



Daventry Health Rehabilitation Trust

Charity number: 1138302

Trustees Annual Report

Year ended: 31st March 2021

REFERENCES AND ADMINISTRATIVE INFORMATION

Charity Name:	Daventry Health Rehabilitation Trust
Operating Name:	The Reach for Heath Centre
Charity Number:	1138302 (Registered 7 October 2010)
Company Number:	07263077 (Incorporated 24 May 2010)
Registered Address:	Daventry Health Rehabilitation Trust Stefen Hill Ground,

Western Avenue
Daventry
Northamptonshire
NN11 4UD

Trustees:

Robert Juson
Alan Colsey
Carole Chisholm
Carolyn Howe
Janet Head
Rebecca Salisbury

Company Directors:

Robert Juson
Alan Colsey
Carole Chisholm

Centre Director:

Wadge Grzelak

Accountants:

DA Roberts Accountancy Services Limited
Chartered Accountants
41 Newbury Drive
Daventry
Northamptonshire NN11 0WQ

Bankers:

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

STRUCTURE GOVERNANCE AND MANAGEMENT

The Reach for Health Centre is the operating name for Daventry Health Rehabilitation Trust, a charity registered in 2010. The Charity emerged from a commercial gym, which, for 20 years, had targeted users from the local community who took little or no exercise, most specifically people over the age of 45. The Centre now attracts service users from all adult age groups and sectors of the community who have a wide range of health issues, many of them with physical limitations related to chronic disease or disability. The Centre has developed strong links with local doctors and consultants, by offering pre-operative and post-operative exercise-based ongoing physiotherapy and is a fully inclusive physical and mental health rehabilitation centre. In excess of 90% of our service users are now referred to the Centre either by their GP's, NHS Hospital doctors and consultants or other Health Professionals.

Daventry Health Rehabilitation Trust was incorporated in May 2010 as a Company Limited by Guarantee and registered as a charity operating under the name of 'The Reach for Health Centre' in October 2010. A Board of Trustees was established to oversee the business and finances of the Charity and to provide direction for the operation and the very important fundraising activities. The Board of Trustees experienced two retirements, but has now expanded to six Trustees through new appointments, resulting in a stronger Board overall. New Trustees are appointed by the existing Board of Trustees. On appointment, new Trustees are encouraged to familiarise themselves with the Trusteeship Guidance notes on the Charities Commission website.

The Charity's governing document is the Company Articles of Association.

OBJECTIVES AND ACTIVITIES

The Reach for Health Centre is an NHS Accredited Willing Provider of continuing exercise-based health rehabilitation for people from communities across Northamptonshire, from Warwickshire and sometimes further afield. The Centre works with the Northampton General Hospital Community Stroke Team, the Cardio Rehabilitation Team, the NHS Restart Team and C.O.P.D.

patients. The Centre provides aftercare for people suffering from a wide range of conditions who, having been discharged from Hospitals and Physiotherapy Departments, still have rehabilitation needs to aid their recovery. The Centre provides physiotherapy, exercise-based rehabilitation for people suffering from complex conditions such as Strokes, Brain Injury, Coronary Heart Disease, C.O.P.D., Diabetes, MS, Joint Replacements, Cancer and Mental Health Issues. Service users also include people who are generally fit and well; these are generally of the older generation seeking to maintain mobility and fitness and includes partners and carers of those attending for rehabilitation following serious illness.

Partners of the Centre include University of Northampton, local NHS Doctors and Health Professionals, the Northampton General Hospital Foundation Trust Falls Prevention Team, Daventry and District Stroke Support Group, the Northampton General Hospital Foundation Restart Team, The NHS Health and Wellbeing Forum and Northamptonshire Clinical Commissioning Group (CCG). We constantly network with other charitable organisations in order to seek out opportunities for co-operation where this would be mutually beneficial.

The Charity is a signatory to the Northamptonshire Armed Forces Covenant. The Charity is honoured to have been granted an nhs.net email address specifically for referrals from GPs and hospitals, the only non-NHS organisation in the county to have been awarded this facility. An electronic referral form is available on the Northampton CCG portal. This was developed with the help of the CCG and a local GP specifically for The Reach for Health Centre to cover general patients and the military community in respect of the Armed Forces Covenant.

The principal source of regular income is from subscription charges in the form of service user fees, set at affordable rates. The fees for service users who are referred by their GP, Hospital or Health Professional, or who are disadvantaged in some other way, are set at reduced rates. Other sources of regular income include consultation fees; sales of hot and cold drinks, cakes and biscuits; rental of the treatment rooms and rental of the multi-function room to organisations and groups who are associated with the aims and objectives of the Charity.

An ongoing programme of fundraising activities, ranging from the sale of donated items and home produce to monthly Bingo and a Lottery Draw run by service users and volunteers, to several major events held throughout the year provides additional income for general improvements to the facilities and equipment. In addition, we seek donations, grants and financial contributions where these are appropriate, in order to expand on the help and assistance the Centre offers, or for specific major improvement projects that may be needed.

ACHIEVEMENTS AND PERFORMANCE

The charity has had a mixed year of successes and disappointments; The Reach for Health Centre moved to a new purpose-built centre on 2nd November 2020, this was a huge achievement and a very rewarding experience after 4 years of extremely hard work, the year then became particularly challenging due to the Covid 19 pandemic. We had to close the Centre due to governmental rules only 2 weeks after opening. Due to Covid restrictions the following year, 2021, we were only able to open between April and December, however we still provided physiotherapy, exercise and rehabilitation for over 350 people from Daventry and District communities, suffering from complex conditions such as Stroke, Brain Injury, Coronary Heart Disease, COPD, Diabetes, Joint replacement, Cancer, MS and other disabilities including Mental Health. Our coaching staff continued to work closely with several of the specialist teams from Northampton General Hospital who would usually bring patients to our centre for personalised health rehabilitation programs usually spanning 10 weeks. These include the Community Stroke Team, Re-Start COPD Team and Cardio Rehab Team. We have also strengthened our partnership with the University of Northampton to include undergraduate Physiotherapy student placements in addition to undergraduate Occupational Therapist student placements. During the lockdown period we set up a joint tele-health phone line with The University of Northampton Occupational Therapy faculty. We also established *Reach4Health Online* providing live video Classes to support existing and new service users.

The board of trustees continued to work via video meetings and email to keep the momentum of the Centre's fundraising and grant applications active, thus enabling a smooth return to normality when we were able to resume activities.

Many members supported us by continuing to pay their monthly subscriptions as a donation, this was a huge relief, we were very grateful for their continued support.

As at March 2021 the centre employed 8 staff, this included an Occupational Therapist who was on a 6-month contract.

Our volunteer force of 15 to 20 people carried out various roles in supporting the charity and our service users including, reception duties, administration support and general assistance. This also includes our fundraising volunteers who organised various events throughout the year raising significant financial support for the charity.

This year grants from UK Government, Lottery Covid 19 Fund, Soroptimists International, NCF, etc provided income of £194,359, Donations received amounted to £38,289 fundraising £5,270 and Gift aid of £2,198, totalling £240,116 for the financial year.

During the period, the Directors and Trustees received no remuneration for their services and incurred no expenses.

Approved by the Board of Trustees on 28th January 2022 and signed on their behalf by:

Signed Electronically 28.01.2022

Robert Juson

.....

Robert Juson

Chair of Trustees

Registered number: 07263077

DAVENTRY HEALTH REHABILITATION TRUST T/A THE REACH FOR HEALTH CENTRE LTD

ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2021

Prepared By:

D A Roberts Accountancy Services Limited
Chartered Accountants
41 Newbury Drive
Daventry
Northants
NN11 0WQ

DAVENTRY HEALTH REHABILITATION TRUST T/A THE REACH FOR HEALTH CENTRE LTD

**ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2021**

DIRECTORS

Mr R Juson
Mr A Colsey
Ms R J E Salisbury

REGISTERED OFFICE

Stefen Hill Ground
Western Avenue
Daventry
Northamptonshire
NN11 4UD

COMPANY DETAILS

Private company limited by shares registered in EW - England and Wales, registered number 07263077

BANKERS

CAF Bank

ACCOUNTANTS

D A Roberts Accountancy Services Limited
Chartered Accountants
41 Newbury Drive
Daventry
Northants
NN11 0WQ

ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2021

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**ACCOUNTANTS' REPORT TO THE BOARD OF DIRECTORS ON THE UNAUDITED ACCOUNTS
OF DAVENTRY HEALTH REHABILITATION TRUST T/A THE REACH FOR HEALTH CENTRE LTD, FOR THE PERIOD
ENDED 31 MARCH 2021**

In order to assist you to fulfill your duties under the Companies Act 2006, we have prepared for your approval the accounts of Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd for the period ended 31 March 2021 as set out on pages 4 to 6 from the company's accounting records and from information and explanations you have given us.

As a practising member of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed on their website.

This report is made solely to the Board of Directors of Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd, as a body, in accordance with the terms of our engagement letter dated 19 March 2012. Our work has been undertaken solely to prepare for your approval the accounts of Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd and state those matters that we have agreed to state to the Board of Directors of Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd, as a body, in this report, in accordance with the requirements of the Institute of Chartered Accountants in England and Wales as detailed on their website. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profitability of Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd. You consider that Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd is exempt from the statutory audit requirement for the period.

We have not been instructed to carry out an audit or a review of the accounts of Daventry Health Rehabilitation Trust T/A The Reach For Health Centre Ltd. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

D A Roberts Accountancy Services Limited
Chartered Accountants
41 Newbury Drive
Daventry
Northants
NN11 0WQ

9 August 2021

PROFIT AND LOSS ACCOUNT
FOR THE PERIOD ENDED 31 MARCH 2021

	2021	2020
	£	£
Turnover	124,166	187,552
Other income	186,165	29,574
Cost of raw materials and consumables	(1,122)	(2,582)
Staff costs	(112,796)	(125,086)
Depreciation and other amounts written off assets	(23,104)	(9,197)
Other charges	(58,612)	(69,787)
Profit	<u>114,697</u>	<u>10,474</u>

DAVENTRY HEALTH REHABILITATION TRUST T/A THE REACH FOR HEALTH CENTRE LTD

Registered Number: 07263077

BALANCE SHEET AT 31 MARCH 2021

	2021	2020
	£	£
Fixed assets	68,230	20,511
Current assets	164,186	96,620
Creditors: amounts falling due within one year	<u>(4,633)</u>	<u>(6,548)</u>
Net Current Assets	159,553	90,072
Total assets less current liabilities	227,783	110,583
Accruals and deferred income	3,993	1,490
Net Assets	<u>223,790</u>	<u>109,093</u>
Capital and reserves	<u>223,790</u>	<u>109,093</u>

Average Number of Employees

During the year the average number of employees was 7 .

Company information

Private company limited by shares registered in EW - England and Wales, registered number 07263077. Registered office Stefen Hill Ground, Western Avenue, Daventry, Northamptonshire, NN11 4UD

Registered Number: 07263077

For the year ending 31 March 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the micro-entities regime.

These accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 5 August 2021 and signed on their behalf by



.....
Mr A Colsey
Director



.....
Mr R T Juson
Director

DAVENTRY HEALTH REHABILITATION TRUST T/A THE REACH FOR HEALTH CENTRE LTD

**TRADING AND PROFIT AND LOSS ACCOUNT
FOR THE PERIOD ENDED 31 MARCH 2021**

	2021 £	2020 £
Turnover	124,166	187,552
Cost of Sales:		
Purchases	1,122	2,582
	<u>1,122</u>	<u>2,582</u>
	1,122	2,582
Gross Profit	123,044	184,970
Other operating income	186,138	29,297
	<u>309,182</u>	<u>214,267</u>
Less:		
Administrative expenses	194,512	204,070
Interest receivable and similar income	<u>(27)</u>	<u>(77)</u>
	194,485	203,993
Net profit for the period before taxation	<u>114,697</u>	<u>10,274</u>
Net profit for the period after taxation	114,697	10,274
	<u>114,697</u>	<u>10,274</u>
Retained profits brought forward	109,093	98,619
Retained profits carried forward	<u><u>223,790</u></u>	<u><u>108,893</u></u>

This page does not form part of the Company's Statutory Accounts and is prepared for the information of the Directors only.

DAVENTRY HEALTH REHABILITATION TRUST T/A THE REACH FOR HEALTH CENTRE LTD

**PROFIT AND LOSS ACCOUNT SUMMARIES
FOR THE PERIOD ENDED 31 MARCH 2021**

	2021	2020
	£	£
Cost of sales:		
Purchases	1,122	2,582
	<u>1,122</u>	<u>2,582</u>
Administrative Expenses:		
Rates and water	4,437	2,821
Insurance	1,954	1,711
Heat and light	8,406	7,922
Rent	11,176	12,700
Cleaning	7,590	7,524
Repairs and renewals	2,656	4,391
New Property Costs	-	2,841
Wages	106,401	118,837
NIC employer	5,333	5,361
Pension contributions	1,062	888
Uniforms	482	269
Consultancy Fees	780	2,014
Fundraising expenses	422	1,365
Training	-	1,073
Travelling	105	442
Accountancy fees	5,044	3,421
Legal costs	40	5,775
Postage and stationery	6,280	1,472
Website costs	1,985	5,295
Telephone	3,071	1,598
Subscriptions	998	306
Advertising	210	723
Bank charges	2,976	6,111
Sundry expenses	-	13
Depreciation and Amortisation:		
Depreciation of equipment	23,104	9,197
	<u>194,512</u>	<u>204,070</u>

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1. RESTRICTED FUNDS

During the year the Trust received restricted funds of £138,234. The expenditure on projects was £103,556. At the balance sheet date there was a balance remaining of £60,440 (2020 - £25,762).

2. DONATIONS

Included within turnover are donations totalling £38,289.

3. OTHER INCOME

Included within other income are grants totalling £186,138.

Registered number: 07263077

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