



**WARRIORS**  
*SUPPORTING CHILDREN WITH CYSTIC FIBROSIS*

***ANNUAL REPORT***  
***2020 - 2021***



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## **Introduction**

CF Warriors was founded to motivate, inspire and support children with cystic fibrosis on their journey to a longer, happier and healthier life. Our mission is to raise awareness of the benefits of sport and exercise to the CF community across the globe, through events, our Warrior Pack Program, and the publication of vital research funded by the charity.

In March 2020 the world became a different place, and the UK was put into lockdown, which made it incredibly difficult for everyone in the country, particularly people dealing with cystic fibrosis.

Fortunately, we have been able to continue to operate the charity, and to support families dealing with cystic fibrosis by sending out Warrior Packs to over 250 CF Warriors, not just in the UK but around the world. In October of 2020 we moved into a new commercial unit, as we needed more space for all the new Warrior Pack goodies, and event

equipment we had acquired over the past 2 years, which has given us a base to work from and room to expand.

The charity is so excited to have begun our partnership with the University of Portsmouth and has agreed to a 3-year collaborative programme of research and dissemination of

knowledge to promote the benefits of

physical activity, exercise and good nutrition for people with cystic fibrosis.

It is the hope of the charity that we have been able to bring some light in the dark times of this pandemic, and we will continue to do so for as long as we can. Our aim is to reach every child born with this terrible disease, to help them see that they are part of a larger community who are there to support each other through the hardest of times.

With the help of our friends and supporters who have been so generous with their time throughout the year, we hope to reach even more children in the coming years and build upon what is already a wonderful community.



Mark Llewellyn-Jones

CEO

## **Report Of The Trustees For The Period 1st April 2020 To 31st March 2021**

The Trustees present their report and financial statements for the period ended 31st March 2021

### **Structure, Governance & Management**

CF Warriors is a Charitable Incorporated Organisation, governed by its constitution as set out in the charity's governing document.

#### **Board of Trustees**

- Josh Llewellyn-Jones OBE - Chair
- Paul Langmaid CBE
- Steve Doyle
- Jane Sharpe
- Paul Floyd

CF Warriors continues to recruit skilled and experienced trustees to the board to strengthen our team and drive our vision forward.

#### **Management**

- Mark Llewellyn-Jones - CEO

As CEO, Mark manages the day-to-day operations of the charity, ensuring that the CF Warriors charity delivers its vision and mission each week to the families that register with us. This includes all correspondence to the charity, managing the Warrior Pack Program, event organisation and fundraising, website and social media channels, and liaising with our Research Funding Partners at the University of Portsmouth.

## **What We Have Delivered This Year**

CF Warriors has two main objectives that help deliver the vision of the charity.

### **Warrior Pack Program**

Firstly, there is our Warrior Pack Program which is ongoing and is designed to inspire, motivate and show children suffering with cystic fibrosis that they are part of a larger community. This year we delivered 258 Warrior Packs to families around the world dealing with cystic fibrosis.

### **Research Funding**

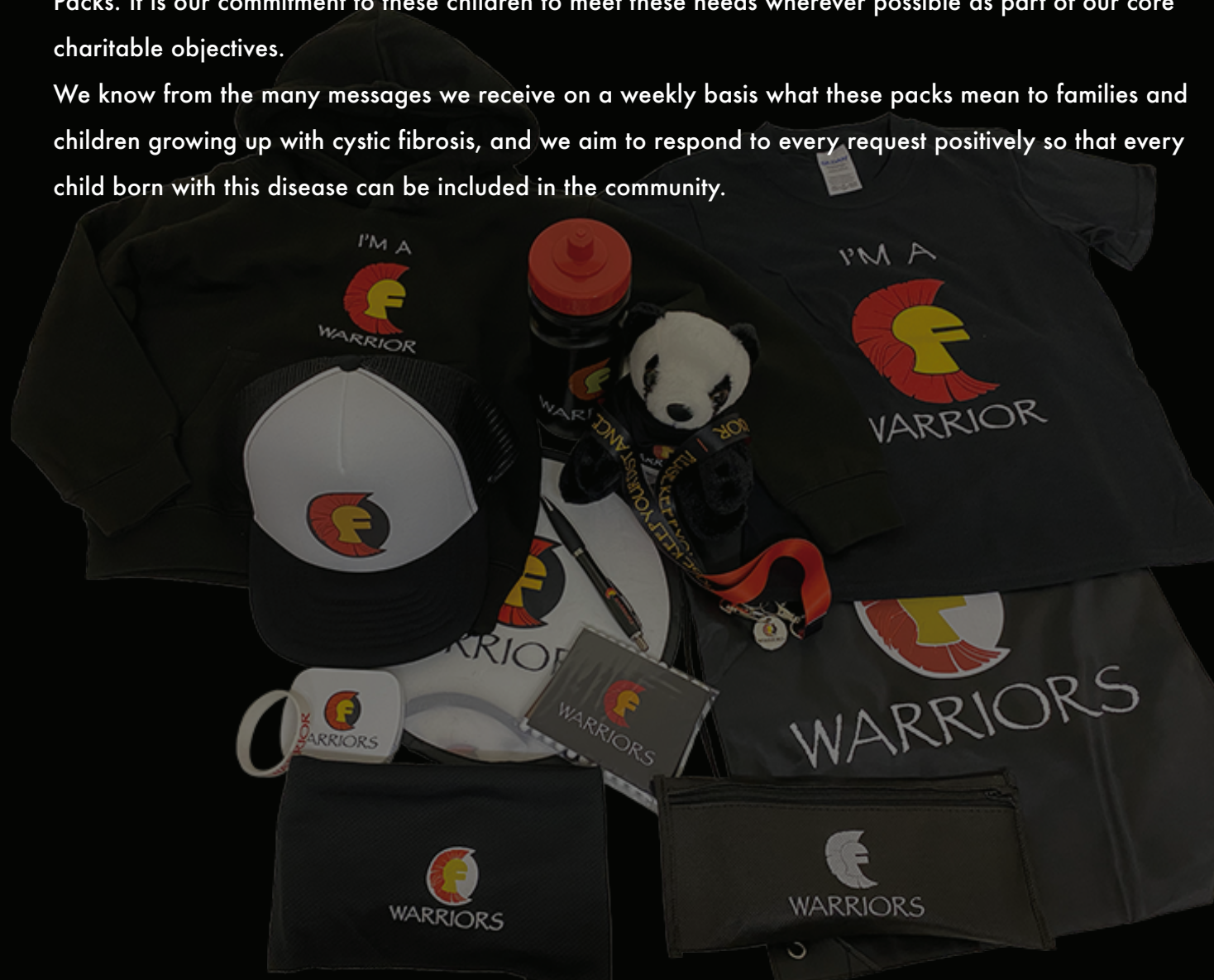
Secondly, there is our Research Funding Program, which has received its first round of funding - £25,200 - as part of a 3-year project in partnership with the University of Portsmouth. The charity's aims through the research funding are to provide information to parents regarding nutrition, hydration and salt intake when their children are exercising or doing physical activities. We also want to help remove some of the barriers that can often cause children to stop using exercise, or any physical activity, as a way of staying fit and healthy. For example, by targeting some of the nutritional problems CF sufferers have to deal with, it is our hope that this research will give an insight into the effects of good nutrition on combatting the negative impacts of this disease, and help them engage in safe and effective lifelong exercise.



Our Warrior Pack program has been very popular over the last 12 months, and we have continued to develop & distribute our Packs, including more items that we hope children will find useful, help them feel like part of a larger community and motivate them to stay as fit and healthy as possible.

We have sent out over 250 Warrior Packs to members of the CF community this year, from countries all over the world, a 20% increase on last year. The packs cost £50 to produce, and the costs of sending them vary depending on which country the recipients live in, these costs range from £3 to £30. We also receive requests from many returning families for larger clothing as their children outgrow their Warrior Packs. It is our commitment to these children to meet these needs wherever possible as part of our core charitable objectives.

We know from the many messages we receive on a weekly basis what these packs mean to families and children growing up with cystic fibrosis, and we aim to respond to every request positively so that every child born with this disease can be included in the community.



## **Research Funding**

### **Partnership between the School of Sport, Health and Exercise Science (University of Portsmouth) and the CF Warriors**

This partnership is an initial three-year collaborative programme of research and dissemination of knowledge and education between the School of Sport, Health and Exercise Science at the University of Portsmouth and the CF Warriors charity.

Central to this partnership is the promotion of the benefits of physical activity, exercise and good nutrition for people with cystic fibrosis. This involves conducting research studies to answer important questions raised by people with cystic fibrosis to help them engage in safe and effective lifelong exercise, as well as translating and publicising our collaborative research findings and other key educational sessions to people with cystic fibrosis through the charity network.

The 3 years, full-time, fully funded PhD studentship is being supervised by Dr Zoe Saynor, a world leading expert in exercise and cystic fibrosis, and an active member of the European Cystic Fibrosis Society exercise working group, alongside Dr Jo Corbett and Dr Anthony Shepherd. Additional clinical and research input will also come from clinical colleagues and an ongoing collaborative with the adult and paediatric cystic fibrosis services at the University Hospital Southampton NHS Foundation Trust.

#### **The title of the PhD is:**

#### **Exercise and Nutrition for People with Cystic Fibrosis in the Modulator Era**

The successful candidate will join the Physical Activity, Health and Rehabilitation Thematic Research Group, led by Dr Zoe Saynor, whilst also working closely with colleagues in the Extreme Environments Thematic Research Group. This position also involves working closely with clinical colleagues (clinicians and physiotherapists) within the respiratory and paediatric departments at the University Hospital Southampton NHS Foundation Trust. The primary research environments are the exercise laboratories at the University of Portsmouth. The successful candidate will be working in a team with her supervisors and clinical staff and will be fully immersed in running clinical trials and the analyses of data.



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They are expected to conduct research that has been informed by people with cystic fibrosis and aims to benefit people with cystic fibrosis. Specifically, the research undertaken aims to further our understanding on the topics of exercise and nutrition for people with cystic fibrosis as we transition into the modulator era, building on previous work conducted by the supervisory team.

This PhD studentship is an exciting opportunity in partnership with the Charity, and the student will also be working closely with the charity to disseminate research findings to people with cystic fibrosis and their families.

As well as conducting research, Dr Zoe Saynor and the PhD student will collaborate closely with the charity and will be available to deliver monthly Q&A sessions through the CF Warriors platform. Both will also be available to deliver educational sessions. Josh Llewellyn-Jones has agreed to provide a talk at the University of Portsmouth free of charge once a year as part of the program. Dr Zoe Saynor will be an advocate for the charity and available when needed for talks / Q&As free of charge.

**PhD Programme of Research to commence in October 2021:**

The schedule of research is as follows:

- Study 1** Evaluate the current hydration / salt requirement for people with CF (global)
- Study 2** Evaluate the experiences of people with CF who are now on modulators regarding their sweat responses, hydration and nutrition requirements. Also, evaluate current salt tablet use and nutritional supplement use
- Study 3** Laboratory study: Explore the thermo-physiological responses and markers of dehydration in people with cystic fibrosis during exercise in normal ambient conditions and exercise in the heat compared to healthy people – are these changed on modulators
- Study 4** Evaluate the knowledge regarding diet and exercise in people with CF
- Study 5** Assess the physical activity, glycaemic control and body composition of children and adults with cystic fibrosis
- Study 6** Laboratory study: Explore the effects of an alternative low-sugar high-calorie supplement versus currently prescribed supplements for people with cystic fibrosis on glycaemic control, fat oxidation at rest and during exercise and vascular health

The initial grant of £25,200 was made this year, to be followed by a further two payments of £26,400 in October 2022 and £27,600 in October 2023.

## Events

Unfortunately, due to the pandemic, group events like the Warrior Games, or any dinners that we were planning, were put on hold. However, the CF Warriors community didn't let us down, and came out in force to do their own challenges to help us raise money and awareness for the charity.

### **Warrior Games**

This year's event was unfortunately cancelled but we still had donations from some amazing supporters who also helped raise awareness for the charity through some of their social media content where they talked about the charity. Massive thank you to Jonny Gray and the rest of the team at the RAF for keeping us updated throughout the changing situation during lockdown. We hope to be back in 2022!

### **Ben Mudge - £903 - Cycle / Assault Bike Marathon Challenge**

Ben, who has cystic fibrosis, wanted to take on a challenge he could do while self-isolating, so decided what better way than to do a marathon on his home bike. However, in true CF Warrior style, he wanted to push himself and show what he could do so did a marathon x2.6 while helping the charity to raise awareness and funds.

### **Rhys Jenkins - Wales Coast Path - £2,091**

Over the course of 3 weeks in August 2020, Rhys Jenkins, an ultra-marathon runner from Cardiff, took on 870 miles of the Wales Coast Path. Starting in the North and running South, he covered every inch of the world's first ever coastal path. The journey began in Chester and ended in Chepstow.

To give you a sense of the challenge – it is the equivalent of running 33.2 marathons and climbing the height of Everest 4.5 times."

## Events

### **Next Gen Planners - 24-hour Global Commute - £2,738**

The 24-Hour Global Commute combined two things:

- Raising money for 2 charities via charity challenges from the NextGen Planners Community;
- Speaking with financial planners from all around the globe.

Their two chosen charities were CF Warriors and Stroke Association. They chose these charities because their loyal contributors to the Next Gen Planners Morning Commute have been directly affected by the causes that these charities strive to help.

Some of the challenges that their brave volunteers took part in included climbing Mount Everest (on the stairs), rowing the English Channel (in the garden) and more socially distanced endurance-style challenges. All to promote the importance of sport and exercise to stay fit and healthy.

### **Linc Cymru - 870 Challenge - £871**

Linc Cymru's team of colleagues had a plan to cover 870 miles – the length of the Wales Coastal Path and raise £870 for CF Warriors.

At a time when exercise and fresh air are proving to be vital for everyone's wellbeing, they thought that this would be a perfect time for a physical challenge in the great outdoors, (in their local area of course!)

Their plan allowed them to cover as many miles as they want, whether it was 2, 5 or even 10 miles; it all counted and would help them reach their goal. The idea was that they could walk, run, cycle or even get creative – 8 minutes on a trampoline is equivalent to 1 mile, and half hour of dancing during a home disco was 2 miles of exercise.

## Events

### **Cooper Sheppard – Cooper's CF 65 Challenge - £565**

9-year-old Cooper, who has a younger brother with cystic fibrosis, had been taking part in exercising with Josh at 7pm every evening, and enjoyed the classes so much that he decided he would like to do something to help fundraise for CF Warriors, so he decided to do a challenge and came up with his CF 65 Challenge.

His challenge was to do 65 sit ups, 65 mountain climbers, 65 jumping Jack's, a 65-minute bounce on the trampoline and 65 squats – all to be completed in 2.5 hours! He helped the charity raise some much-needed funds while also helping to raise awareness and inspire people who follow the charity to stay active during the pandemic

### **Enzo Gibson – Cinder Track Challenge - £1,380**

Enzo, one of our CF Warriors (and Alec!) rode his new bike from Whitby to Scarborough to raise some funds for the charity, on the Cinder Track, a 21.5-mile route, which is pretty big for a 6-year-old! They actually managed 22.6 miles in just under 3.5 hours!

### **Kerrie Stoner - Home Lockdown Workouts & Bootcamps - £1,437**

Kerrie started her free home lockdown workouts to help keep people motivated and moving at a very uncertain time for everyone. We all know how important it is to keep the body and mind active where possible, and her help and support had huge benefits for everyone involved. We had so many wonderful messages regarding all the hard work Kerrie put into each workout.

As some of the restrictions were removed after the initial lockdown, Kerrie started her outdoor bootcamps to get people exercising together and raised so much awareness for the importance of exercise not only physically, but also for everyone's mental wellbeing.

## Events

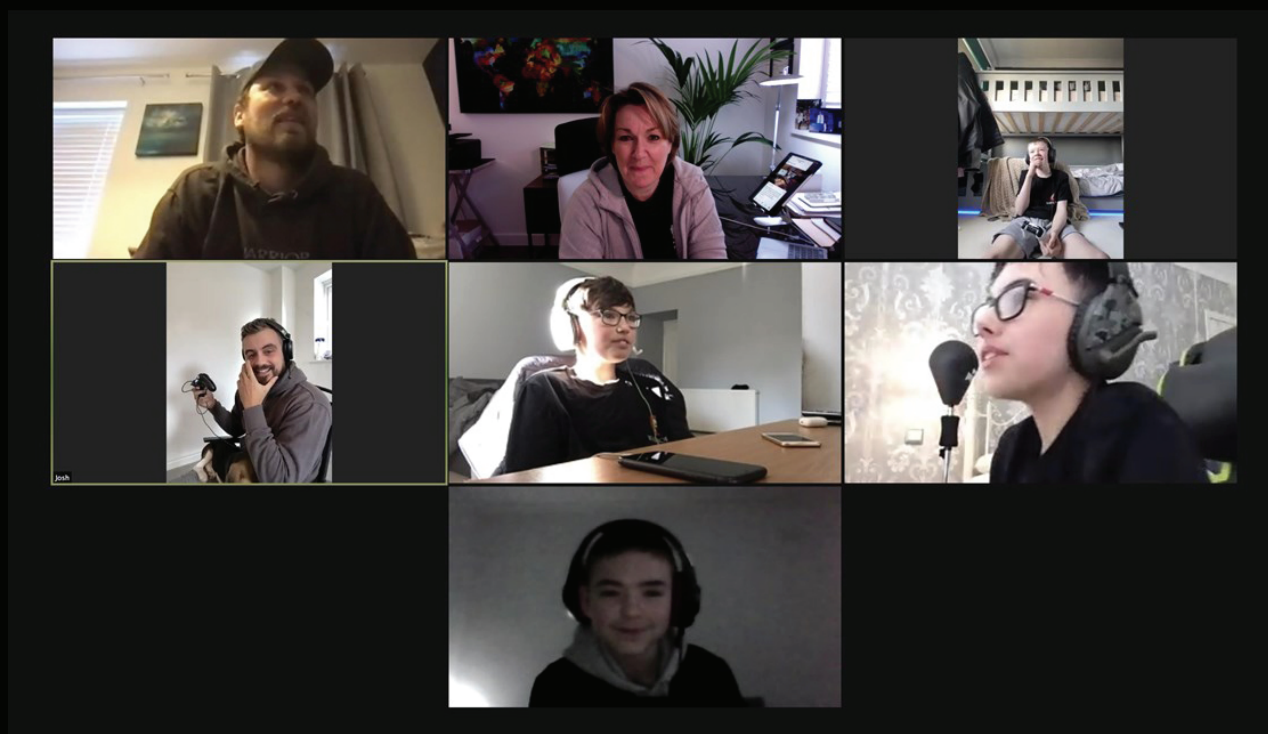
### **Elaine Milne – X-Box Warriors - £1,447**

Elaine persuaded 4 boys from Scotland to team up in the last few hours of lockdown before they went back to school, to game for 16 hours to raise awareness CF Warriors and they didn't disappoint, gaming all the way through the night to help raise money for the charity, with help from their mums and Elaine!

### **Josh Llewellyn-Jones**

Instagram & Facebook workouts during lockdown to help get children with cystic fibrosis (and others) up and exercising for at least 15 minutes every day at 7pm

Christmas Advent – Workouts with CF Warriors online throughout December to motivate children to keep fit and active in the lead up to Christmas





## Plans For The Future

- To enhance our partnership with the University of Portsmouth and our Research Funding Program through development of clear communication material on findings of the research
- Q&As with Research Team to promote the Research Funding Program and the vision of the charity, as well as offer advice to CF families
- Further develop our Warrior Packs and increase the number of packs sent out to CF Warriors around the world
- To develop a clear fundraising strategy to help the charity achieve its goals over the next 2 years
- To develop clear communication material of who we are and what we do as a charity
- To develop relationships with local CF units to provide information on what we do and Warrior Packs to children with cystic fibrosis
- To plan several fundraising events to help raise awareness of the charity's vision"

## Volunteers

A huge thank you to all the volunteers who made the last year such a memorable one and helped the charity to continue to raise awareness while the country was still in lockdown. This is not a full list of everyone who played a part in the charity throughout the year as several of our events were held remotely without our direct participation, but their involvement in the CF Warriors community is no less important than those that get special mention

- Emma Floyd
- Georgina Madley
- Emily Madley
- Paul Madley
- Dawn Llewellyn-Jones
- Cerys Jenkins & Team Rokman
- All the X-Box Warrior mums
- Kerrie Stoner & all the Staff at Dover Leisure Centre

## Supporters

A huge thank you to our network of supporters who have helped fund the charity throughout the year, and to all those who took up a challenge to help raise funds and awareness for the charity through the pandemic.

- Linc Cymru and all their team
- Hopkins Law for their generous donation to the charity
- Elaine Milne for not only supporting the charity with a fundraising event and grant funding, but also for helping a local family with the use of a caravan (purchased by Elaine herself!) during lockdown when a CF Warrior's father had to isolate from the family because of work
- The MDRT Foundation for their grant funding program
- The Waterloo Foundation for their grant contribution to our Warrior Pack Program
- Karen Norris & the team at Brewin Dolphin
- Morgan Coxhead & Family – For taking on his very own Ironman Challenge for CF Warriors
- Rachel Davies – For using Josh's 7pm workouts as a reason to help us raise money and awareness
- Kerrie Stoner for everything!
- The Gibson Family
- Jessica Buss
- Jack Orledge
- Jon Westwood
- Lumen Financial
- Denval Co (Denver Drilling)
- Kerrie Stoner and Dover Leisure Centre
- Adrian Llewellyn-Jones and The Mouse House for their generous donation to the charity
- Steve Martin and Smart Finance for nominating our charity for the Next Gen Planners Event
- Michelle Martin, whose Team Carlos managed to raise over £1,500 for the charity despite the Warrior Games being cancelled!
- RAF St Athan – Jonny Gray, Kyle Young, Dot Perkins & the rest of the team



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A Independent Examiner's Report

Report to the trustees/  
members of

CF Warriors

On accounts for the year  
ended

31 March 2021

Charity no  
(if any)

1178063

Set out on pages

The Trustee's Report and Accounts set out on pages 1 to 13

Responsibilities and  
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2021

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 25 January 2022

Name:

Stephen Thomas

Relevant professional  
qualification(s) or body  
(if any):

ACA

Address:

Fairoaks, 1 Pentre-poeth Road, Bassaleg, NP10 8LN



Charity Name CF Warriors	No (if any) 1178063
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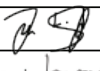
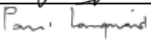
Receipts and payments accounts			
For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021

CC16a

## 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>					
Donations	28,959	-	-	28,959	97,002
Event sponsorship and ticket sales	-	-	-	-	9,762
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>28,959</b>	<b>-</b>	<b>-</b>	<b>28,959</b>	<b>106,763</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>28,959</b>	<b>-</b>	<b>-</b>	<b>28,959</b>	<b>106,763</b>
<b>A3 Payments</b>					
Grants to fund research	25,200	-	-	25,200	-
"CF Warrior" packs distributed free of charge	17,750	-	-	17,750	13,963
Employee costs	22,268	-	-	22,268	8,746
Office costs and fundraising expenses	4,632	-	-	4,632	22,577
Social media expenses	3,010	-	-	3,010	1,750
Legal and professional fees	1,873	-	-	1,873	1,128
Communication and IT expenses	1,847	-	-	1,847	822
Bank and payment processing fees	883	-	-	883	1,010
Insurance	318	-	-	318	-
Donations	150	-	-	150	8,200
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>77,931</b>	<b>-</b>	<b>-</b>	<b>77,931</b>	<b>58,196</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>77,931</b>	<b>-</b>	<b>-</b>	<b>77,931</b>	<b>58,196</b>
<b>Net of receipts/(payments)</b>	<b>- 48,972</b>	<b>-</b>	<b>-</b>	<b>- 48,972</b>	<b>48,567</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>84,831</b>	<b>-</b>	<b>-</b>	<b>84,831</b>	<b>36,264</b>
<b>Cash funds this year end</b>	<b>35,858</b>	<b>-</b>	<b>-</b>	<b>35,858</b>	<b>84,831</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 £
B1 Cash funds	Cash at bank	36,500	-	-
	Loan balance	- 642	-	-
		-	-	-
	<b>Total cash funds</b>	<b>35,858</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payment: account(s))	OK	OK	OK
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)
	Other taxation and social security	Unrestricted	639	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Josh Llewellyn-Jones OBE	25/1/2022	
		Paul Langmaid CBE	25/1/2022	



# WARRIORS

*SUPPORTING CHILDREN WITH CYSTIC FIBROSIS*

27F Vale Business Park  
Llandow  
Vale of Glamorgan  
CF71 7PF

[info@cfwarriors.org.uk](mailto:info@cfwarriors.org.uk)

[www.cfwarriors.org.uk](http://www.cfwarriors.org.uk)

Charity No: 1178063



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2020		31	March	2021

## Section A Reference and administration details

Charity name

CF Warriors

Other names charity is known by

Registered charity number (if any)

1178063

Charity's principal address

Unit 27F Vale Business Park

Llandow

Vale of Glamorgan

Postcode

CF71 7PF

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josh Llewellyn-Jones OBE	Chair	Acted whole period	
2	Paul Langmaid CBE		Acted whole period	
3	Steve Doyle		Acted whole period	
4	Jane Sharpe		Acted whole period	
5	Paul Floyd		Acted whole period	
6				
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19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

Mark Llewellyn-Jones – Chief Executive Officer

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO – Charitable incorporated organisation
Trustee selection methods (eg. appointed by, elected by)	<p>(1) Apart from the first charity trustees, every trustee must be appointed [for a term of 3 years] by a resolution passed at a properly convened meeting of the charity trustees</p> <p>(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO</p>

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

**CF Warriors** continues to recruit skilled and experienced trustees to the board to strengthen our team and drive our vision forward.

As CEO, Mark manages the day-to-day operations of the charity, ensuring that the **CF Warriors** charity delivers its vision and mission each week to the families that register with us. This includes all correspondence to the charity, managing the Warrior Pack Program, event organisation and fundraising, website and social media channels, and liaising with our Research Funding Partners at the University of Portsmouth.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

For the public benefit, the relief of sickness and the preservation of health among people with cystic fibrosis by:

- (a) providing goods and/or equipment that can be used to aid the fitness and health of people with cystic fibrosis and support and practical advice for carrying out appropriate forms of exercise;
- (b) Providing funding for research into cystic fibrosis, in particular the treatment of cystic fibrosis and the effects of exercise on people with cystic fibrosis

## Events

Unfortunately, due to the pandemic, group events like the Warrior Games, or any dinners that we were planning, were put on hold. However, the CF Warriors community didn't let us down, and came out in force to do their own challenges to help us raise money and awareness for the charity.

### Warrior Games

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### Rhys Jenkins - Wales Coast Path - £2,091

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To give you a sense of the challenge – it is the equivalent of running 33.2 marathons and climbing the height of Everest 4.5 times.

### Next Gen Planners - 24-hour Global Commute - £2,738

The 24-Hour Global Commute combined two things:

- Raising money for 2 charities via charity challenges from the NextGen Planners Community; and
- Speaking with financial planners from all around the globe.

Their two chosen charities were CF Warriors and Stroke Association. They chose these charities because their loyal contributors to the Next Gen Planners Morning Commute have been directly affected by the causes that these charities strive to help.

Some of the challenges that their brave volunteers took part in included climbing Mount Everest (on the stairs), rowing the English Channel (in the garden) and more socially distanced endurance-style challenges. All to promote the importance of sport and exercise to stay fit and healthy.

### Linc Cymru - 870 Challenge - £871

Linc Cymru's team of colleagues had a plan to cover 870 miles – the length of the Wales Coastal Path and raise £870 for CF Warriors. At a time when exercise and fresh air are proving to be vital for

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

everyone's wellbeing, they thought that this would be a perfect time for a physical challenge in the great outdoors, (in their local area of course!) Their plan allowed them to cover as many miles as they want, whether it was 2, 5 or even 10 miles; it all counted and would help them reach their goal. The idea was that they could walk, run, cycle or even get creative – 8 minutes on a trampoline is equivalent to 1 mile, and half hour of dancing during a home disco was 2 miles of exercise.

#### **Cooper Sheppard – Cooper's CF 65 Challenge - £565**

9-year-old Cooper, who has a younger brother with cystic fibrosis, had been taking part in exercising with Josh at 7pm every evening, and enjoyed the classes so much that he decided he would like to do something to help fundraise for CF Warriors, so he decided to do a challenge and came up with his CF 65 Challenge.

His challenge was to do 65 sit ups, 65 mountain climbers, 65 jumping Jack's, a 65-minute bounce on the trampoline and 65 squats – all to be completed in 2.5 hours! He helped the charity raise some much-needed funds while also helping to raise awareness and inspire people who follow the charity to stay active during the pandemic

#### **Enzo Gibson – Cinder Track Challenge - £1,380**

Enzo, one of our CF Warriors (and Alec!) rode his new bike from Whitby to Scarborough to raise some funds for the charity, on the Cinder Track, a 21.5-mile route, which is pretty big for a 6-year-old! They actually managed 22.6 miles in just under 3.5 hours!

#### **Kerrie Stoner - Home Lockdown Workouts & Bootcamps - £1,437**

Kerrie started her free home lockdown workouts to help keep people motivated and moving at a very uncertain time for everyone. We all know how important it is to keep the body and mind active where possible, and her help and support had huge benefits for everyone involved. We had so many wonderful messages regarding all the hard work Kerrie put into each workout.

As some of the restrictions were removed after the initial lockdown, Kerrie started her outdoor bootcamps to get people exercising together and raised so much awareness for the importance of exercise not only physically, but also for everyone's mental wellbeing.

#### **Elaine Milne – X-Box Warriors - £1,447**

Elaine persuaded 4 boys from Scotland to team up in the last few hours of lockdown before they went back to school, to game for 16 hours to raise awareness **CF Warriors** and they didn't disappoint, gaming all the way through the night to help raise money for the charity, with help from their mums and Elaine!

#### **Josh Llewellyn-Jones**

Instagram & Facebook workouts during lockdown to help get children with cystic fibrosis (and others) up and exercising for at least 15 minutes every day at 7pm

Christmas Advent – Workouts with CF Warriors online throughout December to motivate children to keep fit and active in the lead up to Christmas

## Plans For The Future

- To enhance our partnership with the University of Portsmouth and our Research Funding Program through development of clear communication material on findings of the research
- Q&As with Research Team to promote the Research Funding Program and the vision of the charity, as well as offer advice to CF families
- Further develop our Warrior Packs and increase the number of packs sent out to CF Warriors around the world
- To develop a clear fundraising strategy to help the charity achieve its goals over the next 2 years
- To develop clear communication material of who we are and what we do as a charity
- To develop relationships with local CF units to provide information on what we do and Warrior Packs to children with cystic fibrosis
- To plan several fundraising events to help raise awareness of the charity's vision

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Volunteers

A huge thank you to all the volunteers who made the last year such a memorable one and helped the charity to continue to raise awareness while the country was still in lockdown. This is not a full list of everyone who played a part in the charity throughout the year as several of our events were held remotely without our direct participation, but their involvement in the CF Warriors community is no less important than those that get special mention

- Emma Floyd
- Georgina Madley
- Emily Madley
- Paul Madley
- Dawn Llewellyn-Jones
- Cerys Jenkins & Team Rokman
- All the X-Box Warrior mums
- Kerrie Stoner & all the Staff at Dover Leisure Centre

## Supporters

A huge thank you to our network of supporters who have helped fund the charity throughout the year, and to all those who took up a challenge to help raise funds and awareness for the charity through the pandemic.

- Linc Cymru and all their team
- Hopkins Law for their generous donation to the charity
- Elaine Milne for not only supporting the charity with a fundraising event and grant funding, but also for helping a local family with the use of a caravan (purchased by Elaine herself!) during lockdown when a CF Warrior's father had to isolate from the family because of work
- The MDRT Foundation for their grant funding program
- The Waterloo Foundation for their grant contribution to our Warrior Pack Program
- Karen Norris & the team at Brewin Dolphin
- Morgan Coxhead & Family – For taking on his very own Ironman Challenge for CF Warriors
- Rachel Davies – For using Josh's 7pm workouts as a reason to help us raise money and awareness
- Kerrie Stoner for everything!
- The Gibson Family
- Jessica Buss
- Jack Orledge
- Jon Westwood & Miranda McGinn
- Lumen Financial
- Denvall Co (Denver Drilling)
- Kerrie Stoner and Dover Leisure Centre
- Adrian Llewellyn-Jones and The Mouse House for their generous donation to the charity
- Steve Martin and Smart Finance for nominating our charity for the Next Gen Planners Event
- Michelle Martin, whose Team Carlos managed to raise over £1,500 for the charity despite the Warrior Games being cancelled!
- RAF St Athan – Jonny Gray, Kyle Young, Dot Perkins & the rest of the team



**Summary of the main achievements of the charity during the year****Introduction**

**CF Warriors** was founded to motivate, inspire and support children with cystic fibrosis on their journey to a longer, happier and healthier life. Our mission is to raise awareness of the benefits of sport and exercise to the CF community across the globe, through events, our Warrior Pack Program, and the publication of vital research funded by the charity. In March 2020 the world became a different place, and the UK was put into lockdown, which made it incredibly difficult for everyone in the country, particularly people dealing with cystic fibrosis. Fortunately, we have been able to continue to operate the charity, and to support families dealing with cystic fibrosis by sending out Warrior Packs to over 250 CF Warriors, not just in the UK but around the world. In October of 2020 we moved into a new commercial unit, as we needed more space for all the new Warrior Pack goodies, and event equipment we had acquired over the past 2 years, which has given us a base to work from and room to expand.

The charity is so excited to have begun our partnership with the University of Portsmouth and has agreed to a 3-year collaborative programme of research and dissemination of knowledge to promote the benefits of physical activity, exercise and good nutrition for people with cystic fibrosis.

It is the hope of the charity that we have been able to bring some light in the dark times of this pandemic, and we will continue to do so for as long as we can. Our aim is to reach every child born with this terrible disease, to help them see that they are part of a larger community who are there to support each other through the hardest of times.

With the help of our friends and supporters who have been so generous with their time throughout the year, we hope to reach even more children in the coming years and build upon what is already a wonderful community.

Mark Llewellyn-Jones  
CEO

## What We Have Delivered This Year

**CF Warriors** has two main objectives that help deliver the vision of the charity.

- Firstly, there is our **Warrior Pack Program** which is ongoing and is designed to inspire, motivate and show children suffering with cystic fibrosis that they are part of a larger community. This year we delivered **258 Warrior Packs** to families around the world dealing with cystic fibrosis.
- Secondly, there is our **Research Funding Program**, which has received its first round of funding - **£25,200** - as part of a 3-year project in partnership with the University of Portsmouth. The charity's aims through the research funding are to provide information to parents regarding nutrition, hydration and salt intake when their children are exercising or doing physical activities. We also want to help remove some of the barriers that can often cause children to stop using exercise, or any physical activity, as a way of staying fit and healthy. For example, by targeting some of the nutritional problems CF sufferers have to deal with, it is our hope that this research will give an insight into the effects of good nutrition on combatting the negative impacts of this disease, and help them engage in safe and effective lifelong exercise.

## Warrior Pack Program

Our Warrior Pack program has been very popular over the last 12 months, and we have continued to develop & distribute our Packs, including more items that we hope children will find useful, help them feel like part of a larger community and motivate them to stay as fit and healthy as possible.

We have sent out over 250 Warrior Packs to members of the CF community this year, from countries all over the world, a 20% increase on last year. The packs cost £50 to produce, and the costs of sending them vary depending on which country the recipients live in, these costs range from £3 to £30. We also receive requests from many returning families for larger clothing as their children outgrow their Warrior Packs. It is our commitment to these children to meet these needs wherever possible as part of our core charitable objectives.

We know from the many messages we receive on a weekly basis what these packs mean to families and children growing up with cystic fibrosis, and we aim to respond to every request positively so that every child born with this disease can be included in the community.

## Research Funding

### Partnership between the School of Sport, Health and Exercise Science (University of Portsmouth) and the CF Warriors charity

This partnership is an initial three-year collaborative programme of research and dissemination of knowledge and education between the **School of Sport, Health and Exercise Science at the University of**

**Portsmouth and the CF Warriors charity.**

Central to this partnership is the promotion of the benefits of physical activity, exercise and good nutrition for people with cystic fibrosis. This involves conducting research studies to answer important questions raised by people with cystic fibrosis to help them engage in safe and effective lifelong exercise, as well as translating and publicising our collaborative research findings and other key educational sessions to people with cystic fibrosis through the charity network.

The 3 years, full-time, fully funded PhD studentship is being supervised by Dr Zoe Saynor, a world leading expert in exercise and cystic fibrosis, and an active member of the European Cystic Fibrosis Society exercise working group, alongside Dr Jo Corbett and Dr Anthony Shepherd.

Additional clinical and research input will also come from clinical colleagues and an ongoing collaborative with the adult and paediatric cystic fibrosis services at the University Hospital Southampton NHS Foundation Trust.

The title of the PhD is:

**Exercise and nutrition for people with cystic fibrosis in the modulator era.**

The successful candidate will join the [Physical Activity, Health and Rehabilitation Thematic Research Group](#), led by Dr Zoe Saynor, whilst also working closely with colleagues in the [Extreme Environments Thematic Research Group](#). This position also involves working closely with clinical colleagues (clinicians and physiotherapists) within the respiratory and paediatric departments at the University Hospital Southampton NHS Foundation Trust. The primary research environments are the [exercise laboratories](#) at the University of Portsmouth. The successful candidate will be working in a team with her supervisors and clinical staff and will be fully immersed in running clinical trials and the analyses of data.

They are expected to conduct research that has been informed by people with cystic fibrosis and aims to benefit people with cystic fibrosis.

Specifically, the research undertaken aims to further our understanding on the topics of exercise and nutrition for people with cystic fibrosis as we transition into the modulator era, building on previous work conducted by the supervisory team.

This PhD studentship is an exciting opportunity in partnership with the Charity, and the student will also be working closely with the charity to disseminate research findings to people with cystic fibrosis and their families.

As well as conducting research, Dr Zoe Saynor and the PhD student will collaborate closely with the charity and will be available to deliver monthly Q&A sessions through the CF Warriors platform. Both will also be available to deliver educational sessions. Josh Llewellyn-Jones has agreed to provide a talk at the University of Portsmouth free of charge once a year as part of the program. Dr Zoe Saynor will be an advocate for the charity and available when needed for talks / Q&As free of charge.

**PhD Programme of Research to commence in October 2021:**

The schedule of research is as follows:

- |         |  |
|---------|--|
| Study 1 | Evaluate the current hydration / salt requirement for people   |
| Study 2 | Evaluate the experiences of people with CF who are now on<br>regarding their sweat responses, hydration and nutrition req<br>evaluate current salt tablet use and nutritional supplement u                             |
| Study 3 | Laboratory study: Explore the thermo-physiological response<br>dehydration in people with cystic fibrosis during exercise in r<br>conditions and exercise in the heat compared to healthy peo<br>changed on modulators |
| Study 4 | Evaluate the knowledge regarding diet and exercise in people   |
| Study 5 | Assess the physical activity, glycaemic control and body comp<br>children and adults with cystic fibrosis  |
| Study 6 | Laboratory study: Explore the effects of an alternative low-su<br>supplement versus currently prescribed supplements for ped<br>fibrosis on glycaemic control, fat oxidation at rest and during<br>vascular health     |

The initial grant of £25,200 was made this year, to be followed by a further two payments of £26,400 in October 2022 and £27,600 in October 2023.

## Section E Financial review

### Brief statement of the charity's policy on reserves

Cash reserves at 31 March 2021 were £35,858 in unrestricted funds

The initial research funding grant of £25,200 was made this year, to be followed by a further two payments of £26,400 in October 2022 and £27,600 in October 2023. In order to continue our Warrior Pack Program alongside this research funding, it is necessary to hold at least £30,000 to cover the running costs of the charity.

### Details of any funds materially in deficit

Not applicable

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


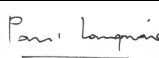
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

### Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Josh Llewellyn-Jones OBE	Paul Langmaid CBE
Position (eg Secretary, Chair, etc)	Trustee	Trustee
Date	25/1/2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name CF Warriors	No (if any) 1178063
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## Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021
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### Section A Receipts and payments

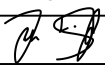
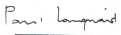
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	28,959	-	-	28,959	97,002
Event sponsorship and ticket sales	-	-	-	-	9,762
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>28,959</b>	<b>-</b>	<b>-</b>	<b>28,959</b>	<b>106,763</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>28,959</b>	<b>-</b>	<b>-</b>	<b>28,959</b>	<b>106,763</b>
<b>A3 Payments</b>					
Grants to fund research	25,200	-	-	25,200	-
"CF Warrior" packs distributed free of charge	17,750	-	-	17,750	13,963
Employee costs	22,268	-	-	22,268	8,746
Office costs and fundraising expenses	4,632	-	-	4,632	22,577
Social media expenses	3,010	-	-	3,010	1,750
Legal and professional fees	1,873	-	-	1,873	1,128
Communication and IT expenses	1,847	-	-	1,847	822
Bank and payment processing fees	883	-	-	883	1,010
Insurance	318	-	-	318	-
Donations	150	-	-	150	8,200
	-	-	-	-	-
<b>Sub total</b>	<b>77,931</b>	<b>-</b>	<b>-</b>	<b>77,931</b>	<b>58,196</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>77,931</b>	<b>-</b>	<b>-</b>	<b>77,931</b>	<b>58,196</b>
<b>Net of receipts/(payments)</b>	<b>- 48,972</b>	<b>-</b>	<b>-</b>	<b>- 48,972</b>	<b>48,567</b>
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>84,831</b>	<b>-</b>	<b>-</b>	<b>84,831</b>	<b>36,264</b>
<b>Cash funds this year end</b>	<b>35,858</b>	<b>-</b>	<b>-</b>	<b>35,858</b>	<b>84,831</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>	Cash at bank	36,500	-	-
	Loan balance	- 642	-	-
		-	-	-
	<b>Total cash funds</b>	<b>35,858</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>				
	Other taxation and social security	Unrestricted	639	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Josh Llewellyn-Jones	25/1/2022
		Paul Langmaid	25/1/2022



Section A

Independent Examiner's Report

Report to the trustees/  
members of

CF Warriors

On accounts for the year  
ended

31 March 2021

Charity no  
(if any)

1178063

Set out on pages

The Trustee's Report and Accounts set out on pages 1 to 13 of the attached report

Responsibilities and  
basis of report

I report to the trustees on my examination of the accounts of the above  
charity ("the Trust") for the year ended 31 March 2021

As the charity's trustees, you are responsible for the preparation of the  
accounts in accordance with the requirements of the Charities Act 2011  
("the Act").

I report in respect of my examination of the Trust's accounts carried out  
under section 145 of the 2011 Act and in carrying out my examination, I  
have followed all the applicable Directions given by the Charity Commission  
under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have  
come to my attention in connection with the examination which gives me  
cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130  
of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements  
concerning the form and content of accounts set out in the Charities  
(Accounts and Reports) Regulations 2008 other than any requirement  
that the accounts give a 'true and fair' view which is not a matter  
considered as part of an independent examination.

I have no concerns and have come across no other matters in connection  
with the examination to which attention should be drawn in this report in  
order to enable a proper understanding of the accounts to be reached.

Signed:

Date: 25 January 2022

Name:

Stephen Thomas

Relevant professional  
qualification(s) or body  
(if any):

ACA

Address:

Fairoaks, 1 Pentre-poeth Road, Bassaleg, NP10 8LN