



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 Rehab 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

		2025	2024
	Notes	£	£
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.