



Rushmoor Healthy Living Annual Report 2009

“Working together to improve the health and wellbeing of people of all ages in the community”

Published November 2009 for Financial Year Ended March 31st 2009

www.rhl.uk.com

Chairman's Comments

I am delighted to be able to report a good year for RHL despite the economic situation generally. CEO, Tony Docker, and the team have embraced changes which should help RHL develop further in the drive to be fully self sustaining. The Chief Executive's comments and the details in this report are testament to the hard work of all the staff in, and associated with, RHL.

Because of their other commitments three Board members left in 2008/9 or early in this business year. However we have been fortunate to be able to appoint some further excellent people to the Board and this month (November 2009) will strengthen links to the local hospital, the GPs' practices and the Aldershot community with further appointments.

As referred to by CEO Tony Docker, we have been experimenting with an alternative way of trying to get charitable trust fund money. Part of that process was to request "well placed" people to be Vice Patrons of the Appeal Fund. This led us to approach Dame Mary Fagan, Lord Lieutenant of Hampshire, to be our Patron, which she willingly agreed to do. We were delighted at her acceptance and are grateful to her for her support.

I am also pleased to report that Gerald Howarth MP and his wife Lizzie have agreed to be Vice Patrons.

Our marketing and other plans to move to a balanced "social enterprise" model are progressing.

On behalf of the Board I thank all those working for RHL, in whatever capacity, for their work and the results we are achieving in the community.



Hugh R Deed, Chairman

Public Benefit Statement

RHL reviews its aims and objectives at least annually, referring to guidance provided by the Charity Commission. We are satisfied that all our activities support our charitable objects and that consideration is given to the fulfilment of these objects when new activities are considered.

All our activities address some or all of the following subjects which form part of RHL's charitable objects: health, emotional wellbeing, the relief of poverty, education. A fuller description of each of our current activities can be found within this report.

Risk Statement

Major risks to which RHL, like any other company, is exposed have been identified by the Board and are subject to review throughout the year according to the level of risk, with the higher risk areas reviewed more often than the low risk areas. Systems have been established to manage and review these identified risks.

Major risks are those which, combining high likelihood and high impact would, if they occurred, have a severe impact upon the operational performance, achievement of aims and objectives or could damage the reputation of the charity.

Policies

RHL has a comprehensive set of policies, some of which are published on its website. These are regularly reviewed and updated according to changes in legislation or changed circumstances.

RHL (Rushmoor Healthy Living)

Patron: Dame Mary Fagan DCVO JP, Lord-Lieutenant of Hampshire
Vice-Patrons: Gerald Howarth MP, Mrs Lizzie Howarth

Photographs on front cover are: Street dance at an Aldershot school; Tai Chi in Fleet; Pilates in Aldershot; Cook & Eat at a Farnborough school. All photographs in this report are of actual RHL staff or events.

From the Chief Executive

One of the many positive benefits that comes from writing an executive summary is that it provides quality reflective time. In compiling this report and, in particular, reviewing RHL activities, it really hits home just how big a part health plays in all our lives. Those of us fortunate enough to enjoy good health hopefully appreciate the value of a sensible diet and appropriate exercise. If this can be allied to strong emotional wellbeing we are well placed to face the challenges that life presents us with.

RHL exists because many people, often through unfortunate circumstance, do not enjoy good physical and/or emotional health, and our aim to improve health and wellbeing remains at the heart of everything we do. RHL operates in a challenging environment where demand will always outstrip resources, where there will always be insufficient funding and where there is commercial competition. But that's why the staff and trustees are involved with RHL and believe in its work.

2008/9 has seen some activities discontinued due to a lack of funding but we have also launched new ones. The year ended with us having to end our involvement with SNAP, and the Drug & Alcohol Worker, but introducing new activities with Cardiac Rehab classes and our Fuel Poverty, Smoke Free Homes and Skilled for Health projects.

What initially strikes you is that it is youth based activities that have had to be dropped and I don't think that is surprising when you consider why, linked perhaps to the government's apparent need to have more influence over anything concerned with children and young people. RHL really needs to work more with young people but it is becoming increasingly difficult due to several factors, legislation and funding being just two. As a result, many of our activities now focus on adults and this highlights another area of opportunity for us, providing activities, particularly fitness based ones, for those not in the older adult group.

Financial sustainability is also at the heart of our operations, as we cannot deliver these much needed activities if we cannot remain in existence. The current and future funding climate is on a downward slide with a diminishing amount of public and private funding being chased by a greater number of charities requiring more financial resources due to an increase in demand from their clients. So, our ability to increase the amount of revenue we earn becomes more paramount, bearing in mind that we operate in a competitive environment, whether we earn income or are applying for funding.

During this year we appointed Bruce Putman as our Business Development and Marketing Manager, and Carol James as our Operations Manager. Both appointments were designed to increase our ability to raise income, one direct and one indirect. Bruce is focussed on new markets, improving our credentials and promoting our brand. Carol is focussed on expanding our existing activities and delivering them to a very high standard. Both are doing a brilliant job and they have already had a significant impact upon our business. Our fundraiser's maternity leave has given us the opportunity to re-think this area and try some different approaches, including an "Appeal Fund".

Whilst an annual report, by nature, looks back and reviews the year gone by, it is right that the focus remains on looking forward. RHL is developing as a Social Enterprise, remaining true to its charitable values. Success in this area will bring in much needed core funding and enable us to subsidise activities which are unable to pay for themselves. We continue to look for suitable premises which can be used to earn income, we are working to deliver more services outside of Rushmoor and we continue to seek out opportunities to work with other organisations. At the same time RHL works hard to keep health on the local political agenda, engaging with the Local Strategic Partnership, the Health & Wellbeing Partnership Board and getting involved with evolving issues such as the increasing Nepalese community needs.

I thank all the staff for their continued commitment, their boundless energy and tremendous hard work, the Board for their total support and engagement, and our partners and stakeholders for enabling us to deliver many of our activities.



Tony and some of the team members with the Health & Social Care Award which recognised RHL as a Regional finalist

Handwritten signature of Tony Docker in black ink.

Tony Docker, Chief Executive, Rushmoor Healthy Living

This table shows the average number of participants for each activity we delivered in 2008/9.

Average number of participants per session		
<u>Activity name</u>	<u>Number</u>	<u>Frequency</u>
Fit4Life	35	weekly term time
Breakfast Clubs	135	each day during term time
Street Dance	30	weekly term time
SNAP	238	10 events per year
Drug & Alcohol Worker	92	monthly during term time
Teen Parent Mentoring	18	weekly
Fit to Dance	35	weekly
Low Impact aerobics	17	weekly
Yoga	11	weekly
Pilates	42	weekly
Community Chair Based exercise	19	weekly
Tai Chi	46	weekly
Cardiac Rehab Phase IV	17	weekly
Social Wellbeing	52	various
Commissioned social wellbeing	22	various
Total number of participants delivered to		
Smoke Free Homes	1500	Number of people spoken to
Skilled for Health	100	Number of attendees
Fuel Poverty	199	Number of people seen

Our services were accessed approximately 46,000 times in the year compared to 39,700 in 2007/8 and 35,000 in the year before that. We estimate that this represents about 5000 different individuals (children and adults) benefiting from our services.

Feedback from our users

We continue to seek feedback from our users about the quality of our services and how we might improve them. 95 people kindly responded to our questionnaires this year, of which 81% were very satisfied and 19% satisfied. We also took note of comments made and have changed, developed and expanded our activities in response to this feedback. Our thanks go to everyone who took the time to respond to us.

Since the end of 2008/9

In the year 2009/10 we have already introduced two new activities: Emotional Wellbeing (in conjunction with Step by Step) and Step into Nature which combines walks and learning about nature. We have worked hard to bring health walks back into our portfolio of services, believing that walking provides an ideal vehicle for regular, easily accessible exercise, combined with a social element that can be available to all age and social groups; old and young, pushchairs and wheelchairs, with a disability or not.

Services we deliver in the community:

All of our services provide benefit to individuals and thereby the community in which they live. RHL activities are delivered in different ways, some directly by RHL staff, some by the engagement of specialist contractors and some subcontracted to other organisations that already work with particular client groups. This approach enables partnership working at both delivery and funding levels, using expertise already in place.

In keeping with our charitable aims all RHL activities are health related and, whilst many address health inequalities all are totally inclusive to the client group they are aimed at. We have found that every activity will contain an element of healthy nutrition, and/or appropriate exercise and/or emotional wellbeing which affects self esteem, often the root cause of an unhealthy lifestyle. For ease of presentation our activities are placed into client user categories with the outcomes shown.

Children and Young People

Fit4Life addresses weight issues in young people which can cause low self esteem and a lack of self confidence. Working with referred young people in the school environment, this activity provides one to one support and group work to address weight and fitness issues. Each course also includes Cook & Eat training for participating pupils and parents.



Cook & Eat in action

Breakfast Clubs are sponsored by RHL in four schools. They provide a good start to the school day by providing a healthy meal and an opportunity for pupils to interact around a breakfast table and may also improve their learning and help them get to school on time!

Street Dance is an ideal vehicle for young people to have fun, work together and improve their fitness; indeed groups like Diversity have found fame via "Britain's Got Talent". Offering a mixture of body popping, hip hop and traditional jazz our Street Dance sessions are delivered every week during term time giving many disadvantaged young people the opportunity to take part in a fun, engaging physical activity. In June 2009, dancers from Connaught entered the British Red Cross Dance for Life event held in Leatherhead, and the well named Rushmoor Revolution Dance Squad won a Certificate of Achievement Music Winner, and also performed at the SNAP disco earlier this year.

SNAP - RHL sponsored "The Hangout" at the monthly SNAP events held at the Princes Hall in Aldershot. Supervised by the local Youth Service, topics such as bullying, relationships, exercise, keeping safe, sun awareness and stop smoking were addressed and presented in unique ways to engage the young people

Drug and Alcohol Worker - RHL sponsored a second D & A Worker for the local Youth Service to work in schools talking about the realities of Drug & Alcohol abuse. Hampshire Youth Service continue with both SNAP and this work.

Outcomes: Increased levels of fitness in young people; Improvement in self esteem and confidence of young people; Improved knowledge of substance abuse and healthy living; Primary schoolchildren better prepared for learning; Improvement in behaviour and attendance at school; Family bonding through shared learning; Greater awareness of individual health.

"Much happier and more confident. FIT4LIFE has enabled him as a young carer to have something for himself and I know that his parents are delighted with all the support he has been given"

"Represents the school in a number of school activities. He has grown in confidence and this is starting to show in lessons"

"This young man has come on leaps and bounds this year!! He has become a Sports Leader and a very competent one at that! He tries really hard in all PE lessons and the improvements he has made are phenomenal! "Massive improvement in confidence!"

"I really enjoyed spending 'quality' time with my son & loved that he then attempted to make dinner one night!"

"My child can't wait to try out some of these recipes at home! We will certainly be changing the way we eat from now on." I didn't realise healthy food can actually taste nice!"

"Due to the nature of these students, becoming 'calmer' & more controlled in a classroom environment is much more significant than it would be in a mainstream secondary school"

"RHL have added untold value to the project through their enthusiasm and desire to make a difference to the young people concerned but also with their organisational skills and project management experience. The positive outcomes for our young people have been beyond our expectations and I hope that we will be able to work with RHL on future projects."

Teen Parent Mentoring provides support to an extremely vulnerable group. They need support to realise they have potential and fulfil it, do not become socially excluded, do not experience further unwanted pregnancies, and are able to provide a happy healthy and safe upbringing for their children.

This activity is delivered in partnership with The Source in Aldershot, accepting referrals from other organisations and working alongside Children's Services and the Teen Pregnancy Local Implementation Team. Volunteers act as mentors to parents and educational classes are provided which helps the parents socialise with others and build social networks.

Several parents have returned to education, some back to work and all have learned parenting skills for the benefit of both them and their babies.

Outcomes: Improved parenting skills of teen parents; Improvement in self esteem and confidence of young parents; Creation of self help social networks

For Adults

Our exercise classes attract mostly older adults and those with mobility problems as they tend to be fairly gentle in nature, but they are open to everyone and RHL is keen to develop classes for people seeking regular exercise but not wishing to join their local gym. The number of people attending continues to steadily increase and, by the end of the year, we were running 17 classes each week, with 195 people enrolled.



Fit to Dance at the Harlington Centre

Fit to Dance has gone from strength to strength this year. We now offer both Beginners and Advanced classes in Farnborough plus a class in Fleet. We have 39 members attending these classes and they hold twice yearly shows where they perform to family and friends. The classes are great fun - no partner is needed, and the routines that they learn encompass a variety of dance styles.

Low Impact Aerobics and **Yoga** have both benefited from a change of venue, and are now running in larger halls than previously. Attendance continues to be good, although we have plenty of space to accommodate more!

Pilates has been our most successful type of exercise this year. We offer three classes, all of which are now full or almost full. During the year, we ventured into evening classes for the first time in response to demand from potential members, and opened a class at the West End Centre in Aldershot on Tuesday evenings. We hope to offer more Pilates shortly as we now have waiting lists for these classes.

Chair-Based Exercise continues to be popular, as there is not much community provision for this type of class, which more usually takes place in residential homes. Possibly due to the particular client group this activity is aimed at (limited mobility), the timing and location of each class is crucial to its success.

Tai Chi continues to be the most popular class we deliver, 54 members attending the five classes each week – two in Aldershot; two in Farnborough and one in Fleet. This exercise not only benefits the body but also the mind!

"I liked making loads of posters and am taking one to show my dad so he'll stop smoking. I learnt a dance and think I'm going to go to the classes, really fun; I was thinking about starting smoking but have decided not to now after talking to people about the risks; the smoking leaflets were boring"

"It was suggested by my Osteopath last year for a lower back problem. Instead of a visit to him every 2 weeks it is now 2 months. He has told me to keep it up." (Pilates)

"My own health & condition has greatly improved since I have been doing this class". (Seated Exercise)

"It's really great. Jo is perfect for this class which is lively & great fun - laughter is the best medicine. I'm extremely impressed with this programme & hope you can continue to expand" (Pilates)

"Best thing I ever did. Got myself out of the chair to meet people etc" (Fit to Dance)

"I enjoy the type of exercise; the social side, and Heidi fits in with all of us. I love this class; it is the highlight of my week!" (Chair Based)

"Fun way of keeping fit, amazed at what we can do with lots of like minded people" (Fit to Dance)



Yoga at Blackwater

Phase IV Cardiac Rehabilitation was a new type of class for us in 2008/9. With start up funding from the British Heart Foundation, and in partnership with local NHS cardiac rehabilitation staff, we opened two Phase IV classes based upon the British Association of Cardiac Rehabilitation exercise programme. We are very proud of these



Cardiac Rehab at
Hawley Leisure
Centre

classes as they provide the only such rehabilitation classes in the area that are not gym based and which participants can attend indefinitely. We hope to build on this success and expand our programme in the coming year to ensure that everyone finishing the NHS Phase III scheme has the opportunity to progress to one of our classes.

During the year we expanded into Hart, offering classes in the Harlington Centre in Fleet, under the banner “**Young @ Hart**”. We provided Chair-Based exercise, Fit to Dance and Pilates, and launched the classes with a “Taster Day” in August. As in all things we learned much from this venture and it is really pleasing to report that both Tai Chi and Fit to Dance continue to be well attended.

“Having been through coping with the sudden loss of my husband I have found this course both helpful and relaxing. A very good teacher” (Tai Chi)

“Helps me to keep mobile whilst suffering from COPD -This is an excellent service at a very reasonable cost” (Tai Chi)

“I like the fact all abilities are catered for and all parts of the body are stretched and exercised. I have arthritis and feel a great improvement in my movement” (Tai Chi)

“Many people in the class are elderly and have physical limitations. They are not pressed to do more than they are comfortable with and it is all very friendly.” (Seated Exercise)

“It focuses my concentration to learn the movements and the gentle exercise is beneficial.” (Tai Chi)

“Keep advertising this service to the local community so we don't lose it! PLEASE”

– one lady commented that attending our Chair-Based class in Farnborough “is the highlight of my week”.

Outcomes: Improved fitness and mobility; Greater feeling of wellbeing

Social Wellbeing

RHL considers emotional and social wellbeing to be as important as physical wellbeing. To support this we deliver activities which stimulate the mind and promote social inclusion. These activities reach to the heart of social and health inequality as many of the beneficiaries find themselves in a position of social isolation due to their circumstances.

Exercise sessions in sheltered accommodation

Working with a local social housing provider, Pavilion Housing Association, we delivered a programme of exercise at three of their accommodation schemes. At one we provided different types of exercise, from Chair-Based Exercise to Tai Chi and Seated Dance, at the other two homes we delivered Tai Chi.

Social Activities in sheltered accommodation

RHL provided a variety of activities on a bi-monthly basis to the residents in four sheltered accommodation schemes in Aldershot and Farnborough. Activities included quizzes, “sing songs”, talks and even “New Age Kurling”, which is played indoors without ice. All the activities were well received by the residents: at one of the schemes they remarked that our reminiscence quiz was “the best quiz we've ever had”, and they were pleased to be too young to know some of the answers! In addition we have continued to support an art club at a Farnborough residential home run on a voluntary basis by a local artist who is older than most of his club members!

Skilled for Health

This activity provides a learning environment to improve basic literacy and numeracy skills, assisting social integration and enabling participants to access local services, particularly health services, more easily. We delivered six courses, reaching 100 learners which included people recovering from mental health problems; Nepalese older adults, homeless young people and parents at two local Sure Start Children's Centres. A variety of health-related topics were covered, and we ran two practical cookery-based courses at a local infants school, providing parents with a set of easy recipes that they could cook at home.

Fuel Poverty / Energy Adviser

RHL's Energy Advisor (new in 2008) worked tirelessly last year helping people in debt or in dispute with energy companies and giving energy advice. Working closely with local Citizens Advice Bureaux and other agencies, RHL accessed grants for individuals and resolved disputes, resulting in savings of £12,450 to individuals in the community. In addition, due to sound financial management by RHL, we have been able to recruit a second advisor in 2009.

Outcomes:

Increased health knowledge or health related behaviour; Improved physical ability; Decreased social isolation; Improved individual health – keeping warm; Money returned to the local economy

Health for all

Commissioned exercise classes

RHL also provides activities to organisations on a commercial basis, for example Tai Chi sessions at a private residential home in Fleet and classes for disabled adults at a day centre in Camberley. Sessions are tailored to suit the clients and potential users.

It is our belief that companies, particularly small and medium sized businesses, benefit immensely from investing in the wellbeing of their staff, and RHL is able to offer a range of services to suit both companies and potential service users.

Health Checks

RHL has developed its Health MoTs into more comprehensive Health Checks, providing additional services for participants. Although none were delivered in 2008/9, the first one was in May 2009 and they have proved very popular. Blood pressure was measured, glucose and cholesterol levels checked, and weight and height measured to calculate Body Mass Index (BMI). As a result many were offered advice and support to make lifestyle changes (quit smoking, healthy diets etc) and some were given GP referral letters. This service is also available to businesses.

Health Trainers



Health Trainers
James and Jo

Rushmoor is one of three areas chosen by NHS Hampshire to provide dedicated non-medical Health Trainers that provide one to one support to individuals wishing to make lifestyle changes. It is not easy for people to change long established habits and our Health Trainers provide support, guidance and encouragement to individuals to help them make the changes they want. It took time to get the scheme set up ready for launch and the Health Trainers began engaging with clients in September 2009.

Smoke Free Homes

This totally unique activity was carried out in partnership with Rushmoor Borough Council's environmental health department. During a five month period nearly 5000 homes were visited by a team of four RHL staff. Their role was to visit homes during the early evening hours and ask residents if they wished to become, or already were, a "Smoke Free Home". The aim was to encourage residents that smoked to either give up or smoke outside so as not to expose others in the household to passive smoking. Many residents took up the challenge and, in addition, were offered free fire safety checks and health related incentives.



Smoke Free Team

"I didn't even realise I had a problem I thought I was fit and healthy you gave me the shock I needed"

"I am so grateful I have joined slimming world and have asked also for the 1-1 support offered by an NHS trained Health Trainer to help me achieve my goal"

"The follow up health check is in my diary, and I am looking forward to seeing the results and how I have improved. Thank you!"



Deputy Mayor undergoes one of our Health Checks

Outcomes: Increased health of individuals; More people better educated in, and take responsibility for, their own health; Fewer smokers

RHL and its impact upon the community

All the activities RHL delivers produce outcomes which positively impact upon the community and the local economy through the improved wellbeing of individuals. These health related impacts can be broken down into five key areas: - nutrition, self esteem, education, fitness and social wellbeing.

Nutrition

A healthy food intake improves the health and general wellbeing of an individual which makes them more productive as they suffer fewer illnesses related to obesity and/or poor diet. Healthy nutrition during the early years of life also aids the learning process, producing better educational achievements at school and college.

RHL activities relating to nutrition include Breakfast Clubs and Fit4Life with Skilled for Health, Health Checks, and Health Trainers new this year.

Self esteem

Improved self esteem encourages individuals to play a greater role in society because they feel better about themselves. Their self confidence enables them to mix socially and make informed lifestyle choices, which, in turn, can impact upon anti-social behaviour.

RHL activities relating to self esteem include Teen Parent Mentoring, Fit4Life, Street Dance and the new Health Trainers

Education

Several of our newer activities have enabled individuals to manage their own health better, thereby giving them options and opportunity. They are also well placed to educate others, particularly family members, and be a role model. People who manage their own wellbeing access NHS services less often, enabling more targeted use of stretched resources.

RHL activities relating to education include Health Checks, Fit4Life, SNAP, Drug & Alcohol Worker, Teen Parent Mentoring, Skilled for Health, Energy Advisor and Health Trainers

Fitness

Fitness is relative to the individual and their capabilities as we cannot all be Olympians! But exercising our body does improve our health and wellbeing, can increase longevity of life and have a positive impact upon the quality of that life. This is more obvious in older adulthood and can result in fewer falls because of better balance and fewer muscular skeletal aches and pains, therefore lowering the number of visits to GPs and A & E.

RHL activities relating to fitness includes all our exercise classes, Fit4Life, Street Dance and Health Trainers

Social and emotional wellbeing

In many ways social wellbeing is a "side effect" of all our activities which are group based. The impact of making new friends and working in a group should never be underestimated. Emotional wellbeing enables an individual to achieve more and have confidence in themselves, enabling them to lead a more independent life. This impacts positively upon the people around them, engages them in the community and reduces their need for social services.

RHL activities relating to social wellbeing include Fit4Life, Breakfast Clubs, Street Dance, Teen Parent Mentoring plus the newer activities: Skilled for Health, Fuel Poverty, Health Trainers, plus our range of social activities in homes and exercise classes.

Volunteers

Although RHL does not utilise many volunteers at present, this does not detract from their importance. We acknowledge the time, dedication and commitment given by these people to improve the lot of others, whether they volunteer directly with us or indirectly through our partners.

Without volunteers many services would not be delivered and charities like ours would not be able to access those in need.

Accounts to March 31st 2009

The accounts have been audited by Howard Lee, Fellows & Company, the auditors appointed by the Board.

Financial Review

This Annual Report supplements the annual financial accounts which are published separately. A full copy of our accounts can be viewed on the Charity Commission website or alternatively can be obtained from the RHL office or on our website.

In summary, the accounts set out the financial support received from our funders, who are listed elsewhere in this report. They do not include voluntary hours given by unpaid advisors, some delivery staff or trustees which, in the financial year 2008/9 are estimated to be worth over £40,000. The goodwill generated by this commitment supports the work of RHL, adding considerable value to our charity for which we are extremely grateful.

Financial Statement

In the period ending 31st March 2009 the charity reports the following summary financial information:

	Unrestricted funds	Restricted funds	Total
	£,000	£,000	£,000
Incoming resources	78	251	329
Resources expended	67	258	324
Funds carried forward from the year	11	(7)	4

At 31 March 2009 the charity held total unrestricted funds of £239k which includes funds to cover the Board's approved reserves policy and a substantial amount designated to cover future expenditure such as buildings acquisition and activity delivery and, in addition, restricted funds of £67k held to fund specific committed activities in the following year.

Board members are unpaid and have claimed nil expenses in 2008/9.

Working in Partnership

RHL believes in partnership working where there is mutual benefit and leadership. The people and organisations we work with enable us to deliver activities which directly benefit users and participants, and indirectly benefit the community they reside in. Listed below are the organisations and individuals that “make it happen”

Funding Partners

Alfred Henry Goode Trust
Awards for All (Big Lottery Fund)
British Heart Foundation
Community Fund (Big Lottery Fund)
Hampshire & IOW Community Fund
Hampshire County Council
Hampshire CC Children’s Fund
Hampshire Primary Care Trust
Hampshire Teen Pregnancy Partnership
Pavilion Housing Association
Paul Hamlyn Foundation
Pfizer UK Foundation
Rushmoor Borough Council
The ScottishPower Energy People Trust
South Central Strategic Health Authority
Windsor Housing

Delivery Partners

Ashley Monk
Belle Vue Infant School
Carli Jones
Cherrywood Primary School
Di Ruddick
Farnborough Grange Nursery and Infants Community School
Frank Furner
Gary Read
Heather Carpenter
Heidi Pfeffer
Jo Heard
Joan Angell
Linda Blundell
Lindsay Jenkins
Marie Gillon
Nikki Cumes
Rushmoor Youth Service
Sophie Krousti
Sue Harvey
The Source
Tower Hill Primary School

..and all other helpers and supporters without whom we could not make RHL the success that it is.

Directors of RHL as at 31st March 2009

John Card (Chairman of Finance & Governance Committee and Company Secretary)
Helen Clanchy
Aghdas Cullen
Hugh Deed (Chairman)
Amanda Dubarry
Grenville Earney *
John Edwards (Rushmoor Borough Council Appointee) (Chairman of External Affairs Committee)
Jennifer Glastonbury (elected 23rd March 2009)
Bill James *
Brian Knott (elected 12th January 2009)
Lynn Ludford (Hampshire County Council Appointee)
Angie Lythgoe
Dr Femi Oduneye
Colin Slatter (Chairman of Human Resources Committee)

The Board secretary is Wendy Orr. All Directors and the Secretary may be contacted via the RHL office.

* Richard Clayton resigned 22nd September 2008 and since March 31st 2009, Grenville Earney and Bill James have left the Board; all remain supporters of RHL. Three new Board members were elected in November 2009.



Working for a healthier world™



Supported by



Rushmoor Healthy Living

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