

Registered Company Number  
07263077

Charity Number  
1138302

The Reach for Health Centre Ltd

Report and Unaudited Accounts

31 March 2025

**The Reach for Health Centre Ltd**  
**Report and Accounts**  
**Contents**

	<b>Page</b>
Charity and Company information	1
Trustees' Report	2
Independent Examiner's report	10
Statement of Financial Activities	11
Statement of Financial Activities (Previous year comparison)	12
Balance Sheet	13
Notes to the accounts	14
Schedule to the Statement of Financial Activities	19
Schedule to the Statement of Financial Activities (Previous year comparison)	21

## **The Reach for Health Centre Ltd**

### **Reference and Administrative Details**

#### **Directors**

Mr C Heaton-Harris	(appointed 1 January 2025)	Chair
Mr R T Juson		
Dr R Khatri		
Mr J L Baughan		
Ms R J E Salisbury		
Mr D A Miller	(appointed 30 May 2025)	
Mr P J Rollason		
Dr M G Davies	(resigned 11 October 2024)	
Ms L Kilshaw	(resigned 17 April 2023)	

#### **Independent Examiner**

Jasbir Rai  
ACMA  
BVSC Accountancy Services  
Birmingham Voluntary Services Council  
Latham House  
33-34 Paradise Street  
Birmingham  
B1 2AJ

#### **Registered office**

Stefen Hill Ground  
Weston Avenue, Daventry  
NN11 4UD

#### **Registered number**

07263077

#### **Registered Charity Number**

1138302

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

#### **Introduction**

Reach for Health is a specialist rehabilitation and wellness centre in Daventry, Northamptonshire. Established in May 2010, we have supported individuals, families, and healthcare professionals by demonstrating the life-changing impact of physical activity, tailored rehabilitation, and strong community support. We believe everyone, regardless of age, ability, background, or diagnosis deserves the opportunity to live independently, confidently, and with a fulfilling quality of life. We work as an extension of the healthcare system, bridging the gap between NHS services and the long-term support people need to thrive. Each year, over 600 patients are referred to us by GPs, physiotherapists, specialist nurses, and other clinicians who trust our expertise. Many community rehabilitation teams also use our centre for their clinics, ensuring seamless continuity of care from hospital to long-term rehabilitation.

Our vision is to provide a safe and accessible space where people can receive specialist rehabilitation, connect with others, and take meaningful steps towards improved health and wellbeing, whether they are living with long-term conditions, living in isolation and with poor mental health, or beginning an active lifestyle.

Our mission statement - "Empowering individuals to achieve their utmost potential. Our mission is to nurture an inclusive environment that comprehensively supports the enhancement of physical, mental, and social well-being. Through accessible activities, therapy, and a secure, safe environment, we aim to empower individuals to thrive and enhance their overall quality of life.

**" Sometimes amazing things do happen"**

#### **Chairman's statement**

I am pleased to present this year's statement and to welcome you to The Reach for Health Centre's annual report. Throughout what has been both a busy and challenging year, we have remained firmly committed to our mission and vision, ensuring that our community continues to receive the specialist rehabilitation and wellbeing support they rely on.

Like many organisations within the sector, we have faced pressures linked to the broader economic climate, particularly in securing large grants and sponsorship. Despite this, we have continued to strengthen the charity by adapting, innovating, and responding to local need. This year, we undertook a complete review and update of our policy framework to ensure continued full compliance with employment law and Charity Commission requirements.

Operationally, we have continued to expand our expertise and service offer. We introduced new specialist classes in cardiac and pulmonary rehabilitation, and we launched our first peer support group to further enhance community connection and wellbeing. We also experienced one trustee resignation during the year, and we express our thanks for their contribution to the charity.

Demand for our services remains strong, and our service-user base continues to grow steadily. Our physiotherapy programme has expanded significantly, leading us to appoint an additional physiotherapist to meet the increasing need and maintain high-quality care.

Christopher Heaton-Harris  
Chair of Trustees

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

#### **Public Benefit**

The trustees confirm that they have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit. In reviewing the charity's aims and planning our activities throughout the year, the trustees have ensured that all services and programmes delivered by The Reach for Health Centre are designed to provide clear and meaningful benefit to the public.

The public benefit delivered by the charity can be summarised across the following key areas:

#### **Accessible Specialist Rehabilitation and Wellbeing Services**

The charity provides a wide range of specialist rehabilitation programmes for individuals living with long-term neurological, musculoskeletal, cardiac, pulmonary, and other chronic health conditions. These include structured exercise programmes, manual therapy, physiotherapy, functional rehabilitation, and targeted specialist classes. These services help people regain or maintain independence, improve mobility, manage symptoms, reduce pain, and enhance overall quality of life. Many service users would otherwise be unable to access ongoing rehabilitation due to limited NHS provision and long waiting lists.

#### **Support for Early Intervention, Prevention and Long-Term Self-Management**

Our services reduce the pressure on NHS and social-care systems by focusing on early intervention and long-term condition management. By providing regular rehabilitation, evidence-based exercise programmes, and ongoing professional support, we help prevent deterioration, reduce risk of hospital admissions, improve recovery outcomes, and enable individuals to live more independently in the community. This approach aligns strongly with local health priorities across West Northamptonshire.

#### **Promoting Social Inclusion and Reducing Isolation**

The Centre offers a safe, supportive, and welcoming environment where people can connect with others facing similar challenges. Many of our service users experience isolation, anxiety, or reduced confidence due to their health conditions. Through group activities, peer support, social events, and community-led sessions, we provide a vital space for social connection, mental wellbeing, and emotional support. This community focus ensures our impact goes beyond physical rehabilitation.

#### **Fair and Inclusive Access to Services**

We are committed to ensuring that cost is never a barrier to accessing rehabilitation. Our fees are kept as low as possible, and we offer concessions, financial support pathways, and flexible membership options to ensure inclusivity. The Centre is fully accessible for people with disabilities, and our staff are trained to meet diverse needs. We welcome individuals of all ages, backgrounds, diagnoses, and levels of ability.

#### **Integrated Working with Healthcare Professionals**

We work in close partnership with GPs, physiotherapists, specialist nurses, NHS rehabilitation teams, and community health organisations. Over 600 individuals are referred to us each year as healthcare professionals trust our expertise and the high-quality outcomes we deliver. Community rehabilitation teams also use our facilities to run clinics, providing seamless continuity of care as individuals transition from clinical treatment into community rehabilitation.

#### **Partnerships With Academic and Community Organisations**

The charity contributes to the wider public benefit by collaborating with the University of Northampton and other institutions to support clinical research, student placements, and workforce development. This strengthens the future healthcare workforce and supports the sharing of knowledge, skills, and innovation across the region. We also work with local charities, voluntary groups, and community organisations to expand support networks and reach more people in need.

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

#### **Positive Impact on Mental Health and Emotional Wellbeing**

Many individuals who attend our services report improvements in confidence, purpose, mood, and coping abilities. Through supportive relationships with staff, volunteers, and peers, we help people build resilience and regain a sense of control over their lives. This is a significant public benefit, particularly in the context of widespread mental-health challenges linked to long-term conditions.

#### **Strong Safeguarding and Governance to Protect the Public**

The trustees ensure that all policies, procedures, and safeguarding measures are regularly reviewed and strengthened. This ensures that the charity operates safely, ethically, and in the best interests of service users and the community.

### **Summary of Main Activities of the Charity**

#### **Specialist Rehabilitation and Exercise Programmes for Rehabilitation**

- Delivering tailored rehabilitation programmes for individuals with long-term neurological, musculoskeletal, cardiorespiratory, and other chronic conditions. Also providing long-term management to assist in improving an individual's quality of life.
- Offering specialist classes such as Cardiac Rehabilitation, Pulmonary Rehabilitation, Parkinson's support, functional mobility training, and falls prevention programmes.

#### **Prevention, Early Intervention and Long-Term Self-Management**

- Helping individuals prevent deterioration and reduce reliance on NHS services through evidence-based exercise, education, and condition-management strategies.
- Delivering a range of active healthy ageing programmes that support falls prevention, improved cardiovascular health, respiratory function, and long-term condition management.
- Provide immediate support for those recovering from elective or emergency surgeries like a joint replacement.

#### **Community and Social Support Activities**

- Offering a safe, inclusive environment where individuals can socially connect and build supportive relationships.
- Running community groups including craft, gardening, social clubs, and peer-led support groups. In the aim to promote confidence, reduce loneliness, and enhance emotional wellbeing.

#### **Inclusive Access and Affordable Support**

- Keeping fees as low as possible to ensure affordability, offering concessions and flexible membership options to reduce barriers in accessing vital support.
- Providing a fully accessible environment equipped for individuals with disabilities, mobility challenges, and complex health needs.

#### **Partnership Working with Healthcare and Community Organisations**

- teams – bridging the gap of limited therapy following discharge often experienced by those who need on-going specialist attention.
- Hosting community rehabilitation and clinical teams onsite to support a smooth transition from hospital or clinical care into long-term rehabilitation.
- Establishing a formal partnership with the Muscular Dystrophy Support Centre (MDSC) to host a satellite clinic at our centre. This service provides specialist support for individuals living with muscular dystrophy across Northamptonshire and surrounding areas, ensuring local access to expert assessment, therapy, and long-term condition management.
- Working collaboratively with other community partners, charities, and health organisations to expand pathways of support and increase the reach of our services.

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

#### **Academic, Training and Research Collaboration**

- Hosting regular student placements from many Universities, including Occupational Therapy, Physiotherapy, Sports Rehabilitation, and Sports Science students - Supporting the development of the future healthcare workforce and contributing to high-quality clinical education.
- Growing our academic partnership with University of Northampton through knowledge exchange and exploring opportunities for collaborative research and evaluation.

#### **Mental Health and Emotional Wellbeing Support**

- Integrating emotional support, social connection, and confidence-building across all programmes.
- Helping individuals develop coping strategies, reduce anxiety, and improve overall mental wellbeing through activity and community engagement.

#### **Governance, Safeguarding and Operational Development**

- Strengthening policies, safeguarding procedures, and operational systems to ensure safe and compliant service delivery.
- Expanding the staff team and preparing for future organisational growth, including plans to recruit an Executive Managing Director to support strategic development.

## **Future Plans**

#### **Service Expansion and Enhanced Clinical Delivery**

We aim to continue growing our services by offering a wider range of tailored classes, specialist rehabilitation programmes, and evidence-based treatments. We will invest in upskilling our practitioners to broaden their expertise, ensuring we deliver consistently high-quality, person-centred care that remains affordable and accessible to all.

#### **Developing a Sustainable Growth Model**

The charity plans to develop a long-term, sustainable model for expansion, including the establishment of new rehabilitation centres. This will enable us to support increasing community need while contributing to wider NHS and local authority priorities around prevention, early intervention, and long-term condition management.

#### **Strengthening Partnerships and Collaborative Networks**

We will continue to build a strong network of like-minded charities, healthcare providers, academic partners, and community organisations. By sharing resources, knowledge, and best practice, we aim to increase collective impact and support more individuals across Northamptonshire and the surrounding areas.

#### **Advancing Academic Partnerships and Collaborative Research**

We plan to grow our academic partnership with the University of Northampton and other institutions to develop opportunities for joint research, evaluation, and evidence-based innovation. This includes expanding student placements, contributing to workforce development, and establishing a platform for collaborative research projects that enhance rehabilitation practice and demonstrate measurable community impact.

## **Nature of the Governing Document and Constitution of the Charity**

The Reach for Health Centre is a charitable company limited by guarantee, registered with both the Charity Commission for England and Wales and Companies House. The charity is governed by its Articles of Association, which serve as its governing document.

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

The Articles of Association set out the charity's purposes, trustee powers and responsibilities, rules for decision-making, and procedures for administering the charity. They also outline the arrangements for the appointment, election, retirement and removal of trustees, and the requirements for holding board and members' meetings.

As a charitable company limited by guarantee, The Reach for Health Centre has no share capital and is supported by members who each agree to contribute a nominal amount in the event of winding up. The Board of Trustees is responsible for the overall governance, strategic direction, and compliance of the charity, ensuring that all activities remain aligned with its charitable objectives and legal obligations.

#### **The Methods Adopted for the Recruitment and Appointment of New Trustees**

New trustees are recruited and appointed in accordance with the procedures set out in the charity's Articles of Association. When a vacancy arises, or when the Board identifies a need for additional skills or experience, potential trustees are sourced through open recruitment, professional networks, or recommendations from existing trustees and partners.

All prospective trustees are provided with information about the charity's aims, governance structure, and trustee responsibilities. Applicants are invited to meet with the Chair and senior leadership to discuss the role, assess suitability, and ensure alignment with the charity's values and objectives.

Formal appointments are approved by the Board of Trustees at a scheduled board meeting, in line with the charity's governing document. All newly appointed trustees undergo an induction process which includes an introduction to the charity's governance framework, policies, safeguarding responsibilities, and strategic plans. Ongoing training and development opportunities are provided to ensure trustees can fulfil their duties effectively.

#### **Organisational Structure and Decision Making**

The Reach for Health Centre is governed by a Board of Trustees (who are also Directors) responsible for the charity's strategic direction, governance, and compliance. The Board meets bi-monthly to review performance, monitor risk, approve policies, and make key strategic decisions. All decisions are made collectively, with delegated authority used where appropriate for urgent matters.

Day-to-day management is delegated to the Senior Leadership Team, including the Centre Director, who oversees operations, staffing, service delivery, safeguarding, and financial management within the parameters set by the Board. Regular reporting ensures trustees remain informed and able to provide oversight.

#### **Risk Management**

The trustees recognise their responsibility for identifying and managing the major risks facing the charity. A risk register is maintained and reviewed regularly by the Board to ensure potential risks are monitored, mitigated, and appropriately controlled.

Key areas of risk considered include financial sustainability, safeguarding, operational delivery, workforce capacity, health and safety, data protection, and compliance with legal and regulatory requirements. The Board assesses the likelihood and potential impact of each risk and ensures that appropriate policies, procedures, and internal controls are in place to manage them.



## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

#### **Financial Review**

##### ***Policies on reserves***

The trustees annually review the charity's reserves to ensure financial stability, manage risk, and support the long-term sustainability of The Reach for Health Centre. The reserves policy is designed to ensure that the charity can continue delivering essential services during periods of financial uncertainty, unexpected expenditure, or fluctuations in income. The charity aims to maintain sufficient cover for six months of core operating costs.

##### ***Availability and adequacy of assets of each of the funds***

The Trustees have reviewed the charity's funds and are satisfied that the assets held at year end are adequate to meet the obligations and planned activities of The Reach for Health Centre.

The charity holds a combination of restricted and unrestricted funds; each managed in accordance with the donor's intentions and the financial controls set by the Board.

##### ***Unrestricted Funds***

Unrestricted reserves remain essential for supporting day-to-day operations, staffing, building maintenance, essential equipment replacement, and general service delivery.

At the year end, the balance of unrestricted funds was sufficient to ensure continuity of services and allowed the charity to operate without risk to its financial stability.

The Trustees continue to work towards building an appropriate level of free reserves to safeguard against unexpected costs, income fluctuations, and wider economic pressures affecting the voluntary sector.

##### ***Restricted Funds***

Restricted funds received during the year were used solely for the purposes specified by funders. Key uses included:

- Specialist rehabilitation equipment
- Community programmes, class delivery and intervention development

All restricted funds are fully supported by identifiable assets or expenditure.

##### ***Overall Adequacy of Assets***

The Trustees confirm that the charity's assets are sufficient to meet current liabilities and planned commitments. Cash flow continues to be carefully managed, and the charity has not entered into any financial arrangements that would place its assets at undue risk.

The Board is satisfied that the assets available are adequate for the charity's operational requirements and for the continued delivery of public benefit in line with its charitable objectives.

##### ***Transactions and Financial positions***

During the financial year, The Reach for Health Centre continued to manage its resources responsibly to support the delivery and growth of rehabilitation and community services.

##### ***Income***

Total detailed income for the year amounted to £405,767, generated through a combination of grants, donations, class and therapy income, memberships, and fundraising activity. This aligns with the income reported in the Statement of Financial Activities, with minor differences due to rounding and accounting adjustments across unrestricted and restricted funds.

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

#### ***Expenditure***

Total detailed expenditure for the year was £459,848, reflecting the charity's ongoing investment in service delivery and governance. Key expenditure areas included staffing, utilities, maintenance, equipment costs, administrative overheads, and the operational costs required to run a busy rehabilitation centre. Additional adjustments, such as depreciation and allocated support costs are reflected in the SoFA, leading to the final statutory expenditure figure.

#### ***Net Position***

The financial year resulted in a planned deficit as the charity continued to invest in strengthening its services, improving operational infrastructure, and responding to increased demand.

The deficit shown in the formal accounts incorporates depreciation, support cost allocations, and fund transfers, providing a full picture of the charity's financial activities over the year.

#### ***Year-End Position***

The Reach for Health Centre ended the year with positive net assets, supported by a combination of unrestricted and restricted funds. These assets include the charity's fixed assets, primarily essential rehabilitation and fitness equipment.

#### ***Summary***

Despite pressures affecting the wider voluntary and health sectors, the charity remains financially stable, with assets adequate to meet its commitments. The Trustees continue to monitor financial performance closely, manage costs responsibly, and work proactively to develop sustainable income streams for future years.

#### ***Share Capital***

The company is limited by guarantee and therefore has no share capital.

#### **Statement of Trustees Responsibilities**

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. Company law requires the trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of its incoming resources and application of funds for that period.

In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its operations.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose, with reasonable accuracy at any time, its financial position. They are also responsible for safeguarding the assets of the charity and taking reasonable steps to prevent and detect fraud and other irregularities.

## **The Reach for Health Centre Ltd**

### **The report of the trustees for the year ended 31 March 2025**

The trustees are responsible for ensuring that the charity complies with:

- the requirements of the Charities Act 2011;
- the Companies Act 2006 (if applicable);
- the charity's governing document;
- relevant accounting regulations and reporting standards.

The trustees confirm that, as far as they are aware, there is no relevant audit information of which the charity's independent examiner is unaware, and they have taken all necessary steps to ensure they are aware of any relevant information needed by the independent examiner.

#### **Name, registered office and constitution of the charity**

Full name: The Reach for Health Centre Ltd

Date of incorporation: 24th of May 2010

Company registration number: 7263077

Charity number: 1138302

Date charity registered: 7th October 2010

Charity registered office: Stefen Hill Ground, Western Avenue, Daventry NN11 4UD



**Christopher Heaton-Harris**  
Director and Chair of Trustees

## **The Reach for Health Centre Ltd Independent Examiners Report**

### **Independent Examiner's Report to the trustees of The Reach for Health Centre Ltd**

I report to the charity trustees on my examination of the financial statements of The Reach for Health Centre Ltd for the year ended 31 March 2025.

#### **Responsibilities and basis of report**

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Jasbir Rai ACMA  
BVSC  
Latham House  
33-34 Paradise Street  
Birmingham  
B1 2AJ

24 December 2025

**The Reach for Health Centre Ltd**  
**Statement of Financial Activities**  
**incorporating an Income and Expenditure Account**  
**for the Year Ended 31 March 2025**

	Notes	Current year Unrestricted Funds 2025 £	Current year Restricted Funds 2025 £	Current year Total Funds 2025 £	Prior Year Total Funds 2024 £
<b>Income &amp; Endowments</b>					
Contracts, Grants & Donations		394,725	11,042	<b>405,767</b>	357,072
<b>Total income</b>		<u>394,725</u>	<u>11,042</u>	<u><b>405,767</b></u>	<u>357,072</u>
<b>Expenditure</b>					
Expenditure on charitable activities		458,210	1,637	<b>459,848</b>	369,149
<b>Total expenditure</b>		<u>458,210</u>	<u>1,637</u>	<u><b>459,848</b></u>	<u>369,149</u>
<b>Net Income for the year</b>		(63,486)	9,405	<b>(54,081)</b>	(12,077)
Transfers between funds	9	478	(478)	-	-
<b>Net income after transfers</b>		<u>(63,008)</u>	<u>8,927</u>	<u><b>(54,081)</b></u>	<u>(12,077)</u>
<b>Net movement in funds</b>		<u>(63,008)</u>	<u>8,927</u>	<u><b>(54,081)</b></u>	<u>(12,077)</u>
<b>Reconciliation of funds:-</b>					
<b>Total funds brought forward</b>		77,738	75,553	<b>153,291</b>	165,368
<b>Total funds carried forward</b>		<u>14,730</u>	<u>84,480</u>	<u><b>99,210</b></u>	<u>153,291</u>

**The Reach for Health Centre Ltd**  
**Comparative Statement of Financial Activities**  
**incorporating an Income and Expenditure Account**  
**for the Year Ended 31 March 2024**

	Notes	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
<b>Income &amp; Endowments</b>					
Contracts, Grants & Donations		357,072	-	357,072	278,444
<b>Total income</b>		<u>357,072</u>	<u>-</u>	<u>357,072</u>	<u>278,444</u>
<b>Expenditure</b>					
Expenditure on charitable activities		369,149	-	369,149	311,796
<b>Total expenditure</b>		<u>369,149</u>	<u>-</u>	<u>369,149</u>	<u>311,796</u>
<b>Net Income for the year</b>		(12,077)	-	(12,077)	(33,352)
Transfers between funds	9	(15,113)	15,113	-	-
<b>Net income after transfers</b>		<u>(27,190)</u>	<u>15,113</u>	<u>(12,077)</u>	<u>(33,352)</u>
<b>Net movement in funds</b>		<u>(27,190)</u>	<u>15,113</u>	<u>(12,077)</u>	<u>(33,352)</u>
<b>Reconciliation of funds:-</b>					
<b>Total funds brought forward</b>		104,928	60,440	165,368	198,720
<b>Total funds carried forward</b>		<u>77,738</u>	<u>75,553</u>	<u>153,291</u>	<u>165,368</u>

**The Reach for Health Centre Ltd**  
**Balance Sheet as at 31st March 2025**  
**Company Number**

**7263077**

	Note	Unrestricted £	Restricted £	2025 Total Funds £	2024 Total Funds £
<b>FIXED ASSETS</b>					
Tangible assets	6	11,368	3,742	15,111	28,172
		<u>11,368</u>	<u>3,742</u>	<u>15,111</u>	<u>28,172</u>
<b>CURRENT ASSETS</b>					
Debtors	7	2,211	-	2,211	15,796
Cash at bank and in hand		110,428	-	110,428	123,207
		<u>112,639</u>	<u>-</u>	<u>112,639</u>	<u>139,003</u>
<b>CREDITORS</b>					
Amounts due within one year	8	(28,539)	-	(28,539)	(13,884)
<b>NET CURRENT ASSETS</b>		<u>84,100</u>	<u>-</u>	<u>84,100</u>	<u>125,119</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>95,468</u>	<u>3,742</u>	<u>99,210</u>	<u>153,291</u>
<b>NET ASSETS</b>		<u>95,468</u>	<u>3,742</u>	<u>99,210</u>	<u>153,291</u>
<b>The funds of the charity :</b>					
<b>FUNDS</b>					
Restricted funds	9			84,480	75,553
Unrestricted funds	9			14,730	77,738
Designated funds	9			-	-
<b>Total Funds</b>				<u>99,210</u>	<u>153,291</u>
<b>Total Charity Funds</b>		<u>-</u>	<u>-</u>	<u>99,210</u>	<u>153,291</u>

The directors are satisfied that the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 7.

The director(s) acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Signed



**Christopher Heaton-Harris**  
**Director and Chair of Trustees**

Approved by the Board of Trustees on 11th December 2025

**The Reach for Health Centre Ltd**  
**Notes to the Accounts**  
**for the Year Ended 31 March 2025**

**1 General Information**

The Reach for Health Centre Ltd is a charitable company registered and domiciled in England. Its registered office is Stefen Hill Ground, Western Avenue, Daventry, NN11 4UD.

**2 Accounting policies**

***Basis of preparation of the accounts***

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

The Reach for Health Centre Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in £ Sterling, its functional currency and rounded to the nearest £.

***Accounting convention***

The financial statements are prepared, on a going concern basis, under the historical cost convention as modified by the revaluation of freehold land and buildings and fixed asset investments.

***Incoming Resources***

All income is recognised in the statement of financial activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

***Deferred income***

In accordance with the SORP grants received in advance and specified by the donor as relating to specific accounting periods or alternatively which are subject to conditions which are still to be met, and which are outside the control of the charity or where it is uncertain whether the conditions can or will be met, are deferred on an accruals basis to the period to which they relate. Such deferrals are shown in the notes to the accounts and the sums involved are shown as creditors in the accounts.

***Recognition of liabilities***

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants awarded are included in the statement of financial activities when approved by the trustees and agreed with the recipient. The value of grants unpaid at the year end is accrued. Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

***Fixed assets and depreciation***

Depreciation has been provided at the following rates in order to write off the assets (less their estimated residual value) over their estimated useful economic lives.

Restricted	20% straight line
Unrestricted	20% straight line

***Pension Costs***

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the statement of financial activities in the period to which they relate.

***Taxation***

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only.



**The Reach for Health Centre Ltd**  
**Notes to the Accounts**  
**for the Year Ended 31 March 2025**

**2 Accounting policies (continued)**

**Finance and operating leases**

Rentals payable in respect of operating leases where substantially all the benefits and risks of ownership remain with the lessor are charged to the Statement of Financial Activities as incurred.

**Funds structure policy**

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Any other proposed transfer between funds would be considered on the particular circumstances.

**Financial Instruments**

The charity only has basic financial assets and liabilities of a kind that qualify as basic financial instruments. These are initially recognised at transaction value and subsequently measured at their settlement value.

**3 Deficit /Surplus for the Financial Year**

This is stated after charging :-

	2025	2024
	£	£
Depreciation of owned fixed assets	21,140	16,101
Independent Examination Fee	600	-
Fund Audit fees	-	-

**4 Expenses paid to trustees or persons connected with trustees**

	2025	2024
	£	£
The aggregate amount of expenses paid to trustees was	-	-

There were no expenses paid to any trustees in the year ending 31st March 2025.

**5 Staff Costs and Emoluments**

	2025	2024
	£	£
Gross Salaries	306,662	244,949
Pension Costs	6,254	3,324
	<u>312,916</u>	<u>248,273</u>

**Numbers of full time employees or full time equivalents**

	2025	2024
Engaged on charitable activities	12	12
	<u>12</u>	<u>12</u>

There were no employees with emoluments in excess of £60,000 per annum

**The Reach for Health Centre Ltd**  
**Notes to the Accounts**  
**for the Year Ended 31 March 2025**

**6 Tangible fixed assets**

	Unrestricted £	Restricted £	Total £
<b>Asset cost, valuation or revalued amount</b>			
At 1 April 2024	176,357	-	176,357
Disposals	-	-	-
Additions	3,399	4,678	8,077
At 31 March 2025	<u>179,756</u>	<u>4,678</u>	<u>184,434</u>
<b>Accumulated depreciation and impairment provisions</b>			
At 1 April 2024	148,183	-	148,183
Disposals	-	-	-
Charge for the Year	20,205	936	21,140
At 31 March 2025	<u>168,387</u>	<u>936</u>	<u>169,323</u>
<b>Net book value</b>			
At 1 April 2024	<u>28,172</u>	<u>-</u>	<u>28,172</u>
At 30 June 2019	<u>28,174</u>	<u>-</u>	<u>28,174</u>
At 31 March 2025	<u>11,368</u>	<u>3,742</u>	<u>15,111</u>

The restricted assets relate to those purchased with the Soroptomist grant in the year ending 31st March 2025.

**7 Debtors**

	2025 £	2024 £
Trade debtors	1,762	1,762
Other Debtors	-	-
Prepaid expenses	-	-
Accrued income	-	13,585
Stock	449	449
Loans Made	-	-
	<u>2,211</u>	<u>15,796</u>

**8 Creditors: amounts falling due within one year**

	2025 £	2024 £
Bank loans and overdrafts	-	-
Trade creditors	2,063	4,522
Amounts due to associated or subsidiary undertakings	-	-
Accruals	8,642	1,950
Obligations under finance lease and hire purchase contracts	-	-
PAYE and NI	11,936	5,093
Other taxes	-	-
Pension Contributions	5,898	1,842
Other creditors	-	478
Deferred income and grants in advance	-	-
	<u>28,539</u>	<u>13,884</u>

**The Reach for Health Centre Ltd**  
**Notes to the Accounts**  
**for the Year Ended 31 March 2025**

**9 Particulars of Individual Funds and analysis of assets and liabilities representing funds**

<b>At 1 April 2024</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total Funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Fixed Assets	28,172	-	28,172
Current Assets	139,003	-	139,003
Current Liabilities	(13,884)	-	(13,884)
Long Term Liabilities	-	-	-
Provisions for charges	-	-	-
	<u>153,291</u>	<u>-</u>	<u>153,291</u>

<b>At 31 March 2025</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total Funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Fixed Assets	11,368	3,742	15,111
Current Assets	112,639	-	112,639
Current Liabilities	(28,539)	-	(28,539)
Long Term Liabilities	-	-	-
Provisions for charges	-	-	-
	<u>95,468</u>	<u>3,742</u>	<u>99,210</u>

The individual funds included above are :-

	<b>Funds at 2024</b>	<b>Movements in Funds as below</b>	<b>Transfers Between funds</b>	<b>Funds at 2025</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Lottery Prizes	478	-	(478)	-
Overhead Contingency	75,000	-	-	75,000
PHE	75	-	-	75
Soroptomist Grant	-	9,405	-	9,405
Unrestricted Fund	<u>77,738</u>	<u>(63,486)</u>	<u>478</u>	<u>14,730</u>
	<u>153,291</u>	<u>(54,081)</u>	<u>-</u>	<u>99,210</u>

**Analysis of movements in funds as shown in the table above**

	<b>Incoming Resources</b>	<b>Outgoing Resources</b>	<b>Accrued Income</b>	<b>Movement in funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Lottery Prizes	-	-	-	-
Overhead Contingency	-	-	-	-
PHE	-	-	-	-
Soroptomist Grant	11,042	(1,637)	-	9,405
Unrestricted Fund	<u>394,725</u>	<u>(458,210)</u>	<u>-</u>	<u>(63,486)</u>
	<u>405,767</u>	<u>(459,848)</u>	<u>-</u>	<u>(54,081)</u>

**Soroptomist Grant**

Part of this grant has been allocated to capital expenditure incurred during the year ending 31st March 2025. The remainder is allocated to capital expenditure in the following year. Consequently, funds are still appearing as available on the statement of financial account despite being fully spent. This expenditure will be realised in subsequent years through the depreciation of the assets over their useful life.

**The Reach for Health Centre Ltd**  
**Notes to the Accounts**  
**for the Year Ended 31 March 2025**

**9 Particulars of Individual Funds and analysis of assets and liabilities representing funds**  
*(continued)*

Comparative Year	Funds at 2023	Movements in Funds as below	Transfers Between funds	Funds at 2024
	£	£	£	£
Lottery Prizes	365	-	113	478
Overhead Contingency	60,000	-	15,000	75,000
PHE	75	-	-	75
Unrestricted Fund	104,928	(12,077)	(15,113)	77,738
	<u>165,368</u>	<u>(12,077)</u>	<u>-</u>	<u>153,291</u>

**Analysis of movements in funds as shown in the table above**

	Incoming Resources	Outgoing Resources	Accrued Income	Movement in funds
	£	£	£	£
Lottery Prizes	-	-	-	-
Overhead Contingency	-	-	-	-
PHE	-	-	-	-
Unrestricted Fund	357,072	(369,149)	-	(12,077)
	<u>357,072</u>	<u>(369,149)</u>	<u>-</u>	<u>(12,077)</u>

**10 Share Capital**

The charity is incorporated under the Companies Acts and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

**The Reach for Health Centre Ltd**  
**Schedule to the Statement of Financial Activities**  
**for the Year Ended 31 March 2025**

**Status of this schedule to the Statement of Financial Activities**

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, revised June 2008. However, it is not a part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Prior Period Total Funds 2024 £
<b>Incoming Resources from generated funds</b>				
<b>Voluntary Income</b>				
Donations Received	15,491	-	15,491	6,419
Grants	-	11,042	11,042	-
<b>Total</b>	<b>15,491</b>	<b>11,042</b>	<b>26,533</b>	<b>6,419</b>
<b>Incoming resources of a revenue nature</b>				
Fund Generation - Drink Sales	18,524	-	18,524	16,414
Catering Services	5,864	-	5,864	3,783
Lottery Income	401	-	401	384
Charitable Activities	19,554	-	19,554	13,098
Gift Aid	-	-	-	1,256
Rent Income	26,710	-	26,710	32,286
Consultations	13,625	-	13,625	10,188
Entrance Fees	211,920	-	211,920	187,847
Online Rehabilitation	96	-	96	-
Get Up and Go!	7,560	-	7,560	9,429
Session Supplements	37,568	-	37,568	35,174
FUNC FIT & PAYG	8,187	-	8,187	5,478
Pulmonary Rehab	1,481	-	1,481	1,594
Therapy Treatments	6,420	-	6,420	5,721
Occupational Therapy	-	-	-	25
Dynamo	1,113	-	1,113	-
Rehabilitation/Physiotherapy	10,672	-	10,672	4,405
Classes	348	-	348	-
Other Income	6,480	-	6,480	21,052
Bank Interest	2,712	-	2,712	2,519
<b>Total</b>	<b>379,233</b>	<b>-</b>	<b>379,233</b>	<b>350,653</b>
<b>Total Voluntary Income</b>	<b>394,725</b>	<b>11,042</b>	<b>405,767</b>	<b>357,072</b>
<b>Support costs of charitable activities</b>				
<b>Direct support costs</b>				
Direct Costs	18,584	382	18,965	14,183
Staff Wages & Salaries	312,916	-	312,916	248,273
	<b>331,500</b>	<b>382</b>	<b>331,882</b>	<b>262,457</b>
<b>Indirect employee costs</b>				
Training and welfare	5,572	-	5,572	3,211
Travel, subsistence and healthcare	42	-	42	463
	<b>5,614</b>	<b>-</b>	<b>5,614</b>	<b>3,675</b>
<b>Premises Costs</b>				
Rent payable	14,924	-	14,924	14,004
Rates	1,581	-	1,581	842
Light and heat	14,238	-	14,238	14,344
Insurance	7,596	-	7,596	6,720
Maintenance and repairs	5,193	-	5,193	5,173
	<b>43,533</b>	<b>-</b>	<b>43,533</b>	<b>41,083</b>

**The Reach for Health Centre Ltd**  
**Schedule to the Statement of Financial Activities**  
**for the Year Ended 31 March 2025**

Status of this schedule to the Statement of Financial Activities continued

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
<b>General administrative expenses:</b>				
Telephone and fax	4,630	-	4,630	1,741
Software and IT Costs	569	-	569	2,769
Advertising and PR	240	-	240	1,859
Bank charges and interest	8,710	-	8,710	6,783
Stationery, Printing and postage	3,538	-	3,538	4,714
Subscriptions	2,395	-	2,395	1,806
Sundry	-	-	-	52
Cleaning and waste disposal	19,513	-	19,513	17,914
	<b>39,595</b>	<b>-</b>	<b>39,595</b>	<b>37,638</b>
<b>Professional fees in support of charitable activities</b>				
Consultancy fees	867	320	1,187	1,880
Legal Fees	9,010	-	9,010	-
	<b>9,877</b>	<b>320</b>	<b>10,197</b>	<b>1,880</b>
<b>Other support costs</b>				
Depreciation of assets used for charitable purposes	20,205	936	21,140	16,101
Loss / (Profit) on disposal of assets	-	-	-	-
Expensed Equipment	700	-	700	-
Beneficiaries expenses	-	-	-	-
Fundraising	-	-	-	-
	<b>20,905</b>	<b>936</b>	<b>21,840</b>	<b>16,101</b>
<b>Governance costs</b>				
Trustees' expenses	-	-	-	-
Reporting Accountant's Fees	6,588	-	6,588	6,316
Independent Examination Fee	600	-	600	-
General Governance Costs	-	-	-	-
Fund Audit Fees	-	-	-	-
<b>Total governance costs</b>	<b>7,188</b>	<b>-</b>	<b>7,188</b>	<b>6,316</b>
<b>Total Support costs</b>	<b>458,210</b>	<b>1,637</b>	<b>459,848</b>	<b>369,149</b>
<b>Total Expended on Charitable Activities</b>	<b>458,210</b>	<b>1,637</b>	<b>459,848</b>	<b>369,149</b>

**The Reach for Health Centre Ltd**  
**Schedule to the Statement of Financial Activities**  
**Comparative for the Year to 31st March 2024**

**Status of this schedule to the Statement of Financial Activities**

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, revised June 2008. However, it is not a part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Prior Period Total Funds 2023 £
<b>Incoming Resources from generated funds</b>				
<b>Voluntary Income</b>				
Donations Received	6,419	-	6,419	16,146
Grants	-	-	-	-
<b>Total</b>	<b>6,419</b>	<b>-</b>	<b>6,419</b>	<b>16,146</b>
<b>Incoming resources of a revenue nature</b>				
Fund Generation - Drink Sales	16,414	-	16,414	11,656
Catering Services	3,783	-	3,783	2,293
Lottery Income	384	-	384	348
Charitable Activities	13,098	-	13,098	16,682
Gift Aid	1,256	-	1,256	1,623
Rent Income	32,286	-	32,286	29,400
Consultations	10,188	-	10,188	6,843
Entrance Fees	187,847	-	187,847	159,513
Online Rehabilitation	-	-	-	-
Get Up and Go!	9,429	-	9,429	1,866
Session Supplements	35,174	-	35,174	6,395
FUNC FIT & PAYG	5,478	-	5,478	1,648
Active Healthy Aging	-	-	-	1,003
Weight Management	-	-	-	347
Pulmonary Rehab	1,594	-	1,594	154
Therapy Treatments	5,721	-	5,721	-
Occupational Therapy	25	-	25	-
Dynamo	-	-	-	-
Rehabilitation/Physiotherapy	4,405	-	4,405	385
Classes	-	-	-	-
Other Income	21,052	-	21,052	21,322
Bank Interest	2,519	-	2,519	820
<b>Total</b>	<b>350,653</b>	<b>-</b>	<b>350,653</b>	<b>262,298</b>
<b>Total Voluntary Income</b>	<b>357,072</b>	<b>-</b>	<b>357,072</b>	<b>278,444</b>
<b>Support costs of charitable activities</b>				
<b>Direct support costs</b>				
Direct Costs	14,183	-	14,183	8,728
Staff Wages & Salaries	248,273	-	248,273	194,305
	<b>262,457</b>	<b>-</b>	<b>262,457</b>	<b>203,033</b>
<b>Indirect employee costs</b>				
Training and welfare	5,017	-	5,017	1,151
Travel, subsistence and healthcare	463	-	463	229
	<b>5,480</b>	<b>-</b>	<b>5,480</b>	<b>1,380</b>
<b>Premises Costs</b>				
Rent payable	14,004	-	14,004	13,786
Rates	842	-	842	1,236
Light and heat	14,344	-	14,344	8,335
Insurance	6,720	-	6,720	3,485
Maintenance and repairs	5,173	-	5,173	7,229
	<b>41,083</b>	<b>-</b>	<b>41,083</b>	<b>34,071</b>

The Reach for Health Centre Ltd  
Schedule to the Statement of Financial Activities  
Comparative for the Year to 31st March 2024

Status of this schedule to the Statement of Financial Activities continued

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
<b>General administrative expenses:</b>				
Telephone and fax	1,741	-	1,741	3,720
Software and IT Costs	2,769	-	2,769	-
Advertising and PR	1,859	-	1,859	1,399
Bank charges and interest	6,783	-	6,783	5,165
Stationery, Printing and postage	4,714	-	4,714	6,495
Sundry	52	-	52	1,728
Cleaning and waste disposal	17,914	-	17,914	14,502
	<b>35,832</b>	<b>-</b>	<b>35,832</b>	<b>33,009</b>
<b>Professional fees in support of charitable activities</b>				
Consultancy fees	1,880	-	1,880	3,406
Legal Fees	-	-	-	5,289
	<b>1,880</b>	<b>-</b>	<b>1,880</b>	<b>8,695</b>
<b>Other support costs</b>				
Depreciation of assets used for charitable purposes	16,101	-	16,101	26,107
Loss / (Profit) on disposal of assets	-	-	-	-
Expensed Equipment	-	-	-	-
Beneficiaries expenses	-	-	-	-
Fundraising	-	-	-	-
	<b>16,101</b>	<b>-</b>	<b>16,101</b>	<b>26,107</b>
<b>Governance costs</b>				
Trustees' expenses	-	-	-	-
Reporting Accountant's Fees	6,316	-	6,316	5,500
Independent Examination Fee	-	-	-	-
General Governance Costs	-	-	-	-
Fund Audit Fees	-	-	-	-
<b>Total governance costs</b>	<b>6,316</b>	<b>-</b>	<b>6,316</b>	<b>5,500</b>
<b>Total Support costs</b>	<b>369,149</b>	<b>-</b>	<b>369,149</b>	<b>311,796</b>
<b>Total Expended on Charitable Activities</b>	<b>369,149</b>	<b>-</b>	<b>369,149</b>	<b>311,796</b>