When I was planning my 60th birthday I didn't want gifts, so a charity donation seemed a great thing to do. The Rob George Foundation is one that is close to all our hearts at Healthcare Homes, and a charity we regularly support by taking part in fundraising walks and treks, so I was delighted to support Philip and the RGF team in the great work they continue to do."

Philip George, Rob's father and chairman of the RGF, said: "Our average grant is around £600 so thanks to Gordon, his family and the team at Healthcare Homes we will be able to help another seven or eight young people. This is a really generous donation, which truly helps us to achieve our aim of 'Making a difference, one individual at a time', which is just what Rob wanted."

Jamie's story

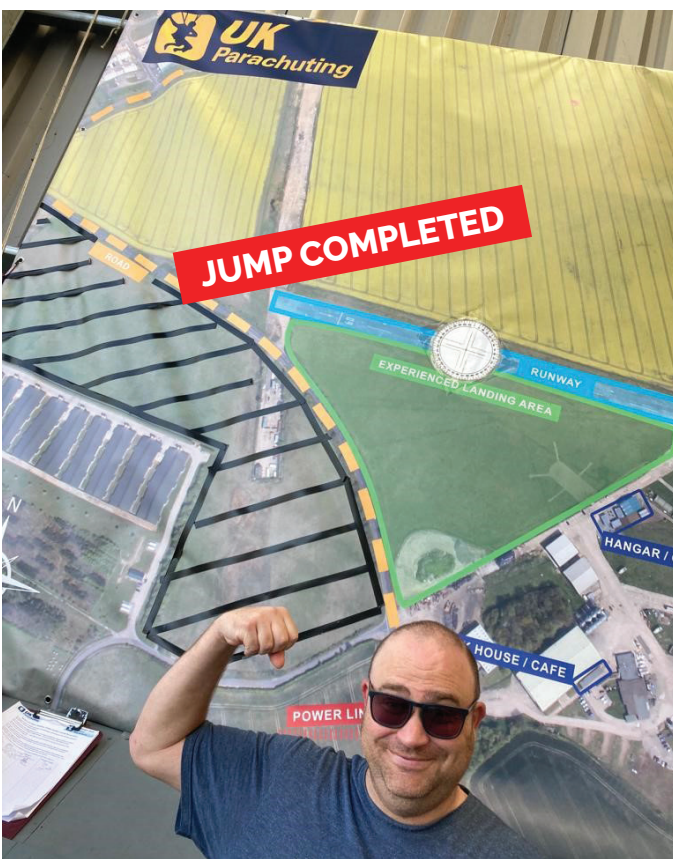
Safe landing for Jamie



After a few weather-related postponements, RGF supporter, Jamie, finally completed his tandem Skydive to raise funds for his two chosen charities – The Rob George Foundation and Autism Anglia.

Jamie told the RGF: “The time is right for me to give something back to two great causes. I was part of Colchester & East Essex Cricket Club for around a decade and had the pleasure of spending time training and socialising with Rob. I was deeply saddened by his passing, and it is important to support the ongoing work that makes such a big difference to so many young lives.”

A big thanks to Jamie and everyone who supported him and helped him raise £250 for each of these charities.



Vix's story

“The winner takes it all”, or does she?!

No... not when it's long term RGF supporter Victoria Fenner (Vix to her friends). Followers will know that Vix has been raising funds and supporting the RGF since our launch in 2014, and it will not surprise anyone that Vix plays the ‘make a smile’ lottery. The ‘make a smile’ lottery is a weekly lottery draw, a fun and exciting way to support The Rob George Foundation and St Helena Hospice while giving players the opportunity to win cash prizes!



Well, much to the delight of everyone associated with the RGF, Vix recently won £250 playing the lottery and donated it all back to the RGF, so including Gift Aid the donation amounts to £312.50!

RGF trustee, David Cant, said: “Such is Vix’s generosity and passion to see the RGF succeed it came as no surprise to me that she donated her winnings to the RGF. It is important for the RGF to acknowledge that it not a prerequisite on any RGF supporters winning any amount on the lottery to donate their winnings back to the Charity, but Vix’s gesture is greatly appreciated and valued, as is everything she does for the RGF – thank you, Vix.”

An extremely excited Vix said: “I did not even give it a second thought that I would donate my winnings to the RGF. The RGF is very close to my heart and the support they give young people across the country is so inspiring. Now, more than ever it seems, £312.50 to help a young person out there will mean a huge amount and provide so much more value and purpose than spending it on myself.”

The Sentinel Gallery



Everyone loves it when a plan comes together – well we're no different in that respect.

When we moved to The Sentinel Gallery, Wivenhoe, we hoped that the gallery would be well supported and enjoyed by many; we hoped that we would be able to raise some funds for the RGF (without having to ride a bike!) and we hoped that we would enjoy our new home.

So how did that all go?

In our first full year with the gallery well booked, we enjoyed 29 different exhibitions, mostly running for one week each, but occasionally artists stayed with us for two. The variety of artwork shared and on sale ranged from traditional painting, ceramics and jewellery to woodturning and sculpture. I think most areas of the creative arts were covered. It was all wonderful to be a part of. Visitor numbers far exceeded our expectations and I think many folks, with our encouragement, also enjoyed the delights of Wivenhoe. We locals like to refer to our hometown as 'Wiviera' – it really is (most of the time) like being on holiday living here and a day trip comes highly recommended. It's been amazing to find that so many local folks, especially those living in the newly crowned City of Colchester have never been to Wivenhoe before. Visiting is easy... a train... a bike along the traffic free Wivenhoe Trail... a bus (there are lots)... walking is an option although it's a "good" walk from Colchester... or you could always resort to a car ride (we even

have free parking nearby!). Once you've enjoyed your cultural hit at The Sentinel Gallery there are many options for hospitality too. (I think I should have worked for the tourist board!)

We have been chuffed to bits with the amount raised. Each artist wishing to run an exhibition hires the gallery and we, in turn, donate the proceeds from the hire charge to the RGF. I (Lorraine) also continue to create pictures and the proceeds are added to the gallery total. £8,035 went into the RGF account in the year 2022/23 – far exceeding our expectations. A huge thank you to all the artists that made this total a reality.

The one aspect of 'running a gallery' that has been a fabulous bonus, is the opportunity to tell visitors about the RGF. Folks are interested in our work and moved by our motivation. Being able to send them away with a copy of our Annual Review tucked under their arm never ceases to put a smile on our faces. I wonder who will enjoy reading this year's Review? Maybe you are someone new to the work of the RGF, or maybe you are someone who knew Rob and have been along for the ride with us for the past nine years? Whichever camp you fall into, thank you for your support and please continue to be a part of the world and work of the RGF. The young people that your support enables us to help are worth every penny raised!

Lorraine and Pip

Future events for your diary

and other fundraising initiatives

COLCHESTER
& EAST ESSEX CC

CHARITY
SUMMER BALL

FRIDAY 29TH SEPT
TALBOOTH RESTAURANT
JUPITER RAY

Beneficiaries are:
The Rob George Foundation

Tickets: £85 or £800 for Table of 10

ROB'S GOLF DAY 2023
Friday 1st September 2023
Colchester Golf Club

SOLD OUT

ROB'S BIG WALK 2024
SUNDAY 9TH JUNE 2024

SAVE THE DATE

Make a smile lottery is a fun, easy & affordable way to support **The Rob George Foundation**. Every week there are **142** guaranteed prizes up for grabs, ranging from **£10** to **£1,000** and a rollover jackpot of **£500**, which if not won, rolls over each week to a maximum of **£25,000**!

WIN
up to
£25,000

DO GOOD & FEEL GOOD

Good luck! only £1 per play

Scan me to support

www.makeasmilelottery.org.uk

£1 makes a huge difference

BeGambleAware T&Cs apply

make a smile lottery

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The Rob George Foundation
Registered Charity No. 1156026

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It's quite simple: visit the easyfundraising site and choose the Rob George Foundation. If the brand you are looking for is listed it will be part of the easyfundraising initiative and your online shopping will pay a commission to the RGF.

Arguably, this is one of the simplest ways to raise money for the Foundation.

And to make it even easier, you can use the attached QR code. Scan the code using the camera on your phone to sign up and get started.

Thank you and happy shopping!

Keep up to date with all of the RGF fundraising events and initiatives mentioned above and others that will appear in due course by visiting our website www.therobgeorgefoundation.co.uk or contact us for further information.

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 the firm Birkett Long LLP, solicitors to the Charity. None of the trustees receive 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:

R&H Accountants Limited
No 1 The Courtyard, Balls Farm, Tye Road,
Elmstead Market, Colchester, Essex CO7 7BB

The trustees of the RGF would like to thank the following businesses for their kind and generous support during the ninth year of the Charity's operation:



The RGF would like to express its sincere gratitude to the businesses featured below, all of whom have made donations to offset the cost of the RGF Annual Review, thereby ensuring that our funds are maximised towards helping young people across the UK:

Working together... making a difference... one individual at a time!