



**WARRIORS**

# **ANNUAL REPORT**

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**2023/24**

# **CONTENTS**

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**Introduction**

**Report of the trustees**

**What we have delivered this year**

**Warrior pack program**

**Research funding**

**Events**

**Plans for the future**

**Thank you**

**Reserves policy**

**Independent examiners report**

**Financial Statements**

# INTRODUCTION

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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.

It's been a year of change for the charity with our CEO Mark Llewellyn-Jones stepping down from his position and Paul Floyd stepping down as Trustee.

Joshua Llewellyn-Jones our Founding Trustee and Chair, is now responsible for the day to day running of the charity, management of our events, our communications and our corporate relationships.

We're very fortunate to welcome James Gadd to the Board of Trustees. James brings with him a wealth of knowledge of corporate relationships and is a Senior Business Development Executive at RBC Brewin Dolphin.

We've had some fantastic events throughout the year which has kept fundraising efforts high whilst also refreshing our brand to keep CF Warriors moving forward with the times.

The charity is now nearing the end of its fully funded PhD studentship at the University of Portsmouth. Our PhD student Lauren Clayton has submitted her research which is extremely exciting for us and the CF community.

# REPORT OF THE TRUSTEES

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Report Of The Trustees For The Period 1st April 2023  
To 31st March 2024

The Trustees present their report and financial statements for the period ended 31st March 2024.

## **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**

Joshua Llewellyn-Jones OBE - Chair  
Paul Langmaid CBE  
Steve Doyle  
James Gadd

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

### **Management**

Joshua Llewellyn-Jones OBE  
Joshua 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.

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# **WHAT WE'VE DELIVERED THIS YEAR**

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# WARRIOR PACK PROGRAM

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This year we have sent out 70 Warrior Packs to families around the world.

Whilst the packs cost around £50 to produce, postage varies between £3 to £30 depending on which country the recipient lives. We also receive requests from returning families for larger clothing as their children outgrow their Warrior Packs. It's our commitment to these children to see these needs wherever possible as part of our core charitable objectives.

We receive so many kind messages from families along with pictures of their children in the CF Warriors clothing. These families often become heavily involved in the charity by fundraising for us, hosting their own events or even volunteering at our events. We will always be grateful for all the hard work and time individuals give so readily to the charity to support our cause.



# RESEARCH FUNDING

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## **Background:**

New medicines like Kaftrio can help people with cystic fibrosis (CF) feel better and healthier. However, there are worries about rising obesity and heart disease risks, and we don't know if these medicines can really make fitness better. We also need to learn more about how they affect hydration, salt intake, and heat-related illnesses. This research aimed to find out how Kaftrio affects these areas to give better advice on exercise and nutrition for people with CF.

**Objectives:** This PhD aimed to study how Kaftrio affects exercise, muscle function, body composition, and heart and blood vessel health. We also looked into how people feel about hydration, salt intake, and how their bodies manage heat. The goal was to gather important information to help improve exercise and nutrition for people with CF.

**Methods:** We did two main studies: the Understand-CF study, which looked at fitness and health, and another study focused on hydration and heat stress. We invited people with CF on Kaftrio and compared them to healthy people of the same age and sex. We measured aerobic fitness through exercise tests while checking their breathing, heart, and blood vessel responses. We tested leg muscle function using different physical tests and special tools. We also checked body composition, heart and blood vessel health, and physical activity. A survey and lab study looked at hydration, salt intake, and how the body deals with heat.

**Key Findings:** This research gave new information about exercise and muscle function in people with CF on Kaftrio. It showed that they can have normal muscle strength and body composition, but their fitness may still be lower, possibly because of heart problems. While small blood vessels worked well, there might be issues with larger ones. We are still looking at data about hydration and heat issues. This shows that exercise and healthy eating are more important than ever for people with CF, and we need to create better hydration plans for exercise.

# RESEARCH FUNDING

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**Impact and Conclusions:** This research shows that while Kaftrio helps, it isn't a complete solution; exercise and nutrition are very important for overall health. We need to create personalised plans to manage heart health, and more research is needed to improve hydration and exercise preparation for people with CF, especially as the climate changes.

**Future Plans:** We plan to keep this research going, using what we learned to support larger projects and working closely with CF Warriors. Future studies will check these results in people with CF with more advanced disease and look at long-term heart and muscle health. We will also explore ways to improve exercise and nutrition, making specific guidelines for hydration and preparing for exercise in hot weather.

The full report on our Research Findings is also available for download at <https://cfwarriorsorg.com/shop/f7b289c6-94e4-454e-98a7-15d7719a4941>



# EVENTS

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24hr Warrior Games 2023

Enzo Gibson's CF Warriors Triathlon

Jason Blight's Boxing Fundraiser

Alex Rainey's Swimming Fundraiser

Nikki Barnsley-Walker's Fundraiser

Michael Lewis's tandem Skydive

Charlie Cheese's 65 mile row for CF Warriors

Ollie Payne's Skydive for CF Warriors

Freddie Davy's Skydive for CF Warriors

Jordan Anaya's Skydive for CF Warriors

Polly Cooper's Skydive for CF Warriors

# PLANS FOR THE FUTURE

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To spread the awareness of the research findings and educate Cystic Fibrosis families on the importance of exercise and good nutrition. Whilst new medications are really powerful for some people with Cystic Fibrosis, they don't negate the need for consistent exercise and keeping on top of a healthy, balanced diet.

To continue to grow the Warrior pack program. We want to try and reach as many children as possible and where possible, support them as they outgrow their Warrior Packs.

# THANK YOU

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Thank you's for supporting & volunteering

Adrian Llewellyn-Jones

Angharad Jenkins

Dawn Llewellyn-Jones

Paul Madley

Paul Langmaid CBE

Stephen & Karen Doyle

James Gadd

Buffoon Film & Media

Paul Fears Photography

Enzo & the Gibson family

Caroline Sims

Johnny Gray

Kyle Young

All the staff at 29 Regiment

David Doidge

Lucy Jones

Acapela Studios

Jayne James

# BRIEF STATEMENT OF POLICY ON RESERVES

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During the year, our expenditure exceeded income by £13,210 and therefore our cash reserves at 31 March 2024 reduced to £19,885 (FY 23: £33,035) in unrestricted funds.

However, gross donations and event income during the year actually increased from £51,838 to £77,379. We did not receive any grant income during the year, compared to the £25,000 we received in the previous year. The increase in donation and event income is testament to the hard work of our team and the engagement they engender in the CF community and beyond.

During the year, PhD funding was some £13,800 more than last year and this is the principle reason for the deficit recorded in the year compared to the surplus reported in the previous year.

We are confident that with the events and plans we have in place for the coming year 2024-2025, our financial position will return to surplus and we will be able to meet all our financial obligations regarding the Warrior Pack Program in the years ahead and expanding our reach across the CF community.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name

CF Warriors

No (if any)

1178063

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
4/1/23

To

Period end date  
3/31/24

### 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>					
Donations	70,481	-	-	70,481	41,846
Event sponsorship and ticket sales	6,898	-	-	6,898	9,994
Grants	-	-	-	-	22,500
Loans received to fund capital purchases	2,600	-	-	2,600	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>79,979</b>	<b>-</b>	<b>-</b>	<b>79,979</b>	<b>74,340</b>
<b>A2 Asset and investment sales, (see table).</b>					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>	<b>- 0</b>
<b>Total receipts</b>	<b>79,979</b>	<b>- 0</b>	<b>- 0</b>	<b>79,979</b>	<b>74,340</b>
<b>A3 Payments</b>					
Grants to fund research	27,000	-	-	27,000	13,200
"CF Warrior" packs distributed free of charge	8,977	-	-	8,977	9,028
Employee costs	24,816	-	-	24,816	23,307
Office costs and fundraising expenses	11,961	-	-	11,961	7,832
Social media expenses	599	-	-	599	857
Legal and professional fees	1,296	-	-	1,296	1,391
Communication and IT expenses	2,567	-	-	2,567	2,905
Event expenses	12,618	-	-	12,618	8,088
Bank and payment processing fees	- 0	-	-	-	19
Insurance	600	-	-	600	759
Interest	155	-	-	155	22
Purchase of capital assets	2,600	-	-	2,600	-
	-	-	-	-	-
<b>Sub total</b>	<b>93,189</b>	<b>-</b>	<b>-</b>	<b>93,189</b>	<b>67,408</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>	<b>- 0</b>
<b>Total payments</b>	<b>93,189</b>	<b>- 0</b>	<b>- 0</b>	<b>93,189</b>	<b>67,408</b>
<b>Net of receipts/(payments)</b>	<b>- 13,210</b>	<b>-</b>	<b>-</b>	<b>- 13,210</b>	<b>6,932</b>
<b>A5 Transfers between funds</b>	<b>- 0</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>33,095</b>	<b>-</b>	<b>-</b>	<b>33,095</b>	<b>26,163</b>
<b>Cash funds this year end</b>	<b>19,885</b>	<b>-</b>	<b>-</b>	<b>19,885</b>	<b>33,095</b>

Section B Statement of assets and liabilities at the end of the period							
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds			
		to nearest £	to nearest £	to nearest £			
B1 Cash funds	Cash at bank	19,885	-	-			
			-	-			
		-	-	-			
	<b>Total cash funds</b>	<b>19,885</b>	<b>-</b>	<b>-</b>			
	(agree balances with receipts and payments account(s))	OK	OK	OK			
		Unrestricted funds	Restricted funds	Endowment funds			
	Details	to nearest £	to nearest £	to nearest £			
B2 Other monetary assets		-	-	-			
		-	-	-			
		-	-	-			
		-	-	-			
		-	-	-			
		-	-	-			
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)			
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 liability relates	Amount due (optional)	When due (optional)			
B5 Liabilities	Other taxation and social security	Unrestricted	2,676				
	Loan	Unrestricted	2,600				
			-				
			-				
			-				
Signed by one or two trustees on behalf of all the trustees		Joshua Llewellyn-Jones		30/01/2025			



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

CF Warriors

**On accounts for the year  
ended**

31 March 2024

**Charity no  
(if any)**

1178063

**Set out on pages**

The Trustee's Report and Accounts set out on pages 1 to 14 of the attached report,

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2024.

**Responsibilities and  
basis of report**

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:** 30 January 2025

**Name:**

Stephen Thomas

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

ACA

**Address:** 4 Gold Tops, Newport, NP20 4PG