



**Recovery
Cymru**

Your journey.
Your life.

Recovery Cymru Community
(A company limited by guarantee)
Annual Progress Report
and
Financial Statements

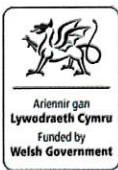
April 2018 – March 2019

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



COMMUNITY FOUNDATION
IN WALES
SEFYDLIAD CYMUNEDOL
YNG NGHYMURU



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
02920 227 019
www.recoverycymru.org.uk

232 Holton Road
Barry
Vale of Glamorgan
CF63 4HS
01446 374 220



@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 2018-2019
- A reflection on the 9th year of the organisation
- Plans for the next period.

Open Access Recovery Centres

All our activities are community-led. We run two open-access recovery centres, one in Cardiff and one in Barry. We have a comprehensive programme of activities, based around:

- Self-help, coaching support, advice and friendship
- Relapse prevention/management
- Awareness raising, challenging stigma, community building
- Finding passions through activity programmes
- Volunteering

People pick and choose to create their own recovery programmes, including self-help, activity groups; telephone recovery support; recovery coaching; crisis support, volunteering and using the centre as a safe space.

There has been a slight rise in footfall at the **Vale of Glamorgan Recovery Centre** which we suspect reflects the embedding of the reduced opening hours introduced last year. We remain open to the public 3 days per week (telephone support and booked appointments are available on the other days per week). The hub model we adopted in the last reporting period to engage with people in, or seeking, recovery in the rural Vale of Glamorgan was less effective than we had hoped. As a consequence, in 2018-19, we have been working in partnership with existing community groups & services, and engaging with the new 'Social Prescribers' service employed by many GP surgeries which helps patients find non-medical interventions to improve healthcare outcomes. The footfall in the **Cardiff Recovery Centre** has remained fairly constant in this period

We have continued opening both Recovery Centres on weekends, the Vale of Glamorgan Centre on Saturdays and Cardiff on both Saturdays and Sundays! We have also maintained our commitment to opening at least one Centre on all public holidays (including Christmas Day and New Year's Day). This has meant that yet again across both Centres we have been open seven days per week, 365 days per year for another year! A big thank you to all staff and volunteers who have made this possible.

Our Weekly Courses, Groups & Activities across both centres include

- Evening Support Group
- Structured Self-help group
- Weekend Reflection Support Group
- Members' Group
- Women's Group
- Relapse Prevention (9 week course)
- Peer Moving On In My Recovery (12 week course)
- What's Out There Group— new this year
- Music group (Recovery Jam)
- Relaxation Sessions
- Sunday afternoon opening (out-of-hours)
- Saturday afternoon opening (out-of-hours)
- SMART™ Recovery
- Volunteer Preparation & Development Group

Other Programmes of support and activity

This year's **Telephone Recovery Support (TRS)** programme has built on the progress made last year. Fewer calls were made but better targeting and consistency meant that a greater proportion of the calls were connected.

We have rebranded our **Recovery Coaching** programme as our **One-to-One Support** programme this year. This change in label better reflects the type of one-to-one support our members actually ask for and receive. This has meant that more members have benefited from one-to-one support in this reporting period.

Members and volunteers who 'sign up' continue to receive daily/weekly text reminders; updates of activities and general texts of encouragement. We have extended our **birthday card programme** whereby we send every active member and volunteer a handwritten birthday card, to include all members and volunteers who have been active in the last 6 months. It's the personal touch!

Community development meetings and communication are a core part of ensuring all our groups, activities, development plans and problem-solving are genuinely peer and community-led. This year we have renamed the Community Development Group, "Members' Group". Our ideas, programmes and activities are born out of the ideas and needs of members and volunteers, as well as the contribution of their skills and time. We have regular dedicated discussions where we develop ideas for the organisation, and involve all members. Our inclusive philosophy puts the wishes and needs of community members at the heart of the delivery of the recovery support.

Volunteering is a key component of the Recovery Cymru model and we encourage members to volunteer their time to support others and the development of the community. Volunteering requires individuals to take responsibility for a role within the community and, through this, develop their professionalism, independence and confidence. Each individual who commits themselves to be a volunteer for Recovery Cymru receives formal training from staff and other volunteers. We also recruit volunteers from outside the recovery community. Such volunteers include: students seeking to gain experience and enhance their CVs; people who have someone significant in their lives who has suffered from drug and/or alcohol problems; and members of the public who simply support our aims and philosophy. This year has seen last year's intense development of the volunteer programme bear fruit, with the hours contributed by the volunteers equalling 6 full-time equivalent workers. We are proud of our volunteer programme, but more proud of our volunteers. Thank you one and all!

Members, volunteers and staff are involved in **raising awareness and challenging stigma**, which is undertaken in a number of ways, including, giving talks and presentations; attending networking events; sharing their stories and generally talking about the strength of peer led recovery. This has been particularly successful with the partnership work we have undertaken with the NHS



FOOTSTEPS TO RECOVERY Programme

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

“Footsteps to Recovery” is delivered as a three-way partnership between Recovery Cymru Community, Pobl (formerly Solas Cymru) and Newlink Wales and is in its sixth year of operation.

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

Change. Growth & Moving On

We have been delighted with the success of this innovative approach to ensuring the substance misuse system of care in Cardiff and the Vale of Glamorgan has the integral 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.

Other main achievements and news



Pen-Y-Fan Recovery Climb 2018

On Friday 20th July 2018, members of Recovery Cymru participated in The Mountain Recovery Walk, climbing Pen Y Fan in the Brecon Beacons. Although it was a very warm day, the feedback was very positive and people had an enjoyable day. Well done everyone, climbing Pen Y Fan is quite an achievement!!

Weston Award 2018

RCC were delighted to announce that, on Tuesday 12th Jun 2018, Recovery Cymru were awarded a Weston Award 2018, alongside 19 other charities across the UK. The award includes several hundred pounds-worth of management training and consultancy from The Pilotlight Project.



WCVA Volunteer of the Year Award 2018



Volunteer, Mohan Patel, was recognised by the Welsh Council for Voluntary Action with a WCVA Volunteer of the Year Award for his work promoting digital inclusion, helping members and volunteers with “technofear” overcome their distrust of digitally connected devices, and develop new essential skills for the Twenty-First Century.

Glaxo Smith Kline Impact Award 2019

We were delighted to be a runner up in the Glaxo Smith Kline Impact Awards for our outstanding contribution to improving the UK's health & wellbeing.

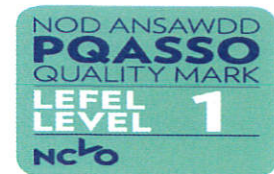
Christmas and New Year Opening & Activities



The Recovery Cymru community came together over the festive period to celebrate Christmas and New Year. We held our Cardiff and Vale Christmas parties on December 19th & 21st respectively with buffet food, party games and Christmas songs courtesy of members of the Music Group. Many thanks to all the members, volunteers and staff who worked so hard to make the events such a success. And thanks also to all the local businesses who so kindly donated food, gifts and raffle prizes. Recovery Cymru again ensured that at least one of our centres remained open every day over Christmas, New Year and the bank holidays.

PQASSO

It is fantastic news that we gained PQASSO (Practical Quality Assurance for Small Organisations) Level 1, this is a true testament to the work of all our staff and volunteers.

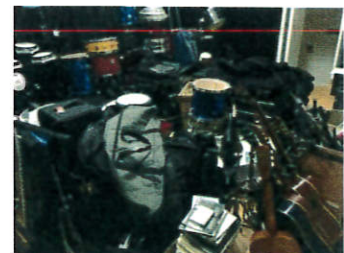


"What's Out There"

Destinations for this popular weekly group have included: St Fagans Museum of Welsh Life (pictured left); Glamorgan Archives, Cardiff Bay Barrage; Barry Island; Porthkerry Country Park; Cosmeston Lakes & Country Park; and a Taff Trail litter pick.

Recovery Jam receives Musical Instrument Donation

The music group was pleased to receive a kind donation of instruments from TAPE Community Music and Film Project. These are being used by the groups in Barry and Cardiff at the popular weekly music sessions.

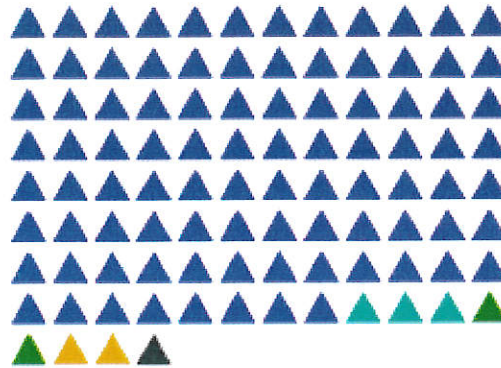


Snapshot of data

Time frame: April 2018- March 2019

Total active membership over last 12 months	531
Telephone Recovery Support Calls made	882
Number of people supported in one-one sessions	237
Gender Breakdown	53% Men 47% Women

Diversity of Membership

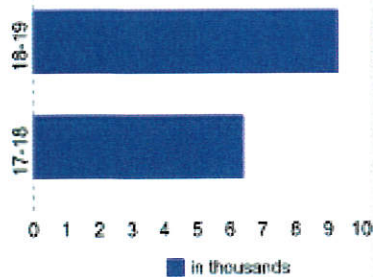


■ White/other (91.50%)
 ■ Mixed (2.50%)
 ■ Black (2.10%)
 ■ Asian (1.50%)
 ■ Prefer not to say (2.40%)

Age of membership



Volunteer Hours contributed



6 x Full Time Equivalent Posts



Average daily building attendance

Cardiff 22
Vale 13

Tempo Time Credits issued to volunteers

3556

Referrals

322

Increase of 29%

New Volunteers

43

Average active monthly membership

148

Recovery is a journey

Reflections on our data

- The past year has seen an increase of over 45% in the number of volunteering hours contributed by our members to the community. They have contributed over 9,350 volunteer hours. This is equivalent to employing a further 6 full-time workers, which if we had to monetize would have cost the community at least £132,000. We believe this increase can be attributed to us adopting a more formalized approach to the induction training, the on-going mentoring and the expansion of our outreach programme. The outreach programme has seen our volunteers become embedded within many services across Cardiff and the Vale, including the NHS. Our volunteers are great role models for people who are seeking or who are in early recovery. At the time of writing we have successfully gained funding from the Track 2000 Legacy Fund to fund a dedicated full-time volunteer coordinator for 12 months. This will ensure we can maintain our volunteering programme improvements and expansion till 2020 and we will make it a priority that we maintain this post.
- Referrals have increased by 29% 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 ie we do not consider them ready to engage in the recovery process or that their engagement here forms part of a mandatory plan imposed on them by external agencies in which case they are unlikely to continue to be fully engaged.
- In 2017/18, on average a member received 5.8 sessions of one-one coaching support. In 2018-19 this dropped to 2.1 sessions each, but three times as many individuals were supported. The model of support changed in this period to reflect the immediate needs of the community i.e. more individuals were requiring immediate crisis support than in the previous year. The issues raised were many and varied: - housing issues, benefit changes, social services interventions all placed our members recovery at risk. It is hoped in the coming year that we will be able to put more resource into this area, as we have identified the provision of personalized support is one of our most powerful tools.
- Although the overall number of Telephone Recovery Support (TRS) calls is lower in the past year than the previous year (882 compared to 1286), a higher proportion of these calls were connected (364 of the 882 compared to 392 of 1286 connected in 2017-18). This indicates better targeting of the programme and more consistent delivery, however again we need to dedicate additional resource to this and extend the hours of delivery. It is hoped we can employ a dedicated worker and also train some experienced volunteers to deliver it, as it is our only means of providing recovery support to those unable to attend our centres during opening hours.
- We have reluctantly suspended four groups this year – including the popular Cookery Social; which, despite always being popular, struggled to find volunteer cooks and facilitators. The Vale's Women's and Cardiff's Weekend Preparation Group, like Cardiff's Craft Group the previous year, were suspended because we were unable to recruit replacement facilitators.
- The Support Hubs (Penarth, Sully, St Athan & Cowbridge) that started up during the previous financial year have all been suspended. The hub model, while it was worth exploring, turned out to be very labour-intensive and failed to reach people in the rural Vale effectively. Instead we are working with GP surgeries and Social Prescribers to identify potential members in hard-to-reach communities.
- Our equal opportunities/demographic reporting is extracted from two different samples because we have only been capturing certain types of data consistently since the introduction of the Lamplight database at the beginning of this reporting period. Our active membership (many of whom predate the introduction of the new database) is used to report on gender & age, and new members are used to report on ethnicity, sexual orientation, migration status, disability & Welsh language. We have extracted postcode information on both samples, and both groups have returned around 40 per cent residing in wards in the bottom 20 per cent of the Welsh Index of Multiple Deprivation.

"Knowing I had somewhere to run to when I was in crisis, to be able to talk without waiting, is the difference between me being able to say today that I'm over a year into my abstinence, rather than a week"

Impact

We are a community of lived and shared experience in the truest sense. Our people are genuinely our greatest asset and are at the heart of everything we do. Our people and their recovery journey 'are' the activity we provide. From day one a new member is 'one of us' – they are treated with respect, interest and encouraged. They do not have to wait to be 'fixed' to feel their voice and contribution to the design and delivery of our model, is valued. This can be a totally new way of thinking for some people, but our members consistently tell us that it is powerful and transforms lives. More fundamentally than that, we listen, daily. We know our community; listen to them; respond to what they say, need, want – and then empower them to be part of making the change.



"I am just so grateful, everything, life, family, friends. I mean EVERYTHING! I've got back with my wife! I'm back in work, supporting people with alcohol issues, helping my HR department to understand it. I'm reapplying for my driving licence - I never thought I could"

We do not do it for people, we do it with them



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

AJ attended the Community Rehabilitation Programme (Footsteps to Recovery) earlier this year. Since graduating he has returned to a job, which his employer kept open for him whilst he attended the course. After returning to work he has been promoted and also now works in a consultative capacity with the HR department at his company to offer guidance on how to support people who are overcoming substance misuse issues. The course helped him to overcome his fear of relapse and challenge his belief that relapse was inevitable. One of the things that drove him to seek help was the breakdown of his marriage. He believed this was irretrievable but when his wife saw how changed he was through his engagement with Footsteps, she reached out to him for reconciliation. He has since moved back to the family home and divorce proceedings have stopped – they are soon to enjoy a recommitment ceremony (and dry reception)

Financial Performance

Grant funding

In the year from April 2018 to March 2019 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 and Pobl. This contract has been extended to March 2021
- Lloyds Community Foundation (year three of a three year grant to fund a community coordinator to support the delivery of RC programmes)
- Volunteering in Wales Fund (administered by Welsh Council for Voluntary Action) a continuation grant to extend our volunteering programme within the Vale
- Henry Smith. A two year grant to support the general running costs of the Recovery Centres in Cardiff and Barry to continue our recovery community.
- Tudor Trust. A three 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
- Charity Health Award that funded our "What's Out There" programme - a pilot programme running recovery support sessions in the wider community

Other revenue sources

- Delivery of training and consultancy projects
- 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

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 £161,512. The organisation has decided that £22,290 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 three months running costs. (currently £70,000) 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 at this stage of the Charity's development it is most appropriate to retain any surplus funds within the charity's current account. Should funds increase significantly in excess of the day to day needs of the charity they will be placed on deposit with a UK bank or building society.

Main priorities and plans for 2018-2019

- Continue to develop our best practice model and successful outcomes for the Footsteps to Recovery Programme in partnership with fellow consortium members, Newlink Wales and Pobl (TARS programme) and prepare for future contact retender
- Fulfil all grant requirements
- Continue to expand our Volunteering and outreach programme
- Design and implement a new quality assurance framework for all delivery
- Refine our data monitoring and outcome framework including full implementation of Lamplight
- Complete and gain the Small Workplace Health Award
- Seek core and project funding
- Increase sale of training and publications
- Continue to seek larger premises for the Cardiff recovery centre

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. But 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 17th September 2019 and signed on their behalf



Jennifer Harking
Chair

Our Trustees during this period



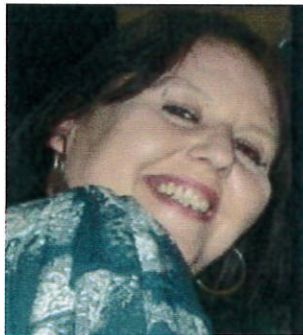
Jenny Harking
Chair



Dominic Houlihan
Secretary



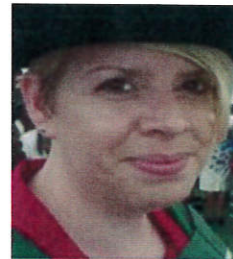
*Jessica
Ashfield*
Treasurer



Gail Smith



Alicia Evans



*Amanda-Jane
Oliver*



Andrew Healey

Our Staff



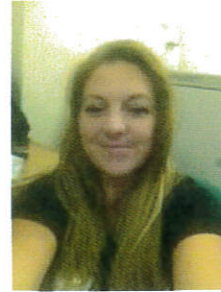
Sarah Vaile

Founder & Director (maternity leave October 2018)



Laura Davies

Project Lead (joined October 2018)



Jo Simpson

Vale Footsteps & Hub Worker (left March 2019)



Andrew Sims

Recovery Community & Aftercare Worker



Rachel Bayer

Finance, HR & Operations Coordinator



Susie Boxall

Community Development Worker



Meirion Evans

Sessional Worker



Tim Norval

Footsteps to Recovery Outreach and Engagement Worker



Claire Norval

Cardiff Cleaner & Sessional Worker



Chris Roberts-Clarke

Peer Support Worker



Maram Al-Khalaileh

Sessional Worker



Judith Enticott

Administrator



Gareth Joseph
Data and Facilities Coordinator



*Anthony
Prosser*
Vale of Glamorgan
Cleaner (camera shy!)

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 2019 which are set out on pages 2 to 13.

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

Date: 9/10/2019

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2019 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	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	(24,542)	(248,251)	(272,793)
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	15	<u>161,512</u>	<u>56,442</u>	<u>217,954</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2018 £
Income and Endowments from:				
Donations and legacies	3	27,675	-	27,675
Charitable activities	4	40,000	201,212	241,212
Other trading activities	5	6,645	-	6,645
Total income		<u>74,320</u>	<u>201,212</u>	<u>275,532</u>
Expenditure on:				
Charitable activities	6	(25,756)	(231,974)	(257,730)
Total expenditure		<u>(25,756)</u>	<u>(231,974)</u>	<u>(257,730)</u>
Net income/(expenditure)		<u>48,564</u>	<u>(30,762)</u>	<u>17,802</u>
Net movement in funds		48,564	(30,762)	17,802
Reconciliation of funds				
Total funds brought forward		<u>81,339</u>	<u>47,125</u>	<u>128,464</u>
Total funds carried forward	15	<u>129,903</u>	<u>16,363</u>	<u>146,266</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2018 is shown in note 15.

Recovery Cymru Community
(Registration number: 08520441)
Balance Sheet as at 31 March 2019

	Note	2019 £	2018 £
Fixed assets			
Tangible assets	12	49,641	16,788
Current assets			
Debtors	13	117,464	81,112
Cash at bank and in hand		146,647	114,392
		<u>264,111</u>	<u>195,504</u>
Creditors: Amounts falling due within one year	14	<u>(95,798)</u>	<u>(66,026)</u>
Net current assets		<u>168,313</u>	<u>129,478</u>
Net assets		<u>217,954</u>	<u>146,266</u>
Funds of the charity:			
Restricted funds			
		56,442	16,363
Unrestricted income funds			
Unrestricted funds		<u>161,512</u>	<u>129,903</u>
Total funds	15	<u>217,954</u>	<u>146,266</u>

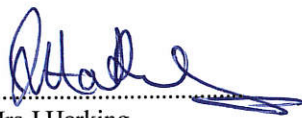
For the financial year ending 31 March 2019 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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 13 were approved by the , and authorised for issue on 17/9/19 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 2019

1 Charity status

The charity is limited by guarantee, incorporated in England & Wales, and consequently does not have share capital. Each of the trustee is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

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 17 September 2019.

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 2019

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, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2019

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 2019

3 Income from donations and legacies

	Unrestricted funds	Total	Total
	General	2019	2018
	£	£	£
Donations and legacies;			
Donations from individuals	10,708	10,708	27,675
	10,708	10,708	27,675

4 Income from charitable activities

	Unrestricted funds			Total	Total
	Designated	General	Restricted funds	2019	2018
	£	£	£	£	£
TARS Tier 2	-	-	167,717	167,717	169,397
WCVA	-	-	19,318	19,318	19,315
Lloyds Foundation	-	-	24,950	24,950	12,500
Henry Smith	-	-	20,000	20,000	15,000
Tudor Trust	25,000	-	-	25,000	25,000
Cardiff Round					
Table	-	-	3,726	3,726	-
CAVHC	-	-	2,978	2,978	-
Leather Sellers	10,000	-	-	10,000	-
SMAF	-	-	49,641	49,641	-
Western Awards	-	6,500	-	6,500	-
	35,000	6,500	288,330	329,830	241,212

5 Income from other trading activities

	Unrestricted funds	Total	Total
	General	2019	2018
	£	£	£
Events income;			
Other events income	3,943	3,943	6,645
	3,943	3,943	6,645

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2019

6 Expenditure on charitable activities

	Note	Unrestricted funds			Total 2019 £	Total 2018 £
		Designated £	General £	Restricted funds £		
Relief & recovery support		2,752	2,483	50,084	55,319	58,217
Staff costs		17,686	1,457	195,537	214,680	197,393
Allocated support costs	7	164	-	2,630	2,794	2,120
		<u>20,602</u>	<u>3,940</u>	<u>248,251</u>	<u>272,793</u>	<u>257,730</u>

7 Analysis of support costs

Support costs allocated to charitable activities

	Basis of allocation	Governance	Finance costs £	Staff costs £	Total 2019 £	Total 2018 £
		costs £				
Relief & recovery support	A	594	2,200	-	2,794	2,120
Relief & recovery support	B	-	-	19,344	19,344	17,765
		<u>594</u>	<u>2,200</u>	<u>19,344</u>	<u>22,138</u>	<u>19,885</u>

Basis of allocation

Reference	Method of allocation
A	Professional fees allocated directly
B	Accounting estimate of 10% of staff gross salary spend

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2019 £	2018 £
Operating leases - other assets	12,000	12,000
Depreciation of fixed assets	<u>16,788</u>	<u>19,679</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2019

9 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.

10 Staff costs

The aggregate payroll costs were as follows:

	2019 £	2018 £
Staff costs during the year were:		
Wages and salaries	193,441	177,211
Social security costs	12,018	11,965
Pension costs	9,221	8,217
	<u>214,680</u>	<u>197,393</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:

	2019 No	2018 No
Management, support and administration	4	4
Service provision	5	5
	<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 2019

11 Taxation

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

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2018	79,969	79,969
Additions	49,641	49,641
Disposals	(42,053)	(42,053)
At 31 March 2019	87,557	87,557
Depreciation		
At 1 April 2018	63,181	63,181
Charge for the year	16,788	16,788
Eliminated on disposals	(42,053)	(42,053)
At 31 March 2019	37,916	37,916
Net book value		
At 31 March 2019	49,641	49,641
At 31 March 2018	16,788	16,788

The net book value of furniture & equipment includes £49,641 (2018: £9,847) 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.

13 Debtors

	2019 £	2018 £
Trade debtors	93,402	45,112
Prepayments	24,000	36,000
Other debtors	62	-
	117,464	81,112

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2019

14 Creditors: amounts falling due within one year

	2019 £	2018 £
Trade creditors	52,848	6,026
Accruals	1,500	1,500
Deferred income	41,450	58,500
	95,798	66,026

15 Funds

	Balance at 1 April 2018 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2019 £
Unrestricted funds					
<i>General</i>					
General Funds	(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)
	-	(35,000)	20,602	(7,892)	(22,290)
Total unrestricted funds	(129,903)	(56,151)	24,542	-	(161,512)
Restricted funds					
TARS 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	(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)
	(16,363)	(288,330)	248,251	-	(56,442)
Total funds	(146,266)	(344,481)	272,793	-	(217,954)

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2019

	Balance at 1 April 2017 £	Incoming resources £	Resources expended £	Balance at 31 March 2018 £
Unrestricted funds				
<i>General</i>				
General fund	(81,339)	(59,320)	10,756	(129,903)
<i>Designated</i>				
Tudor Trust	-	(15,000)	15,000	-
Total unrestricted funds	(81,339)	(74,320)	25,756	(129,903)
Restricted funds				
TARS (SMAF revenue) Fund	(1,758)	(169,397)	170,314	(841)
Big Lottery Fund	(1,199)	-	360	(839)
SMAF Fund	(31,317)	-	17,099	(14,218)
Volunteering in Wales	-	(19,315)	19,315	-
Lloyds Foundation	(10,406)	(12,500)	22,906	-
Newlink	(1,800)	-	1,800	-
Infrastructure	(645)	-	180	(465)
Total restricted funds	(47,125)	(201,212)	231,974	(16,363)
Total funds	(128,464)	(275,532)	257,730	(146,266)

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2019

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.

16 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	49,641	49,641
Current assets	193,570	22,290	48,251	264,111
Current liabilities	(54,348)	-	(41,450)	(95,798)
Total net assets	139,222	22,290	56,442	217,954