



# **Rushmoor Healthy Living** **Annual Report 2010**

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

Published November 2010 for Financial Year Ended March 31st 2010

[www.rhl.uk.com](http://www.rhl.uk.com)

## Chairman's Comments

Given the financial situation in the UK and the difficulty in raising money, 2009/10 has been a solid year for RHL and we remain in good financial condition with us only drawing to a very limited extent on our reserves.

On behalf of the Board and the users of the RHL services I would like to thank CEO Tony Docker and his entire team, including volunteers, for the excellent work they do in delivering the programmes.

Our biggest challenge remains to lower our fixed costs as a proportion of our total costs. There is little scope to reduce the costs in absolute terms without risk of taking RHL into terminal decline. However we can support far more activity out of the existing base core cost. This is what we plan to do through a combination of social enterprise actions and contracting to deliver services along with continuing to seek grants from various charity funders.

The Board has been strengthened by some new members joining and broadening the spectrum of skills and experiences to help guide the future development of RHL.



Hugh R Deed, Chairman

### **Public Benefit Statement**

In reviewing RHL's aims and objectives we have referred to guidance provided by the Charity Commission. We are satisfied that all our activities support our charitable objectives and that consideration is given to the fulfilment of these 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 well-being, (improving health and wellbeing) the relief of poverty, education. A fuller description of each of our activities can be found later in the report.

### **Risk Statement**

Major risks to which RHL 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 and procedures which are available on request. These are reviewed regularly and updated according to changes in legislation or changed circumstances

### **Volunteers**

RHL recognises the importance of volunteers to our organisation. 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.

RHL (Rushmoor Healthy Living)

Patron: Dame Mary Fagan DCVO JP, Lord-Lieutenant of Hampshire

Vice-Patrons: Gerald Howarth MP, Mrs Lizzie Howarth

**Photographs in this report are of actual RHL staff, volunteers or events.**

## From the Chief Executive

RHL is a successful organisation delivering activities which provide real benefit to individuals, but if you ask the Chief Exec of any charity what is their priority at present, they will all answer the same, finance. Even before the change of government, the writing was on the wall about funding from the public sector, it was being cut back with funders demanding more for less, not unreasonably.

We recognised well before this that RHL could only survive if we had greater control over our income and reduced our reliability on grants from the public purse. This meant altering our business model so that we were ready to compete in the commissioning world and expanding the parts of our business which earned income. This social enterprise model means we can provide more income to fund our core costs, always a difficult area to fundraise for.



We tried a different approach to fund raising, supplementing the usual method by creating an “Appeal” with vice patrons so we could approach different funders. This has proved to be a successful addition to our fundraising methods.

The detailed financial results are published separately and we maintained the same level of turnover despite several projects coming and going, which I take as a mark of success. However the mix of different activities does mean that beneficiary numbers rise and fall accordingly, and therefore should not be used as a measure of our success. As a charity we are successful if we make a positive difference to individuals, as a company we are measured more by our financial results, but each goes hand in hand with the other to ensure survival and continue delivering social benefit.

During the course of the year three projects came to their natural end but were replaced with three new ones. Although the decisions to cease and commence these activities were funding led, we have developed and expanded activities which are financially self sustainable and we seek to develop more.

To mention some specific activities, Fit4Life, Teen Parent Mentoring and Fuel Poverty have all struggled to survive and continue to do so. These are all excellent activities delivering real benefit to participants and making significant social impact, but we have not, as yet, found a way to make them financially self sustainable. Health Checks is another activity which, in my opinion, has tremendous potential but is struggling to pay its way. On the positive side, Step into Nature! has launched successfully and continues to grow, as does the work of our Health Trainers who are now becoming established in the community. In terms of numbers our exercise classes prove to be a continuing success story, with beneficiary numbers up 33%, plus they produce valuable unrestricted income.

RHL is now a significant part of the health community in our area, enabling us to work with local government and the PCT to not only deliver health benefits to the community but also speak on its behalf and have a small influence in shaping the strategy for the prevention of ill health.

There are exciting plans for the future which could offset any financial gloom and will provide great opportunity if successful. As an organisation RHL is in good shape to tackle the challenges ahead, we have great staff and an excellent Board of Directors committed to continuing our success for the benefit of others. As usual at this time I'd like to take this opportunity to thank all concerned for their hard work and commitment and for their continued support to RHL; no doubt 2010/11 will be another year of change.

**Tony Docker, Chief Executive, Rushmoor Healthy Living**

This table gives an indication of the number of participants that attend our activities and the total number of clients seen by our specialist advisors during 2009/10. It is impractical to compare totals year on year as different activities come and go, but we can state that all funded activities achieved good numbers, whilst attendance at our self funded classes continued to rise.

| Average numbers per session  |               |                                      |
|--|---------------|--------------------------------------|
| <i>Activity name</i>   | <i>Number</i> | <i>Frequency</i>                     |
| Breakfast Clubs  | 34            | 4 sessions each day during term time |
| Emotional Wellbeing  | 12            | weekly Apr - Jun                     |
| Art Club   | 7             | weekly Apr - Jan                     |
| Fit4Life   | 14            | weekly Apr - Jul                     |
| Skilled for Health   | 6             | weekly Apr – Jul                     |
| Community Health Checks  | 18            | ad-hoc throughout the year           |
| Teen Parent Mentoring  | 18            | weekly                               |
| Walks  | 14            | weekly from Sept 09                  |
| TOTAL  | 123           |                                      |
|  |               |                                      |
| Energy Advisors  | 376           | total number seen                    |
| Health Trainers  | 51            | total number seen from Oct 09        |
| <b>All the above activities are paid for by funders</b>              |               |                                      |
| Street Dance   | 25            | weekly term time                     |
| Private exercise classes   | 20            | weekly                               |
| Community Chair based exercise                                       | 15            | weekly                               |
| Tai Chi  | 60            | weekly                               |
| Yoga   | 15            | weekly                               |
| Pilates  | 53            | weekly                               |
| Low Impact Aerobics  | 18            | weekly                               |
| Fit to Dance   | 53            | weekly                               |
| Cardiac Rehab  | 27            | weekly                               |
| TOTAL  | 286           |                                      |
| <b>All the above activities are self funded, underwritten by RHL</b> |               |                                      |

Fewer people accessed RHL services this year (14000), due to the cessation of activities such as SNAP, Drug & Alcohol Worker and the Smoke Free Homes Project, all of which engaged with a high number of participants throughout a 12 month period. However, new activities commenced this year, namely Emotional Wellbeing, Step into Nature! and Health Checks, plus our Health Trainers began engaging with clients. These are all excellent activities which bring real benefit to those who engage with us and they include quality one to one work.

## Services we deliver in the community:

In keeping with our charitable aims all RHL activities are health related and are delivered in different ways: some directly by RHL staff, some by the engagement of specialist contractors and some sub contracted to other organisations that already work with particular client groups

### Children and Young People

#### Outcomes:

**Increased levels of fitness in young people. Improvement in self esteem and confidence of young people. Primary schoolchildren better prepared for learning. Improvement in behaviour and attendance at school. Family bonding through shared learning. Greater awareness of individual health. Improved parenting skills of teen parents. Creation of self help social networks**

#### Fit4Life

In response to the growing concern surrounding obesity rates, Fit4Life addresses this issue by working with disadvantaged overweight/obese teenagers suffering from low self-esteem and poor self-confidence. The project focuses on increasing exercise levels, improving diet and growing self-esteem.



#### Breakfast Clubs

RHL continued to deliver four Breakfast Clubs within identified disadvantaged areas of Farnborough and Aldershot. The children benefitted from a balanced breakfast and have gained a greater understanding of healthy eating options and healthy lifestyle choices. Also, a series of Dental Health and Healthy Eating workshops were delivered at each Breakfast Club in November.

Anecdotal feedback from school staff indicates attendance and educational attainment levels have improved in children who had previously been arriving late (or not at all) or underperforming in class before they joined the Breakfast Clubs. A total of 244 children benefited from the clubs over the year.

#### Teen Parent Mentoring

RHL's Teen Parent Mentoring project in association with The Source continues its work to integrate marginalised teenage parents back into society whilst encouraging the local community to provide support by pairing the teenagers with trained volunteer mentors, who are parents themselves.

A total of 41 young parents were mentored during April 2008 – March 2009, easily exceeding the target set. The project is clearly having a tremendous impact on the lives of the individual teenage parents. Some of the results achieved included no reported second babies, two mums moving into their own accommodation, four mums returning to college, two back to work, and one mum had her unborn child taken off the Child Protection register.

#### Emotional Wellbeing

An Emotional Wellbeing Course was run from April 2009 to July 2009 in partnership with 'Step by Step'. The course aims of improving self-esteem and confidence of the young people involved were achieved in a variety of ways through interactive sessions on subjects such as: sexual health; healthy relationships; counselling; healthy lifestyles improving confidence and self esteem.

In total 152 young people attended the 12 sessions of which 33% were female and 67% were male. Every week the young people were offered sessions at the local gym and swimming pool before and after each course session.

#### Fit4Life

"A' appears to be happier and there have been less incidents where she is having friendship issues – in fact I would say she is getting on well now with her peers."

"Fit4life has been good for 'B' because it has increased her self confidence and given her alternative way of venting her anger when she feels wound up."

"J's' confidence has grown since joining Fit4life, he is more willing to learn new skills and try new activities within the lesson. Thank you for all the work you have done with him. Thought you'd like to know he ran the 400 metres race in sports day and then danced on the stage at the end! He has gained in confidence massively and he keeps pulling his trousers up as though they are loose. Excellent work!"

"C' seems to be bubbling with confidence these days. She's obviously a very popular girl. She's also pleased to be doing well in English. She's a girl who absolutely loves praise and is sometimes nervous of speaking up in class, but I think she's more on form these days."

## Street Dance

RHL encourages young people to exercise through its Street Dance activity, providing two classes weekly during school term. Students from the Fleet class gave a demonstration in the Hart Shopping Centre in May 2009 and in June 2009 the Connaught students took part in the British Red Cross Dance for Life in Leatherhead. Named 'The Rushmoor Revolution Dance Squad', they were a Certificate of Achievement Music Winner. The classes also culminated in Christmas shows where students performed in front of friends and family.



## For Adults

### Outcomes:

**Improved fitness and mobility, Greater feeling of wellbeing – one lady commented that attending our Chair-Based class in Farnborough “is the highlight of my week”.**

### Physical Activities for Older Adults (PAOA)

Our programme of exercise for older adults aged 50+ has continued to be popular, and we increased the number of classes that we deliver each week from 17 to 19 by the end of the year. We provide classes in 7 different types of exercise at 9 local venues in Farnborough, Aldershot and Fleet. At the start of the year we had 195 paid up class members, which has now increased to 259.

### Tai Chi

The numbers participating in our Tai Chi classes have increased from 54 to 62 per week this year. Our 5 classes became full during the year, and so in January we opened a new class, with an instructor new to RHL, at Energie Fitness Club, Farnborough.

### Fit to Dance



This has been our most successful type of class this year, thanks largely to the infectious enthusiasm of our tutor, and the numbers attending have increased from 39 to 58 per week. All our classes filled up during the year, so to satisfy the demand we opened a new class at a different venue in April 2010. The members of each class performed in a very enjoyable “Christmas Showcase” at the Harlington Centre in Fleet in December, and we used the occasion successfully for publicity purposes with an attractive advert in the local press which generated a lot of interest.

### Pilates

Pilates continues to be successful, with numbers increasing from 45 to 57. Pilates requires limited class sizes and so we soon reached maximum capacity with waiting lists for places, resulting in us opening a further “Beginners” class on Tuesday mornings and an “All Abilities” class at Energie Fitness in January 2010.

### Chair-Based Exercise

These classes had mixed fortunes this year. We closed one class at the West End Centre, Aldershot, in September after a long struggle to keep it open and to attract new members. We discovered that this type of session is more attractive when delivered free of charge in a residential setting so we subsequently worked in partnership with such homes delivering Social Wellbeing sessions in April 2010.

Our community class at Farnborough Community Centre, however, continues to be popular with around 15 members

### Fit to Dance:

“It’s the first time in my life I’ve looked forward to Mondays”

“wasn’t the showcase super, I wanted to keep on dancing. Excuse me for being so excited about it but I wanted to say the RHL instructors are excellent”

“The tutor does a wonderful job of keeping our minds alert and bodies moving”

“I look forward to the class every week with the challenging dance routines, it feels good for the soul. My life is rather hectic with working and paperwork so it’s a great help and therapeutic for me”

### Pilates:

Tutor: “Improvement within the group, especially one member who was very inflexible and in a lot of back pain when she started – now much improved and she has certainly noticed a vast difference in her life”

“Your darling tutors are marvellous. When our tutor was away the replacement was wonderful”

“We love this class, we are a very happy group”

“The class is excellent. Afterwards I feel exhilarated – just the same as when I used to go to my osteopath

“The price of your classes is just right”

### Low Impact:

Tutor: “huge improvement seen in co-ordination and balance as well as stamina”

### General PAOA Feedback

“I tell everyone I know about your classes”

“wonderful organisation”

enjoying gentle exercise with a cup of tea and a chat afterwards each week.

### Low Impact Aerobics

This is our most physically challenging class, and numbers have remained steady, growing from 17 to 19 over the year. We were pleased to retain the members whilst the regular tutor was on maternity leave during the year, as we were fortunate to have an excellent cover instructor who has also returned since on a number of occasions to teach the class.

### Yoga

We have been pleased at the increase in numbers attending this class this year from 10 to 17 per week, as this class had been under threat. We advertised the class successfully in "Arena" magazine, which generated sufficient new members to ensure that the class could continue.

### Phase IV Cardiac Rehabilitation

These two classes are now approaching capacity, as numbers have increased steadily from 16 to 30. We work closely in partnership with the NHS Phase III Cardiac Rehabilitation exercise teams in Aldershot and at the Royal Surrey County Hospital, and expect to begin receiving referrals from the team at Frimley Park Hospital shortly. In 2010 we will expand our specialist rehabilitation classes as we plan to open a Pulmonary Maintenance class.

### Feedback survey:

During the summer of 2009 we conducted a survey of all PAOA members that attended a class in one particular week. We visited all our classes, distributing freepost feedback post cards to all members present. We reached 84% of the members in this way, and were pleased by the 68% response rate that we achieved.

99% of respondents were "satisfied or very satisfied" with the activity (e.g. Tai Chi); 100% were "satisfied or very satisfied" with the tutor and 96% were "satisfied or very satisfied" with the venue. We followed up all the comments made, acting on them where possible, and fed back our responses in our regular letter to the class members. All the tutors were also given individual feedback from their class members.

### Social Wellbeing

Early in the year we were approached by a newly established day centre in Aldershot run by Age Concern for elderly adults with memory impairment. We agreed to run a taster session of Seated Exercise, but although their clients enjoyed it greatly, they did not have any funding to pay for further sessions. However, later in the year RHL received external funding which enabled us to deliver Social Wellbeing activities for the elderly, so we commenced weekly Seated Exercise sessions for this group in January 2010.

Due to their condition they are mostly unable to provide verbal feedback, but the staff feel that they all very much enjoy the sessions. There are usually 7 to 10 clients at the centre each week, and the instructor has noticed some improvement in their co-ordination, which for many of the group is poor. The staff have bought some new equipment with which they "practice" with the clients on the day when we are not there, and this is their "homework".

Towards the end of the year we expanded these Seated Exercise sessions to four housing association sheltered accommodation schemes in Farnborough and Aldershot. In addition RHL, runs a small number of private Social Wellbeing exercise sessions each week to organisations that commission our services

### Skilled for Health

This project was scheduled to complete by the end of 2008/09 but was extended until June 2009 due to prudent expenditure. The courses provided a learning environment to improve basic literacy and numeracy skills for disadvantaged sections of the community. The six courses reached 100 learners and covered health related topics such as cookery courses.

### Health Checks

"At my health check I was referred to my GP. The doctor frightened me as my cholesterol was way too high. I used to eat 8 bars of chocolate a day now I eat no chocolate. It was my mother in law who pushed me to attend the health check'

'I am more conscious about my diet now and more aware of my heart and health'

"I am now looking forward to making new friends on the healthy walks on Friday mornings out of Prospect Centre, and having 1-1 support with a health trainer too."

"How fabulous & what an incentive to eat healthily. Feel really good about having a tub of flora in the fridge now!"

"Lovely to come here so much friendlier than my GP".

"I am looking forward to meeting up with Jo who will help me meet new people which I hope will encourage me to eat more when I am in company"



## Health for All

### Outcomes:

***Increased levels of fitness. Greater appreciation of nature. Greater feeling of wellbeing.  
Improved health of individuals. More people better educated in, and take responsibility for, their own health.  
Improved personal financial confidence. Money returned to the local economy***

### Step into Nature!

This is the name of the project which encourages people to go on walks and learn more about the world of nature. Not surprisingly, walking is an excellent way to maintain and improve health as well.

RHL now has over 150 registered walkers who participate in our walks, nearly all of which take place weekly in Farnborough, Ash and Aldershot. Numbers have grown rapidly, as have the number of volunteers that lead the walks; without these people giving freely of their time on a regular basis RHL could not deliver this valued activity.

So much has been achieved in less than a year and our aim is to grow and expand this activity, making it a permanent fixture around the area, attractive to individuals and families of all ages.



### Health Trainers

Our two Health Trainers are now established in their roles and have helped 51 people during this year since October 09. They have established a close working relationship with the local children's centres/community centres, and we would like a similar relationship with GP surgeries, so that we can gain access to the people who may need support the most.

The service supports people who wish to make lifestyle changes, perhaps give up smoking, make dietary changes or take up exercise, indeed anything which improves their health and positively improves their self esteem. The trainers provide one to one support and have access to a wide network of local support services.

RHL also recruited a Health Champion specifically to work within the Nepalese community. Although not trained to Health Trainer level, Ramji is a valuable resource for the community and can signpost individuals to a whole host of health related services.

### Health Checks



RHL tested the concept of providing free health checks to members of the public in November 2009. Trialled in the Wellington Shopping Centre, Aldershot, 41 checks took place in one day with one person referred to their GP, five people invited to take part in the Flora 12 week challenge to reduce their cholesterol, and one person took advantage of the 1-1 support offered by the RHL's Health Trainers.

In addition to community health checks, RHL worked with First Wessex Housing Association and Windsor Housing to deliver health checks for the benefit of their tenants in the summer of 2009. 76 people received health checks, with 13 invited to take part in the Cholesterol Challenge and receive money off vouchers for 15 weeks for Flora Active. 15 were offered 1-1 support with an RHL Health Trainer and 11 were referred to their own

GP. 23 people attended follow up health checks at the three different locations in February 2010.

### Fuel Poverty

RHL's Energy Advisors worked tirelessly last year helping people in debt or in dispute with energy companies, also providing advice on fuel use efficiency. We worked closely with local Citizens Advice Bureaux, Children's Centres, Community Mental / Physical Health Access programmes, Neighbourhood Watch and several other agencies.

In order to help us with our work, we acquired CFS Money Advice Licence Status, and National Government COI (Central Office of information) Advisor status in 2010. RHL accessed grants for individuals and resolved disputes, resulting in savings of £34,637 to individuals in the community. In addition the advisors saw 627 people and addressed 1122 people through presentations at Children's Centres, Citizens Forum's and Neighbourhood Watch.

## 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 also aids the learning process, producing better educational achievements at school and college.

*RHL activities relating to nutrition include Breakfast Clubs, Fit4Life, Skilled for Health, Health Checks and Health Trainers*

### **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 positively upon anti social behaviour.

*RHL activities relating to self esteem include Emotional Wellbeing, Social Wellbeing, Teen Parent Mentoring, Fit4Life, Energy Advisors, all exercise classes and Health Trainers*

### **Education**

Knowledge of nutrition and fitness enables 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 Emotional Wellbeing, Health Checks, Fit4Life, Teen Parent Mentoring, Skilled for Health, Energy Advisors, Cardiac Rehab and Health Trainers*



### **Fitness**

Fitness is relative to the individual and their capabilities and must be fun. Exercising our body improves our health and wellbeing, increases longevity and positively impacts upon the quality of life. This is more obvious in older adults 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 Accident & Emergency.

*RHL activities relating to fitness includes all our exercise classes, Fit4Life, Street Dance, Step into Nature! (Walks) and Health Trainers*

### **Social and emotional wellbeing**

In many ways social wellbeing is a “side effect” of all our activities which are group based. However, the impact of making new friends and working in a group should never be under estimated. 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 Emotional Wellbeing, Social Wellbeing, Fit4Life, Breakfast Clubs, Street Dance, Teen Parent Mentoring, Skilled for Health, Energy Advisors, Health Trainers, plus our range of exercise classes.*



# Accounts to March 31st 2010

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.

## Financial Statement

In the period ending 31<sup>st</sup> March 2010 the charity reports the following summary financial information:

The 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.

The summary below sets out the income and support from our funders received in the year and the costs in the year of running RHL and the programmes and activities.

The figures do not include voluntary hours given by unpaid advisers, some delivery staff and trustees which this year are estimated to be worth over £50,000.

|  | <b>Unrestricted funds</b> | <b>Restricted funds</b> | <b>Total</b> |
|--|---------------------------|-------------------------|--------------|
|  | £,000                     | £,000                   | £,000        |
| <b>Incoming resources</b>                  | 100                       | 227                     | 327          |
| <b>Resources expended</b>                  | 121                       | 237                     | 358          |
| <b>Funds carried forward from the year</b> | (21)                      | (10)                    | (31)         |

As at March 2010 the charity holds unrestricted funds totalling £219K (vs £239 in March 2009). These funds are divided into a Development Fund (£150K) and the remaining £69K covers the Board's approved reserves policy. In addition the charity holds £58K of restricted funds to cover specific committed activities in 2010/11.

Board members are unpaid and claimed a total of less than £50 expenses in 2009/10.

## Working in Partnership

RHL is committed to working in partnership where there is mutual benefit to both the partner and recipients of the service. The people and organisations RHL works with enables us to deliver our activities to those in real need.

### Funding Partners

BAE Systems  
Hampshire County Council  
Hampshire County Council Children's Fund  
Natural England  
NHS Hampshire

Ogilvy Health for Flora  
Paul Hamlyn Foundation  
Pavilion Housing Association (now First Wessex)  
Rushmoor Borough Council  
Scottish Power Energy Peoples Trust

RHL also received 39 donations from a variety of other organisations arising from work carried out as part of the Appeal. Due the high number we are unable to list each donation separately, but the following donated over £1000:-

Richard Kirkman Trust  
Bayfield Charitable Trust  
The Annandale Charitable Trust  
Swire Charitable Trust  
Aldershot Charities Fund  
Triangle Trust

Englefield Charitable Trust  
The Welton Foundation  
WG Edwards Charitable Trust  
Augusta Westland  
The Rothschild Foundation  
Richard Desmond Charitable Trust

Sir Joseph Hotung Trust  
Surrey Square Charitable Trust  
Sumner Wilson Charitable Trust  
Helen Hamlyn Trust  
Santander

To all our funders, RHL expresses their sincere thanks and gratitude.

### Delivery Partners

Aldershot CAB  
Aldershot Library  
Ash CAB  
Ash Library  
Ash Parish Council  
Ash Voluntary Services  
Ashley Monk  
Basingstoke Canal Centre  
Belle Vue Children's Centre  
Belle Vue Infant School  
Blackwater Valley Countryside  
Partnership  
Broadhurst Community Access Project  
Butterfly's Children's Centre  
Camberley CAB  
Cherrywood Primary School  
Cove Brook Greenway  
Di Ruddick  
Farnborough CAB

Farnborough Grange Nursery & Infants  
School  
Farnborough Library  
Farnborough Rugby Club  
Farnborough Sixth Form College  
Fleet CAB  
Frank Furner  
Friends of Brickfields Country Park  
Gary Read  
Heathlands CAB  
Heidi Pfeffer  
Jo Heard  
John Olwoch  
Linda Blundell  
Marie Gillon  
Mayfield Community Partnership  
Oak Farm Community School  
Owls Children's Centre (Cherrywood)  
Nikki Cumes

North Town Base  
Parity for Disability  
Penny Elliot  
Randell House  
Rowhill Nature Reserve  
Rushmoor Access Group  
Rushmoor Voluntary Services  
Sam Wakefield  
Shawfield Centre  
Step by Step  
Sue Harvey  
Sue Hystead  
Sunflowers Children's Centre  
Tahli Dumbuya  
The Source  
Tower Hill Primary School  
Walking for Health  
Will Sibley  
Yateley CAB

## Directors of RHL as at 31st March 2010

Michael Adebisi (elected 23rd November 2009)  
Alex Burn (Hampshire County Council Appointee)  
(replaced Lyn Ludford)  
John Card (Chairman of Finance & Governance  
Committee and Company Secretary)  
Helen Clanchy  
Aghdas Cullen  
Hugh Deed (Chairman)  
Amanda Dubarry

Jennifer Glastonbury  
Brian Knott  
Angie Lythgoe  
Dr Olive O'Dowd-Booth (Elected 23rd November 2009)  
Dr Femi Oduneye  
David Quirk (Rushmoor Borough Council Appointee,  
replaced John Edwards on his retirement from RBC)  
Colin Slatter (Chairman of Human Resources Committee)  
Kathryn Stuart (Elected 23rd November 2009)

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



REAL SUPPORT. REAL ADVANTAGE.



**Rushmoor Healthy Living**  
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