



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

	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	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

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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Team Phoenix Foundation

Receipts and payments accounts

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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 £
A1 Receipts					
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
Sub total (Gross income for AR)	24,314	-	-	24,314	15,142
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,314	-	-	24,314	15,142
A3 Payments					
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
Sub total	22,666	-	-	22,666	13,358
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	22,666	-	-	22,666	13,358
Net of receipts/(payments)	1,648	-	-	1,648	1,784
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	39,191	-	-	39,191	37,407
Cash funds this year end	40,839	-	-	40,839	39,191

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 £
B1 Cash funds	Funds at Bank	20,839		
	One Year Term Deposit	20,000	-	-
		-	-	-
	Total cash funds	40,839	-	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
B5 Liabilities	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