



# **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**

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

	Trustee name	Office (if any)	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

## 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

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For the period  
from

01/01/2022


To

31/12/2022

### 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>	37,407	-	-
(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	21.10.23.