

Trustees' Annual Report for the period 1st April 2022 - 31st March 2023**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 2022-23, 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 19,000 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.

Below is Colin with his bottle in use, Colin has progressive Motor Neurone Disease (MND) and has lost the movement in both of his arms. Colin has a specialist nurse come in twice a day to care for his needs but found he was suffering from dehydration due to not be able to lift or hold a drink. Colin's nurse contacted our foundation and we sent a hydrant out to him, he absolutely loves it and feels he's gained some independence back.



Above are 2 residents from a care home in Wales, The Hydration Foundation was approached by the Manager asking for Hydrant systems to help with dehydration related issues. Although not in use the residents have them in their rooms and find they help during the night due to medication making them thirsty.

Below is Jane Henderson she is a Specialist Frailty Dietitian at Gateshead NHS Trust. Jane approached us via Twitter to ask for a box of Hydrants to be sent to the Queen Elizabeth Hospital in Gateshead, these were distributed to her elderly patients.

She sent us a little tweet to say thanks – @JanehendersonDT Sep 27, 2022 Thank you @hydration_found for the kind donation of your hydrant bottles for use with our elderly and disabled patients to help prevent dehydration. What a fantastic product.



The Hydration Foundation recently supported a Motor Neurone Disease fundraiser and they sent this lovely photo:



Lots of our beneficiaries suffer from this awful disease and find the Hydrant very useful as their movement becomes more affected.

Below is Katie with her bottle in use, Katie's had two titanium rods inserted to repair scoliosis and has quad cerebral palsy and you have no idea how many times we hear "can I have a drink please" your product has changed our lives forever! Thanks so much David (Katie's Father).



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

"I saw a lady today who has progressive M.S and she is finding it really helpful as she is alone between care call and she can manage to get the tube with the help of the collar to her mouth herself. I have also given them to a couple of Parkinson's clients who find it really hard due to tremors to control a cup to their mouth but this stops them having to lift the cup"

"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"

"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"

	<p><u>A word from our Trustees</u></p> <p>Another year flies by and we are pleased to say that we are still here and still helping many, many very vulnerable people in the community. Raising funds has become dramatically more difficult over the last few years but we are managing to just about keep going with some wonderful support over the last year from a number of donors. The landscape in healthcare has never been tougher and the very clear need for prevention rather than cure is what is needed more than ever before. We are very proud to be doing our bit in helping prevent hospital admissions due to dehydration related issues. We are very clearly providing a very valuable service that focusses very clearly on the individual but is helping the wider NHS in a time of real stress. As shown elsewhere in our report we estimate that since the charity was established we have now helped prevent some 19,000 hospital admissions which, at a cost of around £10,000 per admission due to the vulnerable groups frailty on admission, this will have saved the NHS potentially nearly £200 Million, which is huge and something we should probably make more noise about. Looking ahead, we see raising funds as becoming still harder with the demand per available £ being outstripped by at least 10:1. However, we are hopeful that we will continue to have support that will enable us to continue with what we think is critical work.</p>
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Financial Review

Charity's financial position at the end of the period.	<p>Reserves policy</p> <p>The Trustees regularly consider the reserves held by the charity, and regard a level of £20,000 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 2023, THF held a total of £20,000 in reserves. £20,000 of this total are reserved funds, whilst £15,000 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	Dyrham Lodge 16 Clifton Park Clifton Bristol BS8 3BY

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

Signature	<i>MMoran</i>
Full name	Mark Moran MBE
Position	Trustee
Date	3/1/24

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
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 2023

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The Hydration Foundation

Report of the Trustees **for the Year Ended 31 March 2023**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. 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 8 December 2023 and signed on its behalf by:

M Moran - Trustee

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

I report on the accounts for the year ended 31 March 2023, which are set out on pages three to six.

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

8 December 2023

The Hydration Foundation

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
INCOMING RESOURCES			
Incoming resources from generated funds			
Voluntary income		61,310	37,881
RESOURCES EXPENDED			
Costs of generating funds			
Costs of generating voluntary income		216	216
Fundraising trading: cost of goods sold and other costs		55,000	60,000
Governance costs		240	11,580
Other resources expended		1,165	421
		<hr/>	<hr/>
Total resources expended		56,621	72,217
		<hr/>	<hr/>
NET INCOMING/(OUTGOING) RESOURCES		4,689	(34,336)
RECONCILIATION OF FUNDS			
Total funds brought forward		32,589	66,925
		<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD		<u>37,278</u>	<u>32,589</u>

The notes form part of these financial statements

The Hydration Foundation

Balance Sheet
At 31 March 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
CURRENT ASSETS			
Cash at bank		73,705	78,059
CREDITORS			
Amounts falling due within one year	3	(10,482)	(640)
NET CURRENT ASSETS		<u>63,223</u>	<u>77,419</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		63,223	77,419
CREDITORS			
Amounts falling due after more than one year	4	(25,945)	(44,830)
NET ASSETS		<u>37,278</u>	<u>32,589</u>
FUNDS			
Unrestricted funds	5	<u>37,278</u>	<u>32,589</u>
TOTAL FUNDS		<u>37,278</u>	<u>32,589</u>

The financial statements were approved by the Board of Trustees on 8 December 2023 and were signed on its behalf by:

M Moran -Trustee

The Hydration Foundation

Notes to the Financial Statements for the Year Ended 31 March 2023

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. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Bank loans and overdrafts	9,603	-
Other creditors	879	640
	<u>10,482</u>	<u>640</u>

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

	2023	2022
	£	£
Bank loans	<u>25,945</u>	<u>44,830</u>

5. MOVEMENT IN FUNDS

	At 1.4.22	Net movement	At 31.3.23
	£	in funds	£
		£	
Unrestricted funds			
General fund	32,589	4,689	37,278
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>32,589</u>	<u>4,689</u>	<u>37,278</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

5. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	61,310	(56,621)	4,689
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>61,310</u>	<u>(56,621)</u>	<u>4,689</u>

Comparatives for 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
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>66,925</u>	<u>(34,336)</u>	<u>32,589</u>

Comparative 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)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>37,881</u>	<u>(72,217)</u>	<u>(34,336)</u>

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	66,925	(29,647)	37,278
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>66,925</u>	<u>(29,647)</u>	<u>37,278</u>

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	99,191	(128,838)	(29,647)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>99,191</u>	<u>(128,838)</u>	<u>(29,647)</u>

The Hydration Foundation

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	2023 £	2022 £
INCOMING RESOURCES		
Voluntary income		
Donations	51,310	12,881
Grants	10,000	25,000
	<hr/> 61,310	<hr/> 37,881
Total incoming resources	61,310	37,881
RESOURCES EXPENDED		
Costs of generating voluntary income		
Subscriptions	216	216
Fundraising trading: cost of goods sold and other costs		
Purchases	55,000	60,000
Governance costs		
Accountancy	240	240
Fundraising and admin costs	-	11,340
	<hr/> 240	<hr/> 11,580
Other resources expended		
Bank loan interest	1,099	406
Support costs		
Finance		
Bank charges	66	15
	<hr/> 56,621	<hr/> 72,217
Total resources expended	56,621	72,217
	<hr/>	<hr/>
Net income/(expenditure)	<hr/> <u>4,689</u>	<hr/> <u>(34,336)</u>

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

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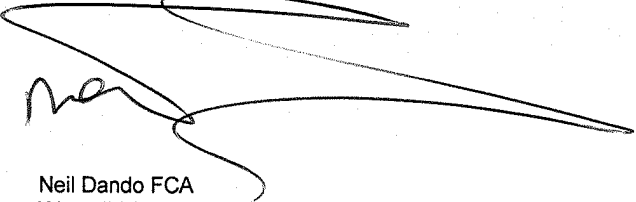
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8 December 2023