PSYCHIATRIC REHABILITATION ASSOCIATION

FINANCIAL STATEMENTS

31 MARCH 2026

Registered Charity Number 227891

EDMUND CARR LLP
Chartered Accountants & Registered Auditors
146 New London Road
Chelmsford
Essex
CM2 0AW

PSYCHIATRIC REHABILITATION ASSOCIATION

YEAR ENDED 31 MARCH 2026

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PSYCHIATRIC REHABILITATION ASSOCIATION

CHARITY INFORMATION

YEAR ENDED 31 MARCH 2026

Chairman	R B McNeill
Trustees	R B McNeill L Dolby, RN, RMN, Dip HE Mental Health D E Mannifield O Shah (Solicitor, England and Wales) F V Whitbread
Director of Operations	Ashwin Mathews, BA (Hons), MBA
Auditors	Edmund Carr LLP 146 New London Road Chelmsford Essex CM2 0AW
Bankers	National Westminster Bank plc PO Box 8030 20 Amhurst Road London E8 1JJ
Investment Managers	Rothschild Asset Management Limited 1 King William Street London, EC4N 7AR BNY Mellon Fund Managers Limited 160 Queen Victoria Street London, EC4V 4DR CCLA Investment Management Limited Senator House 85 Queen Victoria Street London, EC4V 4ET
Charity Number	227891
Principal Address	1A Darnley Road Hackney London E9 6QH

PSYCHIATRIC REHABILITATION ASSOCIATION

THE TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2026

The Trustees have pleasure in presenting their report for the year ended 31 March 2026.

CONSTITUTION

The Psychiatric Rehabilitation Association (PRA) is an unincorporated charity constituted under the Charities Act and a trust deed dated 5th November 1962.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

The charity's objectives are to support individuals in recovery and to promote inclusion within communities. The Association also attempts to improve attitudes towards mental ill health and promotes practical measures and research for preventing and combatting mental distress within the community.

There have been no material changes in either the Association's objectives or its policies to try to achieve these during the year under review.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities.

ORGANISATION

The board of trustees, who meet quarterly, administer the charity. A director of operations has been appointed by the trustees to manage the day to day running of the charity and its related companies.

Any board member may propose the appointment of a new trustee. If the board agrees the prospective trustee is invited for informal discussions with nominated board members and, if appropriate, to attend one or more board meetings. All new trustees are given a copy of the Charity Commission publication CC3 – "The Essential Trustee: What You Need To Know" and confirm that they have read, understood and accept the responsibilities involved. Existing trustees are kept up to date by referring to charity commission updates and relevant publications.

All trustees give their time voluntarily. Details of any benefits and expenses are disclosed in note 13 to the accounts.

RELATED PARTIES

In order to achieve its objectives the Association supports two separately registered charitable organisations.

The Centre for Better Health Limited provides services in partnership with various local authorities and health authorities.

Better Health Products Limited is a social enterprise that provides employment training opportunities for individuals recovering from mental ill health.

Both of these companies are registered charities and are companies limited by guarantee without share capital.

REVIEW OF DEVELOPMENTS

In the course of the last financial year the trustees of the Association continued to support the work of The Centre for Better Health (CBH). The operating environment for charities continues to be challenging, partly due to inflationary pressures and an overstretched statutory sector. In order to try and meet the rising demand for mental health support, the Association has committed to part fund the core costs of CBH. As such over the last financial year the Association has awarded a grant of £267,000 to CBH.

INVESTMENT POLICY

The trustees wish to pursue on behalf of the charity an investment policy to achieve capital growth with a medium level of risk over the longer term, thereby enabling the trustees to meet their objectives in respect of the requirement of the charity.

The trustees have delegated the management of the portfolio to Rothschild Asset Management Limited, BNY Mellon Fund Managers Limited and CCLA. The trustees require their investment managers to pay attention to the standard investment criteria, namely the suitability of the class of investment and the need for diversification insofar as appropriate to the circumstances of the charity. Any restrictions on the type of investments or markets in which the manager may invest on the charity's behalf will be given in writing.

There is no specific income target for the investment portfolio.

RESERVES POLICY AND RISK MANAGEMENT

As outlined above, the Association supports a variety of long-term projects alongside The Centre for Better Health Limited and Better Health Products Ltd. The trustees have examined the requirement for free reserves which are those unrestricted funds not invested in fixed assets, unrealised investment gains, designated for a specific purposes or otherwise committed. The free reserves at 31 March 2026 amount to £2,014,387 which the trustees consider are adequate to meet the ongoing commitments of the charity subject to the following.

The trustees have designated the following reserves:-

1: £1,500,000 to represent the anticipated extra funding needed by the existing projects run by The Centre for Better Health Limited that the Association is supporting over the next five years.

2: £500,000 towards the development of the Darnley Road centre, in particular to cover fundraising and professional fees.

3. A reserve to cover the cost of replacement of the fixed assets based on the replacement cost at 31 March 2026 of £1,279,673 (being the majority of the cost of £1,282,497).

The trustees actively review the major risks that the charity faces on a regular basis and believe that maintaining the free reserves at the level stated above, combined with an annual review of the controls over key financial systems carried out through an internal audit programme, will provide sufficient resources in the event of adverse conditions. The trustees have also established other operational and business risks that PRA faces and confirm they have established systems to mitigate the significant risks.

FINANCIAL REPORT

The financial statements and notes which follow this report have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice.

The SOFA shows net expenditure for the year before gains and losses on investments of £286,087 (2025: £257,434) for the Association. Net expenditure for the year, including gains and losses on investments, was £195,008 (2025: £189,226).

The year end financial position, reflected by the balance sheet, is considered to be satisfactory.

At 31 March 2026, the Association had total net assets of £5,294,060 of which £Nil related to restricted funds (which can only be used for the specific purpose for which they were created), £3,279,673 related to designated funds (amounts set aside by the trustees to meet future strategic commitments) and £2,014,387 represented unrestricted funds.

The trustees have designated funds that represent the anticipated extra funding needed by the existing projects run by The Centre for Better Health Limited that the Association is supporting over the next five years.

The trustees have in addition designated reserves towards the development of the Darnley Road centre, in particular to cover fundraising and professional fees.

Unrestricted funds will be used in substitution for external funding only as a last resort, because it is essential for PRA to have a firm financial base from which it can expand the range of services it funds.

The trustees will continue to budget on a prudent basis to ensure that PRA maintains a strong financial position to meet the challenges which lie in the years ahead.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principals in the Charities SORP (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

BY ORDER OF THE BOARD

R B McNeill

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R B McNEILL

Trustee

29 September 2026

PSYCHIATRIC REHABILITATION ASSOCIATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2026

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2026 which are set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the 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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.

A Stone

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Alex Stone FCCA
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 2 October 2026

PSYCHIATRIC REHABILITATION ASSOCIATION

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Total Funds 2026 £	Total Funds 2025 £
Income from			
Donations and legacies		30	30
Investment income	**2**	53,961	47,621
Total income		53,991	47,651
Expenditure on			
Charitable activities	**3**	340,078	305,085
Total expenditure		340,078	305,085
Net expenditure before gains and losses on investments		(286,087)	(257,434)
Net gains on investments		91,079	68,208
Net (expenditure) / income		(195,008)	(189,226)
Transfer between funds		-	-
Net Movement in Funds		(195,008)	(189,226)
Total funds brought forward at 1st April 2025		5,489,068	5,678,294
Total funds carried forward at 31st March 2026		5,294,060	5,489,068

The statement of financial activities includes all gains and losses recognised during the year.

All income and expenditure in the current and prior year was unrestricted

PSYCHIATRIC REHABILITATION ASSOCIATION

BALANCE SHEET

AS AT 31 MARCH 2026

	Notes	2026		2025	
		£	£	£	£
FIXED ASSETS	**7**		872,091		897,743
INVESTMENTS	**8**		4,402,287		4,563,457
			5,274,378		5,461,200
CURRENT ASSETS					
Debtors	**9**	4,084		-	
Cash at bank and in hand	**10**	67,336		94,786	
		71,420		94,786	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	**11**	(51,738)		(66,918)	
Net Current Assets			19,682		27,868
NET ASSETS			5,294,060		5,489,068
REPRESENTED BY:					
Unrestricted Reserve Funds:	**12**				
Development Fund			2,014,387		2,209,395
Designated:	**12**				
Project Support Fund		1,500,000		1,500,000	
Wellness Centre Development Fund		500,000		500,000	
Fixed Assets		1,279,673		1,279,673	
			3,279,673		3,279,673
ASSOCIATION'S FUNDS			5,294,060		5,489,068

Approved on behalf of the Trustees on …29 September. 2026.

R B McNeill

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R B McNEILL

PSYCHIATRIC REHABILITATION ASSOCIATION

CASH FLOW STATEMENT

FOR THE YEAR ENDED 31 MARCH 2026

		2026 £	2025 £
Cash flows from operating activities			
Net movement in funds for the financial year		(195,008)	(189,226)
Adjustments for:			
Depreciation of tangible assets	**4**	25,652	25,652
Net (gain)/loss on investments		(91,079)	(68,208)
Dividends and interest received	**2**	(53,961)	(47,621)
Changes in:			
Trade and other debtors	**9**	(4,084)	-
Trade and other creditors	**11**	(15,180)	(45,671)
Cash generated from operations		(333,660)	(325,074)
Net cash (used in)/from operating activities		(333,660)	(325,074)
Cash flows from investing activities			
Purchase of investments	**8**	(47,751)	(25,491)
Proceeds from sale of investments		300,000	250,001
Dividends and interest received	**2**	53,961	47,621
Net cash used in investing activities		306,210	272,131
Net increase/(decrease) in cash and cash equivalents		(27,450)	(52,943)
Cash and cash equivalents at beginning of year		94,786	147,729
Cash and cash equivalents at end of year	**10**	67,336	94,786

1) ACCOUNTING POLICIES

a) Basis of Preparation

The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP 2019 (FRS 102)): Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Association constitutes a public benefit entity as defined by FRS 102.

b) Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern for a period of at least 12 months from the date of approval of these accounts, nor are there any significant areas of uncertainty that affect the carrying value of assets held by the charity.

c) Taxation

As the Association is a registered charity, it is exempt from taxation other than VAT, which is included in the relevant costs in the Statement of Financial Activities.

d) Fixed assets

Freehold properties are shown in the financial statements at their deemed cost, which is the value as at the last revaluation before the date of transition to FRS 102.

Depreciation has been charged on freehold building at a rate of 2% straight line per annum on cost. Due to the difficulty in quantifying the buildings element of the values at which the various properties are shown in the financial statements, depreciation has been charged on the entire value, as the trustees consider this represents the most prudent method of including a depreciation charge on freehold buildings.

Other fixed assets are shown in the financial statements at cost less aggregate depreciation. Depreciation is provided at the rate of 25% per annum over the estimated useful life of the asset.

e) Investments

Investments are included at market value. When investments are sold, any surplus or deficit on disposal is credited or charged to the Statement of Financial Activities.

f) Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

g) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

h) **Income**

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable.

Interest receivable is included when received by the charity.

i) **Expenditure**

Resources expended are included in the Statement of Financial Activities on an accruals basis.

j) **Fund accounting**

Funds held by the charity are either:

Unrestricted general funds – these are funds that can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds – funds that are set aside by the trustees for specific future purposes or projects.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

k) **Pension costs**

The charity operates a defined contribution scheme. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the Statement of Financial Activities.

l) **Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2) INVESTMENT INCOME

	2026	2025
	£	£
Listed investments	39,934	33,307
Interest received on cash deposits	14,027	14,314
	53,961	47,621

3) CHARITABLE ACTIVITIES

	Group work centre	Total 2026	Total 2025
	£	£	£
Grants payable (note 6)	267,000	267,000	239,000
Salaries	13,049	13,049	12,400
Pension contributions	10,800	10,800	10,800
Training and CPD	3,672	3,672	5,075
Building repairs and development	9,420	9,420	4,800
Bank charges	6	6	36
General expenses	633	633	570
Legal expenses	2,786	2,786	-
Support costs (note 4)	25,652	25,652	25,652
Governance costs (note 5)	7,060	7,060	6,752
	340,078	340,078	305,085

The total employee benefits of the key management personnel were £23,200 (2025: £23,200).

The average number of employees by headcount was 1 (2025: 1).

4) SUPPORT COSTS

	Group work centre	Total 2026	Total 2025
	£	£	£
Depreciation	25,652	25,652	25,652
	25,652	25,652	25,652

5) GOVERNANCE COSTS

	2026	2025
	£	£
Independent examination fee	2,080	2,000
Accountancy and other fees	4,980	4,752
	7,060	6,752

6) GRANT-MAKING

Analysis of grants

Below are the details of grants made to institutions:	2026	2025
	£	£
The Centre for Better Health Limited	267,000	239,000

7) FIXED ASSETS	Freehold Land and buildings £	Total £
Cost		
At 1 April 2025 & 31 March 2026	1,282,497	1,282,497
Depreciation		
At 1 April 2025	384,754	384,754
Charge	25,652	25,652
At 31 March 2026	410,406	410,406
Net Book Value		
At 31 March 2026	872,091	872,091
At 31 March 2025	897,743	897,743

The historical cost of Freehold Land and Buildings was £501,217. The deemed cost upon transition to FRS 102 was the valuation of £1,280,000 plus capitalised improvements.

8) INVESTMENTS	2026 £	2025 £
Quoted:		
Market value at 1st April 2025	4,563,457	4,719,759
Additions	47,751	25,491
Disposals at cost	(163,262)	(146,903)
Net unrealised investment gains/(losses)	(45,659)	(34,890)
Market value at 31st March 2026	4,402,287	4,563,457
Historical cost	2,317,423	2,432,935

9) DEBTORS	2026 £	2025 £
Other debtors	4,084	-

10) CASH AND CASH EQUIVALENTS	2026 £	2025 £
Cash and cash equivalents comprise the following:		
Cash at bank and in hand	67,336	94,786

11) CREDITORS	2026 £	2025 £
Accruals and deferred income	4,438	4,232
Related undertakings	42,309	61,413
Taxation and social security	487	-
Other creditors	4,504	1,273
	51,738	66,918

12) UNRESTRICTED AND DESIGNATED FUNDS

Current year:	Balance at 1st April 2025 £	Movement in resources: Income £	Expenditure £	Transfers and gains	Balance at 31st March 2026 £
Designated funds					
Project Support Fund	1,500,000	-	(267,000)	267,000	1,500,000
Wellness Centre Development	500,000	-	-	-	500,000
Fixed Assets	1,279,673	-	-	-	1,279,673
	3,279,673	-	(267,000)	267,000	3,279,673
Unrestricted - Development Fund	2,209,395	53,991	(73,078)	(175,921)	2,014,387
Total funds	5,489,068	53,991	(340,078)	91,079	5,294,060

Prior year:	Balance at 1st April 2024 £	Movement in resources: Income £	Expenditure £	Transfers and gains	Balance at 31st March 2025 £
Designated funds					
Project Support Fund	1,500,000	-	(239,000)	239,000	1,500,000
Wellness Centre Development	500,000	-	-		500,000
Fixed Assets	1,279,673	-	-		1,279,673
	3,279,673	-	(239,000)	239,000	3,279,673
Unrestricted - Development Fund	2,398,621	47,651	(66,085)	(170,792)	2,209,395
Total funds	5,678,294	47,651	(305,085)	68,208	5,489,068

A designation of £1,500,000 has been made to cover the current anticipated shortfall in funding of existing projects the charity is supporting in the next five years and £267,000 has been taken from this fund to cover the grants made to The Centre For Better Health Limited in the year. The trustees consider it appropriate to maintain the overall level of the Project Support Fund at £1,500,000 and so a new designation of £267,000 has been made. £500,000 was set aside towards the development of a 'Wellness' Centre, being the estimated costs of fundraising and professional fees in order for this project to be progressed. The fixed asset fund is to cover the estimated cost of replacement of fixed assets.

13) ANALYSIS OF NET ASSETS

Current year:	Fixed Assets	Investments	Other	Total
	£	£	£	£
Designated funds	872,091	2,407,582	-	3,279,673
Unrestricted funds	-	1,994,705	19,682	2,014,387
	872,091	4,402,287	19,682	5,294,060

Prior year:	Fixed Assets	Investments	Other	Total
	£	£	£	£
Designated funds	897,743	2,381,930	-	3,279,673
Unrestricted funds	-	2,181,527	27,868	2,209,395
	897,743	4,563,457	27,868	5,489,068

14) TRUSTEES

No Trustees received remuneration in either the current or prior year. No Trustees were reimbursed for expenses incurred in either the current or prior year.

15) RELATED PARTY TRANSACTIONS

There is no ultimate controlling party.

The trustees are also the directors of The Centre for Better Health Limited and Better Health Products Limited, which are the two independently registered charitable companies the Association supports to achieve its objectives.

The amounts due to related undertakings as detailed in note 5 are as follows:-

	2026	2025
	£	£
The Centre for Better Health Limited	42,309	61,413

During the year, £267,000 (2025: £239,000) was granted to The Centre for Better Health Limited.

PSYCHIATRIC REHABILITATION ASSOCIATION

INCOME AND EXPENDITURE ACCOUNT - DEVELOPMENT FUND

FOR THE YEAR ENDED 31 MARCH 2026

	2026		2025	
	£	£	£	£
INCOME				
Investment income		53,961		47,621
Donations, covenants, sundry grants		30		30
		53,991		47,651
EXPENDITURE				
Salaries	13,049		12,400	
Pension contributions	10,800		10,800	
Training and CPD	3,672		5,075	
Building repairs and development	9,420		4,800	
Bank charges	6		36	
Audit and accountancy	7,060		6,752	
Legal fees	2,786			
Depreciation	25,652		25,652	
General Expenses	633		570	
Grant to The Centre for Better Health	267,000		239,000	
		340,078		305,085
DEFICIT FOR THE YEAR		(286,087)		(257,434)
Realised gains on investments		136,738		103,098
Unrealised gains on investments		(45,659)		(34,890)
Transfer from Project Support Fund		267,000		239,000
New designations		(267,000)		(239,000)
Balance brought forward		2,209,395		2,398,621
BALANCE CARRIED FORWARD		2,014,387		2,209,395