

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 advice 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 advice 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.

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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>

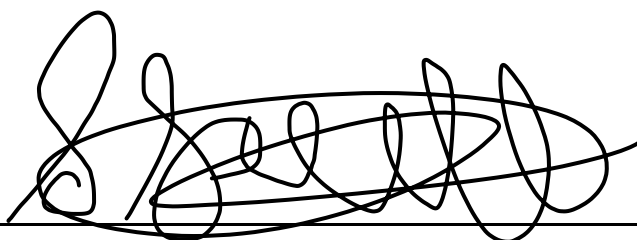
FROM REHAB TO LIFE FOUNDATION

STATEMENT OF ASSETS AND LIABILITIES AT 31 MARCH 2021

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

Signed on behalf of the Trustees:

Signature:



Name: Sonia Scott

Date of Approval: 28/01/2022

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.