Company Number: 2883419

Charity Number: 1030693



REGAIN THE TRUST FOR SPORTS TETRAPLEGICS
(A company limited by guarantee)

Trustees' Report and financial statements for the year ended 31 December 2006

Financial statements for the year ended 31 December 2006

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ChantreyVellacottDFKLLP

REGAIN - THE TRUST FOR SPORTS TETRAPLEGICS

Directors, officers and advisers

Patrons

Sir Richard Branson Tanni Grey-Thompson OBE Jason Leonard MBE

Directors and Members of the Board of Trustees

Lord Ivar Mountbatten Jonathan S Shalit James E Kelly B R K Moorhead Sarah Sinclair Timothy Holland Nicholas Russell-Davis

Secretary

R W Belson

Registered number

2883419

Charity number

1030693

Registered office

2 Bank Buildings 147 High Street Cranleigh Surrey GU6 8BE

Principal office

78 Shirburn Road Watlington Oxfordshire OX49 5BZ

Auditor

Chantrey Vellacott DFK LLP Chartered Accountants Gresham House 53 Clarendon Road Watford Herts WD17 1LR

Trustees' Report for the year ended 31 December 2006 (incorporating the Directors' Report)

The Board of Trustees, who are all directors of the company, present their report and the financial statements of the charitable company for the year ended 31 December 2006

Status and members

The company was incorporated on 17 December 1993. The company is limited by guarantee and has no share capital. Each member has undertaken to contribute to the assets of the company in the event of the same being wound up while she/he is a member, or within one year of ceasing to be a member, for payment of debts and liabilities of the company contracted before ceasing to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors amongst themselves, such amount as may be required not exceeding £1

The company is a registered charity

Objectives and activities

The Trevor Jones Tetraplegic Trust was registered with the Charity Commissioners for England & Wales in November 1993 (Charity Number 1030693) & as a Company Limited by Guarantee (Company Registration Number 2883419) In order to reflect accurately the work & scope of the Trust, the name was changed to REGAIN the Trust for Sports Tetraplegics on 19th May 1995

Regain is the only charitable organisation dedicated solely to improving the independence of all British men and women who have become tetraplegic as a result of a competitive sports or leisure injury

REGAIN's Objectives are:

- 1 To relieve individuals who, as a result of an accident in a sporting activity, have suffered spinal injury, resulting in the complete loss of use of two limbs, the serious impairment of function in the remaining limbs, and the significant loss of personal mobility without human or mechanical assistance
- 2 To improve the conditions of life of those individuals who have suffered injuries as defined above by the provision of resources or equipment
- 3 To advance the education of the public and in particular the knowledge of spinal injuries which may be suffered by individuals participating in sporting activities

REGAIN Aims to:

- Help all British sports tetraplegics lead an independent life.
- Provide equipment to improve the mobility, independence and quality of life of all British sports tetraplegics
- Forge long-term relationships with British sports tetraplegics and their families so they feel support for the rest of their lives financially, as far as possible, and in terms of expert advice and professional counselling
- Provide, where possible, free consultation in areas of legal, financial, insurance, medical and counselling
- Be a forum for British sports tetraplegics to share their experiences, and possibly their lives, with other sports tetraplegics
- Develop a self-help program to foster their sense of worth and belonging
- Seek employment and occupational opportunities for sports tetraplegics
- Increase awareness of the risks of sports tetraplegia with the aim of reducing the number of accidents
- Increase awareness of the need to insure against the risks of tetraplegia among sporting bodies and sportsmen and women generally

Trustees' Report for the year ended 31 December 2006 (incorporating the Directors' Report)

Objectives and activities

REGAIN Aims to:

 Actively ensure equal opportunities for all tetraplegics, including women and ethnic minorities, who face additional disadvantages

The strategies employed to achieve the charitable company's objectives are currently under review

The main activities of the charitable company are arranging with AFC fundraising events to support our many applications

Achievements, performance and financial review

The overall aim of the Trust remains to achieve the maximum independence and quality of life for all sports tetraplegics

During the course of the year the number of sports tetraplegics associated with REGAIN has exceeded 250. Requests for equipment continue to be received at the rate of approx three per month. The amount of money needed to fund specialist equipment now stands at an annual sum of £130,000. This money can only be raised from members of the public or charitable organisations, and we are most grateful for their support. Our three annual fund-raising events are the primary source of income for REGAIN.

The year began with a not very successful London Marathon event. Five runners were due to compete but two suffered training injuries close to the event so only three were able to raise funds for Regain. As a result our revenue was down. This was followed shortly afterwards by our sixth running of the very successful Snowdonia Challenge Event, when 55 teams of 4 raised over £70,000. The teams cycle, climb and canoe around Snowdonia.

In June we organised our fifth Regain Sports Awards Lunch, at the Landmark Hotel Over 20 tetraplegics attended with their carers, and had a thoroughly enjoyable time mixing with some of our sponsors and other able-bodied people who had taken part in some of our fund-raising events

Action for Charity organised one overseas cycling event for Regain to China. This was an extremely successful event raising in excess of £70,000. Over 35 able bodied people took part along with four tetraplegics. This was definitely the highlight of the year for those tetraplegics who took part, particularly one individual who has a very high legion.

During the year Action for Charity produced two Regain Newsletters These were both well-received and we hope promoted the Charity and the work that we do

The Board of Trustees would like to record its appreciation to all supporters of REGAIN, whose help is so essential to the continued success of the Trust Our particular thanks go to Gay Bentley-Coleman & Ann Frampton of Action for Charity whose enthusiasm and dedication to the Charity knows no bounds

Results

The results for the year ended 31 December 2006 are shown in the summary income and expenditure account on page 8 and on the statement of financial activities on page 9

Trustees' Report for the year ended 31 December 2006 (incorporating the Directors' Report)

Future plans

Our plans for 2008 include the following fundraising events allocating five places for the London Marathon, the Snowdonia Challenge, the Sports Awards Lunch and a fundraising cycle event in Brazil

Procedure and policy for grant making

The first action an applicant takes is to complete an application form (available from our web site) and send it to the Company Secretary. The application is reviewed, the applicant spoken to by the Company Secretary and an assessment is made. If the application complies with our objectives and remit then the Company Secretary seeks authority from the trustees (at the next trustees meeting) to make funds available to support the application. The grant is used to pay the supplier direct and not given to the tetraplegic applicant.

Investment powers

The Trustees have the power to invest any funds not required for immediate use on deposit or invest as they see fit

Reserves

The reserves of the Trust are shown on the balance sheet on page 10. The principal policy of the Trustees is to ensure that the reserves do not fall below a level, which enables the charitable company to continue in business. The Trustees consider that the charitable company's minimum reserves should be the equivalent of at least six months' indirect costs. The reserves at 31 December 2006 are adequate to support this policy.

Risk

The Trustees are in the process of identifying the major risks to which the charitable company is exposed and ensuring that steps are taken to manage these risks

Structure, governance and management

We have appointed one secretary and eight Trustees so there is no current need to recruit more However if we had to we would recruit through www.Reach who helped us recruit our accountant Trustee. New Trustees are introduced to the other trustees at one of our quarterly meetings and if considered suitable appointed at that meeting

A new Trustee is sent by the secretary all the latest literature produced by the Charity Commission

The day-to-day running of the charitable company is delegated to the Company Secretary

Directors and Members of the Board of Trustees

The directors and members of the Board of Trustees who served during the year were

Lord Ivar Mountbatten
Jonathan S Shalit
James E Kelly
Hugh Salmon
B R K Moorhead
Nicholas Russell-Davis
Sarah Sinclair
Timothy Holland – appointed 29 March 2006

Trustees' Report for the year ended 31 December 2006 (incorporating the Directors' Report)

Directors and Members of the Board of Trustees

Mr H Salmon resigned as a trustee on 3 May 2007 The Trustees record their thanks for his enthusiasm and support during his ten years' association with the charitable company

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charitable company and of the income and expenditure and financial activities of the charitable company for that period. In preparing these financial statements, the Trustees are required to

- select suitable accounting policies then apply them consistently,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In so far as the Trustees are aware

- there is no relevant audit information of which the company's auditor is unaware, and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

Auditor

A resolution to reappoint Chantrey Vellacott DFK LLP as auditor of the charitable company will be proposed at the forthcoming Annual General Meeting

Signed on behalf of the Board of Trustees

-ØRD IVAR MOUNTBATTEN

Trustee

Approved by the Board on 27 /9 / 2007

Independent Auditor's Report to the Members of Regain - The Trust for Sports Tetraplegics

We have audited the financial statements of Regain - The Trust for Sports Tetraplegics for the year ended 31 December 2006 which comprise the summary income and expenditure account, statement of financial activities, balance sheet and the related notes. These financial statements have been prepared under the accounting policies set out therein

This report is made solely to the charitable company's members, as a body, in accordance with section 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed

Respective responsibilities of Trustees and Auditor

The responsibilities of the Trustees (who are also the directors of Regain - The Trust for Sports Tetraplegics for the purposes of company law) 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) are set out in the statement of Trustees' Responsibilities

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland)

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Act 1985. We also report to you whether, in our opinion the information given in the Trustees' Report is consistent with the financial statements.

In addition, we report to you if, in our opinion, the charitable company has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information specified by law regarding Trustees' and directors' remuneration and other transactions is not disclosed

We read the Trustees' Report and consider the implications for our report if we become aware of any apparent misstatements within it

Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the Trustees in preparation of the financial statements, and of whether the accounting policies are appropriate to the charitable company's circumstances consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Independent Auditor's Report to the Members of Regain - The Trust for Sports Tetraplegics

Opinion

In our opinion

- the financial statements give a true and fair view, in accordance with United Kingdom Generally Accepted Accounting Practice, of the state of the charitable company's affairs as at 31 December 2006 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended,
- the financial statements have been properly prepared in accordance with the Companies Act 1985, and
- the information given in the Trustees' Report is consistent with the financial statements

CHANTREY VELLACOTT DFK LLP

Chartered Accountants Registered Auditor

WATFORD

12 October

2007

Chantrey Vellacolt DFK LLP

Summary income and expenditure account for the year ended 31 December 2006

	2006 £	2005 £
Income	379,044	398,373
Expenditure	304,222	362,779
Net income for the year	74,822	35,594

None of the charitable company's activities was acquired or discontinued during the above two financial years

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented

There is no difference between the results shown above and their historical cost equivalents

The summary income and expenditure account is derived from the statement of financial activities on page 9, which together with the notes to the financial statements on pages 11 to 15, provides full information on the movements during the year of all of the funds of the charitable company

Statement of financial activities for the year ended 31 December 2006

			stricted Funds 2006	Unrestricted Funds 2006	Total Funds 2006	Total Funds 2005
Incoming resource	es	Notes	£	£	£	£
From generated fun Voluntary income	Donations Donations from		-	16,728	16,728	29,989
	grant – making trusts		7,292	10,908	18,200	8,992
Activities for gener	atıng funds		7,292	27,636	34,928	38,981
Events Investment income	Bank interest		-	343,839 277	343,839 277	359,110 282
Total incoming reso	urces		7,292	371,752	379,044	398,373
Resources expend	led					
Costs of generating Costs of generating income		3				
Events Fundraising and pullindirect costs	ublicity		-	157,055 31,707 6,148	157,055 31,707 6,148	212,361 33,103 6,547
				194,910	194,910	252,011
Charitable activities Equipment Indirect costs		4	-	96,969 3,378	96,969 3,378	100,062 4,569
				100,347	100,347	104,631
Governance costs		5		8,965	8,965 ———	6,137
Total resources exp	ended		-	304,222	304,222	362,779
Net incoming reso	urces		7,292	67,530	74,822	35,594
Total funds brought	forward			95,521	95,521	59,927
Total funds carried	l forward		7,292	163,051	170,343	95,521

Balance sheet at 31 December 2006

	Notes	2006 £	2005 £
Fixed assets			
Tangible assets	9	405	608
Current assets			
Debtors Cash at bank and in hand	10	73,227 176,273	73,146 110,557
		249,500	183,703
Creditors: amounts falling due within one year	11	79,562	88,790
Net current assets		169,938	94,913
Total assets less current liabilities		170,343	95,521
		462 054	05 504
Unrestricted funds - General Trust Fund Restricted funds	13	163,051 7,292	95,521 -
	14	170,343	95,521

Approved by the Board of Trustees and authorised for issue on $\,27/9/\,2007$ and signed on its behalf

LORD IVAR MOUNTBATTEN

Trustee

The notes on pages 11 to 15 form part of these financial statements

Notes to the financial statements for the year ended 31 December 2006

1. Accounting policies

(a) Basis of accounting

The financial statements are prepared on the historical cost basis of accounting and in accordance with the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005, applicable UK accounting standards and the Companies Act 1985

(b) Fund accounting

Funds held by the charitable company are

Unrestricted funds

- these are funds which can be used in accordance with the charitable company's objects, at the discretion of the Board

Designated funds Restricted funds - these are funds set aside by the Board for particular purposes

- these are funds that are subject to special conditions imposed by the donor, or through the terms of an appeal

(c) Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charitable company is legally entitled to the income and the amount can be quantified with reasonable certainty. The following specific policies apply to categories of income

- Any income from fundraising is shown gross
- Donations and grants are included in incoming resources when the charitable company is legally entitled to the income and the amount can be quantified with reasonable accuracy. Entitlement is the earlier of the charitable company being notified of an impending donation or grant or the funds being received.

(d) Event income and expenditure recognition

Income and expenditure for events is recognised in the year in which the events actually occur. Income and expenditure for future events is carried forward at the balance sheet date.

(e) Resources expended

Resources expended are included in the statement of financial activities on an accruals basis, inclusive of VAT, which cannot be recovered

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain overhead expenditure (as shown in note 6) has been apportioned on the basis of the estimated time spent by staff on the three main activities of the charitable company.

Grants payable are charged in the year when the offer is conveyed to the recipient

Fundraising costs are those incurred in seeking voluntary contributions and other income generation, for example, the costs associated with promoting and running the events

Governance costs are the costs associated with the governance arrangements of the charitable company, which relate to the general running of the charitable company as opposed to those costs associated with fundraising or charitable activity. Included within this category are costs associated with the strategic as opposed to day-to-day management of the charitable company's activities.

Notes to the financial statements for the year ended 31 December 2006

1. Accounting policies

(f) Depreciation of tangible fixed assets

Depreciation of tangible fixed assets is charged so as to write off their full costs less estimated residual value over their expected useful lives at the following rate

Office equipment and furniture

20% of cost per annum

(g) Cash flow statement

The charitable company has taken advantage of the provisions of Financial Reporting Standard No 1 and has not prepared a cash flow statement

(h) Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets or financial liabilities

2. The company

Regain - The Trust for Sports Tetraplegics, is formed under the Companies Act and has no share capital, being a company limited by guarantee The maximum liability of each of its members is £1 and the maximum number of members is 50

As a registered charity the company is not liable to corporation tax on any surplus for the year

3.	Costs of generating funds	2006 £	2005 £
	Events Fundraising costs Newsletter Indirect costs (note 6)	157,055 28,200 3,507 6,148	212,361 31,761 1,342 6,547
	manect costs (note o)		<u></u>
		194,910	252,011
			
4	Charitable activities	2006	2005
-		£	£
	Equipment Vehicles	_	6,850
	Wheelchairs	72,591	71,580
	Computers	15,562	6,284
	Other	10,421	8,328
	Cycles	(5,055)	7,020
		93,519	100,062
	Costs of tetraplegics and their carers attending sports lunch	3,450	-
	Travel	300	1,296
	Indirect costs (note 6)	3,078	3,273
		100,347	104,631
			

During the year equipment was donated to 21 (2005 - 30) individuals in line with the objects of the charity

Notes to the financial statements for the year ended 31 December 2006

5.	Governance costs				2006 £	2005 £
	Auditors' remuneration For audit Accountancy Annual Return Indirect costs (note 6)	t			2,937 4,972 30 1,026	2,994 2,037 15 1,091
	manest seste (note e)				8,965	6,137
6.	Indirect expenses	Costs of generating funds	Charitable activities £	Governance costs	Total 2006 £	Total 2005 £
	Staff costs (note 7) Printing, postage & stationery Telephone and related	2,876 994	1,438 498	479 166	4,793 1,658	4,887 1,237
	charges Secretarial services Insurance Meeting and travel Depreciation Bank charges	247 237 154 1,107 123 410	126 119 78 552 60 207	42 40 26 184 20 69	415 396 258 1,843 203 686	949 375 258 2,513 311 381
		6,148	3,078	1,026	10,252	10,911
	2005	6,547 	3,273	1,091 	_	10,911
	Basis of allocation (See note 1(e)	60%	30%	10%		
7.	Staff costs				2006 £	2005 £
	Wages and salaries Social security costs				4,790 3	4,875 12
					4,793 ——	4,887
					2006 Number	2005 Number
	The average number of persons	employed d	uring the yea	r was	1	1

8. Trustee remuneration and expenses

The Trustees received no remuneration for their services (2005 - £Nil) During the year, one Trustee was reimbursed for expenses amounting to £114 (2005 - £Nil)

There were no employees earning above £60,000 (2005 - none)

Notes to the financial statements for the year ended 31 December 2006

9.	Tangible fixed assets		furniture Juipment £
	Cost: At 1 January 2006 and 31 December 2006		4,894
	Depreciation: At 1 January 2006 Provision for the year		4,286 203
	At 31 December 2006		4,489
	Net book value: At 31 December 2006		405
	At 31 December 2005		608
10	Debtors	2006 £	2005 £
	Gift Aid Prepayments for future events Other prepayments Accrued income	22,862 18,633 23,500 8,232 73,227	10,507 21,330 29,375 11,934 73,146
11.	Creditors amounts falling due within one year	2006 £	2005 £
	Trade creditors Payroll taxes Deferred income (See note 12) Accruals	28,873 259 777 49,653 79,562	42,615 281 305 45,589 88,790
12.	Deferred income	2006 £	2005 £
	Balance at 1 January 2006 Received in year Released in year	305 777 (305)	29,448 305 (29,448)
	Balance at 31 December 2006	777 ===	305

13 Restricted funds

The restricted funds represent income donated to the charitable company to be used to purchase hand cycles

Notes to the financial statements for the year ended 31 December 2006

14. Analysis of total assets less current liabilities between funds

	Restricted funds 2006 £	Unrestricted funds 2006 £	Total funds 2006 £
Fixed assets	-	405	405
Current assets	7,292	242,208	249,500
Current liabilities	· -	(79,562)	(79,562)
			
Total assets less current liabilities	7,292	163,051	170,343

15. Capital commitments and contingent liabilities

There were no capital commitments or contingent liabilities at 31 December 2006 (2005 - None)