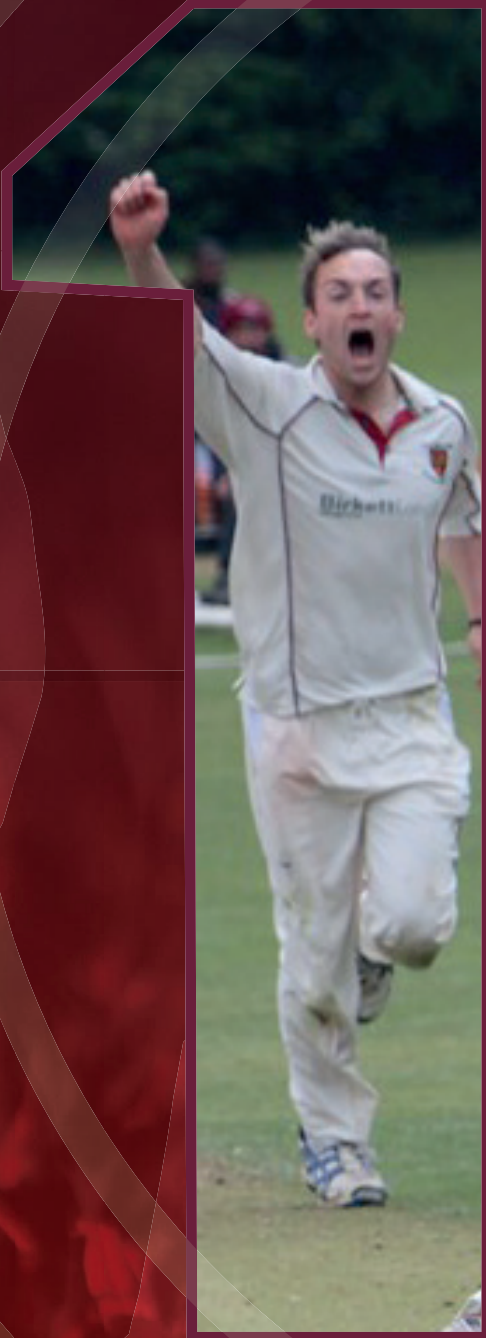




The Rob George Foundation

ANNUAL REVIEW AND FINANCIAL STATEMENT 2023/24

OUR TENTH YEAR OF OPERATION



GRANT APPLICATIONS

75%
APPLICATIONS
SUCCESSFUL



AWARDS
TALLING
£105,166



TOTAL
RAISED
£103,079



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Thank you!

Where have the last ten years gone! Even though that time seems to have flown by, rest assured the Rob George Foundation (RGF) continues to go from strength to strength. Ten successful years of operation is an incredibly special milestone in the RGF story; a milestone that give us immense pride.

Our dedicated and hard-working board of trustees continue to give selflessly of their time to ensure that the RGF runs smoothly and in accordance with strict governance and financial requirements. Our three amazing and committed patrons, Graham Gooch, Michael J Fitch and Tammy Beaumont also merit our special thanks. We are blessed with the most amazing band of supporters (they know who they are) who have contributed in so many ways during this our tenth year – whether as volunteers, fundraisers or donors – and without whose sterling efforts we would not be able to continue our work. We have included some of their contributions in this Review.

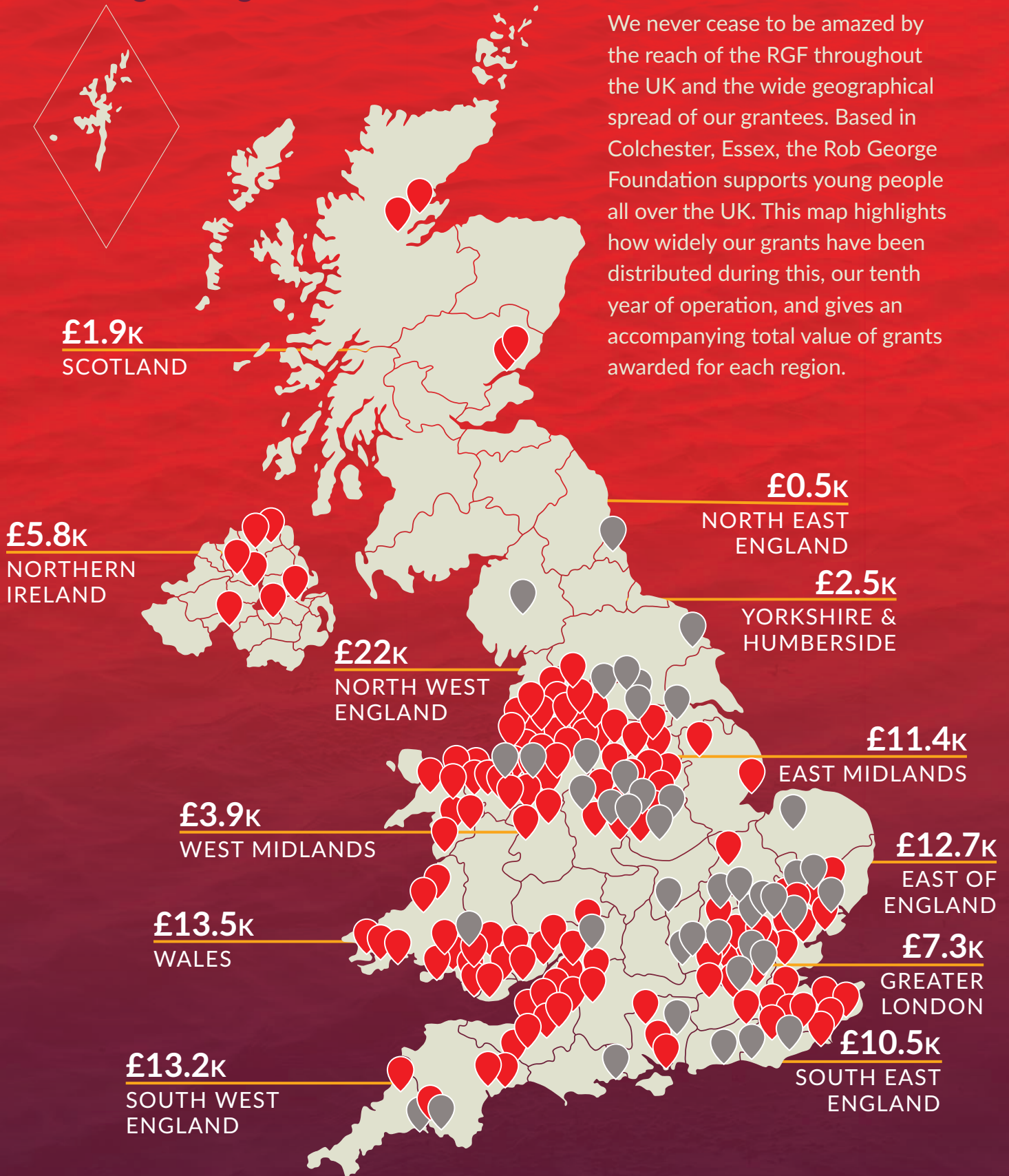


Philip and Lorraine George

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 tenth 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

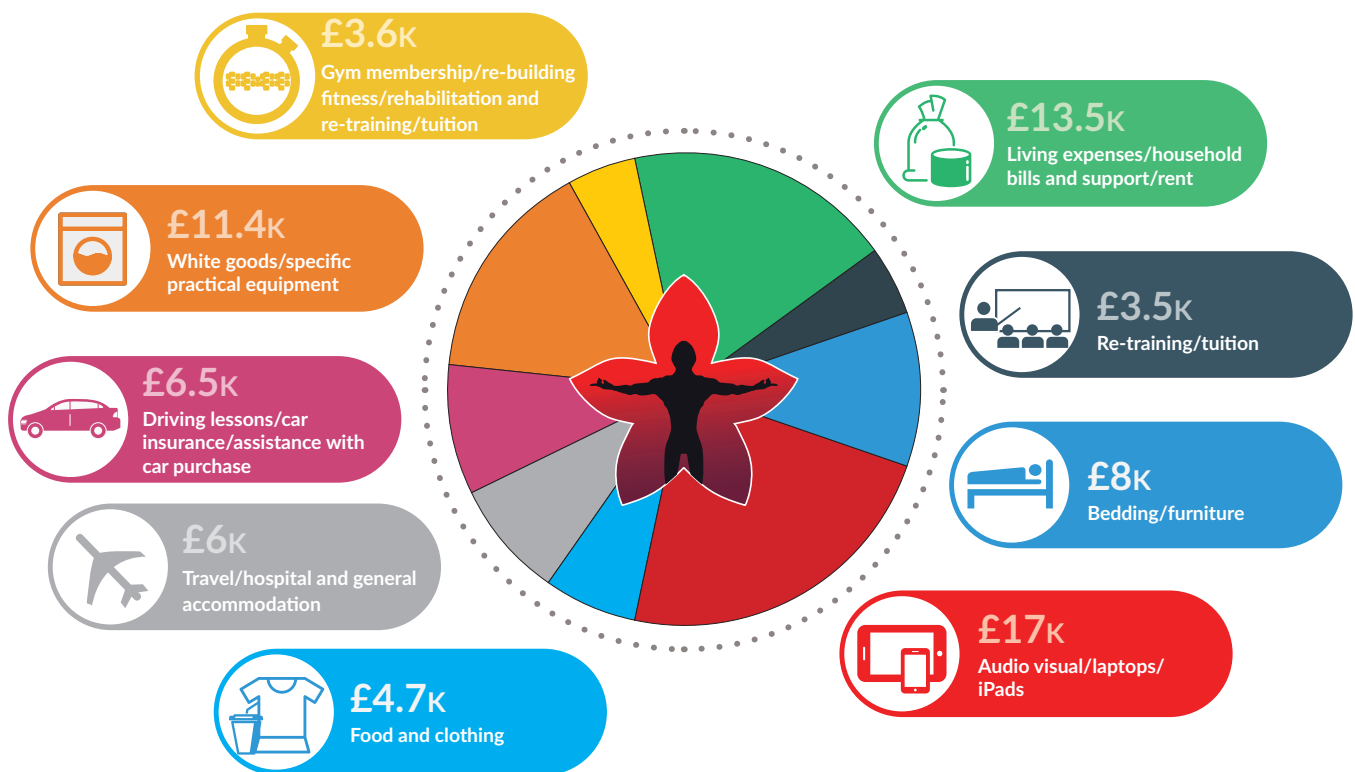
Due to the highly sensitive nature of dealing with serious and terminal illness, especially in young people, we are sure that supporters of the RGF totally understand the challenge we face in sharing and evidencing the work we do to support young people across the UK.

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.



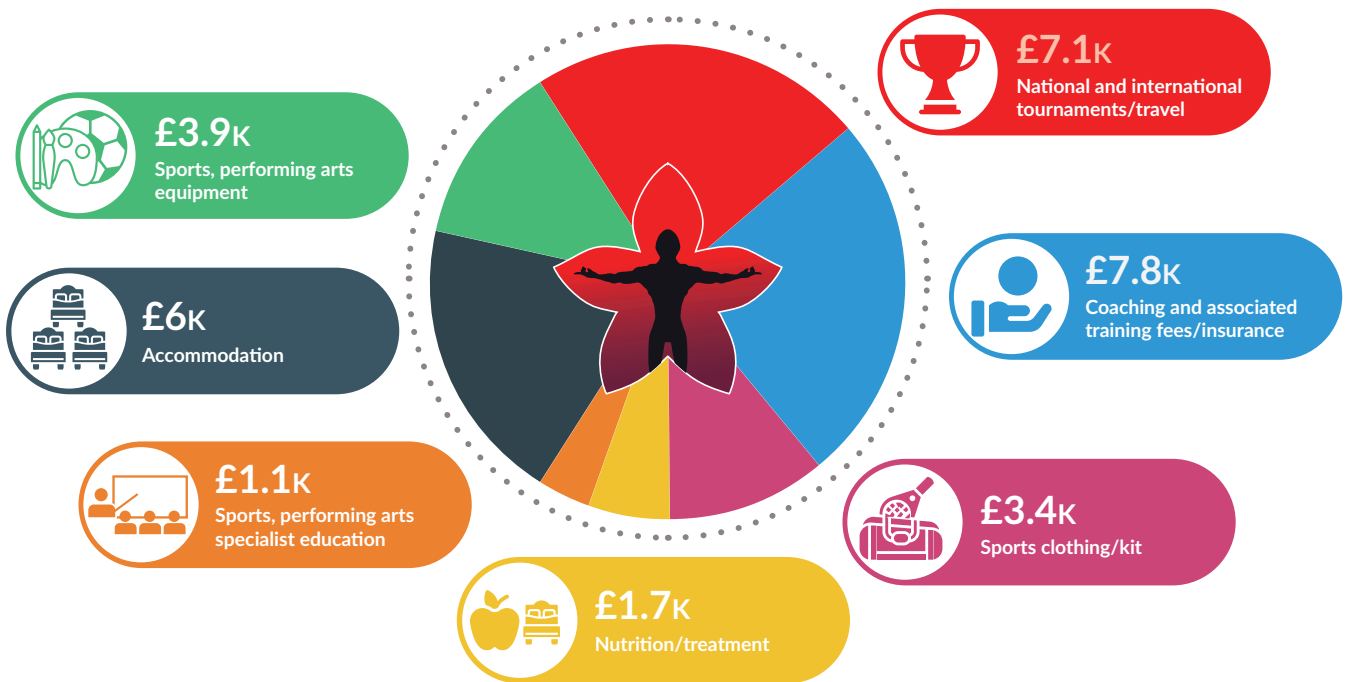
Why we still fight for change

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. 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 would be considered at a future fiscal event. Unfortunately, the arrival of the COVID pandemic early in 2020 deflected the Government's attention on to other areas. Mr Tomlinson was replaced by Chloe Smith

MP, who in a letter to us dated 1 July 2022 wrote that the position “.....remains unaltered for now. Nevertheless, both we and the Secretary of State continue to recognise the importance of this issue and keep it under consideration and will therefore ask the Chancellor to look at it again when the time is appropriate.”

In July 2023 we were granted an audience with the then Minister of State at the DWP, Tom Pursglove MP. The meeting concluded with Mr Pursglove promising to officially approach The Rt Hon Mel Stride (Secretary of State for Work and Pensions) to support our position and make available the necessary funds. We are still waiting!

Understanding how the RGF supports our Aim 2 grantees



Lucy impresses in Argentina

We were so excited to hear that last August, with support from the RGF, Lucy was able to represent GB at the 6th World Deaf Swimming Championships in Argentina.

Lucy did us proud! On returning from Buenos Aires she told us about the results from her participation in the Championships:

(14th August) 100 fly - PB: 1:12.00, 11th

(16th August) 50 back - PB: 35.69, 13th

(17th August) 200 fly - SB: 2:44.54, 6th

(18th August) 50 fly - SB: 32.54, 16th

PB = Personal best; SB = season best

We'll leave Lucy to tell us more. She says:

"I also made the final in the 200m butterfly, where I maintained my 6th position and further dropped my time from the preliminaries. Overall, I am very happy with my results, especially after a challenging year, and I'm looking forward to returning to training to improve some more. Thank you again for RGF's support for this competition."



RGF trustee, David Cant, said: "We are so proud of Lucy, not only her competitive spirit and performance levels but also the fact that she stays in regular touch, updating us on her progress. We really appreciate that."

Well done Lucy!

Trustees' Report

294 
APPLICATIONS

The trustees' report and accounts is prepared for the period from 1st April 2023 to 31st March 2024. 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).

AWARDS
TOTTALLING
£105,166 



Independence is key for Sam!

We are often asked to support grantees to fund driving lessons because learning to drive will help them get their lives back on course.

Sam's mum, Jackie, has been in touch to highlight what a difference the RGF's support has made to her son. She told us: "Sam, my 18-year-old son, was diagnosed with lung cancer on 6th March 2023. The following day he was supposed to take his driving test. It did not happen!

"Sam had his right lung removed and is now cancer free. Even more determined to pass his driving test, we approached the RGF to request funding for Sam's driving lessons. Sam started his lessons with Mike from the Mike & Mark Burgess Driving School. Being a single mum, we really needed this support from the RGF, and we are eternally grateful to them and to Mike for his guidance and patience. On 31st August Sam passed his test. He is now fully independent and the icing on the cake is that being a Wrexham fan, he can now drive to all the away games. Most importantly, he is getting his life back. Thank you."

Well done Sam!

RGF supports Henry's ambition to captain the GB U19 water polo squad



Henry approached the RGF in July 2023 to help fund a competition camp in Barcelona in September of that year. Henry's goal was to captain his team at the European water polo qualifiers in 2024, and the Barcelona camp was to act as a preparation competition of the very highest standard.

Henry and his team made great progress in Barcelona, so much so that they returned in February 2024 – under Henry's captaincy – for final preparations before travelling to compete in the U19 European Qualifiers in Bosnia, which were held in March this year.

The competition in Bosnia was tough, and the team narrowly lost to France, Czech Republic and Bosnia. But they finished on a high with a convincing win against Finland.

Henry was able to share his experiences as captain with the next generation of players at a recent talent games weekend in Coventry, where, along with his vice-captain, Henry held a Q&A session for the squads.




We wish Henry good luck in his future water polo career!

Chairman's Review

The number of applications for grants this year was 294, once again significantly up on the previous year (2022-2023: 251). This is almost equivalent to one application being received for every day of the year.

Once again nearly three-quarters of all applications were granted an award. Awards totalling £105,166 were made (2022-2023: £84,119). Total funds raised returned to pre-COVID levels, amounting to £103,079, much improved from the previous year (2022-2023: £62,110). This figure included £31,423 (2022-2023: £9,242) from fundraising events and £69,870 (2022-2023: £51,449) from donations.

The Charity is once again indebted to several trusts and other organisations who have kindly made significant donations during the year (including Hargreaves Foundation, Essex Cornerstone Freemasons Lodge and the Provincial Grand Lodge of Essex, East Anglian Arts Society, and St James' Place Foundation) 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, Essex Chambers of Commerce, 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.

TOTAL RAISED	2022/23	2023/24
£62,110		
 Applications	251	294
 Awards made	£84,119	£105,166
 Total funds raised	£62,110	£103,079

Say cheese (if you can!)

Many RGF supporters will remember Alyssa, not least for her amazing photographs! GB underwater hockey player, Alyssa, has been back in touch with a very positive update.

At this year's World Championships, the GB Elite Ladies started their competition strongly, finishing second in their group. They won a tough quarter-final against the USA, which went to extra time. Their semi-final was against the hosts, Australia, whom they had already beaten in the round-robin stages. The Aussie ladies had been getting better and better as the competition went on, and with a home advantage they narrowly managed to beat Team GB.

So, it was a clash with Columbia in the bronze medal match.

Unfortunately, the match didn't go Team GB's way and they were not able to secure a medal at this World Championships, although they did finish fourth out of a record thirteen countries at the competition. While Team GB may not have achieved what they set out to do, Alyssa and her teammates loved the opportunity to play for GB again. Alyssa, typifying the spirit of the RGF, has now volunteered to help prepare and coach the U19 GB Ladies for their upcoming World Championships in Malaysia.

Alyssa said: "Again, I would like to thank The Rob George

Foundation for your support. Your generous funding helped reduce the financial burden of competing internationally. It allowed me to concentrate all my time and energy solely on my training to become the best I could for my team."

RGF trustee, David Cant, commented: "We are proud of all the achievements of our grantees, and it's always so uplifting when we receive updates and inspiring photos, like Alyssa's, that help us to understand how the RGF has enabled dedicated and committed individuals to pursue their aspirations across the world. Well done, Alyssa."



Aims

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').

Dreams do come true!



Dancer and RGF grantee, Millie, has shared her exciting news with us.

"It brings me so much joy to share an update with you all at the Rob George Foundation. When I first applied for a grant from the RGF I cited my future goal to secure a pantomime and cruise contract. At the end of August 2023 I was offered a pantomime contract with UK Productions in York, and shortly afterwards I received an email from AIDA cruise lines offering me a contract to perform as a dancer on board AIDAstella. Unfortunately, I had to decide which contract I wanted to accept as the two offers overlapped. I decided to accept AIDAstella and will be touring around Europe and the Mediterranean, embarking this November until mid-2025.



"Dreams really do come true! My mum and I are truly grateful as this would not have been possible without your support. Please give my thanks to the wonderful team at RGF."

What a lovely story - all the best Millie!

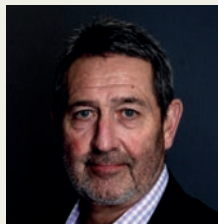
The RGF grant making principles:

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

"It's been a real privilege to be a patron of the Rob George Foundation over the last ten years. The Foundation's impact across the UK is quite remarkable, and even through the most challenging times the support shown to the RGF, especially in terms of fundraising, never ceases to amaze me. The numbers are extraordinary: over the last year the Foundation received 294 applications, awarded £105,166 in grant support, and raised £103,078 in funds. I know a thing or two about statistics and, believe me, that's impressive!"



"Please enjoy reading this Annual Review as it provides a comprehensive overview of the Foundation's considerable achievements over the last year, as well as those of its grantees."

Graham Gooch OBE DL

"Another successful year for the RGF!"

"For obvious reasons I was inspired to read Kashif's story and I'm sure it resonated with the Foundation too, knowing how cricket mad they are. It's testament that with support, commitment and dedication, dreams can come true...and having people believe in you makes a big difference too. "It's my view that every young person should have the opportunity and financial support to thrive and pursue goals in sport or the performing arts."

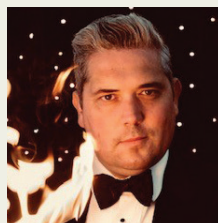


"Thank you to everyone who has supported the RGF over the last year and all the very best for 2024-2025."

Tammy Beaumont

"Well, what a remarkable ten years!"

"The RGF is very close to my heart. To be able to continue my support through the years, especially compering the magical Hurlingham Club nights, means so much to me. We've certainly had some fun, provided some genuine 'be happy' moments, and had a ball in the process (forgive the pun!)."



"Of course, fundraising is pivotal to the success of the RGF and I want to take this opportunity to thank everyone associated with the Foundation for their loyalty, commitment and generosity to a cause that reaches young people far beyond Essex and really does 'make a difference...one individual at a time.'"

Michael J Fitch

What a Ball!



Well, the feedback was unanimous: a truly fantastic evening was enjoyed by all. A near sell-out attendance, the Rob George Foundation/ Colchester & East Essex Cricket Club Ball did not disappoint – wonderfully MC'd by Michael Fitch at his best, Jupiter Ray hitting all the right notes, and, to cap it all, a truly outstanding Talbooth dinner.



The Ball wasn't all about eating and dancing though; it was also about raising funds for very special causes close to Rob's heart. We were delighted, therefore, to announce that through the generosity of those present, our sponsors, and online bidders via Givergy, we raised around £10,000!

Pip George, Rob's dad, and Chairman of the RGF said: "Our heartfelt thanks to everyone who contributed to the success of the Ball. We never take anything for granted and never cease to be amazed by the generosity of our supporters who ensure we can continue the RGF's work. And to support Rob's very own cricket club, and cricket for the younger generation, was the icing on the cake."

In addition to supporting the RGF and Colchester & East Essex Cricket Club, funds raised at the event helped to support North Essex Eagles Youth Participation Group.



Philip and Lorraine George

A trustee's reflections

David Cant, trustee, looks back on ten years of the Rob George Foundation (RGF) and reflects on some of the milestones, challenges and achievements since its launch.

"From day one, back in January 2014, the RGF has never failed in its overriding objective to 'make a difference – one individual at a time!'

"Inspired by the one and only Rob George, whose moving final words were, "be happy", the RGF has kept alive Rob's wish and vision to help others, thanks to the truly amazing determination and commitment, passion, empathy and drive of his parents – Pip and Lorraine – along with my fellow trustees and the best fundraisers and supporters in the world. Their dedication means we have provided practical and financial support to 1,532 young people across the UK. Take a bow everyone!

"As a Foundation we have certainly learned a lot over the last ten years. Safe to say, it has been quite a journey. I think anyone closely connected to the RGF will freely admit that our fundraising activities and the many interactive experiences we've had with our grantees have taken us – emotionally and physically – to places we'd never have dreamt of. Many times we have experienced tears of pain and frustration as we try to comprehend the plight of young people with life threatening and terminal illnesses and have attempted to support them, as best we can, while acknowledging that not every story has a happy ending. Yet this inevitable sadness has been mingled with tears of joy and pride when grantees have beaten their illness, or when young people have fulfilled their aspirations in sport or the performing arts.

"There is simply no over-estimating just how vital help can be for a young person who is suffering serious illness, especially as with their illness comes a host of uninvited and unwelcome challenges. We recognise too that the indirect support we provide to their families is incredibly important as they deal with the 'here and now', giving their all to cope with everything that is thrown at them. For ten years we have been aware that they all need care, compassion,



respect, understanding and, very often, financial support.

"Ten years on, one thing has become abundantly clear: just how easy it is to take everything for granted. It's tempting to make the sweeping assumption that if you are young and desperately ill you will be well cared for. Think again! I have lost count of the number of grant applications from young families with heart-breaking stories whose diminished resilience is palpable as they bare all to describe their desperate plight to help their child face an insurmountable challenge.

"For ten years (more if you count the efforts of other similar causes) we have lobbied for a change in the law to recognise that students, like Rob, who are forced to take a temporary break in their studies because of a life threatening illness, should qualify to receive

State benefits. We lament the fact that we face a total lack of empathy from politicians who say the right things and then do absolutely nothing. As a result, we find ourselves still waiting. And although our wait is further complicated by constant and frustrating changes in Government hierarchy, we will not give up!

"We must also acknowledge the devastating effect that COVID had on our fundraising activities and the level of support we were able to offer young people. Likewise, the cost-of-living crisis has inevitably seen the landscape change for the RGF. Today we face a double challenge: greater demand from young people who are dealing with life threatening/terminal illnesses, alongside fundraising under significant strain from an unforgiving economic landscape.

"Whatever the world has thrown at us, and at all the young people we aim to support, there is always that beacon, that eternal flame that spurs us on: Rob – the charismatic, handsome young man; intelligent, humorous, so full of life, fun-loving, so hugely talented, so selfless.

"It has been an immense privilege to work alongside Pip and Lorraine and my fellow trustees, and to stand together with our wonderful and generous supporters in raising funds to make a difference. Together, we have shared and experienced so much – friendship, fellowship, generosity, kindness, loyalty, selflessness, love and support – but let us not forget the loss and heartache that we have seen in our grantee community.

"Looking ahead, there is still much work to do. It is often said there are only two things certain in life – death and taxes. Having been a RGF trustee for ten years and read over 2,500 applications, I would add one more certainty to that: the need for charity!



“Our support for Aim 1 grantees is diverse, but each one reflects an essential need. The work of the RGF goes way beyond the gift of the grant. It facilitates, for example, independence (such as driving lessons), stressbusting (support with bills, rent and travel costs), personal development (perhaps private tutoring for lost time at school), and comfort (such as IT equipment to maintain social connections and ease the boredom of countless hours of isolation). It also offers practical support (clothing, food, furniture, white goods) so often needed to adapt the physical environment for young people facing serious illness.

“I would add at this juncture that we have always enjoyed outstanding support from Young Lives versus Cancer (formerly Clic Sargent), Macmillan, and other agencies, with their reassuring, positive and engaging interaction, and we commend the truly outstanding work they do 24/7.

“Our Aim 2 grantees bring us immense pride through their achievements and with their irrepressible dedication and commitment. We have watched many grantees become national and international champions, commonwealth games medallists and Olympic hopefuls in numerous sports, some mainstream, some not. We have supported musicians, actors and dancers to help them fulfil their ambitions and capitalise on the huge effort they made in their younger years. Support for our Aim 2 grantees comes in several guises but, principally, we fund travel costs, training, accommodation and nutrition, as well as competition fees and the purchase or repair of sports equipment or musical instruments.

“All our grantees are equal as they all share the RGF experience. We thrive on the smile of a young person who attains a goal in the world of sport or performing arts, or the sound of the ‘ringing of the bell’ that signifies the end of cancer treatment. And, in part at least, we live through every emotion or challenge in between.

“I cannot reflect on the last ten years without looking back to some of our crazy fundraising exploits, and those of our supporters, not to mention our grantees’ giving back, which is always the icing on the cake.

“But where do I start? Well, cycling has proved quite popular (depending on who you talk to). Let’s start with the small matter of John O’Groats to Land’s End (some would say our greatest and most testing challenge), which raised £57,000. The adventures from this trip, along with the experience of grief and loss, resulted in a book called ‘End to End – With Love’ written by Lorraine. Other cycling adventures included Colchester to

Paris; the Grand Canyon to Las Vegas; the Le Mans 24-hour Cycle Race (never again!); the London Eye to the Eiffel Tower and, last but not least, Santa’s Cycle.

“We have staged many annual events – Rob’s Walks; Rob’s Golf Days; Rob’s Cricket Days; The Rob George Annual Ball at The Hurlingham Club; Graham Gooch and John Emburey Cricket Dinners, and the Loughborough University Cricket Club Rob George Dinner. We must not forget to throw in the occasional marathon too (full and half, actual and virtual).

“Along the way our funds have been boosted by ice bucket challenges; coffee mornings; skydives; bridge days; bespoke calendars; the make a smile lottery; ski/snowshoe for Rob; the wonderful Colchester North Countrymen’s Club; quiz nights; the Yukon Arctic Challenge (there’s one for Google!), an incredible row across the Atlantic – completed in record time – and we have even swum the channel...virtually! Donations from several ‘Charities of the Year’ have also been most welcome.

“More recently, Pip and Lorraine opened the Sentinel Gallery in Wivenhoe, Essex. Not only is this their home but it is also a gallery showcasing Lorraine’s stunning artwork, which is available to purchase and from which proceeds go directly to the RGF. Other artists exhibit at the gallery and proceeds from their hire fee also support the RGF.

“This list is not meant to be exhaustive but rather to give you a flavour of the mad, fun-filled ways we have joined together to raise funds. I am convinced that Rob would have approved of all of these events. We have also been blessed with some extraordinary personal donations that have made such a difference at the point we needed them most. Everything about the Foundation, one way or another, epitomises initiative, innovation and, more than anything else, magnificent teamwork – all so inspirational.

“Thank you to everyone who has supported the RGF over the last ten years in whatever capacity – we would not have achieved anything without you. There are too many people to mention but you know who you are.

“How should I end my reflection on the last ten years? It’s simple really. Rob wanted to make a difference...one individual at a time! And he has: 1,532 young people across the UK and counting. That says it all!

“An outstanding young man – a momentous legacy.”

David Cant

Activities

It is always a challenge to find new and innovative ways to raise money. However, one of the Foundation's trustees, Glen Dobbs, did exactly that! He got our year's fundraising off to a wonderful start by walking the routes of all eleven of the London Underground lines, a distance of well over 200 miles, raising in excess of £7,500 in the process. You can read Glen's story in full on page 24.

Rob's Big Walk was again a high spot. Ellison's Solicitors very generously arranged and sponsored the event in June on what proved to be one of the hottest days of the year. A different format was chosen this time – a circular walk around Mersea Island with a shorter option for those who did not want to tackle the full 15 miles. More than 60 walkers participated and a sum in excess of £2,000 was raised.

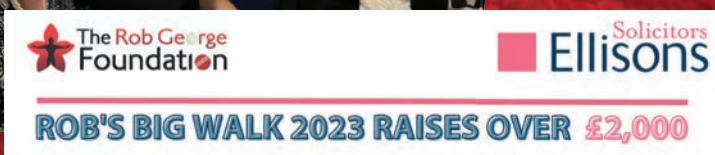
Apart from the COVID years, the Students' Cricket Club at Rob's old university, Loughborough, has held a fundraising dinner in support of the RGF. This year was no exception, and attendance – at around 230 – was higher than ever. The guest speakers were both contemporaries of Rob at Loughborough: RGF patron, Tammy Beaumont, and Emily Cartigny (who was one of the Foundation's earliest grantees).

A record sum of nearly £4,400 was raised. The University of St Andrews Students' Cricket Club is also a steadfast supporter, and once again its members held a Seagullian Ball in aid of the RGF.

The annual golf day at Colchester Golf Club took place in September and was a near sell-out. It was again superbly organised by Jenny McEvoy with a sum of around £3,750 being raised. The month of September also saw another regular feature in our calendar – the exclusive dinner hosted by one of our patrons, Graham Gooch, at Milsoms in Dedham. Attendees enjoyed listening to some wonderful cricketing stories from Graham whilst enjoying delicious cuisine.

We had not been able to hold the RGF Ball since pre-COVID days, but it was decided to put this right by organising a joint event with Rob's Cricket Club: Colchester and East Essex. A new venue, in Dedham, was chosen. Le Talbooth proved to be wonderful hosts, and another of our patrons, Michael J Fitch, was an entertaining Master of Ceremonies. Our old friends, Jupiter Ray, provided the music and guests had a fabulous time whilst raising a five-figure sum.

Justina Ridley, one of our long-time friends, marked her year as Ladies' Captain of Benton Hall Golf Club by selecting the RGF as one of two beneficiaries of the Club's fundraising



activities. The support was remarkable and Justina was able to present us with a cheque in excess of £10,000. Colchester 367 Round Table once again chose the RGF to be one of the beneficiaries of its Christmas Santa's Sleigh collections, and a number of supporters were pleased to join the Round Table team as they walked the streets of St Michael's Estate in Colchester. Essex Concert Band (conducted by Pam Garland) very generously donated its retiring collection to the Foundation, and Graham Wood of Home Sales and Lettings donated a proportion of every letting the company organised; he then purchased a number of laptops for donation to suitable RGF Aim 1 applicants.

John Davey and the other members of the North Countrymen's Club in Colchester (with their collection tin), Hannah Brooks (who produces a beautiful calendar each year), Simon Blaxill (who was sponsored for a marathon bike ride) and Colchester Dance HQ (who donated the sale of second-hand clothes and programmes at their summer show) continued their loyal support, whilst the proceeds from the Sentinel Gallery in Wivenhoe (which is owned by RGF trustees, Pip and Lorraine George) continue to be a significant source of income. Liz Webber encouraged her Stansted networking group to raise funds in various ways; she lead the way by organising a fundraising supper, and another member,

Ross Leary, organised a first aid training session and donated the entry fees.

Funds continue to be raised from the sale of cards and other merchandise, and it is particularly gratifying to have received significant donations from a number of individuals and organisations who chose to donate instead of sending Christmas cards. These included Baker Chapman and Bussey, Paul Frost, Josh Warren, Edward O'Donnell, Pete Taylor of NEAT Taxis and Marian Winters.

Another useful source of income is the RGF's membership of make a smile lottery, run by St Helena Hospice. This is a very easy way to help us, and supporters are strongly encouraged to sign up. Another welcome source of funds comes via Facebook when supporters invite donations to mark their birthdays and other significant occasions. Other initiatives, such as Give as You Live and Easyfundraising, enable significant donations to be raised by supporters as they shop online at no additional cost to themselves.

The RGF 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. Tobias Wilson and his family showed particular commitment by arranging a Danceathon to raise funds for us.



Summary of financial activities

Charitable activities

Total income for the year to 31 March 2024 amounted to £103,079, much improved from £62,110 in the previous year. We remain grateful to our many supporters for their fundraising activities and individual donations, which contributed a significant amount (£69,870) of the total this year, along with those people who were able to contribute through their support of various events.

Expenses for the year totalled £131,978. The amount that the Charity awarded to grantees increased during the year to £105,166, up 25% from £84,119 in 2023. Administrative costs including administration and website support, insurance and printing/postage etc. were almost unchanged at £4,742 against £4,777.

Investment performance

Investments held increased in value during the year by £21,622 and the Charity sold investments to the value of £46,778. At 31 March 2024 the market value of investments held was £179,946. The Charity also held cash deposits with banks totalling £54,897, up from £37,017.

Internal and external factors

There are no internal factors currently affecting the Charity. Inflationary pressures in the UK appear to be easing, which may have contributed to the ability of the Charity to increase income this year. However, fundraising remains a challenge.

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 (<i>Chairman</i>)
Glen Dobbs	Andrew Kennedy
Lorraine George	John O'Connor (<i>Treasurer</i>)

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 2024.

"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 2024, **Andrew Rutherford ACCA**
1 The Courtyard, Balls Farm, Tye Road, Elmstead Market,
Colchester CO7 7BB

Income	2024	2023
Donations	£65,870	£48,449
Donations – Restricted Funds	£4,000	£3,000
Fundraising events	£31,423	£9,242
Merchandise sales	£101	£1,032
Credit interest	£1,685	£387
Income total	£103,079	£62,110
Expenses	2024	2023
Awards	£101,166	£83,119
Awards – Restricted Funds	£4,000	£1,000
Fundraising event costs	£22,070	£2,932
Printing/postage	£607	£131
Merchandise costs	£0	£388
Admin & website support	£3,652	£4,253
Sundry	£483	£393
Expenses total	£131,978	£92,217
Excess (shortfall) for the year	(£28,899)	(£30,107)
Gain (loss) on investments for the year	£21,622	(£5,649)
Net movement in funds	(£7,277)	(£35,756)
Funds brought forward at 1st April	£242,120	£277,876
Funds carried forward 31st March	£234,843	£242,120

Balance sheet as at 31st March

Current assets	2024	2023
Cash deposits	£54,897	£37,017
Investments	£179,946	£205,102
Total	£234,843	£242,120

Emily's story – then and now

“After ten years of supporting young people, you can find page after page of incredible stories from the grantees on the Rob George Foundation website. My story goes all the way back to the start.

“Back in 2014 I was a student at Loughborough and an active member of the triathlon club. I was balancing all the important things in life like training for my sport, bringing out all the classic moves on the fusion dance floor, oh...and attending lectures of course. As a fun way to test out my training I entered the closest event to triathlon that I could find, packing a bike, helmet and running kit into my Fiat punto.

“Unbeknown to me, that event was a qualifier for the World Championships and my result qualified me for entry in my age group. I'd borrowed the bike from a friend, I was a penniless student and there was no support from the national governing body. I had no way of finding the funds I would need to attend that World Championship especially as it was in Australia.



“That was until The Rob George Foundation came along.

“I didn't know Rob personally, despite living almost parallel lives at the same university just a few years apart. In fact, Pip and Lorraine picked up Rob's graduation certificate on his behalf at the same ceremony as me. It was incredibly exciting to hear back

from the Foundation to say they'd be able to support me. But it was not just the financial funds that they gifted me that day.

“You see, what this Foundation does is truly unquantifiable. It can't be measured in the numbers of medals won by the grantees or the monetary value of the rewards they hand out. And that's because the RGF deals in dreams. They gave me the opportunity of a lifetime that day: the pride to compete for my country; the motivation and determination to see how far I could go; all things that cannot be measured in numbers or put into words.

“That experience at the World Championships only fuelled my love for sport. A love that has remained a constant in my life to this day. As a result, I have worked with sports organisations that support young athletes in their dreams. It is only now becoming apparent that sport isn't always as equal as we would like it to be; support is thin at best and not always accessible to everyone.

“That's why, ten years on, Rob's ambition to support and encourage young people in sport – regardless of their situation – is more important than ever.”



Bailey making great progress

Performing artist, Bailey, applied to the RGF for a grant to support her with her dance and performing arts training. In an update she told us:

“I have had a busy year under a new studio and made incredible progress in all genres. I train with four different schools in dance and performing arts, participating in exams in ISTD, LAMDA and IPATH. I have been successful in competitions and festivals and was nominated for a National Entertainment Award for Best UK Solo Dancer U18.

“Alongside my extra-curricular activities I am taking GCSE dance and drama and I'm involved in high school shows and dance classes. I use my grant to fund extra associate training programmes and extra dance school classes. I have a big audition coming up for a ballet and contemporary training company.

“I am proud of my training, work ethic and my progression in dance and performing arts. I hope to continue to learn and

thrive all round, so that I can then go on to audition for dance college when I leave school.



“Thank you to the RGF for funding part of my additional training. My family and I will be eternally grateful for the difference this has made to my personal development.”

Recently, Bailey performed in front of thousands of people at the Move It 2024 Dance Convention at ExCel, London. Later this year Bailey will perform at her second consecutive professional pantomime at the Ipswich Regent Theatre.

Keep up the great work Bailey!

A proud moment, or two, for the RGF

We are delighted to share that RGF grantee, Kashif Ali, scored an accomplished maiden century for Worcestershire CCC on the opening day of the 2024 County Championship season at Edgbaston.

Kashif struck 110 in what was described as a very composed and richly deserved century.

The story does not end there though. In Worcestershire's second innings Kashif scored his second century of the match. What a stunning performance from a player who only joined Worcestershire two summers ago on a trial contract from the increasingly renowned Birmingham-based South Asian Cricket Academy.

RGF Chairman and Rob's Dad, Pip George, said: "The RGF has a very special bond with cricket. Rob loved the game and to see Kashif score his maiden and second century in the opening



of the Essex CCC Academy, which he subsequently joined. He excelled there, often representing the Essex Second XI. The rest is history.

Kashif approached the RGF in 2017; the 19-year-old citing his sole ambition to become a professional cricketer. There was

no doubt that he had the skills, application and fitness levels to achieve his goal, but he needed funding to maintain his training routine and contribute towards the considerable travelling expenses to cricket matches, training and gym sessions. Kashif's application was successful and the RGF supported him over the course of a year in order to fund his development

The photo (top right) shows Kashif at Lords wearing his MCC kit – he was 12th man v Afghanistan in 2017 – and, more

importantly, proudly displaying his RGF grant letter. And, on the right, with Philip George, RGF Chairman.'



game of the 2024 First Class season is a moment of great pride and inspiration for the Foundation. We all hope that Kashif can now bat on, scoring many more centuries and enjoying a rich and rewarding career."

Kashif said: "It is a huge moment in my cricketing career to make my first century and to follow it up with a second is beyond my wildest dreams. The RGF played its role in my journey, and I will never forget the support they provided back in 2017. Most importantly, the RGF believed in me – that will always mean so much."

Kashif came to the UK from Pakistan in 2012 along with his parents and four siblings. He soon developed a passion for cricket and joined Dunstable CC. It was not long before he was selected to represent Bedfordshire and caught the attention



★ Zak's off to the Olympics

"I was introduced to the Rob George Foundation in 2015. They generously helped my family fund my attendance at the World Age Group Championships in Denmark, where I competed in double mini trampoline and trampoline. I ended up fifth on trampoline and second on double mini, and walked away with a medal. I do not think I would have got to this competition without the help of the RGF and to me that means so much!

"Since then I have become part of Team GB.

"This entailed selection for several World Age Group Championships between 2015 and 2019. Although I did not do very well at these competitions, they were a learning experience in how to become a better athlete.

"I made my senior debut at the 2021 World Championships in Baku, finishing ninth, which was a massive shock! It made me realise that I had the potential to do well.

"After that came the 2022 World Championships in Bulgaria. Unfortunately, it was not my day but again, the experience was a lesson that helped me to improve.

"2023 saw the start of the Olympic cycle, with three World Cups and a World Championship. The first took place in Coimbra, Portugal, where I achieved a good baseline from which to build. The second World Cup was in Palm Beach, Florida. This was a huge step up for me, as I managed good routines and walked away with a bronze medal...a massive milestone! The third competition was in Varna, Bulgaria, where again my routines were good but not quite good enough to get the result I wanted.

"Then came the biggest competition of the year: the fifth World Championships in Birmingham. To qualify for the Paris Olympics I needed to make the final by finishing in the top eight. Throughout this competition I felt relaxed and ready to perform. It seemed I improved as the rounds went on: from prelims to semi-final, and from semi-final to final. I successfully reached the top eight, qualifying for a quota spot in Team GB and overall finishing fifth. 2023 was a good year for me!



"At the start of 2024, two World Cups remained in the Olympic qualifying process. The first was in Baku, Azerbaijan, and although the prelims went well and I hit good scores, I couldn't quite put it together in the semi-final. I did, however, finish in the top 24, so not a bad



result. The second, in Cottbus, Germany,

was similar; I had a strong prelim but not such a good semi-final, although it was good enough to finish with a reasonable placement.

"The final competition before Olympic selection was the European Championships in Guimaraes, Portugal, where I finished 24th. But together with my synchro partner, Corey, we walked away as European champions in synchro – this was a massive achievement for us.

"To be selected for Team GB is incredible. I have to say that back in 2015 this was just a dream and without the help of the RGF I'm not sure how far I would have been able to go in this sport.

Without being able to travel to the World Age Group Championships back in 2015, my career may have gone very differently. So for me, the Foundation means a lot! Not only will my family and I be forever grateful for the help that was provided when we needed it most, but also I want to say that this amazing Foundation is run by some of the most caring and wonderful people who genuinely want to help others."

Zak is pictured on the far right of the first row.

★ The RGF helps bring joy to a seriously ill little girl

“In October 2022 our daughter, Seirian, had just turned seven; she was immersed in school activities, sporty, bright, and close to achieving a black belt in Taekwondo.

“Seirian started to have what we thought were growing pains or muscular strains following exercise, which were checked out by our GP and A&E. However, after she had experienced significant pains in her legs for several weeks we eventually received a diagnosis of Acute Lymphoblastic Leukaemia (ALL) from Alder Hey. The news was devastating and our world fell apart. The fear my husband and I experienced in the following weeks is hard to put into words. Having had a difficult and fraught road to become parents, we couldn’t believe that our beautiful girl had cancer.



“The journey through treatment has been tough. The drugs used to treat the cancer are incredibly strong and toxic, and, in December 2022, one of those drugs caused Seirian to have a stroke. Along with this complication, Seirian’s cancer cells were not responding well to the initial chemotherapy. We were incredibly grateful and lucky to be able to move Seirian

to cutting edge immunotherapy treatment as an alternative to her toxic treatment regime, and the response has been good.

“Seirian is now over halfway through her treatment, and throughout we have been extremely proud of the strength and bravery she has shown. We spend a huge amount of time in hospital or at home coping with the side effects of maintenance chemotherapy or illness due to her lowered immune system. What continues to keep us going is the support of family, friends and agencies who have helped us navigate through this journey. Charities, funding projects and support workers all combine to make Seirian’s life – and ours – a little better, through financial help and equipment, or fun stuff and days out.



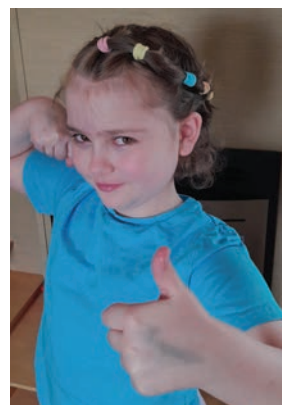
“Seirian absolutely loves school and the relationships she has there. She is bright, articulate, keen to learn and, we would say, a social butterfly. All this was lost when she started treatment,



and while Seirian manages the odd day at school she has mostly missed Years 3 and 4.

“We desperately needed a way to keep Seirian in touch with her friends and her school, as well as entertain her on the long days in hospital. With the help of our Young Lives versus Cancer support worker we were able to apply to the Rob George Foundation for an iPad, which Seirian received in August 2023, and it has been invaluable.

“Seirian has used it to keep in touch with her school and Taekwondo friends. They play interactive games together, FaceTime each other and have fun. Hearing Seirian laugh and giggle during otherwise stressful times is a blessing. The iPad also serves as a distraction when she is in pain or having difficulty with her mobility. It has meant Seirian can engage with the many support visitors to the hospital on a digital level, using animation software, creating music or researching historical facts and jokes to share with the consultants and nurses.



“To buy an iPad would have been beyond our means, but it has proved priceless in the joy it brings Seirian. We truly believe that her mental health is bolstered by being able to engage with her friends, and she is doing well despite everything. We are all looking forward to the end of treatment and will be forever grateful for the support we have had from the RGF.”

✦ Sophie's brave and inspiring story

Sophie Mulligan's battle with leukaemia has been long and tough. Here, she gives us an insight into her incredibly challenging journey.



"In 2015, as I was preparing for my first-year exams at university, I was given the devastating diagnosis of acute lymphoblastic leukaemia (ALL). At 19 years old, my whole world was turned upside down as I was told that I would need two-and-a-half years of treatment with the aim to cure the disease. At that point it felt like all control had been taken away from me, and I went from having a bustling social life, working towards a psychology degree and looking forward to travelling the world with my partner, to being in hospital for six weeks while I was treated with my first round of chemotherapy.

"From the get-go, I knew that although I couldn't control what was happening to me, I could control how I dealt with it, and from the first day of treatment I tried to remain as positive as possible and do what I could to help the situation. One of the main things I did (with the encouragement of my medical team, family and friends) was to carry on exercising. Sport had always played a huge part in my life and it was something that I knew would help both my physical and mental health. Although I couldn't do anything too crazy, I tried to go for a walk every day, even if it meant I could only get to the bottom of my driveway and back. It felt like I was doing something positive and gave me a sense of achievement.

"However, as ALL has the potential to enter the

brain, I had to have many lumbar punctures to administer treatment into my spinal fluid. This caused a slipped disc in my back, which resulted in awful back pain and many sleepless nights. I wrote to the Rob George Foundation – another patient had told me about the Charity – who kindly

provided me with the funds to buy an orthopaedic bed to help relieve my pain.



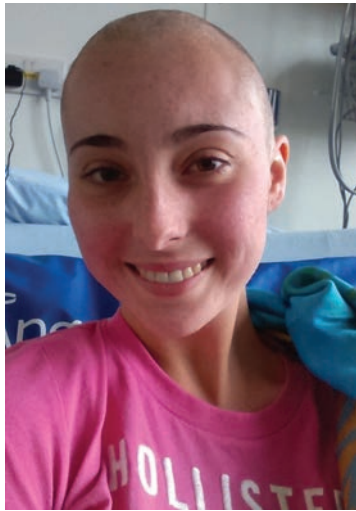
"The effects of the bed were immediate. My nights were now pain free and I could get plenty of rest while battling through my treatment. After about a year of treatment I started an 18-month course of oral chemotherapy during which time I was able to join the gym again. By September 2017 I had finished all my

treatment and was in remission. My partner and I went on some long-awaited holidays, and life started to get back on track.

"But in June 2018 I was given the news that the leukaemia had returned and a stem cell transplant was my best chance of survival. In October 2018 I was admitted to an isolation



room at my local cancer centre and was in hospital for nine weeks while the transplant took place. The process was tougher than I ever could have imagined. My body felt like a shell of what it once was. It was impossible to exercise, and when I was finally discharged it felt like the journey had only just begun. It took around 12 months for me to start feeling back to my usual self – relatively speaking – and I tried my very best to not let the situation get the best of me.



“Due to the amount of steroids I was taking to help manage the side effects of my treatment, I suffered avascular necrosis affecting my hips, shoulders and elbows. At times, the pain was excruciating, but my orthopaedic bed that the RGF had funded was a huge help in enabling me to sleep comfortably despite my crumbling joints.

“In February 2020 I was told that I had relapsed for a second time and that CAR T cell therapy was the best option for me. This is a relatively new treatment, and at first I felt very apprehensive. But I tried to remain positive and took the ‘third time lucky’ approach. I knew that my body was still healing from the stem cell transplant and I needed to get as strong as possible to give the CAR T cell therapy the best chance of working. That’s when I found the charity, MOVE Against Cancer. I was referred to their eight-week online support programme, and from the very first call with one of their cancer rehab specialists I knew that this was exactly what I had been looking for throughout my whole cancer journey; I was just gutted that I hadn’t found it sooner. I was given a bespoke exercise programme tailored to my needs and goals, and over the eight weeks I worked one-to-one with my cancer rehab instructor to get me in the best physical shape before going into hospital for the treatment to begin.

“I was admitted for CAR T in May 2020 and was told at the time that I would likely be in hospital for six weeks. However, unlike my previous treatments, I now had a ‘toolkit’ of exercises. These would be things like gentle stretches, yoga, breathing and some chair-based exercises if I was having a tough day. It was at this point I realised the true power of exercise for those living with and beyond cancer, as I dealt with the therapy incredibly well, and was discharged from hospital after just two weeks.



“When I got home, I was even feeling well enough to play badminton in the garden with my parents, and do some resistance band workouts that I had learnt during the MOVE programme. I was so grateful to MOVE for all the support they had given me that I knew I just had to get involved

more in the charity. I now work full time for MOVE and am four years in remission from ALL. I have had both hips replaced and have had a partial shoulder replacement, so even my joints are on the mend!

“I am so grateful to the Rob George Foundation for helping me at the time I needed it most and allowing me to get restful sleep through my cancer treatment and related surgeries.”



★ George's story - My illness stole my ability to play sports

Aplastic anaemia occurs when the bone marrow fails to make enough new blood cells. It's a rare but very serious disease, as George explains.



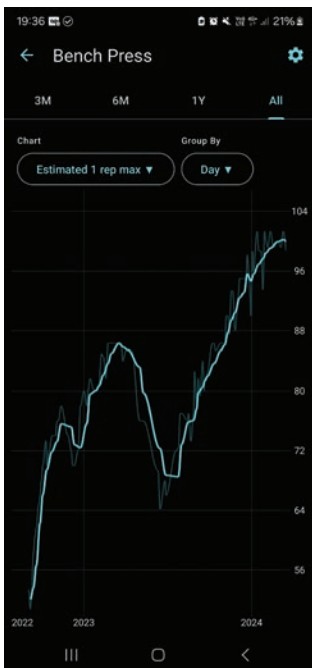
"I was diagnosed on 14th February 2022, after noticing symptoms for a month (most notably an hour long nosebleed during one of my engineering final exams).

"I underwent a course of chemotherapy and a bone marrow transplant, but I was unable to go

to public gyms while I was recovering due to my compromised immune system. The RGF generously funded weights for a home gym, where three of my great friends and I would train nearly every day at university. I recovered from the condition well, competing and winning a boxing match at a university fight night early last year.

"However, I caught COVID in my final year of engineering at the University of Bath, at which time I was writing my dissertation. As a result of COVID I lost nearly 15kg and

most of my strength. (The graph alongside this article shows my estimated bench press 1rep max; a good and accurate indicator of strength that chronologically tracks all my workouts since I received



the weights; the dip shows when I was ill with COVID.) The donated weights were once again used nearly every day during my second recovery.

"The RGF funded home gym brought me closer to my best friends during a time of need and allowed me to build confidence in myself, physically and mentally.

"Every year I intend to complete a physical challenge

to demonstrate I'm stronger than I was before I got ill. Coupled with my desire to give back to the wonderful RGF, this year, along with my mate, Angus, I will be cycling from Buckingham Palace to the Arc de Triomphe...with no sleep! It's approximately 450km (280 miles) of cycling with a ferry crossing in the middle. We aim to complete the ride in 24 hours and raise much needed funds for the RGF - it's so important to me to give back."

RGF trustee and Rob's mum, Lorraine, said: "George, you're an inspiration and you epitomise everything we look for in our grantees."



The Rob George Foundation

Rob's legacy in numbers. Ten 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!



£1.378m

TOTAL INCOME TO DATE
(INCL. UNREALISED GAINS)

1,518

TOTAL NUMBER OF
GRANTS AWARDED

£877k

TOTAL AMOUNT OF
GRANTS PAID

£577k

AVERAGE GRANT PAID

2,299

TOTAL APPLICATIONS
RECEIVED

614

TOTAL APPLICATIONS
DECLINED

124

TOTAL APPLICATIONS WITHDRAWN/
NOT PROGRESSED

43

APPLICATIONS PENDING
(AS AT 31ST MARCH 2024)



Loughborough University meant the world to Rob – clearly the feeling is mutual



“The Rob George Foundation means a huge amount to our Club. Rob was chairman of Loughborough University Men’s Cricket Club, and he leaves a legacy that is a source of inspiration and pride for the cricket community at our University. Although none of our current cricketers

knew Rob personally, it means a huge amount to us to be able to raise money in Rob’s name and to honour his memory through the RGF dinner – our favourite event of the year.

“The Loughborough Cricket Club RGF dinner this year was a great success. Not only was it a very enjoyable evening for

everyone, but it also raised money for a great cause... one that is very close to the heart of Loughborough University Cricket. We had two guest speakers: Emily



Left to right Tammy Beaumont, Lorraine and Philip George, Emma Cartigny

Cartigny, one of the RGF’s earliest grantees, and Tammy Beaumont, England cricketer and dear friend to Rob. With an excellent attendance of 200, it was an action-packed evening that raised over £5,000, a record-breaking amount of which we are all very proud.

“It is great to see the RGF do so well, and our Club looks forward to continuing our support of the Foundation.”

Ellisons and the RGF – walking together

Chris Harvey from Ellisons Solicitors first became involved with Rob’s Big Walk back in 2019. The walk brings people together whose common goal is to raise money for the Rob George Foundation. Chris takes a look back on the successful – if exhausting! – walks since that time.

“Ellisons entered a team in 2019 and I personally walked three legs of the 81-mile long Essex Way, which equated to about 21 miles. This was easy, at least compared to some teams that had walked for the entire two days, as evidenced by the state of their feet! My overriding memory from that year is seeing a perfect sunrise in a field somewhere between West Bergholt and Dedham, with a long line of walkers heading off into the distance.

“Unfortunately, the pandemic put a stop to the 2020 walk, but it was back in force in 2021, covering the full Essex Way. After that walk Ellisons agreed with Philip and Lorraine George that our firm would organise Rob’s Big Walk in 2022, and it was a privilege for me to lead the efforts to deliver this.

“In 2022 Rob’s Walk was not quite as Big, as we limited it to part of the Essex Way, starting in Great Tey and ending in Harwich (approximately 36 miles). Over 60 walkers were involved throughout the day. A minibus shuttle service helped to get our walkers back to their cars at the end of a leg and those lucky enough to be on the final part of the walk into Harwich enjoyed a fantastic meal at The Pier, where they compared blisters! It was also brilliant to see Lorraine somewhere on each leg completing her painting challenge.

“The following year over 60 walkers took part in a circumnavigation of Mersea Island, a total of 14 miles. The benefit of this route is that it’s difficult to get lost! Although that took a lot of pressure off the walk leaders, the heat was on as temperatures soared to over 30 degrees, presenting a real challenge. The refreshments at Mersea Barns were even more deserved.



“My memories from Rob’s Big Walk are all about people, friendship and team spirit. Walkers of all backgrounds and ages join together with one common goal: to raise money for the brilliant RGF. I have been lucky to be able to spend time with Philip and Lorraine during various parts of the walks over the years, and to find out more about Rob. Although I was never lucky enough to meet him, I am sure he would be extremely proud of the legacy that Philip and Lorraine have created, and of all the great work the Foundation has done.

“I’m reminded of that work on a regular basis as I read social media posts with stories of the incredible young people supported by the funds raised. For me, it is an amazing feeling that some of those funds have been raised by my brilliant fellow walkers.”

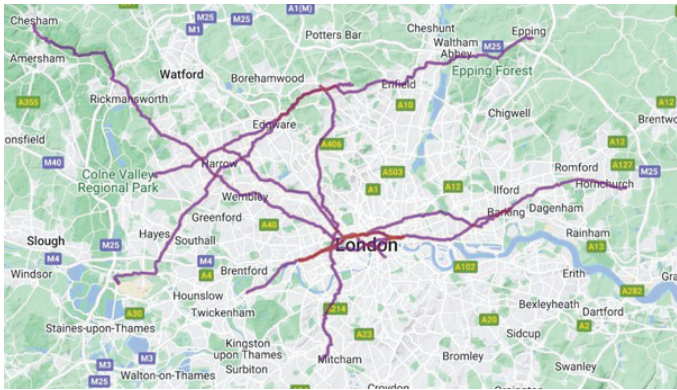
Guy Longhurst, Managing Partner at Ellisons, said: “The firm has been very pleased to support Rob’s Big Walk and the Rob George Foundation over the years. A huge thank you to all our colleagues, family and friends of the firm who have supported our fundraising efforts.”



Glen walks the lines for the RGF

Glen Dobbs is a trustee of the Rob George Foundation and was one of Rob's best friends. He works in the investment team of The Wellcome Trust, a charity that funds research to solve urgent health challenges throughout the world. In 2023 he undertook an enormous challenge in order to raise funds for the RGF.

"Rob and I were firm friends from the time we started secondary school together in 2003. Rob was kind, quick-witted and never failed to put a smile on my face. He did well in class and excelled



in a range of extra-curricular activities. After seven years at school together we remained best of friends in the years thereafter. Rob always had immense strength of character and a positive attitude, but especially when facing his leukaemia diagnosis. Leaving hospital after visiting Rob, I realised how much he made me laugh, something Rob managed with all who knew him, even in the hardest of times. Rob is missed every day, but leaves behind a wonderful legacy with the RGF's mission that he set in motion.

"It is this mission, as well as my connection to Rob, which led me to want to raise funds for the RGF. Since 2019 I have also had the privilege of being a trustee of the RGF, experiencing first-hand the difference the charity makes to so many young people's lives, as well as the value placed on governance and decision-making to get the most impact from the money raised. I therefore decided last year to challenge myself to walk from one London Underground terminus to the other (the furthest apart where there are multiples) of each of the eleven lines, over the course of a single month.

"After lots of planning I set out early on Saturday 1st April 2023 from High Barnet station at the end of the Northern line and reached Morden in South London relieved and tired 23 miles

later, well aware this was only the fifth longest of my walks. After ticking off two shorter walks, I headed out past the M25 to the Chiltern Hills to begin the Metropolitan line at Chesham, the longest walk of my challenge. By the time I reached Aldgate in East London (having found out why Harrow-on-the-Hill is so called...) my legs felt every bit of the 73,562 steps, 35 miles and 10 hours 39 minutes of walking.



Glen Dobbs with Philip George, RGF Chairman

"After a rest day I trekked from Upminster, passing Barking, Canary Wharf and Hammersmith on my way to Richmond in south-west London. The day after this 30-mile District line walk, I dragged myself to Harrow & Wealdstone for a relatively short 31,000-step stroll to Elephant & Castle, before retrieving my (remarkably still functioning) headphone charging case, dropped three days earlier near a meadow by the River Chess.

"The following weekend, another trip beyond the M25 and a very wet Epping Forest made for a challenging Central line walk, the second longest at 31.2 miles. For the Piccadilly line, 54,000 steps culminated in an attempt to find a pedestrian route into Heathrow T5 under the watchful eye of airport security. I had my fundraising page ready in order to explain why my only luggage was a waterproof, an energy drink and some biscuits!

"After walking the Hammersmith & City and Victoria lines, I completed my challenge on 30th April, finishing with the Jubilee line at Stratford station, where I was welcomed by Rob's dad and RGF Chairman, Philip George, together with some of my friends.

"I was immensely proud to complete the challenge, covering 217 miles in 65 hours 23 minutes and 454,694 steps. I am grateful to my unbelievably generous supporters, with whose help I raised £7,586.25. A special mention must go to those who walked part (or even all!) of some lines with me. The power of these donations means the RGF can continue to do its amazing work under both Aim 1 and Aim 2, helping young people, one individual at a time."



★ A big RGF thank you to Graham and Emily Wood – making a difference...one individual at a time!



The Rob George Foundation was delighted to be able to support a young leukaemia sufferer from North Wales. Lauren has had a terrible time since her diagnosis, including having to endure a period in critical care due to complications associated

with her treatment. As a consequence, she now faces extensive reconstruction surgery, which could be life-changing. The Foundation has been pleased to provide Lauren with a laptop that will enable her to continue with her studies, as well as support her emotional wellbeing by helping her keep in touch with her friends via social media.

The brand new laptop was donated to the Foundation by Colchester-based letting agency, Home Sales & Lettings. Graham Wood, director (pictured presenting the laptop to Rob George Foundation trustee, Lorraine George) said: “We were delighted to be able to support the RGF by donating this laptop computer. By setting aside a proportion of our fee each time we let a property we hope to be in a position to donate many more in the future.”

RGF trustee, Philip George, said: “The Foundation is enormously grateful to Home Sales & Lettings for their wonderful support.

We receive no public funding, and without the generosity of companies like Home Sales & Lettings and individuals like Graham and Emily Wood, we would not be able to continue our work.”

★ Amazing support from Benton Hall Golf Club

Benton Hall Golf Club captains – David Kirkpatrick, Justina Heddell and David Moseley of the men’s, women’s and senior sections, respectively – ended their 12 months of captaincy towards the end of last year, having supported fundraising events for two local charities: one was our very own Rob George Foundation and the other was The Js Charity.

Several raffles, including one with a prize of a year’s free membership at the Golf Club, and many other events saw the BHGC raise a staggering £20k, which was divided equally between the two local charities.

Long-term RGF supporter, Justina, said: “We were lucky that our fundraising events were very well supported by the Club and the members. For many years I was a colleague of Rob George’s father, Philip, at law practice Birkett Long. We are enormously proud that we’ve been able to assist with what are such important causes.”

Pip George, Rob’s dad and RGF Chairman, added: “We are immensely grateful to Justina and her fellow captains and the members and supporters of Benton Hall Golf Club for choosing the RGF and The Js as their charities of the year. The funds raised make such a positive difference to the support we can provide to young people in Essex and across the UK.”



Fundraising

Three simple ways to support the RGF

make a smile lottery is a fun, easy & affordable way to support **the Rob George Foundation**. Every week there are **282** guaranteed prizes up for grabs, ranging from **£5** to **£1,000** and a rollover jackpot of **£500**, which if not won, rolls over each week to a maximum of **£25,000!**

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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:

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Solicitors:

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Colchester, Essex CO3 3WG

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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 tenth year of the Charity's operation:



R & H Accountants Limited



Kylemore Services Ltd.



The Sentinel Gallery

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

Special RGF thanks to Peter and Amanda at Smith & Watts, and to Ruth Wiseman for their huge support helping us compile this year's annual review.

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

