



Addiction • Counselling • Recovery

REHABIT

Charity number: 1188034

ANNUAL REPORT

FOR YEAR ENDING MARCH 2024

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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).

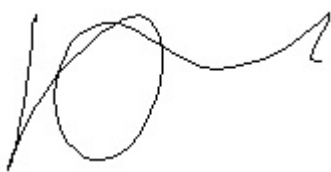
We apologise for any inconvenience and hope that this explains why the previous 2022-23 report is flagged red for being late. We can assure future funders and the Charity Commission that all legacy issues have now been resolved and we are confident that the charity is well-run and on a solid footing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



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

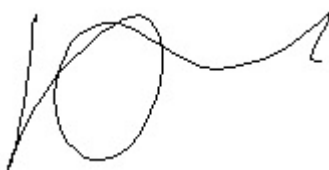
<u>10,197</u>	<u>20,000</u>	<u>30,197</u>	<u>16,996</u>
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REHABIT

STATEMENT OF ASSETS AND LIABILITIES AT 31 MARCH 2024

		2024	2023
	Notes	£	£
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.

