

Trustees' Annual Report for the period 1st April 2021 - 31st March 2022**Charity name: The Hydration Foundation****Charity registration number: 1168653****Objectives and Activities**

Summary of the purposes of the charity as set out in its governing document	The charity's mission is to distribute as many free Hydrant hands free drinking systems as possible to those individuals in the community, care homes and hospitals who need them. Anyone with limited mobility particularly those who struggle to reach, hold or lift a drink is likely to benefit from a Hydrant. We believe this could be as many as 3 million people in Great Britain.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	The Hydration Foundation is committed to improving the health and wellbeing of the most vulnerable people through donating hands-free drinking systems (The Hydrants) to anyone that needs one.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	In line with guidance from the Charity Commission, the Trustees are satisfied that The Hydration Foundation continues to have significant charitable purpose through its work to enhance public health and wellbeing via its focussed work on the distribution of Hydrants to the elderly and those less mobile. In 2018-19, we continued to work with hospital patients and those in the community helping prevent dehydration and its huge health risks.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	<p>The achievements of The Hydration Foundation are very easy to identify – we have helped thousands keep their independence and dignity by simply allowing them to drink without calling for help. It can seem a very small thing but the reality is that it makes a huge difference to people's lives as our many beneficiaries testify.</p> <p>As a result of the help that the Hydrant gives there is a substantial reduction in hospital admissions due to dehydration related issues such as urinary tract infections so there is an additional benefit here which is saving the NHS potentially £ millions each year. We estimate that since we started as a charity we have helped prevent around 20,000 admissions which, from the vulnerable groups we are helping, saves the NHS around £10,000 per prevented admission. BUT, the main thing we are doing, and focussed on, is helping very vulnerable people to simply drink on their own when without The Hydrant it would be impossible for them to do.</p>
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Beneficiaries – Below you can read the true difference we are making to people lives by donating Hydrant drinking systems.

“On the road a lot & need to keep fluids to 3 l/day. I can't hold a bottle. With hydrant provided by The Hydration Foundation I can stay on the road & drink plenty at the same time. The Hydrant a lifesaver for my kidneys and stopping urine infections”.



David Constantine – End-user

“The Hydration Foundation sent me my Hydrant free of charge - The Hydrant not only gave me my independence to drink when I wanted it also improved my self-esteem. I can't imagine life without my Hydrant it's as much a part of me as my wheelchair and I need both to live a happy life. Thank you so much”.



Darren Smith – End-user

“After I had broken my neck and paralysed myself at 29 years old and then 33 years later getting a brain tumour I discovered the hydrant during time at Stoke Mandeville, the world's leading Orthopaedic Hospital. I run an organisation helping wounded veterans rebuild their lives and realised instantly that the hydrant could be of immense value to some of the boys and girls and thanks to the generosity of Mark and his team, troops have been provided free of charge with one as I have myself and have benefited to a considerable extent from possessing it because I use it every day and all day”.

Graham Raphael

*“My husband has **Motor Neurone Disease** and I can honestly say The Hydrant you gave us has transformed both of our lives. For him he is now able to drink on his own whenever he wants, we have taken him off saliva inducing drugs and he has not ended up in hospital with a urinary infection for six months (we used to be there every month without fail). For me, I now get to sleep all night whereas PH (pre Hydrant!) I was up 6 or 7 times every night. It also means I have more time to do things and I am not worried when I*

do go out that he will be unable to drink. Thank you so much for making our very difficult situation somewhat more bearable” DC

A few words from one of the Healthcare Specialists we work closely with to ensure those who need a Hydrant can get one free of charge.

Patient 1.

A gentleman with Parkinson’s disease was not drinking enough, due to this he was getting recurring infections. His tremor made using a beaker difficult and he did not have the strength to use a straw.

Having the hydrant means that his carers can set him up with a drink that is easily accessible through the clip on straw. They are also able to monitor the amount of fluids he has. Since having the hydrant he has increased his fluids, resolved his constipation and reduced the number of urinary tract infections he has.

Patient 2

At a Parkinson’s review it came to my notice that a patient was having difficulty sucking through a straw. They admitted this was causing them to miss some medications as they were unable to get enough fluid in their mouth to swallow the tablets with. They were looking dehydrated and were having episodes of constipation. I gave them a hydrant and this resulted in them increasing their fluid input, being able to have their medication on time which then in turn improved their mobility and swallow! Constipation resolved and patient much happier.

I hope this helps- thank you again

Sandra Jury

Parkinson’s Disease Specialist Nurse

Finally a word from our Patron Baroness Sally Greengross OBE who sadly passed away earlier this year.

“The Hydration Foundation receive this funding is a remarkable organisation that is very quietly preventing many hospital admissions every year simply by enabling vulnerable people to drink without assistance.

The importance of maintaining good level of hydration in anybody who is ill or frail is frequently ignored but is of the upmost importance. Dehydration is one of the biggest issues in healthcare and I am proud to be Patron of an organisation working so hard to help thousands of vulnerable people in the community”

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Financial Review

Charity's financial position at the end of the period.	<p>We end the year in a positive position, with a good level of surplus reserves.</p> <p>Reserves policy The Trustees regularly consider the reserves held by the charity, and regard a level of £25,000 in reserves as satisfactory. This amount represents running costs and ongoing distribution of projects. If at any point reserves fall below the target, the Trustees have agreed to act immediately to ensure continuity of work. At 31 March 2021, THF held a total of £103,000 in reserves. £15,000 of this total are reserved funds, whilst the balance of this total are unrestricted funds. The free reserves enable us to respond to needs of the organisation and our work.</p>
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Structure, Governance and Management

Description of charity's trusts:	
Type of governing document	Constitution
How is the charity constituted?	Registered Charity through the Charity Commission
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	The statutory power of appointing new or additional Trustees shall be taken out by Mark Moran MBE and the total number of Trustees shall not exceed Three. All Trustees served for the period from and to the date of this report. The Trustees undertake training as required to ensure that they are aware of their responsibilities.

Reference and Administrative details

Charity name	The Hydration Foundation
Other name the charity uses	
Registered charity number	1168653

Charity's principal address	c/o Dyrham Lodge, 16 Clifton park Clifton Bristol BS8 3BY
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Names of the charity trustees

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person entitled to appoint trustee
1	Mr Mark Moran MBE	Charity address	N/A	Mark Moran MBE
2	Mr Stuart Travis		N/A	
3	Mr Michael Evans		N/A	

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>M Moran</i>	
Full name(s)	Mark Moran MBE	
Position (eg Secretary, Chair, etc)	Trustee	
Date	01/12/22	

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
The Hydration Foundation

Wormald & Partners
Chartered Accountants (ICAEW)
Redland House
157 Redland Road
Redland
Bristol
BS6 6YE

The Hydration Foundation

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for the Year Ended 31 March 2022

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The Hydration Foundation
Report of the Trustees
for the Year Ended 31 March 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number (England and Wales)
CE008476

Registered Charity number
1168653

Registered Office
Dyrham Lodge
16 Clifton Park
Clifton
Bristol
BS8 3BY

Trustees
M Moran
M A Evans
S A Travis

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a charitable incorporated organisation.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 1 December 2022 and signed on its behalf by:

M Moran - Trustee

The Hydration Foundation

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
INCOMING RESOURCES			
Incoming resources from generated funds			
Voluntary income		37,881	44,139
RESOURCES EXPENDED			
Costs of generating funds			
Costs of generating voluntary income		216	216
Fundraising trading: cost of goods sold and other costs	2	60,000	80,031
Governance costs		11,580	2,340
Other resources expended		421	-
Total resources expended		72,217	82,587
NET INCOMING/(OUTGOING) RESOURCES		(34,336)	(38,448)
RECONCILIATION OF FUNDS			
Total funds brought forward		66,925	105,373
TOTAL FUNDS CARRIED FORWARD		32,589	66,925

The notes form part of these financial statements

The Hydration Foundation

Balance Sheet
At 31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
CURRENT ASSETS			
Cash at bank		78,059	116,075
CREDITORS			
Amounts falling due within one year	4	(640)	(400)
NET CURRENT ASSETS		<u>77,419</u>	<u>115,675</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		77,419	115,675
CREDITORS			
Amounts falling due after more than one year	5	(44,830)	(48,750)
NET ASSETS		<u>32,589</u>	<u>66,925</u>
FUNDS	6		
Unrestricted funds		<u>32,589</u>	<u>66,925</u>
TOTAL FUNDS		<u>32,589</u>	<u>66,925</u>

The financial statements were approved by the Board of Trustees on 1 December 2022 and were signed on its behalf by:

M Moran -Trustee

The Hydration Foundation

Notes to the Financial Statements for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. FUNDRAISING TRADING: COST OF GOODS SOLD AND OTHER COSTS

	2022	2021
	£	£
Purchases	60,000	80,000
Support costs	-	31
	<u>60,000</u>	<u>80,031</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	<u>640</u>	<u>400</u>

5. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Bank loans	<u>44,830</u>	<u>48,750</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	66,925	(34,336)	32,589
TOTAL FUNDS	<u>66,925</u>	<u>(34,336)</u>	<u>32,589</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	37,881	(72,217)	(34,336)
TOTAL FUNDS	<u>37,881</u>	<u>(72,217)</u>	<u>(34,336)</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted Funds			
General fund	105,373	(38,448)	66,925
TOTAL FUNDS	<u>105,373</u>	<u>(38,448)</u>	<u>66,925</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	44,139	(82,587)	(38,448)
TOTAL FUNDS	<u>44,139</u>	<u>(82,587)</u>	<u>(38,448)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	105,373	(72,784)	32,589
TOTAL FUNDS	<u>105,373</u>	<u>(72,784)</u>	<u>32,589</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,020	(154,804)	(72,784)
TOTAL FUNDS	<u>82,020</u>	<u>(154,804)</u>	<u>(72,784)</u>

The Hydration Foundation
Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	2022 £	2021 £
INCOMING RESOURCES		
Voluntary income		
Donations	12,881	34,139
Grants	25,000	10,000
	<hr/> 37,881	<hr/> 44,139
Total incoming resources	37,881	44,139
RESOURCES EXPENDED		
Costs of generating voluntary income		
Subscriptions	216	216
Fundraising trading: cost of goods sold and other costs		
Purchases	60,000	80,000
Governance costs		
Accountancy	240	240
Fundraising and admin costs	11,340	2,100
	<hr/> 11,580	<hr/> 2,340
Other resources expended		
Bank loan interest	406	-
Support costs		
Finance		
Bank charges	15	31
	<hr/> 72,217	<hr/> 82,587
Total resources expended		
	<hr/>	<hr/>
Net expenditure	<hr/> (34,336)	<hr/> (38,448)

Independent Examiner's Report to the Trustees of
The Hydration Foundation

I report on the accounts for the year ended 31 March 2022, which are set out on pages three to seven.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 130 of the Act; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.



Neil Dando FCA
Wormald & Partners
Chartered Accountants (ICAEW)
Redland House
157 Redland Road
Redland
Bristol
BS6 6YE

1 December 2022