

THERAPIES UNITE

England & Wales · Charity number 1177224

Details

Status Registered

Legal form CIO

Registered 2018-02-19

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

Contact

Address 44 Boughton Street
Worcester
WR2 4HE

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Activities

Objects: TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF MENTAL AND PHYSICAL ILLNESS OR DISABILITY IN MEXICO THROUGH THE PROVISION OF PHYSIOTHERAPY, FINANCIAL ASSISTANCE, EQUIPMENT, SUPPORT, EDUCATION, PRACTICAL ADVICE AND OPPORTUNITIES FOR WORK AND RECREATION, IN MEXICO.

Activities: Assist in the treatment and care of sufferers from mental or physical illness or disability of any description, by the provision of facilities for work and recreation, in Mexico. Promote and protect the physical and mental health of sufferers of mental and physical illness or disability in Mexico. To advance education in all areas relating to mental and physical illness or disability, in Mexico.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Mexico

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£35,083	£20,104	-	-
2024-03-31	£15,866	£14,792	-	-
2023-03-31	£7,807	£7,964	-	-
2022-03-31	£11,089	£12,235	-	-
2021-03-31	£16,174	£18,099	-	-

Trustees

Name	Role	Appointed
Chloe Meehan		2021-09-04
Emil Prysak		2024-06-12
Gaynor-Kay Barrow		2022-10-16
VICTORIA ANNE ELIZABETH PAULING		2018-02-16

THERAPIES UNITE

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Therapies Unite — Trustee Annual Report for April 2024–March 2025

Therapies Unite is a UK-registered charity (no. 1177224) dedicated to enhancing the **physical and mental wellbeing of people with disabilities** through direct services, education, and community integration. Our work centres on strengthening independence, empowering caregivers and professionals, and supporting sustainable change within local Mexican communities. Our trustees confirm that they have had due regard to the Charity Commission's guidance on **public benefit** in setting and delivering our charitable objectives for this period.

During 2024–2025, Therapies Unite continued to develop and deliver programmes designed to support individuals with disabilities — both directly and through partnership with families, carers, health-care professionals, and local organisations. We also celebrated the achievements of our service users and championed opportunities for participation in sports, education and social life.

Our Four Core Programmes — April 2024 to March 2025

1. Catrin's Penguins — Aquatic Therapy

Catrin's Penguins continued to provide **weekly aquatic therapy sessions** to children and adults with disabilities in Puerto Vallarta, combining **Halliwick-based techniques** with water safety, swimming skills and therapeutic play. Sessions remain open to a wide range of abilities, with activities adapted to individual needs. Parents and carers receive on-the-spot guidance to help them deliver technique and exercise ideas outside structured sessions.

Across the year, many participants sustained progress in the water, with several becoming more independent in aquatic environments — including increased

confidence entering and exiting pools. Graduates of the programme have gone on to join local disability sport groups for swimming training and competitive opportunities.

Ongoing community needs included locating and securing suitable pool space for ongoing delivery of aquatic therapy

2. Catrin's Centre — Postural Management and Specialist Equipment

Catrin's Centre maintained its focus on **posture management**, specialist assessment and provision of adapted mobility and seating equipment. During this year the service has:

- Delivered weekly clinic sessions by local therapists, seeing children and adults for postural assessment, equipment fitting and training.
- Continued to repair and adapt donated equipment from the UK for reuse within the community.
- Advanced plans for sourcing newer specialist equipment locally in Mexico to improve sustainability and reduce reliance on imported goods.

In response to identified local demand, our team began a **pilot project on 24-hour posture care**: a structured evaluation and provision programme for children with complex needs, incorporating modular wheelchairs, standing frames, and caregiver training to optimise long-term outcomes. This initiative will help build clinical evidence of the impact of supported posture care on quality of life and functional independence, and forms a core step in developing a local **posture-care pathway**.

Therapies Unite also invested in tools and equipment for clinic expansion, improving capacity for on-site adaptations and repairs. Increased in-clinic and outreach activity (including community disability services and residential service visits) reflects a growing emphasis on early detection and intervention for posture-related complications.

3. Courses & Education — Building Local Knowledge and Skills

Education remained a cornerstone of our work. We delivered a range of **training sessions, workshops and courses** responding to local community needs for both professionals and families. These covered topics such as:

- Posture management principles
- Equipment handling and safety
- Aquatic therapy techniques
- Inclusive practice for disability support

Therapies Unite also supported external specialist training for its own team members — for example, through a clinical visit to a specialist postural care centre in Monterey where therapists extended their assessment and equipment prescription knowledge. This investment enhances clinical reasoning, product selection and equipment adaptation skills for the benefit of service users.

Additionally, digital and in-person learning was shared with Mexican clinicians and community-based providers, extending the reach of key practice insights.

4. Volunteering & Student Placements

Our volunteer programme continues to offer opportunities for qualified clinicians to contribute meaningfully to disability support projects in Mexico. Although we **paused placements of overseas students (e.g., from Keele University)** in 2024 to prioritise the pilot posture-care project, local volunteers remained integral to delivering our activities and engaging with service users throughout the year.

Recruitment for return of international placement opportunities is underway for 2025, alongside continued local volunteer engagement drawing on skills across therapy, community support, event coordination and fundraising.

Community Engagement and Events

Throughout 2024–2025, fundraising and awareness-raising activities supported our work in the UK and Mexico, including social events, charity runs and community gatherings. We are **registered for the 2025 London Marathon**, reflecting ongoing supporter commitment and visibility for our cause.

Cultural celebrations hosted in Mexico — such as the annual *Posada* event — provided community celebration and connection for service users and their families. The team has also participated in broader local parades and events acknowledging the **Day of the Disabled** and **Day of the Child**.

In the UK, our leadership has continued dialogue with community and service groups, including Rotary Club visits, to advocate for support, partnerships, and deeper engagement with our mission.

Looking Ahead

As we move further into 2025, Therapies Unite is focused on:

- **Strengthening the evidence base** for posture care through the ongoing pilot and documented outcomes
 - **Expanding local capacity** for specialist equipment procurement and bespoke adaptations within Mexico
 - **Resuming international student placements** with academic partners
 - **Securing sustainable pool venues** to support ongoing development of aquatic therapy provision
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Therapies Unite – Annual Financial Summary – 2024/2025

This table details the income and expenditure for the charity Therapies Unite from April 2024 through to March 2025. It reflects the monthly bank statements (Lloyds Bank) and all of the incomings and outgoings in the delivery of the Charity's business, across the UK and Mexico. All the figures are in GBP. In line with the Charity Commission requirements, the hard copy folder of all the financial records (which this document prefixes) has been independently examined.

		Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Opening Account Balance		7106.66	9822.22	11532.77	10721.06	11631.09	10208.27	9369.68	11068.89	15083.34	13768.36	14207.78	13377.14
Incoming	JustGiving Platform	3640.25	113.36	92.37	192.74	111.27	87.13	1184.18	243.75	647.84	621.42	1157.64	2455.84
	DONR	10.20	9.50		7.60	3.80	3.80	3.80	3.80	3.80	3.80	4.75	3.80
	Personal donation – AA	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
	eBay sales (PayPal)	96.95	57.94	75.49	48.11	51.77	112.20	265.82	160.73		105.35	30.49	119.09
	Blatchford's Sheffield		967.50								500.00		
	Easy fundraising		46.21				29.67			36.39		44.09	
	Cowbridge Rotary		2000.00										
	Grant – Joey Pizzano				1881.22								
	Burntwood Rotary						500.00						
	Cannock Rotary							1811.43	4550.71				
	Global Giving										637.38		62.24
	Personal donation – PB												10000.00
	Cash deposit error												250.00
TOTAL INCOMING PCM		3750.40	3197.51	170.86	2132.67	199.51	706.13	3268.23	4998.38	654.64	1870.95	1239.97	12893.97
Outgoings	JustGiving Platform fee	18.00	18.00	18.00	18.00	18.00	18.00	18.00	18.00	18.00	18.00	18.00	18.00
	Staffing – Mexico	732.14	1184.26	679.87	717.14	594.90	644.09	786.32	681.23	883.34	385.10	495.89	729.40
	Staffing adjustments					43.72							20.34
	Rent	284.70	284.70	284.70	284.70	284.70	284.70	284.70	284.70	284.70	284.70	284.70	284.70
	Training courses				172.80							250.75	
	Room Hire				30.00					116.00			20.00
	Trustee exp					96.80							218.60
	Tools					584.21							
	Insurance						597.93						
	Marathon fees							480.00				960.00	
	Merchandise									667.58			
	Domain costs										221.85		
	Director visit costs										521.88	61.27	2644.65
Cash deposits correction												250.00	
TOTAL OUTGOING PCM		1034.84	1486.96	982.57	1222.64	1622.33	1544.72	1569.02	983.93	1969.62	1431.53	2070.61	4185.69
Closing Account Balance		9822.22	11532.77	10721.06	11631.09	10208.27	9369.68	11068.89	15083.34	13768.36	14207.78	13377.14	22085.42

Independent Examiner's Report

to the

Trustees of Therapies Unite

I report on the accounts of the charity for the year ended 31st March 2025, which are set out on pages 1 to 13.

Responsibilities and basis of report

As the trustees of the charity, 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 charity's accounts carried out under section 145 of the Charities Act 2011. 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

My examination involved a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees where necessary.

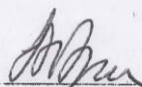
I have not carried out an audit, and accordingly do not express an audit opinion on the accounts.

In connection with my examination, no matters have come to my attention:

- Ⓢ which give me reasonable cause to believe that, in any material respect, the requirements:
 - Ⓢ to keep accounting records in accordance with section 130 of the Act; and
 - Ⓢ to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Acthave not been met; or
- Ⓢ to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts.

Independent examiner's name: Sara Apa
Relevant qualifications or experience: Independent Examiner –
(Retired) Healthcare Audit Administrator
Address: 32 Church Road
Alsager
Stoke-on-Trent ST7 2HS

Signature: _____



Date: 13/01/26

THERAPIES UNITE

England & Wales - Charity number 1177224

Accounts



Therapies Unite carries out its purposes through 4 programmes which all focus on improving the physical and/or mental health and general well-being of individuals with disabilities. The programs combine working directly with individuals with disabilities through services provided by Therapies Unite as well as signposting to additional community services. Therapies Unite works with family members, health care professionals and carers working within the field of disabilities to educate, empower and improve existing local services. We also focus on the wider communities, promoting and celebrating the achievements of individuals with disabilities, providing opportunities for work and recreational activities and improving integration into education & society. Therapies Unite strives to achieve positive changes that are long lasting and sustainable by the local community.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The 4 programmes which enable us to meet our purposes are outlined as follows

- **Catrin's Penguins:** Catrin's Penguins is an Aquatic Therapy service that incorporates a specialist form of therapy (Halliwick) to teach water safety and swimming to people with disabilities. We work directly with parents who deliver the therapy to their child under the guidance of trained volunteers. The therapy comprises a combination of Aquatic Therapy and Halliwick therapy which is delivered based on the needs of the individual. Therapy sessions are completed in large groups and involve different games and activities designed to teach children and adults how to control their body positions and breathing in the water. Training is offered to volunteers and new parents to enable them to feel confident in the water and maximise the effect of the therapy for their child. Service users who learn how to swim are then supported to join a local disability sport group and provided with further specialist swimming training.
- **Catrin's Centre:** This service focuses on posture management and provides professional evaluation and provision, where possible, of specialist equipment for people with disabilities. The clinic is run once a week by a local physiotherapist, physiotherapy technician and a wheelchair technician and on average 2 people are seen a week. The service focuses on providing equipment for children and adults with complex postural needs. It also caters for children, adults and their families who need physiotherapy advice, education, support and equipment such as walking frames, wheelchairs and standing aids. At present, all the equipment we use has been donated from the UK and is checked and repaired if needed. Once the family has finished with the equipment it can be returned, cleaned and serviced and then is ready to re-donate again. We are currently in the process of reviewing and

updating this service and looking at how we can provide new specialist equipment sourced from within Mexico and focus on a holistic approach to 24-hour posture care. Our aim is to develop a local pathway so that individuals with posture care needs can be easily identified and reviewed on a regular basis and be provided with equipment, training, therapy and support to meet their posture care needs.

Our clinic team also visit local centres, schools and organisations that work with children and adults with disabilities to assist them with postural management. They work directly with staff and parents to provide education as well as run satellite clinics to repair wheelchairs and seating equipment as well as donate new equipment where needed.

- **Courses and education sessions:** we respond to the needs of the local community (both professionals and non-professionals/families) by running various courses and workshops. We offer various courses for free (with and without formal qualifications) relating to relevant topics which have been requested locally as well as offering courses in areas that we feel may be of benefit to the local community. We offer support after the course has finished to assist with implementation of learning and new skills. We also fund external specialist courses for our team, investing in their growth and development.

- **Volunteering Program:** We are able to offer qualified healthcare professionals a volunteer program that is tailored to their individual skills. Volunteers select which of our projects they would like to work depending on their experience and skill level as well as being able to work in additional external community projects. In addition to our Volunteer Programme, we also have the option to provide a credit-bearing physiotherapy placement with Keele University.

Catrin's Penguins

The sessions were run weekly by our two physiotherapists and a qualified Halliwick Instructor as well two local volunteers. We ran two groups, one for children and one for adults and on average we had up to 17 attendees per group per week.

We continued to train the parents and carers who attended the session in the various techniques and provide ideas for activities and exercises they can deliver with their child in the water.

It was incredible to see and hear about some of our Catrin's Penguins graduates again, training with the Deporte Adaptado, just showing how much can be achieved if an individual has access to water therapy. There are five swimmers who are now training regularly and competing nationally with the team, all of whom learnt to swim with Therapies Unite. Sergio continues to be successful and has won silver medals in national competitions and is planning to compete at the nationals again this year. He was joined by three other graduates of our program at the Nationals and they all continue to train hard. Within our Catrin's Penguins group Carlos was able to get in and out of the pool independently which has been a huge goal for him and Osbaldo and Dario also continued to develop their skills in being more independent in the water which has been incredible to witness as both are fully reliant on others for their mobility when on land.

Through using some grant money, we were able to update some of our equipment that we use in the pool and also purchase new uniforms for the team. We have also been supporting

some families who have not been able to access aquatic therapy due to financial constraints to continue with the sessions.

Catrin's Centre

It has long been our wish and a key charity aim to provide all children and adults who need it with a high-quality specialised postural assessment and equipment required to manage their 24-hour posture care needs. We are in the process of working towards this aim and have some exciting plans for 2025. At Catrin's Clinic, we aim to provide posture evaluations with our physiotherapists and where possible, specialist posture equipment (such as wheelchairs, seating, walking frames, orthotics) as well as the provision of education/home exercise programs. We also offer a repair/adaptation service to existing equipment. Our team works out of the clinic once a week, but they also complete home visits as well as posture reviews in day services and residential placements.

We funded our team to spend a week in Monterey at the Centro de Atencion Postura, which is a clinic that provides specialist assessment and equipment (wheelchairs, standing frames and support beds) for children with disabilities. They were able to focus on developing their skills in posture assessment, product selection, features and clinical reasoning for using modular seating and also spent time in the workshop looking at the processes of building/adapting wheelchairs. Following this visit we have been running a pilot project. The aim of this project is to demonstrate with clear evidence the impact that the right posture care input can have. Four children were selected for this project and have had a full posture review with a view to provide them with a specialist modular wheelchair, a standing frame (if applicable) and a positioning system. They will be provided with a 24-hour posture care plan and their families/caregivers will also receive training. Using the outcomes and evidence from this project, we are aiming to increase awareness of the impact of posture care as well as looking for companies, organisations and individuals in Mexico and the UK to start sponsoring children/adults for their posture care needs.

As we go into 2025, we are continuing to attempt to source more products locally. Importing used equipment is an expensive and often slow and difficult process. As Mexico moves forward, more and more items are becoming available in-country and so we are looking to support local and national businesses, reduce our impact on the environment and reduce costs by sourcing locally as much as possible.

We have been fortunate to receive some funding to invest in the equipment in the clinic which has improved the type, quality and speed of adaptations the team can do. This has included an industrial sewing machine for our therapist Laura, electric saw, new drill set and multi tools for Oscar and material and foam for making cushions/harnesses etc. Laura has been doing some fantastic work with the new sewing machine and materials and making items such as wheelchair harnesses and seat cushions as well as being able to create new wheelchair backs. Oscar is using all of his new tools and enjoying the speed at which he can complete repairs. He is planning to purchase some stock to keep in the clinic so that he can turnaround standard/basic wheelchair repairs quicker which will free up time for more complex repairs.

In the UK Laura, our director, and Gaynor, one of our trustees and clinical lead, attended

PMG annual conference to make new connections and spread the word about Therapies Unite. Laura has continued to attend training as well as had virtual meetings with local providers/manufacturers of specialist equipment. She also had meetings with companies and charities in the UK and Mexico looking for support in developing this project further.

Courses and education sessions

Training is one of the key principles we use to enable long term changes. We focus on providing education to our service users, their families, health care professionals, physiotherapy students and the general public.

Laura, Nadia and Oscar spent a week in Monterey at the Centro de Atencion Postura, which is a clinic that provides specialist assessment and equipment (wheelchairs, standing frames and support beds) for children with disabilities. They were able to focus on developing their skills in posture assessment, product selection, features and clinical reasoning for using modular seating and also spent time in the workshop looking at the processes of building/adapting wheelchairs.

Volunteering Program

We decided to have a 'rest year' in 2024 to give the team in Mexico some time to focus on the pilot project. Therefore, we had no students from Keele but are planning to have a placement again in 2025. However, we have continued to have local volunteers support our projects in Puerto Vallarta and building our community.

Our director, Laura is planning another trip in 2025 to spend time with the team and review our services.

Events

Numerous fundraising events took place throughout the year organized by our Trustees and supporters. These included a curry night, chilli and salsa nights, Salsa Dancing fundraisers, runs and walks. We have a confirmed place for the 2025 London Marathon too.

Our team in Mexico hosted a 'Posada' to celebrate all of our service users in December and we also took part in the parade and activities for Day of the Disabled and Day of the Child in Puerto Vallarta.

Laura Brown de Rodriguez and Gaynor also completed various visits to Rotary Clubs in the UK to update them on the projects in Mexico and ask for more support.

Therapies Unite Income & Expenditure 01/04/23 to 31/03/24

INCOME	April	May	June	July	August	September	October	November	December	January	February	March	Total Income
JustGiving	£1,103.52	£1,035.87	£1,071.96		£48.45	£545.11	£519.13	£107.87	£1,105.83	£120.01	£104.93	£981.91	£6,744.59
Keele University Student placements			£3,054.70	£112.74						£198.70		£290.00	£3,656.14
DONR	£29.20	£24.45	£24.45	£24.45	£14.95	£24.45	£5.70	£5.70		£11.40	£5.70		£170.45
Paypal											£122.72		£122.72
Salsa Fundraiser		£610											£610.00
Easy Fundraising		£49.98			£61			£36.05			£41.41		£188.80
Amazon Europe	£5.00	£21.51											£26.51
Global Giving		£2,321.71	£838.71										£3,160.42
Rotary Club donations					600								£600.00
Individual Fundraising							500						£500.00
Individual Donors		£3	£6		£6	£3		£6	£3	£6	£53		£86.00
Total income	£1,140.72	£4,069.52	£4,989.82	£143.19	£727.76	£569.56	£1,030.83	£152.62	£1,105.83	£336.11	£327.76	£1,271.91	£15,865.63

EXPENDITURE	April	May	June	July	August	September	October	November	December	January	February	March	Total Expenditure
Clinical Project costs	£815.50		£994.39	£825.71	£788.68	£863.85	£733.16			£503.76	£1,387.42	£624.11	£7,536.58
Clinical Educator costs Mexico	£2,332.00		£1,066.56		£117.54								£3,516.10
Volunteer uniforms - Mexico			£266.40										£266.40
Mexico Volunteers thank you event	£151.24												£151.24
Justgiving fee	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£216.00
Director UK travel	£50.00												£50.00
Director Mexico Travel											£1,004.39		£1,004.39
Team Refreshments - Mexico	£66.15												£66.15
Gambling Licence (Raffle)												£20.00	£20.00
Foreign transfer costs	£47.28		£37.68	£38.29	£38.82	£39.30	£37.20			£36.57	£72.70	£31.18	£379.02
Public Liability Insurance					£560.96								£560.96
Trustee Business Cards						£29.28					£19.49		£48.77
Paypal payment						£29.50				410.16			£439.66
Trustee meeting room hire											£24.75		£24.75
Trustee UK travel expenses											£72.21	439.76	£511.97
Total expenditure	£3,480.17	£18.00	£2,383.03	£882.00	£1,524.00	£979.93	£788.36	£18.00	£18.00	£968.49	£2,598.96	£1,133.05	£14,791.99
Monthly Income - Expenditure		£1,122.72	£2,606.79	-£738.81	-£796.24	-£410.37	£242.47	£134.62	£1,087.83	-£632.38	£2,271.20	£138.86	£1,073.64

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England & Wales - Charity number 1177224

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Therapies Unite Income & Expenditure 01/04/22 to 31/03/23

INCOME	April	May	June	July	August	September	October	November	December	January	February	March	Total Income
JustGiving			£77.68	£86.66	£58.26	£58.26	£58.26	£178.47	£376.68	£352.36	£155.96	£604.37	£2,065.22
DONR									£945.77	£34.20	£34.20	£1.90	£1,016.07
Corporate Donations											£3,500.00		£3,500.00
Easy Fundraising						£28		£29.95					£57.95
Amazon Smile/Europe Core			£8.63		£6.92			£6.90		£13.75			£36.20
Global Giving				£843.13									
Rotary Club donations				£1,000			50						£1,050.00
Individual Donors			£58	£3	£3	£3		£6	£3		£3	£3	£82.00
Total income	£0.00	£144.31	£1,932.79	£61.26	£96.18	£108.26	£64.26	£218.32	£1,322.45	£403.31	£3,693.16	£606.27	£7,807.44
EXPENDITURE	April	May	June	July	August	September	October	November	December	January	February	March	Total Expenditure
Clinical Project costs		£552.87	£404.47	£476.37	£398.21	£510.68	£485.69				£720.37	£370.38	£3,919.04
Justgiving fee	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£216.00
Gambling Licence (Raffle)								£40.00				£20.00	£60.00
Foreign transfer costs	£15.00	£15.00	£36.40	£38.83	£15.00	£15.00	£36.07						£171.30
Fiverr - Translation fees		£37.20					£41.78						£78.98
Public Liability Insurance					£570.93								£570.93
Premises Rental Mexico	£325.07	£339.65	£346.42	£346.16	£353.89	£370.13	£235.77				£225.96	£245.28	£2,788.33
Room Hire - Salsa evening											£100		£100.00
Marketing							£59.94						£59.94
Total expenditure	£358.07	£962.72	£805.29	£879.36	£1,356.03	£913.81	£877.25	£58.00	£18.00	£18.00	£1,064.33	£653.66	£7,964.52
Monthly Income - Expenditure	-£358.07	-£818.41	£1,127.50	-£818.10	-£1,259.85	-£805.55	-£812.99	£160.32	£1,304.45	£385.31	£2,628.83	-£47.39	-£157.08



Therapies Unite carries out its purposes through 4 programs which all focus on improving the physical and/or mental health and general well-being of individuals with disabilities. The programs combine working directly with individuals with disabilities through services provided by Therapies Unite as well as sign-posting to additional community services. Therapies Unite works with family members, health care professionals and carers working within the field of disabilities to educate, empower and improve existing local services. We also focus on the wider communities, promoting and celebrating the achievements of individuals with disabilities, providing opportunities for work and recreational activities and improving integration into society. Therapies Unite strives to achieve positive changes that are long lasting and sustainable by the local community.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The 4 programs which enable us to meet our purposes are outlined as follows

- **Catrin's Penguins:** Catrin's Penguins is an Aquatic Therapy service that incorporates a specialist form of therapy (Halliwick) to teach water safety and swimming to people with disabilities. We work directly with parents who deliver the therapy to their child under the guidance of trained volunteers. The therapy comprises a combination of Aquatic Therapy and Halliwick therapy which is delivered based on the needs of the individual. Therapy sessions are completed in large groups and involve different games and activities designed to teach children and adults how to control their body positions and breathing in the water. Training is offered to volunteers and new parents to enable them to feel confident in the water and maximise the effect of the therapy for their child. Service users who learn how to swim are then supported to join a local disability sport group and provided with further specialist swimming training.
- **Catrin's Centre:** This service focuses on posture management and provides professional evaluation and provision, where possible, of specialist equipment for people with disabilities. The clinic is run once a week by two local physiotherapists and a wheelchair technician and on average 3 people are seen a week. The service focuses on providing equipment for children and adults with complex postural needs. It also caters for children, adults and their families who need physiotherapy advice, education, support and equipment such as walking frames, wheelchairs and standing aids. At present, all the equipment we use has been donated from the UK and is checked and repaired if needed. Once the family has finished with the equipment it can be returned, cleaned and serviced and then is ready to re-donate again.

Our clinic team also visit local centres, schools and organisations that work with children and adults with disabilities to assist them with postural management. They work directly with staff and parents to provide education as well as run satellite clinics to repair wheelchairs and seating equipment as well as donate new equipment where needed.

- **Courses and education sessions:** we respond to the needs of the local community (both professionals and non-professionals/families) by running various courses and workshops. We offer various courses for free (with and without formal qualifications) relating to relevant topics which have been requested locally as well as offering courses in areas that we feel may be of benefit to the local community. We offer support after the course has finished to assist with implementation of learning and new skills. We also fund external specialist courses for our team, investing in their growth and development.

- **Volunteering Program:** We are able to offer qualified healthcare professionals a volunteer program that is tailored to their individual skills. Volunteers select which of our projects they would like to work depending on their experience and skill level as well as being able to work in additional external community projects. In addition to our Volunteer Program we also have the option to provide a credit-bearing physiotherapy placement with Keele University.

Catrina's Penguins

The sessions were run weekly by our two physiotherapists and a qualified Hallwicks Instructor as well as two new volunteers. We ran two groups, one for children and one for adults and on average we had up to 15 attendees per group per week.

We continued to train the parents and carers who attended the session in the various techniques and provide ideas for activities and exercises they can deliver with their child in the water.

It was incredible to see and hear about some of our Catrina's Penguins graduates again, training with the Deporte Adaptado, just showing how much can be achieved if an individual has access to water therapy. There are three swimmers who are now training regularly and competing nationally with the team, all of whom learnt to swim with Therapies Unite. Sergio continues to be successful, competing at the World Series in Mexico narrowly missing out on a place in the paralympic squad but taking home 3 silver and 1 gold in the national in Cancun in November.

Catrina's Centre

It has long been our wish and a key charity aim to provide all children and adults who need it with a high-quality specialised postural assessment and equipment required to manage their 24 hour posture care needs. We are in the process of working towards this aim and have some exciting plans for 2024. At Catrina's Clinic, we aim to provide posture evaluations with our physiotherapists and where possible, specialist posture equipment (such as wheelchairs, seating, walking frames, orthotics) as well as the provision of education/home exercise programs. We also offer a repair/adaptation service to existing equipment. Our team works out of the clinic once a week, but they also complete home visits as well as posture reviews in day services and residential placements.

We moved to a new clinic location in the more disadvantaged suburb of Pitillal, bringing our services closer to the homes of families who are most in need of our support. Our staff and volunteers worked hard to improve both the clinical and storage areas as well as sorting, repairing and cataloguing our stock of donated equipment. The clinical area has been redecorated in Therapies Unite blue and our volunteers are currently setting up a workshop area for our skilled wheelchair technician, Oscar, to work more easily. This will include purchasing a stock of commonly used parts so we can complete wheelchair and equipment repairs on the day of appointment, saving on time and freeing up appointments for others in need.

This year we were fortunate to have Ella, a volunteer Trainee Clinical Scientist specialising in Rehabilitation Engineering, working alongside our team in Mexico. The team spent much of their time reviewing children and adults in their existing seating, making adjustments and repairs as well as providing postural advice. A lot of time was also spent at Pasitos de Luz, adjusting chairs and sorting through their donated TU stock to make sure the equipment can be used efficiently. One wheelchair that was donated stands out this trip. This was provided to a special 5 year old girl who hadn't been out of the house apart from in her parent's arms. She left our clinic wheeling out in her own chair, the look of excitement from her and her parents is something very special that our volunteers will not easily forget.

One of our aims for 2024 is to source more products locally. Importing used equipment is an expensive and often slow and difficult process. As Mexico moves forward, more and more items are becoming available in-country and so we are looking to support local and national businesses, reduce our impact on the environment and reduce costs by sourcing locally as much as possible. As part of this, we will be purchasing an industrial sewing machine for our therapist Laura who has been doing some fantastic work over the past few years making items such as wheelchair harnesses and seat cushions as well as being able to create new wheelchair backs. This will allow our team to refurbish existing wheelchairs and reduce the need for new stock. In addition to equipment, education in posture management is a key development need for Mexican healthcare professionals and we have plans to continue to develop the knowledge and expertise of our own local staff as well as teaching as many local professionals and healthcare students as we can.

In the UK our director, Laura, continued to develop plans for our postural service and ideas for the development of a postural pathway. She attended training and conferences herself as well as had virtual meetings with local providers/manufacturers of specialist equipment in regards to this. She also had meetings with companies and charities in the UK and Mexico looking for support in developing this project further. Laura also delivered a virtual presentation about the Posture Care Project as part of the SPOTLlights on Charities series.

We continued to work with local organisations in Puerto Vallarta specialising in treating disabled children & adults in Puerto Vallarta, including Pasitos de Luz, CAM21, The Asilo & The Adaptive Sports Team.

Courses and education sessions

Training is one of the key principles we use to enable long term changes. We focus on

providing education to our service users, their families, health care professionals, physiotherapy students and the general public.

This year Laura was able to provide some Aquatic Therapy training for the Keele students as well as run a session for a group of 16 physiotherapy students from a local University. They joined us for a two hour practical session covering the basics which was really successful. We also ran some sessions in the pool at Pasitos de Luz. Aquatic Rehabilitation is such a good therapy for individuals of all ages with any disability.

Laura also delivered Posture Care training to our volunteers and PV Team reviewing posture care, elements of assessment, typical presentations and solutions for seating. We also reviewed sleep systems, their clinical use and implementation.

Volunteering Program

In April, it was great to have the first post-covid cohort of Keele University students visit Mexico with members of the Trustee team. During their 5 week final year placement, the 5 students had opportunities to work with our hydrotherapy groups and in Catrin's Clinic, as well as with athletes and swimmers with disabilities, special needs schools and elderly rehabilitation. In addition to their clinic time, they received training in both theory and practical aspects of physiotherapy. They also had other superb opportunities, such as supporting the Therapies Unite Director Laura teaching aquatic therapy techniques to Physiotherapy Students at the University of Guadalajara and joining the World Access Project who visited PV to distribute Wheelchair and Mobility Equipment during their stay. It was an excellent 5 weeks for all involved - TU Staff, Volunteers & Trustees, students, service users and their family and friends. This placement would not have been possible without the support of the Pickles Family and the Keele University School of Allied Health Professions

Isobella and Sophie, who are Keele physiotherapy graduates, joined us for a two week placement in June. Their original placement was one affected by the pandemic back in 2022. Both had an incredible time working at the various projects and are keen to join us again in Mexico. In addition we had Ella who joined us for 4 weeks, sharing her passion for posture care and wheelchair provision. Her skills were very much appreciated and put to great use at Catrin's Clinic in Puerto Vallarta.

Our director, Laura, in addition to all of the Therapies Unite Trustees (Eric, Gaynor, Vicki and Chloe) were also able to return to Mexico last year between April and June. Vicki and Gaynor spent 5 weeks as clinical educators for the Keele University students and Chloe, was able to induct and support our volunteers. Aside from supporting our students and volunteers, it was a very productive trip for the Trustee team. Time was spent evaluating the services, how they are being delivered and what we can do to improve them and how to increase our outreach and impact. The input from our Trustees has really helped us to see our charity vision more clearly and will allow us to drive our projects forward over the coming year. We have lots of exciting plans moving forwards into 2024.

Events

Numerous fundraising events took place throughout the year organized by our trustees and

supporters. These included a wine tasting night, Salsa Dancing fundraisers, runs and walks.

Our team in Mexico hosted a 'Posada' to celebrate all of our service users in December and we also took part in the parade and activities for Day of the Disabled and Day of the Child in Puerto Vallarta. We also supported World Access Project at their clinics and sports camps in April.

Laura Brown de Rodriguez also completed various visits to Rotary Clubs in the UK to update them on the projects in Mexico and ask for more support.

THERAPIES UNITE

England & Wales - Charity number 1177224

Accounts



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program and advice for working with their child. All the equipment we use has been donated from the UK and is checked and repaired if needed. Once the family has finished with the equipment it can be returned, cleaned and serviced and then is ready to re-donate again. Appropriate Paper Technology (APT) can also be used at the clinic, which is a cost-effective way to produce various specialist seating and therapy items out of paper and cardboard. Items such as specialist seats, tables for wheelchairs, standing frames, sleep support systems, therapy equipment and splints can all be made from cardboard. These are all very important pieces of equipment that can be given to children from a young age that will greatly reduce the risk of them developing deformities and aid with physical, mental and sensory development. The majority of families cannot afford to buy these pieces of equipment and Therapies Unite are unable to fund them for every child. Using APT keeps costs to a minimum as specialist equipment is not required and materials are cheap/free and available locally.

Our clinic team can also visit local centres, schools and organisations that work with children and adults with disabilities to assist them with postural management. They work directly with staff and parents to provide education as well as run satellite clinics to repair wheelchairs and seating equipment as well as donate new equipment where needed.

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- **Volunteering Program:** We are able to offer qualified healthcare professionals a volunteer program that is tailored to their individual skills. Volunteers select which of our projects they would like to work depending on their experience and skill level as well as being able to work in additional external community projects. In addition to our Volunteer Program we also have a 5-week credit bearing physiotherapy placement with Keele University and an UK based Internship Program run in conjunction with Santander and Keele University.

We have continued to re-open and develop our programs since the Covid-19 Pandemic and things have settled to a new 'normal' in Mexico. The safety of our team and vulnerable service users and their families continues to be paramount. Wherever possible we are making our therapy clinics and sessions Covid safe. It has been wonderful to see our familiar service users return as well as help many new individuals.

Covid-19 has had a tremendous impact on the disabled community in Puerto Vallarta and they need our support now more than ever. Our team in Mexico has focused on reviewing the families that were most affected by the pandemic and made them a priority for review and attendance at our therapy sessions.

Our director, Laura, was able to return to Mexico for a 4 week trip in March 2022, the first time she has returned since 2019. This was a very productive trip for her and the team and her time was spent evaluating the services, spending 1-1 time with the team, implementing formal and informal training and setting up links with local supporters. As a result we are now planning and developing our programs moving into 2023.

Catrins Penguins

The sessions were run weekly by our two physiotherapists and a qualified Hallwicik Instructor and split into two groups, one for children and one for adults. On average we had up to attendees per group per week.

We continued to train the parents and carers who attended the session in the various techniques and provide ideas for activities and exercises they can deliver with their child in the water.

We had some incredible news in October, Sergio our original swimmer and one of our first penguins got into to the PARANACIONALES CONADE CANCUN 2021, and won 3 gold and 2 silver medals in his races. This was after he had Covid and had not had the chance to train properly. We are super proud to be part of his journey and really excited to see where he is going to go next.

Catrins Centre

In September we moved into a new clinic with enough space for the equipment, assessment area and workshop. The clinic opens on a Tuesday and is run by three members of the local team; two physio and a technician. On average 3 people are seen a week.

Children and adults who attended their reviews were assessed by our Senior Physiotherapist & given advice & specially adapted equipment where necessary/possible.

In the UK our director, Laura, continued to develop plans for our postural service and ideas for the development of a postural pathway. She attended training herself as well as had virtual meetings with local providers/manufacturers of specialist equipment in regards to this. She also had meetings with companies and charities in the UK and Mexico looking for support in developing this project further.

We continued to work with local organisations in Puerto Vallarta specialising in treating disabled children & adults in Puerto Vallarta, including Pasitos de Luz & The Adaptive Sports Team.

Courses and education sessions

Training is one of the key principles we use to enable long term changes. We focus on providing education to our service users, their families, health care professionals, physiotherapy students and the general public. We have not only invested in virtual learning for our therapy team, but we have also held a number of face to face courses. Laura, our director, was able to deliver some training to the Physiotherapy staff and students (20) at Pasitos de Luz, which is one of the major centres in PV providing day care, education and rehabilitation for children with disabilities. Staff there have had no formal training in hydrotherapy so she covered the basic principles of working in the water and some different treatment techniques. We had really positive feedback with staff saying they felt more confident to work in the water and had more ideas to make individualised treatment plans for the children.

In addition to the hydrotherapy training, Laura also delivered a Posture Care training to staff at Pasitos de Luz (15) including physiotherapists and support workers. This was such an important session as many of the children at Pasitos have complex postures and require very specific equipment and positioning guidance to stop secondary complications from occurring. It was great to work with both the therapy team and the support workers as posture care should be implemented over the course of a day.

The next step is to roll this training out wider, to the parents and also to physiotherapy students from the local university. We are looking at developing a Posture Care course that can be delivered virtually (from the UK) or face to face (via our Mexican Team) to help inform as many people as possible about the importance of posture care.

Laura also spent time with our team reviewing posture care, elements of assessment, typical presentations and solutions for seating. We also reviewed sleep systems, their clinical use and implementation.

Volunteering Program

Thankfully, we were able to re-start our volunteer program again and had two volunteers assisting Laura in Mexico in March, Ellen and Elsie. Ellen is an ex-Keele Physiotherapy student who was due to come on placement in March 2020, this was of course canceled because of the pandemic. Elsie is a qualified physiotherapist who is currently traveling around Central and South America and decided she would like to work for Therapies Unite. It was great to finally restart our volunteer program and we spent a busy and productive 4 weeks together.

Unfortunately our student placement program was suspended again however is going ahead for 2023 with 5 students from Keele spending 5 weeks in Mexico,

Laura completed a zoom session with Keele University to promote the placement to prospective students for 2023 and interviews were held, with 5 successful candidates planned to come out in April 2023.

We completed an Internship with Santander and Keele University 6 students over the course of 2021-22. The internship was focused around various topic areas including the impact of Covid-19 on the disabled community in Mexico and some really great

pieces of work and resources were developed. Some of the students will be taking these to Mexico to implement during their placements in 2023.

Events

Numerous fundraising events took place throughout the year organised by our trustees and supporters. These included a walk of the Coastal Path in Wales (Catrin Wynn Davies completed this impressive feat), Salsa fitness fundraisers, runs and walks.

Our team in Mexico took part in the International Day of People with Disabilities in December. This involved them being part of a parade and many of the adults and children we work with attended. Laura also took part in a 5K race whilst in Mexico in March raising money and awareness for a charity that supports children with disabilities in Mexico.

Laura Brown de Rodriguez also completed various visits to Rotary Clubs in the UK to update them on the projects in Mexico and ask for more support.

Therapies Unite Income & Expenditure 01/04/21 to 31/03/22

INCOME	April	May	June	July	August	September	October	November	December	January	February	March	Total Income
JustGiving	£402.98	£948.65	£1,696.84	£889.82	£2,442.62	£349.96	£29.03	£9.61	693.47	£312.70	£441.93	£244.25	£8,461.86
Eco Racing fundraiser	£18.79												£18.79
Norina Pauling		£126.00	20		87	20	20	20		40	20	20	£373.00
Easy Fundraising		23.96			33.59			£27.59			£32.57		£117.71
Amazon Smile		£30.77			7.23				10.8		14.96		£63.76
Paypal Giving Fund	11												£11.00
Global Giving						436.75							£436.75
Rotary Club donations											1500		£1,500.00
Ali Aries donation		6	3		6	3	3	3		6	3	3	£36.00
David Marklew donation					50				£20.00				£70.00
Carole Holdcroft donation												50	£50.00
Total income	£432.77	£1,135.38	£1,719.84	£889.82	£2,626.44	£809.71	£52.03	£60.20	£724.27	£358.70	£2,012.46	£317.25	£11,088.87
EXPENDITURE	April	May	June	July	August	September	October	November	December	January	February	March	Total Expenditure
Staff Wages & expenses	£906.54	£127.09	£889.82	£305.10	£409.59	£175.05	£313.18	£299.79	£471.42	£494.44	£275.93	£573.41	£5,241.36
Justgiving fee	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£216.00
Operating Licence Fee	£40.00											£20.00	£60.00
Foeign transfer costs	£15.00	£15.00	15	15	£15.00	£15.00	£15.00	15	£15.00	£15.00	£15.00	£15.00	£180.00
Public Liability Insurance					£436.01								£436.01
Universal Display banner					£42.08								£42.08
Premises Rental Mexico	£309.59	305.37	303.77	308.88	307.11	£309.77	304.4	388.46	302.92	307.83	304.98	306.27	£3,759.35
Website Hosting										17.99			£17.99
Urban Prints - Pop up display												195	£195.00
Urban Prints - Safety material												20	£20.00
Director Flights & accomodation												2067	£2,067.00
Total expenditure	£1,289.13	£465.46	£1,226.59	£646.98	£1,227.79	£517.82	£650.58	£721.25	£807.34	£853.26	£613.91	£3,214.68	£12,234.79
Monthly Income - Expenditure	-£856.36	£669.92	£493.25	£242.84	£1,398.65	£291.89	-£598.55	-£661.05	-£83.07	-£494.56	£1,398.55	-£2,897.43	-£1,145.92

THERAPIES UNITE

England & Wales - Charity number 1177224

Accounts



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attend for up to 4 sessions with the physiotherapist and receive a personal home exercise program and advice for working with their child. All the equipment we use has been donated from the UK and is checked and repaired if needed. Once the family has finished with the equipment it can be returned, cleaned and serviced and then is ready to re-donate again. Appropriate Paper Technology (APT) is also used at the clinic, which is a cost-effective way to produce various specialist seating and therapy items out of paper and cardboard. Items such as moulded seats that fit onto a normal wheelchair, tables for wheelchairs, standing frames, sleep support systems, therapy equipment, booster seats and splints can all be made from cardboard. These are all very important pieces of equipment that can be given to children from a young age that will greatly reduce the risk of them developing deformities and aid with physical, mental and sensory development. The majority of families cannot afford to buy these pieces of equipment and Therapies Unite are unable to fund them for every child. Using APT keeps costs to a minimum as specialist equipment is not required and materials are cheap/free and available locally.

Our clinic team can also visit local centres, schools and organisations that work with children and adults with disabilities to assist them with postural management. They work directly with staff and parents to provide education as well as run satellite clinics to repair wheelchairs and seating equipment as well as donate new equipment where needed.

- **Courses and education sessions:** we respond to the needs of the local community (both professionals and non-professionals/families) by running various courses and workshops. We offer various courses for free (with and without formal qualifications) relating to relevant topics which have been requested locally as well as offering courses in areas that we feel may be of benefit to the local community. We offer support after the course has finished to assist with implementation of learning and new skills.

- **Volunteering Program:** We are able to offer qualified healthcare professionals a volunteer program that is tailored to their individual skills. Volunteers select which of our projects they would like to work depending on their experience and skill level as well as being able to work in additional external community projects. In addition to our Volunteer Program we also have a 5-week credit bearing physiotherapy placement with Keele University and an UK based Internship Program run in conjunction with Santander and Keele University.

The Covid-19 Pandemic impacted greatly on our face to face clinical services throughout 2020-21. In the initial wave of the pandemic we suspended all services and switched to virtual assessments/support. Our team in Mexico focused on connecting with the service users who normally attend our clinics to find out if they required any additional support. We disseminated information to parents about how they could support their child at home with therapy (Posture Care Guide, Stretching and Positioning Guides, Staying Active Guides, Chest and Physical Health Guides) and continued to assess new referrals to the posture care service via the phone. These were then added to a wait list in preparation for our services re-opening.

Although the break in work was difficult for our team, it did give them a chance to evaluate the services they run as well as complete some personal reflection. This has been a really useful exercise in planning how best to move forwards and has helped unite the team more.

The safety of our team and vulnerable service users and their families has been paramount. Wherever possible we are making our therapy clinics and sessions Covid safe. This has been challenging as we have had to completely change the way we run our sessions, but our team has gone the extra mile and adapted so well. It has been wonderful to see our familiar service users return as well as help many new individuals. Covid-19 has had a tremendous impact on the disabled community in Puerto Vallarta and they need our support now more than ever.

Catrins Penguins

We were able to re-start our sessions in March 2021 after nearly a year of being closed. In order to prepare for re-starting we invested a £1,000 grant from the Rotary Club of Audley into purchasing new therapy equipment, uniforms and training courses for our staff.

The sessions were run weekly by our two physiotherapists and a qualified Hallwicz Instructor and split into two groups, one for children and one for adults. On average we had 10 attendees per group per week.

We continued to train the parents and carers who attended the session in the various techniques and provide ideas for activities and exercises they can deliver with their child in the water.

Catrins Centre

In September we finally managed to release our equipment that had been shipped from the UK out of Mexican customs. This was no easy feat and the added pressure of the pandemic did not help matters. The donated equipment, including many fantastic specialist wheelchairs, standing frames, sleep systems and walking aids,

was transported to our brand new clinic in November after kindly being stored by the local Red Cross.

The new clinic has enough space for the equipment, assessment area and workshop. The clinics opened on a Tuesday, run by three members of the local team; two physio and a technician. We were restricted with numbers due to Covid-19 and therefore saw 2-3 people per week.

Children and adults who attended their reviews were assessed by our Senior Physiotherapist & given advice & specially adapted equipment where necessary/possible. In total we were able to review 26 people in the clinic over the course of 4 months.

In the UK our director, Laura, continued to develop plans for our postural service and ideas for the development of a postural pathway. She had virtual meetings with local providers of services for the disabled in regards to this. She also had meetings with similar organisations in the UK looking for support in developing this project further.

We continued to work with local organisations in Puerto Vallarta specialising in treating disabled children & adults in Puerto Vallarta, including Pasitos de Luz & The Adaptive Sports Team.

Courses and education sessions

In December our Mexico team delivered training to the local Social Services (50 staff members) to provide them guidance around issuing standard equipment. This was following our donation of equipment (walking aids (16) and standard wheelchairs (10) to Social Services.

In March our Mexico team also completed some online training (via Zoom) in Aquatic Rehab for Orthopaedic patients. This was funded by Therapies Unite and hosted by Adapt-Taac.

Laura also ran some training sessions with the Team in Mexico via Zoom focused on Posture Management for Adults with Complex Disabilities.

Volunteering Program

Unfortunately our volunteer program and student placement was suspended due to Covid-19. Catrin Wynn Davies who was in Puerto Vallarta at the start of the pandemic and was due to be there for 6 months to help develop our services, had to return to the UK.

Laura completed several zoom sessions with Keele University to promote the placement to prospective students for 2021 and interviews were held, with three successful candidates, but it was unfortunately the placement was cancelled.

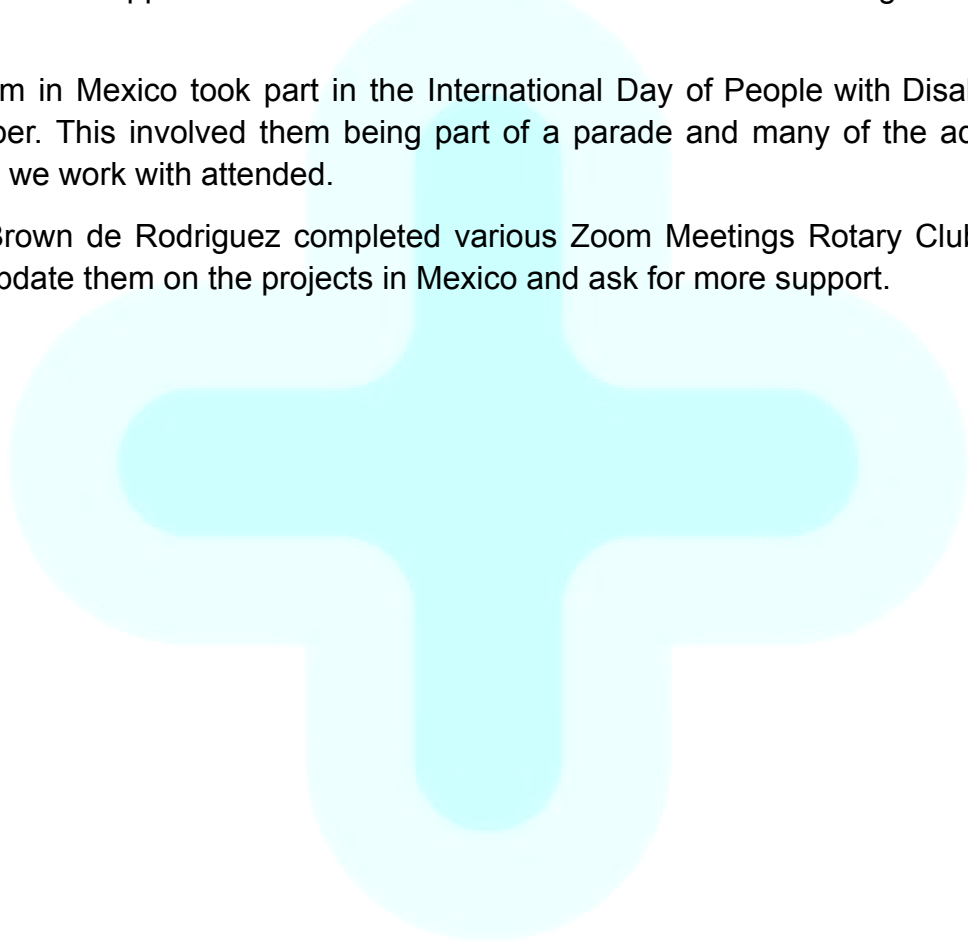
Discussions for a Scholarship at Keele University for a Mexican national to study Physiotherapy continued but it was decided that due to the unpredictable nature of the pandemic this should be postponed. Instead we decided to use the £10k to start an Internship with Santander and Keele University which was planned to start in September 2021 for 6 students. The internship was focused around various topic areas including the impact of Covid-19 on the disabled community in Mexico.

Events

Numerous virtual fundraising events took place throughout the year organised by our trustees and supporters. These included Quiz and Guacamole night and Salsa Fitness.

Our team in Mexico took part in the International Day of People with Disabilities in December. This involved them being part of a parade and many of the adults and children we work with attended.

Laura Brown de Rodriguez completed various Zoom Meetings Rotary Clubs in the UK to update them on the projects in Mexico and ask for more support.



Therapies Unite Income & Expenditure 01/04/20 to 31/03/21

INCOME	April	May	June	July	August	September	October	November	December	January	February	March	Total Income
JustGiving		£617.18	£251.69					£48.85	29.23		£29.23	£58.46	£1,034.64
PhysioNet Donation		500											£500.00
Norina Pauling						21.94		20	£20.00	40	20	20	£141.94
CSP Award		2600											£2,600.00
Easy Fundraising		69.24						£39.73				21.26	£130.23
J Wilkinson donation		20											£20.00
Amazon Smile		22.7			13.27			8.14			24.22		£68.33
Adapt Award			500										£500.00
Pasitos de Luis Donation			1598										£1,598.00
P Thompson donation		800	500										£1,300.00
PayPal donation				119.56	45.91		£98.40			163.61			£427.48
Global Giving						1557.53		319.27					£1,876.80
Cargo Services donation							£713.64						£713.64
Rotary donation							1000						£1,000.00
Eco Racing Fundraiser								56.38					£56.38
S J & VJ Ball donation									£58.26				£58.26
Ali Aries donation										6	3	3	£12.00
E Brown donation												3020	£3,020.00
HMRC Gift Aid												1116.3	£1,116.30
Total income	£0.00	£4,629.12	£2,849.69	£119.56	£59.18	£1,579.47	£1,812.04	£492.37	£107.49	£209.61	£76.45	£4,239.02	£16,174.00
EXPENDITURE	April	May	June	July	August	September	October	November	December	January	February	March	Total Expenditure
Staff Wages & expenses	£267.50	£253.37	£115.42				£972.03	£444.68	£458.62	£560.52	£258.94	£835.58	£4,166.66
Volunteer Flight costs - CWD	£600.00												£600.00
Justgiving fee	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00	£18.00		£18.00	£18.00	£18.00	£18.00	£198.00
Customs Clearance costs	£2,247.81	£6,589.21											£8,837.02
Translation costs	£53.85								180.96			113.86	£348.67
Foreign transfer costs		£15.00				£33.55		8.36	£36.92	£15.00	£15.00	£15.00	£138.83
Public Liability Insurance						£409.72							£409.72
Expenses				116	36.76								£152.76
Premises Rental Mexico									620.57	339.54	309.61	289.18	£1,558.90
Website Hosting										86.26			£86.26
E Brown duplicate payment refund												1500	£1,500.00
PPE Safety Equipment Mexico		78.5											£78.50
Software		23.8											£23.80
Total expenditure	£3,289.46	£6,875.58	£133.42	£134.00	£54.76	£461.27	£990.03	£453.04	£1,315.07	£1,019.32	£601.55	£2,771.62	£18,099.12
Monthly Income - Expenditure	-£3,289.46	-£2,246.46	£2,716.27	-£14.44	-£1,440.63	£1,118.20	£822.01	£39.33	-£1,207.58	-£809.71	-£525.10	£1,467.40	-£1,925.12