



FROM REHAB TO LIFE FOUNDATION

Charity number: 1188034

ANNUAL REPORT

FOR YEAR ENDING 31/03/22



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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

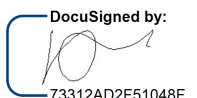
Kit Chong, Treasurer, from March 2022

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>



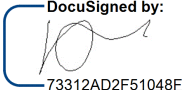
FROM REHAB TO LIFE FOUNDATION

STATEMENT OF ASSETS AND LIABILLIES

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: 
73312AD2E51048F...

Name: Dave Smith

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.