

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
Aldermay 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.

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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		<u>20,886</u>		<u>-</u>
Resources expended				
Grants made				
St Francis Hospice	18,100		-	
Small donations	-		1,525	
		18,100		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		<u>21,070</u>		<u>4,699</u>
Net expenditure		(184)		(4,699)
Cash funds brought forward		6,100		10,799
Cash funds carried forward		<u>5,916</u>		<u>6,100</u>

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	<u>6,450</u>	<u>6,100</u>
 Creditors		
Professional fees	1,955	2,700
Accountancy fees	-	500
Independent examiner's fee	745	-
Monetary liabilities	<u>2,700</u>	<u>3,200</u>
 Total net assets	<u>3,750</u>	<u>2,900</u>

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.