

MODE REHABILITATION

England & Wales · Charity number 1157257

Details

Status Registered

Legal form CIO

Registered 2014-05-30

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

Contact

Address 101 Stockport Road East
Bredbury
Stockport
SK6 2AQ

Phone 07786196734

Email info@moderehabilitation.com

Website www.moderehabilitation.com

Activities

Objects: TO ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL ILLNESS OF ANY DESCRIPTION, BY COUNSELLING/PSYCHOTHERAPY; PROVISION OF SUPPORT AND ADVICE, AND THE PROVISION OF FACILITIES FOR RECREATION AND REHABILITATION.

Activities: Mode Rehabilitation support people to find purpose, hope and meaning in their lives; committed to making life better for people affected by mental illness. Mode provides motivation, openness, diversity and encouragement. Modes guiding principles: Acceptance, Hope, Compassion, Respect, and self-worth. Mode fund raises, through social events; mental health awareness, training; grants; donations.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Accommodation/housing, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment, Armed Forces/emergency Service Efficiency, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Cheshire East
- Manchester City
- Oldham
- Stockport
- Tameside

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£95,713	£115,108	-	-
2024-03-31	£99,234	£93,430	-	-
2023-03-31	£40,065	£54,840	-	-
2022-03-31	£32,095	£18,090	-	-
2021-03-31	£47,231	£41,764	-	-

Trustees

Name	Role	Appointed
CHARLES BRUNSKILL Lt Col		2025-09-30
MATTHEW TOTTON CAPTAIN		2025-01-03
MiCHAEL TAYLOR BRIGADIER		2025-01-03
PAUL SCULTHORPE MBE		2025-01-03
RICH GROVER LTCOL MBE		2025-01-03
SEBASTIAN JAMES GERRARD		2023-11-11
SHIRLEY RIDGEWAY		2014-07-30

MODE REHABILITATION

England & Wales - Charity number 1157257

Accounts

Mode Rehabilitation

Receipts and Payments Accounts

For the period: 01 April 2024 to 31 March 2025

Section A: Receipts and Payments

Category	Unrestricted (£)	Restricted (£)	Total (£)
Donations	12,395	-	12,395
Charitable activities	55,318	28,000	83,318
Total Receipts	67,713	28,000	95,713
Cost of raising funds	3,476	-	3,476
Cost of charitable activities	62,327	44,875	107,202
Governance costs	2,940	-	2,940
Tangible fixed assets	1,490	-	1,490
Total Payments	70,233	44,875	115,108
Net (Receipts- Payments)	-2,520	-16,875	-19,395

Cash Funds:

Start of year: £20,830

End of year: £1,435

Section B: Statement of Assets and Liabilities

Category	Fund	Amount (£)
Cash (Bank)	Unrestricted	1,435
Tangible Fixed Assets	Unrestricted	16,135
Liabilities	-	None reported

Approved by Trustee:

Shirley Ridgeway



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mode Rehabilitation

No (if any)
1157257

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	12,395	-	-	12,395	6,641
Charitable activities	55,318	28,000	-	83,318	92,593
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	67,713	28,000	-	95,713	99,234
A2 Asset and investment sales, (see table).					
Loans received from external funder	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	67,713	28,000	-	95,713	99,234
A3 Payments					
Cost of raising funds	3,476	-	-	3,476	10,822
Cost of charitable activities	62,327	44,875	-	107,202	82,608
Governance costs	2,940	-	-	2,940	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	68,743	44,875	-	113,618	93,430
A4 Asset and investment purchases. (see table)					
Purchase of tangible fixed assets	1,490	-	-	1,490	4,411
Loans repaid to external funder	-	-	-	-	-
Sub total	1,490	-	-	1,490	4,411
Total payments	70,233	44,875	-	115,108	97,841
Net of receipts/(payments)	- 2,520	- 16,875	-	- 19,395	1,393
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,955	16,875	-	20,830	19,437
Cash funds this year end	1,435	-	-	1,435	20,830

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	1,435	-	-
		-	-	-
		-	-	-
	Total cash funds	1,435	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Tangible fixed assets	Unrestricted	16,135	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Shirley Ridgeway		



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mode Rehabilitation

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1157257

Set out on pages

(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 31 / 03/ 2025.

**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 box]

Date:

30/01/2026

Name:

Richard Hunter

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

FCA

Address:

M J Goldman (Chartered Accountants), Hollinwood Business Centre,
Albert Street, Oldham, OL8 3QL

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.

MODE REHABILITATION

England & Wales - Charity number 1157257

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2023		31	03	2024

Section A Reference and administration details

Charity name

Mode Rehabilitation

Other names charity is known by

Registered charity number (if any)

1157257

Charity's principal address

The Ash, Stockport Road East
 Bredbury
 Stockport
Postcode SK6 2AQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for a whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anthony Douglas Hughes	Chair		Mr A.D.Hughes
2	Sydney Norman Gresty	Treasurer		Mr S.N. Gresty
3	Shirley Ridgeway	Secretary		
4	Michael Julian Wood	Trustee		
5	Harriet Tadikondas Flt Lt	Trustee		
6	Sebastian James Gerrard	Trustee		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for whole year
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Non-Executive Adviser	Zeb Ahmed	
Advisory Governance and Policy	Sarah Gbeleyi	

Name of chief executive or names of senior staff members (Optional information)

Susan McCormack, CEO, Founder and Chief Clinical Officer
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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Charitable Incorporated Organisation: CIO
How the charity is constituted (eg. trust, association, company)	Foundation Mode Rehabilitation operates under its constitution, which defines its charitable objects, powers, and the governance framework for its trustees. Established as a Charitable Incorporated Organisation (CIO) in 2012, the constitution stipulates the charity’s operational age and governance protocols.
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees FOR THE PERIOD ENDING 31 st MARCH 2024

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> policies and procedures adopted for the induction and 	<p>Governance and Structure of Mode Rehabilitation Constitution and Framework</p> <p>The charity is a charitable incorporated organisation (CIO). Mode Rehabilitation operates under its constitution, which defines its charitable objects, powers, and the governance framework for its trustees. Established as a Charitable Incorporated Organisation (CIO) in 2012, the constitution stipulates the charity’s operational age and governance protocols.</p>
	<p>Trustee Recruitment and Appointment</p> <p>The charity is governed by a board comprising a minimum of three and a maximum of twelve trustees. All appointments are for three years except for the founding trustees and must be made through resolutions passed at duly convened trustee meetings. When selecting new trustees, the board considers the skills, knowledge, and experience necessary for the charity’s effective administration.</p>

training of trustees;

- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

None of the trustees hold any financial liability in the in the charity. All trustees are also members of the charity.

Induction and Training of Trustees

New trustees are provided a comprehensive induction from the Chief Executive Officer (CEO) and any additional information requested will be provided by the assistant manager. This process ensures they are well-informed about their organisational roles and responsibilities.

Organisational Structure and Decision-Making Policies

Operational and financial control is delegated to the CEO, who exercises complete authority over the charity's day-to-day management. As of the 2022–2023 financial year, the CEO had served in this capacity since the charity's founding. The CEO meets regularly with the Chair of Trustees informally and by the constitutionally mandated trustee meetings to review the upholding structure and upstanding policies.

The senior management team comprises of the CEO, Susan McCormack, and the board of trustees.

Pay Policy for Key Management Personnel

The remuneration of senior staff is determined through external benchmarking to ensure that it remains appropriate and proportionate to the charity's objectives and resources.

Principal Objectives

Mode Rehabilitation's principal objectives, as set out in its constitution, are The Relief of Mental Health Challenges to Prevent Financial Hardship Aid the Advancement of Mental Health Support, Education, and Training.

Supporting individuals who have served in the armed forces through

Psychological therapies and mental health services.
Advice and practical support to facilitate their transition to civilian life.
Preparation for employment and personal development.

The Promotion of Social Inclusion

Addressing the challenges faced by former members of the armed forces who experience social exclusion due to their health, social, or economic circumstances.

Assisting their reintegration into society through

Mental health support.
Employment opportunities and skills development.
Access to education and training.

Activities and Impact

The charity supports the Armed Forces community through a single point-of-access hub and drop-in centre in Bredbury (Stockport) and Oldham. These facilities provide psychological services and tailored support to meet the charity's objectives.

Achievements of Being an Accredited QNVMH (Quality Network for Veterans Mental Health)
Achieving accreditation as a member of the Quality Network for Veterans Mental Health (QNVMH) signifies a commitment to excellence in delivering mental health services tailored to the unique needs of veterans. This accreditation highlights several key achievements and benefits:

Recognition of High Standards

Accreditation demonstrates adherence to the highest standards in mental health care, tailored specifically to the veteran community. It reflects the organisation's commitment to quality, safety, and service effectiveness.

Enhanced Credibility and Trust

Being part of the QNVMH network enhances the charity's credibility among stakeholders, including veterans, their families, and funding bodies. It assures beneficiaries and supporters that the services meet rigorous professional and ethical benchmarks.

Improved Service Delivery

Accreditation involves continuous evaluation and improvement of services, ensuring that the mental health support offered is evidence-based, responsive, and culturally competent to meet veterans' unique challenges.

Crisis Support and Partnerships

Works with service users dealing with Complex PTSD and self-harming behaviours and offers crisis support to those with suicide ideation, substance use and over-medication use. We work collaboratively with emergency services, particularly the Northwest Ambulance Service in Stockport, supporting the Mental Health crisis, and organisations, charities, and local schools to identify and support vulnerable groups.

Access to Best Practices and Resources

Membership in QNVMH provides access to a network of organisations dedicated to veteran mental health. This facilitates sharing best practices, resources, and innovations, enabling the organisation to remain at the forefront of mental health care for veterans.

Focus on Tailored Support

Accreditation emphasises the importance of person-centred care. This means services are designed to address veterans' specific psychological, social, and emotional needs, ensuring that care plans are meaningful and effective.

Increased Stakeholder Confidence

Funders, partners, and collaborators are more likely to support an organisation that has achieved QNVMH accreditation, as it signifies accountability, transparency, and a focus on delivering measurable outcomes.

Pastoral Team and Multidisciplinary Approach

Our team comprises highly trained psychological therapists with Master's, PhD (student), Clinical Psychologists, Educational Psychologists and Professional Doctorates for supporting a 'Triage'.

Our single point of access is identifying British Army personnel's carers and young people. We collaborate with schools and offer work placements, internships, career development, and psychological therapy support. We maintain high standards in training, safeguarding, and risk management.

Continuous Professional Development

Accreditation requires ongoing staff training and development, ensuring that the team remains skilled in the latest methodologies and approaches for veteran mental health care.

Demonstration of Social Impact

Accredited allows the organisation to measure and showcase its impact effectively, providing evidence of the difference in veterans' lives through improved mental health, social inclusion, and quality of life.

Achieving QNVMH accreditation is not just a recognition but a commitment to maintaining the highest standards in veteran mental health services, fostering a culture of excellence, and ensuring veterans receive the care and support they deserve.

Our team adapted the “Take Control Course” for veterans. The “Resilience to Civilian Life” programme was initially designed to support our co-founding Project RECCE programme, which has supported over 280 Service leavers into employment. The initial two-week component of the programme has continued its success in helping support Service leavers and veterans through the Military Talent programme for Belfour Beatty

Our ‘Reset for Veterans’ has been disseminated to support veterans’ reintegration into society. This community-based support group enable veterans take part in our peer support group where they share their experiences and overcome barriers to accessing mental health support.

Our Mental health support for military families takes a systemic approach in providing psychological services to partners and children of veteran personnel.

Our ‘Discovery Talk’ programme has offered training opportunities for veterans to take part in support other veterans in Method of Levels (MOL) therapy. All training is provided at Mode Rehabilitation and is used a personal development and educational training opportunity for the veteran community.

Section C Objectives and activities

The first Armed Forces charity in Stockport was dedicated to supporting the mental health of the Armed Forces Community and providing a single point of access in schools.

Why

To reduce psychological distress in individuals caused by unnecessary wait lists for support to statutory services and give naturalistic support to some of the most complex individuals. We assist in removing some of the barriers associated with NHS services, including signposting for diagnosis as a proud member and the first charity in Stockport to be a COBSEO, ASDIC member and join the Armed Forces Covenant. We offer support to the Armed Forces Community in support of complex mental health, addictions and prescription drugs. Our initiatives support Veterans, Families, Carers, Cadets and Young People—Central England Prestige Award Winner for Mental Health Support.

Our mission

To foster resilient communities by providing services which instil purpose, hope, and meaning in people's lives.

What we do

Mode Rehabilitation is a registered mental health charity that offers psychological & psychosocial support to young people, veterans, serving military personnel and their families and carers through counselling and mental health intervention. We provide a single point of access to counselling and support through a range of psychological therapy services and mental health treatments and operate a drop-in centre for immediate mental health support.

Needs we address

Summary of the objects of the charity set out in its governing document

Our charity plays a vital role in addressing the diverse needs of the Armed Forces Community, veterans, and their families and carers. Focusing on mental health and wellbeing, we offer a safe space for individuals to openly express their emotional struggles and work towards healing and recovery. Recognising this community's unique challenges, we also offer programmes that assist veterans with employment in the civilian world.

The charity organises various interventions, projects, and activities that foster community engagement, social support, and relationship building, creating a sense of belonging and understanding within the Armed Forces Community.

Our primary objective

To treat mental illnesses through counselling/psychotherapy, emphasising mastery of internal control and purposeful behaviour. We are expanding our operations across the UK. Notably, our commitment to assisting the British Army has been recognised by the Ministry of Defence, which reached out for help with recruits and soldiers exposed to military operations overseas, focusing on Afghanistan and Iraq.

Drop-in Service

For ex-Armed Forces, Service leavers, carers, young people, and their families.

Training Programme

Our team adapted the "Take Control Course" for veterans. The "Resilience to Civilian Life" programme was initially designed to support our co-founding Project RECCE programme, which has supported over 280 Service leavers into employment. The initial two-week component of the programme has continued its success in helping support Service leavers and veterans through the Military Talent programme for Belfour Beatty.

We later designed and disseminated the "Reset for Vets" peer support programme with weekly sessions oriented at veterans with addiction problems and offering individual mentor support throughout the week. We also supported veterans in employment training for the Third Sector and Buddy Buddy advocacy training.

Goals and Impact

We aim to help people develop life-improving skills, promote leadership training, achieve streamlined administrative systems, employ salaried staff, recruit volunteers, and expand service delivery for improved mental well-being.

Positive Outcomes

Research indicates positive outcomes for those accessing services, including reduced substance use, less engagement in maladaptive behaviours, decreased emotional distress for young people, and increased exploration of ambivalence over medication use.

Professional Recognition

They are recognised by the Northwest Ambulance Mental Health Team / Responder for their fast response to people in crisis. Mode Rehabilitation's committed professionals, backed by academic expertise and support from Clinical Psychologists, inspire confidence and practical support.

Through the excellent leadership skills of our CEO, Clinical team, professional staff, and Chair, we can navigate complex cases online, conduct follow-up checks, and intervene in high-risk emergencies, earning commendation. Emphasising duty of care, our trustees oversee all aspects, enhancing training and skill development for service users.

The charity continues to evolve, fostering positive change and empowering individuals to take

control of their behaviours with the assistance of trained counsellors.

Veterans Foundation Support

In collaboration with the Veteran Foundation and various charities, we extend our reach by supporting the Armed Forces Community systemically. We are providing psychological therapy support to beneficiaries and reducing NHS waitlists by supporting an increasing number of veterans and civilians' families in addressing mental health problems and substance misuse. The frequency of family breakdowns among ex-military personnel is increasing. Hence, we aim to intercept individuals at the point of breakdown to offer our service and make things better and life bearable again.

MODE HQ

We collaborate with various charities and organisations to enhance support, advice, and information. Our 'transdiagnostic' approach ensures personalised care transcending diagnoses. Volunteers and therapists facilitate the drop-in, now available via telephone, Zoom, MS TEAMS, and the online service Tacklit.

Drop-in

We are aiding the Armed Forces Community. We are grateful for the generous donation received.

Quality Network Veterans Mental Health:

Veterans Foundation supports the accreditation scheme's peer review, enabling our psychologists and counselling psychotherapists to celebrate their developed and enhanced skills to positive outcomes. Our impactful approach addressed diverse challenges, yielding overwhelming results for conditions like trauma, substance misuse, disability and more.

Military of Defence:

Our work with the MOD has been significant. We help military personnel with problems unrelated to combat. We identified children of non-serving military personnel in schools and initiated collaborations to expand support, including a novel project in Oldham's Lakeside Sanctuary.

Trailer events:

During this year, we have organised three outdoor 'trailer events', promoting our charity on the streets. One of those events was the highly attended Remembrance Day at Marple Memorial Park.

Lakeside Project – Addiction Support:

The Talking Quad for veteran mental health and substance misuse support. This innovative offer extends to crisis support and wraparound services, promising client and therapist benefits. Collaborating with clinical psychologists, our decade-long journey has established a unique framework, ensuring compliance with UK law and best practices.

See poster below.

In addition, our Single Point of Access in Schools

This fosters purposeful lives, achievement, caring, and safety, providing connected, flexible help and creating opportunities for discipline in a non-coercive setting. In line with Carl Jung's wisdom – "If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves".

We continue to celebrate the ongoing success of our Resilience to Civilian Life programme,

Summary of the main activities undertaken for the public benefit about these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

which supports service leavers through the military talent programme for employment opportunities at Belfour Beatty. A programme that helps the armed forces community to an ordinary yet radical way of life, codesigned by the Mode Rehabilitation team and Susan McCormack to express any doubts and disappointments about civilian life. To open or reopen the line of communication to understand the wonder and mystery of discovering, empowering and embracing everyday life in the construction industry.

Lakeside Project
DO YOU WANT TO TAKE CONTROL OF YOUR THOUGHTS AND FEELINGS?

Outdoor Group Activities and Workshops

We are reaching out to those aged 19-35

Gain leadership skills and grow confidence

Most Others and share your story

We offer 1:1 support for any difficulties that you might be experiencing

JOIN US ON THE 15TH AUGUST! MEET LIKE Minded PEOPLE, GET CREATIVE AND TAKE CONTROL

Our new community project, 'The lakeside Project' offers an alternative pathway for people to access holistic support to help overcome personal struggles and to re-establish purpose and meaning into their lives. We offer an alternative pathway for people to access holistic support to help overcome personal struggles and to re-establish purpose and meaning into their lives.

THE LAKESIDE PROJECT

RETREAT
To Tranquil & Peaceful Surroundings by the Lakeside

MODE REHABILITATION

This unique space provides Oldham with a single point of access for 1-1 counselling in a naturalistic environment. Since working with a range of originations, our growing partnerships have led us to specialise in providing a wide range of services including: a drop-in centre, group activities, psychoeducational workshops and counselling.

We aim to utilise this space by engaging with community projects and offering a wide range of psychological services in our lakeside site. Our Mission is to support all individuals including veterans and young people to generate resilient communities.

The use of outdoor spaces in counselling and psychotherapy has been steadily developing with considerable evidence to suggest that involvement with therapeutic activities in natural environments can have positive psychological benefits.

MODE RECOVERY & REHABILITATION

BABCP **hpcp** **The British Psychological Society**

Additional details of objectives and activities (Optional information)



Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Memberships

Armed Forces Covenant – Silver Award
Association of Service Drop-in Services (ASDIC)
British Association of Brain Injury and Complex Case Management (BABICM)
British Association for Counselling & Psychotherapy (BACP)
British Association of Behavioural & Cognitive Psychotherapists (BABCP)
Case Management Society (CMSUK)
Confederation of Service Charities (COBSEO)
National Institute for Health and Care Excellence (NICE)
National Council for Voluntary Organisations (NCVO)
Information Commissioner's Office (ICO)
Quality Network Mental Health Services (QNVMS)
Veterans Gateway

Section E

Financial review

Brief statement of the charity's policy on reserves

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Statement by Clinical professional:

"The staff are personally and clinically experienced, all of the services mode offers are evidence-based and are all client led ensuring the client is valued and empowered at all times".

Statement from an interview by QNVMH'S:

"The organisation's CEO, Susan McCormack, is one of the kindest people with the biggest heart and is always yearning to help everyone she can. This passion is then contagious within the organisation, and every employee/volunteer does everything in their power to help as many people as possible as soon as possible and give all clients utmost respect, empathy, and professionalism".

"The organisation also strongly promotes peer/social support and tries to connect veterans and bring them together. Maintains high focus on the needs of individual clients".

Statement from a Service user:

"2024: I've found solace in the support offered, grateful for this transformative journey".

Statement from a client:

"Empowering Recovery: Mode Rehabilitation, Where Self-Discovery Leads to a Brighter Tomorrow!"

"Susan McCormack, our CEO, embodies boundless compassion, inspiring everyone to assist others passionately. We prioritise swift, respectful, and professional support for all clients. Additionally, we actively

foster peer and social connections among veterans, emphasising individual client needs".

Rehabilitation Research

The CEO, currently pursuing a PhD, possesses extensive expertise in comprehending prolonged psychological distress, 12-step recovery, rehabilitation support, and cognitive-behavioural models. Our evidence-based collaborations with the Armed Forces Community and vulnerable youth/adults in and outside schools, alongside esteemed universities, have provided research opportunities. Ongoing PhD research study focuses on Mode's work.

Financial Evaluation

The charity has encouraged and supported other charities and organisations, as well as industry partners with mental health support, and it has encouraged local organisations to sign the Armed Forces Covenant.

Reserves Policy

The Charity's policy dictates that unrestricted funds not designated for a specific purpose should be maintained at a level equivalent to three to six months' expenditure. The Board of Trustees believes that keeping reserves at this level will enable the Charity to sustain its ongoing activities in the event of a substantial decrease in funding, providing time to explore avenues for raising additional funds.

Principal Risks and Uncertainties

Insufficient Beneficiary Participation:

The Charity faces a risk if it fails to attract enough beneficiaries. Presently, it receives ample referrals per year for mental health support. Additionally, the organisation is actively exploring collaborations with potential referral partners to broaden its network.

Inadequate Funding

The Charity is committed to broadening its funding sources to avoid excessive dependence on a limited number of contributors.

Financial Review:

As of 31 March 2024, the charity's yearly surplus of accumulated funds will be spent on its activities in the forthcoming year.

Financial Risk management

The Trustees have evaluated the Charity's significant risks, specifically those about its operations and

finances. They are content that adequate systems and procedures are implemented to minimise the Charity's vulnerability to these significant risks.

Plans

The charitable organisation has submitted a proposal to reduce isolation and improve recovery outcomes, aiming to enhance mental health in vulnerable groups of individuals. Continue to improve standards of efficiency and best practices in managing the journey of beneficiaries and employees. Additionally, strategic partnerships with organisations supporting the armed forces' community mental health, focusing on collaboration and referrals to the Back to Basics and Veterans Recovery programmes to help veterans into employment.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mrs Shirley Ridgeway	
Position (eg Secretary, Chair, etc)	Secretary	
Date	28/11/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Mode Rehabilitation	No (if any) 1157257
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2023	To	Period end date 31/03/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	6,641	-	-	6,641	440
Charitable activities	45,778	46,815	-	92,593	39,625
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	52,419	46,815	-	99,234	40,065
A2 Asset and investment sales, (see table).					
Loans received from external funder	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	52,419	46,815	-	99,234	40,065
A3 Payments					
Cost of raising funds	10,822	-	-	10,822	2,160
Cost of charitable activities	52,668	29,940	-	82,608	50,100
Governance costs	-	-	-	-	2,580
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	63,490	29,940	-	93,430	54,840
A4 Asset and investment purchases, (see table)					
Purchase of tangible fixed assets	4,411	-	-	4,411	1,228
Loans repaid to external funder	-	-	-	-	-
Sub total	4,411	-	-	4,411	1,228
Total payments	67,901	29,940	-	97,841	56,068
Net of receipts/(payments)	- 15,482	16,875	-	1,393	- 16,003
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	19,437	-	-	19,437	35,440
Cash funds this year end	3,955	16,875	-	20,830	19,437

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	3,955	16,875	-
		-	-	-
		-	-	-
	Total cash funds	3,955	16,875	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Tangible fixed assets	Unrestricted	14,345	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Shirley Ridgeway	28/11/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mode Rehabilitation

**On accounts for the year
ended**

31 March 2024

**Charity no
(if any)**

1157257

Set out on pages

(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 box]

Date:

28/11/2024

Name:

Richard Hunter

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

FCA

Address:

MJ Goldman, Chartered Accountants,
Hollinwood Business Centre,
Albert Street,

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.

MODE REHABILITATION

England & Wales - Charity number 1157257

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2022	To	31	03	2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

The Ash
101 Stockport Road East
Bredbury, Stockport
Postcode SK6 2AQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Anthony Douglas Hughes	Chair	2022 April – Mar 2023	Mr A.D.Hughes
2	Sydney Norman Gresty	Treasurer	2022 April – Mar 2023	Mr S.N. Gresty
3	Shirley Ridgeway	Secretary	2022 April – Mar 2023	
4	Michael Julian Wood	Trustee	2022 April – Mar 2023	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Non-Executive Adviser	Zeb Ahmed	

Name of chief executive or names of senior staff members (Optional information)

Susan McCormack, CEO/Founder and Chief Clinical Officer

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Charitable Incorporated Organisation: CIO
How the charity is constituted (eg. trust, association, company)	Foundation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees FOR THE PERIOD ENDING 31 st MARCH 2023

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

1. Governance:

Mode Rehabilitation is governed by a dedicated Board of Trustees, and led by Chair Anthony Douglas Hughes, and CEO Susan McCormack, who oversees the day-to-day management. Trustees are well-versed in the charity's ethos, possessing the skills to perform effectively. The Board of Trustees foster an effective and proactive team, making collaborative decisions and aligning with the management team. The Board's culture aids efficiency, and enables the team to address challenges with integrity.

2. Trustees Report and Accounts.

In selecting individuals for appointment as charity trustees, the existing Trustees must have regard to the skills, knowledge and experience needed for effective administration of the Charity. None of the members of the Board of Trustees has any beneficial interest in the Charity. All of the members of the Board of Trustees are members of the Charity. They have no liability in the event of the charity being shut down.

3. Operational Team:

Mode Rehabilitation operates with a clear management structure, led by a diverse team, including Counselling Psychologists, Clinical Case Managers, Clinical Mental Health Practitioners, Recovery Advocate Mentors and Counsellors. The Board maintains a balanced skill set for informed decision-making, with the Service Manager being accountable to the Chief Executive. Recruitment and ongoing supervision ensure an upbeat and efficient team.

4. Policy & Procedures:

The Chief Executive briefs all new Trustees along with the Chairman of Trustees to specific policies and procedures tailored for work with the Armed Forces Community. Ensuring all are updated annually. Membership in regulatory bodies like ICO and NCVO ensures alignment with the latest guidance of the British Psychology Society and Quality Network Veterans Mental Health standards and best practices. Central policies cover various aspects, including Safeguarding (Adult and Children), Operational, Health and Safety, Equality and Diversity, and Data Protection.

5. Governance Code:

Trustees diligently undertake their duties, guided by Charity Ethical Principles. The organisation prioritises excellent governance tools, ensuring swift and good practice. All members are well-informed about management and safeguarding, with readily available policies and procedures for awareness and personal development to help with current legislation.

6. Code of Conduct:

Mode Rehabilitation outlines specific standards and expectations through a Code of Conduct for staff and volunteers. Regular reviews by charity trustees and senior managers identify and address safeguarding risks. Various tools and templates are utilised, such as Digisafe guidance, National Youth Agency Safeguarding and Risk Management Hub, and NCVO's risk register.

7. Measuring Outcomes & Developing Research:

Mode Rehabilitation utilises outcome measures like YOQ-SR, PSYCLOPS, Outcome Rating Scales, WEMWEB for Young People, and CORE Military 34q, PCL-Mc for Military Armed Forces Personnel. The organisation embraces the Method of Levels methodology based on Perceptual Control Theory principles for in-depth understanding of the uniqueness of each individual and their needs or goals.

Mode Rehabilitation



The first military armed forces charity in Stockport dedicated to supporting the mental health of the Armed Forces Community and providing a Single Point of Access in Schools.

Why:

To reduce psychological distress in individuals caused by unnecessary wait lists for support to statutory services and provide naturalistic support for some of the most complex individuals. We assist in removing some of the barriers associated with NHS services, including signposting for diagnosis. As a proud member, and the first charity in Stockport to be a member of COBSEO, ASDIC and to join the Armed Forces Covenant. We offer support to the Armed Forces Community in support of complex mental health, addictions and prescription drugs. Our initiatives support Veterans, Families, Carers, Cadets and Young People.

Two-time Central England Prestige Award Winner for Mental Health Support.

Our mission:

To foster resilient communities by providing services that instil purpose, hope, and meaning in people's lives.

What we do:

Mode Rehabilitation is a registered mental health charity that offers psychological & psychosocial support to young people, veterans, serving military personnel and their families and carers through counselling and mental health intervention. We provide a single point of access to counselling and support through a range of psychological therapy services and mental health treatments and operate a drop-in centre for immediate mental health support.

Needs We Address

Our charity plays a vital role in addressing the diverse needs of the Armed Forces Community, veterans, and their families and carers. By focusing on mental health and wellbeing, we offer a safe space for individuals to openly express their emotional struggles and work towards healing and recovery. Recognising the unique challenges faced by this community, we also offer programs that assist veterans with employment in the civilian world.

Summary of the objects of the charity set out in its governing document

The charity organises various interventions, projects/activities that foster community engagement, social support, and relationship building, creating a sense of belonging and understanding within the Armed Forces Community.

Our primary objective

To treat mental illnesses through counselling/psychotherapy, emphasising mastery of internal control and purposeful behaviour. Currently, we are expanding across the UK in our operations, and notably, our commitment to assisting the British Army has been recognised by the Ministry of Defence, who reached out for help with new recruits and soldiers who had been exposed to military operations overseas with a focus on Afghanistan.

Drop-in Service:

For ex-Armed Forces, Service leavers, carers, young people (YP), and families.

Training Programme:

Our team developed the 'Resilience to Civilian Life' programme for Project RECCE which supported over 200 Service leavers' into employment. We developed the Back to Basics programme and Take Control, which has been adapted for veterans.

Crisis Support and Partnerships:

Works with service users dealing with Complex PTSD, self-harming behaviors, and offers crisis support to those with suicide ideation, substance use and over medication use. We work collaboratively with the emergency services, organisations, charities, and local schools to identify and support vulnerable groups.

Pastoral Team and Multidisciplinary Approach:

Single Point of Access identifies carers and Young People of British Army personnel. Collaborates with schools, offers work placements, internships, career development, and psychological therapy support. We maintain high standards in training, safeguarding, and risk management.

Goals and Impact:

We aim to help people develop life-improving skills, promote leadership training, achieve streamlined administrative systems, employ salaried staff, recruit volunteers, and expand service delivery for improved mental wellbeing.

Responded effectively to the Covid-19 lockdown, offering 24/7 support, developing support programs, and delivering journals to combat isolation.

Positive Outcomes:

Research indicates positive outcomes for those accessing services, including reduced substance use, less engagement in maladaptive behaviours, decreased emotional distress for young people, and increased exploration of ambivalence over medication use.

Professional Recognition

Recognised by the Northwest Ambulance Mental Health Team/Responder for the fast response to people in crisis. Mode Rehabilitation's committed professionals, backed by academic expertise and support from Clinical Psychologists, inspire confidence and effective support.

Through the excellent leadership skills of our CEO and Chair, we can navigate complex cases online, conducting follow-up checks, and intervening in high-risk emergency situations, earning commendation. Emphasising duty of care, our trustees oversee all aspects, enhancing training and skill development for service users.

The charity continues to evolve, fostering positive change, and empowering individuals to take control of their behaviours with the assistance of trained counsellors.

Veterans Foundation Support

In collaboration with the Veteran Foundation and various charities extends our reach, supporting the AFC systemically. We are providing psychological therapy support to beneficiaries reducing NHS waitlists by supporting an increasing number of veterans, and civilians; families, in addressing mental health problems and substance misuse. The frequency of family breakdowns among ex-military personnel is occurring at an increasing level so our aim is to intercept individuals at the point of breakdown so that we can offer our service in making things better and life bearable again.

MODE HQ

We collaborate with various charities and organisations to enhance support, advice, and information. Our 'transdiagnostic' approach ensures personalised care, transcending diagnoses. Volunteers and therapists facilitate the Drop-in, now available via telephone, Zoom, and TEAMS.

Drop-in

Aiding the Armed Forces Community. We are grateful for the generous donation received.

Quality Network Veterans Mental Health

Veterans Foundation is supporting the accreditation scheme's peer review, enabling our psychologists and counselling psychotherapists to celebrate their developed and enhanced skills to positive outcomes. Our impactful approach addressed diverse challenges, yielding overwhelming results for conditions like trauma, substance misuse, disability, and more.

Military of Defence

Our work with the MOD has been significant, helping military personnel with problems unrelated to combat. We identified children of non-serving military personnel in schools and initiated collaborations to expand support, including a novel project in Oldham's Lakeside Sanctuary.

Lakeside Project – Addiction Support

The Talking Quad for veteran mental health and substance misuse support. This innovative offer extends to crisis support and wraparound services, promising benefits for both clients and therapists. Collaborating with clinical psychologists, our decade-long journey has established a unique framework, ensuring compliance with UK law and best practices.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our Single Point of Access in Schools

This fosters purposeful lives, achievement, caring, and safety, providing connected, flexible help and creating opportunities for discipline in a non-coercive setting. In line with Carl Jung's wisdom, "If there is anything

that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.”

We continue to celebrate the ongoing success of our Resilience to Civilian Life programme which continues to support service leavers through the military talent programme for employment opportunities at Belfour Beatty. A programme that helps the armed forces community to an ordinary yet radical way of life, co designed by the Mode Rehabilitation team and Susan McCormack for the purpose of expressing any doubts and disappointments about civilian life. To open or reopen the line of communication to understand the wonder and mystery of discovering, empowering and embracing everyday life in the construction industry.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Recreational Facilities

Since our support for psychological therapies and mental health support has increased exponentially, we have had little time to support our creative activities. However, Lauren continues to support the Quality Network Veterans Mental Health for a second year with her fresh ideas and art work. I hope she can be inspired and encouraged by the network liking her artwork so much they used it for their reports.

"I completed an honours degree in Visual Arts in 2018 and then struggled to know where my next direction would be as an artist. Susan has been very supportive; she elevated my career aspirations to become a more established artist." Lauren

"I am delighted to share with you a sample of the front cover of our upcoming aggregated report which will be published soon. You will see that we have made use of one of the images of artwork that you submitted from your service from our 2022 QNVMHS artwork competition!"

Inside the report, there will be a statement indicating 'Artwork displayed on the front cover of this report was created by Lauren Baguley, user of Mode Rehabilitation and entrant of the QNVMHS Artwork Competition (2022). Please do pass on our thanks to Lauren for their artwork, and that we are very grateful to be able to showcase the beautiful artwork on our upcoming report, which is one of our largest publications on the network! Hope you and Lauren both like how it looks, and the report will be out very soon. Best wishes, Sarah QNVMH"



VETERANS
QUALITY NETWORK
FOR VETERANS MENTAL
HEALTH SERVICES



2023

3rd
**AGGREGATED
REPORT**

Authors: Jemini Jethwa, Holly Hunter-Brown and Sarah Martins

Publication date:

Publication no:



VETERANS
QUALITY NETWORK
FOR VETERANS MENTAL
HEALTH SERVICES

Open Discussion
Workbook
SERVICE NAME



Date of Review: 1st January 2023

Summary of the main achievements of the charity during the year

Accolades & Affiliations

Double triumph at the Central England Prestige Awards: Mental Health & Rehabilitation Impact Award winners for the second time in 2022 - 2023.
<https://www.youtube.com/watch?v=SduRZpg6nZ4>

Proud Memberships

Armed Forces Covenant (Bronze)
 Association of Service Drop-in Services (ASDIC)
 British Association of Brain Injury and Complex Case Management (BABICM)
 British Association for Counselling & Psychotherapy (BACP)
 British Association of Behavioural & Cognitive Psychotherapists (BABCP)
 Case Management Society (CMSUK)
 Confederation of Service Charities (COBSEO)
 National Institute for Health and Care Excellence (NICE)
 National Council for Voluntary Organisations (NCVO)
 Information Commissioner's Office (ICO)
 Quality Network Mental Health Services (QNVMS)
 Veterans Gateway

Achievements

Mode actively participates in Armed Forces Covenant Community Partnership meetings since 2018, supporting various initiatives like the Stockport veterans breakfast club, Stockport Homes, and Disability Stockport.

Engaged in the Armed Forces Covenant Partnership Meeting and Steering group. Continuation of Operations: The Trustees are confident in the Charity's ability to sustain its operations.

The 'Resilience to Civilian Life' programme, fostering successful veteran employment transitions, continues to underpin the Military Talent Programme for Belfour Beatty. To enhance life skills and opportunities.

We are proud to know that Belfour Beatty's Military Talent programme continues to utilise the 'Resilience to Civilian Life' programme developed and disseminated by our team, highlighting the importance of collaborative support between charities and organisations.

Summary

Looking ahead to 2024, we anticipate sharing updates on our innovative Lakeside Project, emphasising our dedication to maintaining the high standards achieved in 2022 – 2023 and supporting more of our Armed Forces Community, Families and Young people in diverse contexts.

Brief statement of the charity's policy on reserves

Mode Rehabilitation is in its tenth year of success; therefore, all funding acquired to date has been majorly for project development and delivery. We have not had the financial capacity to start building reserves at a level worth three months' wages cost.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funding Partners

- Veterans Foundation £15000
- Arnold- £2000 - Lakeside Project (Project Work/Counselling fenced)
- Grant towards Armed Forces Day £500
- Stockport MBC – Fund £1000
- Lakeside counselling £1000

The Veterans Foundation

The support enabled the charity to expand its services, offering recovery, 12-step addiction support, and substance misuse assistance. The partnership with the Quality Network Veteran Mental Health Service has allowed us to showcase our commitment to high standards in supporting more of the complex challenges faced when working with the AFC.

Veterans Foundation & BPS and Contact Group

The funds supported a peer review, ensuring evidence-based psychological support for varying mental health complexities. Meeting expected standards enhances our ability to provide optimal support. Continuing our support for veteran-friendly employers like Gerrards Haulage and Tarmac, we facilitate employment opportunities for veterans, who work in the construction industry and are conveniently located near our Drop-in facility.

Arnold Trust

This small grant accelerated access to confidential therapy, enabling collaboration with NHS, statutory bodies, and universities for comprehensive care. We extended support to Stockport Borough Schools, offering practical and emotional assistance, improving educational outcomes. Our Clinical lead and Psychological Therapists provide support, counseling, assessments, and training.

SMBC

Warm Spaces <https://youtu.be/tc2ENJiGv0I>

Armed Forces Day - in Marple Bridge Stockport Cheshire



Thank you to the Armed Forces Community, local shops, businesses, charities, and village people who supported this event!!!

(i) Statement by Clinical professional

"The staff are personally as well as clinically experienced, all of the services mode offers are evidence-based and are all client led ensuring the client is valued and empowered at all times."

(ii) Statement from an interview by QNVMH'S

"The CEO of the organisation, Susan McCormack, is one of the kindest people with the biggest heart and is always yearning to help everyone she can. This passion is then contagious within the organisation and every employee/volunteer does everything in their power to help as many people as they can as soon as possible and give all clients utmost respect, empathy, and professionalism."

"The organisation also strongly promotes peer/social support and tries to connect veterans and bring them together. Maintains high focus on the needs of individual clients."

(iii) Statement from a Service user

(iv) "2023: I've found solace in the support offered, grateful for this transformative journey."

(v) Statement from a client

"Empowering Recovery: Mode Rehabilitation, Where Self-Discovery Leads to a Brighter Tomorrow!"

"Susan McCormack, our CEO, embodies boundless compassion, inspiring everyone in the organisation to passionately assist others. We prioritise swift, respectful, and professional support for all clients. Additionally, we actively foster peer and social connections among veterans, emphasising individual client needs."

Rehabilitation Research

The CEO, currently pursuing a PhD, possesses extensive expertise in comprehending prolonged psychological distress, 12-step recovery, rehabilitation support, and cognitive-behavioural models. Our evidence-based collaborations with the Armed Forces Community, vulnerable youth/adults in and outside schools, alongside esteemed universities, have provided research opportunities. Ongoing PhD research study focuses on Mode's work, particularly Anamaria Churchman addressing children's unique perspectives in local schools. This has led to six publications, exemplifying our commitment to post-graduate training. Link to publications: [ResearchGate](#).

Financial Evaluation

The Charity has encouraged and supported other charities and organisations, as well as, industry partners with mental health support and encouraged local organisations to sign the Armed Forces Covenant.

Reserves Policy

The Charity's policy dictates that unrestricted funds not designated for a specific purpose should be maintained at a level equivalent to three to six months' expenditure. The Board of Trustees believes that maintaining reserves at this level will enable the Charity to sustain its ongoing activities in the event of a substantial decrease in funding, providing time to explore avenues for raising additional funds.

Principal Risks and Uncertainties

(i) Insufficient Beneficiary Participation

The Charity faces a risk if it fails to attract an adequate number of beneficiaries. Presently, it receives an ample number of referrals per year for mental health support. Additionally, the organisation is actively exploring collaborations with potential referral partners to broaden its network.

(ii) Inadequate Funding

The Charity is committed to broadening its funding sources to avoid excessive dependence on a limited number of contributors.

Financial Review

As at 31st March 2023 the charity had a surplus for the year which amounted to £19,437. It is expected that the accumulated funds will be expended on the Charity's activities in the forthcoming year.

Financial Risk management

The Trustees have evaluated the significant risks facing the Charity, specifically those pertaining to its operations and finances. They are content that adequate systems and procedures are implemented to minimise the Charity's vulnerability to these significant risks.

Plans for the future.

The charitable organisation has submitted a proposal to reduce isolation and improve recovery outcomes, aiming to enhance mental health in vulnerable groups of individuals. Continue to improve standards of efficiency and best practice in managing the journey of beneficiaries and employees. Additionally, strategic partnerships with organisations supporting the armed forces community mental health, with a focus on collaboration and referrals to the Back to Basics and Veterans Recovery programmes to support veterans into employment.

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Anthony Douglas Hughes	
Position (eg Secretary, Chair, etc)	Chair	
Date	15/01/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Mode Rehabilitation	No (if any) 1157257
-------------------------------------	------------------------

CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	440	-	-	440	-
Charitable activities	19,740	19,885	-	39,625	32,095
Interest income	-	-	-	-	-
Government Covid Grant	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	20,180	19,885	-	40,065	32,095
A2 Asset and investment sales, (see table).					
Loans received from external funder	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,180	19,885	-	40,065	32,095
A3 Payments					
Cost of raising funds	2,160	-	-	2,160	350
Cost of charitable activities	20,215	29,885	-	50,100	16,560
Governance costs	2,580	-	-	2,580	930
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	24,955	29,885	-	54,840	17,840
A4 Asset and investment purchases, (see table)					
Purchase of tangible fixed assets	1,228	-	-	1,228	250
Loans repaid to external funder	-	-	-	-	45,000
Sub total	1,228	-	-	1,228	45,250
Total payments	26,183	29,885	-	56,068	63,090
Net of receipts/(payments)	- 6,003	- 10,000	-	- 16,003	- 30,995
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	25,440	10,000	-	35,440	66,435
Cash funds this year end	19,437	-	-	19,437	35,440

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	19,437	-	-
		-	-	-
		-	-	-
	Total cash funds	19,437	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Tangible fixed assets	Unrestricted	10234	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Anthony D Hughes	31/01/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mode Rehabilitation

**On accounts for the year
ended**

31 March 2023

**Charity no
(if any)**

1157257

Set out on pages

(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 box]

Date:

31.03.24

Name:

Richard Hunter

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

FCA

Address:

MJ Goldman, Chartered Accountants,

Hollinwood Business Centre,

Albert Street,

Oldham, OL8 3QL

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.

MODE REHABILITATION

England & Wales - Charity number 1157257

Accounts



Trustees' Annual Report for the Period						
From	Period start date			To	Period end date	
		01	04		2021	

Section A Reference and administration details

Charity name	Mode Rehabilitation
Other names the charity is known by	MODE REHABILITATION PSYCHOLOGICAL THERAPY & MENTAL HEALTH SUPPORT
Registered charity number (if any)	1157257
Charity's principal address	The Ash 101 Stockport Road East Bredbury Stockport SK6 2AQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for the whole year	Name of person (or body) entitled to appoint a trustee (if any)
1	Anthony Douglas Hughes	Chair		Mr A.D.Hughes
2	Sydney Norman Gresty	Treasurer		Mr S.N. Gresty
3	Shirley Ridgeway	Secretary		
4	Michael Julian Wood	Trustee		
5	Bernie F. Broad	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any (for example, any custodian trustees)

Name	Dates acted if not for the whole year.

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Non-Executive Adviser	Zeb Ahmed	

Name of chief executive or names of senior staff members (optional information)

Susan McCormack, CEO/Founder and Chief Clinical Officer

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	CIO
How the charity is constituted (eg. trust, association, company)	Foundation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- Policies and procedures were adopted for the induction and training of trustees.

- The charity's organisational structure and any more

- comprehensive network with which the charity works.

- Relationship with any related parties.

- Trustees consider significant risks and the

1. Governance

The charity is governed by a board of trustees. Our Chief Executive Officer and Founder, Susan McCormack, and our appointed Chair, Anthony Douglas Hughes, shall oversee the day-to-day management of the organisation. Mode Rehabilitation has a highly committed board of trustees who share their experience, strengths, and hope found in the mission statement. It is through their extraordinary commitment and dedication that they provide the highest standards of support to ensure the aims and objectives of the charity are met.

1. The Chair enables the board to work as an effective and proactive team by developing strong working relationships among board members, creating a culture that respects individual differences and using reflective practise for personal as well as professional development.

2. All the trustees of Mode are well-versed in the ethos of the charity and possess the appropriate skills and knowledge to act effectively in their roles.

3. By using their effective leadership skills, the board makes decisions in a collaborative effort that challenges, provides feedback, encourages, and shares ideas. The board also unites with the management team and accepts the required infrastructure and operation of the charity as binding in nature.

The board's culture, behaviours, and processes aid the team in acting efficiently and incisively when negotiating different views and resolving challenges when they arise. Collectively, the board attains the appropriate balance of skills, experience, background and knowledge to make informed decisions. The CEO is, in turn, accountable to the Chair.

2. Operational Team

Mode Rehabilitation has a well-defined management structure. Our team comprises a Chief Clinical Lead and Counselling Psychologist with access to a team of leading Clinical Psychologists who provide supervision, share ideas, and support the theoretical model that underpins the charity. The university and bank of leading Clinical Psychologists and researchers support our ideas for research and provide evidence for the field of mental health we operate within. We have two part-time counselling psychologists, a Substance Misuse Practitioner, and Clinical Case Manager, Mental Health Workers. The charity has two board-certified Educational Psychologists and multiple peer Mentors/Volunteers and Internships from the Manchester Metropolitan University.

The charity's success is born from a rigorous approach to the recruitment of Trustees, their performance and development, as well as the day-to-day conduct of the Board. It is an effective team, engaging in weekly supervision from two independent sources. The Chief Clinical Lead is supervised by the University of Manchester Clinical Psychologist, Dr. W. Mansell, to effectively facilitate the continual development of the model that underpins Mode's practice. Further, the Chief Executive Officer receives external supervision on a bimonthly basis.

systems and procedures to manage them.

3. Policy & Procedures

Mode Rehabilitation follows specific policies and procedures that suit our organisation's work with the armed forces community, including service leavers, veterans, families, young people, and carers. We ensure that the safeguarding and risk management policies are updated on an annual basis, and we conduct an annual independent audit to ensure that the governance standards are up to date. We work with the Federation of Small Businesses to follow a checklist or framework that helps maintain current legislation. We have recently become members of the ICO and NCVO to ensure peace of mind that all our policies and procedures are reviewed and entirely in line with the latest guidance and best practises.

The following central policies are updated on an annual basis:

- Safeguarding Vulnerable Adults;
- Safeguarding Young People;
- Lone Working Policies;
- Operational Policy;
- Health and Safety Policy;
- Equality and Diversity Policy;
- Whistleblowing Policy;
- Bullying, Harassment, and Sexual Harassment Policy; and
- Data Protection Policy.

4. The Governance Code

Our Trustees undertake their duties efficiently and diligently. Charity ethical principles are observed and characterised by Mode Rehabilitation as a principled organisation guided by a solid set of values, beliefs, behaviours, and actions. This provides an excellent governance tool to ensure swift and good practise within our organisation. All members of the charity, including the non-executive advisers, staff, volunteers and people we work with, are aware of the management and safeguarding of vulnerable people. The policy and procedures are readily available and accessible, and at the same time, it is apparent in its plan how the organisation attempts to ensure awareness of changes amongst individuals and keep a track of how effective they are in supporting our team. Mode Rehabilitation provides regular training and has access to the most current support materials.

The trustees ensure the safe safeguarding policies are annually updated and immediate access to updated policies and procedures is shared electronically as well as access to hard copies. The trustees fulfil their duty of care to the charity and this is conveyed to all members of the staff. We persist in providing a full-time service and achieve exceptional standards, such as weekly supervision and weekly "huddle" staff meetings. Susan McCormack, CEO (Clinical Lead/Officer), said in a recent peer review of the charity that "we are continuing to provide evidence of clinical outcomes, and a recent study will help to inform the development of support that we can offer and help the future direction of Mode Rehabilitation." Mode Rehabilitation has a designated Safeguarding Lead, and two non-executive advisors who are experienced in charity governance,

working in charities and abiding by detailed guidance on receiving, assessing and managing any safeguarding concerns. The reporting procedure explains how people can make their concerns known to the board as follows:

- Making it explicit whom to speak to when raising a concern.
- A method of reporting problems with sensitivity and safety that includes a place of storage and a procedure for internal sharing.
- How these concerns may impact the requirement of police, social services or regulators if necessary; and
- More about reporting procedures and the dissemination of submitting a report file.

5. Code of conduct

Mode Rehabilitation includes specific standards and/or expectations for roles and responsibilities when necessary. A code of conduct establishes expectations for staff and volunteers; it specifies what people should do and how they should conduct themselves within the organisation. This understanding enhances the staff's awareness of illegal, unsafe, unprofessional, and unwise behaviour. Being clear about standards of behaviour is an integral part of safeguarding as well as keeping staff safe and ensuring they feel heard, understood and validated.

Our organisation's charity trustees, and senior managers regularly review what risks the organisation faces, including any safeguarding risks. A document held at Mode offers a plan for any hazards, which helps each staff member see how safeguarding sits alongside other risk management or concerns. It assists in understanding how to control the risks, ensure efficient safeguarding, or if there is an increased risk of reports of harm in the organisation.

- See the Charity Commission's guidance on risk management.
- Mode Rehabilitation delivers an online service and uses Digisafe guidance and templates to assess and mitigate the risk.
- The National Youth Agency Safeguarding and Risk Management Hub, as well as we, use the National Council for Voluntary Organisations (NCVO) member's risk register template.
- To maintain a trustees' annual report.

6. Measuring Outcomes & Developing Research

Alongside qualitative data, the measures are applied to understand and review what is working well for people who access our services and measures that can be undertaken to improve delivery. We use the following outcome measures for the same:

For Young People

Youth Outcome Questionnaires Self Report (YOQ-SR)

Youth Empowerment Scale (Yes)

The PSYCLOPS

Outcome Rating Scales

WEMWEB

For Military Armed Forces Personnel

1 CORE Military 34q

PCL-Mc

We offer a range of tools and measures based on our preferred theory of understanding human behaviour and its therapeutic application method of levels based on the Perceptual Control Theory. The fundamental principles (circular causality, rather than linear cause and effect)

However, many different explanations exist to explain the presence of psychological problems, and frequently, the explanations lack scientific plausibility. Simply put, many current ideas about psychological problems are inaccurate. The work conducted by our highly experienced Clinical Psychologists and PhD in Clinical health offer rich knowledge and share their insight in the manner to progress to live fulfilling lives. For example, their knowledge and expertise allow them to support some of the most complex challenges presented by service leavers, veterans and their families. It is through the shared experience, knowledge and expertise that this charity has spearheaded projects that build resilience skills for the armed forces community. <https://ilovemanchester.com/project-recce-manchester-social-enterprise>. For that reason, we designed and disseminated the 'Resilience to Civilian Life' (RtCL) programme, which is successfully delivered to the UK's leading construction companies. In January 2022, the RtCL programme was successfully rolled out as part of the Military Talent Programme for Belfour Beatty. <https://pathfinderinternational.co.uk/dynamic-complex-working-environments/>.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

7. Mode Rehabilitation

Mode Rehabilitation is a two-time Award Winner of the Central England Prestige Award for mental health support in the UK; COBSEO and ASDIC members for their drop-in service, supporting the military armed forces community - ex-service personnel, veterans, families, carers, and young people. We also have experience working with comorbid conditions, military trauma, loss/, loss of identity, incarceration, institutionalisation, childhood trauma, and significant factors that interplay during the transition.

Our mission is to support people in finding purpose, hope, and meaning in their lives by providing services that generate resilient communities. The main objective is to assist in treating and caring for persons with mental illnesses of any description by counselling/psychotherapy. One of the prime ways to develop discipline is to master the theory of internal control and purposeful behaviour.

Mode Rehabilitation, with its recovery ethos, is an independent organisation that delivers a five-fold service. We offer support, advice and the provision of facilities for recreation and

rehabilitation to military armed forces personnel, families, young people, children and carers in Stockport and South Manchester.

8. AFC includes Veterans, Young People, Families and Carers

- DROP-IN SERVICE for ex-Armed Forces and service leavers; we also support carers, young people (YP), and families.
- We have developed a robust programme called 'Resilience to Civilian Life' to help over 200 service members and veterans find jobs.
- We work with a range of service users with complex PTSD and self-harming behaviours and offer crisis support for vulnerable people, including young people and adults. We work with Blue Light Emergency services.
- In partnership with local emergency services, organisations, charities and high schools, we identify vulnerable groups while working closely with the complex needs of individuals.
- Pastoral Team to identify carers and Young People of British Army personnel. We work closely with schools to educate on Pupil Premium and support NEAT and BAME.
- Together with a multidisciplinary team of health professionals, we can offer a connected approach and improve 'Team Around the Child' (TAC) support.
- MODE has been able to work with the University of Manchester and Manchester Metropolitan University, offering centralised work placements, and internships.
- We offer career development opportunities and a platform that empowers productivity and provides psychological therapy support.
- We provide a high level of training and management of safeguarding and risk-related issues to all staff throughout the life of all projects.
- Despite the unique challenges presented by COVID-19, Moderate Rehabilitation maintained a high level of quality support in 2021-2022 and successfully underwent governance and peer reviews.

9. Levelling Up

- Help more people develop skills to improve their lives and those of generations to follow;
- Promote strategic development training for our leadership team;
- Achieve improved and streamlined administrative systems;
- To employ salaried staff;
- Recruit more volunteers; and
- Increase our capacity to expand service delivery in order to positively impact more lives through improved mental well-being and resilience.

10. Post Covid

We extended our services since the COVID-19 lockdown significantly impacted the lives of young people and limited the usual face-to-face contact with many of the most vulnerable. We bridged the gap, identifying some of our most complex clients and giving them coaching opportunities to build structure and routine to prevent isolation and loneliness. Many vulnerable people did not recover from the impact and some family members in the community turned to alcohol or medication as coping strategies. In this situation, staff developed a programme of support to assist those young people who struggled to discuss their thoughts and feelings. The Mode Rehabilitation team continues to provide journals to support those at risk of isolation. Journaling is a useful tool to help people navigate their thoughts and will improve internal motivation. Current ideas about the journey through a process of positive change and taking control over their behaviours with the assistance of trained counsellors.

We also worked with the local schools to identify young people in the armed forces community. *“If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.”* -Carl Jung.

The Mode staff responded rapidly to the needs of these individuals and in 2021-2022, a 24/7 phone line to support connectedness was developed. This expansion of our support to the community is a powerful protective factor against self-harm and suicide. The North-West Ambulance Service refers patients into Mode Rehabilitation as a first response and collaborative partner.

11. First Responder

One service manager of the Northwest Ambulance Mental Health Team/Responder said, “We are encouraged by the fast response of your service to people in crisis.” We achieved this through our extraordinary professionals, who are highly committed to seeing change, have overcome divergent problems and have demonstrated an inspiring level of resilience and diversity. Overall, our recovery experience, academic backgrounds, and support from Clinical Psychologists at the University of Manchester have impassioned the staff to encourage and enabled us to confidently support others effectively.

12. Feedback from our fast response

- Were less likely to use alcohol and illegal drugs;
- Less likely to engage in violent or deviant/maladaptive behaviours;
- Young people who access our services and counselling are less likely to experience emotional distress;
- More likely to misuse medication and explore ambivalence over its use

Summary of the main activities undertaken for the public benefit concerning these objects (including within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity

This year, at the heart of our commitment to see change, the Veteran Foundation supported Mode Rehabilitation in completing the peer review process towards the accreditation scheme. It is through the generosity of the Veteran Foundation that our accredited psychologists and counselling psychotherapists (BACP, BABCP, UKPTS, and BABICM registered) were able to celebrate the positive outcomes and feedback for growth from the review.

We supported individuals who are or have been catastrophically challenged by their substance misuse and trauma. Our leadership and effective communication skills have allowed us to apply the most rewarding approach with overwhelming results to a range of mental health conditions, including disability, hearing loss, blindness, cognitive impairment, tinnitus, complex trauma and post-traumatic stress disorder. We continue to support the vulnerable, complex and sometimes chaotic nature of those people who access the Mode Rehabilitation Single Point of Access.

We offered services online and conducted follow-up phone welfare checks. We supported the AFC with relationships, family breakdowns, divorce, separation, anger, substance misuse, mental health, debt, loss and housing. We helped those who were at risk of harm or suicide and intercepted five extremely high-risk emergencies, which we received a commendation for.

Other main activities for this year include developing our innovative USP Lakeside Project idea. We have further developed our workshop delivery, including ‘The Talking Quad,’ mental health and substance misuse support for the veteran community. The development of this unique offer

Commission on public use)

also extends to crisis support pathways and wraparound services for vulnerable groups. Potentially, the most rewarding aspect of this Lakeside Project will be the benefits for both client and therapist. In this environment, both the client and the therapist can find increased power and freedom.

We have continued to work alongside a team of clinical psychologists and clinicians for our personal development and have been part of a team of researchers and therapists who have an interest in the development of a unique framework that underpins our work. Our independent Single Point of Access shows how we create a climate that fosters purposeful lives, achievement, caring and safety for all who access our services. The role of the Single Point of Access is to offer connected, flexible help to individuals, help them understand how they can become disciplined within and create opportunities for them to do this in a non-coercive setting.

13. The Veteran Community

The Veteran Foundation have supported the drop-in at the MODE HQ so that we can effectively reach the needs of the Armed Forces Community. The drop-in is open each day and is supported by the Veteran Foundation two days a week. It allows ex-service personnel and veterans immediate access to psychological counselling and mental health support. The generous donation from the Veteran Foundation has allowed Mode Rehabilitation to collaborate with other organisations to increase the level of support, provide advice, and provide information to help the AFC navigate the complex mental health system. This year, Mode Rehabilitation has extended the support to reach more veterans, their families and carers by increasing collaboration among veterans' organisations across the UK.

Our unique 'transdiagnostic' approach to supporting the needs of the individual means that we work across diagnoses and symptoms; no problem is too complex. We work in a way that can explore the client's needs through our initial assessments and help the client navigate a mental health system tailored to their needs. Mode Rehabilitation volunteers, interns, and psychological therapists/counsellors support the drop-in each Tuesday and Thursday in Bredbury, Stockport and Oldham Wednesdays, with 24/7 telephone availability through telephone support, Zoom and TEAMS.

Mode Rehabilitation wants to thank its facilitators for supporting, encouraging and motivating the ex-Armed Forces into construction. The 'Resilience to Civilian Life' programme (Rt C L) has been instrumental in the success of Project RECCE. <https://pathfinderinternational.co.uk/dynamic-complex-working-environments/> The Military Talent Programme for Belfour Beatty will continue to create employment opportunities. Mode Rehabilitation wants to thank all the programme's originators, who generously gave up their time: Bernie Broad, Anamaria Churchman, Danielle Heath, Lizzi Ward, Shane Lee, Pastor Paul Lloyd, Anton Penrose, Danny Wilson, Danny Dockray, Jemima Clark, and Sarah Gbeleyi. Lauren Bagueley, Christopher Barrington, and Lydia Morris for permission to adapt the Take Control course.

The clinical design for ex-Armed Forces participants takes a holistic approach to ensure participants have a period of reflection before entering the construction industry. From the perspective of understanding the process of building a foundation, this week ensures that ex-Armed Forces personnel are ready to learn, become and remain 'work ready,' and be better informed for a new career, having applied reflexivity, and thought about essential goals to transition successfully.

14. Collaboration with a Range of Organisations and Charities

Mode Rehabilitation offers counselling and psychological therapy services from our headquarters in Stockport and organisations and charities. This year, we have expanded our reach due to our personal and flexible approach to providing appointments on Zoom, TEAMS, and a wide-ranging range of support in our new facilities in Oldham. The Veteran Foundation helped promote our services through its media campaign and has enabled us to increase our reach, provide systemic support, and provide support through collaborative working across services that support the AFC.

15. Professional development

One of the most critical and comprehensive responsibilities of charity trustees is their duty of care, both to their charity and to beneficiaries. The CEO advocates rehabilitative support and has faced a lifetime of physical rehabilitation challenges, which he has overcome. When a charity is working with vulnerable beneficiaries, such as the armed forces community, families, carers and young people, it's crucial to have the necessary safeguards in place to protect them.

This opportunity to provide work experience has offered centralised work placements and career development opportunities, as well as a platform that empowers productivity.

To fulfil our duty of care, the charity's trustees have ultimate oversight and responsibility for all aspects of the charity operation. The charity has improved its training support and developed skills and development packages for service users.

Our trustees are aware of the Charity Commission's public benefit guidance and have considered it when making decisions as to which advice is relevant. This year, our main focus and beneficiaries have been to help a generation of traumatised children affected by the COVID-19 pandemic. We have increased our support to include organisations that support the armed forces community with an increase in ex-military personnel seeking help for substance misuse, anxiety, anger management, breakdown in family relationships, unemployment, disability, housing, and criminal activity.

Many service users have accessed our support for recovery from overmedication. With more service leavers and veterans seeking help with family breakdowns after leaving the British Army, the landscape is changing. This year, we have also helped some family members of Afghan citizens who served in the British Army as interpreters.

16. Young people of military service in schools.

Our charity has developed collaborative work with other organisations to support more service leavers and veterans. This coming year, we are looking forward to announcing a novel and exciting collaboration with more projects underway in our innovative naturalistic setting; the Lakeside Sanctuary is part of our expansion to provide support in Oldham.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- Policy on grant making.
- Policy programme-related investment.
- The contribution made by volunteers.



17. Recreational Facilities

"My name is Lauren, and I have been using the services with Mode Rehabilitation for almost two years. I got to know the service through a friend. I began having counselling for a while, then told the psychological therapist, Susan McCormack, that I was an artist. Susan has been very supportive; she elevated my career aspirations to become a more established artist. I completed an honours degree in Visual Arts in 2018 and then struggled to know where my next direction would be as an artist."



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Below are the various prestigious awards and accreditations that Mode Rehabilitation has received throughout the last year.

18. Awards & Accreditations

- Second-time WINNER!!!! Central England Prestige Award for Mental Health & Rehabilitation Impact Award.
- Central England Prestige Awards – 2021/22 Winner (.)

19. Membership

- The AFC – The Armed Forces Covenant
- Veterans Gateway
- BACP – British Association for Counselling & Psychotherapy
- BABCP – British Association of Behavioural & Cognitive Psychotherapists
- COBSEO – The Confederation of Service Charities
- ASDIC – Association of Service Drop-in Services
- NICE – The National Institute for Health and Care Excellence

- Royal College of Psychiatrists Quality Network for Veterans Mental Health Services (QNVMHS).
- NCVO membership
- BABISM

20. Achievements

Mode Rehabilitation has been fully engaged in supporting the Armed Forces Community and has been a significant contributor to the Armed Forces Covenant Community Partnership meetings. The charity has conveyed its experience, strength and hope for building a stronger support network. We have supported Project RECCE, the Stockport breakfast club, Stockport Homes, and Disability Stockport. We will continue to support the Armed Forces Community and will remain a key supporter of the Stockport Armed Forces Covenant Partnership Meeting and Network Group to assist and develop support and be a better Britain, stronger together.

Susan McCormack designed a 'Resilience to Civilian Life' programme supported by the Mode Rehabilitation dedicated team and together applied the intervention to develop Project RECCE. Since 2018, the CEO of Mode Rehabilitation and the team have designed programmes to assist organisations supporting the armed forces community and employment opportunities. The intervention raises awareness, helps overcome conflict, and improve life skills, empowerment and opportunities. Mode Rehabilitation's extraordinary team has enjoyed a successful collaboration since developing the programme.

"It commences with bespoke 'Resilience to Civilian Life' and 'Take Control' workshops, led by CEO of Mode Rehabilitation, in association with MODE Rehabilitation, to ensure the successful transition and resettlement of veterans into sustained employment."

<https://ilovemanchester.com/project-recce-manchester-social-enterprise>.

<https://pathfinderinternational.co.uk/dynamic-complex-working-environments/>

We work in partnership with NHS and other statutory bodies to include the Northwest ambulance to support people in the community. We are collaborating with organisations that support the Stockport AFC and One Stockport. We work with local colleges, schools, universities (e.g., Manchester Metropolitan University, Manchester University, University of Central Lancaster), and third sector organisations to offer additional care to ensure the welfare and well-being of vulnerable individuals are met at the highest standard.

A brief statement of the charity's policy on reserves

The Mode Rehabilitation is fast approaching ten years of success; therefore, all funding acquired to date has been primarily for project development and delivery. The Board of Trustees is satisfied that the charity assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You may choose to include additional information, where relevant, about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives, including any ethical investment policy, were adopted.

21. Funding Partners

- Veteran Foundation
- Counselling - Victim Support
- Big Lottery - £10000 - Lakeside Project (Project Work/Counselling fenced) - restricted
- Groundwork's counselling for young people - £1,000
- Community Foundation - £1,645 (Counselling)
- Grant for developing the count selling room at Oldham - Oldham Fund - £1,000

22. The Veteran Foundation's

The support provided by The Veteran Foundation enabled Mode Rehabilitation to extend its services to several beneficiaries, including sharing recovery and rehabilitation, 12- step addiction and substance misuse support, and recovery knowledge. The Quality Network Veteran Mental Health Standards enabled the organisation to demonstrate its support while also learning from processes and standards.

For this financial year, The Veteran Foundation helped to facilitate a peer review so that the team could promote evidence-based psychological support for mental health-related problems of varying complexity safely and confidently. The assurance that the organisation meets the expected standards will be a great asset in applying the standards to provide support for the individual.

We will continue to provide support to employers that support veterans, such as Gerrards Haulage, Tarmac, and other organisations that employ veterans. Tarmac has supported Mode Rehabilitation with a one-off charity donation. It offers employment for veterans and is adjacent to Mode Rehabilitation for easy access to the drop-in facility. Forever Manchester.

23. Stockport Metropolitan Bough Council

We have also provided additional support to Stockport Borough Schools and Juniper students, helping young people and families and those who work with them by providing community-based projects to offer practical and emotional support and improving educational attainment, attendance and emotional wellbeing.

These clinical psychologists provide round-the-clock child support, counseling, educational psychological assessments, staff training, mentoring services for their students, and parental consent. This year, we have provided counselling sessions to a total of 355 pupils.

Stockport Schools: Due to the success of this implementation, we have since expanded our presence to include more schools, such as this mixed secondary school with over 1100 students on roll.

<https://www.youtube.com/watch?v=C0hdDeBJ7Tc>

<https://drive.google.com/file/d/19zHGrbAEyGLCgWGg5Q-V0I4t7OtAC0D2/view?ts=5c6d8b43>

We will continue our support in Stockport Borough Council schools post-COVID-19, including providing two counsellors through Teams to support between 15-20 pupils daily.

- Mental health problems start during adolescence (Jones, 2013).
- 1 in 10 children (5-16 years old) suffer from a mental health disorder (Children's Society, 2008).
- 70% of children and adolescents experiencing mental health problems have not had appropriate interventions at an early age (Children's Society, 2008).
- CAMHS unable to cope with the demand due to cuts.
- 64% increase in referrals to CAMHS in the last two years (NHS CAMHS Benchmark review for 2014/15).
- Average waiting time is 17 weeks; longest average waiting time is recorded as 26 weeks (NHS CAMHS benchmarking review, 2016).
- Wait times has risen post Covid.

24. Forever Manchester

The grant from Forever Manchester has enabled us to provide fast-track access to confidential, independent psychological therapy. Also, our relationship with the Northwest Ambulance Service, which supports people in mental health crises, and our wraparound additional care and services for individuals, families, vulnerable community groups and students are made possible through the funding.

25. Victim Support – Homicide

Undertaking support for the victims of homicide, pre- and post-data measures highlighted that the clients felt the method and approach were non-evasive and that the therapists of Mode Rehabilitation provided a safe space, which created an opportunity for the clients to navigate their way through day-to-day struggles.

Section F Other optional information

(i) Statement by Clinical professional

"The staff are personally as well as clinically experienced, all of the services mode offers are evidence-based and are all client led ensuring the client is valued and empowered at all times."

(ii) **Statement from an interview by QNVMH'S**

"The CEO of the organisation, Susan McCormack, is one of the kindest people with the biggest heart and is always yearning to help everyone she can. This passion is then contagious within the organisation and every employee/volunteer does everything in their power to help as many people as they can as soon as possible and give all clients utmost respect, empathy, and professionalism."

"The organisation also strongly promotes peer/social support and tries to connect veterans and bring them together. Maintains high focus on the needs of individual clients."

(iii) **Statement from a Service user**

"This year, I have managed to maintain a safe space to create paintings. I'm so privileged to have taken this opportunity. I have dealt with many mental health problems in my life, dealing with eating disorders, depression, psychosis, etc"

(iv) **Statement from a client**

"Mode Rehabilitation helped me to find different ways to help myself recover. I don't know where I'd be today if it weren't for the help of Mode Rehabilitation."

26. Mode Rehabilitation Research

We are proud of our innovative work in schools and Dr Annamarie Churchman, a trustee of Mode Rehabilitation, who carried out research into the practical application of our 'whole school approach' to supporting and addressing the needs of children, families and teaching staff in schools. The Mode Rehabilitation 'single point of access' support in schools is innovative mitigating risk and delays in treatment for young people seeking support within NHS, as well as local counselling services. Mode Rehabilitation, the University of Manchester, and Dr. A. Churchman came together to develop the research. The research by Annamaria Churchman produced six published research papers:https://www.researchgate.net/publication/334493964_A_school-based_feasibility_study_of_method_of_levels_a_novel_form_of_client-led_counselling.

27. MODE supports post-graduate training.

The CEO is undergoing a PhD and majors in prolonged and enduring psychological distress, 12-step recovery and rehabilitation support. Our evidence-based work with the Armed Forces Community, vulnerable young people or children and adults in and outside of schools in collaboration with leading universities has led to research opportunities to evidence the work. Method of Levels (MOL) therapy in supporting young people and families through a collaboration with trustee Anamaria Churchman and the University of Manchester. We can share the link to six publications. Churchman, A., Mansell, W., & Tai, S. (2019). A qualitative analysis of young people's experiences receiving a novel, client-led, psychological therapy in school. *Counselling and Psychotherapy Research* <https://doi.org/10.1002/capr.12259>.

Further exploratory research has revealed public awareness of private and public sector mental health services, as well as an examination of the existing issues and objectives in military populations. The research for this will be announced shortly.

Summary

Despite the extraordinary, unprecedented situation, the Mode team continued to deliver further Resilience to Life 'Journey' books (manual). The Journey manual's 'tool kit' was adapted and disseminated to work with YP to anchor their thoughts. It also acted as a navigation tool to identify who they are and where they want to achieve and maintain important life goals.

Through unrestricted funding, we managed to purchase more books and deliver them to those accessing our support to reduce and mitigate the risk of harm and to ensure robust safeguarding processes are in place to ensure they keep young people safe from harm. <https://www.youtube.com/watch?v=Sf8-44dhBUE>.

The judges of the awards 2021/22 said, "We are impressed with your team's personal touch and community feel. It is extra special to know you are making a positive difference and I hope this achievement brings more success moving forward."

We will continue supporting local people in our ambition to help young people across cultures who are diverse and have varying problems and complexities. We are committed to improving lives and providing services that generate resilient communities.

We look forward to 2022-2023 sharing about our latest collaborations and support networks for our NEW innovative Lakeside Project – we will explain – talk – introduce – acknowledge and commit to creating safe support following the highest standards we met in 2022 and accomplish our commitment to support more people in varying contexts.

Section G Declaration

The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

Mr Sydney Norman Gresty	
-------------------------	--

Position (e.g. Secretary, Chair, etc)

Mr Sydney Norman Gresty	Secretary
-------------------------	-----------

Date

29.01.2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mode Rehabilitation

No (if any)
1157257

CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	269
Charitable activities	17,450	14,645	-	32,095	36,962
Interest income	-	-	-	-	-
Government Covid Grant	-	-	-	-	10,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,450	14,645	-	32,095	47,231
A2 Asset and investment sales, (see table).					
Loans received from external funder	-	-	-	-	44,738
	-	-	-	-	-
Sub total	-	-	-	-	44,738
Total receipts	17,450	14,645	-	32,095	91,969
A3 Payments					
Cost of raising funds	350	-	-	350	3,700
Cost of charitable activities	11,915	4,645	-	16,560	36,568
Governance costs	930	-	-	930	650
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	13,195	4,645	-	17,840	40,918
A4 Asset and investment purchases, (see table)					
Purchase of tangible fixed assets	250	-	-	250	846
Loans repaid to external funder	45,000	-	-	45,000	-
Sub total	45,250	-	-	45,250	846
Total payments	58,445	4,645	-	63,090	41,764
Net of receipts/(payments)	- 40,995	10,000	-	- 30,995	50,205
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	66,435	-	-	66,435	16,230
Cash funds this year end	25,440	10,000	-	35,440	66,435

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	54			
	Bank	25,440	10,000	-
		-	-	-
		-	-	-
	Total cash funds	25,440	10,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	External funders	262	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Tangible fixed assets	Unrestricted	9,006	-
	Intangible fixed assets	Unrestricted	162	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Anthony D Hughes	29.01.2023	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mode Rehabilitation

**On accounts for the year
ended**

31 March 2022

**Charity no
(if any)**

1157257

Set out on pages

(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 31 March 2022.

**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 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 box]

Date:

31.01.23

Name:

Richard Hunter

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

FCA

Address:

MJ Goldman, Chartered Accountants,
Hollinwood Business Centre,
Albert Street,
Oldham, OL8 3QL

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.

MODE REHABILITATION

England & Wales - Charity number 1157257

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2020	To	31	03	2021

Section A Reference and administration details

Charity name Mode Rehabilitation

Other names charity is known by MODE

Registered charity number (if any) 1157257

Charity's principal address

The Ash	
101 Stockport Road East	
Bredbury	
Stockport	SK6 2AQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for the whole year	Name of person (or body) entitled to appoint a trustee (if any)
1	Anthony Douglas Hughes	Chair		
2	Sydney Norman Gresty	Treasurer		
3	Shirley Ridgeway	Secretary		
4	Michael Julian Wood	Trustee		
5	Bernie Broad	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for the whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Non-Executive Adviser	Zeb Ahmed	

Name of chief executive or names of senior staff members (Optional information)

Susan McCormack CEO/Founder and Chief Clinical Officer

Section B Structure, governance, and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	CIO
How the charity is constituted (eg. trust, association, company)	Foundation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> policies and procedures adopted for the induction and training 	<p>1. Governance</p> <p>The charity is governed by a Board of Trustees. The day-to-day management is delegated to our Chief Executive Officer and Founder, Susan McCormack and appointed Chair Anthony Douglas Hughes. Mode Rehabilitation has a highly committed board of Trustees that shares, questions and challenges ideas.</p> <ol style="list-style-type: none"> All MODE trustees have appropriate skills and knowledge of the charity and give enough time to be effective in their role. The chair enables the board to work as an effective team by developing strong working relationships between board members and creating a culture where differences are aired and resolved. The board takes decisions collectively and confidently. Once decisions are made, the board unites behind them and accepts them as binding. <p>The board’s culture, behaviours, and processes help the team to be effective and incisive when negotiating different views and resolving challenges.</p>
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of trustee s.

- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

2. Operational Team

Our team consists of a Counselling Psychologist and access to a team of leading Clinical Psychologists and researchers in the field of Mental Health; Counselling psychologists, substance misuse practitioner, 3 part-time accredited therapists/counsellors, a clinical case manager, mental health worker, 2 board-certified educational psychologists, and multiple peer mentors/volunteers. Mode Rehabilitation operates a clearly defined line management structure. Each member of the service team is managed by a Service Manager, who is, in turn, accountable to the Chief Executive. The board works as an effective team, using the appropriate balance of skills, experience, background and knowledge to make informed decisions.

The charity's success is built on a rigorous approach to trustee recruitment, performance and development, and to the board's conduct in daily affairs. It is an effective team engaging in weekly supervision from two independent sources. The Chief Clinical Lead is supervised by the University of Manchester Clinical Psychologist Dr W. Mansell to effectively facilitate the continued development of the model that underpins MODE'S practice.

3. Policy & Procedures

Mode Rehabilitation follows a specific set of policies and procedures that suit our organisation's work with Veterans, Service leavers, Families, Young People, and Carers. We ensure the Safeguarding and Risk Management policies are updated annually. We work with the Federation of Small Businesses to follow a checklist or framework that helps keep current legislation. The main policies annually updated are:

- Safeguarding Vulnerable Adults
- Safeguarding Young People
- Lone Working Policies
- Health and safety policy
- Equality and diversity policy
- Whistleblowing policy
- Bullying, harassment, and sexual harassment policy
- Data Protection Policy

The Governance Code makes sure our trustees are carrying out their duties correctly, and the Charity Ethical Principles are observed, thereby characterising Mode Rehabilitation as a principled organisation guided by a solid set of values, beliefs, behaviours, and actions. The above provide excellent governance tools for looking at overall good practice in our organisation.

The policy and procedures are readily available and accessible, at the same time, apparent in its plan of how the organisation will make sure everyone is aware of the changes and can keep track of how effective they are in supporting our team. The policies are reviewed each year to ensure any improvements that have come up. Everyone, within the charity, including the non-executive advisers, staff, volunteers and people we work with, are aware of how we manage and safeguard.

A reporting procedure clearly explains how people can make their worries known and how you will handle any problems that are raised. The reporting procedure is set out as follows:

- Who to speak to
- How issues should be reported
- Where information will be stored and shared internally
- How you'll share this with police, social services or regulators if necessary.
- More about reporting procedures

Mode Rehabilitation has a designated Safeguarding Lead and is experienced in following detailed guidance on receiving, assessing and managing any safeguarding concerns.

4. Code of conduct

A code of conduct sets out our expectations of staff and volunteers; includes a clear expectation

of what people should do and conduct themselves and what they must not do or say within the organisation. This will help raise awareness of illegal, unsafe, unprofessional, and unwise behaviour. Being clear about standards of behaviour is an integral part of safeguarding and keeping staff safe and making them feel heard, understood and always respected of staff, volunteers and any clients or participants in creating the code, so it is inclusive and ensures all people feel it protects everyone involved. We ensure everyone in the organisation is aware it applies to them, and they must follow all its standards.

Mode Rehabilitation includes specific standards or expectations for roles with responsibilities when necessary. We ensure the code allows participants to question staff and volunteers if they think they're doing something wrong. Our organisation's charity trustees, and senior managers regularly review what risks the organisation faces, including any safeguarding risks. They meet with the CEO regularly and discuss regularly how to mitigate any risks effectively. A document is held at MODE covering how to reduce or plan for any risks, which helps each staff member to see how safeguarding sits alongside other risk management or concerns.

The risk management statement reports all significant risks the charity faces and how it controls those risks, as well as safeguarding matters, or if there is an increased risk of reports of harm in the organisation.

- See the Charity Commission guidance on risk management.
- We use the NCVO members risk register template.
- Mode delivers an online service and uses Digisafe guidance and templates to assess and mitigate risk.
- We are supported by the National Youth Agency Safeguarding and Risk Management Hub.
- Maintain a trustees' annual report

4. Measuring Outcomes & Developing Research

Alongside qualitative data, the measures applied to understand what is working well for people who access our services and to improve delivery, we apply the following outcome measures:

For YP

Youth Outcome Questionnaires Self Report (YOQ-SR)

Youth Empowerment Scale (Yes)

The PSYCLOPS

Outcome Rating Scales

WEMWEB

For MAFP

1 CORE Military 34q

PCL-Mc

Mode Rehabilitation is pioneering in its successful completion of a research project in schools applying Method of Levels therapy in supporting Young People and Families through a collaboration with trustee Anamaria Churchman and the University of Manchester. We can share the link to six publications. Churchman, A., Mansell, W., & Tai, S. (2019). A qualitative analysis of young people's experiences of receiving a novel, client-led, psychological therapy in school. *Counselling and Psychotherapy Research* <https://doi.org/10.1002/capr.12259>

MODE encourages post graduate training. The CEO is undergoing a PhD and is exceptionally familiar with understanding, prolonged and enduring psychological distress, 12-step recovery and

rehabilitation support, as well as cognitive and behavioural models of support. Highly experienced in comorbid conditions, military trauma/Incarceration/Institutionalisation, especially factors that interplay during transition. The work conducted through this rich knowledge can offer insight into ways to progress through transition and improve resilience skills.

Section C Objectives and activities

Mode Rehabilitation: Overview

Mode Rehabilitation is a two-time Award Winner of Central England Prestige Award for Mental Health support and is a COBSEO and ASDIC member for their DROP-IN service, supporting the Military Armed Forces personnel, Young People (YP) families, carers, children, and veterans.

Our mission is to support people to find purpose, hope, and meaning in their lives by providing the services that generate resilient communities.

Our main objective is to assist in the treatment and care of persons who have mental illnesses of any description by counselling/psychotherapy, provision of support and advice, and the provision of facilities for recreation and rehabilitation to Military Armed Forces personnel, families, adolescents, children, carers, in Stockport and South Manchester.

From the support we offer we aim to:

- help more people develop skills to improve their lives and generations to follow
- strategic development training for our leadership team
- achieve improved and streamlined administrative systems
- the ability to employ salaried staff
- recruitment of more volunteers
- increased capacity to expand service delivery to positively impact more lives with increased resilience.

Mode Rehabilitation, with its recovery ethos, is an independent organisation that delivers a five-fold service:

- DROP-IN SERVICE for ex-Service personnel, both male and female, Service leavers, also we are supporting YP, and children of Serving families.
- We work with a range of service users with Complex PTSD and self-harming behaviours and offer crisis support for vulnerable people, including YP and adults.
- In partnership with local High schools, we identify vulnerable groups. We work closely with the pastoral team to identify Carers also. Together with a multidisciplinary team of health professionals, we can offer a connected approach and improve Team Around the Child (TAC) support.
- MODE has been able to work with the University of Manchester and Manchester Metropolitan University, offering centralised work placements and career development opportunities as well as a platform that empowers productivity and provides psychological therapy support.
- Mode Rehabilitation provides a high standard of training and managing safeguarding and risk-related issues throughout the life of all projects to all staff.

We achieve this through our expert team of professionals who have overcome diverse problems themselves and have demonstrated an inspiring height of resilience/diversity that has impassioned them to extend that experience to encourage, support others to aspire and maintain their own important goals. Our accredited psychologists, counsellors and psychotherapists are registered with the BACP, BABCP, UKPTS and, BABICM. We are registered with COBSEO, ASDIC, AFC and NICE and working towards the QNVMHS accreditation scheme through the generosity of the Veteran Foundation.

Summary of the objects of the charity set out in its governing document

Summary

In 2020, we worked diligently to support many people struggling through the impact of the Covid-19 pandemic. The MODE team delivered 100 books (manual) titled 'Journey' across Stockport Borough to YP, who found it difficult to speak and/or effectively communicate when they called our telephone line for counselling support. The Journey manual was a 'tool kit' to help people work through and enabled YP to anchor their thoughts onto. It also acted as a navigation tool to identify who they are, where they want to get on in their life/goals and how they want to get to maintain their goals. Through donations we managed to purchase the books and deliver to those accessing our support.

<https://www.youtube.com/watch?v=Sf8-44dhBUE>

Our main activities for this year have included school counselling, workshop delivery, mental health support for the veteran community, crisis support and wraparound services for vulnerable groups. We have diversified our activities throughout the pandemic to include more telephone-based support and the introduction of video calling services.

Our evidence-based work with YP/children in schools in collaboration with the University of Manchester has been documented in six published research papers by Dr Anna Marie Churchman, a volunteer and trustee during her PhD. Below is the link to the publications:

https://www.researchgate.net/publication/334493964_A_school-based_feasibility_study_of_method_of_levels_a_novel_form_of_client-led_counselling.

The Veteran Community

The Veteran Foundation (VF) are supporting the Drop-in support service at the MODE Hub. It allows ex-Service personnel immediate access to support and information to navigate the complex mental health system. The Drop-in is open each day but is supported by the VF two days a week. MODE offered a counselling and psychological therapy service from our safe surroundings in Stockport. The VF also helped in promoting our services by its media campaign and its wide-reaching supporters. It has enabled veterans, their families, partners and children/carers access support. Also, through this Drop-in service friends have recommended vulnerable friends and friends and partners during Covid19. MODE's volunteers and counsellors support the Drop-in each Tuesdays and Thursday, but our phone lines are open 24/7 and we return all calls.

MODE Facilitators in Collaboration with Project RECCE

A team of facilitators from Mode Rehabilitation facilitators support Service Leavers and ex-service personnel into construction through MODE's 'Resilience to Civilian Life' (RtCL) programme. MODE's Resilience to Civilian life programme is being rolled out nationally with Project RECCE. We want to thank the MODE team and originators of the programme, who were a huge part of its original success. Our grateful thanks, goes to Bernie Broad, Anamaria Churchman, Danielle Heath, Lizzi Ward, Shane Lee, Pastor Paul Lloyd, Anton Penrose, Danny Wilson, Jemima Clark, and Sarah Gbeleyi, not least the CIG Control Group.

The Clinical design is a holistic approach to therapy and is the cornerstone of ensuring participants are 'work ready'. We at Mode Rehabilitation have taken our core aim and created a bespoke 'Resilience to Civilian Life' workshop. This week-long package has been designed by a team comprised of an interdisciplinary bank of staff, consisting of a full-time Therapist, who is an Accredited Professional Therapist, Clinical Case Manager, Mental Health worker and Board-Certified Psychiatrist.

The workshop is delivered during the first week of the course, allowing participants to re-discover their core competencies and transferable skills. With enduring clinical oversight and support for the students, this foundation week ensures that they are ready to learn, become and remain 'work ready' and correctly positioned for a new career within the construction

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

industry and successfully transitioned to be valued members of the community.

Recreational Facilities

Service user and volunteer at MODE



My name is Lauren and I have been using the services with MODE for almost 2 years. I got to know the service through a friend that worked at MODE. I began having counselling with for a while, then told the Psychological Therapist Susan McCormack that I was an artist. Susan has been very supportive; she elevated my career aspirations in becoming a more established artist. I completed an honours degree in Visual Arts in 2018, then struggled to know where my next direction would be as an artist. Sue gave me the opportunity to pick myself up in 2020, supplying me with a space to create paintings. I'm so privileged to have taken this opportunity. I personally have dealt with many mental health problems in my life, dealing with eating disorders, depression, psychosis, etc. MODE took me away from my troubles and put me in a secure, supportive environment. This was near the start of the pandemic, Sue gave me counselling, then found different ways to help me. I really don't know where I'd be today if it wasn't for MODE's help. I had further counselling at MODE in 2021, which helped me

explore and understand myself better. I love having the space to relax and paint, a studio. I want to inspire other people into making art as it really does benefit your mental health. For me it makes me happy as I'm doing what I love and it's amazing to be supported through that. I do aspire in doing my own art shows and selling the paintings I make. I mostly specialise in floral paintings. I love to paint flowers because they



fascinate me and love their beauty. I use realism techniques, while observing pictures while applying them onto canvases. I have given you a look at some of the



paintings I've made over the past few years at MODE - some from 2020 to present.

and professional development

Advice, support

The CEO is an advocate of rehabilitative support, the MODE team has been able to develop its model of support and work closely with the University of Manchester. The charity is also working closely with students at the Manchester Metropolitan University, offering centralised work placements and career development opportunities as well as a platform that empowers productivity and provides psychological therapy support.

Our trustees are aware of the Charity Commission's public benefit guidance and have taken it into account when making decisions to which the guidance is relevant.

Our beneficiaries have included children, young people, NEET young people (ages 16-24), parents, teaching staff, ex-offenders, offenders, those at risk of offending, veterans, relatives of veteran service leavers, and individuals recovering from substance misuse. This coming year,

we are looking forward to announcing a very new and exciting collaboration and more projects underway.

Additional details of objectives and activities (Optional information)

(i) Statement by Matt Leeming, CBT Therapist and Volunteer for Mode Rehabilitation

As a person currently in recovery from drug addiction, there have been the inevitable times when I have really needed that extra help making sense of some of the difficulties one encounters when negotiating both the sometimes choppy but often calm waters of life.

I was made aware of Susan McCormack and MODE Rehabilitation by a highly respected fellow from the Faculty of Human Sciences within the University of Manchester. More specifically I was aware of her niche skillset as a more than competent psychotherapist, in the delivery of Method of Levels Therapy (MOL) and many other disciplines.

After researching MOL Therapy, with its emphasis on putting the client in control to reduce underlying conflict that the therapist is trained to pick up with certain nuances one portrays subconsciously, I was impressed and ready to put my family pain to an end once and for all.

I booked a session, and I have to say, I was blown away! Given that I have had prior interventions for the root causes of addiction, always stemming from the witness of early family dysfunction, family break up, and the subsequent loss of my father. Overall, I had 3-4 sessions with Sue, and words cannot convey the changes her approach made within that time. I came to many breakthroughs, insights and understanding within a gentle, non-invasive approach which is one of Sues real gifts. She did in those few sessions what other (also very competent therapists) could never quite reach.

So, in my opinion, if you are looking for a gentle, non-invasive, non-judgmental therapist, working to a scientifically supported model, in a relaxed and comfortable environment. Look no further than Susan McCormack's team of MODE Psychotherapies, mentors and volunteers April 2020.

(ii) Testimonial from Stockport Academy

We are glad to be part of MODE's Project, collaborate and be supported by Mode Rehabilitation Charity since 2014 is a real resource.

Over this period, this valuable charity has assisted 129 pupils weekly through mobility of awareness, resilience building and coping/resilience strategies. We are so proud that across the creative arts i.e., poetry, drama, music, creative writing, and drawing, young people have been enabled to express their difficult past experiences, current challenges and develop personal goals towards a positive future.

We look forward to continuing with MODE's Project, giving to our pupils new prospective for their challenges.

Sincerely,

Headteacher,

Stockport Academy (May 2020)

You may choose to include further statements, where relevant, about:

- policy on grant making.
- policy programme related investment.
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Outlined below are the various prestigious awards and accreditations that Mode Rehabilitation has received throughout the last year.

Awards & ACccreditations

- ✚ Central England Prestige Award for Mental Health & Rehabilitation Impact award

Membership

- ✚ AFC - Armed Forces Community
- ✚ BACP – British Association for Counselling & Psychotherapy
- ✚ BABCP – British Association of Behavioural & Cognitive Psychotherapist
- ✚ COBSEO – The Confederation of Service Charities
- ✚ ASDIC – Association of Service Drop in Services
- ✚ NICE – The National Institute for Health and Care Excellence
- ✚ Royal College of Psychiatrists' Quality Network for Veterans Mental Health Services (QNVMHS).
- ✚ NCVO membership
- ✚ ICO

Achievements

Alongside Manchester University, the key external collaborators, are, Stockport Metropolitan Schools and Stockport Academy. Mode Rehabilitation is an independent recovery rehabilitation facility and registered charity, providing psychological therapies and services. Employing accredited psychologists, counsellors and psychotherapists, the organization was set up in April 2014 and has operated in Schools, prisons, and a wide mixture of care settings including a hugely successful collaboration with veteran organisations, such as, Walking with the Wounded, Gerrards and Tarmac. Since 2018, when MODE designed the 'resilience to civilian life' programme for its collaboration with Project RECCE, the CEO has further developed and designed programmes along with the MODE team, to support local people, find purpose, hope and meaning in their lives, and providing such services that generate resilient communities.

Section E

Financial review

A brief statement of the charity's policy on reserves

Mode Rehabilitation is a relatively new charity; therefore, all funding acquired to date has been majorly for project development and delivery. We have not had the financial capacity to start building reserves at a level worth 3 months' wages cost. However, we have built a reserve of 46% of the overall income this year. The Board of Trustees is satisfied that the charity assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives, including any ethical investment policy adopted.

FUNDING PARTNERS

-  Veteran Foundation
-  Forever Manchester
-  The Stockport Local
-  Stockport Metropolitan Bough council

Veteran Foundation Support

The Veteran Foundation has been our principal Grant partner for this financial year. The foundation's support has facilitated Mode Rehabilitation to extend our services to several beneficiaries including WWtW, Gerrards Tarmac, self-referred veterans, veterans reached through advertisements promoted through the VF website, and others ran through Cobseo and ASDIC. Other projects, such as Project RECCE, are secondary beneficiaries.

Forever Manchester

Our second principal partner. The grant has enabled us to offer fast track access support to confidential, independent psychological therapy. Also, crisis support and wraparound services for individuals, families, vulnerable community groups, and students, made possible through Forever Manchester funding. We have worked in partnership with NHS, statutory bodies, Manchester University, and Third Sector Organisations to offer supplementary care to ensure the welfare and wellbeing of vulnerable individuals. We also provided mentoring services.

Stockport Metropolitan Bough Council

We have worked closely with Stockport schools; helping young people and those who work with them; to provide community-based projects to offer practical and emotional support, improve educational attainment, attendance and emotional wellbeing.

Our Single Point of Access & Whole School Approach is enabling us to provide a range of services in schools. Such as, Clinical Psychological Therapists providing Team Around the Child support, counselling, Ed Psych Assessments, Training to staff, mentoring service for its pupils and parental support. This year we have provided counselling sessions to a total of 172 pupils. There were 285 recorded counselling sessions.

Stockport Schools: Due to the success of this implementation we have since expanded our presence to include more schools, such as, this mixed secondary school with over 1100 students on roll. We will support Stockport schools through COVID 19, to include two counsellors through ZOOM to each school supporting between 15-20 pupils each day.

The Stockport Local

Conventional therapy is often hard to access, expensive, and can take away choice and control from young people. We have offered a range of systematic talking therapies, including CBT, Counselling, EMDR, and Method of Levels therapy.

Our expenditures have supported our charity objectives, enabling us to provide beneficial facilities and services for the treatment, rehabilitation, advice, support, care and recreation of persons who have mental illnesses.

Conventional sessions typically offer everyone the same number of sessions and parents, or teachers choose when and for how long young people access support even though young people might not feel ready to talk or prefer not to miss certain lessons to receive support. Some of the young people reported needing more support, which, say the team, infers their needs are not being met when following an adult driven model.

Workshops: specifically designed for boys to come and discuss male issues in confidence, in a group setting, with other boys. Each session covers a different topic and includes issues such as substance abuse, girlfriend problems, bullying, absent fathers, and more. We will apply morning sessions 1 hour, with between 12-15 pupils in attendance per session. We can engage and inspire young people and to family and friends.

<https://www.youtube.com/watch?v=C0hdDeBJ7Tc>

<https://drive.google.com/file/d/19zHGrbAEyGLCgWGq5Q-V0I4t7OtAC0D2/view?ts=5c6d8b43>

Section F

Other optional information

Brief Summary of Impact of the Covid-19 Pandemic on Mode Rehabilitation

Mode Rehabilitation lost some of our school contracts in the wake of the pandemic's adverse economic effects. Nonetheless, we managed to support YP and veterans who were in crisis and unable to get an appointment for an assessment within 3 months, and for some, as long as a ten-month wait. We managed to support our beneficiaries by innovatively offering access to our services through Zoom and MS Teams. However, our over-focus on supporting and bridging the gap for those in crisis meant we had little time to apply for funding. This is particularly a major setback since Mode Rehabilitation is looking to employ people on a full-time basis to improve sustainability and develop our resources to improve service to our community and offer a wider reach to a struggling community amidst a services shortage that barely meets the demand.

OUR MISSION

Our mission is to support those who access our charity through our highly experienced staff so that they will be able to work more effectively to help people find purpose and meaning to attain important goals. We want to provide the highest level of service while individualising the support we offer, maintaining integrity, fairness, honesty and confidentiality.

Youth Projects

Many Projects had to be put on hold due to Covid19. Also, due to funding changes, it meant that a greater focus was needed to support YP who were isolating and unable to manage their emotions at a time of school closures. Further, privacy of counselling meant that MODE facilities were able to accommodate multiple counselling spaces, suited to meet the needs of the changing application of counselling. We supported YP through the MODE Hub for emergency attendees only, and the psychological therapists used the separate counselling rooms, where counsellors could practice safely.

We were able to occupy private spaces in the many therapeutic rooms held at MODE. We were able to offer crisis support and bridge the gap, at a time YP were seeking help, after statutory services were experiencing long wait lists to seek Mental Health provision. Crisis support had risen exponentially. Many mental health organisations initially had staff furloughed, our counselling team, both paid and in volunteer roles, continued to help YP and gain a range of experiences, gain knowledge from the MODE supervisory team during the pandemic.

Our model of support is unique, we are a pioneering charity in the UK, working in the education system and applying our model of support, varied roles teachers, teaching assistants and other education professional employ in supporting young people, academically, physically but also psychologically and emotionally.

Mode Rehabilitation is excited to announce our plans to develop our Drop-in service for Veterans, Service Leavers, Families/Partners and YP, and Carers through Veterans' Foundation support. has provided a grant of £20,000 funding to Mode Rehabilitation. This funding allows the charity to run 200 free counselling and support clinics for local Veterans. Regarding the grant from Veterans' Foundation, Mode Rehabilitation had this to say: "With this level of availability we are confident that we could offer local veterans an assessment within 48 hours and the commencement of treatment within one week, thus reducing waiting times for assessment and treatment by 16 days and 51 weeks, respectively, compared to the national average.

Our goal moving forward is to establish ourselves as the primary first responder charity for military veterans in Stockport and South Manchester. This funding will enable us to succeed in that goal and we are extremely grateful to the Veterans' Foundation for this opportunity!" Further, plans are underway for our respite centre, along with our creative hub and our HUGE!!! premises in Stockport. We can continue our support with projects; MACH - EXCITE – T20 are projects we will continue once the situation has lifted. These are just some of the projects that aim to incorporate artistic activities to help young people understand their complicated past and consequently shape their positive future post-Covid-19.

MODE projects are a vibrant mix of discovery, resilience, goal setting and supportive outcomes. New starts and maintaining fresh beginnings, spurring one another on. The projects aim to enhance our community, by sharing and encouraging each other's experiences, as a source of inspiration, resources, and a melting pot for creative expression. Workshops are to be facilitated by professional musicians, artists and photographers. <https://www.youtube.com/watch?v=C0hdDeBJ7Tc>

Testimonials

"Six months to a year ago, I could never have said the words 'love' but you never gave up on me, I don't know how to trust, because of the echoes of the past, but you never gave up on me, for that I am truly grateful and during the pandemic, I don't know how I would have got through" (Veteran)

"MODE has helped me not only improve my mental and social state but also has helped me improve as a individual. Before the help of Susan McCormack, I had a bad childhood which kept traumatising me and my severe anxiety and autism caused me to have a lack of friends and understanding of society. After her help I have managed to have strong friendships and be happier in general. The discussions were a major influence over the years we talked and if it weren't for her, I may not even be around today or have become the man I am now and I'm extremely grateful for it, that is how successful her support was" (Young Person)

"Being a soldier and to know where I came from and why, has helped me move forward in my life, and for that help I am so grateful, I will recommend this charity to anyone who needs help" (Veteran).

We hope that you have a wonderful time and thank you for coming and support our purpose. Your support, this evening, will help us to launch a brand-new innovative project.

MODE is proud to offer support and Veterans and YP, families, children and Carers achieve goals that are important to them. However, many families are unable to provide emotional support for their children, and all individuals need to be cared for. We are very aware that some individuals cannot access therapy, or able to ask for help. Therefore, in 2014 we started a Single Point of Access to tackle that problem.

We are incredibly proud of our team and the achievements through the services we have provided. The ability to offer such opportunities to all people, regardless of background, sex, income, symptoms and diagnosis, our robust model is of huge benefit. As a result of your generosity, support along with donations, and fundraising activities, communications, and social media, the next years activities will give us more visibility to reach more people and importantly change lives for the better. Susan McCormack Founder and CEO. Have a wonderful year!

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Anthony Douglas Hughes	On behalf of ADH permission granted
Position (e.g. Secretary, Chair, etc)	Chair	
Date	31 st January 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Mode Rehabilitation	No (if any) 1157257
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year (As restated) to the nearest £
A1 Receipts					
Donations	269	-	-	269	100
Charitable activities	16,960	20,002	-	36,962	74,913
Interest income	-	-	-	-	1
Government Covid Grant	10,000	-	-	10,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	27,229	20,002	-	47,231	75,014
A2 Asset and investment sales, (see table).					
Loans received from external funder	44,738	-	-	44,738	-
	-	-	-	-	-
Sub total	44,738	-	-	44,738	-
Total receipts	71,967	20,002	-	91,969	75,014
A3 Payments					
Cost of raising funds	3,700	-	-	3,700	3,098
Cost of charitable activities	16,566	20,002	-	36,568	61,984
Governance costs	650	-	-	650	3,588
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	20,916	20,002	-	40,918	68,670
A4 Asset and investment purchases, (see table)					
Purchase of tangible fixed assets	846	-	-	846	3,255
Purchase of intangible fixed assets	-	-	-	-	161
Sub total	846	-	-	846	3,416
Total payments	21,762	20,002	-	41,764	72,086
Net of receipts/(payments)	50,205	-	-	50,205	2,928
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,230	-	-	16,230	13,302
Cash funds this year end	66,435	-	-	66,435	16,230

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	54			
	Bank	66,435		-
		-	-	-
		-	-	-
	Total cash funds	66,435	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Tangible fixed assets	Unrestricted	8,757	-
	Intangible fixed assets	Unrestricted	162	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	External funders	Unrestricted	44,738	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Anthony D Hughes	31/01/2022	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mode Rehabilitation

**On accounts for the year
ended**

31 March 2021

**Charity no
(if any)**

1157257

Set out on pages

(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 31 March 2021.

**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 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 box]

Date:

31/01/2022

Name:

Richard Hunter

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

FCA

Address:

MJ Goldman, Hollinwood Business Centre

Albert Street, Hollinwood

Oldham, OL8 3QL

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.