



Trustees' Annual Report for the Period

From	Period start date			To	Period end date		
	01	04	2021		31	03	2022

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		
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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 (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 practice 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

7. Mode Rehabilitation

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

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

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

Section D

Achievements and performance

- Royal College of Psychiatrists Quality Network for Veterans Mental Health Services (QNVMS).
- 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.

Section E

Financial review

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 Annamaria 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 Annamaria 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	
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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

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2021

To

Period end date
31/03/2022

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	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:

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.