

Rob George Foundation Impact Report 2025/26



Overview

Since the Rob George Foundation has been administered by ECF, a total of 23 grants have been awarded. This figure does not include the 16 grants that were originally approved by the Rob George Foundation and subsequently transferred to ECF for payment.

These grants have made a significant difference to individuals across Essex, Suffolk, Norfolk, Cambridgeshire, Hertfordshire, and the London Boroughs. This report highlights the overall impact of the programme, presenting key figures alongside stories that demonstrate the positive difference the funding has made to the lives of those supported.

The grants have provided practical and financial support to young people living with life-threatening or terminal illnesses, as well as those with exceptional talent and commitment in sport who face financial barriers to achieving their ambitions.

Page 3 shows the headline figures and information on primary beneficiaries.

Pages 4 - 11 show stories and impact of some of the grants awarded. These sections include details about the grant's purpose, along with feedback, special messages, and photos from the recipients.

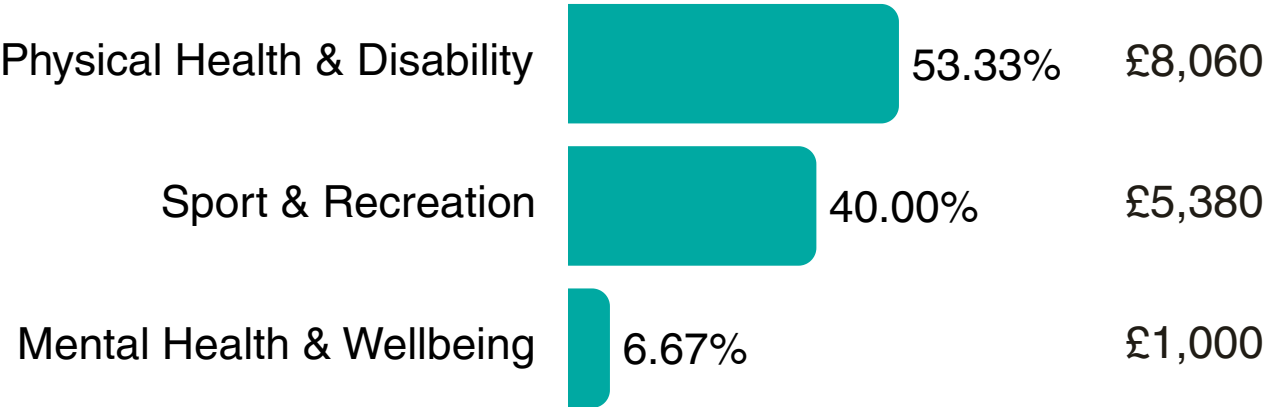
Fund Insights

Grants awarded 01 July 2025 to 30 June 2026

Overview



Grant Issues Supported



Grant Impact

Sport

Destiny Ogali

Destiny received a grant of £490, Destiny is an U23 international sprinter and the grant awarded supported him with the costs of attending a training camp in Portugal. Destiny Ogali is a 24-year-old U23 international sprinter who has represented both Great Britain and England at junior and senior levels. He specialises in the 100 metres, 60 metres and the 4x100 metres relay, and trains at Jarman Park Athletics Track in Hemel Hempstead.

Feedback from Destiny tells us:

The grant helped in covering my flight costs, airport transfers, accommodation, gym, breakfast and coaching for the duration of the Warm Weather training camp. Thank you so very much for your support. With your help, you have been able to make my dreams into a reality, and I am so very grateful for that. I know that elite sport doesn't last forever but the memories you have and create certainly DO. For me, this warm weather training camp was a memory that will be etched in my mind and heart for the rest of my life. Many athletes don't have the opportunity to travel the world doing what they love. I certainly don't take this for granted. Thank you so very much for your help and support in making this happen for me. It means so much!

Without the funding, I simply wouldn't have been able to afford the trip. I have only ever been on a warm weather training camp once before and that was 3 years ago. I got the chance to visit a country to which I had never been to before all whilst being able to train in an amazing environment with incredible athletes, facilities and coaching. Without the grant, none of this would have been possible.

I learnt how to navigate my nutrition. We were training basically everyday 2x a day for the whole week. The high load and demands on the body require adequate fuelling to mitigate the risks of injury and under-fuelling that can prove to be detrimental to your overall progress as an athlete. I also had the chance to get to know my training partners better as we were spending so much more time together both on and off the track. I got to add another European country to my list too which I really enjoyed!

The grant has given me the chance to continue to pursue my passion. All I want to do is run. I've had the goal of reaching the top level of the sport and I don't plan to give up on that.



Grant Impact

Sport

Continues ...

Receiving support for experiences and trips like Warm Weather Training give you that reassurance that people still believe in you and want to see you achieve your goals. It also gave me some more in depth knowledge into the benefits of warm weather training and how helpful it really is to just get away and train in some warmer climate. I plan to go on more trips like this in the future to aid me in my journey. There were difficulties for sure.

I developed some left hamstring soreness upon returning from the camp as a result of the buildup of soreness from the training. I learnt that I needed to improve upon my rest and recovery methods with me now incorporating ice baths, naps and a revised dietary plan to ensure my body can meet the demands of my training. As my coach says, I need to become more robust! It's never an easy thing to hear but it's true.

To become an elite level athlete, you need to train well, sleep well, eat well and recover well. After all, as a sprinter you will have to be able to progressively get faster through the rounds at a major championship such as The Olympic Games. Your body has to be able to cope with the demands of your event continuously.

I want to continually get faster. I want to take the next step to become the athlete that I know I can be. With the Olympics looming in 2028 I know I have the ability to compete there. That's the goal. Between now and then it's all about preparation. Not just physically, but mentally as well. I need to ensure I can cope with the internal and external pressures that inevitably come with elite level sport. With 2 years to go, the journey is well and truly underway. I'm very excited for it all!

Grant Impact

Sport

Evie Lake

Evie received a grant for £650 towards the costs for Evie who was selected to represent the Great Britain Deaf Women's Football squad at the 2025 Deaflympics in Japan.

Evie was born hearing but sadly contracted meningitis leaving her deaf.

In October 2022, Evie was part of the England Deaf Women's Futsal Team that made history by securing their first-ever European Championship title at the European Deaf Futsal Championships in Montesilvano, Italy. They defeated Spain 3-2 in the final, marking a landmark achievement for deaf athletes in the UK. The team's success demonstrated their determination, resilience and unity, achieved despite limited funding and the absence of formal FA support. Instead, their journey was sustained through grassroots efforts and generous community donations.

Feedback from Evie tells us.

My personal message to everyone who gave me £650 is that I truly appreciate your support more than words can say. I honestly wouldn't have won bronze without your funding and encouragement. You have made such a life-changing difference to me. Thank you for believing in me and supporting both me and our team. You are my heroes.



Without the grant, Evie was struggling to meet her fundraising target to attend the 2025 Deaflympics and was at risk of missing out. The grant enabled her to participate by covering sports kit and equipment, nutrition and insurance, allowing her to focus on football rather than financial pressures. Evie became a crucial member of the GB Deaf Women's squad, helping them win a bronze medal, while gaining confidence, friendships and valuable football skills. She also had the once-in-a-lifetime opportunity to travel to Japan and experience its culture.

The grant has been life-changing, improving her confidence, motivation and wellbeing, and strengthening her ambition to continue representing GB Deaf Women and one day become team captain.

Grant Impact

Sport

Emmanuel Agyare

Emmanuel received a grant for £500 towards the costs for him to compete in athletics, field and track events for team GB.

Since 2022, he has received support from the Rob George Foundation (RGF), which has helped him cover the costs of training and competing in athletics.

He aspires to compete professionally for his country in track and field. Since receiving RGF funding, he has achieved multiple national medals at the England Championships, earning a bronze medal in the 400m in 2022 and a silver medal the following year.



Feedback from Emmanuel tells us.

I am so grateful and thankful for this grant. This grant enabled me to purchase new kit such as running spikes and tights for my training throughout winter and spring. Additionally it helped me fund my physiotherapy sessions as I had a few niggles in the year, without the support of the RGF it would've been very difficult to make ends meet in supporting my overall training. It took pressure off me that had a mental toll on me. With the remaining money I was fortunate enough to use some of it to support a warm weather camp in Paphos with my training group. This was crucial to my season preparation and I wouldn't be running the times now without that extra push, already early in the season I was able win a county gold medal in the 200M and run close to my PB.

Grant Impact

Sport

Continues

I just want to give a massive thank you for the continued support over the years , I don't know if I would still be in the sport without their help and can't thank them enough.

I am extremely grateful for the RGF grant, which enabled me to purchase essential training kit, fund physiotherapy for injury rehabilitation, and attend a warm-weather training camp in Paphos with my training group. This support reduced the financial and mental pressure of funding my athletics career, allowing me to focus more fully on training and recovery.

The grant played a key role in my preparation and contributed to winning Gold in the Middlesex County Championships 200M in 21.21, close to my PB. My wellbeing and confidence have greatly improved, and I am now aiming to achieve a new PB and hopefully qualify for the Commonwealth Games.

Grant Impact

Sport

Jaden Brown

Jaden received a grant for £400 towards the costs for him to play football in the Eastern Junior Alliance Football League (EJA).

From the age of five, Jaden developed a passion for football, inspired by his grandfather who played the sport professionally. This love for the game has only grown stronger over the years. Jayden trains three times a week with his club team and during the season, he competes in regular matches as part of the Eastern Junior Alliance (EJA) Football League, a youth development league in the South East of England. The EJA provides a vital stepping stone for young players with aspirations of reaching professional academy level, offering high-quality matches against top players in his age group.

Feedback from Jayden tells us

Thank you so much for the funding to help with my football in a higher league and to achieve my goals. I really appreciate it. It is great the work you do to help people achieve goals and follow their dreams.....

I wouldn't have been able to continue playing football in this league without the help I received as the fees are high. It paid for me to be able to continue to play in the EJA league.

I made lots of new friends as well as getting to still play with existing friends in this league. It has also helped build up my confidence and learn new football skills.

The grant made a big difference as I have been able to progress in football and move further up and looking at future plans after school in football. I would like to continue further in this league as it is the highest one for my age. Then continue to develop and hopefully go further in football or work within this industry.

Grant Impact

Health & Wellbeing

Rose Hind

Rose received a grant of £1,000 towards the costs to study biochemistry at Imperial College London

Rose recently finished her final year studying biochemistry at Imperial College London and will be starting her graduate entry medicine in September. Together with her current undergraduate degree and hopefully a future medical degree she will be able to continue research while also helping her community. In November 2023, Rose was diagnosed with Papillary Thyroid Carcinoma.

Feedback from Rose tells us:

I've been really enjoying my final year research project and I have 4 out of 4 offers to study Graduate entry medicine after I graduate!

I've had such an intense time at uni trying to balance being a normal student, managing my health and applying for things after graduation. I really appreciate the extra support that has helped me get through it and meant I can actually breathe and enjoy what I'm researching/studying instead of being in a state of fight-or-flight constantly.

I really hope I can bring my personal experience as a patient and while studying biochem into my practice as a med student going forward - thank you for helping me achieve it!!!

Grant Impact

Health & Wellbeing

Young Lives vs Cancer (insert organisation's logo)

Stefan an 18-year-old college student from Harlow was diagnosed with Chronic Myeloid Leukaemia (CML) in February 2025, which significantly affected his physical and emotional wellbeing and interrupted his aspirations of becoming a professional boxer. Now responding well to treatment and gradually returning to light training, he was awarded a grant of £500 towards a Garmin smartwatch and high-quality trainers to support his recovery, fitness monitoring, confidence, and safe return to boxing, while his family faces additional financial pressures due to his illness.

Norwich and Norfolk NHS Trust (insert organisations logo)

James, aged 23, lives with his parents and two younger siblings in Great Yarmouth and has been undergoing intensive treatment for Grey Zone Lymphoma since his diagnosis in June 2024, with further treatment now planned in Cambridge, including a stem cell transplant. As he is unable to work, his mother is also receiving cancer treatment and unable to work, and his father is the only earning member of the household. A grant of £1k was awarded to help cover essential travel (£400), food (£400), and clothing and activities (£200) during James's ongoing treatment and recovery.