

GOWING FOUNDATION

England & Wales · Charity number 1180936

Details

Status Registered

Legal form CIO

Registered 2018-11-30

Register [View on the Charity Commission register](#)

Contact

Address Panthera Private Office Llp
10-15 Queen Street
London
EC4N 1TX

Phone 02038619990

Email simon.russell@panthera.co.uk

Activities

Objects: The promotion of community participation in healthy recreation for the benefit of people of all ages living in deprived areas in East London and Essex. To advance in life and relieve needs of young people and adults through sporting activities by providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. To advance relief of the mental or physical sickness of young people and adults, via education or through physical activities where relevant.

Activities: promotion of community participation in healthy recreation for the benefit of children/young adults living in deprived areas in East London & Essex. To advance in life and relieve needs of young people through sporting activities by providing support and activities which develop their skills, capacities & Capabilities to enable them to participate in society as mature and responsible individuals

Classification

- **How:** Makes Grants To Individuals, Provides Other Finance
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People

Geography

- Barking And Dagenham
- Essex
- Havering
- Newham
- Redbridge
- Tower Hamlets
- Waltham Forest

Finances

Period end	Income	Expenditure	Assets	Employees
2025-11-30	£20,886	£21,070	-	-
2024-11-30	£0	£4,699	-	-
2023-11-30	£5,000	£13,421	-	-
2022-11-30	£30,148	£11,100	-	-
2021-11-30	£8,920	£9,148	-	-
2020-11-30	£10,000	£12,580	-	-

Trustees

Name	Role	Appointed
MARTIN RICHARD GOWING	Chair	2018-11-30
Lisa Marie Gowing		2023-06-13
Megan Rose Gowing		2018-11-30
SIMON RUSSELL		2018-11-30
SIMON RUSSELL		2018-11-30
William Richard Gowing		2018-11-30

GOWING FOUNDATION

England & Wales - Charity number 1180936

Accounts

GOWING FOUNDATION
CHARITY COMMISSION REGISTERED NO. 1180936

STATEMENT OF ACCOUNTS
for the year ended
30 November 2025

GOWING FOUNDATION
Charity Information
Charity number: 1180936

Registered Office

Panthera Private Office LLP
Aldermary House
10-15 Queen Street
London
EC4N 1TX

Telephone: 02038619990

Email: simon.russell@panthera.co.uk

Trustees

Martin Richard Gowing	Chair
Lisa Marie Gowing	
William Richard Gowing	
Megan Rose Gowing	
Simon James Russell	

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

GOWING FOUNDATION
Annual Report
for the year ended 30 November 2025

The Gowing Foundation formed by constitution dated 1 November 2018 and was registered in England and Wales as a Charitable Incorporated Organisation on the 30 November 2018 with charity registered number 1180936.

The objects of the charity shall be the promotion of community participation in healthy recreation for the benefit of children and young adults living in deprived areas in East London and Essex. The charity aims to advance in life and relieve needs of young people through sporting activities by providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. It also aims to advance education through physical activities for the relief of the mental sickness of young people.

Trustees

The Charity is administered by Trustees and their powers are determined by the Constitution dated 1 November 2018 and amended on 14 October 2022. The trustees who are also the members and served the charity during the year are detailed on Page 1.

New trustees are appointed by the current trustees from people over 16 who have shown a keen interest in the work of the charity and have abilities required on the governing body.

The board shall consist of at least three trustees and at least one of the trustees must be 18 years of age or over. When they are inducted the trustees are presented with a current copy of the constitution and latest annual report and financial statements.

Trustees responsibilities

The Trustees are required to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its income and expenditure for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011.

Achievements, performance and developments

The foundation has generated income and awarded grants under its formal Grant making policy as shown within the financial statements. The charity has been able to offer support the following main charities.

- **St Francis Hospice** - is one of the largest adult hospices in the UK and has been operating for over 35 years. The hospice specialises in providing care for any person, from any faith or cultural background, who have been diagnosed with a serious illness who are living in the Havering, Brentwood, Barking, Dagenham, Redbridge and West Essex areas. The hospice provides a range of free health and social care to those suffering the effects of life-limiting illnesses, including supporting carers and family members.

The hospice team also provides care for people at the end of life, at home and at the hospice. They assess and address spiritual needs, linking in with local religious leaders and we do our best to accommodate any specific dietary requirement, custom or ritual that needs to be upheld. Often family and friends provide the bulk of care, this can be emotionally and physically hard and the staff offer support to those caring for someone who is nearing the end of life; standing by their side, supporting them with both experience and care.

GOWING FOUNDATION
Annual Report
for the year ended 30 November 2025

Achievements, performance and developments (continued)

St Francis Hospice (continued)

The funding provided has supported their OragneLine appeal to keep the service provided. OrangeLine offers confidential telephone support for local people. The charity uses it to help beneficiaries to make connections, start new friendships or simply provide guidance and information. It also allows beneficiaries to express their thoughts and feelings in confidence but with the utmost respect for their privacy.

Financial review - reserves

The results for the charity for the financial year are detailed on pages 4 to 6.

The charity has no requirement for reserves except for winding up costs should the charity no longer be able to meet its required levels of funding. All funds are distributed to worthwhile causes and the only reserves held at any point in time relates to donations received which are yet to be granted to the beneficiaries.

Beneficiaries apply to the charity for funding when they have such projects and are in need of additional funds.

Going Concern

The trustees consider that the charity is a going concern and will continue for at least 12 months from the date that they approve these financial statements.

Public benefit

The trustees consider that the objectives and activities of the charity are in accordance with the Charity Commissions' general guidance on public benefit. The details of public benefit are covered within other areas of this report especially under the heading of 'Achievements, performance and developments'.

The foundation makes grants to charities, or other organisations working to advance charitable purposes, which gives benefit to everyone regardless of age, ability, creed or ethnic origin.

Risk assessment

The trustees have considered the major risks to which the charity is exposed and consider that those risks have currently been negligible. When the charity makes investments then it will need to re-address those risks and ensure that suitable mixes are used and assets are covered by adequate insurance.

The trustees do have a grant making policy which incorporates ensuring that the institutions to which grants are made are suitable and charitable in their own activities. The trustees have a policy to avoid direct individual contact with vulnerable persons and any contact would be with parents, coaches or teachers present.

For and on behalf of the trustees:

.....
M.R. Gowing

Date: 22/05/2026
.....

**Independent Examiner's Report to the Trustees of
GOWING FOUNDATION
Charity number: 1180936**

I report to the charity on my examination of the accounts of the charity for the year ended 30 November 2025, which are set out on pages 5 to 6.

Responsibilities and basis of report

As the charity 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 charity's accounts carried out under section 145 of the 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records, or

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.


K.J. Maggs B.A, F.C.A.
Chartered Accountant
Spalding

Date: **27 May 2026.**

GOWING FOUNDATION
Statement of Financial Activity
for the year ended 30 November 2025

	2025		2024	
	£	£	£	£
Incoming resources				
Donations received	17,136		-	
Gift Aid	3,750		-	
		20,886		-
Total incoming resources		20,886		-
Resources expended				
Grants made				
St Francis Hospice	18,100		-	
Small donations	-		1,525	
		18,100	1,525	1,525
Support Costs				
Bank Charges	270		360	
Professional Fees	2,700		2,099	
Independent examiners fees	-		715	
		2,970	3,174	
Total resources expended		21,070	4,699	
Net expenditure		(184)		(4,699)
Cash funds brought forward		6,100		10,799
Cash funds carried forward		5,916		6,100

All activities undertaken related to unrestricted funds.

GOWING FOUNDATION
Statement of Net Assets
at 31 November 2025

	2025	2024
	£	£
Cash deposits		
Cash at bank	5,916	6,100
Debtors		
Gift Aid	534	-
Monetary assets	6,450	6,100
Creditors		
Professional fees	1,955	2,700
Accountancy fees	-	500
Independent examiner's fee	745	-
Monetary liabilities	2,700	3,200
Total net assets	3,750	2,900

These accounts were approved by the board on **26 May 2026**.

M.R. Gowing

S.J. Russell

GOWING FOUNDATION
Notes to the Accounts
for the year ended 30 November 2025

1 Accounting policies

The financial statements have been prepared in accordance with the exemptions applicable under the Statement of Recommended Practice on Accounting by Charities and the Charities Act 2011.

The statements of financial activities has been prepared on a receipts and payments basis which is consistent with previous periods.

The statement of Net Assets shows the assets of the charity and any amounts due to or owed by the charity. The statement will not include any provisions for liabilities and charges. The trustees are of the opinion that should any significant matters occur prior to the year end, they will be disclosed within the notes of the accounts.

2. Trustees remuneration, expenses and control

There have been no remuneration or expenses paid to any of the trustees during the current or prior year. The charity decisions are made by the trustees as a body and are detailed on page 1 of this report. No one trustee or group of trustees has a dominant control.

3. Related party transactions

All donations have been received from parties connected to the trustees.

There have been no other related party transactions during the current or prior year.

GOWING FOUNDATION

England & Wales - Charity number 1180936

Accounts

GOWING FOUNDATION
CHARITY COMMISSION REGISTERED NO. 1180936

STATEMENT OF ACCOUNTS

for the year ended

30 November 2024

GOWING FOUNDATION

Charity Information

Charity number: 1180936

Registered Office

Panthera Private Office LLP
Aldermay House
10-15 Queen Street
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EC4N 1TX

Telephone: 02038619990

Email: simon.russell@panthera.co.uk

Trustees

Martin Richard Gowing	Chair
Lisa Marie Gowing	
William Richard Gowing	
Megan Rose Gowing	
Simon James Russell	

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Metro Bank
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for the year ended 30 November 2024

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Achievements, performance and developments

The foundation has generated income and awarded grants under its formal Grant making policy as shown within the financial statements. The charity has been able to offer support the following main charities.

- **St Francis Hospice** - is one of the largest adult hospices in the UK and has been operating for over 35 years. The hospice specialises in providing care for any person, from any faith or cultural background, who have been diagnosed with a serious illness who are living in the Havering, Brentwood, Barking, Dagenham, Redbridge and West Essex areas. The hospice provides a range of free health and social care to those suffering the effects of life-limiting illnesses, including supporting carers and family members.

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GOWING FOUNDATION
Annual Report
for the year ended 30 November 2024

Achievements, performance and developments (continued)

St Francis Hospice (continued)

The funding provided has supported their OragneLine appeal to keep the service provided. OrangeLine offers confidential telephone support for local people. The charity uses it to help beneficiaries to make connections, start new friendships or simply provide guidance and information. It also allows beneficiaries to express their thoughts and feelings in confidence but with the utmost respect for their privacy.

Financial review - reserves

The results for the charity for the financial year are detailed on pages 4 to 6.

The charity has no requirement for reserves except for winding up costs should the charity no longer be able to meet its required levels of funding. All funds are distributed to worthwhile causes and the only reserves held at any point in time relates to donations received which are yet to be granted to the beneficiaries.

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Going Concern

The trustees consider that the charity is a going concern and will continue for at least 12 months from the date that they approve these financial statements.

Public benefit

The trustees consider that the objectives and activities of the charity are in accordance with the Charity Commissions' general guidance on public benefit. The details of public benefit are covered within other areas of this report especially under the heading of 'Achievements, performance and developments'.

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Risk assessment

The trustees have considered the major risks to which the charity is exposed and consider that those risks have currently been negligible. When the charity makes investments then it will need to re-address those risks and ensure that suitable mixes are used and assets are covered by adequate insurance.

The trustees do have a grant making policy which incorporates ensuring that the institutions to which grants are made are suitable and charitable in their own activities. The trustees have a policy to avoid direct individual contact with vulnerable persons and any contact would be with parents, coaches or teachers present.

For and on behalf of the trustees:

M.R. Gowing

Date: **15 July 2025.**

GOWING FOUNDATION
Statement of Financial Activity
for the year ended 30 November

	2024	2024	2023	2023
	£	£	£	£
Incoming resources				
Gift Aid	-		5,000	
	<u>-</u>	<u>-</u>	<u>5,000</u>	<u>5,000</u>
Total incoming resources		<u><u>-</u></u>		<u><u>5,000</u></u>
Resources expended				
Grants made				
St Francis Hospice	-		10,000	
Small donations	1,525		-	
	<u>1,525</u>	<u>1,525</u>	<u>-</u>	<u>10,000</u>
Support Costs				
Bank Charges	360		360	
Professional Fees	2,099		2,186	
Independent examiners fees	715		695	
	<u>3,174</u>	<u>3,174</u>	<u>3,241</u>	<u>3,241</u>
Total resources expended		<u><u>4,699</u></u>		<u><u>13,241</u></u>
Net expenditure		(4,699)		(8,241)
Cash funds brought forward		<u>10,799</u>		<u>19,040</u>
Cash funds carried forward		<u><u>6,100</u></u>		<u><u>10,799</u></u>

All activities undertaken related to unrestricted funds.

GOWING FOUNDATION
Statement of Net Assets
at 31 November 2024

	2024	2023
	£	£
Cash deposits		
Cash at bank	6,100	10,799
Monetary assets	6,100	10,799
 Creditors		
Professional fees	2,200	1,625
Accountancy fees	500	-
Independent examiner's fee	-	715
Monetary liabilities	2,700	2,340
 Total net assets	3,400	8,459

These accounts were approved by the board on **15 July 2025**.

M.R. Gowing

S.J. Russell

GOWING FOUNDATION
Notes to the Accounts
for the year ended 30 November 2024

1 Accounting policies

The financial statements have been prepared in accordance with the exemptions applicable under the Statement of Recommended Practice on Accounting by Charities and the Charities Act 2011.

The statements of financial activities has been prepared on a receipts and payments basis which is consistent with previous periods.

The statement of Net Assets shows the assets of the charity and any amounts due to or owed by the charity. The statement will not include any provisions for liabilities and charges. The trustees are of the opinion that should any significant matters occur prior to the year end, they will be disclosed within the notes of the accounts.

2. Trustees remuneration, expenses and control

There have been no remuneration or expenses paid to any of the trustees during the current or prior year. The charity decisions are made by the trustees as a body and are detailed on page 1 of this report. No one trustee or group of trustees has a dominant control.

3. Related party transactions

All donations have been received from parties connected to the trustees.

There have been no other related party transactions during the current or prior year.

GOWING FOUNDATION

England & Wales - Charity number 1180936

Accounts

GOWING FOUNDATION
CHARITY COMMISSION REGISTERED NO. 1180936

STATEMENT OF ACCOUNTS
for the year ended
30 November 2023

GOWING FOUNDATION
Charity Information
Charity number: 1180936

Registered Office

Panthera Private Office LLP
Aldermary House
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Telephone: 02038619990

Email: simon.russell@panthera.co.uk

Trustees

Martin Richard Gowing	Chair
William Richard Gowing	
Megan Rose Gowing	
Simon James Russell	

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

Independent Examiner

K.J. Maggs B.A, F.C.A.
Hoekman Way
Spalding
PE11 3HE

GOWING FOUNDATION
Annual Report
for the year ended 30 November 2023

The Gowing Foundation formed by constitution dated 1 November 2018 and was registered in England and Wales as a Charitable Incorporated Organisation on the 30 November 2018 with charity registered number 1180936.

The objects of the charity shall be the advancement of charitable purposes (according to the law of England & Wales) for the benefit of the public, as the trustees see fit from time to time, in particular but not limited to, making grants to charities, or other organisations or individuals working to advance charitable purposes, such that community participation in healthy recreation for children and young adults is promoted.

Trustees

The Charity is administered by Trustees and their powers are determined by the Constitution dated 1 November 2018. The trustees who are also the members and served the charity during the year are detailed on Page 1.

New trustees are appointed by the current trustees from people over 16 who have shown a keen interest in the work of the charity and have abilities required on the governing body.

The board shall consist of at least three trustees and at least one of the trustees must be 18 years of age or over. When they are inducted the trustees are presented with a current copy of the constitution and latest annual report and financial statements.

Trustees responsibilities

The Trustees are required to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its income and expenditure for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
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Achievements, performance and developments

The foundation has generated income and awarded grants under its formal Grant making policy as shown within the financial statements. The charity has been able to offer support the following main charities.

- **St Francis Hospice** - is one of the largest adult hospices in the UK and has been operating for over 35 years. The hospice specialises in providing care for any person, from any faith or cultural background, who have been diagnosed with a serious illness who are living in the Havering, Brentwood, Barking, Dagenham, Redbridge and West Essex areas. The hospice provides a range of free health and social care to those suffering the effects of life-limiting illnesses, including supporting carers and family members.

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GOWING FOUNDATION
Annual Report
for the year ended 30 November 2023

Achievements, performance and developments (continued)

St Francis Hospice (continued)

The funding provided has supported their OragneLine appeal to keep the service provided. OrangeLine offers confidential telephone support for local people. The charity uses it to help beneficiaries to make connections, start new friendships or simply provide guidance and information. It also allows beneficiaries to express their thoughts and feelings in confidence but with the utmost respect for their privacy.

Financial review - reserves

The results for the charity for the financial year are detailed on pages 5 to 7.

The charity has no requirement for reserves except for winding up costs should the charity no longer be able to meet its required levels of funding. All funds are distributed to worthwhile causes and the only reserves held at any point in time relates to donations received which are yet to be granted to the beneficiaries.

Beneficiaries apply to the charity for funding when they have such projects and are in need of additional funds.

Going Concern

The trustees consider that the charity is a going concern and will continue for at least 12 months from the date that they approve these financial statements.

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The trustees do have a grant making policy which incorporates ensuring that the institutions to which grants are made are suitable and charitable in their own activities. The trustees have a policy to avoid direct individual contact with vulnerable persons and any contact would be with parents, coaches or teachers present.

For and on behalf of the trustees:



.....
M.R. Gowing

Date: 27/08/2024
.....

**Independent Examiner's Report to the Trustees of
GOWING FOUNDATION
Charity number: 1180936**

I report to the charity on my examination of the accounts of the charity for the year ended 30 November 2023, which are set out on pages 5 to 7.

Responsibilities and basis of report

As the charity 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 charity's accounts carried out under section 145 of the 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records, or

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.


K.J. Maggs B.A. F.C.A.
Chartered Accountant
Spalding

Date: 3 September 2024.

GOWING FOUNDATION
Statement of Financial Activity
for the year ended 30 November 2023

	2023		2022	
	£	£	£	£
Incoming resources				
Donations received	-		27,550	
Gift Aid	5,000		2,598	
		5,000		30,148
Total incoming resources		<u>5,000</u>		<u>30,148</u>
Resources expended				
Grants made				
Noah's Ark Children's Hospice	-		5,000	
The Pickering Cancer Drop in Centre	-		2,500	
St Francis Hospice	10,000		-	
Small donations	-		500	
		10,000		8,000
Support Costs				
Bank Charges	360		340	
Professional Fees	2,186		1,962	
Independent examiners fees	695		798	
		3,241		3,100
Total resources expended		<u>13,241</u>		<u>11,100</u>
Net (expenditure) / income		(8,241)		19,048
Cash funds brought forward		19,040		(8)
Cash funds carried forward		<u>10,799</u>		<u>19,040</u>

All activities undertaken related to unrestricted funds.

The notes on page 7 form a part of these accounts

GOWING FOUNDATION
Statement of Net Assets
at 31 November 2023

	2023	2022
	£	£
Cash deposits		
Cash at bank	10,799	19,040
Debtors		
Gift Aid	-	5,000
Monetary assets	<u>10,799</u>	<u>24,040</u>
Creditors		
Professional fees	2,205	2,185
Independent examiner's fee	715	695
Monetary liabilities	<u>2,920</u>	<u>2,880</u>
Total net assets	<u>7,879</u>	<u>21,160</u>

These accounts were approved by the board on 27 August 2024.



.....
M.R. Gowing



.....
S.J. Russell

The notes on page 7 form a part of these accounts

GOWING FOUNDATION
Notes to the Accounts
for the year ended 30 November 2023

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Accounts

GOWING FOUNDATION
CHARITY COMMISSION REGISTERED NO. 1180936

STATEMENT OF ACCOUNTS

for the year ended

30 November 2022

GOWING FOUNDATION

Charity Information

Charity number: 1180936

Trustees

Martin Richard Gowing
William Richard Gowing
Megan Rose Gowing
Simon James Russell

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

Independent Examiner

K.J. Maggs B.A, F.C.A.
Hoekman Way
Spalding
Lincs
PE11 3HE

Registered Office

Aldermay House
10-15 Queen Street
London
EC4N 1TX

GOWING FOUNDATION
Annual Report
for the year ended 30 November 2022

The Gowing Foundation formed by constitution dated 1 November 2018 and was registered in England and Wales as a Charitable Incorporated Organisation on the 30 November 2018 with charity registered number 1180936.

The objects of the charity shall be the advancement of charitable purposes (according to the law of England & Wales) for the benefit of the public, as the trustees see fit from time to time, in particular but not limited to, making grants to charities, or other organisations or individuals working to advance charitable purposes, such that community participation in healthy recreation for children and young adults is promoted.

Trustees

The trustees who are also the members and served the charity during the period are detailed on Page 1. New trustees are appointed by the current trustees from people over 16 who have shown a keen interest in the work of the charity and have abilities required on the governing body.

The board shall consist of at least three trustees and at least one of the trustees must be 18 years of age or over. When they are inducted the trustees are presented with a current copy of the constitution and latest annual report and financial statements.

Trustees responsibilities

The Trustees are required to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its income and expenditure for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011.

Achievements, performance and developments

The foundation has generated income and awarded grants under its formal Grant making policy as shown within the financial statements. The charity has been able to offer support the following main charities.

- **The Pickering Cancer Drop In Centre** - is a self funding registered charity (in England and Wales) established by a group of cancer patients and based in Tunbridge Wells. The centre acts as a hub for anyone affected by cancer, providing information, support and a relaxing atmosphere where people can talk freely. Patients, carers, family and friends are offered a wide range of free facilities which includes complimentary therapies as well as advice and counselling.
- **Noah's Ark Children's Hospice** is a registered charity and company limited by guarantee, registered in England and Wales. the charity helps babies, children and young people with life-threatening or life-limiting conditions, and their families, make the most of every day. It offers support to those who die young to do so in as much comfort as possible, surrounded by their family. The charity aims to enable those they support to enjoy life as children, rather than as patients; as families, not just as carers.

GOWING FOUNDATION
Annual Report
for the year ended 30 November 2022

Financial review

The results for the charity for the financial year are detailed on pages 5 to 7.

Covid-19 and Going Concern

The Covid-19 Pandemic and following economic crisis continues to have an effect on the public benefit of the charity in terms of the income of the charity but this is still only expected to be temporary. The charity moved more to making donations to registered charities as a result of the restricted sporting activities of individuals. It is still hard for those to move forward but as recovery continues we expect sports also to recover participation and involvement.

Public benefit

The trustees consider that the objectives and activities of the charity are in accordance with the Charity Commissions' general guidance on public benefit. The details of public benefit are covered within other areas of this report especially under the heading of 'Achievements, performance and developments'.

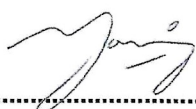
The foundation makes grants to charities, or other organisations working to advance charitable purposes, which gives benefit to everyone regardless of age, ability, creed or ethnic origin.

Risk assessment

The trustees have considered the major risks to which the charity is exposed and consider that those risks have currently been negligible. When the charity makes investments then it will need to re-address those risks and ensure that suitable mixes are used and assets are covered by adequate insurance.

The trustees do have a grant making policy which incorporates ensuring that the institutions to which grants are made are suitable and charitable in their own activities. The trustees have a policy to avoid direct individual contact with vulnerable persons and any contact would be with parents, coaches or teachers present.

For and on behalf of the trustees:



.....
M.R. Gowing

Date: ...**20th June**.....**2023**.

**Independent Examiner's Report to the Trustees of
GOWING FOUNDATION
Charity number: 1180936**

I report to the charity on my examination of the accounts of the charity for the year ended 30 November 2022, which are set out on pages 5 to 7.

Responsibilities and basis of report

As the charity 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 charity's accounts carried out under section 145 of the 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required
2. the accounts do not accord with those records, or

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.



.....
K.J. Maggs B.A, F.C.A.
Chartered Accountant
Spalding

Date: 21 June.....2023

GOWING FOUNDATION
Statement of Financial Activity
for the year ended 30 November 2022


	2022		2021	
	£	£	£	£
Incoming resources				
Donations received	27,550		5,700	
Gift Aid	2,598		3,215	
Interest received	-		5	
		30,148		8,920
Total incoming resources		30,148		8,920
Resources expended				
Grants made				
Noah's Ark Children's Hospice	5,000		-	
The Pickering Cancer Drop in Centre	2,500		-	
St Francis Hospice	-		4,850	
The Justin Edinburgh 3 Foundation	-		860	
Multiple Sclerosis Australia	-		755	
Small donations	500		-	
		8,000		6,465
Support Costs				
Bank Charges	340		73	
Professional Fees	1,962		1,800	
Independent examiners fees	798		810	
		3,100		2,683
Total resources expended		11,100		9,148
Net income / (expenditure)		19,048		(228)
Cash funds brought forward		(8)		220
Cash funds carried forward		19,040		(8)

All activities undertaken related to unrestricted funds.

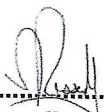
GOWING FOUNDATION
Statement of Net Assets
at 31 November 2022

	2022	2021
	£	£
Cash deposits		
Cash at bank	19,039	(8)
Debtors		
Gift Aid	-	710
Monetary assets	19,039	702
Creditors		
Professional fees	2,040	1,950
Independent examiner's fee	695	798
Monetary liabilities	2,735	2,748
Total net assets	16,304	(2,046)

These accounts were approved by the board on 20th June 2023.



M.R. Gowing



S.J. Russell

The notes on page 7 form a part of these accounts

GOWING FOUNDATION
Notes to the Accounts
for the year ended 30 November 2022

1 Accounting policies

The financial statements have been prepared in accordance with the exemptions applicable under the Statement of Recommended Practice on Accounting by Charities and the Charities Act 2011.

The statements of financial activities has been prepared on a receipts and payments basis which is consistent with previous periods.

The statement of Net Assets shows the assets of the charity and any amounts due to or owed by the charity. The statement will not include any provisions for liabilities and charges. The trustees are of the opinion that should any significant matters occur prior to the year end, they will be disclosed within the notes of the accounts.

2. Trustees remuneration, expenses and control

There have been no remuneration or expenses paid to any of the trustees during the current or prior year. The charity decisions are made by the trustees as a body and are detailed on page 1 of this report. No one trustee or group of trustees has a dominant control.

3. Related party transactions

All donations have been received from parties connected to the trustees.

There have been no other related party transactions during the current or prior year.

GOWING FOUNDATION

England & Wales - Charity number 1180936

Accounts

GOWING FOUNDATION
CHARITY COMMISSION REGISTERED NO. 1180936

STATEMENT OF ACCOUNTS

for the year ended

30 November 2021

GOWING FOUNDATION

Charity Information

Charity number: 1180936

Trustees

Martin Richard Gowing
William Richard Gowing
Megan Rose Gowing
Simon James Russell

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

Independent Examiner

K.J. Maggs B.A, F.C.A.
Moore Thompson
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10-15 Queen Street
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GOWING FOUNDATION
Annual Report
for the year ended 30 November 2021

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Trustees

The trustees who are also the members and served the charity during the period are detailed on Page 1.

New trustees are appointed by the current trustees from people over 16 who have shown a keen interest in the work of the charity and have abilities required on the governing body.

The board shall consist of at least three trustees and at least one of the trustees must be 18 years of age or over. When they are inducted the trustees are presented with a current copy of the constitution and latest annual report and financial statements.

Trustees responsibilities

The Trustees are required to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its income and expenditure for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011.

Achievements, performance and developments

The foundation has generated income and awarded grants under its formal Grant making policy as shown within the financial statements. The charity has been able to offer support the following main charities.

- **St Francis Hospice** - is one of the largest adult hospices in the UK and has been operating for 35 years. It serves the Havering, Brentwood, Barking, Dagenham, Redbridge and West Essex areas. The hospice provides a range of free health and social care to those suffering the effects of life-limiting illnesses, including supporting carers and family members.
- **The Justin Edinburgh 3 Foundation** - pursues one goal: increased survival following cardiac arrest. The charity registered in England Wales aims to empower people and organisations to act quickly and knowledgeably when witness to cardiac arrest, by increasing access to life saving defibrillators, and delivering CPR training. The funds raised in this situation were to enable two Automated External Defibrillators (AEDs) and the secure cabinets they need to be stored in to be supplied to public facilities. If excess funds were raised then further AEDs could be supplied

GOWING FOUNDATION
Annual Report
for the year ended 30 November 2021

Achievements, performance and developments (continued)

- **Multiple Sclerosis Australia** - is a not-for-profit organisation that empowers researchers to identify ways to treat, prevent and cure Multiple Sclerosis (MS). The organisation is a not-for-profit organisation and seeks sustained and systemic policy change via advocacy, and acts as the champion for Australia's community of people affected by MS.

Financial review

The results for the charity for the financial year are detailed on pages 5 to 7.

Covid-19 and Going Concern

The Covid-19 Pandemic has had an effect on the public benefit of the charity in that sports clubs and similar activities have been required to cease holding group involvement. It has also had an impact on the income of the charity but only temporarily. When activities recommence then it is expected funds will be required and the trustees believe that resources will be available to support those entities and individuals.

Public benefit

The trustees consider that the objectives and activities of the charity are in accordance with the Charity Commissions' general guidance on public benefit. The details of public benefit are covered within other areas of this report especially under the heading of 'Achievements, performance and developments'.

The foundation makes grants to charities, or other organisations working to advance charitable purposes, which gives benefit to everyone regardless of age, ability, creed or ethnic origin.

Risk assessment

The trustees have considered the major risks to which the charity is exposed and consider that those risks have currently been negligible. When the charity makes investments then it will need to re-address those risks and ensure that suitable mixes are used and assets are covered by adequate

The trustees do have a grant making policy which incorporates ensuring that the institutions to which grants are made are suitable and charitable in their own activities. The trustees have a policy to avoid direct individual contact with vulnerable persons and any contact would be with parents, coaches or teachers present.

For and on behalf of the trustees:



.....
M.R. Gowing

Date: 28/06/2022
.....

**Independent Examiner's Report to the Trustees of
GOWING FOUNDATION
Charity number: 1180936**

I report to the charity on my examination of the accounts of the charity for the year ended 30 November 2021, which are set out on pages 5 to 7.

Responsibilities and basis of report

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

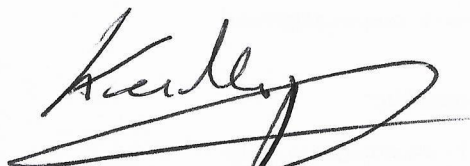
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records, or

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.



K.J. Maggs B.A., F.C.A.
Moore Thompson
Chartered Accountants
Spalding

Date: 28/06/2022

GOWING FOUNDATION
Statement of Financial Activity
for the year ended 30 November 2021

	2021		2020	
	£	£	£	£
Incoming resources				
Donations received	5,700		10,000	
Gift Aid	3,215		-	
Interest received	5		-	
		8,920		10,000
Total incoming resources		8,920		10,000
Resources expended				
Grants made				
Multiple Sclerosis Australia	755		-	
St Francis Hospice	4,850		10,000	
The Justin Edinburgh 3 Foundation	860		-	
		6,465		10,000
Support Costs				
Bank Charges	73		-	
Professional Fees	1,800		1,800	
Independent examiners fees	810		780	
		2,683		2,580
Total resources expended		9,148		12,580
Net expenditure		(228)		(2,580)
Cash funds brought forward		220		2,800
Cash funds carried forward		(8)		220

All activities undertaken related to unrestricted funds.

The notes on page 7 form a part of these accounts

GOWING FOUNDATION
Statement of Net Assets
at 31 November 2021

	2021	2020
	£	£
Cash deposits		
Cash at bank	(8)	220
Debtors		
Gift Aid	710	2,500
Monetary assets	702	2,720
Creditors		
Professional fees	1,950	1,800
Independent examiner's fee	798	780
Monetary liabilities	2,748	2,580
Total net assets	(2,046)	140

These accounts were approved by the board on



.....
M.R. Gowing



.....
S.J. Russell

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GOWING FOUNDATION
Notes to the Accounts
for the year ended 30 November 2021

1 Accounting policies

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The statements of financial activities has been prepared on a receipts and payments basis which is consistent with previous periods.

The statement of Net Assets shows the assets of the charity and any amounts due to or owed by the charity. The statement will not include any provisions for liabilities and charges. The trustees are of the opinion that should any significant matters occur prior to the year end, they will be disclosed within the notes of the accounts.

2. Trustees remuneration, expenses and control

There have been no remuneration or expenses paid to any of the trustees during the current or prior year. The charity decisions are made by the trustees as a body and are detailed on page 1 of this report. No one trustee or group of trustees has a dominant control.

3. Related party transactions

All donations have been received from parties connected to the trustees.

There have been no other related party transactions during the current or prior year.

GOWING FOUNDATION

England & Wales - Charity number 1180936

Accounts

GOWING FOUNDATION
CHARITY COMMISSION REGISTERED NO. 1180936

STATEMENT OF ACCOUNTS
for the year ended
30 November 2020

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Independent Examiner

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GOWING FOUNDATION
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Financial review

The results for the charity for the financial year are detailed on pages 5 to 7.

GOWING FOUNDATION

Annual Report

for the year ended 30 November 2020

Covid-19 and Going Concern

The Covid-19 Pandemic has had an effect on the public benefit of the charity in that sports clubs and similar activities have been required to cease holding group involvement. It has also had an impact on the income of the charity but only temporarily. When activities recommence then it is expected funds will be required and the trustees believe that resources will be available to support those entities and individuals.

Public benefit

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The foundation makes grants to charities, or other organisations working to advance charitable purposes, which gives benefit to everyone regardless of age, ability, creed or ethnic origin.

Risk assessment

The trustees have considered the major risks to which the charity is exposed and consider that those risks have currently been negligible. When the charity makes investments then it will need to re-address those risks and ensure that suitable mixes are used and assets are covered by adequate insurance.

The trustees do have a grant making policy which incorporates ensuring that the institutions to which grants are made are suitable and charitable in their own activities. The trustees have a policy to avoid direct individual contact with vulnerable persons and any contact would be with parents, coaches or teachers present.

For and on behalf of the trustees:



.....
M.R. Gowing

Date: 22nd April.....2021.

**Independent Examiner's Report to the Trustees of
GOWING FOUNDATION
Charity number: 1180936**

I report to the charity on my examination of the accounts of the charity for the year ended 30 November 2020, which are set out on pages 5 to 7.

Responsibilities and basis of report

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

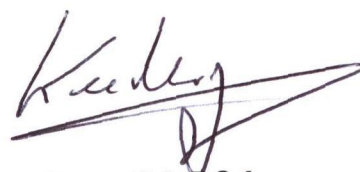
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records, or

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.



K.J. Maggs B.A, F.C.A.
Moore Thompson
Chartered Accountants
Spalding

Date: 22 April 2021

GOWING FOUNDATION
Statement of Financial Activity
for the year ended 30 November 2020

	2020		2019	
	£	£	£	£
Incoming resources				
Donations received	10,000		25,000	
Gift Aid	-		6,250	
		<u>10,000</u>		<u>31,250</u>
Total incoming resources		<u><u>10,000</u></u>		<u><u>31,250</u></u>
Resources expended				
Grants made				
Elements gymnastics	-		750	
Nepal Youth Foundation	-		5,000	
St Francis Hospice	10,000		15,000	
The Pickering Cancer Drop in Centre	-		7,100	
		<u>10,000</u>		<u>27,850</u>
Support Costs				
Professional Fees	1,800		600	
Independent examiners fees	780		-	
		<u>2,580</u>		<u>600</u>
Total resources expended		<u><u>12,580</u></u>		<u><u>28,450</u></u>
Net (expenditure) / income		(2,580)		2,800
Cash funds brought forward		2,800		-
Cash funds carried forward		<u><u>220</u></u>		<u><u>2,800</u></u>

All activities undertaken related to unrestricted funds.

The notes on page 7 form a part of these accounts

GOWING FOUNDATION
Statement of Net Assets
at 31 November 2020

	2020	2019
	£	£
Cash deposits		
Cash at bank	220	2,800
Debtors		
Gift Aid	2,500	-
Monetary assets	2,720	2,800
Creditors		
Professional fees	1,800	1,800
Independent examiner's fee	780	780
Monetary liabilities	2,580	2,580
Total net assets	140	220

These accounts were approved by the board on 22nd April.....2021.



.....
M.R. Gowing



.....
S.J. Russell

The notes on page 7 form a part of these accounts

GOWING FOUNDATION
Notes to the Accounts
for the year ended 30 November 2020

1 Accounting policies

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There have been no remuneration or expenses paid to any of the trustees during the current or prior year. The charity decisions are made by the trustees as a body and are detailed on page 1 of this report. No one trustee or group of trustees has a dominant control.

3. Related party transactions

All donations have been received from parties connected to the trustees.

There have been no other related party transactions during the current or prior year.