

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 Trustees	Date of Appointment
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

RECLAIM LIFE

Registered Charity: 1138735

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

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

RECLAIM LIFE

Registered Charity: 1138735

STATEMENT OF FINANCIAL POSITION – @ 30/05/2025

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