

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

promoting emotional wellbeing

6-8 Bridge St
LEIGHTON BUZZARD
Beds. LU7 1AL
01525 375740
info@reclaimlife.net
www.reclaimlife.net

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>
	<u>£30,516</u>

EXPENDITURE

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

SURPLUS available for charitable activities	<u>£ 7,152</u>
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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>
	<u>£47,424</u>

FUNDS

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

LIABILITIES

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

30/05/2022

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: Amion Mbele

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 1AT

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.