

Trustees' Annual Report for the period 1st April 2023 - 31st March 2024

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.
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 2023-24, 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 accomplishments of The Hydration Foundation are readily apparent—we have helped thousands of individuals to maintain their independence and dignity by enabling them to drink without needing assistance. While it may seem like a minor task, this capability significantly impacts people's lives, as evidenced by numerous testimonials from our beneficiaries.</p> <p>Thanks to the support provided by The Hydrant, there has been a notable decrease in hospital admissions related to dehydration, including issues like urinary tract infections. This not only improves individual well-being but also saves the NHS potentially millions of pounds annually. Since our inception as a charity, we estimate that we have prevented around 19,000 admissions, which translates to a savings of approximately £10,000 per avoided admission for the NHS, particularly within the vulnerable groups we serve. However, our primary focus remains on helping these at-risk individuals drink independently—something that would be impossible without The Hydrant's assistance.</p>
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Beneficiaries – Below you can read the true difference we are making to people lives by donating Hydrant drinking systems.

We was sent an email from South West Children's Hospice asking for the donation of some hydrant bottles for their patients. We have received great feedback and the staff and patients are finding them very useful.



(below) Adult SALT @ Airedale NHS Foundation Trust @adult_salt_AGH
A huge thank you to @hydration_found for the generous donation of 10 free hydrant bottles that we can give to our patients. This means so much to our team 😊
@TheHydrantUK @Airedaleahps @AiredaleNHSFT



The Hydration Foundation recently supported The Wheelchair Sports festival in Colchester and they sent this lovely photo:



Lots of our beneficiaries are wheelchair users, they can keep hydrated on the go with the clever handle which clips to the back of the chair for ease of use.

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"

A word from our Trustees

Another year has passed, and we're pleased to report that we are still here, continuing to support many vulnerable individuals in our community. Over the past few years, fundraising has become significantly more challenging, but we have managed to persevere, thanks in part to the generous support of several donors over the past year. The healthcare landscape has never been tougher, highlighting the urgent need for prevention rather than just treatment. We take great pride in our role in preventing hospital admissions related to dehydration.

Our service is invaluable, focusing on the individual while simultaneously supporting the NHS during this period of significant strain. As detailed in other sections of our report, we estimate that since our charity's inception, we have helped prevent approximately 19,000 hospital admissions. With an estimated cost of around £10,000 per admission—due to the frailty of the vulnerable groups we serve—this equates to potential savings for the NHS of nearly £200 million, a remarkable achievement.

Looking ahead, we anticipate that fundraising will continue to become even more difficult, with demand for each available pound outpacing supply by at least 10:1. Nevertheless, we remain hopeful that we will continue to receive the support necessary to sustain what we believe is critical work.

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 2024, 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

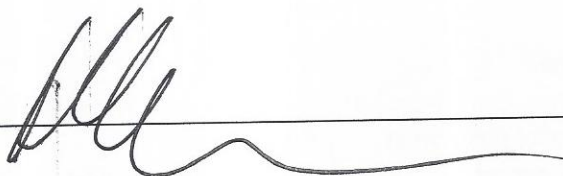
Charity name	The Hydration Foundation
Other name the charity uses	
Registered charity number	1168653
Charity's principal address	Dyrham Lodge 16 Clifton Park Clifton Bristol BS8 3BY

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



Full name Mark Moran MBE

Position Trustee

Date

17/10/24

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
The Hydration Foundation

Wormald & Partners
Chartered Accountants (ICAEW)
Brunel House
11 The Promenade
Clifton Down
Bristol
BS8 3NG

The Hydration Foundation

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for the Year Ended 31 March 2024

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The Hydration Foundation

Report of the Trustees
for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

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

Approved by order of the board of trustees on 12 September 2024 and signed on its behalf by:

M Moran - Trustee

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

Independent examiner's report to the trustees of The Hydration Foundation

I report to the charity trustees on my examination of the accounts of The Hydration Foundation (the Trust) for the year ended 31 March 2024.

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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Neil Dando FCA

Wormald & Partners
Chartered Accountants (ICAEW)
Brunel House
11 The Promenade
Clifton Down
Bristol
BS8 3NG

12 September 2024

The Hydration Foundation

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		38,511	61,310
EXPENDITURE ON			
Raising funds		216	216
Other		31,173	56,405
Total		31,389	56,621
NET INCOME		7,122	4,689
RECONCILIATION OF FUNDS			
Total funds brought forward		37,278	32,589
TOTAL FUNDS CARRIED FORWARD		44,400	37,278

The notes form part of these financial statements

The Hydration Foundation

Balance Sheet
31 March 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
CURRENT ASSETS			
Cash at bank		71,555	73,705
CREDITORS			
Amounts falling due within one year	4	(11,053)	(10,482)
NET CURRENT ASSETS		<u>60,502</u>	<u>63,223</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		60,502	63,223
CREDITORS			
Amounts falling due after more than one year	5	(16,102)	(25,945)
NET ASSETS		<u>44,400</u>	<u>37,278</u>
FUNDS	7		
Unrestricted funds		<u>44,400</u>	<u>37,278</u>
TOTAL FUNDS		<u>44,400</u>	<u>37,278</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12 September 2024 and were signed on its behalf by:

M Moran - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. 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 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	61,310
EXPENDITURE ON	
Raising funds	216
Other	56,405
Total	56,621
NET INCOME	4,689

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
fund
£

RECONCILIATION OF FUNDS

Total funds brought forward

32,589

TOTAL FUNDS CARRIED FORWARD

37,278

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Bank loans and overdrafts (see note 6)	9,846	9,603
Other creditors	1,207	879
	<u>11,053</u>	<u>10,482</u>

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

	2024 £	2023 £
Bank loans (see note 6)	<u>16,102</u>	<u>25,945</u>

6. LOANS

An analysis of the maturity of loans is given below:

	2024 £	2023 £
Amounts falling due within one year on demand:		
Bank loans	9,846	9,603
Other loans	944	680
	<u>10,790</u>	<u>10,283</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>16,102</u>	<u>25,945</u>

7. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	37,278	7,122	44,400
	<u>37,278</u>	<u>7,122</u>	<u>44,400</u>
TOTAL FUNDS			
	<u>37,278</u>	<u>7,122</u>	<u>44,400</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

7. 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	38,511	(31,389)	7,122
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>38,511</u>	<u>(31,389)</u>	<u>7,122</u>

Comparatives for movement in funds

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

Comparative 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>

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

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	32,589	11,811	44,400
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>32,589</u>	<u>11,811</u>	<u>44,400</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

7. 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	99,821	(88,010)	11,811
TOTAL FUNDS	<u>99,821</u>	<u>(88,010)</u>	<u>11,811</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

The Hydration Foundation

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	13,511	51,310
Grants	25,000	10,000
	<hr/>	<hr/>
	38,511	61,310
	<hr/>	<hr/>
Total incoming resources	38,511	61,310
 EXPENDITURE		
Raising donations and legacies		
Subscriptions	216	216
Other		
Bank loan interest	782	1,099
Support costs		
Finance		
Bank charges	63	66
Other		
Purchases	30,000	55,000
Governance costs		
Accountancy and legal fees	328	240
	<hr/>	<hr/>
Total resources expended	31,389	56,621
	<hr/>	<hr/>
Net income	<u>7,122</u>	<u>4,689</u>

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
The Hydration Foundation

Wormald & Partners
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The Hydration Foundation

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for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

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

Approved by order of the board of trustees on 12 September 2024 and signed on its behalf by:

M Moran - Trustee

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

Independent examiner's report to the trustees of The Hydration Foundation

I report to the charity trustees on my examination of the accounts of The Hydration Foundation (the Trust) for the year ended 31 March 2024.

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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Neil Dando FCA

Wormald & Partners
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12 September 2024

The Hydration Foundation

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		38,511	61,310
EXPENDITURE ON			
Raising funds		216	216
Other		31,173	56,405
Total		31,389	56,621
NET INCOME		7,122	4,689
RECONCILIATION OF FUNDS			
Total funds brought forward		37,278	32,589
TOTAL FUNDS CARRIED FORWARD		44,400	37,278

The notes form part of these financial statements

The Hydration Foundation

Balance Sheet
31 March 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
CURRENT ASSETS			
Cash at bank		71,555	73,705
CREDITORS			
Amounts falling due within one year	4	(11,053)	(10,482)
NET CURRENT ASSETS		<u>60,502</u>	<u>63,223</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		60,502	63,223
CREDITORS			
Amounts falling due after more than one year	5	(16,102)	(25,945)
NET ASSETS		<u>44,400</u>	<u>37,278</u>
FUNDS	7		
Unrestricted funds		<u>44,400</u>	<u>37,278</u>
TOTAL FUNDS		<u>44,400</u>	<u>37,278</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12 September 2024 and were signed on its behalf by:

M Moran - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. 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 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	61,310
EXPENDITURE ON	
Raising funds	216
Other	56,405
Total	56,621
NET INCOME	4,689

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

Unrestricted
fund
£

RECONCILIATION OF FUNDS

Total funds brought forward

32,589

TOTAL FUNDS CARRIED FORWARD

37,278

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Bank loans and overdrafts (see note 6)	9,846	9,603
Other creditors	1,207	879
	<u>11,053</u>	<u>10,482</u>

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

	2024 £	2023 £
Bank loans (see note 6)	<u>16,102</u>	<u>25,945</u>

6. LOANS

An analysis of the maturity of loans is given below:

	2024 £	2023 £
Amounts falling due within one year on demand:		
Bank loans	9,846	9,603
Other loans	944	680
	<u>10,790</u>	<u>10,283</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>16,102</u>	<u>25,945</u>

7. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	37,278	7,122	44,400
	<u>37,278</u>	<u>7,122</u>	<u>44,400</u>
TOTAL FUNDS	<u>37,278</u>	<u>7,122</u>	<u>44,400</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

7. 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	38,511	(31,389)	7,122
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>38,511</u>	<u>(31,389)</u>	<u>7,122</u>

Comparatives for movement in funds

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

Comparative 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>

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

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	32,589	11,811	44,400
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>32,589</u>	<u>11,811</u>	<u>44,400</u>

The Hydration Foundation

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

7. 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	99,821	(88,010)	11,811
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>99,821</u>	<u>(88,010)</u>	<u>11,811</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

The Hydration Foundation

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	13,511	51,310
Grants	25,000	10,000
	<hr/>	<hr/>
	38,511	61,310
	<hr/>	<hr/>
Total incoming resources	38,511	61,310
 EXPENDITURE		
Raising donations and legacies		
Subscriptions	216	216
Other		
Bank loan interest	782	1,099
Support costs		
Finance		
Bank charges	63	66
Other		
Purchases	30,000	55,000
Governance costs		
Accountancy and legal fees	328	240
	<hr/>	<hr/>
Total resources expended	31,389	56,621
	<hr/>	<hr/>
Net income	<u>7,122</u>	<u>4,689</u>

This page does not form part of the statutory financial statements