

# TEAM PHOENIX FOUNDATION

England & Wales · Charity number 1167532

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-06-07

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 12 Otteridge Road  
Bearsted  
Maidstone  
Kent  
ME14 4JR

**Phone** 07764971123

**Email** [contact@teamphoenixfoundation.co.uk](mailto:contact@teamphoenixfoundation.co.uk)

**Website** [www.teamphoenixfoundation.co.uk](http://www.teamphoenixfoundation.co.uk)

## Activities

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**Objects:** THE OBJECT OF TEAM PHOENIX FOUNDATION IS TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF BREAST CANCER IN THE UK THROUGH THE PROVISION OF FINANCIAL ASSISTANCE, SUPPORT, EDUCATION AND PRACTICAL ADVICE.

**Activities:** Enhancing the physical and mental well-being of breast cancer sufferers and survivors in the UK through sport.

## Classification

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- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£24,314	£22,666	-	-
2023-12-31	£15,142	£13,358	-	-
2022-12-31	£17,596	£12,373	-	-
2021-12-31	£17,027	£8,222	-	-
2020-12-31	£4,593	£2,070	-	-

## Trustees

Name	Role	Appointed
<b>Sharon Griffin</b>	Chair	2020-05-01
Beverley Ann Gibbs		2021-12-01
Sophia Elizabeth Looney		2024-04-30
Vanessa Jane Curtis		2024-04-30

**TEAM PHOENIX FOUNDATION**

England & Wales - Charity number 1167532

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# Accounts

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**Team Phoenix Foundation**  
MIND BODY SOUL

Charity Number: 1167532

Trustees' Annual Report and Financial Statements  
for the period  
1 January 2024 to 31 December 2024

## 1. REFERENCE & ADMINISTRATION DETAILS

Charity name: **TEAM PHOENIX FOUNDATION**

Charity number: **1167532**

Charity's address: **12 Otteridge Road, Bearsted, Maidstone, Kent, ME14 4JR**

## 2. NAME OF THE CHARITY TRUSTEES WHO MANAGE THE CHARITY

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	<b>Trustee name</b>	<b>Office (<i>if any</i>)</b>	<b>Appointed</b>	<b>Retired</b>
1.	Sharon Griffin	Chairperson	01/05/2020	N/A
2.	Elizabeth Sim	Trustee	22/01/2022	30/04/2024
3.	Beverley Gibbs	Trustee and Treasurer	01/12/2021	N/A
4.	Sophia Looney	Trustee	30/04/2024	N/A
5.	Vanessa Curtis	Trustee	30/04/2024	N/A

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## 3. STRUCTURE, GOVERNANCE & MANAGEMENT

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are based on personal recommendations and relevant experience as well as applicants applying from specs placed on social media platforms.

How the trustees are inducted and trained: Presently no formal induction/training is deemed necessary due to the size and scope of the charity's activities.

Additional governance issues: None.

## 4. OBJECTIVES & ACTIVITIES

The aim of the Team Phoenix Foundation is to protect and enhance the physical and mental health of women affected by breast cancer in the UK by providing financial assistance, support, education and practical advice.

The diagnosis and treatment of, and recovery from, breast cancer is extremely hard physically, mentally and emotionally. Our objective is to help these women start to rebuild these elements of their lives through sport, by helping them train for and participate in triathlon. In doing so we provide participants with:

- Increased contact with fellow survivors, and through training and socialising together, allowing them to share, bond and heal their minds without explicitly seeking help and advice.
- Improved physical fitness and bringing back bodily strength following cancer treatment.
- Self-actualisation that will provide a meaningful renewal in each and every participant's soul.

## **5. ACHIEVEMENTS & PERFORMANCE**

Twelve ladies were recruited for the 2024 programme. As in past years, the ladies were of differing fitness levels and abilities, but all were determined to make the most of the training and the opportunity to meet others who had a shared experience of breast cancer.

We again partnered with Medway Tri who provided a training programme for the bike and run. The swim training was held at the Sir Joseph Williamson's Mathematical School pool, organised by H2O and then at Leybourne Lake. We would like to take the opportunity to thank all the coaches and volunteers that supported the team throughout the training, many of whom came to Hever Castle and cheered the team on during the triathlon.

Unfortunately, the water quality at Hever Castle caused the swim leg of the tri to be cancelled. This was a great disappointment to the ladies. The ladies all completed the bike and run elements with ladies from previous years joining with family and friends to cheer the TP2024 ladies on. As always, our thanks go to The Castle Race Series at Hever Castle for the support and publicity they continue to give The Team Phoenix Foundation.

As the swim leg of the tri was cancelled, we took the decision to have a mini triathlon at Leybourne Lakes so that the ladies could experience all three legs of a triathlon together. The ladies enjoyed the day and got another medal and a warming soup at the finish. Our thanks go to the volunteers and coaches that helped to support this.

As well as the swim, bike, run training, we continued to bring in additional wellness and exercise programmes for both the 2024 Firebirds and previous years' Firebirds. We organised Pilates, yoga, tai chi classes that were well attended by the whole TP family. The Christmas wreath making session was as popular as ever and is now becoming an annual event. This year's celebration event

was a lively event with the 2024 team choosing to celebrate with family and friends as well as the coaches, trustees and some of the previous year's Firebirds.

The feedback from the TP2021 ladies that there should be no barriers to a lady being able to take part in the programme, especially a financial one, has been instrumental in the way that the programme has developed since 2022. As promised last year, we have expanded the wellness and exercise offerings with the opportunity for the whole TP family to join wherever possible. Our current financial position ensures that we have the funds to continue to provide support to all.

The increase in funds also enabled us to fund a British Triathlon Foundation Coaching Course for one of the trustees, Vanessa. This was partly funded by a bursary from Kent & Medway Active Partnership. Our Chair, Sharon has also qualified as a British Triathlon Coach Level Two. This gives the charity flexibility in coaching and lessens the dependence on Medway Tri. Our Chair, Sharon was also awarded Volunteer of the Year for the South East Region in the Triathlon England 2024 Awards. The time that she devotes to Team Phoenix is applauded and appreciated by us all.

Team Phoenix Foundation continues to develop the programme and the support it gives to all Firebirds. This will continue in future years thanks to the continued financial health of the charity.

## **6. FINANCIAL REVIEW**

This year we raised an amazing £20,315 in athlete sponsorship and our thanks go out to the 2024 Firebirds for their fundraising efforts. In addition, £1,441 was raised from the sale of old equipment and Team Phoenix branded clothing and kit. A further £1,095 was raised by donations from participants in the Charity's wellness programme. A total income of £24,314 was achieved in 2024.

This enabled the Charity to end the year with a healthy bank balance of £40,839. This ensures that Team Phoenix Foundation will have sufficient funds to continue the programme for at least the next three years and to grow wellbeing, exercise programmes and social events that will promote the TP ethos of mind, body and soul for the whole TP community. The TP 2021's concerns that personal costs could prevent some women from participating have been addressed and all training, wellbeing and exercise programmes' costs are now free to current year participants. Past Firebirds have been able to participate in some of the wellbeing and exercise programmes either free of charge or for a donation to cover costs.

The accounts for 2023 have been restated due to an error that was found while completing the 2024 accounts. Two items of expenditure were included in both the 2022 and the 2023 accounts. We have reviewed the financial procedures and have put in place checks to prevent a recurrence of this type of error, together with other procedures to maintain good financial management. The restatement of the accounts and resubmission has meant that the date shown for the submission of the 2023 accounts is now October 2025 and therefore classed as late.

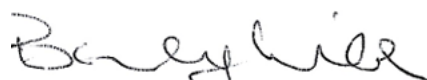
A copy of the charity's accounts can be found on the Charities Commission website: <https://www.gov.uk/government/organisations/charity-commission>, and is attached in Appendix 1.

## 7. DECLARATION

The trustees declare that they have approved this Trustees' Annual Report.

Signed on behalf of the TPF Trustees

Signatures:



Full name(s): Sharon Griffin

Beverley Gibbs

Position(s): Chairperson

Trustee and Treasurer

Date: 30/10/2024

30/10/2024



## Receipts and payments accounts

CC16a

For the period  
from

01/01/2024


To

31/12/2024

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year Restated to the nearest £
<b>A1 Receipts</b>					
Ticket Sales	-	-	-	-	-
Donations	-	-	-	-	-
Donations (Other)	180	-	-	180	-
Wellness Programme Income	1,095	-	-	1,095	132
Grants	150	-	-	150	-
Corporate Donations	-	-	-	-	-
Equipment Sales	1,441	-	-	1,441	1,489
Athlete Sponsorship	20,315	-	-	20,315	12,658
Merchandise Sales	1,133	-	-	1,133	863
<b>Sub total (Gross income for AR)</b>	<b>24,314</b>	<b>-</b>	<b>-</b>	<b>24,314</b>	<b>15,142</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>24,314</b>	<b>-</b>	<b>-</b>	<b>24,314</b>	<b>15,142</b>
<b>A3 Payments</b>					
Fundraising Costs	216	-	-	216	447
General Office Costs	428	-	-	428	336
Governance Costs	282	-	-	282	240
Event Costs - Hever Castle 2023	13,888	-	-	13,888	7,435
Merchandise Costs	1,968	-	-	1,968	1,254
External Consultants	350	-	-	350	-
Insurance	302	-	-	302	302
Advertising & Promotion	-	-	-	-	-
Trustee training costs	352	-	-	352	-
Welcome and celebration costs	2,590	-	-	2,590	1,434
Wellness programme	2,290	-	-	2,290	1,910
<b>Sub total</b>	<b>22,666</b>	<b>-</b>	<b>-</b>	<b>22,666</b>	<b>13,358</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>22,666</b>	<b>-</b>	<b>-</b>	<b>22,666</b>	<b>13,358</b>
<b>Net of receipts/(payments)</b>	<b>1,648</b>	<b>-</b>	<b>-</b>	<b>1,648</b>	<b>1,784</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>39,191</b>	<b>-</b>	<b>-</b>	<b>39,191</b>	<b>37,407</b>
<b>Cash funds this year end</b>	<b>40,839</b>	<b>-</b>	<b>-</b>	<b>40,839</b>	<b>39,191</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Funds at Bank	20,839		
	One Year Term Deposit	20,000	-	-
		-	-	-
	<b>Total cash funds</b>	<b>40,839</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			
<b>B2 Other monetary assets</b>	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Sharon Griffin	30/10/2025

**TEAM PHOENIX FOUNDATION**

England & Wales - Charity number 1167532

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# Accounts

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**Team Phoenix Foundation**  
MIND BODY SOUL

Charity Number: 1167532

Trustees' Annual Report and Financial Statements  
for the period  
1 January 2023 to 31 December 2023

## 1. REFERENCE & ADMINISTRATION DETAILS

Charity name: **TEAM PHOENIX FOUNDATION**

Charity number: **1167532**

Charity's address: **12 Otteridge Road, Bearsted, Maidstone, Kent, ME14 4JR**

## 2. NAME OF THE CHARITY TRUSTEES WHO MANAGE THE CHARITY

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Appointed</b>	<b>Retired</b>
1.	Sharon Griffin	Chairperson	01/05/2020	N/A
2.	Elizabeth Sim	Trustee	22/01/2022	30/04/2024
3.	Beverley Gibbs	Trustee and Treasurer	01/12/2021	N/A
4.	Sophia Looney	Trustee	30/04/2024	N/A
5.	Vanessa Curtis	Trustee	30/04/2024	N/A

## 3. STRUCTURE, GOVERNANCE & MANAGEMENT

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are based on personal recommendations and relevant experience as well as applicants applying from specs placed on social media platforms.

How the trustees are inducted and trained: Presently no formal induction/training is deemed necessary due to the size and scope of the charity's activities.

Additional governance issues: None.

## 4. OBJECTIVES & ACTIVITIES

The aim of the Team Phoenix Foundation is to protect and enhance the physical and mental health of women affected by breast cancer in the UK by providing financial assistance, support, education and practical advice.

The diagnosis and treatment of, and recovery from, breast cancer is extremely hard physically, mentally and emotionally. Our objective is to help these women start to rebuild these elements of their lives through sport, by helping them train for and participate in triathlon. In doing so we provide participants with:

- Increased contact with fellow survivors, and through training and socialising together, allowing them to share, bond and heal their minds without explicitly seeking help and advice.
- Improved physical fitness and bringing back bodily strength following cancer treatment.
- Self-actualisation that will provide a meaningful renewal in each and every participant's soul.

## **5. ACHIEVEMENTS & PERFORMANCE**

Eight ladies were recruited for the 2023 programme. As in past years, the ladies were of differing fitness levels and abilities, but all were determined to make the most of the training and the opportunity to meet others who had a shared experience of breast cancer.

We again partnered with Medway Tri who provided a training programme for the bike and run. The swim training was held at the Sir Joseph Williamson's Mathematical School pool, organised by H2O and then at Leybourne Lake. We would like to take the opportunity to thank all the coaches and volunteers that supported the team throughout the training, many of whom came to Hever Castle and cheered the team on during the triathlon.

The ladies all completed the tri with ladies from previous years joining with family and friends to cheer the TP2023 ladies on. As always, our thanks go to The Castle Triathlon Series at Hever Castle for the support and publicity they continue to give The Team Phoenix Foundation.

As well as the swim, bike, run training, we continued to bring in additional wellness and exercise programmes for both the 2023 Firebirds and previous years' Firebirds. We organised Pilates, yoga, stretch classes that were well attended by the whole TP family. As were the gong bath and Christmas wreath making sessions. This year's celebration event was again a lower key event than normal with the 2023 team choosing to celebrate with the coaches and trustees.

The feedback from the TP2021 ladies that there should be no barriers to a lady being able to take part in the programme, especially a financial one, has been instrumental in the way that the programme has developed since 2022. As promised last year, we have expanded the wellness and exercise offerings with the opportunity for the whole TP family to join wherever possible. Our current financial position ensures that we have the funds to continue to provide support to all.

Team Phoenix Foundation continues to develop the programme and the support it gives to all Firebirds. This will continue in future years thanks to the continued financial health of the charity.

## 6. FINANCIAL REVIEW

This year we raised £12,658 in athlete sponsorship and our thanks go out to the 2023 Firebirds for their fundraising efforts. In addition, £2,352 was raised from the sale of old equipment and Team Phoenix branded clothing and kit. A further £132 was raised by donations from participants in the Charity's wellness programme. A total income of £15,142 was achieved in 2023.

This enabled the Charity to end the year with a healthy bank balance of £39,191. This ensures that Team Phoenix Foundation will have sufficient funds to continue the programme for at least the next three years and to grow wellbeing, exercise programmes and social events that will promote the TP ethos of mind, body and soul for the whole TP community. The TP 2021's concerns that personal costs could prevent some women from participating have been addressed and all training, wellbeing and exercise programmes' costs are now free to current year participants. Past Firebirds have been able to participate in some of the wellbeing and exercise programmes either free of charge or for a donation to cover costs.

The accounts for 2023 have been restated due to an error that was found while completing the 2024 accounts. Two items of expenditure were included in both the 2022 and the 2023 accounts. We have reviewed the financial procedures and have put in place checks to prevent a recurrence of this type of error, together with other procedures to maintain good financial management. The restatement of the accounts and resubmission has meant that the date shown for the submission of the 2023 accounts is now October 2025 and therefore classed as late.

A copy of the charity's accounts can be found on the Charities Commission website: <https://www.gov.uk/government/organisations/charity-commission>, and is attached in Appendix 1.

## 7. DECLARATION

The trustees declare that they have approved this Trustees' Annual Report.

Signed on behalf of the TPF Trustees

Signatures:

Full name(s): Sharon Griffin

Beverley Gibbs

Position(s): Chairperson

Trustee and Treasurer

28/10/2025

28/10/2025



Receipts and payments accounts

CC16a

For the period from	01/01/2023	To	31/12/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Ticket Sales	-	-	-	-	-
Donations	-	-	-	-	-
Donations (Other)	-	-	-	-	-
Wellness Programme Income	132	-	-	132	1,711
Grants	-	-	-	-	319
Corporate Donations	-	-	-	-	-
Equipment Sales	1,489	-	-	1,489	1,931
Athlete Sponsorship	12,658	-	-	12,658	13,081
Merchandise Sales	863	-	-	863	554
<b>Sub total (Gross income for AR)</b>	<b>15,142</b>	<b>-</b>	<b>-</b>	<b>15,142</b>	<b>17,596</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>15,142</b>	<b>-</b>	<b>-</b>	<b>15,142</b>	<b>17,596</b>
<b>A3 Payments</b>					
Fundraising Costs	447	-	-	447	398
General Office Costs	336	-	-	336	326
Governance Costs	240	-	-	240	-
Event Costs - Hever Castle 2023	7,435	-	-	7,435	7,346
Merchandise Costs	1,254	-	-	1,254	1,479
External Consultants	-	-	-	-	-
Insurance	302	-	-	302	302
Advertising & Promotion	-	-	-	-	-
Welcome and celebration costs	1,434	-	-	1,434	1,684
Wellness programme	1,910	-	-	1,910	838
<b>Sub total</b>	<b>13,358</b>	<b>-</b>	<b>-</b>	<b>13,358</b>	<b>12,373</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>13,358</b>	<b>-</b>	<b>-</b>	<b>13,358</b>	<b>12,373</b>
<b>Net of receipts/(payments)</b>	<b>1,784</b>	<b>-</b>	<b>-</b>	<b>1,784</b>	<b>5,223</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>37,407</b>	<b>-</b>	<b>-</b>	<b>37,407</b>	<b>32,184</b>
<b>Cash funds this year end</b>	<b>39,191</b>	<b>-</b>	<b>-</b>	<b>39,191</b>	<b>37,407</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Funds at Bank	39,191		
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>39,191</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Sharon Griffin	

**TEAM PHOENIX FOUNDATION**

England & Wales - Charity number 1167532

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# Accounts

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**Team Phoenix Foundation**  
MIND BODY SOUL

Charity Number: 1167532

Trustees' Annual Report and Financial Statements  
for the period  
1 January 2022 to 31 December 2022

## 1. REFERENCE & ADMINISTRATION DETAILS

Charity name: **TEAM PHOENIX FOUNDATION**  
Charity number: **1167532**  
Charity's address: **12 Otteridge Road, Bearsted, Maidstone, Kent, ME14 4JR**

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	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Appointed</b>	<b>Retired</b>
1.	Sharon Griffin	Chairperson	01/05/2020	N/A
2.	Elizabeth Sim	Trustee	22/01/2022	N/A
3.	Beverley Gibbs	Trustee and Treasurer	01/12/2021	N/A

## 3. STRUCTURE, GOVERNANCE & MANAGEMENT

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are based on personal recommendations and relevant experience as well as applicants applying from specs placed on social media platforms.

How the trustees are inducted and trained: Presently no formal induction/training is deemed necessary due to the size and scope of the charity's activities.

Additional governance issues: None.

## 4. OBJECTIVES & ACTIVITIES

The aim of the Team Phoenix Foundation is to protect and enhance the physical and mental health of women affected by breast cancer in the UK by providing financial assistance, support, education and practical advice.

The diagnosis and treatment of, and recovery from, breast cancer is extremely hard physically, mentally and emotionally. Our objective is to help these women start to rebuild these elements of their lives through sport, by helping them train for and participate in triathlon. In doing so we provide participants with:

- Increased contact with fellow survivors. and through training and socialising together, allowing them to share, bond and heal their minds without explicitly seeking help and advice.
- Improved physical fitness and bringing back bodily strength following cancer treatment.
- Self-actualisation that will provide a meaningful renewal in each and every participant's soul.

## **5. ACHIEVEMENTS & PERFORMANCE**

Ten ladies were recruited for the 2022 programme. As in past years, the ladies were of differing fitness levels and abilities, but all were determined to make the most of the training and the opportunity to meet others who had a shared experience of breast cancer.

We again partnered with Medway Tri who provided a training programme for the bike and run. The swim training was held at Hilltop Primary School pool, organised by H2O and then at Leybourne Lake. We would like to take the opportunity to thank all the coaches and volunteers that supported the team throughout the training, many of whom came to Hever Castle and cheered the team on during the triathlon.

The ladies all completed the tri with many ladies from previous years joining with family and friends to cheer the TP2022 ladies on. As always, our thanks go to The Castle Triathlon Series at Hever Castle for the support and publicity they continue to give The Team Phoenix Foundation.

As well as the swim, bike, run training, we began to bring in additional wellness and exercise programmes for both the 2022 Firebirds and previous years' Firebirds. We organised yoga classes, a gong bath session and a tai chi course that were well attended by the whole TP family. This year's celebration event was a lower key event than normal with the 2022 team choosing to celebrate with the coaches and trustees.

The feedback from the TP2021 ladies that there should be no barriers to a lady being able to take part in the programme, especially a financial one, has been instrumental in the way that the programme has developed in 2022. We will be expanding the wellness and exercise offerings going forward for the whole TP family. Our current financial position ensures that we have the funds to continue to provide support to all.

Team Phoenix Foundation continues to develop the programme and the support it gives to all Firebirds. This will continue in future years thanks to the continued financial health of the charity.

## 6. FINANCIAL REVIEW

This year we raised £13,080.91 in athlete sponsorship and our thanks go out to the 2022 Firebirds for their fundraising efforts. In addition, £2,485 was raised from the sale of old equipment and Team Phoenix branded clothing and kit. Previous year's Firebirds raised a fantastic £1,711.41 from quiz nights and a social event. A further £319 was raised by donations from participants in the Charity's new wellness programme. A total income of £17,596 was achieved in 2022.

This enabled the Charity to end the year with a healthy bank balance of £37,407. This ensures that Team Phoenix Foundation will have sufficient funds to continue the programme for at least the next three years and to grow wellbeing, exercise programmes and social events that will promote the TP ethos of mind, body and soul for the whole TP community. The TP 2021's concerns that personal costs could prevent some women from participating have been addressed and all training, wellbeing and exercise programmes costs are now free to current year participants. Past Firebirds have been able to participate in some of the wellbeing and exercise programmes either free of charge or for a donation to cover costs.

A copy of the charity's accounts can be found on the Charities Commission website: <https://www.gov.uk/government/organisations/charity-commission>, and is attached in Appendix 1.

## 7. DECLARATION

The trustees declare that they have approved this Trustees' Annual Report.

Signed on behalf of the TPF Trustees

Signatures:



Full name(s): Sharon Griffin

Beverley Gibbs

Position(s): Chairperson

Trustee and Treasurer

Date: 21/10/2023

21/10/2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Team Phoenix Foundation

## Receipts and payments accounts

CC16a

For the period from	01/01/2022	To	31/12/2022
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Ticket Sales	-	-	-	-	-
Donations	-	-	-	-	-
Donations (Other)	1,711	-	-	1,711	-
Wellness Programme Income	319	-	-	319	-
Grants	-	-	-	-	-
Corporate Donations	-	-	-	-	-
Equipment Sales	1,931	-	-	1,931	40
Athlete Sponsorship	13,081	-	-	13,081	15,991
Merchandise Sales	554	-	-	554	996
<b>Sub total (Gross income for AR)</b>	<b>17,596</b>	<b>-</b>	<b>-</b>	<b>17,596</b>	<b>17,027</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>17,596</b>	<b>-</b>	<b>-</b>	<b>17,596</b>	<b>17,027</b>
<b>A3 Payments</b>					
Fundraising Costs	398	-	-	398	216
General Office Costs	326	-	-	326	748
Governance Costs	-	-	-	-	-
Event Costs - Hever Castle 2021	6,346	1,000	-	7,346	4,506
Merchandise Costs	1,479	-	-	1,479	2,752
External Consultants	-	-	-	-	-
Insurance	302	-	-	302	-
Advertising & Promotion	-	-	-	-	-
Welcome and celebration costs	1,684	-	-	1,684	-
Wellness programme	838	-	-	838	-
<b>Sub total</b>	<b>11,373</b>	<b>1,000</b>	<b>-</b>	<b>12,373</b>	<b>8,222</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>11,373</b>	<b>1,000</b>	<b>-</b>	<b>12,373</b>	<b>8,222</b>
<b>Net of receipts/(payments)</b>	<b>6,223</b>	<b>- 1,000</b>	<b>-</b>	<b>5,223</b>	<b>8,805</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>31,184</b>	<b>1,000</b>	<b>-</b>	<b>32,184</b>	<b>23,379</b>
<b>Cash funds this year end</b>	<b>37,407</b>	<b>-</b>	<b>-</b>	<b>37,407</b>	<b>32,184</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Funds at Bank	37,407		
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>37,407</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account(s))

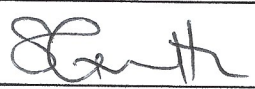
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Sharon Griffin	21.10.23.

**TEAM PHOENIX FOUNDATION**

England & Wales - Charity number 1167532

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# Accounts

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**Team Phoenix Foundation**  
MIND BODY SOUL

Charity Number: 1167532

Trustees' Annual Report and Financial Statements  
for the period  
1 January 2021 to 31 December 2021

## 1. REFERENCE & ADMINISTRATION DETAILS

Charity name: **TEAM PHOENIX FOUNDATION**

Charity number: **1167532**

Charity's address: **12 Otteridge Road, Bearsted, Maidstone, Kent, ME14 4JR**

## 2. NAME OF THE CHARITY TRUSTEES WHO MANAGE THE CHARITY

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Appointed</b>	<b>Retired</b>
1.	Sharon Griffin	Chairperson	01/05/2020	N/A
2.	Elizabeth Sim	Trustee	22/01/2022	N/A
3.	Beverley Gibbs	Trustee and Treasurer	01/12/2021	N/A
4.	Sarah Appleby	Chairperson	07/06/2016	01/01/2022
5.	Elizabeth Davidson	Sport & funding advisor	07/06/2016	31/12/2021
6.	Robert Brackstone	Trustee	01/10/2019	31/12/2021

## 3. STRUCTURE, GOVERNANCE & MANAGEMENT

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are based on personal recommendations and relevant experience as well as applicants applying from specs placed on social media platforms.

How the trustees are inducted and trained: Presently no formal induction/training is deemed necessary due to the size and scope of the charity's activities.

Additional governance issues: None.

## 4. OBJECTIVES & ACTIVITIES

The aim of the Team Phoenix Foundation is to protect and enhance the physical and mental health of women affected by breast cancer in the UK by providing financial assistance, support, education and practical advice.

The diagnosis and treatment of, and recovery from, breast cancer is extremely hard physically, mentally and emotionally. Our objective is to help these women start to rebuild these elements of their lives through sport, by helping them train for and participate in triathlon. In doing so we provide participants with:

- Increased contact with fellow survivors, and through training and socialising together, allowing them to share, bond and heal their minds without explicitly seeking help and advice.
- Improved physical fitness and bringing back bodily strength following cancer treatment.
- Self-actualisation that will provide a meaningful renewal in each and every participant's soul.

## **5. ACHIEVEMENTS & PERFORMANCE**

The decision to go ahead with the 2021 programme was made late and slightly altered because of Covid restrictions. Ten ladies were recruited, some who had been offered a place on the 2020 programme before it was cancelled. As in past years, the ladies were of differing fitness levels and abilities, but all were determined to make the most of the training and the opportunity to meet others who had a shared experience of breast cancer. One of the ladies could not ride a bike or swim before starting the programme but learnt both skills, earning her an award at the Medway Tri AGM.

We again partnered with Medway Tri who provided a training programme and a fantastic team of volunteers who supported the team throughout the training programme as well as completing the tri with the team on race day.

The ladies all completed the tri with many ladies from previous years joining with family and friends to cheer the TP2021 ladies on. As always, our thanks go to The Castle Triathlon Series at Hever Castle for the support and publicity they continue to give The Team Phoenix Foundation.

During the training, there were social events that were also attended by previous year's ladies. This included the celebration event held in November 2021 at The George in Rochester, a community pub which was taken over by the 2021 participants, their friend and families as well as a great turnout by previous years' ladies.

There was also a family day out to Howletts and a fabulous evening champagne safari at Port Lympne, arranged by one of the TP2021 ladies. We held a mini Manage your Mind session, teaching ways to use mindfulness and breathing exercises to help with anxiety and stress.

The feedback from the TP2021 ladies has been instrumental in the way that the programme is being conducted going forward. There should be no barriers to a lady being able to take part in the programme, especially a financial one, as is explained in the Financial Review section below.

After a missed year, it gave us great satisfaction to be able to continue the programme in 2021 despite having to deal with Covid and was a great success.

## 6. FINANCIAL REVIEW

This year we raised £15,991.48 in athlete sponsorship and our thanks go out to the 2021 Firebirds for their fundraising efforts. In addition, £1,036 was raised from the sale of old equipment and Team Phoenix branded clothing and kit.

This enabled the Charity to end the year with a healthy bank balance of £32,184. This ensures that Team Phoenix Foundation will have sufficient funds to continue the programme for at least the next three years. The TP 2021 team were concerned that worries about the personal costs involved may prevent some women from participating. The Charity now has sufficient funds to ensure that the programme is available to all. It will also enable the Charity to provide wellbeing, exercise programmes and social events that will promote the TP ethos of mind, body and soul for the whole TP community.

A copy of the charity's accounts can be found on the Charities Commission website: <https://www.gov.uk/government/organisations/charity-commission>, and is attached in Appendix 1.

## 7. DECLARATION

The trustees declare that they have approved this Trustees' Annual Report.

Signed on behalf of the TPF Trustees

Signatures:



Full name(s): Sharon Griffin

Beverley Gibbs

Position(s): Chairperson

Trustee and Treasurer

Date: 29/10/2022

29/10/2022



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Team Phoenix Foundation

No. (if any)  
187332

## Receipts and payments accounts

CC16a

For the period from	Period start date 01/01/2021	To	Period end date 31/12/2021
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Ticket Sales	-	-	-	-	-
Donations	-	-	-	-	-
Donations (Other)	-	-	-	-	-
Grants	-	-	-	-	2,000
Corporate Donations	-	-	-	-	-
Equipment Sales	40	-	-	40	420
Athlete Sponsorship	15,991	-	-	15,991	2,173
Merchandise Sales	996	-	-	996	-
<b>Sub total (Gross income for AR)</b>	<b>17,027</b>	<b>-</b>	<b>-</b>	<b>17,027</b>	<b>4,593</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>17,027</b>	<b>-</b>	<b>-</b>	<b>17,027</b>	<b>4,593</b>
<b>A3 Payments</b>					
Fundraising Costs	216	-	-	216	-
General Office Costs	748	-	-	748	666
Governance Costs	-	-	-	-	175
Event Costs - Hever Castle 2021	4,506	-	-	4,506	1,120
Merchandise Costs	2,752	-	-	2,752	-
External Consultants	-	-	-	-	-
Insurance	-	-	-	-	-
Advertising & Promotion	-	-	-	-	109
	-	-	-	-	-
<b>Sub total</b>	<b>8,222</b>	<b>-</b>	<b>-</b>	<b>8,222</b>	<b>2,070</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>8,222</b>	<b>-</b>	<b>-</b>	<b>8,222</b>	<b>2,070</b>
<b>Net of receipts/(payments)</b>	<b>8,805</b>	<b>-</b>	<b>-</b>	<b>8,805</b>	<b>2,523</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>22,379</b>	<b>1,000</b>	<b>-</b>	<b>23,379</b>	<b>20,856</b>
<b>Cash funds this year end</b>	<b>31,184</b>	<b>1,000</b>	<b>-</b>	<b>32,184</b>	<b>23,379</b>

SG.  
29/10/22

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Funds at Bank	31,184	1,000	
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>31,184</b>	<b>1,000</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Sharon Griffin	29/10/22

**TEAM PHOENIX FOUNDATION**

England & Wales - Charity number 1167532

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# Accounts

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**Team Phoenix Foundation**  
MIND BODY SOUL

Charity Number: 1167532

Trustees' Annual Report and Financial Statements  
for the period  
1 January 2020 to 31 December 2020

## 1. REFERENCE & ADMINISTRATION DETAILS

Charity name: **TEAM PHOENIX FOUNDATION**

Charity number: **1167532**

Charity's address: **Munsgore Farm, Munsgore Lane, Kent, ME1 3BJ**

## 2. NAME OF THE CHARITY TRUSTEES WHO MANAGE THE CHARITY

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Appointed</b>	<b>Retired</b>
1.	Sarah Appleby	Chairperson	07/06/2016	N/a
2.	Elizabeth Davidson	Sport & funding advisor	07/06/2016	N/a
3.	Robert Brackstone	Trustee	01/10/2019	N/a
4.	Sharon Griffin	Trustee	01/02/2020	N/a

## 3. STRUCTURE, GOVERNANCE & MANAGEMENT

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are based on personal recommendations and relevant experience as well as applicants applying from specs placed on social media platforms.

How the the trustees are inducted and trained:

Presently no formal induction/training is deemed necessary due to the size and scope of the charity's activities.

Additional governance issues: None.

#### **4. OBJECTIVES & ACTIVITIES**

The aim of the Team Phoenix Foundation is to protect and enhance the physical and mental health of women affected by breast cancer in the UK by providing financial assistance, support, education and practical advice.

The diagnosis and treatment of, and recovery from, breast cancer is extremely hard physically, mentally and emotionally. Our objective is to help these women start to rebuild these elements of their lives through sport, by helping them train for and participate in triathlon. In doing so we provide participants with:

- Increased contact with fellow survivors, and through training and socialising together, allowing them to share, bond and heal their minds without explicitly seeking help and advice.
- Improved physical fitness and bringing back bodily strength following cancer treatment;
- Self-actualization that will provide a meaningful renewal in each and every participant's soul.

#### **5. ACHIEVEMENTS & PERFORMANCE**

Due to the Covid pandemic, the charity's flagship programme was delayed. Trustees discussed online programming.

#### **6. FINANCIAL REVIEW**

This year we raised £5132.70.


A copy of the charity's accounts can be found on the Charities Commission website: <https://www.gov.uk/government/organisations/charity-commission>, and is attached in Appendix I.

## 8. DECLARATION

The trustees declare that they have approved this Trustees' Annual Report.

Signed on behalf of the TPF Trustees

Signatures:



Full  
name(s):

Sarah Appleby

Beverley Gibbs

Position(s):

Chairperson

Trustee

Date:

29/12/2021

29/12/2021



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Team Phoenix Foundation

## Receipts and payments accounts

For the period from	01/01/2020	To	31/12/2020
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
Ticket Sales	-	-	-	-
Donations	-	-	-	-
Donations (Other)	-	-	-	-
Grants	1,000	1,000	-	2,000
Corporate Donations	-	-	-	-
Equipment Sales	420	-	-	420
Athlete Sponsorship	2,173	-	-	2,173
	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,593</b>	<b>1,000</b>	<b>-</b>	<b>4,593</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,593</b>	<b>1,000</b>	<b>-</b>	<b>4,593</b>
<b>A3 Payments</b>				
Fundraising Costs	-	-	-	-
General Office Costs	666	-	-	666
Governance Costs	175	-	-	175
Event Costs - Hever Castle 2020	1,120	-	-	1,120
Merchandise Costs	-	-	-	-
External Consultants	-	-	-	-
Insurance	-	-	-	-
Advertising & Promotion	109	-	-	109
	-	-	-	-
<b>Sub total</b>	<b>2,070</b>	<b>-</b>	<b>-</b>	<b>2,070</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,070</b>	<b>-</b>	<b>-</b>	<b>2,070</b>
<b>Net of receipts/(payments)</b>	<b>1,523</b>	<b>1,000</b>	<b>-</b>	<b>2,523</b>
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	20,856	-	-	20,856
<b>Cash funds this year end</b>	<b>22,379</b>	<b>1,000</b>	<b>-</b>	<b>23,379</b>

SEA

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>	Funds at Bank	22,379	1,000
		-	-
		-	-
	<b>Total cash funds</b>	<b>22,379</b>	<b>1,000</b>

(agree balances with receipts and payments account(s))

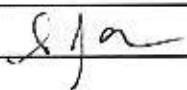
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Sarah Appleby

SEA