



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
---	-----

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