

ROMSEY ARTHRITIS HYDROTHERAPY GROUP

England & Wales · Charity number 1171462

Details

Other names Regional Arthritis Hydrotherapy Group

Status Registered

Legal form CIO

Registered 2017-02-03

Register [View on the Charity Commission register](#)

Contact

Address 1 Ranulph Road
Winchester
Hampshire
SO22 6GH

Phone 07966927439

Email ADMIN@REGIONALARTHRITISHYDROTHERAPY.COM

Website www.regionalarthritishydrotherapy.com

Activities

Objects: TO PROTECT AND PROMOTE GOOD HEALTH AMONG PEOPLE OF ALL AGES LIVING WITH ARTHRITIS IN ROMSEY AND THE SURROUNDING AREA BY PROVIDING HYDROTHERAPY SESSIONS TO OPTIMISE PHYSICAL POTENTIAL BY ASSISTING MOVEMENT IN NON-WEIGHT BEARING EXERCISE IN WARM WATER DESIGNED TO REDUCE ARTHRITIC PAIN, STRENGTHEN MUSCLES AND IMPROVE GENERAL FITNESS.

Activities: Regional Arthritis Hydrotherapy Group offer group based hydrotherapy classes for adults suffering from arthritis in Romsey and the surrounding area. The classes in Southampton and Andover. The hydrotherapy sessions are designed to optimise physical potential by assisting movement in reduced weight bearing exercise. The sessions are run by a Chartered Physiotherapist.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£28,224	£26,601	-	-
2024-03-31	£23,135	£25,366	-	-
2023-03-31	£19,777	£19,195	-	-
2022-03-31	£18,477	£19,068	-	-
2021-03-31	£16,111	£15,691	-	-

Trustees

Name	Role	Appointed
Graham Milner	Chair	2018-06-04
Carolyn Bonner		2024-11-04
Heather Witham		2023-09-25
KATRINA THORMAN		2016-08-15
Nicola Ayres		2023-09-25
Ruth Hodgson		2022-05-16
Susan Brodrick		2022-05-16

Accounts



Trustees' Annual Report for the period

From 31/3/24 Period start date

To 31/3/25 Period end date

Charity name: Romsey Arthritis Hydrotherapy Group trading as Regional Arthritis Hydrotherapy Group

Charity registration number: 1171462

Objectives and Activities

Summary of the purposes of the Charity

The objectives of Romsey Arthritis Hydrotherapy (RAHG) are to protect and promote good health among people of all ages living with arthritis in Romsey, Andover and the surrounding areas by providing hydrotherapy sessions to optimise physical potential by assisting movement in non-weight bearing exercise in warm water designed to reduce arthritic pain, strengthen muscles and improve fitness.

Ensuring our work delivers our aims

We review our aims, objectives and activities quarterly at our Trustees meetings. This review looks at what we achieved and the outcomes of our work in the previous quarter. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

How our activities deliver public benefit for those with arthritis in Romsey and the surrounding area

Figures produced by Arthritis UK identified that 8,919 people in the Southampton area suffer from arthritis of the hip and 15,056 of the knee. This is up to 18% of the total population of this area and above the national averages. Arthritis can affect any joint in the body so many

more are living with the pain and disability this disease causes. Approximately 68% of rheumatoid arthritis patients in the UK are physically inactive. Low physical activity in patients with rheumatoid arthritis becomes a vicious cycle of disease progression and increased pain, thus affecting both physical and mental health. Treatment and support for people with chronic arthritic pain in primary care in the UK has been estimated to account for 4.6 million appointments per year, comparable to 793 whole time GPs. Only 12% of people with musculoskeletal conditions say they have been given a care plan compared to 13.8% of people with long term conditions. Only 18% of people with osteoarthritis have a care plan.

Versus Arthritis state:

‘Regular physical activity can reduce the risk of developing many long-term conditions including musculoskeletal conditions, stroke, coronary heart disease, type 2 diabetes and mental health problems. Even a small increase in physical activity can help minimise the risk of developing a long-term condition and improve quality of life. For people who already have a musculoskeletal condition, physical activity can be beneficial in helping to reduce the impact of the condition. The wider societal benefits of physical activity are also substantial by ensuring that people maintain their independence for longer and remain in the workplace.’

Arthritis Research UK have endorsed the use of hydrotherapy as an effective and safe form of exercise and self-management for all forms of arthritis. Evidence based guidelines produced by the Chartered Society of Physiotherapy have recommended the use of hydrotherapy for the long-term treatment of arthritis.

Achievements and Performance

To address the overwhelming need to for an affordable, effective and achievable treatment and self-management for people suffering with arthritis RAHG has been successfully offering hydrotherapy classes at Red Lodge Community Pool in Southampton. Many of our members have improved their mobility and reduced their pain levels significantly. Members who were due to undergo joint replacements or surgery have found that their recovery post-surgery has been quicker due to their improved fitness and strength pre-operatively having attended the hydrotherapy classes. Many members have found that being able to exercise without pain in water, in a safe environment and monitored by a Physiotherapist has enabled them to lose weight. This has in turn had a positive effect on their arthritis symptoms by reducing the weight bearing on the effected joints thus slowing down the progression of the condition and delaying surgery.

In February 2023 RAHG started another hydrotherapy session at Farleigh School Pool in Andover, Hampshire. This was largely due to Katie Thorman identifying a need for this service amongst her patients she sees as a Domiciliary Physiotherapist. Farleigh School have supported the start-up of this service financially for the first three months. Labelcraft UK Printers and Abbotts Ann Parish Magazine have also provided RAHG with free printing/advertising to market both hydrotherapy sessions, which was hugely appreciated. This session at Andover has been very successful and is now operating at full capacity, with a waiting list, highlighting the demand for this service. As some of the members of the

Farleigh group would like to attend twice a week plus the waiting list, there is enough scope to run another session at this venue but due to high demand for the pool at present there is no availability. This may change next term. Katie Thorman has been in contact with Andover Hospital Physiotherapy Department, Stockbridge Surgery and Stockbridge Osteopathic Practice to advertise the service RAHG is providing at Farleigh School. As a result we have received a number of referrals from these sources.

We have a new Trustee, Suzanne Oliver who was co-opted due to her experience in safeguarding. She has taken over the Safeguarding Officer role from Peggy Gow. The Safeguarding Policy, Constitution and Membership Terms and Conditions were updated to reflect the growing service RAHG is providing.

Financial Review

Membership numbers increased for the Red Lodge venue during the year from 46 in April 2023 to 47 in March 2025. At the Farleigh venue the numbers increased from 14 in March 2024 to 31 in March 2025. This was because we opened another session at Farleigh School Pool on another day. Numbers are restricted at both venues due to pool and changing room space and to enable a safe number for the physiotherapist to be able to manage effectively. The numbers are also restricted at Red Lodge Pool due to inadequate parking facilities.

The annual session fees increased from £22786 to £27,780.

RAHG made a surplus of £1,623 compared to the loss of the previous year of £2231. The bank balance in reserve was £3,609 as at 31/3/25.

The increase occurred because of increasing numbers at Farleigh by adding another session, increasing members at Red Lodge,

Principal Funding Sources

The principal funding sources of the Charity is the sessional fees and fund raising. We have also been supported in the past with donations and grants, but these have been more difficult to obtain because of Covid 19, the Ukraine/Russian war resulting in a lot of the funding sources have changed their criteria for donations to accommodate these areas. The current cost of living crisis has also made donations rare.

Reserves Policy

The Trustees agreed a policy in March 2017 of having a reserve Bank balance of between £5000 and £10000, enough to cover three to six months planned expenditure. This has not yet been achieved but is moving each year in the right direction.

The reserves increased to £3,609 which only represents approximately 6 weeks planned expenditure. Due to the increase in Red Lodge fees last financial year, the trend to increasing the reserves fund has improved, working towards meeting the reserves policy.

Plans for future periods

The charity plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. The Charity is also considering new sources of funding from different organisations and finding different ways to fund raise within the group.

The charity will also continue to work towards the Chartered Society of Physiotherapy (CSP) and the Aquatic Therapy Association of Chartered Physiotherapists (ATACP) Standards for hydrotherapy services. These provide a set of quality standards for hydrotherapy services. Widely used by physiotherapists, they are endorsed by the National Institute of Clinical Excellence (NICE).

Structure, Governance and Management

Governing Document

The organisation is a Charitable Incorporated Organisation with Voting Members. Registered as a charity on 3rd February 2017. The company was established with a constitution as its governing document. In the event of the company being wound up members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. Prior to registering as a charity, RAHG was operating as a small unregistered charity with a gross annual income of under £5,000.

Recruitment and Appointment of Trustees and Management Committee

The Trustees of the charity are also the Management Committee in accordance with the General Regulations. Under the requirements of the Constitution one third of the Trustees shall retire from office at every Annual General Meeting. are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting (AGM). Vacancies arising from this can be filled by the decision of its members at the AGM. Under the constitution any Trustee who retires from office is eligible for reappointment. The members or the Trustees may appoint a new Trustee as an additional Trustee at any time providing the number of Trustees does not exceed 12.

Unfortunately, Maureen Osmond became very ill and had to resign as Trustee. Peggy Gow also resigned due to ill health. Peggy and Maureen were thanked for their invaluable contribution to helping the Charity.

Suzanne Oliver was co-opted to become a Trustee due to her background in working work for a Nursery and for various Charities plus as a Deputy Head of a School. She had an active role in Health and Safety. However, she moved to Wales in September 2024 so had to resign.

All Trustees are happy to stand for re-election at the next AGM but all want to remain as Trustees for the next financial year.

All the Trustees give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are recorded in the accounts.

Trustees retire by rotation and, being eligible, offer themselves for re-election.

Due to the nature of arthritis the majority of the charities work focuses upon older people. The Trustees seek to ensure that the needs of this group are appropriately reflected through

the diversity of the trustee body. To enhance the potential pool of trustees, the charity has, through selective advertising within the organisation and networking with local medical practitioners, sought to identify carers and those suffering from arthritis who would be willing to become members of the group and use their own experience to assist the charity.

The more traditional business and medical skills are well represented on the Board of Trustees. To maintain this broad skill mix, members of the board of Trustees are requested to provide a list of their skills on application.

Trustee Induction and Training

Most of our Trustees are either directly or by association involved in the charity so are fully aware of the practical work of the charity. New Trustees are encouraged to read the Charities Commissions guidance document 'The Essential Trustee' to understand their duties as a Trustee. They are also given the charities constitution.

Reference and Administrative details

Charity name	Romsey Arthritis Hydrotherapy Group / Regional Arthritis Hydrotherapy Group
Other name the charity uses	RAHG
Registered charity number	1171462
Charity's principal address	1 Ranulph Road, Winchester, SO22 6GH

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	Graham Milner	Chairperson / Treasurer		RAHG Trustee
2	Nicky Ayres			RAHG Trustee
3	Heather Witham			RAHG Trustee
4	Ruth Hodgson			RAHG Trustee
5	Peggy Gow	Safeguarding Officer To 15/7/24	To 28/4/25	RAHG Trustee
6	Maureen Osmond		To 28/4/25	RAHG Trustee
7	Katrina Thorman	Secretary		RAHG Trustee
8	Sue Brodrick			RAHG Trustee

9

Lynn Bonner	Safeguarding Officer From 4/11/24	From 4/11/24	RAHG Trustee
Suzanne Oliver	Safeguarding Officer From 15/7/24 to 4/11/24	From 15/4/24 to 4/11/24	RAHG Trustee

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
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RAHG 2024/25

INCOME	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25	Mar-25	Totals
Monthly session fees	2,148	2,318	1,982	2,031	2,062	1,879	2,703	1,729	2,621	2,265	3,139	2,903	27,780
Lottery net of prizes	23	23	23	22	22	22	22	22	22	22	22	22	267
Fundraising		44			38			33			40		155
Donations											22		22
													-
Total income	2,171	2,385	2,005	2,053	2,122	1,901	2,725	1,784	2,643	2,287	3,223	2,925	28,224
EXPENDITURE													
Hydrotherapist	1,440	1,710	1,440	1,260	1,530	1,350	1,710	1,440	1,350	1,800	1,800	1,840	18,670
Red Lodge pool hire		1,287				1,221			1,221		1,296		5,025
Farleigh pool hire								805	320			1,125	2,250
Pool equipment													
Annual Insurance		269											269
Data protection ICO		35											35
Printing & stationary													-
Office expenditure					129		223						352
Advertising													-
Total expenditure	1,440	3,301	1,440	1,260	1,659	2,571	1,933	2,245	2,891	1,800	3,096	2,965	26,601
Income less expenditure	731 -	916	565	793	463 -	670	792 -	461 -	248	487	127 -	40	1,623
Bank Balance 31/3/2024													1,986
plus income less expenditure													1,623
Bank Balance 31/3/2025		-	-	-	-	-	-		-	-		-	3,609



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's
report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of	RAHA		
On accounts for the year ended	31/3/2025	Charity no (if any)	1171462
Set out on pages			

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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: Nehela W Date: 2-11-2025

Name: NAKEDA WATKINSON

Relevant professional
qualification(s) or body
(if any): FCA

Address: 24 HEMLOCK WAY
EASTLEIGH, HANTS,
SO53 4LT

Accounts



Romsey Arthritis Hydrotherapy Group

Romsey Arthritis Hydrotherapy Group

Annual General Meeting Minutes

Date:	04/11/24	
Time:	10.00am	
Location:	Potters Heron, Romsey, Hampshire	
Agenda items		Actions
1. Present:	Graham Milner, Katie Thorman, Peggy Gow, Heather Witham, Nicola Ayres, Maureen Osmond, Ruth Hodgeson, Sue Brodrick, Lyn Bonner.	
Apologies:	Nil	
2	Minutes of Previous Meeting The Members accepted the minutes from the previous meeting. There were no actions or matters arising from the previous AGM.	
3	Presentation of Annual Report and Accounts– by Graham Milner (See attached sheets for Accounts and Trustees Annual Report). The annual session fees increased from £19581 to £22786. RAHG made a loss of £2231 reducing the bank balance in reserve to £1986 as at 31/3/24. The loss occurred because of operating below the optimum membership numbers during the year and because Red Lodge increased their pool hire fees in September 2023 and the Trustees decided not to pass on the increase and absorb the increased costs to help members to cope with the cost of living crisis.	



Romsey Arthritis Hydrotherapy Group

	The Trustees reviewed the financial position again in January and agreed to reluctantly increase the fees from 1/4/2024. The Trustees increased the fees from £33 a month to £36 a month and changed the trial fees from £10 for 2 sessions at Red Lodge Pool to £20 for 2 trial sessions or £10 for 1 session (the choice of one or 2 sessions is optional for the patient).	
4	Presentation of Annual Report – Katie Thorman Graham asked if all present had received and read the Annual Trustees Report prior to the meeting. All agreed. Graham asked for any comments and there were none. Katie commented that the report is very similar to last year. Katie suggested that going forwards she would like to do a patient satisfaction survey to test the performance of the service. Sue Brodrick suggested that any survey should include questions on mental health as many of the RAHG members feel their mental health has improved as well as their physical health. This was due to socialising with other members during and after the sessions. Nicky said each group has a WhatsApp group, which helps keep the members in contact and support one another. Ruth commented that she recovered very quickly after her knee operation because of her prehabilitation in the hydrotherapy classes.	
5	Election of Trustees – by Graham Milner Graham stated that Sue Brodrick and Ruth Hodgeson were due for re-election onto the Board of Trustees. All voted in favour of them being re-elected. Therefore, Sue Brodrick and Ruth Hodgeson will continue as Trustees. A new Trustee, Lyn Bonner, was co-opted by Katie Thorman. Lyn confirmed that she had read the RAHG Constitution and the Charity Commissions Guide to becoming a Trustee. It was a unanimous vote for Lyn to become a Trustee. Lyn was formally welcomed as a Trustee of RAHG.	Katie to add Lyn onto the Charity Commission website as a Trustee.



Romsey Arthritis Hydrotherapy Group

6	Any other competent business There was no response to an email from members inviting them to submit topics/comment to discuss at this AGM.		
Signed:		Date:	

Accounts



Trustees' Annual Report for the period

From 31/3/22 Period start date
To 31/3/23 Period end date

Charity name: Romsey Arthritis Hydrotherapy Group trading as Regional Arthritis Hydrotherapy Group

Charity registration number: 1171462

Objectives and Activities

Summary of the purposes of the Charity

The objectives of Romsey Arthritis Hydrotherapy (RAHG) are to protect and promote good health among people of all ages living with arthritis in Romsey, Andover and the surrounding areas by providing hydrotherapy sessions to optimise physical potential by assisting movement in non-weight bearing exercise in warm water designed to reduce arthritic pain, strengthen muscles and improve fitness.

Ensuring our work delivers our aims

We review our aims, objectives and activities monthly at our Trustees meetings. This review looks at what we achieved and the outcomes of our work in the previous month. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

How our activities deliver public benefit for those with arthritis in Romsey and the surrounding area

Figures produced by Arthritis UK identified that 8,919 people in the Southampton area suffer from arthritis of the hip and 15,056 of the knee. This is up to 18% of the total population of this area and above the national averages. Arthritis can affect any joint in the body so many

more are living with the pain and disability this disease causes. Approximately 68% of rheumatoid arthritis patients in the UK are physically inactive. Low physical activity in patients with rheumatoid arthritis becomes a vicious cycle of disease progression and increased pain, thus affecting both physical and mental health. Treatment and support for people with chronic arthritic pain in primary care in the UK has been estimated to account for 4.6 million appointments per year, comparable to 793 whole time GPs. Only 12% of people with musculoskeletal conditions say they have been given a care plan compared to 13.8% of people with long term conditions. Only 18% of people with osteoarthritis have a care plan.

Versus Arthritis state:

‘Regular physical activity can reduce the risk of developing many long-term conditions including musculoskeletal conditions, stroke, coronary heart disease, type 2 diabetes and mental health problems. Even a small increase in physical activity can help minimise the risk of developing a long-term condition and improve quality of life. For people who already have a musculoskeletal condition, physical activity can be beneficial in helping to reduce the impact of the condition. The wider societal benefits of physical activity are also substantial by ensuring that people maintain their independence for longer and remain in the workplace.’

Arthritis Research UK have endorsed the use of hydrotherapy as an effective and safe form of exercise and self-management for all forms of arthritis. Evidence based guidelines produced by the Chartered Society of Physiotherapy have recommended the use of hydrotherapy for the long-term treatment of arthritis.

Achievements and Performance

To address the overwhelming need to for an affordable, effective and achievable treatment and self-management for people suffering with arthritis RAHG has been successfully offering hydrotherapy classes at Red Lodge Community Pool in Southampton. Many of our members have improved their mobility and reduced their pain levels significantly. Members who were due to undergo joint replacements or surgery have found that their recovery post-surgery has been quicker due to their improved fitness and strength pre-operatively having attended the hydrotherapy classes. Many members have found that being able to exercise without pain in water, in a safe environment and monitored by a Physiotherapist has enabled them to lose weight. This has in turn had a positive effect on their arthritis symptoms by reducing the weight bearing on the effected joints thus slowing down the progression of the condition and delaying surgery.

In February 2023 RAHG started another hydrotherapy session at Farleigh School Pool in Andover, Hampshire. This was largely due to Katie Thorman identifying a need for this service amongst her patients she sees as a Domiciliary Physiotherapist. Farleigh School have supported the start-up of this service financially for the first three months. Labelcraft UK Printers have also provided RAHG with free printing to market both hydrotherapy sessions, which was hugely appreciated. This session at Andover has been very successful and is now operating at full capacity highlighting the demand for this service.

Our work goes beyond providing the hydrotherapy sessions. We also provide social events such as skittles evenings, coffee mornings and tea parties. Peggy Gow has been instrumental in organising coffee mornings and afternoon at Haskins in Southampton which have been very well attended and our members have given fantastic feedback. A study published by UK data source in 2016 highlighted that 12% of people aged 65 and over are chronically lonely because of inactivity due to musculoskeletal disability. Many of our members can relate to this data and have found that the hydrotherapy sessions and social events has more than a physical benefit but a valuable improvement in their mental health too. Since August 2016 RAHG has organised many social events which were well attended by our members.

Peggy Gow has become our new Safeguarding Lead and has been doing an excellent job in liaising with the pool and the members to ensure our safeguarding policy is up to date and being implemented.

Financial Review

Katie Thorman's creativity in producing and distributing the weekly exercise videos was well received by our members and helped to ensure the regular monthly income continued during the Covid 19 lockdowns. This helped RAHG survive during a very difficult and challenging time.

The Red Lodge Pool was closed as a result of the Covid lockdown. Hydrotherapy recommenced on Thursday 20th May 2021.

Membership numbers gradually increased during the year from 34 in April 2021 to 47 in March 2022.

Monthly income, therefore, increased from a total of £1151 in April 2021 to £1708 in March 2022.

Covid restrictions initially limited the numbers per class to 12, then 15. Pre Covid, we had up to 20 per class.

In October the Directors of Red Lodge Pool agreed we could increase the numbers per class back to 20 and agreed to reduce our pool hire fees by 25% until we started to break even. However, there became less available parking at Red Lodge Pool due to increased capacity at the neighbouring school plus Southampton Scouting Association and Southampton City Council denying our members access to the parking area previously used by our elderly and disabled members. As a result, we were unable to increase our membership to resume its pre Covid capacity. Despite campaigning to Southampton City Council there has been no resolution to this problem and it is ongoing.

Membership numbers continued to increase towards pre Covid levels at Red Lodge Pool but parking restrictions continue to have an impact.

RAHG also started another hydrotherapy session at Farleigh school pool in Andover and this has been very successful and now operating at full capacity.

All our costs have been kept to the minimum and the set up costs for Farleigh were helped by generous support from Labelcraft UK for printing and the school reducing their pool fees for the first three months.

RAHG made a modest surplus for the year of £582 compared to a loss in the previous year of £591 caused by Covid restrictions.

The Bank balance in reserve at 31/3/2023 was £4217 compared to £3635 21/22, £4226 20/21, £3806 19/20, £2108 18/19 and £1263 17/18

Principal Funding Sources

The principal funding sources of the Charity is the sessional fees and fund raising. We have also been supported in the past with donations and grants, but these have been more difficult to obtain because of Covid 19, the Ukraine/Russian war resulting in a lot of the funding sources have changed their criteria for donations to accommodate these areas. The current cost of living crisis has also made donations rare.

Reserves Policy

The Trustees agreed a policy in March 2017 of having a reserve Bank balance of between £5000 and £10000, enough to cover three to six months planned expenditure. This has not yet been achieved but is moving each year in the right direction.

The reserves only stand at £4217, representing 2.5 months of planned expenditure.

Plans for future periods

The charity plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. The Charity is also considering new sources of funding from different organisations and finding different ways to fund raise within the group.

The charity will also continue to work towards the Chartered Society of Physiotherapy (CSP) and the Aquatic Therapy Association of Chartered Physiotherapists (ATACP) Standards for hydrotherapy services. These provide a set of quality standards for hydrotherapy services. Widely used by physiotherapists, they are endorsed by the National Institute of Clinical Excellence (NICE).

Structure, Governance and Management

Governing Document

The organisation is a Charitable Incorporated Organisation with Voting Members. Registered as a charity on 3rd February 2017. The company was established with a constitution as its governing document. In the event of the company being wound up members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. Prior to registering as a charity, RAHG was operating as a small unregistered charity with a gross annual income of under £5,000.

Recruitment and Appointment of Trustees and Management Committee

The Trustees of the charity are also the Management Committee in accordance with the General Regulations. Under the requirements of the Constitution one third of the Trustees shall retire from office at every Annual General Meeting. are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting (AGM). Vacancies arising from this can be filled by the decision of its members at the AGM. Under the constitution any Trustee who retires from office is eligible for reappointment. The members or the Trustees may appoint a new Trustee as an additional Trustee at any time providing the number of Trustees does not exceed 12.

Katrina Thorman and Graham Milner stand for re-election at the next AGM.

Christine Stiling resigned as a Trustee on 17/7/23 as she was moving to another area.

All the Trustees give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are recorded in the accounts.

Trustees retire by rotation and, being eligible, offer themselves for re-election.

Due to the nature of arthritis the majority of the charities work focuses upon older people. The Trustees seek to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity has, through selective advertising within the organisation and networking with local medical practitioners, sought to identify carers and those suffering from arthritis who would be willing to become members of the group and use their own experience to assist the charity.

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Trustee Induction and Training

Most of our Trustees are either directly or by association involved in the charity so are fully aware of the practical work of the charity. New Trustees are encouraged to read the Charities Commissions guidance document 'The Essential Trustee' to understand their duties as a Trustee. They are also given the charities constitution.

Reference and Administrative details

Charity name	Romsey Arthritis Hydrotherapy Group / Regional Arthritis Hydrotherapy Group
Other name the charity uses	RAHG
Registered charity number	1171462

Charity's principal address	1 Ranulph Road, Winchester, SO22 6GH
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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	Graham Milner	Chairperson / Treasurer		RAHG Trustees
2	Christine Stiling			RAHG Trustees
3	Peggy Gow			RAHG Trustees
4	Ruth Hodgson		From 16/5/2022	RAHG Trustees
5	Maureen Osmond		From 16/5/2022	RAHG Trustees
6	Katrina Thorman	Secretary		RAHG Trustees
7	Sue Brodrick		From 16/5/2022	RAHG Trustees

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
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RAHG 2022/23

INCOME	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Totals
Monthly session fees	1,572	1,642	1,600	1,570	1,532	1,552	1,462	1,476	1,548	1,500	1,907	2,220	19,581
Lottery net of prizes	16	16	16	16	16	16	16	16	13	13	13	13	180
Fundraising							16						16
Donations													
Total income	1,588	1,658	1,616	1,586	1,548	1,568	1,494	1,492	1,561	1,513	1,920	2,233	19,777
EXPENDITURE													
Hydrotherapist	1,080	1,080	1,350	1,080	1,080	1,350	1,080	1,080	1,350	1,080	1,275	1,675	14,560
Red Lodge pool hire		1,080				720			930		1,170		3,900
Annual insurance		214											214
Farleigh pool hire												100	100
													-
Data protection ICO		35											35
Printing & stationary													-
Office expenditure		63		71		82	170						386
													-
Total expenditure	1,080	2,472	1,350	1,151	1,080	2,152	1,250	1,080	2,280	1,080	2,445	1,775	19,195
Income less expenditure	508	- 814	266	435	468	- 584	244	412	- 719	433	- 525	458	582
Bank Balance 31/3/22													
plus income less expenditure													582
Bank Balance 31/3/23		-	-	-	-	-	-		-	-		-	4,217

ROMSEY ARTHRITIS HYDROTHERAPY GROUP

England & Wales - Charity number 1171462

Accounts



Trustees' Annual Report for the period

From 1/4/2021 Period start date

To 31/3/2022 Period end date

Charity name: Romsey Arthritis Hydrotherapy Group

Charity registration number: 1171462

Objectives and Activities

Summary of the purposes of the Charity

The objectives of Romsey Arthritis Hydrotherapy (RAHG) are to protect and promote good health among people of all ages living with arthritis in Romsey and the surrounding area by providing hydrotherapy sessions to optimise physical potential by assisting movement in non-weight bearing exercise in warm water designed to reduce arthritic pain, strengthen muscles and improve fitness.

Ensuring our work delivers our aims

We review our aims, objectives and activities monthly at our Trustees meetings. This review looks at what we achieved and the outcomes of our work in the previous month. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

How our activities deliver public benefit for those with arthritis in Romsey and the surrounding area

Figures produced by Arthritis UK identified that 8,919 people in the Southampton area suffer from arthritis of the hip and 15,056 of the knee. This is up to 18% of the total population of this area. Arthritis can affect any joint in the body so many more are living with the pain and disability this disease causes. Approximately 68% of rheumatoid arthritis patients in the UK

are physically inactive. Low physical activity in patients with rheumatoid arthritis becomes a vicious cycle of disease progression and increased pain, thus affecting both physical and mental health. Treatment and support for people with chronic arthritic pain in primary care in the UK has been estimated to account for 4.6 million appointments per year, comparable to 793 whole time GPs. Only 12% of people with musculoskeletal conditions say they have been given a care plan compared to 13.8% of people with long term conditions. Only 18% of people with osteoarthritis have a care plan.

Arthritis Research UK have endorsed the use the of hydrotherapy as an effective and safe form of exercise and self-management for all forms of arthritis. Evidence based guidelines produced by the Chartered Society of Physiotherapy have recommended the use of hydrotherapy for the long-term treatment of arthritis.

Achievements and Performance

To address the overwhelming need to for an affordable, effective and achievable treatment and self-management for people suffering with arthritis RAHG has been successfully offering hydrotherapy classes at Red Lodge Community Pool in Southampton. Many of our members have improved their mobility and reduced their pain levels significantly. Members who were due to undergo joint replacements or surgery have found that their recovery post-surgery has been quicker due to their improved fitness and strength pre-operatively having attended the hydrotherapy classes. Many members have found that being able to exercise without pain in water, in a safe environment and monitored by a Physiotherapist has enabled them to lose weight. This has in turn had a positive effect on their arthritis symptoms by reducing the weight bearing on the effected joints thus slowing down the progression of the condition and delaying surgery.

Covid 19 and the extended lockdown caused Red Lodge Community Pool to be closed in line with the Government restrictions. During that time Katie Thorman, our Hydrotherapist, produced and distributed weekly exercise videos to all our members. This helped the health and wellbeing of our members at a very difficult time. Katie was also a valuable contact for many of our members who live alone.

Our work goes beyond providing the hydrotherapy sessions. We also provide social events such as skittles evenings, coffee mornings and tea parties. A study published by UK data source in 2016 highlighted that 12% of people aged 65 and over are chronically lonely because of inactivity due to musculoskeletal disability. Many of our members can relate to this data and have found that the hydrotherapy sessions and social events has more than a physical benefit but a valuable improvement in their mental health too. Since August 2016 RAHG has organised many social events which were well attended by our members.

A research study was undertaken to measure the effectiveness of RAHG to it's members health. During the various lockdowns associated with the Covid-19 pandemic, the swimming pool where the class is held was closed and members were not able to undertake their hydrotherapy sessions. Once classes were re-instated in May 2021, a baseline measure was taken and a follow-up measure followed in August, three months later. The instrument used was the EQ-5D-3L

Although it can be argued that the three level answers might not be sensitive enough to show differences in the measures that use them, the instrument was used as it is the preferred version of NICE. In future the EQ-5D-5L questionnaire may be used. The overall measure, the VAS health has been shown in other studies to be a very good indicator of a person's overall health and quality of life. One cannot attribute the result solely to the hydrotherapy class, as the opening of society and the good summer weather might have also been contributing factors. But it is encouraging to see that members have had a significant improvement in their health according to the data.

Financial Review

Katie Thorman's creativity in producing and distributing the weekly exercise videos was well received by our members and helped to ensure the regular monthly income continued during the Covid 19 lockdowns. This helped RAHG survive during a very difficult and challenging time.

The Red Lodge Pool was closed as a result of the Covid lockdown. Hydrotherapy recommenced on Thursday 20th May 2021.

Membership numbers gradually increased during the year from 34 in April 2021 to 47 in March 2022.

Monthly income, therefore, increased from a total of £1151 in April 2021 to £1708 in March 2022.

Covid restrictions initially limited the numbers per class to 12, then 15. Pre Covid, we had up to 20 per class.

In October the Directors of Red Lodge Pool agreed we could increase the numbers per class back to 20 and agreed to reduce our pool hire fees by 25% until we started to break even. However, there became less available parking at Red Lodge Pool due to increased capacity at the neighbouring school plus Southampton Scouting Association and Southampton City Council denying our members access to the parking area previously used by our elderly and disabled members. As a result, we were unable to increase our membership to resume its pre Covid capacity.

We received a generous donation of £742 from the Co-operative Community Fund in November 2021.

As a result of the membership numbers increasing, all costs being kept to the minimum, Red Lodge fees reduction and the Co-operative donation the forecast loss was reduced substantially to £591.

Bank balance in reserve at 31/3/2022 was £3635 compared to £4226 20/21, £3806 19/20, £2108 18/19 and £1263 2017/18.

The break even at current costs is 16 per class, 48 in total, if fees increased back to previous level we need 18 per class, 54 in total.

Principal Funding Sources

The principal funding sources of the Charity is the sessional fees and fund raising. We have also been supported in the past with donations and grants, but these have been more difficult to obtain because of Covid 19 and fund raising was significantly reduced because of lockdowns and social distancing restrictions.

The Charity received a generous donation from the Co-Op Local Community fund of £742.

Reserves Policy

The Trustees agreed a policy in March 2017 of having a reserve Bank balance of between £5000 and £10000, enough to cover three to six months planned expenditure. This has not yet been achieved but is moving each year in the right direction.

The reserves only stand at £3635, representing 2.5 months of planned expenditure.

Plans for future periods

The charity plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. The Charity is also considering new sources of funding from different organisations and finding different ways to fund raise within the group.

The charity will also continue to work towards the Chartered Society of Physiotherapy (CSP) and the Aquatic Therapy Association of Chartered Physiotherapists (ATACP) Standards for hydrotherapy services. These provide a set of quality standards for hydrotherapy services. Widely used by physiotherapists, they are endorsed by the National Institute of Clinical Excellence (NICE).

Structure, Governance and Management

Governing Document

The organisation is a Charitable Incorporated Organisation with Voting Members. Registered as a charity on 3rd February 2017. The company was established with a constitution as its governing document. In the event of the company being wound up members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. Prior to registering as a charity, RAHG was operating as a small unregistered charity with a gross annual income of under £5,000.

Recruitment and Appointment of Trustees and Management Committee

The Trustees of the charity are also the Management Committee in accordance with the General Regulations. Under the requirements of the Constitution one third of the Trustees shall retire from office at every Annual General Meeting. are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting (AGM). Vacancies arising from this can be filled by the decision of its members at the AGM. Under the constitution any Trustee who retires from office is eligible for reappointment. The members or the Trustees may appoint a new Trustee as an additional Trustee at any time providing the number of Trustees does not exceed 12. Three members were co opted to become Trustees, Ruth Hodgson, Sue Brodrick and Maureen Osmond. They will all make a

valuable contribution to the board of Trustees. They were appointed as Trustees at the Trustee meeting on 16/5/2022.

Cherry Payne, Emily Gambel and Tony Webber all stepped down as Trustees. Tony passed away and will be sadly missed by family, friends and all the members and Trustees of RAHG.

All the Trustees give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are recorded in the accounts.

Trustees retire by rotation and, being eligible, offer themselves for re-election.

Due to the nature of arthritis the majority of the charities work focuses upon older people. The Trustees seek to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity has, through selective advertising within the organisation and networking with local medical practitioners, sought to identify carers and those suffering from arthritis who would be willing to become members of the group and use their own experience to assist the charity.

The more traditional business and medical skills are well represented on the Board of Trustees. To maintain this broad skill mix, members of the board of Trustees are requested to provide a list of their skills on application.

The Chairman and Trustees all expressed their thanks to Katie Thorman for her continued enthusiasm, commitment and energy in delivering the weekly hydrotherapy classes and the creativity in producing and distributing the weekly exercise videos. They also expressed their thanks for all the secretarial and administrative work undertaken which increased considerably as a result of Covid 19.

Trustee Induction and Training

Most of our Trustees are either directly or by association involved in the charity so are fully aware of the practical work of the charity. New Trustees are encouraged to read the Charities Commissions guidance document 'The Essential Trustee' to understand their duties as a Trustee. They are also given the charities constitution.

Reference and Administrative details

Charity name	Romsey Arthritis Hydrotherapy Group
Other name the charity uses	RAHG
Registered charity number	1171462

Charity's principal address	Sunnyside, 18, School Road, West Wellow, Hampshire, England SO51 6AR.
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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	Graham Milner	Chairperson / Treasurer		RAHG Trustees
2	Linda Hill			RAHG Trustees
3	Christine Stiling			RAHG Trustees
4	Peggy Gow			RAHG Trustees
5	Ruth Hodgson		From 16/5/2022	RAHG Trustees
6	Maureen Osmond		From 16/5/2022	RAHG Trustees
7	Katrina Thorman	Secretary		RAHG Trustees
8	Sue Brodrick		From 16/5/2022	RAHG Trustees

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
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INCOME

INCOME	Apr-21	May-21	Jun-21	Jul-21	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22	Totals
Monthly session fees	1,138	1,292	1,376	1,333	1,466	1,479	1,356	1,526	1,520	1,504	1,485	1,676	17,151
Lottery net of prizes	13	13	13	13	13	13	13	13	13	13	13	13	156
Fundraising													
Donations				250									160
Co - Op Community Fund								18					268
Total Income	1,151	1,305	1,389	1,596	1,479	1,493	1,369	1,540	1,533	1,517	1,498	1,689	742

EXPENDITURE

Hydrotherapist	1,200	1,080	1,080	1,350	1,080	1,080	1,080	1,080	1,350	13,890
Red Lodge pool hire		737								
Annual insurance		184			1,720		990		1,170	4,617

Data protection ICO	40	40
Printing & stationary		40
Office expenditure	23	57

Bank Balance 31/3/21	4,226
plus income less expenditure	
Bank Balance 31/3/22	591

ROMSEY ARTHRITIS HYDROTHERAPY GROUP

England & Wales - Charity number 1171462

Accounts



Trustees' Annual Report for the period

From 1/4/2020 Period start date

To 31/3/2021 Period end date

Charity name: Romsey Arthritis Hydrotherapy Group

Charity registration number: 1171462

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Summary of the purposes of the Charity

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Ensuring our work delivers our aims

We review our aims, objectives and activities monthly at our Trustees meetings. This review looks at what we achieved and the outcomes of our work in the previous month. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

How our activities deliver public benefit for those with arthritis in Romsey and the surrounding area

Figures produced by Arthritis UK identified that 8,919 people in the Southampton area suffer from arthritis of the hip and 15,056 of the knee. This is up to 18% of the total population of this area. Arthritis can affect any joint in the body so many more are living with the pain and disability this disease causes. Approximately 68% of rheumatoid arthritis patients in the UK

are physically inactive. Low physical activity in patients with rheumatoid arthritis becomes a vicious cycle of disease progression and increased pain, thus affecting both physical and mental health. Treatment and support for people with chronic arthritic pain in primary care in the UK has been estimated to account for 4.6 million appointments per year, comparable to 793 whole time GPs. Only 12% of people with musculoskeletal conditions say they have been given a care plan compared to 13.8% of people with long term conditions. Only 18% of people with osteoarthritis have a care plan.

Arthritis Research UK have endorsed the use the of hydrotherapy as an effective and safe form of exercise and self-management for all forms of arthritis. Evidence based guidelines produced by the Chartered Society of Physiotherapy have recommended the use of hydrotherapy for the long-term treatment of arthritis.

Achievements and Performance

To address the overwhelming need to for an affordable, effective and achievable treatment and self-management for people suffering with arthritis RAHG has been successfully offering hydrotherapy classes at Red Lodge Community Pool in Southampton. Many of our members have improved their mobility and reduced their pain levels significantly. Members who were due to undergo joint replacements or surgery have found that their recovery post-surgery has been quicker due to their improved fitness and strength pre-operatively having attended the hydrotherapy classes. Many members have found that being able to exercise without pain in water, in a safe environment and monitored by a Physiotherapist has enabled them to lose weight. This has in turn had a positive effect on their arthritis symptoms by reducing the weight bearing on the effected joints thus slowing down the progression of the condition and delaying surgery.

Covid 19 and the extended lockdown caused Red Lodge Community Pool to be closed in line with the Government restrictions. During that time Katie Thorman, our Hydrotherapist, produced and distributed weekly exercise videos to all our members. This helped the health and wellbeing of our members at a very difficult time. Katie was also a valuable contact for many of our members who live alone.

As a result of the Covid 19 restrictions and social distancing guidelines we can currently only offer 3 weekly sessions for up to 15 members per session.

Our work goes beyond providing the hydrotherapy sessions. We also provide social events such as skittles evenings, coffee mornings and tea parties. A study published by UK data source in 2016 highlighted that 12% of people aged 65 and over are chronically lonely because of inactivity due to musculoskeletal disability. Many of our members can relate to this data and have found that the hydrotherapy sessions and social events has more than a physical benefit but a valuable improvement in their mental health too. Since August 2016 RAHG has organised many social events which were well attended by our members.

Financial Review

Katie Thorman's creativity in producing and distributing the weekly exercise videos was well received by our members and helped to ensure the regular monthly income continued during the Covid 19 lockdowns. This helped RAHG survive during a very difficult and challenging time.

The reduced expenditure because Red Lodge pool was closed because of the Covid 19 lockdowns together with a focus on cost control and a generous donation from the Co-op Local Community Fund all helped achieve a modest surplus for the year of £420. Increasing the Bank balance to £4226.

However, without the generous donation of £1006 and fund raising of £271 the Charity would once again be operating at a loss.

The Bank balance in reserve increased by £420 from £3806 to £4226

Principal Funding Sources

The principal funding sources of the Charity is the sessional fees and fund raising. We have also been supported in the past with donations and grants, but these have been more difficult to obtain because of Covid 19 and fund raising was significantly reduced because of lockdowns and social distancing restrictions.

The Charity received a generous donation from the Co-Op Local Community fund of £1006.

Reserves Policy

The Trustees agreed a policy in March 2017 of having a reserve Bank balance of between £5000 and £10000, enough to cover three to six months planned expenditure. This has not yet been achieved but is moving each year in the right direction.

The reserves only stand at £4226, representing 2.5 months of planned expenditure.

As a result of Covid 19, lockdowns and social distancing guidelines we can only offer 3 weekly classes of up to 15 members per class.

We previously offered 4 weekly classes with up to 20 members per class.

The cost per class remains the same.

The Trustees therefore reluctantly agreed to increase the monthly fees from £25 to £33 from 1/4/2021

The cost of each class would then increase from £6 to £8

The breakeven number at the current costs are 16 members per class. The Bank balance in reserve will help for periods of the year when we are operating below this level.

Plans for future periods

The charity plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. The Charity is also considering new sources of funding from different organisations and finding different ways to fund raise within the group.

The charity will also continue to work towards the Chartered Society of Physiotherapy (CSP) and the Aquatic Therapy Association of Chartered Physiotherapists (ATACP) Standards for hydrotherapy services. These provide a set of quality standards for hydrotherapy services. Widely used by physiotherapists, they are endorsed by the National Institute of Clinical Excellence (NICE).

Structure, Governance and Management

Governing Document

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Recruitment and Appointment of Trustees and Management Committee

The Trustees of the charity are also the Management Committee in accordance with the General Regulations. Under the requirements of the Constitution one third of the Trustees shall retire from office at every Annual General Meeting. are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting (AGM). Vacancies arising from this can be filled by the decision of its members at the AGM. Under the constitution any Trustee who retires from office is eligible for reappointment. The members or the Trustees may appoint a new Trustee as an additional Trustee at any time providing the number of Trustees does not exceed 12. Two members were approached by Katie Thorman to consider becoming Trustees, Christine Stiling and Peggy Gow. They both have had a background in health care and will make a valuable contribution as Trustees. They were appointed as Trustees at the Trustee meeting on 18/11/2019.

All the Trustees give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are recorded in the accounts.

Trustees retire by rotation and, being eligible, offer themselves for re-election.

Due to the nature of arthritis the majority of the charities work focuses upon older people. The Trustees seek to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity has, through selective advertising within the organisation and networking with local medical practitioners, sought to identify carers and those suffering from arthritis who would be willing to become members of the group and use their own experience to assist the charity.

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The Chairman and Trustees all expressed their thanks to Katie Thorman for her continued enthusiasm, commitment and energy in delivering the weekly hydrotherapy classes and the creativity in producing and distributing the weekly exercise videos.

They also expressed their thanks for all the secretarial and administrative work undertaken which increased considerably as a result of Covid 19.

Trustee Induction and Training

Most of our Trustees are either directly or by association involved in the charity so are fully aware of the practical work of the charity. New Trustees are encouraged to read the Charities Commissions guidance document 'The Essential Trustee' to understand their duties as a Trustee. They are also given the charities constitution.

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Charity's principal address	Sunnyside, 18, School Road, West Wellow, Hampshire, England SO51 6AR.

Names of the charity trustees who manage the charity

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2	Linda Hill			RAHG Trustees
3	Christine Stiling			RAHG Trustees
4	Peggy Gow			RAHG Trustees
5	Cherry Payne			RAHG Trustees
6	Emily Gambel			RAHG Trustees
7	Katrina Thorman	Secretary		RAHG Trustees
8	Anthony Webber			RAHG Trustees

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
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RAHG INCOME & EXPENDITURE 1/4/20 TO 31/3/2021

INCOME	£
Monthly Fees	14834
Lottery net of prizes	200
Fundraising	71
Donations	1006
Total Income	16111

EXPENDITURE	
Hydrotherapist	13845
Red Lodge Pool Hire	1283
Annual Insurance	184
Office Expenditure	339
Data Protection	40
Total Expenditure	15691
Bank Balance 1/4/20	3806
Income less expenditure	420
Bank Balance 31/3/21	4226