





# **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

	Trustee name	Office ( <i>if any</i> )	Appointed	Retired
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

Position(s): Chairperson

Date: 29/10/2022



Beverley Gibbs

Trustee and Treasurer

29/10/2022





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Team Phoenix Foundation

No. (if any)  
167532

## Receipts and payments accounts

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For the period  
from

Period start date  
01/01/2021

To

Period end date  
31/12/2021

### Section A Receipts and payments


	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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>	31,184	1,000	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		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	29/10/22