



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:

- ⑩ which give me reasonable cause to believe that, in any material respect, the requirements:
 - ⑩ to keep accounting records in accordance with section 130 of the Act; and
 - ⑩ to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Acthave not been met; or
- ⑩ 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