

CONTINUING COMMUNITY CARE

England & Wales · Charity number 1204035

Details

Status Registered

Legal form CIO

Registered 2023-07-19

Register [View on the Charity Commission register](#)

Contact

Address Flat 1 Coombe House
Coombe Road
Croydon
CR0 5RD

Phone 07950176113

Email ccc.hydrotherapy@gmail.com

Website www.ccc-hydrotherapy.org

Activities

Objects: TO RELIEVE SICKNESS AND POOR HEALTH AMONGST PEOPLE LIVING IN GREATER LONDON BY PROVIDING A LOCAL REHABILITATION CENTRE FOR CLIENTS WITH LONG-TERM MENTAL OR PHYSICAL ILLNESS TO ASSIST IN THE TREATMENT AND CARE OF PEOPLE SUFFERING FROM LONG-TERM MENTAL OR PHYSICAL ILLNESS OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF APPROPRIATE FACILITIES, EQUIPMENT AND SERVICES THAT PROMOTE HEALTH, NOT NORMALLY PROVIDED BY LOCAL AUTHORITIES

Activities: To assist in the treatment and care of people suffering from Long-Term Conditions by providing appropriate facilities, equipment and services that promote health and independence. We offer clients with LTC's Hydrotherapy services such as Aquafit and Aquarobics. Hydrotherapy is commonly used to support clients recovering from conditions including joint replacements, fibromyalgia, arthritis & stroke

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Bromley
- Croydon
- Sutton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£69,064	£50,686	-	-
2024-04-01	£2,477	£13	-	-

Trustees

Name	Role	Appointed
Leora Zehavi	Chair	2023-05-01
Councillor Janet Campbell	Vice Chair	2024-07-14
David Edwards		2024-07-14
Paul Henry		2023-05-01
Steven Sears		2023-05-01

CONTINUING COMMUNITY CARE

England & Wales - Charity number 1204035

Accounts

Continuing Community Care

Registered Charity No. 1204035

Trustees' Annual Report

For the financial year **1 April 2024 – 31 March 2025**

Reference: AR25-CIO-REM-11a-1204035-A

1. Reference and Administrative Information

Charity name: Continuing Community Care

Charity number: 1204035

Legal form: Charitable Incorporated Organisation (CIO)

Governing document: Constitution

Registered address:

1 Coombe House, Coombe Road, Croydon, CR0 5RD

Trustees and officers:

- Paul Carr — Executive Director / Specialist Rehabilitation Practitioner
- Councillor Janet Campbell — Chair
- Leora Zehavi — Vice Chair
- Steven Sears — Trustee
- Andrew Carter — Trustee
- Paul Henry — Trustee
- David Edwards — Trustee

There were **no changes to the trustee board** during the reporting period.

2. Structure, Governance and Management

Continuing Community Care is a Charitable Incorporated Organisation governed by its constitution. Trustees are responsible for strategic direction, compliance, financial oversight, and safeguarding the charity's assets and reputation.

The board meets regularly and delegates operational delivery to the Executive Director, with financial oversight and policy compliance retained by the trustees. Conflicts of interest are declared and recorded in line with the constitution.

3. Objects and Public Benefit

Charitable Objects

The objects of the CIO are:

- To relieve sickness and poor health amongst people living in Greater London by providing a local rehabilitation centre for clients with long-term mental or physical illness.
- To assist in the treatment and care of people suffering from long-term mental or physical illness or in need of rehabilitation by providing appropriate facilities, equipment and services not normally provided by local authorities.

Public Benefit

Continuing Community Care exists to support people living with long-term physical and mental health conditions who struggle to access suitable rehabilitation services — particularly hydrotherapy — within Croydon and Greater London.

Croydon currently has no dedicated public hydrotherapy facility. This gap leaves individuals with chronic pain, neurological conditions, post-surgical recovery needs and mobility impairments without effective, accessible rehabilitation options.

CCC provides specialist warm-water therapy, aquarobics and 1:1 rehabilitation support to improve mobility, manage pain, reduce isolation, and enhance mental wellbeing. The charity's work reduces reliance on acute services and empowers individuals to manage their conditions more independently.

4. Activities During the Year

Core services delivered

- Hydrotherapy sessions
- Aquarobics group sessions
- 1:1 rehabilitation sessions
- Community support and wellbeing programmes

New services introduced

- Women-only aquarobics sessions

Services paused or stopped

Service Disruption and Operational Challenges (2024–2025)

During the 2024–2025 financial year, Continuing Community Care experienced two significant and unavoidable service disruptions related to the hydrotherapy pool facility we hire. Both incidents were outside the charity's direct operational control but had a material impact on service delivery and on the wellbeing of our clients.

Legionella Contamination and Pool Closure

The hydrotherapy pool was closed for a period of approximately five weeks following the identification of *Legionella* bacteria within the pool system. In accordance with health and

safety regulations, the facility was immediately closed, fully drained, and subjected to multiple deep-cleaning and disinfection processes until it was confirmed safe for use.

This prolonged closure resulted in many clients being unable to access their regular hydrotherapy sessions for several weeks. For individuals living with long-term conditions, chronic pain, and mobility limitations, this interruption led to increased discomfort, stiffness, and reduced functional mobility. Trustees recognise the physical and emotional impact this had on clients and acknowledge the frustration and distress caused by the loss of a vital therapeutic service.

The Trustees monitored the situation closely and maintained communication with the facility operators to ensure that all remedial works were completed to the required safety standards before sessions resumed.

Plant Room Failure and Inappropriate Boiler Installation

Later in the year, the hydrotherapy pool was again closed for approximately three weeks due to a failure of the boiler located in the plant room. During investigation works, it was discovered that the boiler previously installed was a domestic-grade unit and was not suitable for the continuous demand of a hydrotherapy pool operating at therapeutic temperatures.

The issue was resolved through the installation of a new industrial-grade boiler, appropriately specified for hydrotherapy use. This replacement has significantly improved system reliability and resilience and is expected to reduce the risk of similar failures in the future.

Trustee Reflection

These incidents reinforced the Trustees' concerns regarding reliance on ageing and externally managed facilities for critical therapeutic services. They have directly informed the charity's long-term strategic objective to secure and develop a purpose-built, fully compliant hydrotherapy and rehabilitation centre, where Continuing Community Care can exercise full operational oversight, ensure higher standards of reliability, and safeguard continuity of care for clients.

Despite these challenges, the charity remained committed to supporting clients, communicating openly, and resuming services as safely and swiftly as possible once access was restored.

Scale of activity

- 12 x 30-minute Aqua Therapy sessions per week
- 7 x 45-minute Aquarobics sessions per week
- 2 x 1-hour 1:1 rehabilitation session per week
- Approximately **140 active clients**
- No waiting list during the year

5. Achievements and Impact

Key achievements

- Supported approximately 140 individuals living with chronic illness, disability and post-surgical rehabilitation needs.
- Expanded access by introducing women-only aquarobics sessions.
- Maintained high attendance and client retention despite limited pool availability.
- Provided continuity of care for clients unable to access hydrotherapy beyond short-term courses.

Impact evidence

Clients report improvements in:

- Joint mobility and flexibility
- Pain reduction and stiffness management
- Balance, coordination and confidence
- Mental wellbeing and reduced isolation

Client feedback consistently highlights:

- The therapeutic value of warm-water exercise compared to standard pools
- The importance of social connection and peer support
- Reduced reliance on pain medication for some clients

Selected anonymised case examples

- Individuals with arthritis, rheumatoid conditions and post-surgical recovery reported improved function and reduced stiffness following ongoing hydrotherapy.
- Clients with neurological conditions such as Parkinson's disease and cerebral palsy benefited from improved balance, strength and coordination.
- Clients with chronic pain conditions such as fibromyalgia and hypermobility experienced reduced pain flare-ups and improved tolerance for daily activities.
- Clients recovering from joint replacements reported smoother rehabilitation outcomes when hydrotherapy was incorporated.

6. Strategy and Future Plans

Long-term vision

CCC exists to establish Croydon's first fully accessible rehabilitation centre, including a dedicated hydrotherapy pool, treatment rooms, wellness services and community support facilities.

Priorities for the coming year

- Secure land or a building for conversion into a rehabilitation centre
- Raise £250,000 through donations, grants and fundraising
- Deliver six major fundraising events
- Maintain and prioritise hydrotherapy services for individuals with long-term conditions

Key challenges

- Securing suitable premises
- Reliance on external pool hire at high cost
- Funding volatility
- Capacity constraints as a small charity

7. Financial Review

Summary

- **Total income:** £69,064
- **Total expenditure:** £50,687
- **Operating surplus:** £18,377
- **Reserves carried forward:** £23,411

Main income sources include hydrotherapy fees, donations, and fundraising activities. The largest cost area is pool hire, totalling approximately £24,550 per year.

The surplus was retained to strengthen reserves and support future capital development planning.

(Accounts source: Profit & Loss Statement 2024/25)

8. Risk Management

The trustees actively manage the following risks:

- **Reliance on a single facility:** mitigated through ongoing negotiations and exploration of new premises.
- **Funding volatility:** mitigated through diversified income streams and regular grant applications.
- **Safeguarding risk:** mitigated through regular policy review and staff training.
- **Staffing capacity:** mitigated through use of freelance practitioners to retain flexibility.

9. Safeguarding, Equality and Compliance

- Safeguarding policy reviewed December 2025 — in place and active
- Health & Safety policy reviewed December 2025 — in place
- Data protection policy reviewed December 2025 — GDPR compliant
- CCC is committed to equality, diversity and inclusion and does not tolerate discrimination, harassment or exclusion in any form.

10. Significant Events and Context

During the year the charity withdrew from negotiations with Croydon Bowling & Sports Club over a potential land lease after professional valuation advice indicated the proposed lease cost was not financially viable.

Limited pool availability due to other commercial hirers continues to restrict session capacity and highlights the need for CCC's own facility.

Declaration

The trustees confirm that this report has been prepared in accordance with the Charities Act 2011 and the CIO Regulations 2012.

Signed on behalf of the trustees:

Chair of Trustees

Date:

Profit & Loss
Continuing Community Care
Accounting Year 2024/25

	Debit	Credit
Turnover		69,064
Sales		11,853
Hydrotherapy Sessions		25,065
Donations and legacies S01		2,059
Charitable activities S02		23,116
Other trading activities S03		6,970
add Other Income		0
Interest Received		0
less Cost of Sales	20,237	
Cost of Sales	4,217	
Materials	21	
Subcontractor Costs	15,999	
Gross Profit		48,827
less Administration Expenses	30,449	
Equipment	1,422	
Raising funds S08	1,027	
Charitable activities S09	596	
Pool Hire	24,550	
Computer Software	189	
Computer Hardware	315	
Office Equipment	79	
Printing	374	
Stationery	45	
Miscellaneous	22	
Auto Expenses	502	
Advertising and Promotion	20	
Legal and Professional Fees	240	
Postage	25	
Subscriptions	158	

	Bank/Finance Charges	264
	Insurance	624
Operating Profit		£18,377
<i>less Drawings</i>		£0
<i>less Profit & Loss journal entries</i>		£0
Retained Profit this period:		£18,377
Retained Profit brought forward:		£5,034
Distributable Reserves / Retained Profit carried forward:		£23,411

Profit & Loss
Continuing Community Care
Accounting Year 2024/25

	Debit	Credit
Turnover		69,064
Sales		11,853
Hydrotherapy Sessions		25,065
Donations and legacies S01		2,059
Charitable activities S02		23,116
Other trading activities S03		6,970
add Other Income		0
Interest Received		0
less Cost of Sales	20,237	
Cost of Sales	4,217	
Materials	21	
Subcontractor Costs	15,999	
Gross Profit		48,827
less Administration Expenses	30,449	
Equipment	1,422	
Raising funds S08	1,027	
Charitable activities S09	596	
Pool Hire	24,550	
Computer Software	189	
Computer Hardware	315	
Office Equipment	79	
Printing	374	
Stationery	45	
Miscellaneous	22	
Auto Expenses	502	
Advertising and Promotion	20	
Legal and Professional Fees	240	
Postage	25	
Subscriptions	158	

	Bank/Finance Charges	264
	Insurance	624
Operating Profit		£18,377
<i>less Drawings</i>		£0
<i>less Profit & Loss journal entries</i>		£0
Retained Profit this period:		£18,377
Retained Profit brought forward:		£5,034
Distributable Reserves / Retained Profit carried forward:		£23,411

CONTINUING COMMUNITY CARE

England & Wales - Charity number 1204035

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 19th July 2023 Period start date

To 1st April 2024 Period end date

Charity name: CONTINUING COMMUNITY CARE

Charity registration number: 1204035

Objectives and Activities

To relieve sickness and poor health amongst people living in Greater London by providing a local rehabilitation centre for clients with long-term mental or physical illness

To assist in the treatment and care of people suffering from long-term mental or physical illness or in need of rehabilitation as a result of such illness, by the provision of appropriate facilities, equipment and services that promote health and well-being, not normally provided by local authorities

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit. They have considered how their activities align with the principles of public benefit and have ensured that their decisions reflect this commitment.

Achievements and Performance

The charity has made significant strides in its first 8 months, particularly through establishing a social media presence, which has increased awareness of its mission and activities. Collaborating with other charities and businesses has also enhanced its outreach and effectiveness, allowing for shared resources and knowledge. These efforts have positively impacted the circumstances of its beneficiaries, providing them with necessary support and creating a sense of community. Additionally, the charity's work contributes to broader societal benefits by fostering collaboration and promoting social responsibility among businesses and other organizations.

Financial Review

The charity's financial position at the end of the period shows a turnover of £3,209, with only bank charges deducted, and it has only been operating for 8 months. This income was generated from two fundraising events and direct donations. The focus has been to conduct at least four events a year and apply for grants to support these efforts. This strategy reflects a proactive approach to fundraising, which is vital for the charity's sustainability and growth.

Structure, Governance and Management

Constitution

Charitable Incorporated Organisation
CIO

Functions and Duties: Charity trustees manage the CIO's affairs and have the authority to make decisions to further the CIO's goals. Each trustee must:

Act in good faith to benefit the CIO.

Use reasonable care and skill based on their knowledge or experience, especially if they have special expertise related to their business or profession.

Eligibility:

All trustees must be individuals.

No one under 18 can be a trustee, and certain conditions may prevent someone from holding office.

A person cannot serve as a trustee until they formally accept the role.

Number of Trustees: There must be at least 3 trustees. If the number drops below this, the remaining trustees can only call a meeting or appoint a new trustee.

Future trustees (after the first) must be appointed for a minimum of 2 years through a resolution at a charity trustees' meeting.

When selecting trustees, the charity must consider the necessary skills and experience for effective management.

Information for New Trustees:

New trustees should receive the current constitution and the latest annual report and accounts before their first appointment.

Retirement and Removal:

A trustee can retire by giving written notice, be removed after six months of absence, or cease to serve if they become incapacitated or disqualified.

Retiring trustees can be reappointed.

Decision-Making:

Decisions can be made in meetings or through written/electronic resolutions agreed upon by all trustees.

Delegation:

Trustees can delegate powers to committees, ensuring at least one trustee is involved, and must review these arrangements periodically.

Meetings:

Meetings can be called by any trustee, and a quorum requires at least two trustees.

Decisions are made by majority vote, and meetings can be held electronically.

Membership:

Only charity trustees are members of the CIO, and membership ends when a trustee retires.

Member Decisions:

Certain decisions, like amending the constitution or dissolving the CIO, must be made by a resolution of the members, requiring a 75% majority or a simple majority in writing

Reference and Administrative details

Charity name CONTINUING COMMUNITY CARE

Other name the charity uses CCC

Registered charity number 1204035

Charity's principal address FLAT 1 COOMBE HOUSE
COOMBE ROAD
CROYDON
CR0 5RD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Leora Zehavi			
2	Steven Sears			
3	Paul Henry			
4	Andrew Carter			
5	David Edwards		14 th July 2024	
6	Janet Campbell		14 th July 2024	
7	Alecia Roach		14 th July 2024	
8				

Name of chief executive or names of senior staff members (Optional information)

Paul Carr Chief Executive Officer

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>A Roach</i>	
Full name(s)	Alecia Roach	
Position (eg Secretary, Chair, etc)	Secretary	

Date 27th January 2025

Balance Sheet
Continuing Community Care
As at 01 April 2024

	£	£
Capital Assets		
Net Book Value	0	
Current Assets	3,196	
Bank Account: Business Current Account	3,196	
<i>less</i> Current Liabilities		0
Net Current Assets	£3,196	
Total Assets	£3,196	
Owner's Equity		
Retained Profit		3,196
Total Owner's Equity		£3,196

Trial Balance

Accounting Period 19 Jul 23 - 01 Apr 24

Account	Debit	Credit
001 Sales		0.02
011 Donations and legacies S01		2,269.93
012 Charitable activities S02		207.00
013 Other trading activities S03		732.38
363 Bank/Finance Charges	12.95	
750-1 Bank Account: Business Current Account	3,196.38	
750-2 Bank Account: Business Bank Account	0.00	
Trial Balance Check (nearest £)	£3,209	£3,209
