



# **FROM REHAB TO LIFE FOUNDATION**

**Charitable Incorporated Organisation (CIO)**

**Charity Number: 1188034**

**TRUSTEES' ANNUAL REPORT AND ACCOUNTS**

**FOR THE PERIOD ENDING THE 31<sup>ST</sup> MARCH  
2023**



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## **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

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







**FROM REHAB TO LIFE FOUNDATION**

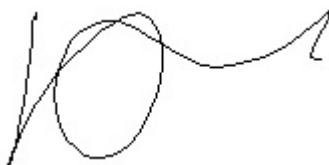
**STATEMENT OF ASSETS AND LIABILITIES**

**AT 31 MARCH 2023**

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	Notes	2023 £	2022 £
<b>Cash Funds</b>			
Cash at bank and in hand		<u>16,996</u>	<u>21,512</u>
		<b><u>16,996</u></b>	<b><u>21,512</u></b>
<b>Represented by funds</b>			
Unrestricted funds		13,496	12,183
Restricted funds		<u>3,500</u>	<u>9,329</u>
		<b><u>16,996</u></b>	<b><u>21,512</u></b>

**Signed on behalf of the Trustees:**

Signature:  \_\_\_\_\_

Name: Dave Smith

Date of Approval 18th November 2024



## **FROM REHAB TO LIFE FOUNDATION**

### **NOTES TO THE ACCOUNTS FOR THE PERIOD ENDING 31 MARCH 2023**

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#### **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.