



Trustees' Annual Report for the period

	Period start date				Period end date		
	Day				Day	Month	Year
From	01	01	2024	To	31	12	2024

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)

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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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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**

Our physiotherapy scholarship programme continues to expand. As well as ongoing support for those paralysed individuals who have been part of the programme for a number of years, we also welcomed a number of newly injured people to the four different centres we partner with around England.

In addition, this year we launched our 'Back to the Gym' initiative at a fifth centre. The initiative will help wheelchair users return to the gym after serious injury.

We continue to work alongside other charities to joint fund a number of projects. Together we can do far more.

Section E Financial review

Brief statement of the charity's policy on reserves

At 31st December 2024 our cash funds were £60,258
– 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. 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, networking and awareness purposes and are very much the lifeline of the charity. i.e. Charitable places at mass participation events like the London Marathon or our interactive clay pigeon shoot and networking evening.

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	17.10.2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Rooprai Spinal Trust

1111092

Receipts and payments accounts

CC16a

For the period
from

01.01.2024

To

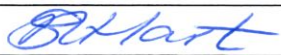
31.12.2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary receipts	130,695	-	-	130,695	-
Other receipts	7,520	-	-	7,520	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	138,215	-	-	138,215	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	138,215	-	-	138,215	-
A3 Payments					
Costs of charitable activities	99,683	-	-	99,683	-
Costs of generating voluntary receipts	65,478	-	-	65,478	-
Other payments	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	165,161	-	-	165,161	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	165,161	-	-	165,161	-
Net of receipts/(payments)	- 26,946	-	-	- 26,946	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	87,204	-	-	87,204	-
Cash funds this year end	60,258	-	-	60,258	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		60,258	-	-
		-	-	-
		-	-	-
	Total cash funds	60,258	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Sharon Hart	17.10.25



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
THE ROOPRAI SPINAL TRUST

On accounts for the year
ended

31st December 2024

Charity no
(if any)

1111092

Set out on pages

1 & 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024.

Responsibilities and
basis of report

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").

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.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below *~~) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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.

* Please delete the words in the brackets if they do not apply.

Signed: *Mark Estwick*

Date: 17.10.25

Name: Mark Estwick

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

FCCA

Address:

16 Challis Close, Foxton, Cambridgeshire, CB22 6AE

Section B

Disclosure

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.