



# Trustees' Annual Report for the period

|      |     |                   |      |  |                 |     |       |      |
|------|-----|-------------------|------|--|-----------------|-----|-------|------|
|      |     | Period start date |      |  | Period end date |     |       |      |
| From | Day |                   |      |  | To              | Day | Month | Year |
|      | 01  | 01                | 2023 |  |                 | 31  | 12    | 2023 |

## Section A

## Reference and administration details

Charity name The Rooprai Spinal Trust

Other names charity is known by R.S.T.

Registered charity number (if any) 1111092

Charity's principal address Manufactory House,

Bell Lane,

Hertford, Herts,

Postcode

SG14 1BP

### 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  | Sharon Hart   |                 |                                   |   |
| 2  | Michael Cook  |                 |                                   |   |
| 3  | Kevin Wackett |                 |                                   |   |
| 4  |               |                 |                                   |   |
| 5  |               |                 |                                   |   |
| 6  |               |                 |                                   |   |
| 7  |               |                 |                                   |   |
| 8  |               |                 |                                   |   |
| 9  |               |                 |                                   |   |
| 10 |               |                 |                                   |   |
| 11 |               |                 |                                   |   |
| 12 |               |                 |                                   |   |
| 13 |               |                 |                                   |   |
| 14 |               |                 |                                   |   |
| 15 |               |                 |                                   |   |
| 16 |               |                 |                                   |   |
| 17 |               |                 |                                   |   |
| 18 |               |                 |                                   |   |
| 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)

|  |
|--|
|  |
|--|

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document  
(eg. trust deed, constitution)

Trust Deed

How the charity is constituted  
(eg. trust, association, company)

Trust

Trustee selection methods  
(eg. appointed by, elected by)

Trustees are appointed/re-appointed annually, at the AGM.

### 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.

|  |
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|  |
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## Section C Objectives and activities

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

TO PROVIDE HELP AND SUPPORT TO INDIVIDUALS AFFECTED BY SPINAL CORD INJURY. II) TO PROVIDE HELP AND SUPPORT TO FAMILY MEMBERS OF INDIVIDUALS AFFECTED BY SPINAL CORD INJURY. III) AT THE TRUSTEES' DISCRETION, TO PROVIDE FINANCIAL SUPPORT TO ENABLE INDIVIDUALS WITH SPINAL CORD INJURY ACCESS TO SPECIALIST PHYSIOTHERAPY. IV) AT THE TRUSTEES' DISCRETION, TO PROVIDE FINANCIAL SUPPORT TO OTHER RECOGNISED CHARITIES WHO STRIVE TO REVERSE PARALYSIS CAUSED BY SPINAL CORD INJURY.

**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)**

We enable individuals with spinal cord injury to have access to specialist physiotherapy.

We provide physio/rehabilitation equipment for people with SCI.

We offer financial support to the Nicholls Spinal Injury Foundation.

In planning the activities for the year, trustees reviewed the guidance at their Trustee meetings.

#### **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.

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

We continued to offer support, via our scholarship programme, to those previously enrolled. (support after paralysis from a spinal cord injury is lifelong) We were also able to invite some newly injured individuals to participate.

To minimise travel for our scholars, increasing the number of centres we work with was also a target for the year. We added one additional centre to our list and we hope to make that more over the coming year.

We also did a number of joint funding for projects with two other Charities, meaning that we can help more people. This is something we are keen to continue.

## Section E

## Financial review

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

At 31<sup>st</sup> December 2023 our cash funds were £87,204  
– all of which were unrestricted funds.

### Details of any funds materially in deficit

None

### 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

As an entirely voluntary charity, we rely solely on individuals giving up their time to ensure we can continue to offer support to those whose lives have been devastated by spinal cord injury. Nobody claims any personal expenses and we have no office rental overheads. We're a small, passionate team who enjoy trying to make a difference.

Outside of the charitable costs, our expenses predominately relate to event costs to help the growth of the charity. Events that are for both fundraising and awareness purposes and are very much the lifeline of the charity. i.e. Our annual golf days, charitable places at mass participation events like the London Marathon etc.

## 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)

Sharon Hart

Position (eg Secretary, Chair, etc)

Trustee

Date

23.10.2024



CHARITY COMMISSION  
FOR ENGLAND AND WALES

The Rooprai Spinal Trust

1111092

## Receipts and payments accounts

CC16a

For the period  
from

01.01.2023

To

31.12.2023


### Section A Receipts and payments

|   | Unrestricted<br>funds<br>to the nearest<br>£ | Restricted<br>funds<br>to the nearest £ | Endowment<br>funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|---|--|---|--|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                    |  |   |  |                                 |                               |
| Voluntary receipts                                    | 122,481                                      | -                                       | -                                      | 122,481                         | -                             |
| Other receipts  | 15,121                                       | -                                       | -                                      | 15,121                          | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
| <b>Sub total (Gross income for AR)</b>                | <b>137,602</b>                               | <b>-</b>                                | <b>-</b>                               | <b>137,602</b>                  | <b>-</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>137,602</b>                               | <b>-</b>                                | <b>-</b>                               | <b>137,602</b>                  | <b>-</b>                      |
| <b>A3 Payments</b>                                    |  |   |  |                                 |                               |
| Costs of charitable activities                        | 97,191                                       | -                                       | -                                      | 97,191                          | -                             |
| Costs of generating voluntary receipts                | 62,202                                       | -                                       | -                                      | 62,202                          | -                             |
| Other payments  | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
| <b>Sub total</b>                                      | <b>159,392</b>                               | <b>-</b>                                | <b>-</b>                               | <b>159,392</b>                  | <b>-</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>159,392</b>                               | <b>-</b>                                | <b>-</b>                               | <b>159,392</b>                  | <b>-</b>                      |
| <b>Net of receipts/(payments)</b>                     | <b>- 21,791</b>                              | <b>-</b>                                | <b>-</b>                               | <b>- 21,791</b>                 | <b>-</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>108,994</b>                               | <b>-</b>                                | <b>-</b>                               | <b>108,994</b>                  | <b>-</b>                      |
| <b>Cash funds this year end</b>                       | <b>87,204</b>                                | <b>-</b>                                | <b>-</b>                               | <b>87,204</b>                   | <b>-</b>                      |


## Section B Statement of assets and liabilities at the end of the period

| Categories  | Details  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---|--|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b>                                |  | 87,204                             | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   | <b>Total cash funds</b>                                | 87,204                             | -                                | -                               |
|   | (agree balances with receipts and payments account(s)) | OK                                 | OK                               | OK                              |
|   |  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
| <b>B2 Other monetary assets</b>                     |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
| <b>B3 Investment assets</b>                         |  |                                    | Cost (optional)                  | Current value (optional)        |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
| <b>B4 Assets retained for the charity's own use</b> |  | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
| <b>B5 Liabilities</b>                               |  | Fund to which liability relates    | Amount due (optional)            | When due (optional)             |
|   |  |                                    | -                                |                                 |
|   |  |                                    | -                                |                                 |
|   |  |                                    | -                                |                                 |
|   |  |                                    | -                                |                                 |
|   |  |                                    | -                                |                                 |

|   |   |             |                  |
|---|---|-------------|------------------|
| Signed by one or two trustees on behalf of all the trustees | Signature   | Print Name  | Date of approval |
|   |  | Sharon Hart | 23.10.24         |

**CHARITY COMMISSION  
FOR ENGLAND AND WALES****Independent examiner's  
report on the accounts****Section A****Independent Examiner's Report**

|  |  |   |                 |
|--|--|---|-----------------|
| <b>Report to the trustees/<br/>members of</b>  |  | Charity Name<br><b>THE ROOPRAI SPINAL TRUST</b> |                 |
| <b>On accounts for the year<br/>ended</b>  | <b>31<sup>st</sup> December 2023</b>   | <b>Charity no<br/>(if any)</b>                  | <b>1111092</b>  |
| <b>Set out on pages</b>  | <b>1 &amp; 2</b><br><small>(remember to include the page numbers of additional sheets)</small>   |   |                 |
| <b>Responsibilities and basis<br/>of report</b>  | <p>I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2023.</p> <p>As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").</p> <p>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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.</p>   |   |                 |
| <b>Independent examiner's<br/>statement</b>  | <p>I have completed my examination. I confirm that no material matters have come to my attention <del>(other than that disclosed below*)</del> in connection with the examination which gives me cause to believe that in, any material respect:</p> <ul style="list-style-type: none"><li>• accounting records were not kept in accordance with section 130 of the Act or</li><li>• the accounts do not accord with the accounting records</li></ul> <p>I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.</p> <p><i>* Please delete the words in the brackets if they do not apply.</i></p> |   |                 |
| <b>Signed:</b>   |   | <b>Date:</b>                                    | <b>23.10.24</b> |
| <b>Name:</b>   | <b>Mark Estwick</b>  |   |                 |
| <b>Relevant professional<br/>qualification(s) or body (if<br/>any):</b>  | <b>FCCA</b>  |   |                 |
| <b>Address:</b>  | <b>16 Challis Close, Foxton, Cambridgeshire, CB22 6AE</b>  |   |                 |
| <b>Section B</b>   |  |   |                 |
| <b>Disclosure</b>  |  |   |                 |
| <b>Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).</b> |  |   |                 |
| <b>Give here brief details of any items that the examiner wishes to disclose.</b>  |  |   |                 |



Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.