

# RECLAIM LIFE

England & Wales · Charity number 1138735

## Details

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**Status** Registered

**Legal form** Trust

**Registered** 2010-11-01

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Reclaim Life  
6-8 Bridge Street  
Leighton Buzzard  
Bedfordshire  
LU7 1AL

**Phone** 01525 375740

**Email** [reclaimlife@hotmail.co.uk](mailto:reclaimlife@hotmail.co.uk)

**Website** [www.reclaimlife.net](http://www.reclaimlife.net)

## Activities

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**Objects:** TO RELIEVE EMOTIONAL DISTRESS AND PROTECT AND PRESERVE HEALTH BY THE PROVISION OF FREE COUNSELLING, EMOTIONAL AND PRACTICAL SUPPORT TO PEOPLE IN AND AROUND BEDFORDSHIRE FOR THE PUBLIC BENEFIT

**Activities:** LIFE COACHING TO THE EMOTIONALLY DISTRESSED

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- **Area of benefit:** BEDFORDSHIRE
- Central Bedfordshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-30	£64,138	£72,381	-	-
2024-05-30	£45,833	£57,847	-	-
2023-05-30	£72,659	£54,574	-	-
2022-05-30	£30,516	£23,364	-	-
2021-05-30	£24,051	£15,460	-	-

## Trustees

Name	Role	Appointed
<b>LINDA SEAR</b>	Chair	
DR MIHEENGARI SHAFI		2012-04-09
Dr Iqbal Mohiuddin		2025-09-11
Haneefah Muhammad		2014-07-08
Helen Louise O'Connell		2018-01-16
LINDA WELFORD		2016-06-21
<b>ROBERT HARRY SEAR</b>		
Trevor McAleese		2026-04-24
Zita Pascoe		2025-09-11

**RECLAIM LIFE**

England & Wales - Charity number 1138735

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# Accounts

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## **Trustees' Annual Report**

**From: May 2024      To: May 2025**

**Charity name: Reclaim Life**

**Charity registration number: 1138735**

### **Objectives and Purpose**

Reclaim Life offers a free, therapeutic and wellbeing life coaching programme, delivered through a dedicated team of volunteer life coaches.

Our life coaches help people who are experiencing emotional distress to understand their emotional needs, learn coping strategies and techniques to help with managing stress, anxiety, anger, trauma, and depression.

Since 2010, we have been offering our free life coaching to people in Leighton Buzzard, surrounding areas and across Bedfordshire.

### **Impact and Activities**

**Reclaim Life and the Centre** —By the end of May 2025, the Reclaim Life Centre had been open for 2 years. Reclaim Life continues to play a vital role in the community by providing an essential emotional and mental health support service to residents of Leighton Buzzard and surrounding areas.

**Demand for Services** – Reclaim Life has now supported over 2000 people since our establishment in 2010. In our second year in the Centre, the increase in demand for our service continued. We received 221 self-referrals to the end of May 2025 and delivered 1025 hours of therapeutic life coaching.

**Staff** - we continued to operate on a day to day basis with a full time Manager, sessional life coach and an administrator.

**Volunteers** — Our number of volunteers continued to grow and following another successful training programme we recruited and inducted 6 new life coaches, increasing our volunteer life coaches to 23. From when the Centre opened in 2022, we have increased our number of volunteer life coaches by 150%.

**Public Relations** - We continued to successfully raise our profile both locally and across social media platforms throughout the year. Our efforts to increase visibility and community engagement were recognised when we were chosen as one of the Mayor's charities, a significant honour that has enhanced our standing within the local community.

**Public Relations** (continued) - We were also selected to be Leighton Buzzard Golf Club Captain's Charity of the Year for 2025, further demonstrating the growing recognition of our work within the community and providing valuable opportunities for increased public awareness of Reclaim Life.

**Fundraising** — We continued to remain proactive in the face of ongoing challenges in the current climate. A major milestone was achieved this year when we applied to and in May 2024 were successful in being granted four-year guaranteed funding of £6,000 from Leighton Linslade Town Council. Additionally, the Mayor held a charity dinner along with a raffle in July 2024, raising over £800.

**Partnership Working** — We continued to deliver online wellbeing workshops for social care professionals in Buckinghamshire Council as part of their bi-monthly Wellbeing Weeks. We also delivered in person emotional wellbeing workshops for social care teams in Bedford Borough Council.

### **Operating Model**

We offer our service to people in the community who are over 18. We support people from all backgrounds, ages, cultures, and life experiences who are experiencing emotional distress.

We can offer our 5-session programme for free as it is delivered by trained and dedicated volunteers. We fund our work with income from donations, grant funding applications and fundraising.

Our main costs are staff salaries, office and running costs for resources such as client packs, mobile phones and volunteer expenses.

Reclaim Life has a clinical supervisor to oversee the supervision of the volunteer life coaches and support provided.

### **Governance and Decision Making**

Reclaim Life has a board of Trustees who oversee the governance of the charity, reviewing changes to policies, ensuring Reclaim Life is working within the values it holds and are involved in decision making for the direction and the way forward of the organisation.

The Reclaim Life Manager reports directly to the Chair of Reclaim Life for operational activities and tasks for the day to day running of the charity.



# Reclaim Life

promoting emotional wellbeing

6-8 Bridge Street  
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01525 375740 [info@reclaimlife.net](mailto:info@reclaimlife.net)  
or visit [www.reclaimlife.net](http://www.reclaimlife.net)

<b>Reclaim Life Trustees</b>	<b>Date of Appointment</b>
Linda Sear - Chair	November 2010
Helen Louise O'Connell	January 2018
Lynda Welford	June 2016
Haneefah Muhammad	July 2014
Dr Miheengari Shafi	April 2012
Robert Harry Sear	November 2010
Dr Iqbal Mohiuddin	September 2025
David Hawkins	September 2025
Zita Pascoe	September 2025



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RECLAIM LIFE  
Registered Charity: 1138735

## STATEMENT OF INCOME & EXPENDITURE – for the year ending 30/05/2025

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>INCOME</b>		
Donations	<b>23,212</b>	10,107
Serendipity-centre donations	<b>17,283</b>	17,870
Fundraising	<b>14,893</b>	4,805
Grant-local authority	<b>7,700</b>	1,800
Training	<b>1,050</b>	0
Coaching sessions	<u><b>0</b></u>	<u>11,250</u>
	<u><b>64,138</b></u>	<u>45,833</u>
<b>EXPENDITURE</b>		
Payroll	<b>34,871</b>	26,422
Administration	<b>19,310</b>	13,794
Rent	<b>8,000</b>	8,000
Depreciation	<b>5,656</b>	5,656
Office Expense	<b>2,855</b>	3,175
Insurance	<b>700</b>	700
Stationary/Office Supplies	<b>466</b>	86
Mobile Phones	<b>207</b>	30
Volunteer Expenses	<b>109</b>	0
Computer costs	<b>95</b>	(16)
Registrations	<b>87</b>	0
Specific fundraising costs	<u><b>25</b></u>	<u>0</u>
	<u><b>72,381</b></u>	<u>57,847</u>
<b>(DEFICIT)/SURPLUS</b>	<u><b>(8,243)</b></u>	<u><b>(12,014)</b></u>



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RECLAIM LIFE  
Registered Charity: 1138735

## STATEMENT OF FINANCIAL POSITION – @ 30/05/2025

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>ASSETS</b>		
Office Refurbishment	<b>15,082</b>	20,738
Bank account	<b><u>17,591</u></b>	<u>28,178</u>
	<b><u>32,673</u></b>	<u>48,916</u>
 <b>FUNDS</b>		
Unrestricted funds available for Reclaim Life	<b><u>32,673</u></b>	<u>40,916</u>
	<b><u>32,673</u></b>	<u>40,916</u>
 <b>LIABILITIES</b>		
Rent	<u>0</u>	<u>8,000</u>
	<u>0</u>	<u>8,000</u>

Accounts prepared by: Alan Gordon ACCA  
Accounts approved by: Linda Sear, on behalf of the trustees



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
RECLAIM LIFE

**On accounts for the year  
ended**

30/05/2024

**Charity no  
(if any)**

1138735

**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 DD / MM / YYYY.

**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:** Amion Mbele

**Date:** 15/02/2026

**Name:** Amion Mbele, FCCA

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

ACCA

**Address:** 5 Anglers Avenue

Whittlesey

Peterborough, PE7 1GT

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.**

Accounts prepared by Alan Gordon ACCA

**RECLAIM LIFE**

England & Wales - Charity number 1138735

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# Accounts

---

## **Trustees' Annual Report**

**From: May 2023      To: May 2024**

**Charity name: Reclaim Life**

**Charity registration number: 1138735**

### **Objectives and Purpose**

Reclaim Life offers a free, therapeutic and wellbeing life coaching programme, delivered through a dedicated team of volunteer life coaches.

Our life coaches help people who are experiencing emotional distress to understand their emotional needs, learn coping strategies and techniques to help with managing stress, anxiety, anger, trauma, and depression.

Since 2010, we have been offering our free life coaching to people in Leighton Buzzard, surrounding areas and across Bedfordshire.

### **Impact and Activities**

**Reclaim Life Centre** — we held the official opening of the Centre on 30<sup>th</sup> June 2023 and were joined by Andrew Selous MP, along with volunteers, supporters and friends of Reclaim Life.

**Increase in Demand for Services** – Reclaim Life has supported over 1800 people since starting in 2010. Since 2019, the last pre-COVID year, we have experienced a 127% rise in self-referrals. The most significant increases in yearly referral numbers have occurred following the opening of the Reclaim Life Centre.

**Staff** - we continued with a full time Manager and following an increase in demand for our support, we introduced an 'emergency support session service' to offer an urgent coaching session for someone experiencing a high level of emotional distress prior to starting the 5 sessions. To help provide this service, we trialled having a sessional life coach for 15 hours a week and continued to do this through 2023 and into 2024. Our longstanding office manager retired from the role and in July 2023 we were joined by Jane Atkins on a part time basis in administration/secretary role.

**Volunteers** — since opening the Centre we have increased the number of people who are giving their time to support Reclaim Life. This includes volunteer life coaches, welcomers and the Serendipity team. Following a successful training programme we recruited 10 new life coaches.

**Fundraising** — despite ongoing challenges in securing fundraising opportunities, we remained proactive in exploring and applying for grants for which we were eligible. This included funding from Central Bedfordshire Council and a £500 Community Grant from Leighton Linlade Town Council. Recognising changes in donation habits, we also invested in a payment terminal for the Centre with support from Ward Councillor funding. This allows clients to make donations via card or phone after completing their five sessions, helping to increase contributions.

**Partnership Working** — our partnership work with The Lighthouse (ELFT) came to an end in September 2023, as they made changes to their service. We continued to deliver online wellbeing workshops for social care professionals in Buckinghamshire Council as part of their bi-monthly Wellbeing Weeks, whilst looking into other opportunities.

## **Operating Model**

We offer our service to people in the community who are over 18. We support people from all backgrounds, ages, cultures, and life experiences who are experiencing emotional distress.

We can offer our 5-session programme for free as it is delivered by trained and dedicated volunteers. We fund our work with income from donations, grant funding applications and fundraising.

Our main costs are staff salaries, office and running costs for resources such as mobile phones and volunteer expenses.

Reclaim Life has a clinical supervisor to oversee the supervision of the volunteer life coaches and support provided.

## **Governance and Decision Making**

Reclaim Life has a board of Trustees who oversee the governance of the charity, reviewing changes to policies, ensuring Reclaim Life is working within the values it holds and are involved in decision making for the direction and the way forward of the organisation.

The Reclaim Life Manager reports directly to the Chair of Reclaim Life for operational activities and tasks for the day to day running of the charity.

<b>Reclaim Life Trustees</b>	<b>Date of Appointment</b>
Linda Sear - Chair	November 2010
Helen Louise O'Connell	January 2018
Lynda Welford	June 2016
Haneefah Muhammad	July 2014
Dr Miheengari Shafi	April 2012
Brian Sadler	April 2012
Robert Harry Sear	November 2010

RECLAIM LIFE  
Registered Charity: 1138735

STATEMENT OF INCOME & EXPENDITURE – for the year ending 30/05/2024

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>INCOME</b>		
Serendipity-centre donations	<b>17,870</b>	16,628
Coaching sessions	<b>11,250</b>	10,550
Donations	<b>10,107</b>	8,018
Fundraising	<b>4,805</b>	120
Grant-local authority	<b>1,800</b>	30,000
Grant-to fund Admin Manager	<b>0</b>	6,943
Training	<u><b>0</b></u>	<u>400</u>
	<b><u>45,833</u></b>	<b><u>72,659</u></b>
<b>EXPENDITURE</b>		
Payroll	<b>26,422</b>	28,325
Administration	<b>13,794</b>	8,895
Rent	<b>8,000</b>	8,000
Depreciation	<b>5,656</b>	5,656
Office Expense	<b>3,175</b>	2,727
Insurance	<b>700</b>	634
Stationary/Office Supplies	<b>86</b>	0
Mobile Phones	<b>212</b>	212
Computer costs	<b>16</b>	0
Registrations	<u><b>0</b></u>	<u>35</u>
	<b><u>57,847</u></b>	<b><u>54,574</u></b>
<b>(DEFICIT)/SURPLUS available for charitable activities</b>	<b><u>(12,014)</u></b>	<b><u>18,084</u></b>



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RECLAIM LIFE  
Registered Charity: 1138735

## STATEMENT OF FINANCIAL POSITION – @ 30/05/2024

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>ASSETS</b>		
Office Refurbishment	<b>20,738</b>	26,393
Bank account	<b><u>28,178</u></b>	<u>32,199</u>
	<b><u>48,916</u></b>	<u>58,593</u>
 <b>FUNDS</b>		
Unrestricted funds available for Reclaim Life	<b><u>40,916</u></b>	<u>58,593</u>
	<b><u>40,916</u></b>	<u>58,593</u>
 <b>LIABILITIES</b>		
Rent	<b><u>8,000</u></b>	<u>0</u>
	<b><u>8,000</u></b>	<u>0</u>

Accounts prepared by: Alan Gordon ACCA  
Accounts approved by: Linda Sear, on behalf of the trustees



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
RECLAIM LIFE

**On accounts for the year  
ended**

30/05/2024

**Charity no  
(if any)**

1138735

**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 DD / MM / YYYY.

**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").

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**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:** Amion Mbele

**Date:** 21/03/2025

**Name:** Amion Mbele FCCA

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

ACCA Qualified Accountant

**Address:** 5 Anglers Avenue

Whittlesey

Peterborough, PE7 1GT

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.**

Accounts prepared by Alan Gordon ACCA

**RECLAIM LIFE**

England & Wales - Charity number 1138735

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# Accounts

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## **Trustees' Annual Report**

**From: May 2022 To: May 2023**

**Charity name: Reclaim Life**

**Charity registration number: 1138735**

### **Objectives and Purpose**

Reclaim Life offers a free, therapeutic and wellbeing life coaching programme, delivered through a dedicated team of volunteer life coaches.

Our life coaches help people who are experiencing emotional distress to understand their emotional needs, learn coping strategies and techniques to help with managing stress, anxiety, anger, trauma, and depression.

Since 2010, we have been offering our free life coaching to people in Leighton Buzzard, surrounding areas and across Bedfordshire.

### **Impact and Activities**

**Reclaim Life Centre** — we were thrilled to open the centre for operation from June 2022.

The building continues to develop but our volunteer staff and life coaches have once again been able to safely meet our clients face-to-face and offer the full range of support and therapies that we know work so well. The centre site has brought about an opportunity to allocate space to our own charity shop 'Serendipity', generating funds through the set up for the sale of donated goods.

**Reclaim Life Manager**— we're delighted that Sally Hearn, our hardworking Manager, began full time employment with us during the year. As well as being a great Life Coach, she continues her valuable work of keeping the charity organised, and has overseen many of the jobs required to open our centre whilst making sure we are compliant with all the necessary health and safety requirements.

**Fundraising** — 2022/2023 was again a difficult time for fundraising opportunities. We were very happy to receive a £30k local authority grant from the NHS Bedfordshire, Luton, and Milton Keynes clinical commissioning group. It was granted to enable the charity to provide the life coaching, mentoring, and training (i.e. normal operations/services/running costs) to the local community. Creating fundraising opportunities and grant funding that we may be eligible to apply for continues to be a key objective going forward.

**Ways of Working** — during lockdown we had upped our game on the technology front and were able to adapt our session pack to offer zoom, alongside telephone consultations. This enabled us to save 3 potential suicides as well as offer support to well over 100 clients, who we wouldn't otherwise have been able to help. It also means we are now able to offer our services to a wider area to support those who can't reach us due to distance or disability.

We delivered our first 'in person' therapeutic life coaching training since the Covid Pandemic. We used a blended learning approach with delegates also attending via zoom. We adapted our previous training to a weekly session, over 6 weeks, followed by an induction for new volunteer coaches. Following this training programme we recruited 5 new volunteer life coaches.

Following the opening the Centre, the demand for our service increased, with 50% more self referrals in the first six months.

Like most of the population, we've each faced some difficult challenges over the last 2 years but together we've worked hard as a supportive team and are looking forward to moving on to serving local people from our local base.

**Partnership Working** — we continued to work in partnership with ELFT delivering coaching sessions. We also delivered online wellbeing workshops for social care professionals in Buckinghamshire Council as part of their bi-monthly Wellbeing Weeks.

### **Operating Model**

We offer our service to people in the community who are over 18. We support people from all backgrounds, ages, cultures, and life experiences who are experiencing emotional distress.

We can offer our 5-session programme for free as it is delivered by trained and dedicated volunteers. We fund our work with income from donations, grant funding applications and fundraising.

Our main costs are staff salaries, office and running costs for resources such as mobile phones and volunteer expenses.

Reclaim Life has a clinical supervisor to oversee the supervision of the volunteer life coaches and support provided.

## **Governance and Decision Making**

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The Reclaim Life Manager reports directly to the Chair of Reclaim Life for operational activities and tasks for the day to day running of the charity.

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Dr Miheengari Shafi	April 2012
Brian Sadler	April 2012
Robert Harry Sear	November 2010

RECLAIM LIFE

Registered Charity: 1138735

STATEMENT OF INCOME & EXPENDITURE – for the year ending 30/05/2023

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>INCOME</b>		
Grant-local authority	<b>30,000</b>	0
Serendipity-centre donations	<b>16,628</b>	0
Coaching sessions	<b>10,550</b>	2,020
Donations	<b>8,018</b>	8,713
Grant-to fund Admin Manager	<b>6,943</b>	16,013
Training	<b>400</b>	0
Fundraising	<b>120</b>	1,723
Gift Aid Reimbursement – HMRC	<u><b>0</b></u>	<u>2,047</u>
	<u><b>72,659</b></u>	<u>30,516</u>
<b>EXPENDITURE</b>		
Payroll	<b>28,325</b>	0
Administration	<b>8,895</b>	21,058
Rent	<b>8,000</b>	0
Depreciation	<b>5,656</b>	0
Office Expense	<b>2,727</b>	945
Insurance	<b>634</b>	645
Mobile Phones	<b>212</b>	216
Registrations	<b>35</b>	35
Promotional Materials	<u><b>0</b></u>	<u>465</u>
	<u><b>54,574</b></u>	<u>23,364</u>
<b>SURPLUS available for charitable activities</b>	<u><b>18,084</b></u>	<u>7,152</u>



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promoting emotional wellbeing

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[www.reclaimlife.net](http://www.reclaimlife.net)

RECLAIM LIFE

Registered Charity: 1138735

## STATEMENT OF FINANCIAL POSITION – @ 30/05/2022

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>ASSETS</b>		
Office Refurbishment	<b>26,393</b>	22,902
Bank account	<b>32,199</b>	16,522
Lease Deposit	<u>0</u>	<u>8,000</u>
	<b><u>58,593</u></b>	<b><u>47,424</u></b>
 <b>FUNDS</b>		
Unrestricted funds available for Reclaim Life	<b>58,593</b>	40,481
	<b><u>58,593</u></b>	<b><u>40,481</u></b>
 <b>LIABILITIES</b>		
Grant-to fund Admin Manager	<u>0</u>	<u>6,943</u>
	<u>0</u>	<u>6,943</u>

Accounts prepared by: Alan Gordon ACCA

Accounts approved by: Linda Sear, on behalf of the trustees



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name RECLAIM LIFE

On accounts for the year ended

30/05/2023

Charity no (if any)

1138735

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 DD / MM / YYYY.

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Independent examiner's statement

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- 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: Mbele

Date: 27/03/24

Name: Amion Mbele FCCA

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

Chartered Accountant

Address:

5 Anglos Avenue, Whittlesey
Peterborough
PE7 1QT

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.**

Accounts prepared by Alan Gordon ACCA

**RECLAIM LIFE**

England & Wales - Charity number 1138735

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# Accounts

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## **Trustees' Annual Report**

**From: May 2021 To: May 2022**

**Charity name: Reclaim Life**

**Charity registration number: 1138735**

### **Objectives and Purpose**

Reclaim Life offers a free, therapeutic and wellbeing life coaching programme, delivered through a dedicated team of volunteer life coaches.

Our life coaches help people who are experiencing emotional distress to understand their emotional needs, learn coping strategies and techniques to help with managing stress, anxiety, anger, trauma and depression.

Since 2010, we have been offering our free life coaching to people in Leighton Buzzard, surrounding areas and across Bedfordshire.

### **Impact and Activities**

**Ways of Working** – we continued to support people during the pandemic and adapted the way we offered our support during this time by offering coaching sessions via telephone or online using Zoom. During 2021 through to 2022, where possible and with lifted restrictions, we returned to face to face sessions but this was difficult due to limited access to locations and venues we had been able to use prior to the Covid pandemic.

During this period, we were already seeing the effects of the pandemic and how the last two years affected and continued to impact people's emotional and mental health. We had an increase of clients from the NHS, Social care, Care sector and those who had been working on the front line during the pandemic. Through our coaching we supported clients, who were experiencing high anxieties and emotional distress through working in hospital and care settings, to be able to return to work.

**Partnership Working** – we continued to work in partnership with ELFT delivering one to one life coaching sessions at the Mental Health Cafe in Leighton Buzzard. We also delivered an online workshop for emotional wellbeing with over 60 social care professionals.

**Reclaim Life Manager** – during this time the role and hours for the work involved in overseeing the service, supporting and triaging clients and development of the organisation increased, with a view to full time from June 2022.

**Fundraising** – 2021/2022 was a difficult time for fundraising opportunities and with fewer face to face sessions we saw a reduction in donations during this time. Creating fundraising opportunities and grant funding that we may be eligible to apply for in the future will be an objective for 2022/2023.

**Reclaim Life Centre** – development and work continued towards to having our own venue, which would mean we would be able to offer our full service face to face again in June 2022.

## Operating Model

We offer our service to people in the community who are over 18. We support people from all backgrounds, ages, cultures and life experiences who are experiencing emotional distress.

We are able to offer our 5 session programme for free as it is delivered by trained and dedicated volunteers.

We fund our work with income from donations, grant funding applications and fundraising.

Our main costs are staff salaries, office and running costs for resources such as mobile phones and volunteer expenses.

Reclaim Life has a clinical supervisor to oversee the supervision of the volunteer life coaches and support provided.

## Governance and Decision Making

Reclaim Life has a board of Trustees who oversee the governance of the charity, reviewing changes to policies, ensuring Reclaim Life is working within the values it holds and are involved in decision making for the direction and the way forward of the organisation.

The Reclaim Life Manager and Office Manager report directly to the Chair of Reclaim Life for operational activities and tasks for the day to day running of the charity.

Reclaim Life Trustees	Date of Appointment
Linda Sear - Chair	November 2010
Helen Louise O'Connell	January 2018
Lynda Avery	June 2016
Haneefah Muhammad	July 2014
Dr Miheengari Shafi	April 2012
Brian Sadler	April 2012
Harry Sear	November 2010

**Address:** Reclaim Life Centre  
6 – 8 Bridge Street  
Leighton Buzzard  
Beds  
LU7 1AL

info@reclaimlife.net

www.reclaimlife.net

Prepared by Sally Hearn – Reclaim Life Manager on behalf of Reclaim Life Trustees

### Signed on behalf of the charity's trustees

**Signature**



**Name** LYNDA SEAR **Role - Chair**

**Date** 29/3/23

RECLAIM LIFE  
Registered Charity: 1138735

STATEMENT OF INCOME & EXPENDITURE – 31/05/2021 to 30/05/2022

**INCOME**

Grant-to fund Admin Manager	£16,013
Donations	£ 8,713
Gift Aid Reimbursement - HMRC	£ 2,047
Coaching sessions	£ 2,020
Fundraising	<u>£ 1,723</u>
	<b><u>£30,516</u></b>

**EXPENDITURE**

Administration	£21,058
Office Expense	£ 945
Insurance	£ 645
Promotional Materials	£ 465
Mobile Phones	£ 216
Registrations	£ 35
	<b><u>£23,364</u></b>

**SURPLUS available for charitable activities**      **£ 7,152**



# Reclaim Life

promoting emotional wellbeing

6-8 Bridge St  
LEIGHTON BUZZARD  
Beds. LU7 1AL  
01525 375740  
[info@reclaimlife.net](mailto:info@reclaimlife.net)  
[www.reclaimlife.net](http://www.reclaimlife.net)

RECLAIM LIFE

Registered Charity: 1138735

## STATEMENT OF FINANCIAL POSITION – @ 30/05/2022

### ASSETS

Office Refurbishment	£22,902
Bank account	£16,522
Lease Deposit	<u>£ 8,000</u>
	<b><u>£47,424</u></b>

### FUNDS

Unrestricted funds available for Reclaim Life	£40,481
	<b><u>£40,481</u></b>

### LIABILITIES

Grant-to fund Admin Manager	<u>£ 6,943</u>
	<b><u>£ 6,943</u></b>

Accounts prepared by: Alan Gordon ACCA

Accounts approved by: Linda Sear, on behalf of the trustees



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name RECLAIM LIFE

On accounts for the year ended

30/05/2022 Charity no (if any) 1138735

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 DD / MM / YYYY.

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: [Signature] Date: 28/03/23

Name: AMION MBELE

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

CHARTERED ACCOUNTANT ACCA

Address:

5 ANGLERS AVENUE WHITTLESEY, PETERBOROUGH PE7 1QT

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.**

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