



## Trustees' Annual Report for the period

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

### Section A Reference and administration details

|   |  |
|---|--|
| <b>Charity name</b>                       | Mode Rehabilitation  |
| <b>Other names charity is known by</b>    | MODE Psychological Therapy Services and Mental Health Support Including Addiction Recovery Specialists |
| <b>Registered charity number (if any)</b> |  |
| <b>Charity's principal address</b>        | The Ash<br>101 Stockport Road East<br>Bredbury, Stockport<br><b>Postcode</b> 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<br>(eg. trust deed, constitution)        | Charitable Incorporated Organisation: CIO  |
| How the charity is constituted<br>(eg. trust, association, company) | Foundation   |
| Trustee selection methods<br>(eg. appointed by, elected by)         | Appointed by the Board of Trustees FOR THE PERIOD ENDING 31 <sup>st</sup> 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.

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)

## 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.

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

Outdoor Group Activities and Workshops

We offer 1:1 support for and individualised plans for people with mental health issues

Join us on the 18th August! We'll be holding a free drop-in session and taking orders for our new community project.

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 Thrive in a peaceful surroundings by the Lakeside

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

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 organisations, 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.

**MODE**  
RECOVERY & REHABILITATION

**BABCP**  
British Association for Behavioural and Cognitive Psychotherapy

**hpcp**  
Health and Psychology Commissioning Panel

**the British Psychological Society**

## 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"*

2023

**3<sup>rd</sup>  
AGGREGATED  
REPORT**

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

Publication date:

Publication no:

Open Discussion  
Workbook  
**SERVICE NAME**

**Date of Review:** 1<sup>st</sup> 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 (QNVMHS)  
 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

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/04/2022

To

Period end date  
31/03/2023

### Section A Receipts and payments

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

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

| Categories  | Details  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---|--|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b>  | Bank   | 19,437                             | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   | <b>Total cash funds</b>                                | <b>19,437</b>                      | <b>-</b>                         | <b>-</b>                        |
|   | (agree balances with receipts and payments account(s)) | OK                                 | OK                               | OK                              |
|   |  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
| <b>B2 Other monetary assets</b>                             | Details  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
|   |  | -                                  | -                                | -                               |
| <b>B3 Investment assets</b>                                 | Details  | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
| <b>B4 Assets retained for the charity's own use</b>         | Details  | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
|   | Tangible fixed assets                                  | Unrestricted                       | 10234                            | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
|   |  |                                    | -                                | -                               |
| <b>B5 Liabilities</b>                                       | 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                   | 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:

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.**