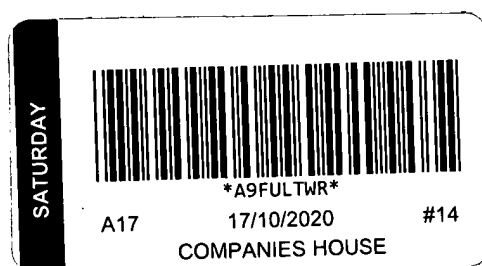




10 Years of connection

**Recovery Cymru Community
Annual Progress Report**

April 2019 – March 2020



REGISTERED CHARITY NUMBER: 1154530

REGISTERED COMPANY NUMBER: 08520441

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have recognised our vision, become part of the recovery community and supported us during another exciting year in the RCC community.

With thanks to our funders and partners without whom we would not be where we are today

the Tudor trust



The Henry Smith Charity
founded in 1628



COMMUNITY FOUNDATION IN WALES
SEFYDLIAD CYMUNEDOL YNG NGHYMURU

LLOYDS BANK FOUNDATION

England & Wales



A special thank you to all our members, volunteers, staff and trustees who give their time, enthusiasm and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

218 Cowbridge Road East
Canton
Cardiff
CF5 1GX
✉ info@recoverycymru.org.uk
☎ 07949069688

232 Holton Road
Barry
Vale of Glamorgan
CF63 4HS



@recoverycymru1



@Recovery Cymru



@RecoveryCymru

Introduction

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. We operate recovery centres in Cardiff and Barry, Vale of Glamorgan. We are pioneers of the first commissioned partnership between treatment providers and a recovery community organisation to deliver aftercare and ongoing peer support and are networked into the wider recovery community in Wales and the UK.

Our Vision

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

Our Values

We believe in the reality of recovery and in the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems and our activities are based upon the following principles: hope, choice, empowerment, inclusion, understanding, support, enjoyment and acceptance.

Mission Statement

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests and to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others. Recovery Cymru is also part of a wider recovery movement in Wales and is a champion for the Recovery agenda in the UK.

Aim

To empower people to overcome / recover from substance use problems and lead fulfilling lives in the community.

Objectives

- Build the recovery community in Wales
- Raise awareness of recovery and challenge stigma
- Work alongside treatment providers to develop recovery oriented systems of care

This annual report outlines:

- The main activity and achievements in the financial year 2019-2020
- A reflection on the start of our tenth anniversary year of the organisation and development of our new strategy
- A note on the start of Covid lockdown
- Plans for the next period.

Forward from Sarah Vaile, Founder & Director



It brings me great pleasure to reflect on Recovery Cymru's Annual progress report covering the period April 2019 – March 2020.

On a personal note, whilst I was on maternity leave for most of 2019, I was kept up to date in regular meetings with Laura Davies, Project Lead and Rachel Bayer, Finance & Operational Coordinator during my 'keeping in touch' days. Each time, I was pleased to hear of our progress, as well as challenged to help be part of responding to the needs of our members and organisational development.

These discussions led us to secure funding and offer (with some gentle persuasion!) Laura Davies to continue in her post after my return. For me, as Founder, this has been transformational in the way that we are able to run and develop our community organisation. We are able to each focus our energies on what we do best. Laura is fantastic at running our operations and systems, which enables me to engage with our people to focus on our strategic vision and programmes.



We were once again proud to be open 365 days, including over the whole Christmas and new Year period. January 2020 saw us welcome in our tenth anniversary year of Recovery Cymru. Having developed from a single support group, this year started as one of celebration and reflection as we consider who we are, what we are, why we are and what's next. In true RC style, this involves speaking to as many people as possible, asking questions and listening to what people want, need and value.

We were really pleased to be supported by Lloyds Bank Foundation to undertake an independent impact assessment to engage with past and current members from the last ten years. We eagerly await the report, to be published Autumn 2020 and this will directly inform our strategic vision for the next 3-5 years.

At the end of the period this report covers, the world as we knew it changed when Covid-19 deeply affected the way we could connect and offer support to our members, volunteers and staff. We are proud of the way in which we responded. We sadly closed our recovery centres on 17th March 2020. However, what happened next has been so encouraging and testament to the strength and adaptability of our community, people and model. We have always believed our people are our greatest asset and our 'flat hierarchy' means our people are well versed in being part of the solution to the problems they face. They are used to being asked, speaking up, being heard – and then expected to implement!

Without knowing it, we were 'set up' and ready to adapt our model to the current times, with people who felt invested in, motivated and had a strong sense of community spirit.

We've been reminded again that while our centres, groups, programmes and activities are of great quality and are effective, getting great feedback, it is our people and culture that make what we do special. It is the spirit of a peer

community that makes us different from and compliment what else is out there. That spirit came to the fore as we responded to lockdown and worked out how to maintain it as a distance. The answer? Connection, connection, connection. You can read more about our response below, as well as other highlights from this year. A heartfelt thanks to all our amazing staff, volunteers and members, who make all of this possible. Your stories are at the centre of all of this and will continue to be. The year to come is one of reflection, celebration, response and future direction. We hope you will be a part of it with us 😊

Overview of our Delivery

Recovery Cymru is a peer-support and mutual self-help community for people overcoming issues with substance misuse in Cardiff & the Vale of Glamorgan. Recovery Cymru evolved from a single, innovative support group, set up in 2008 to meet a direct need for substance misuse aftercare. Our members identified that the main obstacles to maintaining positive change were boredom and isolation: - boredom because the removal of substance misuse left a void and isolation because of the need to remove yourself from existing drinking/drug using social networks. Recovery Cymru addressed these two issues and the many more which emerged by creating a vibrant and active new community. As a peer-led recovery community organisation, connection has always been key to our approach.

Our open access recovery centres (one in Cardiff and one in Barry), open 365 days per year are the hub of our activity and model providing a range of group and individual recovery support programmes. We run groups, 1:1 coaching, telephone recovery support, social activities, volunteering and crisis support. We are, at heart, a community where people feel accepted, supported, noticed and can thrive.

Our only criterion for support is that an individual is in or seeking recovery and has not consumed alcohol or non-prescribed drugs on the day they attend the centre. Members can attend as many programmes as they wish and maintain contact with us for as long as they require. The majority of our groups are led by volunteers. Volunteering is central to the sustainability of our model and members are encouraged, once stable, to sign up to our formal volunteering

programme - taking on responsibility for key roles including reception, telephone recovery support, in-centre buddying, group facilitation and outreach. This not only embeds people's recovery, but is essential to the development of not only our model, but our workforce. Our outreach programme is one of our most valuable activities, with volunteers strengthening links with mainstream treatment services including the NHS. Volunteers run weekly peer support groups in NHS Community Addiction Units; the In-Patient Detox ward and undertake bed side visits in the acute gastric/liver ward.



FOOTSTEPS TO RECOVERY Programme

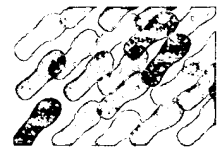
Throughcare, Aftercare & Recovery Support (TARS) in Cardiff and the Vale of Glamorgan

We are delighted to partner with, Pobl and Newlink Wales (now Plattform), as the first commissioned collaboration between a recovery community and service providers to deliver throughcare, aftercare and recovery support in Cardiff and the Vale of Glamorgan. In its sixth year of operation, this consortium draws on the individual strengths and expertise of each partner to work collaboratively to deliver programmes and support to people exiting other treatment programmes and those seeking to engage in aftercare to maintain change.

Footsteps to Recovery encompasses:

- Completing treatment and moving on
- Mix of structured and unstructured support, activity and social groups;
- Volunteer training and placement opportunities;
- Peer-led recovery support in a community where members, volunteers and staff all have lived experience of recovery; and
- Being part of the wider recovery community in Cardiff, the Vale of Glamorgan and Wales as a whole.

Footsteps
to Recovery
Cardiff and the Vale of Glamorgan



We have been delighted with the success of this innovative approach to ensuring the substance misuse system has the essential components of aftercare, peer support and volunteering embedded within it. This is vital to ensure people are supported to maintain recovery and exit the treatment system effectively.

Distance Delivery – responding to Covid

We were understandably sad and apprehensive when we had to close our centres on the 17th March 2020 because of Covid. From 18th March 2020, we continued 7 days a week open access via distance delivery, including evenings and weekends. Within days we were running text, email, phone and video 1:1 support, including less formal and more formal peer support. Just between 18th – 31st March, 358 calls were attempted to 202 different people to ensure everyone knew we were still open and available for support and our very first Zoom support group ran on the 24th March !! Our social media presence and online community engagement has increased dramatically and we are running daily Zoom peer support groups, including evening and weekend provision.

“I would hope they can carry on with this online work after lock down. Even a mixed group with people in the room and online might work. It would now allow me when I’m back in work to access this. I travel in my job and my office is in Bristol and I would be able to access this online at work.”

We have developed new and adapted existing staff and volunteer training, guidance and wellbeing activities for distance delivery. Increased support is critical at this time, as well as the need for fun, team connection and maintaining motivation. Volunteering is at the heart of our model. We are so pleased that with some encouragement, technology and training our volunteers are involved in running our groups and telephone support. At the time of writing we have 307 members on our regular contact list, as well as our phone lines being open to the general public.



Staff, volunteers and members have all learned to love Zoom (eventually!!)

"I feel I'm bonding with people in ways I didn't expect to online. I feel like I'm going for the routine and then after the group I always get so much more from it than I think I will. It's affirming - you're stronger going out than you were coming in. I need this to remind me I'm stronger than I feel sometimes."



Penarth - Cardiff Bay Sponsored Walk

As part of Recovery Month, we organised a 6-mile sponsored walk from Penarth Railway Station to Cardiff Bay on Saturday 28th September. 16 members, volunteers, their families and dogs took part and thankfully we all enjoyed some sunshine!! We managed to raise £731. Special thanks go to Jude Enticott for organising it so well and preparing the lunch back in the Cardiff centre

C3SC - Volunteer Team of the Year Award

Recovery Cymru's whole volunteer team were nominated for Cardiff Third Sector Council's Cardiff Volunteer Award. We are delighted to say that the team won the award and were presented with their certificate in June 2019 at the Butetown Community Centre.



Weston Award 2019

Sarah Vaile, the Director and founder returned from maternity leave in November 2019 and represented Recovery Cymru along with our Chair Jenny Harking at a celebration tea at Fortnum & Mason for all the 2019 Weston Charity Award winners.



Christmas and New Year Opening & Activities



Our Christmas dinner was held at St John's Church on 18th December. The volunteers prepared a wonderful hot, healthy Christmas lunch for 40 members of our community. We used the meal as an opportunity to create a Time Credit spend for our volunteer community. Once again Recovery Cymru was open every day over the Christmas and New Year period with the Cardiff centre staying open till 12.30am on New Year's Eve for a fantastic and fun game of charades.

"What's Out There"

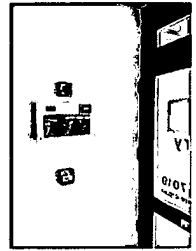
Our "What's Out There" Group has been going from strength to strength. We have been establishing links with a variety of new organisations this year including Glamorgan Cricket Club and the International Tortoise Association!!! As a direct spin off of this work, our group enjoyed fortnightly skills sessions facilitated by the Glamorgan cricket coaches and on 17th September we were invited to form a guard of honour For Glamorgan's final game of the season against Leicestershire. The event was well attended, with 8 members turning out to represent the Recovery Community.





Refurbishing the Cardiff Centre

We were lucky enough to get a Heart of the Community grant from Virgin and a contribution from our landlord. We used this to redecorate the Cardiff centre; buy new furniture for the group rooms and install new fire safety measures – a big thank you goes to Stan “the man” Cheeseman for all his work



Snapshot of data

Time frame: April 2019- March 2020

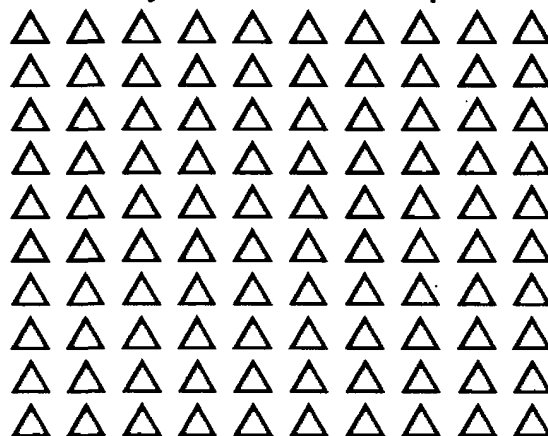
Total active membership over last 12 months
473

Telephone Recovery Support calls made
1821

Number of people supported in one- one sessions
254

Gender Breakdown
56% Men
43% Women

Diversity of Membership



☐ White (54%) ☐ Mixed (2%) ☐ Black (1%) ☐ Asian (1%)
☐ Prefer not to say/unknown (42%)

Age of membership

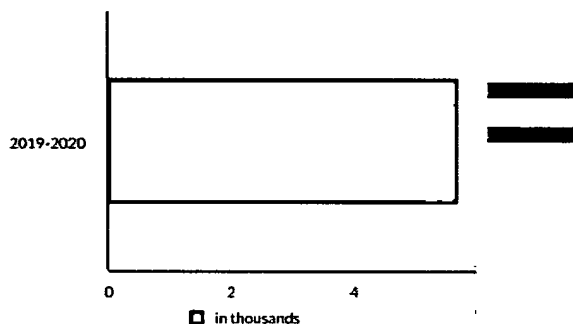
18-25
3%

26-44
44%

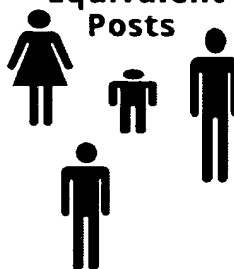
45-64
46%

Over 65
7%

Volunteer Hours contributed



3.5 x Full Time Equivalent Posts



Average daily centre attendance

Cardiff 20
Vale 10

Average Support Group Attendance
5.6 people

Referrals
509

Active Volunteers
34

Problem Substance
Alcohol **63%**
Drugs **27%**
Both **10%**

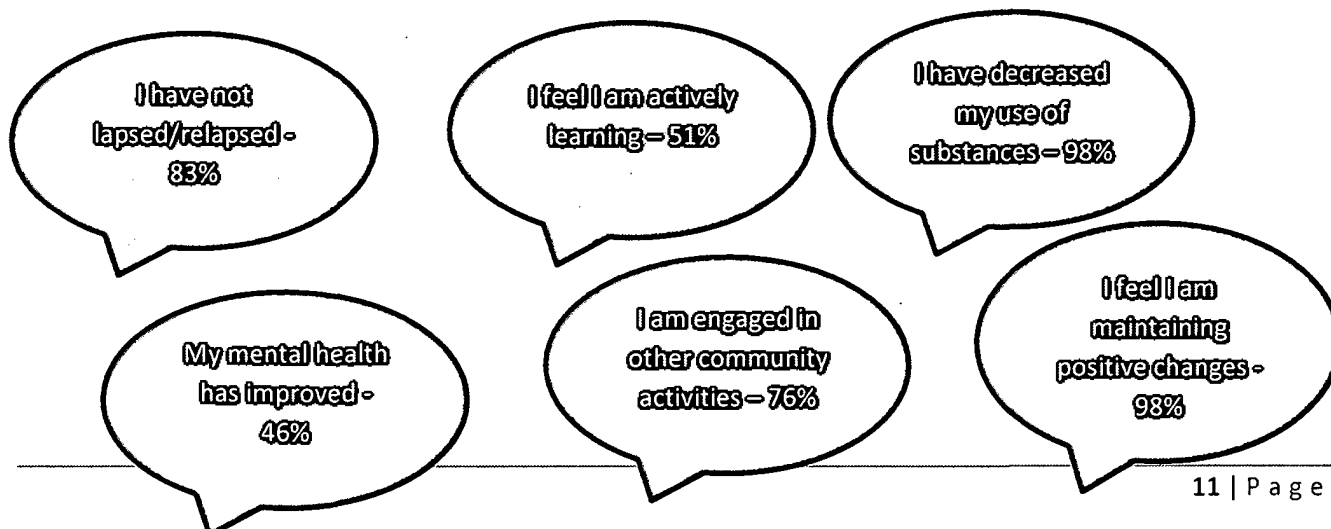
Recovery is a journey

Reflections on our data

- On reflection most of our data is on a par with the 2018-2019- active membership 473 as opposed to 531, and the number of one-one support sessions 254 (237 previously)
- The gender split of membership remains on a par with last year
- Our penetration within the BAME community remains very low and it is one of our priorities for 2020-2022 to explore how we can promote better links with specific BAME community groups.
- There has been a drop in the number of volunteer hours contributed. In 2018-2019 9,350 hours were contributed and in 2019-2020 this dropped to 5,743. This was due to us imposing a cap on the number of hours that an individual could contribute in a single week to a maximum of 24 hours. This was a decision taken to ensure volunteers balanced their work and home life and encouraged them to participate outside of the recovery community. However, the quality and reach of our volunteering has expanded greatly with volunteers facilitating peer support groups and providing an individual presence within the Community Addictions units in Cardiff and the Vale; the local Detox ward; GP Shared Care clinics; bedside visits in the Acute Gastric ward at the University Hospital Wales. The 5,743 hours is equivalent to employing a further 3.5 full-time workers, which if we had to monetise would have cost the community at least £81,500. Volunteering is part of our offer in terms of a recovery journey, we believe volunteering can be a recovery tool. People with lived experience gain so much by being able to use their experiences to help others whilst embarking on personal and professional development. We were able to employ a full-time volunteer coordinator in this period with the support of the Track 2000 Legacy Fund – this post is fully funded to October 2020 and we are committed to ensuring this role is funded past the end of the current grant period.
- Referrals have increased by 54% this year, however the level of engagement/active membership has not increased. We believe this may be due to individuals being inappropriately referred by other agencies i.e. we do not consider them ready to engage in the recovery process or that their engagement forms part of a mandatory plan imposed on them by external agencies in which case they are unlikely to continue to be fully engaged.
- The number of Telephone Recovery Support (TRS) calls is higher than the previous year (1821 compared to 882). This is partly due the Covid lockdown, as we attempted to contact everyone who had received some sort of support in the previous 6 months to inform them of both centres closure and the alternative support we would be providing.

Whilst proud of all we have achieved and described above, it is the impact on and achievements of our members, volunteers and staff that are our reason for being.

We do not do it for people, or to them, we do it with them (out of 139 responses)



So, what does all this mean in 'real life'

"After being a heroin addict and dealing with depression and anxiety for over a decade I was lucky enough to find a community like Recovery Cymru after I had overcome my substance misuse.

I was only really early days (about a couple of weeks) when I found out about R.C on the internet. I then signed up to do the 'Footsteps to Recovery' course. In all honesty I didn't think it would suit me, but I was desperate and thought if nothing else it would give me some sort of structure in my crazy life. I was right. And it was hard for me at first. I probably did not engage much or speak for the first few weeks but I listened. And as I listened I came to the realisation that it wasn't just me who felt the way I did and did the things I had done. On finishing the footsteps programme I became worried about where to go from there, so I started doing the groups at R.C. It was just for something to do at first, but I soon started getting something from the groups. It is very powerful listening to other people who are going through very similar things to you. Everyone's journey is most definitely very different, but listening to other people speak about their thought processes, feelings and behaviour around addiction really made me see that I wasn't the only one going through these things.

From there, R.C encouraged me to do the MILE programme and R.C's own volunteer training to prepare for volunteering as they said I was very proactive in my recovery journey. I can't really explain the boost this gave my confidence. I had actually found people who were not judging me and actually trusted me. After years of judging myself and really thinking I was worthless, I had actually found people who could see the good and also the potential in me. The best was that these people were 'peers' which I may not really have understood at the time, but soon I would come to see the strength in peer support. So, I completed the training and started volunteering at R.C in about August/ September 2017 as a recovery buddy and covering reception. I also started cooking on Wednesdays for the cookery social which was really good for me as I am a trained chef and hadn't done that sort of thing for well over 10 years. I would worry that people wouldn't want an ex 'smack head' cooking for them. I did this for 8 months or so and found my fears to be unfounded (nobody can judge you the way you judge yourself!)

I can safely say that volunteering has really helped me in my own recovery journey. Recovery is an ongoing thing, but I can say I have been in recovery for 3 years with the help and support of the staff and volunteers, even some of the members. I have made a few friends along the way which is massive for me as I didn't think I could trust people again. Because of my old life I found it really difficult to trust others, but thanks to the support and trust of everyone here at this recovery community, I am getting there.

Obviously, the issues that were there before I got into addiction are still there, but with sobriety I find I have a clearer mind to try and address these issues as they arrive. I now know that there are people out there who really do care and will be there to support and help, so long as I ask for it when I need it. I think that volunteering in the buddy role is suited to me as I know I can be empathetic and could never judge anyone. I know other places say that they are non-judgmental but Recovery Cymru is the only place I have come across which is true to its word. I am so happy to have found R.C as it has made a massive difference in my crazy life. For one thing, it's not so crazy anymore and I am still clean!" - ANON

"It's been extremely beneficial. A sense of community and support. It's people from all walks of life. Their work is massively important and has really helped me. I want to do anything I can to support them back"

Main Plans and Priorities for 2020-2021

- Continue to respond and rise to the challenge presented by Covid-19, ensuring our members, past, current and future have open access, sustainable and quality peer support, 7 days per week
- To further develop and maintain our distance delivery programmes.
- To complete the independent ten-year impact assessment and consultation, to inform our strategic vision for 2021 onwards. Then, to implement said vision!
- To develop and launch our independent income generating activities, namely RC Training, Consultancy & Quality Standards.
- To reflect upon and expand our peer delivery model, including the staff and volunteer training and development programmes that support this.
- To review our buildings and delivery model, seeking a more appropriate building for our Cardiff recovery centre whilst developing a hub and cluster based approach.
- Continue to develop our best practice model and successful outcomes for the Footsteps to Recovery Programme in partnership with fellow consortium members, Newlink Wales (Plattform) and Pobl and prepare for future contact retender
- Design and implement a new quality assurance framework for all delivery

**Ultimately to support our members to recover, thrive
and to help others to do the same.**

Financial Performance

Grant funding

In the year from April 2019 to March 2020 Recovery Cymru Community received grant or contract funding from the following sources:

- Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Newlink Wales (Plattform) and Pobl. This contract has been extended to March 2022
- Lloyds Community Foundation - A new two-year grant to fund our on-going development work
- Henry Smith. A new three-year grant to support the general running costs of the Recovery Centres in Cardiff and Barry and our recovery community.
- Tudor Trust. A 3-year grant to support the organisation's core costs supporting positive changes in communities
- Leathersellers Charitable Foundation a 4-year grant to support the organisation's core costs
- Track 2000 Legacy Fund -a one-year grant to support the salary of our Volunteer Coordinator



- Virgin Foundation - Heart of the Community Fund - a one-off capital grant to purchase new furniture and refurbish the Cardiff centre.
- Community Foundation Wales - Transformation & Growth Fund - a one-year revenue grant to support the organisation's strategic planning
- Cardiff & Vale Health Charity grant - supported our What's Out There Community programme as did a grant from the Cardiff Round Table

Other revenue sources

- Hosting placements for students on Cardiff University and Cardiff Metropolitan University's Social Work degree courses
- Donations from private individuals
- Individuals fundraising for the charity

We are ever grateful to our funders, donors and fundraisers for their support in helping us make the 'RC Magic' happen 😊. Thank you one and all!

Reserves policy

In accordance with recommended practice the charity defines free reserves as the unrestricted funds of the charity excluding those funds which could only be realised by disposing of fixed assets held for charity use. Recovery Cymru Community is aware it currently relies heavily on restricted funds to finance the majority of its work. Without this funding the charity would not be in a position to continue operating at the same level of activity. The Trustees recognise the need to build up free reserves so the charity can develop independently to meet the needs of members. The Trustees also recognise the need of free reserves to aid cash flow and allow the charity to benefit from opportunities as they arise. Unrestricted reserves would also be used to fund our work while we sought alternative restricted funding should we experience gaps in restricted funding. In fact, this year our unrestricted reserves have risen to nearly £192,000. The organisation has decided that £25,165 of these will be designated to specific projects next year and are itemised in our accounts. The Trustees' current reserves policy is to build up reserves and to maintain the equivalent of at least six months running costs and any surplus to be allocated when necessary, to the costs associated with running the Charity, with Trustee agreement.

Investment policy

It is the opinion of the Trustees that next year the organisation should investigate where the funds that are in excess of the day to day needs of the charity should be placed in order to provide the maximum return with lowest risk.

Our Trustees



Jenny
Harking
Chair



Dominic
Houlihan
Secretary



Gail Smith



Amanda
Jane Oliver



Alicia Evans



Jessica
Ashfield
Treasurer

(resigned
June 2019)



Andrew
Healy

Our Staff



Sarah Vaile
Founder & Director
 (returned from
 maternity leave
 November 2019)



Rachel Bayer
**Finance, HR &
 Operational
 Coordinator**



Laura Davies
Project Lead



**Andrew
 McCutcheon**
**Recovery
 Community &
 Aftercare Worker**



Andrew Sims
**Recovery
 Community &
 Aftercare Worker**



Susie Boxall
**Programme
 Development
 Worker**



Meirion Evans
Sessional Worker



Judith Enticott
**Volunteer
 Coordinator**



Tim Norval
**Outreach and
 Engagement
 Worker**



**Maram Al-
 Khalaileh**
Sessional Worker

Our Staff continued.....



Claire Norval
Cleaner &
Sessional Worker



Chris Roberts-Clarke
Peer Support
Worker
(Resigned January
2020)



Gareth Joseph
Data and
Facilities
Coordinator
(Resigned July
2019)



Kaye Cheeseman
Administrator
Joined November
2019



Matthew Butcher
Sessional Worker



Anthony Prosser
Cleaner

Thank You

The trustees would like to thank the organisations and individuals who have recognised the potential of the Recovery Cymru Community model and have supported the organisation during this exciting time. A special thank you goes to all our members, volunteers and staff who give their time, enthusiasm, skills and share their lives to create a genuine peer-led mutual aid recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

Approved and adopted by a meeting of the Trustees on 29th September and signed on their behalf

A handwritten signature in black ink, appearing to read 'Jennifer Harking'.

Jennifer Harking
Chair

Recovery Cymru Community

Independent Examiner's Report to the trustee of Recovery Cymru Community

I report to the charity trustee on my examination of the accounts of the charity for the year ended 31 March 2020 which are set out on pages 2 to 12.

Respective responsibilities of trustee and examiner

As the charity's trustee of Recovery Cymru Community (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Recovery Cymru Community are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since Recovery Cymru Community's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA DChA, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Recovery Cymru Community as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
Mr Andrew Hill
FCCA DChA

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

30 September 2020

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2020 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
Income and Endowments from:				
Donations and legacies	3	37,183	-	37,183
Charitable activities	4	35,000	253,679	288,679
Other trading activities	5	1,463	-	1,463
Total income		<u>73,646</u>	<u>253,679</u>	<u>327,325</u>
Expenditure on:				
Charitable activities	6	<u>(34,903)</u>	<u>(252,068)</u>	<u>(286,971)</u>
Total expenditure		<u>(34,903)</u>	<u>(252,068)</u>	<u>(286,971)</u>
Net income		38,743	1,611	40,354
Transfers between funds		<u>(8,498)</u>	<u>8,498</u>	-
Net movement in funds		30,245	10,109	40,354
Reconciliation of funds				
Total funds brought forward		<u>161,512</u>	<u>56,442</u>	<u>217,954</u>
Total funds carried forward	14	<u>191,757</u>	<u>66,551</u>	<u>258,308</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2019 £
Income and Endowments from:				
Donations and legacies	3	10,708	-	10,708
Charitable activities	4	41,500	288,330	329,830
Other trading activities	5	3,943	-	3,943
Total income		<u>56,151</u>	<u>288,330</u>	<u>344,481</u>
Expenditure on:				
Charitable activities	6	<u>(24,542)</u>	<u>(248,251)</u>	<u>(272,793)</u>
Total expenditure		<u>(24,542)</u>	<u>(248,251)</u>	<u>(272,793)</u>
Net income		<u>31,609</u>	<u>40,079</u>	<u>71,688</u>
Net movement in funds		31,609	40,079	71,688
Reconciliation of funds				
Total funds brought forward		<u>129,903</u>	<u>16,363</u>	<u>146,266</u>
Total funds carried forward	14	<u>161,512</u>	<u>56,442</u>	<u>217,954</u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2019 is shown in note 14.

Recovery Cymru Community
(Registration number: 08520441)
Balance Sheet as at 31 March 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	11	39,713	49,641
Current assets			
Debtors	12	68,766	117,464
Cash at bank and in hand		<u>188,884</u>	<u>146,647</u>
		257,650	264,111
Creditors: Amounts falling due within one year	13	<u>(39,055)</u>	<u>(95,798)</u>
Net current assets		<u>218,595</u>	<u>168,313</u>
Net assets		<u>258,308</u>	<u>217,954</u>
Funds of the charity:			
Restricted funds		66,551	56,442
Unrestricted income funds			
Unrestricted funds		<u>191,757</u>	<u>161,512</u>
Total funds	14	<u>258,308</u>	<u>217,954</u>

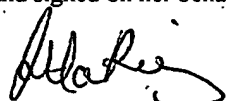
For the financial year ending 31 March 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements on pages 2 to 12 were approved by the , and authorised for issue on 29 September 2020 and signed on her behalf by:



Mrs J Harking
Chairman and Trustee

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

1 Charity status

The charity is limited by share capital, incorporated in England & Wales.

The address of its registered office is:

218 Cowbridge Road East

Canton

Cardiff

CF5 1GX

These financial statements were authorised for issue by the trustee on 29 September 2020.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

Recovery Cymru Community meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustee consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Departures from the SORP

The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	3 years straight line
Fixtures and fittings	4 years straight line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

3 Income from donations and legacies

	Unrestricted funds	Total 2020	Total 2019
	General £	£	£
Donations and legacies;			
Donations from individuals	37,183	37,183	10,708
	<u>37,183</u>	<u>37,183</u>	<u>10,708</u>

4 Income from charitable activities

	Unrestricted funds	Restricted funds	Total 2020	Total 2019
	Designated £	£	£	£
Relief & recovery support	35,000	253,679	288,679	329,830
	<u>35,000</u>	<u>253,679</u>	<u>288,679</u>	<u>329,830</u>

5 Income from other trading activities

	Unrestricted funds	Total 2020	Total 2019
	General £	£	£
Events income;			
Other events income	1,463	1,463	3,943
	<u>1,463</u>	<u>1,463</u>	<u>3,943</u>

6 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2020	Total 2019
	Note	Designated £	General £	£	£
Relief & recovery support		-	596	59,886	55,319
Staff costs		32,124	-	190,790	214,680
Allocated support costs		-	2,183	1,392	2,794
		<u>32,124</u>	<u>2,779</u>	<u>252,068</u>	<u>286,971</u>
		<u>32,124</u>	<u>2,779</u>	<u>252,068</u>	<u>272,793</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

7 Net incoming/outgoing resources

Net incoming resources for the year include:

	2020 £	2019 £
Operating leases - other assets	12,000	12,000
Depreciation of fixed assets	<u>9,928</u>	<u>16,788</u>

8 Trustee remuneration and expenses

No trustee, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Staff costs

The aggregate payroll costs were as follows:

	2020 £	2019 £
Staff costs during the year were:		
Wages and salaries	201,610	193,441
Social security costs	12,116	12,018
Pension costs	<u>9,188</u>	<u>9,221</u>
	<u>222,914</u>	<u>214,680</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2020 No	2019 No
Management, support and administration	4	4
Service provision	<u>5</u>	<u>5</u>
	<u>9</u>	<u>9</u>

No employee received emoluments of more than £60,000 during the year.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2019	<u>87,557</u>	<u>87,557</u>
At 31 March 2020	<u>87,557</u>	<u>87,557</u>
Depreciation		
At 1 April 2019	37,916	37,916
Charge for the year	<u>9,928</u>	<u>9,928</u>
At 31 March 2020	<u>47,844</u>	<u>47,844</u>
Net book value		
At 31 March 2020	<u>39,713</u>	<u>39,713</u>
At 31 March 2019	<u>49,641</u>	<u>49,641</u>

The net book value of furniture & equipment includes £39,713 (2019: £49,641) in relation to SMAF prepaid operating lease rent for the charity's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

12 Debtors

	2020 £	2019 £
Trade debtors	56,766	93,402
Prepayments	12,000	24,000
Other debtors	<u>-</u>	<u>62</u>
	<u>68,766</u>	<u>117,464</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

13 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	6,828	52,848
Other creditors	1	-
Accruals	1,500	1,500
Deferred income	30,726	41,450
	<u>39,055</u>	<u>95,798</u>

14 Funds

	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2020 £
Unrestricted funds					
<i>General</i>					
General fund	139,222	38,646	(2,777)	(8,499)	166,592
<i>Designated</i>					
Leather Sellers	8,830	10,000	(8,431)	-	10,399
Tudor Trust	13,460	25,000	(23,694)	-	14,766
	<u>22,290</u>	<u>35,000</u>	<u>(32,125)</u>	<u>-</u>	<u>25,165</u>
Total Unrestricted funds	<u>161,512</u>	<u>73,646</u>	<u>(34,902)</u>	<u>(8,499)</u>	<u>191,757</u>
Restricted funds					
TARS (SMAF revenue) Fund	3,174	175,416	(175,513)	-	3,077
Volunteering in Wales	259	-	-	-	259
Lloyds Foundation	482	24,927	(19,831)	-	5,578
CAVHC	1,344	-	(663)	-	681
SMAF Fund	49,641	-	(9,928)	-	39,713
Cardiff Round Table	1,295	-	(1,296)	1	-
Henry Smith	247	11,250	(19,995)	8,498	-
Virgin - Heart of the Community Fund	-	1,000	(431)	-	569
Track 2000	-	28,623	(16,774)	-	11,849
Transformation & Growth Fund	-	12,463	(7,638)	-	4,825
Total restricted funds	<u>56,442</u>	<u>253,679</u>	<u>(252,069)</u>	<u>8,499</u>	<u>66,551</u>
Total funds	<u>217,954</u>	<u>327,325</u>	<u>(286,971)</u>	<u>-</u>	<u>258,308</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

	Balance at 1 April 2018 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2019 £
Unrestricted funds					
<i>General</i>					
General fund	129,903	21,151	(3,940)	(7,892)	139,222
<i>Designated</i>					
Leather Sellers	-	10,000	(1,170)	-	8,830
Spicketts	-	-	(7,892)	7,892	-
Tudor Trust	-	25,000	(11,540)	-	13,460
	<u>-</u>	<u>35,000</u>	<u>(20,602)</u>	<u>7,892</u>	<u>22,290</u>
Total unrestricted funds	<u>129,903</u>	<u>56,151</u>	<u>(24,542)</u>	<u>-</u>	<u>161,512</u>
Restricted funds					
TARS (SMAF revenue) Fund	841	167,717	(165,384)	-	3,174
Volunteering in Wales	-	19,318	(19,059)	-	259
Big Lottery Fund	839	-	(839)	-	-
Lloyds Foundation	-	24,950	(24,468)	-	482
CAVHC	-	2,978	(1,634)	-	1,344
SMAF Fund	14,218	49,641	(14,218)	-	49,641
Infrastructure	465	-	(465)	-	-
Cardiff Round Table	-	3,726	(2,431)	-	1,295
Henry Smith	-	20,000	(19,753)	-	247
	<u>16,363</u>	<u>288,330</u>	<u>(248,251)</u>	<u>-</u>	<u>56,442</u>
Total restricted funds	<u>16,363</u>	<u>288,330</u>	<u>(248,251)</u>	<u>-</u>	<u>56,442</u>
Total funds	<u>146,266</u>	<u>344,481</u>	<u>(272,793)</u>	<u>-</u>	<u>217,954</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2020

The specific purposes for which the funds are to be applied are as follows:

The Leather Sellers Fund support organisations which work to enrich life experiences and support the disadvantaged. This is core cost funding over four years.

The Henry Smith Fund is a two year grant to support the general running costs of the Recovery Centres in Cardiff and Barry to assist in the rapid growth of our recovery community.

The Spicketts Fund was provided and ring fenced for a full time worker and was extended when the member of staff ultimately became part time.

The Tudor Trust Fund is a three year grant to support the organisations core costs supporting positive changes in communities.

The TARS Fund / Solas is commissioned by Cardiff & Vale APB for the delivery of the TARS (Throughcare, Aftercare and Recovery Support) Footsteps to Recovery Contract.

The Volunteering in Wales fund is managed by the WCVA for the delivery of a volunteering grant.

The Big Lottery Fund was a three year funding grant to support the "Making Recovery Real" project in Cardiff and the Vale of Glamorgan.

The Lloyds Foundation Fund is a three year grant to fund the salary costs of a Community Coordinator and office supplies in the first year.

The CAVHC Fund has been provided to pump prime third sector community healthcare improvement projects in the region during 2018-19 which built on collaborative work and focused on the third sector's role in health and social care.

The SMAF Fund represents grant funding from the Substance Misuse Action Fund for the purchase of property leases for Recovery Centres in Cardiff and the Vale of Glamorgan as well as associated refurbishment costs to make them fit for purpose.

The Infrastructure Fund was a small grant from the Substance Misuse Action Fund to purchase infrastructure items for the new recovery centres.

The Cardiff Round Table Fund represents grant monies received during the year to support the helpline and day to day running costs of Recovery Cymru.

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Tangible fixed assets	-	39,713	39,713
Current assets	196,572	61,078	257,650
Current liabilities	(4,815)	(34,240)	(39,055)
Total net assets	191,757	66,551	258,308