



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		
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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 style="text-align: center;">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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<p>of trustee s.</p> <ul style="list-style-type: none"> the charity' s organis ational structur e and any wider networ k with which the charity works. relation ship with any related parties. trustee s' consid eration of major risks and the system and proced ures to manag e them. 	<div data-bbox="730 141 1015 174" data-label="Section-Header"> <h2>2. Operational Team</h2> </div> <p data-bbox="233 210 1516 477">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.</p> <p data-bbox="233 510 1516 678">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.</p> <div data-bbox="711 712 1034 745" data-label="Section-Header"> <h2>3. Policy & Procedures</h2> </div> <p data-bbox="233 779 1516 947">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:</p> <ul data-bbox="331 947 1058 1227" style="list-style-type: none"> • 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 <p data-bbox="233 1261 1516 1395">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.</p> <p data-bbox="233 1429 1516 1597">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.</p> <p data-bbox="233 1630 1516 1697">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:</p> <ul data-bbox="331 1697 1353 1877" style="list-style-type: none"> • 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 <p data-bbox="233 1910 1516 1977">Mode Rehabilitation has a designated Safeguarding Lead and is experienced in following detailed guidance on receiving, assessing and managing any safeguarding concerns.</p> <div data-bbox="738 2011 1007 2045" data-label="Section-Header"> <h2>4. Code of conduct</h2> </div> <p data-bbox="233 2078 1516 2098">A code of conduct sets out our expectations of staff and volunteers; includes a clear expectation</p>
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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 diverge 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.

Advice, support and professional development

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)

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

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

(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 Sue's 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 perspective for their challenges.

Sincerely,

Headteacher,

Stockport Academy (May 2020)

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 (QNVMS).
- ✚ 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 Borough 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 Borough 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 3months, 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

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2020

To

Period end date
31/03/2021

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	54	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank		66,435		-
			-	-	-
			-	-	-
	Total cash funds		66,435	-	-
	(agree balances with receipts and payments account(s))		OK	OK	OK
			Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details		-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
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:

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.