

REHABIT

England & Wales · Charity number 1188034

Details

Other names	FROM REHAB TO LIFE FOUNDATION, From Rehab To Life Foundation, REHABIT
Status	Registered
Legal form	CIO
Registered	2020-02-18
Register	View on the Charity Commission register

Contact

Address	Voluntary Action Islington 200A Pentonville Road London N1 9JP
Phone	03001021605
Email	dave.smith@rehabit.uk
Website	https://www.rehabit.uk

Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE THE NEED OF THOSE SUFFERING FROM DRUG AND/OR ALCOHOL ADDICTION, OR THOSE AT RISK OF BECOMING ADDICTED TO DRUGS AND/OR ALCOHOL IN PARTICULAR, BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF PEER SUPPORT AND COUNSELLING.

Activities: Our funds are spent reducing the negative impact of drug and alcohol addiction on our communities. We do this by providing free counselling, peer support and rehab support for those struggling with addiction to find recovery and lead healthy, productive lives.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£54,700	£45,609	-	-
2024-03-31	£25,539	£12,338	-	-
2023-03-31	£23,978	£28,494	-	-
2022-03-31	£32,224	£28,205	-	-
2021-03-31	£19,363	£1,870	-	-

Trustees

Name	Role	Appointed
David Smith	Chair	2022-04-12
Jack Murphy		2025-06-03
James Gregory		2024-04-02
Jo Betterton		2025-03-04

REHABIT

England & Wales - Charity number 1188034

Accounts



REHABIT

Charity number: 1188034

ANNUAL REPORT

FOR YEAR ENDING MARCH 2025

CONTENTS

Trustees' annual report	1
Contents page	2
Structure, governance and management	3
Reference and administration details	3
Aims and objectives	4
Activities, achievements and performance (includes guiding note)	4-8
Financial review	8
Declaration	9
Independent examiner's report on the accounts	10
Section A: Independent examiner's report	10
Receipts and payments accounts	11
Receipts and payments	11
Statement of assets and liabilities at end of the period	12
Notes on accounts	13

Trustees' Annual Report for the period 01-04-24 to 31-03-25

STRUCTURE, GOVERNANCE AND MANAGEMENT

[Governing document](#)

Trustees and board

- Dave Smith, chair, from April 2022
- Garry Durston, vice chair, trustee from February 2023
- Jamie Gregory, co-opted trustee from April 2024
- Joe Clark, co-opted trustee from November 2024
- Keshini Rajendra, co-opted trustee from February 2025
- Jo Betterton, co-opted trustee from March 2025

This year, we were pleased to bolster our board with the three new trustees, each bringing a specialism and leadership area: finance, law, and social care. And Keshini Rajendra started with us as a peer supporter before becoming a trustee.

Sean Robinson continues to serve as CEO and a board member. The board is supported by four advisors: a psychologist, a surgeon, a social care director, and our newest member, a dual diagnosis practitioner. The psychologist leads our counselling input at triage meetings, where the dual diagnosis practitioner also plays an active role.

We have also appointed a part-time Admin and Engagement Officer to support the CEO with operational activities. This role is being actively developed to build capacity and strengthen day-to-day delivery.

The board decided to move our AGM to 3 June 2025 so that it aligns with our annual report and accounts submission. From here on, our AGMs will be in June.

Reference and administration details

The charity is registered as Rehabit and our charity number is 1188034.

Our registered address is: Voluntary Action Islington, 200a Pentonville Road, Islington, N1 9JP.

This address was changed on 31 March 2025 and for most of the year the address was: Space4. 113-115 Fonthill Road, Finsbury Park, London, N4 3HH.

Policies

It became clear that given the nature of our service – and the fact that many involved with the charity are either in recovery from addiction or have a personal connection to it – we needed robust policies to manage the potential relapse of a trustee, employee or volunteer, particularly in cases where it might go undisclosed.

After finding no suitable templates online and learning that the Charity Commission was unaware of any existing examples, we developed four bespoke policies tailored to different roles and scenarios. We have agreed to share these with the Charity Commission to support others facing similar challenges.

AIMS AND OBJECTIVES

The Charity Commission approved our request to update our charitable objects to:

FOR THE PUBLIC BENEFIT TO RELIEVE THE NEED OF THOSE SUFFERING FROM DRUG AND/OR ALCOHOL ADDICTION, OR THOSE AT RISK OF BECOMING ADDICTED TO DRUGS AND/OR ALCOHOL IN PARTICULAR, BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF PEER SUPPORT AND COUNSELLING.

The aims of Rehabit are to help those in north London struggling with drugs or alcohol, who have no or limited funds, and who don't need a medical detox. We do this, primarily, by providing free addiction counselling for those who can't afford it, and peer support from those with lived experience of addiction.

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

This section demonstrates our public benefit and how we are enhancing and furthering our charity's objects. The trustees have followed the charity commission's guidance on public benefit.

Strategic summary

Our strategy this year was to continue developing and gently growing our counselling and peer support offer to help more beneficiaries. We have done this primarily by immersing ourselves in Islington and building strong relationships with partners and frontline organisations, being actively involved in volunteering networks, and establishing our name within the community. Based on positive feedback from our peers and partners, and it's clear that our reputation is going from strength to strength.

We further refined and embedded our unique contribution to the community, developed last year to focus on individuals falling through the cracks or caught in systemic cycles. This targeted approach has strengthened our reputation in Islington, where we are now recognised as a complementary partner to Better Lives, the borough's established drug and alcohol service.

By investing in relationships we have found that more of our referrals convert to peer support and counselling as our partners understand our service and who we can help.

Further affirmation of our strategy and unique contribution came through receiving Cranfield Trust's Journey to Excellence award and being invited to their 35th anniversary event, where we were one of ten small charities presented to their patron, HRH Princess Anne.

Counselling and peer support development

We remained focused on providing free counselling and peer support to our clients, with some also benefiting from tailored advocacy services.

The majority of our clients now come from Islington and depending how funding looks in 2025-26, we will adopt the same immersive approach to Camden.

We're continuing to work closely with the Primary Mental Health Team and Talking Therapies in Haringey, and we'll carry those insights with us as we start building new relationships in Camden, drawing on the shared strengths we've found with Islington and Better Lives.

We also introduced clearer parallel pathways for clients with co-occurring conditions (dual diagnosis). This development took two forms. First, we integrated wellbeing activities – such as working with partners to provide coaching for employment or life goals – alongside peer support and counselling. Second, in collaboration with a mental health partner, we created a pathway that enabled a client to access specialist support from a personality disorder team, which had previously been unavailable due to their substance use. In 2024–25, we intend to pursue this dual diagnosis approach with greater rigour and planning, working closely with selected clients to co-design a repeatable model.

We have added three counsellors to our team. A former senior addiction counsellor at a major private rehab in north London, and two placement counsellors, one of whom is a doctoral candidate.

One of our longer-term counsellors who has experience and training in relapse prevention and managing reduction has begun taking clients who need specific support in their recovery before they start the counselling phase. This is in its early days and we're monitoring its progress closely. Clients who are offered this specific recovery and relapse prevention service this are rigorously reviewed via our triage process.

Sustaining our cohort of peer supporters is an ongoing challenge, but we're pleased to report that this year we welcomed nine new individuals to the team. Two have since moved on to pursue careers in the recovery field, which we see as a positive outcome of their time with us. We currently have seven fully onboarded peer supporters, with another preparing to join shortly.

In addition, we've welcomed a new community navigator volunteer who will play a regular role at our community drop-in sessions and act as a representative of Rehabit within the wider community. Initially, their focus will be on supporting Islington's Access Hub, with the potential to extend to the Copenhagen Food Bank.

Lastly, one of our trustees who is an experienced and qualified meditation practitioner has developed an offer for our clients. We anticipate this starting properly in 25-26.

Beneficiaries

We are pleased to have placed 21 new clients in counselling this year, exceeding our target of 20 by one. And six people completed their journey with us clean and sober.

We had 69 referrals of whom 55 received some level of peer support, counselling or guidance to another service. We currently have 33 clients receiving peer support (either pre-counselling, in counselling too, or post-counselling), and 21 people are receiving counselling (this includes three from the previous year).

We have also guided four clients to Better Lives once it became clear that they needed a detox or a fully managed reduction programme that we can't offer.

Category	Number	Notes
New clients placed in counselling	21	Target was 20
Clients who completed their journey clean/sober	6	
Total referrals received	69	
Referrals who received support	55	Peer support, counselling, or signposting to another service

Current clients receiving peer support	33	Includes pre-, during, and post-counselling stages
Current clients receiving counselling	21	Includes three continuing from previous year
Clients guided to Better Lives	4	Referred for detox or structured reduction support not offered by us

One client began a Bright Lives coaching programme to overlap with his counselling, and another has been accepted to start with them when his counselling finishes.

A client with major trust issues and who had previously rejected advocacy support from other services accepted it from us and this prevented escalation of a life-threatening medical problem. The client, having struggled with so many borough services, is now lined up for specialist mental health support.

And a client with severe ADHD and trauma reduced from crack cocaine to medically-prescribed cannabis and after counselling was also referred to specialist mental health support. While not technically abstinent, this was considered a positive outcome.

Fundraising

Our approach was primarily applying for grants and we were successful in getting the following grants:

- National Lottery Awards for All - £19,500
- Postcode Society - £6,000
- London Catalyst - £4,000
- Oak Fund - £19,750
- Albert Hunt Trust - £3,000

Funding covered our CEO role, counselling costs, and operations. We are also ready to look at other fundraising activities and will explore this with vigour once we appoint a trustee with fundraising experience – we are actively looking at the time of this report. It's important given our size and limited resources that we run fundraising activities with a worthwhile return on investment.

Stakeholders and relationships

We continued our push into Islington and strengthened relationships with Help on Your Doorstep, Single Homeless Project (SHP), Age UK, Mind Islington, GP Federation and social prescribers, Core Services, Manor Gardens, Hillside Clubhouse, Stuart Low Trust, People's Recovery Project and others. We have also built good relationships with the drug and alcohol commissioner and the public health team.

Our CEO was invited to be on the advisory body for Voluntary Action Islington (VAI) and is a regular on the leadership sessions hosted by Cripplegate. We are present and active in the networks run by Bright Lives and Voluntary Action Islington. We also participated in change workshops exploring access to mental health services and process reviews.

We continued to give presentations on our services to other organisations and ran addiction awareness training sessions to educate fellow organisations on some of the myths around addiction. These sessions are always very well-received.

We agreed on a working partnership with NC Productions, three young filmmakers who are making a short film about addiction and recovery. We are providing consultancy and support getting grants, and we will benefit from the final product that will raise awareness of the challenges around addiction.

Marketing communications and social media

Building good and sustainable relationships remains our main and most effective marketing tool and means of generating client referrals.

Over the year, we have received many compliments for our new name and brand – memorable, visible and relevant.

Following a review of our social media activity, we concluded that the return on investment does not currently justify the effort involved, particularly given the nature of the services we provide. As such, we have taken the decision to close our Twitter/X account on moral and ethical grounds, and to discontinue our use of Instagram, which has proven more burdensome than beneficial.

We continue to maintain a minimal presence on Blue Sky and use LinkedIn selectively, as needed. This approach remains under regular review, and we plan to revisit our digital engagement strategy when we begin to more actively target commercial organisations for sponsorship and funding. We refreshed our material and created a gatefold leaflet, flyers and two pop-up stands, as well as material for our community events.

Pilot programme in the community

In light of the positive momentum generated by our unique community contribution and the growing relationships in Islington, the board made a strategic decision to discontinue plans for the pilot originally scheduled for October–November where we intended to host a hybrid in-person/virtual recovery programme. This decision was further supported by two emerging trends: most prospective beneficiaries of the programme also needed detox services, which remain outside our scope of provision; and were generally those who struggled to work in a group environment.

While not an easy decision, we felt this was the right thing to do and after 18 months of Rehabit, we now have clarity on our service, how we target beneficiaries, and how we wish to grow.

For those clients who may have benefitted from the pilot programme, we offered our standard service of peer support and counselling. We agreed with the main funder that we could repurpose the restricted funding to provide ongoing peer support and counselling, and host community events.

Community events and drop-ins

We hosted an event at Jean Stokes Community Centre aimed at the friends, family and community of people struggling with drugs and alcohol. We were joined by Bright Lives, Minds Matter, and Totally Flawed. There were 40+ people in attendance and feedback was positive. As well as connecting directly with the community, it reinforced relations with existing partners and created the opportunity to develop new ones.

We ran a couple of sessions for residents at St George's in Islington and attended The Manna and Union Chapel to work out how we could sustain a presence there. We are pleased to have taken on a community navigator volunteer, former manager at The Manna, who will be the charity's presence at Islington's Access Hubs and potentially Copenhagen food banks.

Client system

As our client base is gradually increasing we invested in a new client system, Advice Pro, to replace Google Drive. We are currently trialling this to see if it will be effective for us.

FINANCIAL REVIEW AND TREASURER'S REPORT

In the financial year ending 31 March 2025, Rehabit recorded a total income of £54,700, comprising £53,905 in grant income, £492 in interest and £303 in other income. This reflects our continued success in securing support from a range of funders, including the National Lottery Awards for All, Oak Fund, London Catalyst and others.

Total expenditure was £45,609, including:

- £35,881 on core service delivery, such as counselling, peer support, and contracted leadership
- £9,362 on operational and administrative costs, including insurance, printing, accountancy fees, and community events
- £366 on team training and development

This resulted in an operating surplus of £9,091, increasing our total retained reserves to £39,288, all held in cash across our current and savings accounts.

Throughout the year, the board maintained a cautious but proactive approach to financial management. We ensured restricted funds were used appropriately in line with funder agreements. Where necessary, following the cancellation of a planned pilot programme, we worked with funders to successfully reallocate funds to extend counselling and peer support.

The treasurer's focus has been on how Rehabit can grow sustainably, ensuring we can support more people without compromising the delivery of our core services. This includes growing our reserves and broadening our income streams — particularly through trustee-led fundraising — to strengthen the charity's financial resilience.

The board plans to formalise a reserves policy, with an initial aim of maintaining unrestricted reserves equivalent to at least three months' core operating costs, recognising that this is a prudent measure for ensuring the charity's financial resilience. However, given Rehabit's current income and expenditure pattern, this target will be approached incrementally over time as resources allow, without compromising service delivery. Should reserves fall below the desired level, the board will meet promptly to agree actions to protect the charity's financial stability, including a potential reduction in operating costs or services if necessary. The reserves policy will be reviewed and formally adopted by the board to help ensure Rehabit remains financially sustainable in the longer term.

We remain mindful of the risks associated with relying on short-term grant funding and will continue to explore opportunities for income diversification during 2025–26. It is a key focus for the board that Rehabit maintains a strong and stable financial position, enabling us to plan confidently for the future and deliver lasting impact.

All financial records for the year have been reconciled and verified. No legacy issues remain, and the board is satisfied that the charity's finances are well-managed, transparent and robust.

Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity:

Signature(s):

A handwritten signature in black ink, appearing to be 'Dave Smith', written in a cursive style.

Full name: Dave Smith

Position: Chair of Trustees

Date: 2 June 2025

INDEPENDENT EXAMINER'S REPORT

Independent examiner's report to the trustees of Rehabit Charitable Incorporated Organisation ('the CIO')

I report to the trustees on my examination of the accounts of CIO for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the CIO, 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 CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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



Lee Mathers MIAB, MCIOF (Cert)
Positive Community Finance Ltd
7 Scholars Rise
Stokenchurch
Buckinghamshire
HP14 3FL

26th May 2025

REHABIT RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD ENDING 31 MARCH 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income Receipts				
Donations, legacies and grants	30,405	23,500	53,905	25,430
Interest Received	492	-	492	109
Other Income	303	-	303	
Total Receipts	<u>31,200</u>	<u>23,500</u>	<u>54,700</u>	<u>25,539</u>
Expenditure Payments				
Cost of Charitable Activities	8,196	36,898	45,094	11,868
Cost of Administrative Activities	80	435	515	470
Total Payments	<u>8,276</u>	<u>37,333</u>	<u>45,609</u>	<u>12,338</u>
Net Receipts/(Payments) for the year	<u>22,924</u>	<u>(13,833)</u>	<u>9,091</u>	<u>13,201</u>
Transfers between funds	-	-	-	-
Total funds brought forward from previous year	10,197	20,000	30,197	16,996
Total funds carried forward at the end of the year	<u>33,121</u>	<u>6,167</u>	<u>39,288</u>	<u>30,197</u>

REHABIT

STATEMENT OF ASSETS AND LIABILITIES

AT 31 MARCH 2024

	Notes	2025 £	2024 £
Cash Funds			
Cash at bank and in hand		39,288	30,197
		<u>39,288</u>	<u>30,197</u>
Represented by funds			
Unrestricted funds		33,121	11,197
Restricted funds			
<i>National Lottery</i>		1,960	
<i>London Catalyst</i>		596	-
<i>The Martin Geddes Charitable Trust</i>	<i>Pilot Project</i>	3,611	10,000
<i>Private Benefactor</i>	<i>CEO/GM Role</i>	-	10,000
		<u>39,288</u>	<u>30,197</u>

There were no related party transactions and no trustee expenses have been reimbursed.
No remuneration was payable to any of the trustees.

Signed on behalf of the Trustees:

Signature:



Name:

Dave Smith

Date of Approval

2 June 2025

REHABIT

NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDING 31 MARCH 2025

Note 1: Basis of Preparation

These financial statements have been prepared under the historical cost convention and in accordance with the Charitable Incorporated Organisations (General) Regulation 2012 and Charities Act 2011.

Income Receipts

All material incoming resources have been included on a receivable basis i.e. they are included if the date received falls within the period covered by these accounts.

Expenditure Payments

These have been analysed using a natural classification.

Going Concern

The Trustees assess whether the use of going concern is appropriate (for example, whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern). The Trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is operating on a going concern basis.

Fund Accounting

Unrestricted funds are donations and other income received or generated by the charity's charitable purposes. Restricted general funds are to be used for specific purposes as set out by the funder/donor.

REHABIT

England & Wales - Charity number 1188034

Accounts



Addiction - Counselling - Recovery

REHABIT

Charity number: 1188034

ANNUAL REPORT

FOR YEAR ENDING MARCH 2024

CONTENTS

Trustees' annual report	1
Contents page	2
Structure, governance and management	3
Reference and administration details	3
Aims and objectives	4
Activities, achievements and performance (includes guiding note)	4-7
Financial review	7
Declaration	7-8
Independent examiner's report on the accounts	9
Section A: Independent examiner's report	9
Receipts and payments accounts	10
Receipts and payments	10
Statement of assets and liabilities at end of the period	11
Notes on accounts	12

Trustees' Annual Report for the period 01-04-23 to 31-03-24

STRUCTURE, GOVERNANCE AND MANAGEMENT

[Governing document](#)

Trustees and board

- Dave Smith, chair, from March 2022
- Sean Robinson, vice chair, from March 2022 (resigned as trustee in March 2024 to become CEO)
- Kit Chong, treasurer, from March 2022 (resigned in June 2023)
- Curtis Pierre, trustee from December 2022 (dismissed in January 2024)
- Garry Durston, trustee from February 2023
- Jamie Gregory, co-opted trustee from March 2023

In June 2023, the board of trustees reached an unreconcilable position with the founder (a non-trustee and volunteer) and following legal advice he was dismissed from the charity. The board felt that this decision was in the interests of the charity and its beneficiaries.

In June, Kit Chong stepped down as he was moving to the United States. And in January 2024, the board voted to dismiss Curtis Pierre due to lack of engagement with the board and no response to communications over a six-month period.

During the reporting year up to 1 March, the charity was co-managed by two of the trustees, Dave Smith and Sean Robinson. This changed when Sean stepped down as a trustee and took over operational responsibilities as CEO. Sean withdrew from the interviewing process for potential candidates, made a blind application and after successful interview and given his experience was invited to be the CEO.

Jamie Gregory, a board advisor with extensive experience in the health and care sector, was confirmed as co-opted trustee in March 2024. Our other board advisor, a senior manager in the care sector, regularly joins our board meetings.

On the counselling side, we have a very experienced clinical supervisor, four in-house counsellors and access to two more via Azura Minds. And we now have four peer supporters with lived experience of addiction. Finally, we have three marketing volunteers who do a good job for us.

To help refine our strategy and have more clarity about our goals, we secured voluntary services of a management consultant via the Cranfield Trust.

Despite it being a tough six-month period, the board is confident they have made bold and positive decisions and can now focus on a clear strategy to support more people struggling with addiction without unnecessary distractions.

Reference and administration details

As the founder's book was also the name of the charity, From Rehab to Life, in December the Charity Commission accepted our request to change the name to Rehabit. Though we have retained From Rehab to Life Foundation as a secondary name for legacy and continuity reasons.

The charity is registered as Rehabit and our charity number is 1188034.

Our registered address: Space4. 113-115 Fonthill Road, Finsbury Park, London, N4 3HH.

AIMS AND OBJECTIVES

We are currently seeking approval from Charity Commission to update our charity objects as follows: 'FOR THE PUBLIC BENEFIT TO RELIEVE THE NEED OF THOSE SUFFERING FROM DRUG AND/OR ALCOHOL ADDICTION, OR THOSE AT RISK OF BECOMING ADDICTED TO DRUGS AND/OR ALCOHOL IN PARTICULAR, BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF PEER SUPPORT, COUNSELLING, AFTERCARE SESSIONS AND WORKSHOPS.'

The only change is dropping the specific reference to the prevention of knife crime as this no longer the focus of the charity.

The aims of Rehabit are to help those in London struggling with drugs or alcohol and who have no or limited funds. We do this, primarily, by providing free addiction counselling for those who can't afford it, and peer support from those with lived experience of addiction.

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

This section demonstrates our public benefit and how we are enhancing and furthering our charity's objects.

Strategic summary

Our strategy this year was to continue developing and growing our counselling and peer support offer to help more beneficiaries.

Over the year, we reviewed our focus and articulated a new and clear USP:

We are a small, agile and personal charity that provides a non-judgemental quick intervention and free service, with lived experience and abstinence at its heart. Our clients are those who:

- *Are in danger of falling through the gaps or have got stuck in 'the system'.*
- *Might have tried rehab and it didn't work first time.*
- *Have life circumstances that prevent them from attending residential rehab.*
- *Need abstinence after trying a controlled approach.*
- *Welcome guidance through 12-steps (they may have tried before and had a difficult experience)*
- *Have problems that are preventing them getting the specialist counselling they need.*
- *Respond to a non-judgmental and patient approach.*
- *Don't need a medical detox.*

We believe those who will benefit from our services are people who need extra time, tolerance, patience and care to get the help they so desperately need.

We began using this USP in the later part of the year and it pervades our communications and interactions with partners to provide clarity of the beneficiaries that we can help. We believe this is puts us in a rare and much-needed space in the addiction sector.

We sought funding and planned for a pilot daycare programme in the community to begin in autumn 2024. This will lay the ground for our post-pilot activities where we intend to run a regular series of community drop-in sessions where peer supporters would discuss clients' issues, offer guidance, and tee up counselling where appropriate. This will be part of our strategy to get more directly close to potential beneficiaries.

Counselling and peer support development

Our services focused increasingly on delivering free counselling and peer support for clients. We worked on establishing our name within the community and especially mental health networks in Haringey, Islington, Barnet, Enfield and Camden.

We further increased our counselling team with new people: a Doctor of Psychology and a recent trainee. Our partnership with Azura Minds continued, and we saw a steady increase in referrals from Talking Therapies (previously IAPT) and St Ann's primary mental health care team.

We received one client complaint that was partially upheld based on input from our clinical supervisor and remedial action was put in place.

We now have two extra peer supporters, male and female. Both are remote but can still provide valuable support. Another possible peer supporter is close to joining us in April 2024.

Beneficiaries

We reached our target of 12 people in counselling which given that we slowed down the service from June-December is an achievement.

From 40 referrals in 23-24, three completed counselling clean and sober, one of these is considering how he can give back to the charity, and another went on to follow the career of his dreams.

Two others were sober when they finished part-way through counselling but their continued sobriety is unverifiable. Nine are still in counselling and continue into next year, 17 are in peer support (pre- and post-counselling), and nine received peer support and were guided to other services.

One client, still in counselling, agreed for us to write a short case study on his good progress so far and this was used on a funding report. A client is considering peer support, one is going to do some writing for us, and another has expressed an interest in getting involved and we're exploring what that will look like.

Fundraising

Our approach was primarily applying for grants. Once our new name was confirmed, we renewed our grant applications with vigour in December 2023, focusing on two main funding goals: the recruitment of a part-time General Manager / CEO-designate, and money for our eight-week pilot programme.

Grants of 3k from Albert Hall Trust, 10k from the Martin Geddes Foundation Trust, 10k from a private benefactor and, at the end of March, 6k from Postcode Trust Society, meant we could proceed with recruiting a part-time GM (CEO-designate) and have partially met our target for the eight-week pilot we intend to run in autumn 2024.

Though our partnership with Making Count (sister organisation of Our Forgotten Neighbours, see above) yielded £1000 p/m from their street collections for the first couple of months of the reporting period, we had to issue an immediate 'cease and desist' letter in June 2023. Our concerns about their poor transparency, governance and performance were confirmed when we received two complaints within a two-week period regarding them, one from a distraught retail manager and another from a police constable. Following this, we immediately issued a notice ceasing all contact with Make it Count and any organisations, including Our Forgotten Neighbours, run by the owner. Mitigation against knock-on reputational damage to the charity was paramount.

We launched a Christmas funding appeal via social media but given our limited number of followers, this didn't generate any income. However, we believe it was worth it to learn how to do it better and that the activity would still have helped raise our profile. With this in mind, the board agreed to defer our crowdfunding and appeal efforts until the new financial year and approach with a fresh outlook.

Stakeholders and relationships

We continued to build more relationships, mostly with organisations who could identify and refer clients to us. This is our primary reach for clients, especially partnering with frontline outfits. We play a big role in a Barnet, Enfield and Haringey NHS Trust mental health network that supports people who 'fall through the gaps'. We are also building closer relationship with Talking Therapies (previously IAPT). And we made some in-roads into more contact with organisations in the justice system.

Deciding that we were well-enough connected in Haringey at the end of the year we started building deeper relationships in Islington. We are now part of their Voluntary Action Group, working closely with the Single Homeless Project (SHP) teams, have joined Hope On Your Doorstep network, and getting closer to activities at Manor Gardens. This is a very promising start to our relationships in Islington, with definitely more to come.

We also got close to Steps2Recovery who had a similar rehab house model that we are considering in the long-term. At the time of this report, we are trying to join Collective Voice, and body that involves all the big organisations in the world of addiction (CGL, Turning Point, Humankind etc).

Food banks, care packages and beneficiaries

Following discussions and the concern that these activities were becoming a distraction from the charity's core aims and objectives, and the belief that others do it better and we should focus on addiction. The board agreed that we would cease any financial support for the food banks.

Similar to food banks, our care package activities were becoming time-consuming and not high value – and despite attempts to distribute these in a more meaningful way and use them to establish deeper relationships with partners such as St Mungo's, this never happened. The board agreed to wind this down, ceasing in 2024-25.

An independent management consultant from Cranfield Trust also suggested this course of action.

Marketing communications and social media

Banbury Howard, a design and marketing agency, made us they 'charity of the year' and developed a new brand concept and brand guidelines for Rehabit. Excellent work for which we are incredibly grateful.

We continued to push Twitter/X and have a reasonable presence that should reap more followers over time. We also have an increasing presence on Instagram and LinkedIn. We understand that, for us, social media is about having a presence – it isn't a primary route to reaching new clients given the difficulty and cost of geo-location targeting.

We used Outlandish, an affordable design cooperative, to create our new website at a reasonable price. The board is extremely happy with the work they've done for us and the professional online presence that we now have.

Our marketing material has been re-branded for Rehabit.

During the difficult six-month period we didn't do any significant marketing and now believe we have the platform to be more bold in our efforts for 2024-25 as we have the capacity and stability to help more beneficiaries.

Rehab house project

We were in the exploratory stage of establishing a London-based mixed, residential abstinence-based rehab house with a 90-day recovery programme. However, given the brutal economic climate, the harsh reality of fundraising, and the housing challenges at the moment, the board agreed to review this goal in 2026-27 to look at its viability the following year. Our focus in 2024-25 will be on agile programmes in the community that support our niche beneficiaries.

Pilot programme in the community

Towards the end of 2023 planning for our pilot programme began with a view to launching in spring 2024. The board decided that autumn would be a better time. It will now run between September and November 2024 and will provide 20 people with the opportunity to be on one of two one-month hybrid programmes (flexible combination of face-to-face and online delivery). Each programme will include group therapy, 12-step talks, and life skills (eg employment and education sessions, and one-to-one counselling). We see our work as complementing the larger drug and alcohol services and filling a gap they don't provide for those that need extra time, care, patience and support.

Corporate and community connection projects

The professional volunteers we engaged to network and identify social corporate funding and community opportunities stood down having made no progress. We decided to hold off on this during the transition and the responsibility now lies with the CEO role.

Addiction awareness training and talks

We continued to run training sessions for partners aimed at dispelling myths around addiction; and do talks at team meetings and events.

FINANCIAL REVIEW

Reserves' policy and financial commentary

In the interests of transparency and accountability, the board of trustees has resubmitted our report and accounts for 2022-23 and 2023-24. On investigation, it became belatedly clear that as the charity migrated to a free accounting software in 2022 that the opening balances were incorrect and some of the accounting categories not set up accurately. The reason for moving to accounting software was to become more efficient and follow the Charity Commission's recommendations for financial management. We have recently been advised by the accounting software team that this migration has been problematic for other organisations too. The presence of a legacy bank account from during the time when the charity was a limited company also had a knock-on effect.

The board has reviewed all transactions for the period and completely reconciled the accounting software entries against bank statements, and is confident with the newly submitted statement of accounts.

The new accounts show income of £25,539, expenses of £12,338, giving a total balance of £30,197. This includes £9,000 unrestricted income and £20,000 restricted income. This breaks down as follows:

Unrestricted income:

- £3,000 unrestricted funds from the Albert Hall Trust

- £6,000 from Postcode Society Trust

Restricted income:

- £10,000 from a private benefactor
- £10,000 from Martin Geddes Charitable Trust

- On top of this, we brought forward £3,500 restricted funds from Cripplegate.

In 2024-25 we anticipate using some of the reserves to make sure we have enough funds to provide post-pilot programme counselling. This will be reviewed pending outcome of other grant applications. We will also look to increase reserves if we can get a pipeline of funding for the CEO role.

Due to the turbulence between June-December 2023, we have carried over more funds into 2024-25. This is an important year for us to fully focus on counselling and peer support without distraction. With this in mind, we have a clear plan to spend current funds and know how much we need to raise to grow our service.

From these funds, the board designated specific spending for 2024-25 to cover ongoing counselling (15k), CEO role (9.5k), our pilot programme between September and November (11k), operating costs (3k), and leaving anticipated lower reserves for the year (1k).

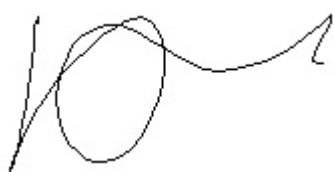
We apologise for any inconvenience and hope that this explains why the previous 2022-23 report is flagged red for being late. We can assure future funders and the Charity Commission that all legacy issues have now been resolved and we are confident that the charity is well-run and on a solid footing moving forward.

Finally, a note to say that the only changes made to the original report has been the Financial Review section and the accounts.

Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity:

Signature(s):

A handwritten signature in black ink, appearing to be 'Dave Smith', written in a cursive style.

Full name(s): Dave Smith

Position: Chair

Date 18th November 2024

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Independent examiner's report to the trustees of Rehabit Charitable Incorporated Organisation ('the CIO')

I report to the trustees on my examination of the accounts of CIO for the year ended 31st March 2024.

Responsibilities and basis of report

As the charity trustees of the CIO, 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 CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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



Lee Mathers MIAB, MCIOF (Cert)
Positive Community Finance Ltd
7 Scholars Rise
Stokenchurch
Buckinghamshire
HP14 3FL
13th November 2024

REHABIT

RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD ENDING 31 MARCH 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Income Receipts				
Donations, legacies and grants	5,430	20,000	25,430	23,848
Interest Received	109	-	109	-
Total Receipts	<u>5,539</u>	<u>20,000</u>	<u>25,539</u>	<u>23,978</u>
Expenditure Payments				
Cost of Charitable Activities	8,838	3,500	12,338	28,494
Total Payments	<u>8,838</u>	<u>3,500</u>	<u>12,338</u>	<u>28,494</u>
Net Receipts/(Payments) for the year	<u>(3,299)</u>	<u>16,500</u>	<u>13,201</u>	<u>(4,516)</u>
Transfers between funds	-	-	-	-
Total funds brought forward from previous year	13,496	3,500	16,996	21,512
Total funds carried forward at the end of	<u> </u>	<u> </u>	<u> </u>	<u> </u>

the year

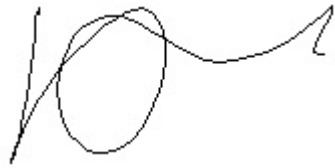
<u>10,197</u>	<u>20,000</u>	<u>30,197</u>	<u>16,996</u>
---------------	---------------	---------------	---------------

REHABIT

STATEMENT OF ASSETS AND LIABILITIES AT 31 MARCH 2024

	Notes	2024 £	2023 £
Cash Funds			
Cash at bank and in hand		<u>30,197</u>	<u>16,996</u>
		30,197	16,996
Represented by funds			
Unrestricted funds		11,197	13,496
Restricted funds			
<i>The Martin Geddes Charitable Trust</i>	<i>Pilot Project</i>	10,000	-
<i>Private Benefactor</i>	<i>CEO/GM Role</i>	10,000	-
<i>Cripplegate Foundation</i>		-	3,500
		<u>30,197</u>	<u>16,996</u>

Signed on behalf of the Trustees:

Signature:  _____

Name: Dave Smith

Date of Approval 18th November 2024

REHABIT

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDING 31 MARCH 2024

Note 1: Basis of Preparation

These financial statements have been prepared under the historical cost convention and in accordance with the Charitable Incorporated Organisations (General) Regulation 2012 and Charities Act 2011.

Income Receipts

All material incoming resources have been included on a receivable basis i.e. they are included if the date received falls within the period covered by these accounts.

Expenditure Payments

These have been analysed using a natural classification.

Going Concern

The Trustees assess whether the use of going concern is appropriate (for example, whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern). The Trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is operating on a going concern basis.

Fund Accounting

Unrestricted funds are donations and other income received or generated by the charity's charitable purposes. Restricted general funds are to be used for specific purposes as set out by the funder/donor.

REHABIT

England & Wales - Charity number 1188034

Accounts



FROM REHAB TO LIFE FOUNDATION

Charitable Incorporated Organisation (CIO)

Charity Number: 1188034

TRUSTEES' ANNUAL REPORT AND ACCOUNTS

**FOR THE PERIOD ENDING THE 31ST MARCH
2023**



Contents

Trustees' Annual Report.....	3
Aims and Objectives.....	3
Financial Review	5
Reserves Policy.....	5
Financial Review.....	5
Structure, Governance and Management.....	5
Trustees for 2022-2023.....	6
Declaration.....	6
Receipts and Payments Account.....	7
Statement of Assets and Liabilities.....	8
Notes to the Accounts.....	9



Trustees' Annual Report for the period 01/04/22 to 31/03/23

AIMS AND OBJECTIVES

The aims of From Rehab to Life Foundation are to help those in London struggling with drugs or alcohol and who have no or limited funds.

We do this by providing free addiction counselling for those who can't afford it, peer support from those with lived experience, and advice on affordable rehab. We also run a food bank and soup kitchen with a partner organisation.

Our strategy this year was to develop and grow our counselling and peer support offer to help more clients and to be a platform for our ultimate goal to establish a residential rehab house providing 90-day recovery programme for those with no funds.

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

1) Policies, process and data protection

Massive effort to draft and put all policies in place and implement a data protection strategy to establish the much-needed new governance. Established and service map for the charity and created, agreed and implemented processes for major activities, primarily, counselling, peer support and triage. And we secured free use of desks and meeting rooms at Space 4 in Islington.

2) Counselling and peer support development

Over the reporting year, our services focused increasingly on delivering free counselling and peer support for clients. We focused on establishing our name within the community and especially mental health networks in Haringey, Islington, Barnet, Enfield and Camden.

In line with this, we refreshed our counselling team and recruited new people and brought in an experienced counselling supervisor. In November 2022 we partnered with Azura Minds who agreed with could use some of their new counsellors for our clients. We also agreed a partnership with Mind in Haringey where we have a presence on their website for clients struggling with drugs and alcohol. We also benefited from their guidance and mentoring.

3) Counselling and peer support beneficiaries

Not counting the two clients in 2020, we had 26 referrals. Four of those were in counselling at time of this report; six were receiving peer support; nine never engaged beyond their initial referral or contact; and seven were supported and guided to other services. A full breakdown is available.

On top of the primary measure of been clean and sober, we put two others in place: personal life goals and a mood/feeling questionnaire based on Warwick-Edinburgh scale.

4) Food banks and beneficiaries

As business-as-usual we continued to support two food banks run by a partner organisation, Our Forgotten Neighbours.

Our food bank / soup kitchens in Finsbury Park and Aldgate East have an average attendance of 200 people. We also take the opportunity to discreetly identify those who needed help with alcohol and drug addiction, and who would benefit from counselling or peer support.



5) Care packages and beneficiaries

To a lesser degree, we continued to create care packages that we distributed to St Mungo's, Whitechapel Mission, and Islington Futures. These packages included: the founder's the book on recovery entitled From Rehab To Life, NA and AA Literature, warm clothing, tea mugs, toiletries and nutrients.

6) Fundraising

See Financial Review below for detail on amounts. Our approach was primarily applying for grants.

Our partnership with Making Count (sister organisation of Our Forgotten Neighbours) yielded £1000 p/m from their street collections. Though there was a warning flag regarding a complaint about them from the community. We monitored this and met with CEO to get a clear contract in place.

Attempts to recruit a volunteer fundraiser proved difficult. The one person who did help us with a large grant application didn't work out – from this we learned that whoever we work with has to fully understand the ethos and beliefs of our charity.

Towards the end of the financial year, we agreed we needed to review our funding strategy in 2023-24 for clarity and to take us to next level of professionalism. We observed that applications that included both counselling/peer support and our other services seemed to result in funding for the smaller services, so for next year we will focus on counselling and peer support and activities that will grow the charity and take us closer to our goal of a rehab house.

7) Board and team developments

For the reporting year, we had five trustees plus the founder/ambassador, three in-house counsellors (access to two more via a partnership), and three specialist volunteers in marketing and fundraising. One of our peer supporters excelled in the role and was invited to become a trustee. We recruited a part-time administrator/exec assistant to help with our policies and procedures and to work with Vander on understanding his role and capturing the processes – role ceased after four months as duties absorbed and work mostly complete and incumbent ready to move on.

8) Stakeholders and relationships

Our main effort this was identifying stakeholder and building relationships with those who would support our charity and provide clients. For example, Barnet, Enfield and Haringey NHS Trust; Switchback; Open Door; IAPT (Talking Therapies); and others.

9) Social media development

Our social media volunteer got on top of Twitter and LinkedIn posting regular updates and increasing our engagement. Our social media via Mind in Haringey regularly results in an increase in client referrals.

10) Marketing communications

We developed some physical branded flyers, leaflets and posters and primarily targeted GP surgeries in our catchment area. This had some reaction but to get real benefit we learned that this needs to be a sustainable effort and campaign-led.

11) Corporate connections

Engaged a professional volunteer to network and identify social corporate funding opportunities and to try and sell-in our addiction awareness training. It's slow-going but we're hoping for some traction soon.

12) Community connection

Engaged a professional volunteer to identify communities in Haringey and Islington where we could drop-in and do talks at a grassroots level. This work was underway at time of reporting and awaiting recommendations.



13) Rehab research project

Commissioned a research volunteer to identify accessible and free/affordable rehabs that we could guide people to and build relationships with.

14) Addiction awareness training and talks

We ran training sessions for partners aimed at dispelling myths around addiction. We also did talks as team meetings and events.

FINANCIAL REVIEW

In the interests of transparency and accountability, the board of trustees has resubmitted our report and accounts for 2022-23. On investigation, it became belatedly clear that as the charity migrated to free accounting software in 2022 that the opening balances were incorrect and some of the accounting categories not set up accurately. The reason for moving to accounting software was to become more efficient and follow the Charity Commission recommendations for financial management. We have recently been advised by the accounting software team that this migration has been problematic for other organisations too. The presence of a legacy bank account from during the time when the charity was a limited company also had a knock-on effect.

The board has reviewed all transactions for the period and completely reconciled the accounting software entries against bank statements, and is confident with the newly submitted statement of accounts.

The new accounts show income of £23,978, expenses of £28,494, giving a total balance of £16,996. Of this, £6000 is restricted. This breaks down as:

- £1,500 from Waitrose, which was allocated to our outreach work.
- £1,000 from the Hargreaves Foundation to provide care packages, the soup kitchen and our counselling service.
- £3,500 from Cripplegate to support to provide care packages, the soup kitchen and our counselling service (note, this payment was received on 31-03-22 for use in the following financial year.)

Our current unrestricted reserves are £13,496; however, we will review this every year and endeavour to maintain reserves at a minimum of three months operating costs, aiming for six months.

There has been a knock-on effect to the 2023-24 report which has also been re-submitted.

We apologise for any inconvenience and hope that this explains why this 2022-23 report is flagged red for being late. We can assure future funders and the Charity Commission that all legacy issues have now been resolved and we are confident that the charity is well-run and on a solid footing going forward.

Finally, a note to say that the only changes made to the original report has been the Financial Review section and the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document:

<https://drive.google.com/file/d/1j3RY-sXpFqmqHAproge35iHU84OcpfRw/view?usp=drivesdk>



1) Trustees

Two new trustees were appointed in the year: Garry Durston (also a peer supporter) and Curtis Pierre (also a contracted counsellor). Given that Curtis is Vander's nephew we took extra care over due diligence and conflict of interest and concluded the appointment was reasonable especially as Vander isn't a board member but an invited guest as founder.

Trustees are recruited through a publicly available internet volunteer recruitment agency or word of mouth. They are invited to an informal interview and then an introductory meeting with the other trustees. The trustees then vote to appoint the new member. Following appointment, the new trustee is given some informal coaching as to their duties and responsibilities.

2) Management

During the reporting year, the charity was co-managed by two of the trustees, Dave Smith and Sean Robinson, as it became apparent that the founder, Vander Peter Pierre, was struggling to carry out management duties. It was agreed that he would drop the title of CEO and become Ambassador for the charity, still as a volunteer status.

3) Reference and administration details

The charity is registered as From Rehab to Life Foundation and our charity number is 1188034. *Note: as of October 2023, the charity name changed to Rehabit.*

There was a change in our registered address, the new one being: Space4. 113-115 Fonthill Road, Finsbury Park, London, N4 3HH.

TRUSTEES FOR 2022-2023

Dave Smith, chair, from March 2022

Sean Robinson, vice chair, from March 2022

Kit Chong, treasurer, from March 2022

Curtis Pierre, trustee from December 2022

Garry Durston, trustee from February 2023



Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity'
Signature(s):

Full name(s): Dave Smith

A handwritten signature in black ink, appearing to read 'Dave Smith'. The signature is stylized, with a large, looped 'D' and a long, sweeping tail.

Position: Chair

Date: 18th November 2024



FROM REHAB TO LIFE FOUNDATION

RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD ENDING 31 MARCH 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Income Receipts				
Donations, legacies and grants	17,978	6,000	23,978	32,224
Total Receipts	<u>17,978</u>	<u>6,000</u>	<u>23,978</u>	<u>32,224</u>
Expenditure Payments				
Cost of Charitable Activities	16,665	11,829	28,494	28,205
Total Payments	<u>16,665</u>	<u>11,829</u>	<u>28,494</u>	<u>28,205</u>
Net Receipts/(Payments) for the year	<u>1,313</u>	<u>(5,829)</u>	<u>(4,516)</u>	<u>4,019</u>
Transfers between funds	-	-	-	-
Total funds brought forward from previous year	12,183	9,329	21,512	17,493
Total funds carried forward at the end of the year	<u>13,496</u>	<u>3,500</u>	<u>16,996</u>	<u>21,512</u>





FROM REHAB TO LIFE FOUNDATION

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDING 31 MARCH 2023

Note 1: Basis of Preparation

These financial statements have been prepared under the historical cost convention and in accordance with the Charitable Incorporated Organisations (General) Regulation 2012 and Charities Act 2011.

Income Receipts

All material incoming resources have been included on a receivable basis i.e. they are included if the date received falls within the period covered by these accounts.

Expenditure Payments

These have been analysed using a natural classification.

Going Concern

The Trustees assess whether the use of going concern is appropriate (for example, whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern). The Trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is operating on a going concern basis.

Fund Accounting

Unrestricted funds are donations and other income received or generated by the charity's charitable purposes. Restricted general funds are to be used for specific purposes as set out by the funder/donor.

REHABIT

England & Wales - Charity number 1188034

Accounts



FROM REHAB TO LIFE FOUNDATION

Charity number: 1188034

ANNUAL REPORT

FOR YEAR ENDING 31/03/22



CONTENTS

Trustees' Annual Report	3
Aims and Objectives	3
Achievements and performance	3
Financial review	4
Reserves policy	4
Financial review	4
Structure, governance and management	4
Reference and administration details	5
Trustees	5
Declaration	5
Independent examiner's report on the accounts	6
Section A: Independent Examiner's Report	6
Receipts and Payments Accounts	7
Section A: Receipts and Payments	7
Section B: Statement of assets and liabilities at end of the period	8
Section C: Notes to the accounts	9



Trustees' Annual Report

for the period 01/04/21 to 31/03/22

Aims and objectives

The aims of From Rehab to Life Foundation are to help those in London struggling with addiction who have little or no funds.

We do this by providing free addiction counselling for those who can't afford it, peer support from those with lived experience, and advice on affordable rehab. We also run a food bank and soup kitchen with a partner organisation.

Over the reporting year, our services evolved from providing wellbeing and addiction workshops/podcasts, parenting advice and mentoring, care packages, and food bank/soup kitchen to focusing primarily on supporting those struggling with addiction. This reverts to our original intention to provide counselling and peer support for addicts that was temporarily impeded by COVID-19.

Our new strategy involves partnering with organisations where we can help their clients struggling with addiction or who can support our growing need for counsellors. For example in November 2022 we partnered with Mind in Haringey and Azura Minds.

At the time of reporting, we have five trustees, a founder/ambassador, three in-house counsellors (access to two more via a partnership), one peer support volunteer, and two specialist volunteers in social media and IT.

Achievements and performance

For beneficiaries

We collaborated with The Godwin Lawson Foundation on a project entitled Champion Fathers. We ran zoom sessions, primarily in Islington and Haringey, to provide fathers with good parenting skills and who would then go on to support other fathers in the community – there was a focus on prevention of drug and alcohol abuse, and violence and crime.

We continued to create care packages that we distributed to St Mungo's, Whitechapel Mission, and Islington Futures. These packages included: the founder's the book on recovery entitled From Rehab To Life, NA and AA Literature, woolly hats, gloves, scarves, t-shirts, tea mugs with FRTLFL logo, toiletries, nail clippers, mixed fruit and nuts, protein bars, moringa capsules (for boosting the immune system).

To cope with increased demand at our food bank / soup kitchen in Aldgate East (put on in collaboration with Our Forgotten Neighbours), we bought four tables and eight chairs, a tea urn, and a generator.

In April 2021, we launched another food bank/soup kitchen outside the Bernie Grant Centre in Tottenham. Unfortunately this folded so we established a new soup kitchen/food bank at Finsbury Park on Seven Sisters Road every Friday at 2pm from the beginning of February 2022.

Our food bank / soup kitchens in Finsbury Park and Aldgate East have an average attendance of 200 people. This includes mothers with babies and children. We also take the opportunity to discreetly identify those who needed help with alcohol and drug addiction, and who would benefit from counselling or peer support.

At the end of August, we began counselling two clients referred to us by Better Lives in Islington at the end of August 2021, who benefited with positive outcomes at the end of May 2022.

The Trustees have had regard to the guidance issued by the Charity Commission on public benefit.



Promotion and awareness

We built a new, professional-looking website for the charity that we can now take donations on and sell our merchandise.

We appealed to local businesses to support our efforts by contributing food, clothing etc to our food bank/soup kitchen, in order to help the homeless, those addicted to drugs and alcohol, in poverty, as well as the most vulnerable in our communities.

We promoted the book, From Rehab To Life, written by our founder Vander Peter-Pierre (aka Tamara Gabriel), together with his album X-Gangsters Odyssey in order to generate funds for our charity. The post-Covid environment made this difficult so we will be re-launching the book and a new audio version in 2023.

We were also supported by Islington Voluntary Services who gave us a list of funders which enabled us to apply for funding from various organisations that were unknown to us.

We also renewed our membership with the funding regulator and renewed our public liability insurance

We raised awareness of drug and addiction issues via TV workshops and podcasts that were broadcast on YouTube. And we linked up with community radio stations - SLR Radio, Bless Radio, Conscious Radio and World Of Music Radio – to raise awareness of our charity's services in our communities as well as encouraging individuals to ask for help with their addiction instead of suffering in silence.

Financial review

Reserves policy

Our current unrestricted reserves are £12,183; however, we will review this every year and endeavour to maintain reserves at a minimum of three months operating costs and maximum of six months.

Financial review

In summary, our income was £32,244 with expenses of £28,205, leaving the charity with a surplus of £4,019. During the period the charity received restricted funds of:

£10,000 from the National Lottery Community Fund, which was allocated to provide care packages, support for our soup kitchen, as well as counselling.

£5,000 from Islington Giving which continued to support our efforts in that manner.

£2,500 from The National Philanthropic Trust, which has been allocated for counselling and care packages. This project, we endeavour to complete by February 2023.

Structure, governance and management

Governing document

See https://drive.google.com/file/d/1xdkQ3LZJb2DPJcaTmjS34_aM6dGC-v3w/view?usp=share_link

Trustees

Trustees are recruited through a publicly available internet volunteer recruitment agency or word of mouth. They are invited to an informal interview and then an introductory meeting with the other trustees. The trustees then vote to appoint the new member. Following appointment, the new trustee is given some informal training as to their duties and responsibilities.



Management

During the reporting year, the charity was managed by the founder Vander Peter Pierre, with Sonia Scott and Heather McKoy as the trustees. Delivery of projects and services was primarily done in partnership with Make it Count and Our Forgotten Neighbours.

Heather stood down due to ill health and Sonia remains a trustee.

From the end of March 2022, three new trustees were appointed, Dave Smith, Sean Robinson and Kit Chong, who collectively have responsibility for co-CEO activities and running the charity with the founder.

The new recruitment strategy is targeting volunteers for specific functions eg social media, fundraising etc; and increasing the number of counsellors we have in-house or via partnerships.

Reference and administration details

The charity is registered as From Rehab to Life Foundation and our charity number is 1188034.

The registered address is: Brickworks Community Centre, 42 Crouch Hill, Islington London, N4 4BY.

Trustees

Dave Smith, Chair, from March 2022

Sean Robinson, Vice Chair, from March 2022

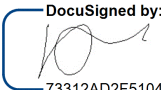
Kit Chong, Treasurer, from March 2022

Sonia Scott, trustee, from 15 December 2020

Curtis Pierre, trustee from December 2022

Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees

Signature(s): 
73312AD2F51048F...

Full name(s): Dave Smith

Position: Chair

Date 21/01/2023



Independent examiner's report on the accounts

Independent examiner's report to the trustees of From Rehab To Life Foundation Charitable Incorporated Organisation ('the CIO')

I report to the trustees on my examination of the accounts of CIO for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity trustees of the CIO, 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 CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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

Lee Mathers MIAB, MCIOF (Cert)
Positive Community Finance Ltd
21 Littlewood
Stokenchurch
Buckinghamshire
HP14 3TP

19th January 2023



FROM REHAB TO LIFE FOUNDATION

RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD ENDING 31 MARCH 2022

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Income Receipts				
Donations, legacies and grants	14,724	17,500	32,224	19,363
Total Receipts	<u>14,724</u>	<u>17,500</u>	<u>32,224</u>	<u>19,363</u>
Expenditure Payments				
Cost of Charitable Activities	10,034	18,171	28,205	1,870
Total Payments	<u>10,034</u>	<u>18,171</u>	<u>28,205</u>	<u>1,870</u>
Net Receipts/(Payments) for the year	<u>4,690</u>	<u>(671)</u>	<u>4,019</u>	<u>17,493</u>
Transfers between funds	-	-	-	-
Total funds brought forward from previous year	7,493	10,000	17,493	0
Total funds carried forward at the end of the year	<u>12,183</u>	<u>9,329</u>	<u>21,512</u>	<u>17,493</u>



FROM REHAB TO LIFE FOUNDATION

STATEMENT OF ASSETS AND LIABILITIES AT 31 MARCH 2022

Notes	2022 £	2021 £
Cash Funds		
Cash at bank and in hand	<u>21,512</u>	<u>17,493</u>
	<u>21,512</u>	<u>17,493</u>
Represented by funds		
Unrestricted funds	12,183	7,493
Restricted funds	<u>9,329</u>	<u>10,000</u>
	<u>21,512</u>	<u>17,493</u>

Signed on behalf of the Trustees:

Signature:  73312AD2E51048E...

Dave Smith

Name:

Date of Approval 21/01/2023



FROM REHAB TO LIFE FOUNDATION

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDING 31 MARCH 2021

Note 1: Basis of Preparation

These financial statements have been prepared under the historical cost convention and in accordance with the Charitable Incorporated Organisations (General) Regulation 2012 and Charities Act 2011.

Income Receipts

All material incoming resources have been included on a receivable basis i.e. they are included if the date received falls within the period covered by these accounts.

Expenditure Payments

These have been analysed using a natural classification.

Going Concern

The Trustees assess whether the use of going concern is appropriate (for example, whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern). The Trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is operating on a going concern basis.

Fund Accounting

Unrestricted funds are donations and other income received or generated by the charity's charitable purposes. Restricted general funds are to be used for specific purposes as set out by the funder/donor.

REHABIT

England & Wales - Charity number 1188034

Accounts

Trustees Annual Report 18th February 2020 - 31st March 2021

- Because of Covid and the implementation lockdown our strategies for community work shops had to go online, instead of in public venues.
- Our first endeavour during lockdown was the online book launch of the book entitled From Rehab To Life. This took place at MediaNet Studios in the month of May 2020. The aim of the book is to raise awareness as well as prevention and recovery from drugs and alcohol addiction, domestic/street violence and crime and homelessness. As prevention is better than cure, we are very committed to helping the young to steer away from these vices before it is too late. However, we are keen to help people of all ages. Proceeds from the sales of this book will go to From Rehab To Life Foundation.
- From July 2020 we've been in collaboration with Our Forgotten Neighbours Soup Kitchen, which was launched on July 1st, 2021. The soup kitchen which has been running for nearly eighteen months, every Thursday on Commercial Street E1 6LS made a very successful start and serves approximately 150 people every week. The homeless are a priority, and all vulnerable poor families and marginalised and disadvantaged individuals are also welcome. All colours and creeds and genders are also welcome. The soup kitchen gives us the opportunity to identify those who need help and as a result we give general advise and counselling on the spot in a professional and compassionate capacity. We also make a list of referrals for detox and rehab centres, as well as the homeless persons unit.
- We produced and presented online TV workshops on mental health solutions, drug and alcohol addiction, domestic/street violence, crime, and homelessness at MediaNet TV Studios. This consisted of three workshops which were recorded from the end of October to early November 2020. The online TV workshops were a great success reaching over five hundred people and beyond. The audience continues to multiply and the raising of awareness and prevention of drug and alcohol abuse, street domestic violence crime and homelessness continues to rise. As a result, we continue to see many individuals courageously embark on the road of recovery.
- Our chief executive went on a three-day Reiki course in order to help our clients in a holistic approach.
- Our fixed asset at the moment includes 1. generator for the soup kitchen and other activities, 2. A large Urn to prepare tea for the homeless 3. four tables and chairs for the soup kitchen and other activities.

- Our counselling sessions are held at the Brickworks Community Centre Crouch Hill N4 4BY, for a duration of one hour per session. This is going exceedingly well as we continue to bear witness to courageous and positive changes in the recovery of our clients.
- We also provide therapy in Reiki, Massage and Reflexology at Muswell Hill N10. This service is carried out with professional therapists. Assessments are made on every client before they are allocated to a particular therapy and given three to four sessions per client. These therapies helps to relieve stress and anxieties fear and pain that leads to steering our clients away from drug and alcohol abuse, street/ domestic violence, crime, and homelessness. These holistic therapies also helps to restore their emotional balance, self-esteem, self-worth, and confidence individually and collectively in our communities. Unfortunately, due to lockdown these therapeutic sessions had to be postponed.
- During the period of 18/2/20 to 31/3/21 we have teamed up with Islington council, Godwin Lawson Foundation and received funding from the Lottery Community Fund.



Charitable Incorporated Organisation (CIO)
Charity Number: 1188034

TRUSTEES' ANNUAL REPORT AND ACCOUNTS

FOR THE PERIOD OF 18th FEBRUARY 2020
TO THE 31ST MARCH 2021

Trustees Annual Report For the period of 18th February 2020 to 31st March 2021

Reference and Administrative Details

The Trustees present their report together with the financial statements of From Rehab To Life Foundation for the period ended 31st March 2021.

Charity's Principal Address: Brickworks Community Centre
42 Crouch Hill
London
N4 4BY

Trustees Heather McKoy
Kathleen McSherry (Resigned 15/03/21)
Michael Walcott

Founder & CEO Vander Peter Pierre *known as* Tamara Gabriel

Structure, Governance and Management

The charity is a Charitable Incorporated Organisation constituted using a Foundation model and registered with the Charity Commission on 18th February 2020 under the number 1188034.

Objectives and Activities

Charitable Objects are set out in the CIO governing document as follows:

From Rehab to Life aims to prevent and reduce drug and alcohol addiction, crime and violence in society by all age groups but especially young people, and to help those who are already caught up in these cycles to rise above the problems and live in the solution long term, through the promotion of health and well-being initiatives which will give those people in need the tools that they need in order to improve their mental, emotional and spiritual well-being thereby leading a better quality of life.

Summary of Main Activities undertaken for public Benefit in relation to the object above:

- Raised awareness through publications and workshops to aid the prevention and recovery of drug and alcohol addiction, domestic/street violence, crime and homelessness to a cross section of the community.
- Provided a weekly soup kitchen for the homeless, vulnerable individuals and struggling families to access professional and compassionate advice and support in collaboration with other community partners.
- Offered therapies and information of further support to many marginalised and disadvantaged local people.

The Trustees reviewed and planned the charity's activities during the period using the Charity Commission guidance on public benefit.

Achievements and Performance

Because of Covid and the implementation lockdown our strategies for community work shops had to go online, instead of in public venues. Our first endeavour during lockdown was the online book launch of the book entitled From Rehab To Life. This took place at Media Net Studios in the month of May 2020. The aim of the book is that prevention is better than a cure, we are very committed to helping the young to steer away from these vices before it is too late. However, we are keen to help people of all ages. Proceeds from the sales of this book will go to From Rehab To Life Foundation.

From July 2020 we've been in collaboration with Our Forgotten Neighbours Soup Kitchen, which was launched on July 1st, 2020. The soup kitchen which has been running ever since, every Thursday on Commercial Street E1 6LS. It made a very successful start and serves approximately 150 people every week. The homeless are a priority but all vulnerable and poor families along with all those individuals marginalised and at a disadvantage are welcome. All colours and creeds and genders are also welcome. The soup kitchen gives us the opportunity to identify those who need help and as a result we give general advise and counselling on the spot in a professional and compassionate capacity. We also make a list of referrals for detox and rehab centres, as well as the homeless persons unit.

We produced and presented online TV workshops on mental health solutions, drug and alcohol addiction, domestic/street violence, crime, and homelessness at Media Net TV Studios. This consisted of three workshops which were recorded from the end of October to early November 2020. The online TV workshops were a great success reaching over five hundred people and beyond. The audience continues to multiply and the raising of awareness and prevention of drug and alcohol abuse, street domestic violence crime and homelessness continues to rise. As a result, we continue to see many individuals courageously embark on the road of recovery.

Our counselling sessions are held at the Brickworks Community Centre Crouch Hill N4 4BY, for a duration of one hour per session. This is going exceedingly well as we continue to bear witness to courageous and positive changes in the recovery of our clients.

Our chief executive went on a three-day Reiki course in order to help our clients in a holistic approach. We also provide therapy in Reiki, Massage and Reflexology at Muswell Hill N10. This service is carried out with professional therapists. Assessments are made on every client before they are allocated to a particular therapy and given three to four sessions per client. These therapies helps to relieve stress and anxieties fear and pain that leads to steering our clients away from drug and alcohol abuse, street/ domestic violence, crime, and homelessness. These holistic therapies also helps to restore their emotional balance, self-esteem, self-worth, and confidence individually and collectively in our communities. Unfortunately, due to lockdown these therapeutic sessions had to be postponed.

During the period up to the 31st march 2021, we have also teamed up with Islington council, Godwin Lawson Foundation and received funding from the Lottery Community Fund.

Financial Review

The CIO received funds transferred in from the company limited by guarantee and without share capital of the same name 'From Rehab To Life Foundation' (Company number: 11108650) on 1st January 2021 of £6,470. From this date to the end of the period the charity's total income was £19,363 and total payments made were £1,870. As of the 31st March 2021, the charity held funds of £17,493, £10,000 of which were restricted due to the unspent Lottery Community Grant. Due to the nature of the activities the charity provides and the lack of current overheads, the charity does not have a reserves policy at this time.

Report approved and signed by the trustees:



Date: _____

FROM REHAB TO LIFE FOUNDATION

RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD ENDING 31 MARCH 2021

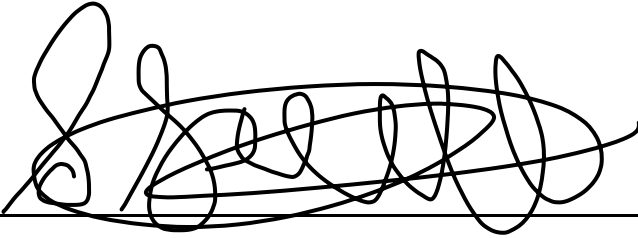
	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
Income Receipts			
Donations and legacies	9,363	0	9,363
National Lottery Grant	0	10,000	10,000
Total Receipts	<u>9,363</u>	<u>10,000</u>	<u>19,363</u>
Expenditure Payments			
Cost of Charitable Activities	1,870	0	1,870
Total Payments	<u>1,870</u>	<u>0</u>	<u>1,870</u>
Net Receipts/(Payments) for the year	<u>7,493</u>	<u>10,000</u>	<u>17,493</u>
Transfers between funds	-	-	-
Total funds brought forward from previous year	0	0	0
Total funds carried forward at the end of the year	<u><u>7,493</u></u>	<u><u>10,000</u></u>	<u><u>17,493</u></u>

FROM REHAB TO LIFE FOUNDATION

STATEMENT OF ASSETS AND LIABILITIES AT 31 MARCH 2021

	Notes	2021 £
Cash Funds		
Cash at bank and in hand		<u>17,493</u>
		<u>17,493</u>
Represented by funds		
Unrestricted funds		7,493
Restricted funds		<u>10,000</u>
		<u>17,493</u>

Signed on behalf of the Trustees:

Signature: 

Name: Sonia Scott

Date of Approval _____

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDING 31 MARCH 2021

Note 1: Basis of Preparation

These financial statements have been prepared under the historical cost convention and in accordance with the Charitable Incorporated Organisations (General) Regulation 2012 and Charities Act 2011.

Income Receipts

All material incoming resources have been included on a receivable basis i.e. they are included if the date received falls within the period covered by these accounts.

Expenditure Payments

These have been analysed using a natural classification.

Going Concern

The Trustees assess whether the use of going concern is appropriate (for example, whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern). The Trustees make this assessment in respect of a period of one year from the date of approval of the financial statements. The charity is operating on a going concern basis.

Fund Accounting

Unrestricted funds are donations and other income received or generated by the charity's charitable purposes. Restricted general funds are to be used for specific purposes as set out by the funder/donor.