COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

England & Wales · Charity number 1028663

Details

Other names	COMMUNITY DRUG SERVICE FOR SOUTH LONDON, COMMUNITY DRUG SERVICE
Status	Registered
Legal form	Charitable company
Company number	02634372
Registered	1993-11-16
Register	View on the Charity Commission register

Contact

Address	296a Kingston Road London SW20 8LX
Phone	07947526781
Email	info@cdars.org.uk
Website	www.cdars.org.uk

Activities

Objects: The purposes of the charity are the advancement of health, the relief of poverty, the relief of those in need and the advancement of education by, particularly but not exclusively, the provision of:(i) Health and well-being programmes.(ii) Training and education classes, such as CV writing, interview skills, and job application classes.(iii) The delivery of recovery cafés for people who are at risk of mental health problems.(iv) Counselling, support groups and other psychosocial interventions for: a. vulnerable people and people affected by, or at risk of developing, mental health problems, addictions or substance or alcohol misuse problems; b. people diagnosed with or who believe they belong to a neurodiverse group (including but not limited to those with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder and Dyslexia, as defined in the Articles of Association of the Company) or other related psychosocial conditions;c. ex-military veterans; andd. in each case, their respective carers family members (collectively, "Service Users")(v) Day programme for people affected by addiction to substance and alcohol misuse. (vi) Access, whenever possible and appropriate, to research institutions for the advancement of education and knowledge in the areas that we cover.(vii) The delivery of meals and a community kitchen for Service Users.

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Activities: TO IMPROVE THE LIVES OF VULNERABLE PEOPLE AFFECTED BY ADDICTION , MENTAL HEALTH AND OTHER PSYCHOSOCIAL CONDITIONS. PROVIDING A HOLISTIC APPROACH FOR THEIR MENTAL, PHYSICAL, SOCIAL AND EMOTIONAL WELLBEING; THEIR RECOVERY AND RE-INTEGRATION. WHILE SUPPORTING THEIR FAMILY AND CARERS. WE OFFER: COUNSELLING, AFTERCARE, OUTREACH, FAMILY SERVICE, DAY PROGRAMME, ETE SKILLS, HEALTH AND WELLBEING.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Accommodation/housing, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** IN PRACTICE LONDON BOROUGH OF SUTTON AND MERTON.
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,308,796	£1,112,802	£704,695	25
2024-03-31	£994,919	£997,496	£508,701	23
2023-03-31	£975,365	£918,708	£511,278	27
2022-03-31	£895,956	£842,624	£454,621	24
2021-03-31	£903,831	£695,918	£401,286	20

Trustees

Name	Role	Appointed
DAVID HENRY KNIGHT	Chair	
ANNA WHITFIELD		2014-03-19
MARK INGRAM		2013-08-20
Rosa Maria Bonini		2025-08-20

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COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

England & Wales - Charity number 1028663

Accounts

Registered number: 02634372
Charity number: 1028663 (England & Wales)

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Trustees' report and financial statements

For the Year Ended 31 March 2025

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)

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COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)

Reference and administrative details of the Charity, its Trustees and advisers
For the Year Ended 31 March 2025

Trustees	Mr D H Knight, Chair Mr M Ingram, Trustee Mrs A Whitfield, Trustee Mr J Di Palma, Trustee
Company registered number	02634372
Charity registered number	1028663 (England & Wales)
Registered office	296a Kingston Road Wimbledon Chase London England SW20 8LX
Independent auditors	Axis Accountants Ltd Chartered Certified Accountants Registered Auditors 8 Deer Park Road London SW19 3GY
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Trustees' report
For the Year Ended 31 March 2025

The Trustee present their annual report together with the financial statements of the COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES for the year 1 April 2024 to 31 March 2025. The Annual report serves the purposes of both a Trustee' report and a directors' report under company law. The Trustee confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

1.0 Scope of the Organisation

The Organisation is a non-profit charity that supports vulnerable adults through psychosocial interventions, skills development, and community integration. Services include resilience-building, symptom management, and day-to-day practical support.

The Organisation operates from its main premises in South West London and works closely with local authorities, NHS partners, and community groups.

1.1 Organisation's Mission

The organisation aims to improve the lives, mental health, wellbeing and recovery capital of people experiencing mental health issues, substance and alcohol misuse issues and other complex challenges such as neurodiversity. We do so through providing innovative and inclusive psychosocial services.

1.2 Organisation's Values

The organisation is a highly respected organisation with over 30 years of experience in delivering psychosocial services to people experiencing mental health issues, substance and alcohol misuse issues and other complex challenges, as well as their families. At the heart of our organisation, our values are:

- Client-centred
- Inclusivity
- Respectful
- Non-judgemental
- Confidential

1.3 Organisation's Objectives

- To provide a range of psychosocial services to support the recovery of people with a substance or alcohol misuse, people experiencing mental health issues, neurodiverse groups and ex-military veterans, aimed at helping their wellbeing and their reintegration within the community;

- To limit the harm which comes with mental health issues, substance and alcohol misuse and other psychosocial problems for our service users, their families and carers, and the wider community.
- To raise awareness and reduce the stigma associated with mental health, substance and alcohol misuse and neurodiversity, within the local community and at work.

1.4 Services Provided

- Providing a holistic approach aimed at improving the mental, physical, social, and emotional health and well-being of our clients.
- Focusing on the recovery and reintegration of our clients.
- Offering support and provision of information to family members of our clients.
- Increasing our clients' own recovery capital.
- Offering personalised, peer-led support to our clients.

1.5 For Whom Services are Intended

Residents of the Boroughs within South West London, aged 18 and over.

2.0 Quality Policy

The Organisation is committed to delivering high-quality psychosocial support services that promote wellbeing, independence, and community inclusion for vulnerable adults. We achieve this through competent staff, effective safeguarding, regulatory compliance, and continuous quality improvement.

We commit to:

- Delivering safe, person-centred support
- Meeting regulatory and contractual requirements
- Continually improving the QMS
- Ensuring staff competence and safeguarding awareness

The organisation operates under a fully approved Quality Policy, part of the ISO 9001 quality manual.

All our services follow our Values and Ethos

- Client-centred
- Inclusive
- Respectful
- Non-judgmental
- Confidential

3.0 Context of the Organisation

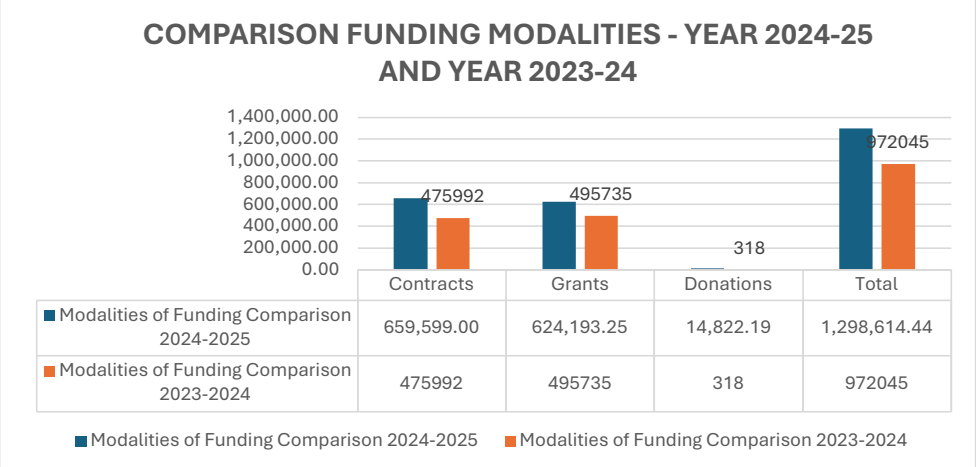
The Organisation provides psychosocial support services to vulnerable adults aged 18+ residing in the boroughs of South West London. External and internal issues affecting the QMS include regulatory requirements, funding conditions, demographic trends, organisational capacity, safeguarding needs, workforce competencies, and operational processes.

The Organisation has determined its ability to achieve the intended results by following the ISO 9001 Quality Management System, and has systems/processes/software/resources in place to ensure compliance.

3.1 Benchmarking

The organisation is a medium-sized local charity with an annual income of approximately 1 million. One of the areas that the organisation seeks to improve is diversifying its income streams. Historically, income was generated from contracts with local and public authorities. Over the last few years, the organisation has focused on increasing non-statutory grants rather than contracts, while it is exploring new ways to diversify funding, such as donations and trade.

Chart 1 below shows the income received for the years 2024-25 and 2023-2024, for comparison across the specific modalities.



This shows that the comparison of the two primary funding modalities over the two years is relatively stable. The total funding from contracts in 2024-2025 was 49.9%, compared with 48.9% in 2023-2024. The total financing of grants in 2024-2025 has been 49.3%, while in 2023-2024 it was 50.9%. Reporting a non-significant difference. The difference has been in the total amount of funding received between the two years, which shows a significant increase, as

reported for year 2024-2025 of £1,298,614.44, compared to the income of year 2023-2024 of £972.045.00

3.2 History of the Organisation

The table below provides the organisation's history. This is important for determining the organisation's culture and ethos, which are solidly grounded in its local history.

Table 1 – CDARS's History

Community Drug and Alcohol Recovery Services (CDARS) was founded in 1985 by a local mother (DB), as a direct response to her family's traumatic experiences of the devastation caused by drug and alcohol addiction.
When DB's eldest son David's addiction turned into a crisis, she struggled to find the help and advice she and her family needed. At that time, little or no support existed for the user, their family, or their carers. DB knew from personal experience that drugs do not just harm the users, and her initiative was her response to fill that vacuum, turning the trauma of her family's own battles with addiction to aid those who also felt alone, isolated and abandoned in their search for support.
DB set up what was, at that time, one of the UK's first family groups to help others facing the damage of drug addiction: Family Support Group for the Relatives of Drug Users. This group - started in DB's home - flourished, developed, and expanded into what is today CDARS.
DB trained as a counsellor, began a 24/7 telephone helpline from her family home, and a support group for families of addicts to come together, share experiences and offer emotional support, and for the addicts themselves. The group rapidly outgrew DB's home, and having secured funding and further training, DB obtained premises in Wallington, South London.
DB's son, D., successfully underwent a drug rehabilitation programme and, in 1991, joined his mother to run the group. With their own experiences to draw upon, DB and D. became a formidable force in the battle against addiction, expanding their training, building links with St. George's Hospital Department of Addictive Behaviour, Social Services, South London Borough Councils, and becoming a member of SCODA (Standing Conference on Drug Addiction) as the support group evolved and

expanded to offer a wide range of support services, including one of the first needle exchange in South London.
CDARS was formally established as a charity in 1991 as a service providing emotional, practical and social support to substance misusers, people with mental health issues and other complex needs, their families and carers.
In 1995, David tragically passed away. 'The DB Trust Fund' was set up in his memory, providing emergency financial support to families battling the crisis of addiction. DB continued to lead the charity until her retirement in 2000. In 2005, she published a memoir of her experiences and her son's battle with addiction - 'A Life Remembered'. DB passed away in 2019.
From humble beginnings, DB and D. built CDARS into the largest agency in South London, establishing an exceptional reputation in the addiction field and providing a lifeline for thousands of people suffering the devastation of addiction. They pioneered a model of support service that continues to flourish and deliver critical aid today.
The quality of the work delivered by CDARS has been recognised by various bodies over the years, including the Whitbread Community Care Award in 1988, the Certificate of Merit for contributions towards community service from the Co-operative Union Ltd in 1991, Community Award from the Mayor of Merton in 1998, and the Trust for London award for committed services to the community in acknowledgment of outstanding achievement also in 1998.
CDARS has received visits from the Ministry of Crime Reduction, the Mayor of London's Office, and the local MP in Merton in recognition of its achievements in reducing drug use and related crime locally.
CDARS is a unique organisation that stands out from many others. It has always been a step ahead and a pioneer in many of the services provided over the years: services that have become part of the national agenda for the treatment of substance misuse. With 37 years of experience in working with vulnerable people with complex needs, it supports over 1000 service users each year.

4.0 Governance, Structure and Accountabilities

The organisation operates a robust Information Governance (IG) framework that ensures compliance with the UK GDPR, the Data Protection Act 2018, the Caldicott Principles, and the NHS Data Security and Protection Toolkit.

Information governance responsibilities are clearly defined and embedded across all levels:

- Caldicott Guardian (Operations Manager). Responsible for ensuring that the Caldicott Principles are upheld when handling personal and special category data. Provides advice on confidentiality and information sharing decisions.
- Privacy Officer. The Operations Manager is the Privacy Officer. Provides independent advice, monitors compliance with data protection legislation, conducts DPIAs, and acts as primary liaison with the ICO.
- Senior Information Risk Owner. The Chair is responsible for information risk management. Oversees the risk framework, ensures appropriate controls, and receives regular risk assurance reports.
- Information Governance Lead / Asset Owner. Each Department Manager leads day-to-day IG operations, including policy development, training, incident management, and data sharing agreements. Supports DSPT submissions and audits and manages data.
- All Staff. Required to complete annual IG and Data Protection training and to adhere to organisational policies and confidentiality agreements.

These roles are formally documented in our Information Governance Policy and reviewed annually.

4.1 Certifications and Standards

- NHS Data Security and Protection Toolkit (DSPT): Annual submission completed and published (Standard Met). CDARS DSPT code is 8JM06
- Cyber Essentials Plus: Independently assessed and maintained to verify technical controls against external threats.
- ISO/IEC 27001:2013 Certification will be gained before April 2026
- NHS Digital and ICB Information Sharing Agreement (ISA): In place and regularly reviewed.

4.2 Policies and Procedures

The organisation maintains a comprehensive suite of IG and data protection policies, which are reviewed annually or following legislative or organisational change. They are attached to this tender submission and include:

- Information Governance Policy. Defines the IG framework and accountabilities.
- Data Protection Policy. Outlines compliance with the UK GDPR and DPA 2018, including lawful processing, data subject rights, and retention.
- Records Management Policy. Aligns with NHS Records Management Code of Practice 2021; includes retention schedules and disposal protocols.
- Confidentiality and Data Sharing Policy. Governs lawful and ethical sharing of service user and patient information.
- Information Security Policy. Details technical and organisational security controls and risk management practices.
- Secure Transfer of Information Procedure. Defines approved channels for secure email, file sharing, and data exchange with partners.
- IG Incident Reporting and Breach Management Procedure. Defines steps for identifying, escalating, containing, and reporting data breaches to the ICO, where applicable.
- Access Control and User Management Policy. Details processes for user onboarding, privilege management, and access reviews.

- Data Protection Impact Assessment (DPIA) Procedure. Ensures privacy risks are identified, assessed, and mitigated before any new processing activity.

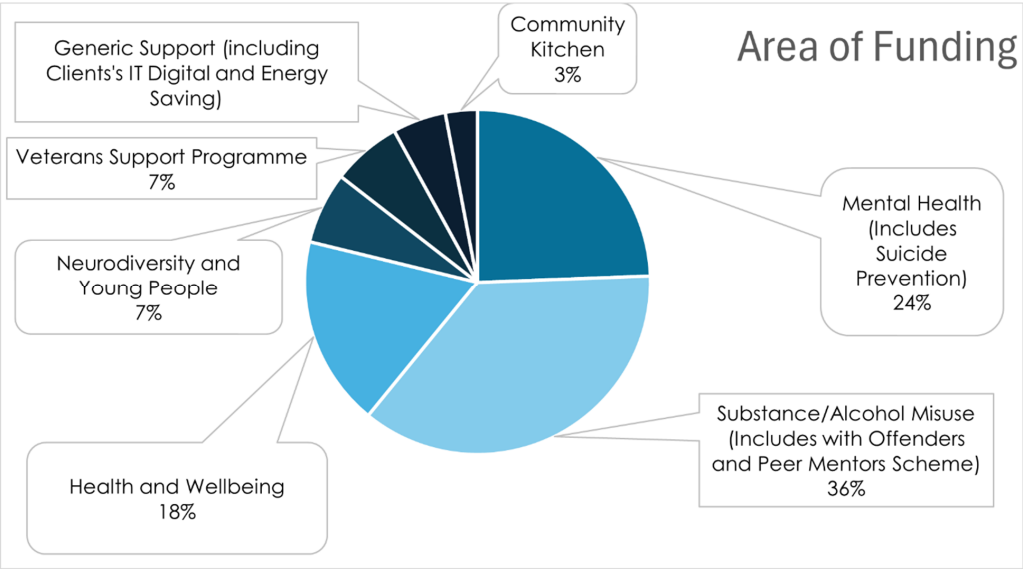
4.3 Safeguarding Laws

The organisation already operates the highest possible safeguarding policies and procedures, including training, and those applying to vulnerable people. The organisation fully follow NHS and statutory regulations concerning safeguarding including all of those required by the service specification such as Children Act 2004, Care Act (2014), Counterterrorism and Security Act, Prevent and Channel Duty (2015), FGM Act 2003, Serious Crimes Act 2015 (section 70(1)), Mental Capacity Act (2005, 2019), Deprivation of Liberty Safeguards (2009), and Modern Slavery Act 2015.

The organisation is a member of SAFEcic (https://www.safecic.co.uk/) which provides a holistic Safeguarding support service including training, information, DBS checks, and updating policies and standards. We have attached our policy to this tender, and it fully meets the requirements outlined in Section 32 of the NHS standard contract and NHS Safeguarding Accountability and Assurance Framework, as shown below.

5.0 Services Provided

The pie chart below shows the areas of work and their proportions provided by the organisation during the year 2024-2025.



51. Substance and Alcohol Misuse

5.1.1 Wandsworth and Richmond Substances & Alcohol Abuse Recovery Programme
Our organisation provides support for substance and alcohol misuse in the Boroughs of Wandsworth and Richmond. This is part of a partnership with South London and Maudsley NHS Trust. The Substances & Alcohol Abuse Recovery Programme is designed to support people aged 18+ years old struggling to come off alcohol and/or drugs, as well as to help individuals who are abstinent from substances and/or alcohol and want to access additional recovery support and relapse prevention services.

The programme aims to assist clients recovering from addiction and substance abuse by discovering their own unique qualities and strengths, developing self-esteem and hopes for a brighter future. We achieve this by using the five ways to wellbeing:

Connection with others; building a support network and long-lasting friendships.
Learning new skills to build confidence and self-worth.

Giving back to others because, by serving others, we help and heal ourselves.
Physical and recreational activities; to support physical, emotional, and mental well-being.
Paying attention to the present moment (mindfulness) to escape the shame and regret of the past, and the fear of the future.

The Substances & Alcohol Misuse Recovery Day Programme offers an extensive range of services which include:

- Therapeutic Groups.
- Counselling Sessions for addiction, drug & alcohol abuse.
- One-to-one keywork sessions.
- Online and face-to-face addiction support access.
- Recreational and leisure activities such as football, cycling, gardening, and crafts.
- Specialist support for clients with suicidal ideation.
- Specialist support for neurodiverse needs.
- A community kitchen attached
- A lively programme of Peer Mentors.
- Veterans support.
- Health and nutrition education and guidance.
- Well-being and mindful practices focused on addiction recovery.
- Substance abuse relapse prevention.

5.1.1. Data and Performance

The table below summarises data and performance for the year 2024-2025.

Category	Indicator	Number
Access	Number of referrals	432
Engagement	Session attendance rate	75%
	Dropout rate	25%
	Average number of sessions per client	10
Clinical Outcomes	Successful Outcomes (Completely Clean or Significant Reduction in substance use)	240
	Improvement in psychosocial functioning	75%
	Treatment completion rate	75%
Quality & Safety	Client satisfaction score	4
	Incident reports	8
	Staff-to-client ratio	25
Service Capacity & Resources	Staff training compliance	100%
	Caseload size	20
Gender Ratio:		
	Male	65%
	Female	35%
Distribution by Age:		
	Young People 18-25 Ratio	8%

5.2 Mental Health

Sunshine Recovery Café

CDARS mental health support services provide additional support alongside the clinical services offered by the local NHS Trust. The Service is open every day of the year for persons in mental health crisis, or those who perceive themselves as going into crisis.

What we aim to achieve

We want to help those in a mental crisis get the support, guidance, and tools they need to live a happier, healthier life. By offering a wide range of services, groups, and activities, we aim to help our clients heal both mentally and emotionally - by doing so we assist them in finding the strength and resilience they need, and the coping skills necessary, to overcome mental crisis.

What we offer

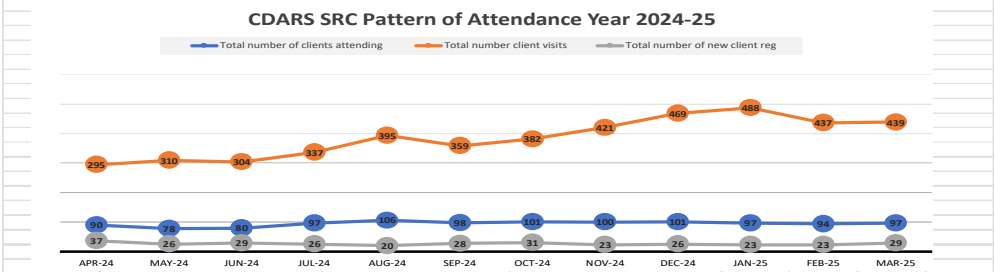
- A safe space and welcoming environment.
- Crisis intervention.
- Recovery café drop-in.
- Face-to-face mental health counselling.
- Assessment and referrals.
- Telephone support for mental health.
- Mental health support groups.
- Health and well-being programmes.
- Suicide prevention and harm reduction programs.

5.2.1. Data and Performance

The charts below summarise data and performance for the year 2024-2025.

CDARS Sunshine Recovery Café

Month	Total number of clients attending	Total number client visits	Total number of new client reg
Apr-24	90	295	37
May-24	78	310	26
Jun-24	80	304	29
Jul-24	97	337	26
Aug-24	106	395	20
Sep-24	98	359	28
Oct-24	101	382	31
Nov-24	100	421	23
Dec-24	101	469	26
Jan-25	97	488	23
Feb-25	94	437	23
Mar-25	97	439	29



5.3 Suicide Prevention

Saving Lives is a programme for suicide prevention and management. The programme offers a three-stage process – SURVIVE, PREVENT, SUSTAIN – which is delivered by suicide prevention specialist counsellors and volunteers.

What we aim to achieve
By providing a three-stage process of immediate crisis help, relapse prevention and long-term support, the Saving Lives programme aims to help those at risk of suicide or suicide ideation to overcome their despair and to begin feeling optimistic about a better future.

What We Offer
- A suicide prevention programme and support services throughout South-West London.
- Suicide support groups.
- Counselling services for suicide prevention.
- Suicide phone call check-ins.
- Guidance for Suicide Prevention.
- Health and Wellbeing Services.
- Mental Health Services.

What We Offer
The Suicide Prevention Programme offers a three-stage process - SURVIVE, PREVENT, SUSTAIN - which is delivered by suicide prevention specialist counsellors and volunteers.

Survive
Clients are initially assessed to identify their risk of suicide. Once an assessment is complete, the team creates a bespoke treatment package for each individual.

Treatment packages can include:
- Guidance on therapeutic tools and techniques needed to manage suicide ideation.
- One-to-one counselling.
- Access to weekly support groups & peer support.
- Workshops dealing with mental health issues and emotional well-being.
- Talks by healthcare professionals.
- Phone call check-ins from a team member.
- Links to other local crisis services.

Prevent
Clients who have coped with an immediate crisis then move on to longer-term support, designed to prevent a relapse back into suicide ideation.

Activities can include:
- Continued one-to-one counselling (regularity subject to an individual's progress).
- Weekly relapse prevention group.
- Ongoing peer support.
- Optional phone call check-ins and online support.

- Links with other services depending on a client's needs. This may include access to employment training, housing services, faith and social groups, volunteering opportunities, and improved welfare benefits.
- Crisis intervention services available as and when needed.

Sustain

At this stage, clients are no longer in crisis or having suicidal thoughts; however, ongoing support is still available to ensure a sustained lower risk of suicide. Ongoing support includes:

- One-to-one counselling (if necessary).
- Support from volunteers and counsellors in a broader range of issues, such as finding employment and gaining training.
- Continued access to support groups
- Crisis intervention services available as and when needed.

5.3.1. Data and Performance

The table below summarises data and performance for the year 2024-2025.

Indicators	**Number**	**%**
Number of service users who accessed the service	133	100%
Clients who have reported a significant increase in confidence in self-managing their mental health symptoms.	121	91%
Clients who have reported a significant reduction in their triggers to suicide ideation.	119	90%
Clients who have reported significant improvement in learning new skills, social networks and support, leading to an improved mental well-being and quality of life.	125	94%
Gender		
Male	81	61%
Female	52	39%
Neurodivergent (Reported as having ASD or ADHD)	45	34%
Ethnicity		
White British	74	56%
White Europeans	17	13%
Afro/Caribbeans	15	11%
Black British	11	8%
Asians	9	7%
Mixed Race	7	5%
Age Group		
18 to 27	28	21%
28 to 39	38	29%
40 to 51	36	27%
Over 51	31	23%
Borough of Residence		
Wandsworth	38	29%
Merton	61	46%
Richmond	16	12%
Kingston	11	8%
Sutton	7	5%

5.4 Health and Well-Being

The R.I.S.E. (Reconnect, Include, Share, Engage) is the Health and Wellbeing programme run by CDARS and delivered in partnership with Deen City Farm (animal welfare and gardening sessions) and The Fighting Chance (Boxing training sessions). The National Lottery Community Fund generously funds it.

Aimed at people experiencing mental health and substance misuse issues, the programme delivers holistic and psychoeducational activities that encourage our service users to feel empowered, protected, uplifted and independent.

What we aim to achieve
The Health and Well-being programme aims to improve the overall health and well-being of people experiencing a mental health crisis. We want to help our clients discover their self-worth and believe in a better life. We aim to build confidence, life skills, meaningful friendships, healthier lifestyles, potential employment opportunities, and so much more. The services we offer in this programme will also help to prevent relapse, escalation of mental health issues, and support independence.

What we offer
The programme offers a comprehensive range of activities and learning experiences, all focused on maintaining physical, mental, and emotional well-being.

- Healthy living – Weekly workshops on topics such as healthy coping strategies, eating well and sleep hygiene, to promote a balanced lifestyle for mental, emotional and physical health.
- Physical activities – Helping to boost self-esteem, mood, energy levels and sleep quality, as well as alleviate stress and feelings of depression.
- Employment training – Work coaches assist with CV writing, interview skills, job searches, and more to build confidence and find employment.
- Mindful practices - Yoga, meditation, and other holistic practices to relieve anxiety, depression and overwhelm.
- Individual counselling – One-on-one therapy to manage and change negative behaviours, learn coping strategies, build self-worth, and process past trauma.
- Social activities – Cultural events, arts and crafts and social outings to promote human connection and build friendships.

5.4.1. Data and Performance

The table below summarises the outcome for the year 2024-2025.

Outcome	Indicators	Number	%
The health and well-being of the programme participants will be improved	Making positive lifestyle changes	116	91%
	Report better life satisfaction	116	91%
	Improved health and fitness	116	91%
The participants will enhance their mental recovery	A better understanding of their mental health	113	88%
	An improved self-esteem	113	88%
	Feeling more positive about their mental health	118	92%
The participants will be more integrated socially	Feeling less isolated	119	93%
	Having engaged with other local organisations	113	88%
	Having made new friends	119	93%
Hard-to-reach people engage in the programme	Number of men enrolling in the Programme	62	48%
	Number of neurodiverse people enrolling in the programme	49	38%

5.5 Neurodiversity Support Programme

CDARS Neurodiversity Support Programme in South West London supports individuals with neurodiverse conditions such as ADHD, Autism, Dyslexia and Dyspraxia. The programme offers mental health support, support with financial and housing benefits, employment and interview practice, and social engagement and relationship building.

What we aim to achieve
The Neurodiversity Support Programme aims to support residents with neurodiverse conditions, including help with recovery from alcohol and substance misuse, mental health support, support with financial and housing benefits, employment and interviewing practice, social engagement and building relationships.

What we offer
Holistic person-centred support and guidance within our Neurodiversity Support Programme.
Weekly one-to-one support check-ins, either online or in person.

Neurodiversity Support Programme & advocacy groups to help with social anxiety.
Various activities to build lifelong coping mechanisms and healthy, sustainable relationships.

Access to other CDARS services such as our Health and Wellbeing programme, counselling services and community outings.

The Neurodiversity Support Programme is provided by a qualified neurodiversity support specialist, registered with ADMP UK as a dance and movement psychotherapist.

The programme includes:

CDARS's Neurodiversity Support	Benefits of the Programme
• Mental Health Support • Understanding Neurodiversity and how to manage symptoms best • Support through the diagnosis process • Support through the interlink between neurodiversity and substance & alcohol misuse	• Support with flexible options,tailored to individuals' needs • Learn to be part of and develop asense of community • Clients engage at their own pace • We offer a safe, welcoming andsupportive environment. We often are praised for this by clients
• Social Skills training • Life and social skills support • Access to CDARS's other services, like our Suicide Prevention Programme and our Young People Programme • Referral and support for external service	• Feeling part of a group of like-minded people • Feelings validated and having space to feel heard • Having a safe Space to be when needed

An example of the groups that CDARS runs is the life and social skills group. This group covers topics on understanding and managing neurodiversity. It is provided partly as an open group and partly as educational workshops.

Week 1	Embracing Diversity & Understanding Neurodivergent Strengths
Week 2	Navigating Mental Health & Well-being
Week 3	Emotional Regulation & Self-awareness
Week 4	Exploring Relationship Dynamics & Boundaries
Week 5	Effective Communication & Language Use
Week 6	Building Social Connections & Interpersonal Skills
Week 7	Advocacy & Empowerment
Week 8	Integrating External Support & Internal

Support Programme for Parents and Carers of Neurodivergent groups, including ASD, Asperger's, ADHD, and Dyslexia.

At CDARS, we recognise a significant gap in support for Neurodivergent groups and their family members. Therefore, our service aims to fill that gap as much as possible. The support group

that we run aims to support family members and carers of Neurodivergent groups, including those with ASD, Asperger's, ADHD, and Dyslexia.

The support group aims to offer

- Emotional Support: Offer a safe and understanding space for members to express their feelings, share their experiences, and receive empathy from others in similar situations.
- Education and Awareness: Help families better understand neurodivergence (e.g., autism, ADHD, dyslexia), including its strengths and challenges.
- Skill Building: Offer strategies for effective communication, behaviour support, advocacy, and self-care for caregivers.
- Resource Sharing: Connect members with helpful resources such as therapists. Educational supports. Legal rights. And financial assistance.
- Advocacy: Empower family members to advocate for their loved ones in schools. Healthcare systems. And the community.
- Community Building: Reduce isolation by fostering a sense of belonging and mutual support among members.
- Problem-Solving: Provide a collaborative environment for discussing challenges and brainstorming solutions based on collective experience.

5.5.1. Data and Performance

The table below summarises data and performance for the year 2024-2025.

	Number	%
Clients who accessed during the year	177	100%
Borough of Residence		
Merton	87	49%
Wandsworth	32	18%
Kingston	23	13%
Richmond	9	5%
Sutton	26	15%
Family member	41	23%
Gender		
Female	80	45%
Male	76	43%
Other	21	12%
Ethnicity		
White British	68	38%
Black British	25	14%
Asian	10	6%
Afro-Caribbean	13	7%
Eastern European	7	4%
Other white	16	9%
Mixed White Black	20	11%
Mixed White Asian	13	7%
Age group		
18-25	47	27%
26-35	34	19%
36-45	30	17%
46-55	23	13%
Over 55	43	24%
Status		
Completed successfully	102	58%
Dropped out prematurely	11	6%
Active still in treatment	64	36%

5.6 Young People

The Sunlight Youth Café
The Young People Service helps young adults cope with challenging life experiences and teaches them to live healthy, independent lives. We offer activities and events that enable young adults to feel connected, protected, uplifted and part of a community.

What we aim to achieve
We want to provide young adults (ages 18 to 25) with an opportunity to connect and work together to improve their mental and emotional well-being. We aim to help young people find their own unique voice and feel empowered to live independent, confident, and fulfilling lives.

Through the programme, we strive to teach new life skills, reduce disconnection and loneliness, build confidence and resilience, improve employment potential, and most importantly, help young people look forward to the rest of their lives.

What we offer
The Sunlight Youth Cafe delivers a range of weekly activities and quarterly events to educate, include, and inspire young people.

- Individual counselling.
- Support groups dealing with topics such as mental health, neurodiversity, self-esteem, and goal setting.
- Mindfulness techniques, including yoga, meditation, and conscious use of social media, to preserve mental and emotional well-being.
- Therapeutic art activities.
- Sports and physical activities.
- Healthy Living and Nutrition.
- Education, Training and Employment.
- Support and advocacy with welfare benefits and debt issues.

5.6.1. Data and Performance

The table below summarises data and performance for the year 2024-2025.

	Number	%
Clients who accessed during the year	97	100%
Gender		
Female	51	53%
Male	43	44%
Non-Binary	2	2%
Trans-Man	1	1%
Ethnicity		
White British	55	57%
Black British	9	9%
Other White	8	8%
Black African	5	5%
African	5	5%
Indian	4	4%
Asian British	4	4%
Mixed White Black	4	4%
Mixed White Asian	3	3%
Age group		
17-19	11	11%
20-26	86	89%
Disability		
ASD	12	12%
ADHD	11	11%
Auditory Processing Disorder	9	9%
Physical Disability	7	7%
Dyslexia	6	6%
Visual Impairment	4	4%
Hearing Impairment	3	3%
Outcomes		
Clients have shown overall improvements in well-being and mental health. This can be seen in their reports of better personal relationships, improved emotional regulation, greater understanding of their neurodiversity, better management, the ability to build a routine, and improved life skills. Some have advanced in their careers by taking on jobs and pursuing education.		
Feedback		
• *"I am happy that I met Rachel (staff) today. Her sensitivity and gentleness helped me to feel safe and seen. I appreciate her sense of humour. Thank you, Rachel. Your support today gave me the strength to see a way forward."* • *"Thank you for helping me in crisis when I needed it and even providing me with support over the phone when it was difficult for me to come in. It helped me feel heard and understood."* • *"Before coming here, I didn't think I would get much out of it. But it has helped me. I've learned tools to better manage my stress and relationships. I really valued the check-ins in the group and felt supported even when I had a bad week."*		

5.7 Ex-Military Veterans Support

Ex-Military veterans are twice as likely to be unemployed as non-veterans, and are much more likely to experience homelessness, prison, or social exclusion. All these issues mean a much higher rate of depression and mental disorders. We offer this programme to support the well-being and reintegration of veterans living in our local community.

What we aim to achieve

Funded by various funders, the programme aims to improve the health and mental well-being, skills, resilience, and prospects of disadvantaged veterans living in Merton, Sutton, Wandsworth, Richmond and Kingston. The programme is also designed to support the families and carers of veterans.

The programme brings together a holistic set of services to meet the needs of veterans, whilst referring them to other local services when appropriate.

What we offer

Our Ex-Military Veterans Support Programme offers a four-stage programme:
Phase 1 - Access and Engagement.
Phase 2 - Skills Building.
Phase 3 – Re-Integration.
Phase 4 – Aftercare and Relapse Prevention.

Services offered include:

- Counselling
- Support groups
- Advice, guidance, and information
- Peer mentorship
- Family support
- Health and well-being for Ex-Military Veterans
- Benefits support for Ex-Military Veterans
- Employment and voluntary work support
- Relationship building
- Money management
- Personal development
- Aftercare support
- Relapse prevention
- As part of the programme, we also offer a choir designed to use music and singing as therapeutic tools to help veterans re-integrate into the local community.

5.7.1. Data and Performance

The table below summarises the data and performance for the year 2024-2025.

	The number of veterans who accessed services during this period included those with PTSD, other forms of acute mental health challenges, and extreme loneliness and isolation.		**Achieved**
	Number of Veterans		86
	Indirect beneficiaries, Family members and close friends of veterans		42
	Services provided and attendance		
	Counselling face to face one to one		61
	Peer support groups, where our service users meet in a safe, confidential space to share stories and offer support and guidance to one another.		48
	Advocacy support to help service users improve their life circumstances, such as access to housing and claiming benefits.		41
	Referrals to other agencies for additional support if needed.		19
	Access to CDARS' other services, such as our mental health recovery cafe or health and wellbeing sessions.		55
	Activities that have been provided and attendance		
	Outdoor activity - Veterans Walk		32
	Veteran Boxing		5
	The Veterans Breakfasts, in Wimbledon Chase, Morden and Wix Lane, Clapham Common		39
	The Veterans Allotment attendance		22
	Outcomes Achieved		
	Veterans reported a reduction in feelings of loneliness and isolation.		82
	Veterans reported having a better understanding of their mental health issues and triggers.		81
	Veterans reported feeling that their mental health had significantly improved.		83
	Veterans reported that their life circumstances and quality of life have significantly improved a		83
	Successes achieved		
	• Counselling and support groups are ongoing at our Wimbledon Chase venue, where we offer face-to-face counselling sessions. Additionally, the Veterans Hub operates every Friday from 10 am to 1 pm, providing a dedicated space for veterans to connect and access support. • The veterans' group has also engaged in outdoor activities like archery and air rifle shooting at the Runways End Outdoor Centre in Aldershot, located near the British Army Garrison. • Veterans have enjoyed free entry to historic landmarks, including Hampton Court Palace and the Tower of London, enriching their experiences and providing enjoyable outings. • The Veterans' Breakfast Club is held every Friday in Wimbledon Chase, Morden, and continues to be well-attended by military veterans from South London and surrounding areas. • Meanwhile, the veterans' group is actively developing their allotment in Morden. Significant progress has been made, with veterans planting carrots, potatoes, and peppers, while also clearing additional ground to expand the planting area.		
	Feedback		
	• *I always find the Vets Hub in Wimbledon Chase beneficial. It's the perfect setup for a veteran like me who is living alone, has time on my hands and needs that veteran's connection.*		

- *Meeting veterans is totally different from meeting civvies. It takes us back to our own service days and it becomes an important part of our lives. We are privileged to have many activities there for us, and it's also great to have a veteran's allotment. Thank you all.*
- *Leaving the forces was a daunting experience, but discovering the CDARS Veterans Project has been a lifesaver, not just for me, but for many other veterans as well. It's been incredible to meet fellow veterans, build connections, and support one another through shared experiences.*
- *The services provided at CDARS are outstanding. We are always warmly welcomed and appreciated for our service to the country, which means a lot. I particularly look forward to the breakfast club and spending time at the allotments, and these activities have become essential parts of my routine. It's also reassuring to know that mental health support is available if I ever need it.*
- *I'm genuinely grateful for everything CDARS offers. It's made a massive difference in my transition to civilian life.*

5.8. Community Kitchen Service

CDARS Community Kitchen Service has become an integral service for our local community, providing meals for those struggling with food poverty, cooking and shopping classes, and volunteer opportunities for clients facing employment barriers and lacking work experience.

What we aim to achieve

The Community Kitchen was born as a rapid-response initiative to support our most vulnerable clients who were isolated at home, with little or no support, during the COVID-19 lockdown, providing grocery boxes and healthy meals to help them through the crisis.

The Community Kitchen has had such a positive impact on our clients in the local community that it was decided to make it into a permanent service, and now we serve over 300 clients a year.

The Community Kitchen is currently based at St Mungo's Wellbeing Centre in Wandsworth (to whom CDARS is immensely grateful). The kitchen team collaborates with St Mungo's "Putting Down Roots" project, which teaches vulnerable people how to plant and grow vegetables, and links with CDARS's allotment service.

What we offer

- Provides meal services for clients in the local community struggling to feed themselves due to poverty.
- Runs cooking and food shopping classes for marginalised individuals experiencing food insecurity and social isolation.
- Offers volunteer opportunities to our clients who face employment barriers, providing them with vital skills and work experience.

5.9 The David Bickerton Memorial Fund

The David Bickerton Memorial Fund was established by CDARS' founder, Dorothea Bickerton, in memory of her son David. The Fund provides emergency support to some of our most underserved families, offering essential items such as basic kitchen equipment and other vital household goods.

Dorothea has also authored a book based on her experiences as a mother. *You Are Not Alone* recounts her journey to support her son through addiction and how this led to the creation of a pioneering substance misuse support service. The book is available on Amazon, with all proceeds supporting the David Bickerton Memorial Fund. To date, more than 2,000 copies have been sold.

During the year, the Fund continued to make a significant impact by supporting service users with urgent needs they would not otherwise have been able to meet. Examples of items purchased include beds, cookers, fridges, medicines, and essential vitamins—resources that have a tangible and immediate effect on wellbeing and stability.

The Memorial Fund has now become an integral part of CDARS' ongoing activities. As part of our 40th anniversary celebrations, we held a special event at the Everyday Church in Wimbledon, attended by more than 100 people. Service users played a central role in the day, presenting a play about addiction, exhibiting artwork, and performing in a choir conducted by our Choir Master, Sally Martin-Brown.

The event was particularly moving due to the attendance of Dorothea's son Ian, alongside his wife and children. Ian delivered a heartfelt reflection on the early days of CDARS, recalling how the organisation began in Dorothea's living room. The event also featured a presentation of *You Are Not Alone*, written by Dorothea.

In 2024–2025, the David Bickerton Memorial Fund provided essential assistance to approximately 60 service users, reinforcing its vital role in supporting some of the most vulnerable individuals in our community.

6.0 Plans and Developments for the Future

During the reporting period, the organisation recorded a substantial increase in referrals to its neurodiversity services. Over the past 12 months, a significantly higher number of neurodivergent individuals, as well as their family members, have been referred to and engaged with our provision. This trend, which exceeded expectations, has been primarily driven by referrals from NHS services and local GPs. As the only service of this kind operating within the Boroughs we serve, demand has intensified faster than our existing capacity.

The current delivery of the neurodivergent programme is supported by a limited number of grants from non-statutory funders, including the Wimbledon Foundation, the Mackie Foundation, the Vinehill Trust, and the Sackler Trust. Despite these contributions, available resources remain disproportionately low in relation to the scale of need.

In quantitative terms, the team supported 177 neurodivergent service users during the year, with a staff complement of only three. The significant and sustained rise in demand has resulted in approximately 140 individuals remaining on our waiting list, highlighting a critical capacity challenge.

In response, the organisation has prioritised developing strategies to increase funding and diversify income streams dedicated to the neurodiversity programme. Strengthening workforce capacity in this specialist area is a central component of our forward plan, aimed at ensuring we are better positioned to meet demand, enhance efficiency, and reduce waiting times.

As part of this strategic direction, the organisation has also developed and launched a professional training package focused on supporting neurodivergent individuals who present with substance and/or alcohol-related needs within drug and alcohol services. The inaugural session was delivered during the year and received highly positive feedback from participants. This programme will provide an additional income source, with all revenue reinvested into the neurodiversity support service. We have also compiled a proposal plan to send to potential funders, such as the NHS, ICBs, Public Health, and GPs themselves.

7.0 Financial Review

CDARS has a reserves policy that requires a reserve equivalent to at least one-quarter of total annual expenditure to be held in the event of an unexpected decline in funding or financial changes.

For the year ended 31 March 2025, total expenditure amounted to £1,112,801. Therefore, at least £278,200 should be set aside as a reserve. Total unrestricted reserves held on 31 March 2024 amounted to £ 508,701 (2024).

CDARS has a Management Committee that meets every three months and is responsible for the charity's strategic direction and policies. CDARS adopts a policy on risk assessment and risk review for financial and funding matters. Every three years, a business plan highlighting potential financial risks is produced. The management committee meets regularly with the CEO. At these meetings, Trustees are updated on the main aspects, development, achievements, and problems. Potential risks are also reviewed and discussed, and decisions are made on the best ways to address and move forward with the adopted strategies.

At the end of March 2024, the Committee this year had four members from various backgrounds relevant to the charity's work. The CEO is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met; he is also responsible for the day-to-day operational management of the organisation, individual supervision of the staff team, and ensuring that the team continue to develop their skills and working practices in line with good practice.

The trustees, who are also the directors for company law and under the company's Articles, are known as members of the Management Committee, who served during the year were:

Mr DH Knight
Mrs A Whitfield
Mr M Ingram
Mr J Di Palma (Resigned on 15/03/2025)

The Management Committee regularly reviews the significant risks to which the charity is exposed. Systems or procedures are established where appropriate to mitigate the charity's risks. Internal control risks are minimised by implementing procedures for authorising all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, volunteers, clients and visitors to the centre. The continuing implementation of the NICE Guidelines. (National Institute for Clinical Excellence) ensures a consistent quality of delivery for all operational aspects of the charity. The charity is compliant with various quality management systems, as listed further below, and is audited regularly by its funders, generally annually. These procedures are periodically reviewed to ensure that they continue to meet the charity's needs.

7.1 Structure, Governance, and Management

Governing Document Community Drug and Alcohol Recovery Services (CDARS) is a registered charity (No. 1028663). It is a company limited by guarantee (No. 02634372) that does not have share capital. Every charity member undertakes to contribute an amount not exceeding £1 to the charity's assets in the event of winding up. The total number of such members on 31 March 2024 was 4 (2023 = 4). The company was established in August 1991 under a Memorandum of Association, which sets out its objects and powers. Its Articles of Association govern it. The Memorandum and Articles of Association were last reviewed in February 2023. Under those Articles, the members of the Executive Committee are elected at an Annual General Meeting to serve for a term of up to 5 years.

All members of the Management Committee gave their time voluntarily and received no remuneration from the charity. Any expenses reclaimed from the charity are set out in the accounts. The Management Committee seeks to ensure that the client group's needs are appropriately reflected through the diversity of the trustee body.

To enhance the pool of potential trustees, we include former service users willing to become members and use their experience to assist the charity. The organisation aims to fully represent and maintain a broad mix of skills at the Management Committee level. It has a system to balance the required skills if they are lost.
Trustees are already familiar with the charity's practical work. New Trustees must attend an induction and a series of short training sessions to familiarise themselves with the charity and its context.

These are jointly led by the Chair of the Management Committee and the CEO of the charity and cover:

- The obligations of Management Committee members.
- The primary documents that set out the charity's operational framework include the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Plans and objectives

An information pack and guidance book prepared from the Charity Commission publication "The Essential Trustee" are distributed to all new Trustees, along with the Memorandum and Articles and the latest financial statements.

Where appropriate, relevant local and national policies guide the charity insofar as they complement its objects.

Quality systems that we employ include:

- National Institute for Clinical Excellence Guidelines
- Standards for Better Health
- International Organisation for Standardisation - ISO 27001
- Federation for Drug and Alcohol Professionals Guidelines
- Chartered Institute of Management Code of Conduct

- Regular client surveys
- Safeguarding Vulnerable Adults Board and Child Protection Board, Health and Safety, and 85 other policies
- A Complaints Procedure System in place

CDARS is also registered with and accredited by:

- Centre for Social Justice
- Investors in People
- Mindful Employer
- Living Wage Foundation
- Veterans Mental Health Awareness Standards
- COBSEO
- Veterans Mental Health Awareness Standard
- The Equality Register
- Disability Confident
- Neurodiversity Inclusivity Confidence Award

The CDARS Board of Trustees, Management, Staff, Volunteers, and Service Users would like to thank the funders and donors who, once again, believed in and trusted the organisation for 2024-2025.

- South London and Maudsley Trust
- South West London St George's NHS Trust
- Big Lottery Community Fund
- London Borough of Wandsworth
- London Borough of Richmond
- London Borough of Merton
- Wandsworth Grant Funds
- Mrs Smith and Mount Trust
- Veterans Foundation
- Henry Smith Charity
- Armed Forces Covenant Fund
- Army Benevolent Fund
- Wimbledon Foundation
- The City Bridge Trust
- Schroder Charity Trust
- SGN Centre for Sustainability
- The Sackler Trust
- Breathe HR Centurion Management
- The Cherry Family Foundation
- Wimbledon Foundation
- Mackie Foundation
- James Tudor Foundation

Statement of Trustee's responsibilities

The Trustee are responsible for preparing the Trustee's report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales and Scotland requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustee are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustee at the time when this Trustee's report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, Axis Accountants Ltd, have indicated their willingness to continue in office. The designated Trustee will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees on 9 January 2026 and signed on their behalf by:

Mark Ingram

.....
Mr M Ingram
(Trustee)

Independent auditors' report to the Members of Community Drug and Alcohol Recovery Services

Opinion

We have audited the financial statements of Community Drug and Alcohol Recovery Services (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Independent auditors' report to the Members of Community Drug and Alcohol Recovery Services (continued)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Independent auditors' report to the Members of Community Drug and Alcohol Recovery Services (continued)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:
Identifying and responding to risks of material misstatement due to fraud:
To identify risks of material misstatement due to fraud ("fraud risks") we assessed events or conditions that could indicate an incentive or pressure to commit fraud or provide an opportunity to commit fraud. Our risk assessment procedures included:
1. Enquiring of management and trustees about charity's policies and procedures to prevent and detect fraud, as well as whether they have knowledge of any actual, suspected or alleged fraud.
2.Using analytical procedures to identify any unusual or unexpected relationships.
3. We communicated identified fraud risks throughout the audit team and remained alert to any indications of fraud throughout the audit.

We performed procedures to address the risk of management override of controls and the risk of fraudulent revenue recognition, and the risk that management may be in a position to make inappropriate accounting entries.

We did not identify any additional fraud risks. We also performed procedures including:
1.Identifying journal entries and other adjustments to test based on risk criteria and comparing the identified entries to supporting documentation. These included unexpected revenue account combinations and journals posted to seldom used accosts during the financial year.
2. Evaluated the business purpose of significant unusual transactions.
Identifying and responding to risks of material misstatement due to non-compliance with laws and regulations:

We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our general commercial and sector experience and through discussion with the management (as required by auditing standards) and discussed with the trustees and other management the policies and procedures regarding compliance with laws and regulations
.
We communicated identified laws and regulations throughout our team and remained alert to any indications of non-compliance throughout the audit.

Context of the ability of the audit to detect fraud or breaches of law or regulation:
Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely the inherently limited procedures required by auditing standards would identify it.

Independent auditors' report to the Members of Community Drug and Alcohol Recovery Services (continued)

In addition, as with any audit, there remained a higher risk of non-detection of fraud, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. Our audit procedures are designed to detect material misstatement. We are not responsible for preventing non-compliance or fraud and cannot be expected to detect non-compliance with all laws and regulations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Axis Accountants Ltd

Axis Accountants Ltd

Chartered Certified Accountants
Registered Auditors

8 Deer Park Road

London

SW19 3GY

9 January 2026

Axis Accountants Ltd are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

Statement of financial activities (incorporating income and expenditure account)
For the Year Ended 31 March 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	*Total funds 2024 £*
Income from:					
Donations and legacies	3	**14,822**	**-**	**14,822**	*12,404*
Charitable activities	4	**711,253**	**572,540**	**1,283,793**	*972,045*
Investments	5	**10,181**	**-**	**10,181**	*10,470*
Total income		**736,256**	**572,540**	**1,308,796**	*994,919*
Expenditure on:					
Charitable activities	6	**568,288**	**544,514**	**1,112,803**	*997,496*
Total expenditure		**568,288**	**544,514**	**1,112,802**	*997,496*
Net movement in funds		**167,968**	**28,026**	**195,994**	*(2,577)*
Reconciliation of funds:					
Total funds brought forward		**508,701**	**-**	**508,701**	*511,278*
Net movement in funds		**167,968**	**28,026**	**195,994**	*(2,577)*
Total funds carried forward		**676,669**	**28,026**	**704,695**	*508,701*

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 39 to 58 form part of these financial statements.

Balance sheet
As at 31 March 2025

	Note		2025 £		*2024 £*
Fixed assets					
Tangible assets	11		**53,409**		*46,846*
			53,409		*46,846*
Current assets					
Debtors	12	**78,377**		*44,037*	
Cash at bank and in hand		**728,747**		*529,139*	
		807,124		*573,176*	
Current liabilities					
Creditors: amounts falling due within one year	13	**(155,838)**		*(111,321)*	
Net current assets			**651,286**		*461,855*
Total assets less current liabilities			**704,695**		*508,701*
Net assets excluding pension asset			**704,695**		*508,701*
Total net assets			**704,695**		*508,701*
Charity funds					
Restricted funds	15		**28,026**		-
Unrestricted funds	15		**676,669**		*508,701*
Total funds			**704,695**		*508,701*

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Balance sheet (continued)
As at 31 March 2025

Mark Ingram

.....
Mr M Ingram
Chair of Trustees

Anna Whitfield

.....
Mrs A Witfield
Trustee

Date: 9 January 2026

The notes on pages 39 to 58 form part of these financial statements.

Statement of cash flows
For the Year Ended 31 March 2025

	2025 £	*2024* *£*
Cash flows from operating activities		
Net cash used in operating activities	**205,358**	*(59,850)*
Cash flows from investing activities		
Dividends, interests and rents from investments	**10,181**	*10,470*
Purchase of tangible fixed assets	**(15,932)**	*(33,768)*
Net cash used in investing activities	**(5,751)**	**(23,298)**
Cash flows from financing activities		
Net cash provided by financing activities	**-**	**-**
Change in cash and cash equivalents in the year	**199,607**	**(83,148)**
Cash and cash equivalents at the beginning of the year	**529,139**	*612,287*
Cash and cash equivalents at the end of the year	**728,746**	*529,139*

The notes on pages 39 to 58 form part of these financial statements

Notes to the financial statements
For the Year Ended 31 March 2025

1. General information

Community Drug and Alcohol Recovery Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 296a Kingston Road, Wimbledon Chase, London, SW20 8LX, United Kingdom.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Community Drug and Alcohol Recovery Services 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.

2.2 Income

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 income receivable can be measured reliably.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2. Accounting policies (continued)

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, .

Depreciation is provided on the following basis:

Short-term leasehold property	-	20%	Straight line
Plant and machinery	-	20%	Reducing balance
Fixtures and fittings	-	20%	Reducing balance
Office equipment	-	20%	Reducing balance

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. Accounting policies (continued)

2.10 Pensions

2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2025 £	**Restricted funds 2025 £**	**Total funds 2025 £**
Donations	14,822	-	**14,822**

	Unrestricted funds 2024 £	*Restricted funds 2024 £*	*Total funds 2024 £*
Donations	*6,633*	*5,771*	*12,404*

Notes to the financial statements
For the Year Ended 31 March 2025

4. Income

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Small Project Support	51,653	98,322	**149,975**
Suicide Prevention Programme	-	65,400	**65,400**
Wandsworth & Richmond SMS	237,890	-	**237,890**
Health & Wellbeing Programme	-	296,821	**296,821**
Community Kitchen	-	19,444	**19,444**
Veteran Support Programme	-	92,553	**92,553**
Recovery Cafe	230,723	-	**230,723**
Criminal Justice Group Engagement	75,337	-	**75,337**
Lived Experience Project	115,650	-	**115,650**
	711,253	572,540	**1,283,793**

	Unrestricted funds 2024 £	*Restricted funds 2024 £*	*Total funds 2024 £*
Small Project Support	*25,867*	*120,788*	*146,655*
Suicide Prevention Programme	-	*54,700*	*54,700*
Wandsworth & Richmond SMS	*178,264*	-	*178,264*
Health & Wellbeing Programme	-	*180,596*	*180,596*
Community Kitchen	-	*48,794*	*48,794*
Veteran Support Programme	-	*64,990*	*64,990*
Recovery Cafe	*218,046*	-	*218,046*
Criminal Justice Group Engagement	*80,000*	-	*80,000*
	502,177	*469,868*	*972,045*

Notes to the financial statements
For the Year Ended 31 March 2025

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Criminal Justice Group	Lived Experience Project	Total
	2025	2025	2025	2025	2025	2025	2025	2025	2025	2025
	£	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	237,890	-	-	-	230,723	75,337	115,650	659,600
Grants	149,975	65,400	-	296,821	19,444	92,553	-	-	-	624,193
Other income	-	-	-	-	-	-	-	-	-	-
	149,975	65,400	237,890	296,821	19,444	92,553	230,723	75,337	115,650	1,283,793

	2024	2024	2024	2024	2024	2024	2024	2024	2024
	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	178,264	-	-	-	217,729	80,000	475,992
Grant	146,655	54,700	-	180,596	48,794	64,990	-	-	495,735
Other Income	-	-	-	-	-	-	318	-	318
	146,655	54,700	178,264	180,596	48,794	64,990	217,729	80,000	972,045

Notes to the financial statements
For the Year Ended 31 March 2025

Total 2024 £
475,992
495,735
318
972,045

5. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £
Bank interest	10,181	**10,181**

	Unrestricted funds 2024 £	*Total funds 2024 £*
Bank interest	*10,470*	*10,470*

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Small Projects	23,440	98,321	**121,761**
Suicide Prevention Programme	2,025	65,400	**67,425**
Wandsworth & Richmond SMS	219,141	-	**219,141**
Health & Wellbeing Programme	9,189	272,332	**281,521**
Community Kitchen	-	19,444	**19,444**
Veteran Support Programme	2,866	89,017	**91,883**
Recovery Cafe	149,230	-	**149,230**
Criminal Justice Group Engagement	68,086	-	**68,086**
Lived Experience Project	94,312	-	**94,312**
Rounding	(1)	-	**-**
	568,288	544,514	**1,112,803**

6. Analysis of expenditure on charitable activities (continued)

Summary by fund type (continued)

	Unrestricted funds 2024 £	*Restricted funds 2024 £*	*Total 2024 £*
Small Projects	*9,658*	*121,389*	*131,047*
Suicide Prevention Programme	*-*	*53,756*	*53,756*
Wandsworth & Richmond SMS	*179,100*	*-*	*179,100*
Health & Wellbeing Programme	*-*	*185,180*	*185,180*
Community Kitchen	*-*	*46,554*	*46,554*
Veteran Support Programme	*-*	*84,366*	*84,366*
Recovery Cafe	*230,770*	*-*	*230,770*
Criminal Justice Group Engagement	*86,723*	*-*	*86,723*
	506,251	*491,245*	*997,496*

7. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	**Support costs 2025 £**	**Total funds 2025 £**
Small Projects	100,741	21,019	**121,760**
Suicide Prevention Programme	58,411	9,013	**67,424**
Wandsworth & Richmond SMS	169,879	49,262	**219,141**
Health & Wellbeing Programme	207,115	74,406	**281,521**
Community Kitchen	17,442	2,002	**19,444**
Veteran Support Programme	77,680	14,203	**91,883**
Recovery Cafe	98,327	50,904	**149,231**
Criminal Justice Group Engagement	57,704	10,382	**68,086**
Lived Experience Project	82,888	11,424	**94,312**
	870,187	242,615	**1,112,803**

7. Analysis of expenditure by activities (continued)

	Activities undertaken directly 2024 £	*Support costs 2024 £*	*Total funds 2024 £*
Small Projects	*71,128*	*59,920*	*131,048*
Suicide Prevention Programme	*38,398*	*15,357*	*53,755*
Wandsworth & Richmond SMS	*114,311*	*64,789*	*179,100*
Health & Wellbeing Programme	*109,464*	*75,716*	*185,180*
Community Kitchen	*45,349*	*1,205*	*46,554*
Veteran Support Programme	*64,857*	*19,508*	*84,365*
Recovery Cafe	*121,657*	*109,113*	*230,770*
Criminal Justice Group Engagement	*64,569*	*22,154*	*86,723*
	629,733	*367,762*	*997,496*

Analysis of support costs

	Small Projects 2025 £	**Suicide Prevention Programme 2025 £**	**Wandsworth & Richmond SMS 2025 £**	**Health & Wellbeing Programme 2025 £**	**Community Kitchen 2025 £**
Staff costs	886	505	3,546	3,696	563
Client expenses	-	-	-	800	-
Insurance	233	133	485	605	-
Office expenses	1,698	1,030	4,081	8,203	410
IT and Communication	7,153	1,002	15,315	13,034	-
Premises expenses	6,537	3,610	13,379	27,932	1,001
Legal and professional	1,239	708	5,092	10,947	28
Governance costs	3,274	2,025	7,364	9,189	-
	21,020	9,013	49,262	74,406	2,002

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Veteran Support Programme 2025 £	Recovery Cafe 2025 £	Criminal Justice Group Engagement 2025 £	Lived Experience Project 2025 £	Total funds 2025 £
Staff costs	1,015	3,578	584	653	**15,026**
Client expenses	-	-	-	-	**800**
Insurance	189	470	153	146	**2,414**
Office expenses	1,732	6,242	1,186	1,279	**25,861**
IT and Communication	1,417	11,328	1,154	1,095	**51,498**
Premises expenses	5,358	18,767	4,158	3,948	**84,690**
Legal and professional	1,626	3,376	815	2,089	**25,920**
Governance costs	2,866	7,143	2,332	2,214	**36,407**
	14,203	50,904	10,382	11,424	**242,616**

	Small Projects 2024 £	*Suicide Prevention Programme 2024 £*	*Wandsworth & Richmond SMS 2024 £*	*Health & Wellbeing Programme 2024 £*	*Community Kitchen 2024 £*
Staff costs	*29,684*	*9,954*	*32,070*	*17,895*	*-*
Insurance	*1,871*	*132*	*431*	*420*	*132*
Office expenses	*7,390*	*148*	*481*	*2,583*	*254*
IT and Communication	*5,604*	*595*	*17,156*	*10,543*	*593*
Premises expenses	*5,849*	*34*	*-*	*30,006*	*226*
Governance costs	*9,521*	*4,494*	*14,651*	*14,269*	*-*
	59,919	*15,357*	*64,789*	*75,716*	*1,205*

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Veteran Support Programme 2024 £	*Recovery Cafe 2024 £*	*Criminal Justice Group Engagement 2024 £*	*Lived Experience Project 2024 £*	*Total funds 2024 £*
Staff costs	*12,845*	*39,226*	*14,391*	*-*	*156,065*
Insurance	*157*	*528*	*194*	*-*	*3,865*
Office expenses	*409*	*2,079*	*216*	*-*	*13,560*
IT and Communication	*707*	*8,846*	*870*	*-*	*44,914*
Premises expenses	*49*	*40,516*	*-*	*-*	*76,680*
Governance costs	*5,341*	*17,918*	*6,483*	*-*	*72,677*
	19,508	*109,113*	*22,154*	*-*	*367,761*

8. Auditors' remuneration

	2025 £	*2024 £*
Fees payable to the Charity's auditor for the audit of the Charity's annual accounts	**9,876**	*-*
Fees payable to the Charity's auditor in respect of:		
Independent examination	**-**	*5,760*
All non-audit services not included above	**7,474**	*6,932*

9. Staff costs

	2025 £	*2024 £*
Wages and salaries	**701,103**	*-*
Social security costs	**62,248**	*-*
Contribution to defined contribution pension schemes	**24,341**	*-*
Wages and salaries	**-**	*629,022*
	787,692	*629,022*

9. Staff costs (continued)

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	*2024 No.*
Office and management	**3**	*3*
Clinical staff	**22**	*20*
	25	*23*

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	*2024 No.*
In the band £70,001 - £80,000	**-**	*1*
In the band £80,001 - £90,000	**1**	*-*

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2024 - £NIL)*.

During the year ended 31 March 2025, no Trustee expenses have been incurred *(2024 - £NIL)*.

11. Tangible fixed assets

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Office equipment £	Total £
Cost or valuation					
At 1 April 2024	**45,993**	**89,315**	**11,694**	**44,843**	**191,845**
Additions	**-**	**-**	**180**	**15,752**	**15,932**
At 31 March 2025	**45,993**	**89,315**	**11,874**	**60,595**	**207,777**
Depreciation					
At 1 April 2024	**45,993**	**79,008**	**9,231**	**10,767**	**144,999**
Charge for the year	**-**	**2,061**	**493**	**6,815**	**9,369**
At 31 March 2025	**45,993**	**81,069**	**9,724**	**17,582**	**154,368**

11. Tangible fixed assets (continued)

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Office equipment £	Total £
Net book value					
At 31 March 2025	**-**	**8,246**	**2,150**	**43,013**	**53,409**
At 31 March 2024	*-*	*10,307*	*2,463*	*34,076*	*46,846*

12. Debtors

	2025 £	*2024 £*
Due within one year		
Trade debtors	**74,092**	*39,750*
Prepayments and accrued income	**4,286**	*4,287*
Rounding	**(1)**	*-*
	78,377	*44,037*

13. Creditors: Amounts falling due within one year

	2025 £	*2024 £*
Trade creditors	**-**	*2,012*
Other taxation and social security	**9,717**	*12,530*
Other creditors	**10,156**	*10,477*
Accruals and deferred income	**135,965**	*86,302*
	155,838	*111,321*

14. Financial instruments

	2025 £	*2024* *£*
Financial assets		
Financial assets measured at fair value through income and expenditure	**728,747**	*529,139*

Financial assets measured at fair value through income and expenditure comprise cash at bank and in hand.

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Unrestricted funds				
General Funds - all funds	**508,701**	**736,256**	**(568,288)**	**676,669**

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Restricted funds				
The Henry Smith Charity	**-**	**56,050**	**(56,050)**	**-**
The Big Lottery Community Fund	**-**	**248,955**	**(224,466)**	**24,489**
The City Bridge Trust	**-**	**51,166**	**(51,166)**	**-**
Wandsworth IT Digital Programme	**-**	**24,872**	**(24,872)**	**-**
Wandsworth Grants Funds	**-**	**9,600**	**(9,600)**	**-**
Merton Adults Social Services	**-**	**14,644**	**(14,644)**	**-**
Armed Forces Covenant Trust Fund	**-**	**30,445**	**(30,445)**	**-**
Army Benevolent Fund	**-**	**5,000**	**(5,000)**	**-**
Reaching and Supporting Armed Forces Communities	**-**	**26,408**	**(26,408)**	**-**
Veterans Foundation	**-**	**30,000**	**(26,463)**	**3,537**
Smith and Mount Trust	**-**	**15,000**	**(15,000)**	**-**
The Jane Hodge Foundation	**-**	**13,000**	**(13,000)**	**-**
SGN Safe and Warm Communities Support	**-**	**37,950**	**(37,950)**	**-**
The Sackler Trust	**-**	**5,000**	**(5,000)**	**-**
Prince of Wales	**-**	**1,250**	**(1,250)**	**-**
Mackle Foundation	**-**	**2,500**	**(2,500)**	**-**
The Poppy Factory	**-**	**700**	**(700)**	**-**
	-	**572,540**	**(544,514)**	**28,026**
Total of funds	**508,701**	**1,308,796**	**(1,112,802)**	**704,695**

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2023 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2024* £
Unrestricted funds					
Designated funds					
Fixed Assets	*24,790*	*-*	*-*	*22,056*	*46,846*
General funds					
General Funds - all funds	*486,488*	*519,280*	*(506,251)*	*(37,662)*	*461,855*
Total Unrestricted funds	*511,278*	*519,280*	*(506,251)*	*(15,606)*	*508,701*

	Balance at 1 April 2023 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2024* £
Restricted funds					
The Henry Smith Charity	-	*54,700*	*(54,700)*	-	-
The Wimbledon Foundation	-	*24,000*	*(24,000)*	-	-
The Big Lottery Community Fund	-	*79,500*	*(79,500)*	-	-
The City Bridge Trust	-	*30,401*	*(30,401)*	-	-
Wandsworth IT Digital Programme	-	*13,500*	*(13,500)*	-	-
Wandsworth Grants Funds	-	*12,970*	*(12,970)*	-	-
Merton Adults Social Services	-	*24,872*	*(24,872)*	-	-
Armed Forces Covenant Trust Fund	-	*8,450*	*(8,450)*	-	-
Veterans Foundation	-	*15,000*	*(15,000)*	-	-
Smith and Mount Trust	-	*4,926*	*(4,926)*	-	-
The Jane Hodge Foundation	-	*5,600*	*(5,600)*	-	-
SGN Safe and Warm Communities Support	-	*24,872*	*(24,872)*	-	-
The Sackler Trust	-	*43,720*	*(43,720)*	-	-
Prince of Wales	-	*40,564*	*(40,564)*	-	-
Mackle Foundation	-	*49,214*	*(49,214)*	-	-

15. Statement of funds (continued)

Statement of funds - prior year (continued)

	Balance at 1 April 2023 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2024* £
Small Restricted funds	-	*43,350*	*(58,956)*	*15,606*	-
	-	*475,639*	*(491,245)*	*15,606*	-
Total of funds	*511,278*	*994,919*	*(997,496)*	-	*508,701*

16. Summary of funds

Summary of funds - current year

	Balance at 1 April 2024 £	**Income** £	**Expenditure** £	**Balance at 31 March 2025** £
General funds	**508,701**	**736,256**	**(568,288)**	**676,669**
Restricted funds	**-**	**572,540**	**(544,514)**	**28,026**
	508,701	**1,308,796**	**(1,112,802)**	**704,695**

Summary of funds - prior year

	Balance at 1 April 2023 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2024* £
Designated funds	*24,790*	-	-	*22,056*	*46,846*
General funds	*486,488*	*519,280*	*(506,251)*	*(37,662)*	*461,855*
Restricted funds	-	*475,639*	*(491,245)*	*15,606*	-
	511,278	*994,919*	*(997,496)*	-	*508,701*

17. Restricted Funds

The Henry Smith charity awarded £56,050 to deliver suicide prevention programme for people at risk of suicide. All funds were utilised in the period.
The Big Lottery Community Fund awarded £248,955 to deliver a comprehensive programme of health and well-being activities. The funds utilised during the period were £224,466 and carried forward balance to the following year is £24,489.
The City Bridge Trust awarded £51,166 to deliver a comprehensive programme of health and well-being activities. All funds were utilised in the period.
The Wandsworth awarded £24,872 to deliver IT digital programme for service user. All funds were utilised in the period.
The Wandsworth awarded £9,600 to deliver a community kitchen for vulnerable people. All funds were utilised in the period.
The Merton Adults Social Services awarded £14,644 to deliver a community kitchen for vulnerable people and health and well-being activities. All funds were utilised in the period.
The Armed Forces Covenant Fund awarded £30,445 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.
Army Benevolent Fund awarded £5,000 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.
Reaching and supporting armed forces communities awarded £26,408 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.
The Veterans Foundation awarded £30,000 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. The funds utilised during the period were £26,463 and carried forward balance to the following year is £3,537.
Smith and Mount Trust awarded £15,000 to deliver a neurodiversity support programme. All funds were utilised in the period.
The Jane Hodge Foundation awarded £13,000 to deliver neurodiversity support programme. All funds were utilised in the period.
SGN safe and warm communities support awarded £37,950 to deliver energy saving support programme. All funds were utilised in the period.
The Sackler Trust £5,000 to deliver neurodiversity support programme. All funds were utilised in the period.
The Prince of Wales awarded £1,250 to deliver health and well being activities. All funds were utilised in the period.
Mackle foundation awarded £2,500 to deliver neurodiversity support programme for health and wellbeing activities. All funds were utilised in the period.
The Poppy Factory awarded £700 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	53,409	-	**53,409**
Current assets	779,098	28,026	**807,124**
Creditors due within one year	(155,838)	-	**(155,838)**
Total	676,669	28,026	**704,695**

Analysis of net assets between funds - prior year

	Unrestricted funds 2024 £	*Total funds 2024 £*
Tangible fixed assets	*46,846*	*46,846*
Current assets	*573,176*	*573,176*
Creditors due within one year	*(111,321)*	*(111,321)*
Total	*508,701*	*508,701*

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	*2024 £*
Net income/expenditure for the year (as per Statement of Financial Activities)	**195,994**	*(2,577)*
Adjustments for:		
Depreciation charges	**9,369**	*11,712*
Dividends, interests and rents from investments	**(10,181)**	*(11,470)*
Increase in debtors	**(34,341)**	*(22,111)*
Increase/(decrease) in creditors	**44,517**	*(35,404)*
Net cash provided by/(used in) operating activities	**205,358**	*(59,850)*

20. Analysis of cash and cash equivalents

	2025 £	*2024 £*
Cash in hand	-	*529,139*
Total cash and cash equivalents	-	*529,139*

21. Analysis of changes in net debt

	At 1 April 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	529,139	199,608	728,747
	529,139	199,608	728,747

22. Pension commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund.

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

England & Wales - Charity number 1028663

Accounts

Registered number: 02634372
Charity number: 1028663 (England & Wales)

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Unaudited

Trustees' report and financial statements

For the Year Ended 31 March 2024

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)

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COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Reference and administrative details of the Charity, its Trustees and advisers
For the Year Ended 31 March 2024

Trustees	Mr D H Knight, Chair Mr M Ingram, Trustee Mrs A Whitfield, Trustee Mr J Di Palma, Trustee
Company registered number	02634372
Charity registered number	1028663 (England & Wales)
Registered office	296a Kingston Road Wimbledon Chase London England SW20 8LX
Accountants	Axis Accountants Ltd Chartered Certified Accountants 8 Deer Park Road London SW19 3GY
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Trustees' report
For the Year Ended 31 March 2024

The Trustee present their annual report together with the financial statements of the COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES for the year 1 April 2023 to 31 March 2024. The Annual report serves the purposes of both a Trustee' report and a directors' report under company law. The Trustee confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Our Vision is:

CDARS is committed to improving the lives of vulnerable people and those with complex needs arising from the ill effects of addiction to alcohol, drugs, mental health and other psychosocial conditions.

Our Mission is:

"The aim is to improve the lives, mental health, well-being, and recovery capital of vulnerable people with complex needs in the community by providing innovative and inclusive psychosocial services."

CDARS is a highly respected organisation with over 30 years of experience in delivering psychosocial services to vulnerable people with complex needs and their families. At the heart of our organisation, our values are:

Our Principles and Ethos

At the heart of our organisation are strong values, these are:

- Client-centred
- Inclusivity
- Respectful
- Non-judgemental
- Confidential

Our Objectives are to:

- Provide a range of psychosocial services to support the recovery of people with substance or alcohol misuse, people experiencing mental health issues, neurodiverse groups and ex-military veterans, aimed at helping their well-being and their re-integration within the community.

- Limit the harm which comes with mental health issues, substance and alcohol misuse and other psychosocial problems for our service users, their families and carers, and the wider community.
- Raise awareness and reduce the stigma associated with mental health, substance and alcohol misuse and neurodiversity within the local community and at work.

The strategies we have used to meet our objectives include:

- Providing a holistic approach to improve service users' mental, physical, social, and emotional health and well-being.
- Focusing on the recovery and reintegration of our service users.
- Offering support and provision of information to family members and carers of our service users.
- Increasing service user's recovery capital.
- Offering personalised, peer-led support to our service users.

We review our aims, objectives and activities each year. This review looks at what we have achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each critical activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure that our aims, objectives and activities have remained focused on our stated purposes. We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and planning our future activities. In particular, the Trustees consider how planned activities will contribute to their aims and objectives.

Achievements and Performance

The people who have benefited from our services during the years 2023 - 224 are residents of the London Boroughs of Merton, Wandsworth, Richmond, Kingston, and Sutton affected by mental health issues, substance and alcohol misuse (only for residents of Wandsworth and Richmond), neurodiverse groups, ex-military veterans and a range of other related problems.

Our support package has also benefited their families or carers. The following section will provide more detailed information on our work's impact on the people and communities we have served.

Some brief reports of our primary services from 2023 – 2024 are reported next.

Substance and Alcohol Misuse Day Programme

Public Health London Borough of Wandsworth and Richmond commissioned the Day Programme for Alcohol and Substance Misuse (CDARS), which operates in partnership with South London and Maudsley NHS Trust (SLAM).

The Day Programme has been restructured into a more innovative service with strong links within the local community, organisations, businesses, and residents.

The Ethos of the Wandsworth Day Programme can be summarised as:

- Strongly Recovery Based.
- Strongly linked to and using existing community assets (such as existing ETE, housing, debt advice, sexual health, etc.) that meet service users' holistic needs.
- Tap into and utilise significantly more service users' inner and external strengths and opportunities by helping them get in touch and foster these fully.

The aims are to:

- Proactively involve the local community and utilise Community Assets.
- Develop a Therapeutic Community where service users can manage their treatment and recovery.
- Operate a Recovery Approach based on drawing on and utilising the inner resources of service users.
- Provide high-quality and flexible psychosocial services.

The day programme provides services for non-abstinent and abstinent service users.

Services are delivered at two different stages of treatment:

Stage 1

At Stage 1, service users are still using substances and or alcohol. They do receive holistic support to help them to achieve abstinence and sobriety.

At this stage, we offer the following services:

- A comprehensive assessment to understand the complex psychosocial needs of our service users, which enables us, with the service user, to draw a tailor-made care plan with tailored objectives.
- Information and advice around drug and alcohol misuse and other subjects relevant to the client.
- One-to-one and group counselling sessions and key-working support.
- A structured day programme that provides an intensive 12-week support package, with group work and other interventions.
- Outreach work to support the most marginalised clients.
- Emotional and practical support to families and carers.

Stage 2

At Stage 2, service users are abstinent. We do offer an aftercare support package, which helps service users to re-integrate into the local community through:

- A comprehensive aftercare service and relapse prevention service. As part of aftercare, we offer a range of activities to improve health and well-being, including

healthy nutrition, maintaining sobriety groups, yoga classes, mindfulness, and understanding the 12 steps.

- Life skills educational workshops tailored to support clients in employment, training, and education.
- Support with budgeting, money management, and housing/ independent living.
- Support to help the client build positive social networks.
- Counselling and keywork.
- A variety of social activities.

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total number of individuals receiving services	380	100%
Demographics			
Age	18-25	17	5%
	26-40	176	46%
	41-55	154	40%
	Over 55	43	9%
Gender	Male	224	59%
	Female	156	41%
Ethnicity	White British	198	52%
	White European	58	15%
	Black British	34	9%
	Afro/Caribbean	40	11%
	Asian	30	8%
	Mixed Race	16	5%
Service Types Provided			
Counselling Sessions	Number of service users who accessed the counselling service	325	86%
Crisis Interventions	Number of service users who received crisis intervention sessions	213	56%
Group Therapy	Number of service users who accessed group therapy sessions	311	82%
Outcomes	Service users who have *remained in treatment for over* 12 weeks	218	57%
	Service users who have managed to stop using substances	243	63%
	General improvement in mental well-being, quality of life, and life skills.	312	82%
	Improved skills in self-managing triggers related to relapses	330	86%
	Increased knowledge of how to access assistance, support and social network	308	81%
Client Satisfaction	The number of service users satisfied with services.	352	93%

A Case Study

Tom
Tom attended the abstinent programme and, over the years, has attempted to find sustained abstinence and move forward in their own life and journey. Initially, when he attended, he fell into old ways of thinking, relating, and lapsing. *Tom was struggling to find consistent attendance, more extended periods of abstinence and confidence in his skills, attributes and strengths, which could help him move forward. His relationship with his keyworker helped him look at barriers to change and identify different ways of approaching groups, and his recovery was preserved.* *The group support from other peers was very therapeutic for him and allowed him to feel accepted by them, valued and respected. He could move forward positively, with hope, belief, and better self-understanding. He is now a valued, respected Abstinent Day prog cohort member. He wants to become a service user rep, attending all his available groups, including the Ambassador Prog, RISE Boxing Prog and Intuitive Recovery Groups.* *Tom's resilience has been tested, but he knows that he has within himself the ability to move forward to an independent and whole life, as he sees it.*

Some Feedback

"The day programme has a serene, tranquil ambience and a comfortable space for group work unless it gets packed out on a Saturday."
"I have come to love walking through the gate, attending the various activities, and feeling connected with others—this has been invaluable this time."
"Not only do we get to work with Chris and the Team, who are very experienced counsellors, but I have also become aware of issues that have affected my recovery in the past, which I now can explore."

The Sunshine Recovery Cafe

The Sunshine Recovery café was developed through funding from the local Clinical Commissioning Group and the local Southwest London and St George's NHS Trust (SWLSTG). CDARS manages the Sunshine Recovery Café and aims to offer a non-clinical crisis intervention programme. The service provides an accessible, non-stigmatising, and recovery-focused service that would sit alongside the clinical services provided by SWLSTG. The Sunshine Recovery Cafe, located within CDARS' premises in Wimbledon Chase, opened to the community in April 2017.

The cafe is off the main high street in a discreet courtyard but easily accessible by public transport.

Aims and Objectives

The Cafe is open to adults who perceive themselves to be in or at risk of moving into a mental health crisis (self-defined). Service users can self-refer provided they meet the following criteria:

- Adult (18 years +) residents of the 5 Boroughs covered in Southwest London.

- People who perceive themselves as in a mental health crisis or at risk of moving into a mental health crisis.

The Sunshine Recovery Cafe was set up to support people in a mental health crisis and to help them discuss the nature of the situation they are experiencing, their strengths and the coping skills they might use to decrease their distress and promote their well-being. Within a safe and secure environment, the service aims to support service users through a range of support services:

- A welcoming environment - particularly for first timers.
- Emotional support and resilience building.
- Peer-led support.
- A range of recreational and leisure activities.
- Access to local resource directories and advice/signposting to access services.
- Risk management and active liaison with statutory services, particularly Home Treatment Teams, when is required.
- Opportunities for service users to graduate into volunteer roles.

The Service is open from 18.00 to 23.00 (Monday through Friday) and 12.00 to 23.00 (weekends and bank holidays) every day of the year.

The Sunshine Recovery Café provides the following services:

- Assessment
- Crisis Interventions
- One to One Face to Face Counselling
- Telephone crisis support
- Support Groups
- Arts Therapies and various social activities
- Guidance and Advice
- Advocacy Support
- Referrals to other services internal and external to CDARS

The main achievements of the Service for 2023 - 2024 are reported below.

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total number of individuals receiving services	303	
Demographics			
Age	17-18	5	2%
	19-24	23	8%
	25-34	86	28%
	35-44	70	23%
	45-54	63	21%
	55-64	40	13%
	65+	15	5%
Gender	Male	151	50%
	Female	146	47%

	Non-binary	2	1%
	Unspecified	4	2%
Ethnicity	White British	147	49%
	White Irish	9	3%
	White Other	29	9%
	Black African	15	5%
	Black British	2	1%
	Black Caribbean	18	6%
	Black Other	11	3%
	Asian	31	10%
	Mixed Race	31	10%
	Other	12	4%
Borough of Residence	Wandsworth	60	20%
	Merton	157	52%
	Sutton	38	13%
	Kingston	29	10%
	Richmond	11	4%
Counselling Sessions	Number of service users who have accessed the counselling service	176	58%
Crisis Interventions	Number of service users who have accessed the crisis intervention service	237	78%
Group Therapy	Number of service users who have accessed group therapy sessions	122	40%
Outcomes	General improvement in mental well-being, quality of life, and life skills.	269	89%
	Improved skills in self-managing mental health symptoms and related triggers	266	88%
	Increased knowledge of how to access assistance, support and social network	284	94%
Client Satisfaction	Number of service users satisfied with services.	288	95%

A Case Study

Anthony
Anthony is a 52-year-old White British male with a presenting mental health diagnosis of anxiety and depression. *Anthony's health issues have triggered his mental health problems. Anthony was unemployed for over twenty years due to the onset of his mental health.* *Anthony also had social anxiety and difficulty mixing with others or attending appointments.* *Anthony attended the Sunshine Recovery café for support.* *Treatment plan: The client has been offered counselling, attendance at the Sunshine Recovery Café, and participation in the Health and Well-Being Programme.* *He attended group activities, which helped with his social anxiety.*

Treatment goals: Through Counselling, attending other activities, and engaging with others, Anthony has developed confidence and is now engaging and socialising with different clients.

Employment: The client has been unemployed for over twenty years and did not intend to return to employment.

Anthony said that receiving support from staff within the café has regained his confidence, which has allowed him to focus on his positive thinking. He decided to seek employment within the care setting, supporting others within the community. The client has been employed within the community in health and social care.

Anthony shared with his employer that the support he received from Sunshine Recovery café staff helped him develop his skills and confidence in helping others within the community.

Some Feedback

"This is an excellent service. I appreciate the staff's support when I have presented in crisis, not knowing where or how to explain what I'm feeling; I thought I might need to be admitted to the hospital. The staff gave me a safe space and time to express my distress and what may have triggered me. I have been given space and time to talk, and being listened to has helped to reduce my anxiety."

"I was depressed, I felt alone and Isolated. My extended family did not give me any support; they suggested I should go into a care home. Attending the café has changed my mind set about feeling alone. The staff makes me feel welcome, listens, and encourages me to engage with others. They have encouraged me to start attending groups at the café to be able to interact with others. This has helped me develop my confidence; I can now participate in external organisations." "I have made new friends and am engaging in new activities, such as dancing, that I used to like."

The Health and Well-Being Programme

In September 2023, the partnership launched the RISE project, a health and wellbeing programme for vulnerable adults experiencing mental health and substance misuse. This is year seven of our Health and Well-Being Programme, funded by the Big Lottery Community Fund and City Bridge Trust the third time around. This time around, we have focused more energy on attracting more vulnerable men, particularly those who are at risk of suicide yet less likely to attend mental health services and also attracting more neurodivergent people. The aim was to work with 120 people for the year; however, the target has been exceeded.

What the Programme Offers

A holistic approach to mental health recovery aims to enable our clients to make positive lifestyle changes and connect with their community to improve their well-being and mental health.

CDARS coordinates the programme and provides wraparound care to our clients, including emotional and motivational support during the sessions. We also deliver some well-being activities such as the DIV sessions, the choir, piano lessons, art therapy sessions, Yoga

Therapy, Dance Movement Therapy, choir sessions, piano lessons, nutrition sessions, outings and more.

Our qualified and experienced team comprises our Programme Manager and two Health and Wellbeing Workers. We also have two Neurodiversity Specialists available for bespoke support, a Peer Mentor, and a volunteer.

The Social Outings

CDARS has organised monthly outings and social events focusing on group work and social connection. The outings have enabled our clients to open up.

Social events and Day Trips - 2023/24

September 2023	*"A Celebration of Recovery" event - Cheryl Bickerton's "You Are Not Alone" book launch*
October 2023	*Autumn at Kew Gardens*
November 2023	*"In case of emergency" exhibition - Southbank Centre*
December 2023	*Christmas celebrations*
January 2024	*The Cult of Beauty" Exhibition - Welcome Collection*
February 2024	*Wimbledon Foundation - Work at Wimbledon - Open Day*
March 2024	*Celebrating Spring at Kew Gardens*

Partnership Work

The Fighting Chance

Non-combat boxing sessions have taken place weekly from a gym in Battersea for up to 15 clients at any one time. Two qualified England Boxing coaches run the sessions. Everyone meets at a local cafe before each Wednesday session for a catch-up. One-on-one catch-ups are also organised where needed to define additional support required.

The sessions are designed to challenge our clients and ensure they achieve progress and get into a routine of regular exercise. Our coaches use motivational techniques, and the CDARS team provides emotional support.

Fighting Chance delivered:

- 2 x 20-week boxing programmes, attended by over 30 clients, with a 70% attendance rate,
- Focus on building confidence and self-esteem, Understanding individual needs, and Praising progress and accomplishments.

Deen City Farm

Deen City Farm has delivered weekly sessions on Thursdays, offering an opportunity for our clients to work with animals and participate in outdoor activities linked to nature. These have consisted of:

- Gardening, including watering of plants; weeding and trimming of hedges and bushes.
- Livestock, mainly in the farmyard area. An experienced animal handler supervises the activities, including handling animals, feeding and watering small animals, and grooming donkeys.
- Riding school, including stable box cleaning; providing fresh, clean bedding, food, and water for the horses mucking out; horse grooming.

The DIY Sessions

Our clients have met every Monday at Hellier House- St. Hellier to participate in the DIV workshop. They have created new items and repaired old ones. They have also applied these skills to design and build the outdoor furniture of CDARS.' The new patio at the Sunshine Recovery Cafe creates a little oasis in the middle of the concrete.

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total number of individuals receiving services	125	
Demographics			
Age	18-25		
	26-40		
	41-55		
	Over 55		
Gender	Male	67	54%
	Female	55	44%
	Non-binary	3	2%
Ethnicity	White British	78	62%
	White Irish	1	1%
	White Others	11	9%
	Black British	12	10%
	Asian British	15	12%
	Mixed White and Black	8	6%
Disability	Yes	45	36%
	No	80	64%
Outcomes	Reported making positive lifestyle changes	115	
	Reported better life satisfaction	114	
	Reported improved health and fitness	115	

	Reported a better understanding of their mental health	109	
	Reported improved self-esteem	110	
	Reported feeling more optimistic about their mental health	111	
	Reported feeling less isolated	121	
	Engaged with other local organisations	109	
	Reported having made new friends	108	
	Number of neurodiverse people enrolled in the programme	42	

A Case Study

Felicity

Felicity is 25 years old and with diagnoses of Autism, ADHD, EUPD, OCD and CPTSD. She was diagnosed at 19 with Autism and ADHD. She has been experiencing mood swings, communication difficulties, learning difficulties and problems with emotional regulation since childhood.

She first accessed the service in March 2023, seeking support for her Neurodiversity, which she was still being treated for at Springfield. She found the group to be supportive of her as a young person with Autism and ADHD, which she was not receiving support through Springfield. It helped her connect with other neurodivergent individuals and embrace her neurodiversity more compassionately.

She also attended the Crisis café in the evenings on several occasions to support her when her Mental Health was in incredible difficulty.

In October 2023, she attended other offerings in the Health and Wellbeing Programme, beginning with Art Therapy and then the wellbeing workshops, to support her Mental Health as her DBT ended with Springfield.

She became an active participant in craft-based workshops as well as those on mind-body practices and wellbeing and has been a consistent and reliable attendee of the wellbeing workshops and art group for several months.

Her regular attendance at the Health and Wellbeing workshops led to her joining Deen City Farm activities, where she has enjoyed volunteering with both stables and livestock. She finds the weekly sessions here thoroughly 'nourishing', particularly for her Autism and ADHD, as she grew up with animals and is unable to have any in her home at present.

She has attended monthly outings with the Health & Wellbeing service, where she interacts well with other clients and offers support and insight based on her experiences.

Through peer support from other users, she was able to register and claim for PIP for her Autism and ADHD, and this has given her extra financial stability whilst she has been unable to work.

She aims to apply for NHS or tertiary sector peer support roles. She is interested in studying further in the long term, particularly in Occupational Therapy.

Felicity recently shared that she "doesn't know what she would have done without the support of the Health and Wellbeing service. The 1:1 and group support offered has far outstripped what NHS services have been able to provide, and the community has felt like a family."

Some Feedback

"I am so grateful to have this place where I can come. It makes me feel so much better coming here and finding people with whom I can discuss my struggles. "
"The animals are so calming to be around; it helps you focus on things other than yourself and being around them helps my mood."
"All is going well with the new job, and I have settled into a routine with surprising ease. Thank you for everything you did for me it helped me turn a corner."

The Saving Lives Programme

At CDARS, we acknowledge that supporting people with suicide ideation is perhaps the most complex issue to help someone with, which can leave staff feeling anxious and reduce their confidence level if staff is not adequately trained, prepared and with enough resources.

Therefore, to effectively respond to this specific and sensitive need, CDARS has sought external funding for the Suicide Prevention Programme.

The Henry Smith Charity initially funded the programme for three years, starting in October 2019. It has been highly successful, so the Charity has funded it for another three years until October 2025.

It can be accessed by any residents of the 5 London Boroughs that we cover, Merton, Sutton, Wandsworth, Kingston and Richmond, aged 16 years old and over, who experience thoughts, feelings or suicidal ideation and plans.

The programme is delivered from our premises in Wimbledon Chase and, if clients prefer, online. The programme is strongly needed. A recent survey that we have undertaken within our recovery café, with just over 300 service users, suggests that:

- 81% reported that they had suicidal ideation in the last three years
- 48% reported that they had planned suicide in the last three years
- 27% reported that they had attempted suicide in the last three years

Aims and Objectives of the Programme

This programme provides a holistic suicide prevention service for service users who have severe and enduring mental health issues or a common mental disorder such as stress, anxiety or depression.

The programme aims to support people who are at risk of suicide or suicide ideation, residents in the five London Boroughs of Richmond, Kingston, Sutton, Merton and Wandsworth, aiming at reducing the number of suicide attempts.

The programme helps service users at risk to reduce their feelings of suicide ideation, and propensity to plan, as well as to learn tools and techniques in how to deal with suicidal thoughts, feelings and cravings. It is designed to help with immediate and short-term crises and offer medium and long-term support.

What we offer

The programme employs two highly trained and experienced Suicide Specialist Workers supported by counsellors' volunteers.

We also use alongside volunteers/recovery champions who have lived experience of suicide ideation and support the Specialist Workers throughout the delivery of the programme.

This is an innovative programme, which is provided in 3 stages:

STAGE 1 'SURVIVE'

A 12-week support programme, but flexible depending upon service users' needs. All clients are assessed when presenting to the service, so this project will be able to identify those at risk of suicide.

Those identified as at risk will be supported by the Team with a package of measures that will reduce the immediate likelihood of suicide.

Activities include:

- Crisis work. Short motivation therapy
- Counselling. Weekly one-to-one counselling sessions using techniques such as cognitive behavioural therapy, which provides the tools and techniques needed to manage suicide ideation
- Weekly support group and workshops. The group includes thematic discussions (Eg. how to prevent or deal with triggers for suicide ideation), peer support, and talks by health providers. The workshops include specific subjects, such as relaxation techniques, meditation and mindfulness

STAGE 2 'PREVENT'

An extra 12 weeks of support, but flexible depending on service users' needs. A longer-term support designed to prevent a relapse back into suicide ideation.

Activities include:

- Mental health support. One-to-one counselling and a weekly relapse prevention group, which includes ongoing peer support.
- Telephone and online support sessions
- Mentoring. A named volunteer with lived experience of suicide ideation provides ongoing support, which includes ongoing motivational support.
- Links to other services. We work closely with partners to provide a comprehensive package of support as needed, including links to employment training, housing services, faith and social groups, volunteering opportunities, and improved welfare benefits.
- Crisis service is available as and when needed.

STAGE 3 'SUSTAIN'

In this stage, support is offered for as long as it is necessary, the likelihood of suicide in many cases is significantly reduced. The following activities are provided:

- Employment Skills
- Ongoing Mentoring support.
- Weekly self-help group
- Crisis telephone and online support sessions.

We also provide support in Suicide Prevention and Management to other local organisations, as well as carers and family members, in the 5 London Boroughs that cover Merton, Sutton, Wandsworth, Kingston and Richmond. Such as: Training, Workshops, Guidance and Advice.

Outcome and Performance for the Year 2023-24

Category	**Description**	**Number**	**Percentage**
Total People Served	Total number of service users who have attended the service	139	
Demographics			
Age	18-25	30	22%
	26-40	40	29%
	41-55	38	27%
	Over 55	31	22%
Gender	Male	84	60%
	Female	55	40%
NEUROTYPICALS		91	65%
NERODIVERSE (*Reported ASD or* ADHD)		48	35%
Borough of Residence	Merton	41	29%
	Wandsworth	61	43%
	Kingston	16	11,5%
	Richmond	14	10.5%

	Sutton	7	6%
Ethnicity	White British	74	53%
	White Europeans	18	13%
	Black British	17	12%
	Afro/Caribbean	12	9%
	Asians	10	7%
	Mixed Race	8	6%
Service Types Provided			
Counselling Sessions	Number of service users who have attended counselling sessions	131	94%
Crisis Interventions	Number of service users who have attended crisis intervention sessions	97	70%
Group Therapy	Number of service users who have attended group therapy sessions	32	23%
Outcomes	Service users improved their skills to manage their mental health, reducing the triggers that cause suicide ideation.	123	91%
	Service users improved social networks and support, improving mental well-being, quality of life, and life skills.	122	94%
Client Satisfaction	Service users are satisfied with services.	132	95%

A Case Study

Melissa

Melissa, a 28-year-old, was referred by the CDARS Mental Health Centre for counselling. She presented with a complex clinical profile, including a diagnosis of bipolar disorder, undiagnosed autism, and chronic suicidal ideation beginning at age ten. Monique's initial presentation was marked by emotional volatility, severe distress, and chaotic behaviour.

During the first session, Melissa was visibly distressed, reporting pervasive suicidal ideation and feelings of hopelessness. The assessment considered her subjective experience, carefully examining her expressed needs and concerns. Recognising the importance of the therapeutic relationship, I prioritised building rapport and ensuring that Melissa felt heard and understood.

Based on this assessment, Melissa was determined to be at high risk for suicide, necessitating immediate intervention and continuous monitoring. The intervention strategy was developed in alignment with the BACP Ethical Framework, particularly the principles of beneficence (acting in the client's best interest) and non-maleficence (avoiding harm).

Over several weeks, Melissa exhibited significant and measurable progress. Initially characterised by intense emotional distress and pervasive suicidal ideation, her presentation gradually evolved as she engaged in the therapeutic process. The person-centred approach, rooted in empathy, respect, and unconditional positive regard, facilitated this transformation.

Through the collaborative development of a personalised safety plan, the client gained a clearer understanding of her triggers and the coping mechanisms necessary to manage her suicidal ideation. Melissa's adherence to her medication regimen improved, further stabilising her mood and reducing the frequency and intensity of her suicidal thoughts.

Moreover, the established therapeutic alliance allowed Melissa to feel supported and understood, fostering trust. The flexibility of communication further strengthened this. As the sessions progressed, Melissa demonstrated a growing capacity to reflect on her life experiences and articulate her future aspirations. She shifted her focus from immediate crises to longer-term goals, re-establishing her relationship with her mother. This shift in perspective was accompanied by a marked decrease in suicidal ideation and an increase in her ability to manage distressing emotions independently. By the conclusion of therapy, Melissa had developed a more hopeful and forward-looking outlook, underpinned by a clearer sense of purpose and self-worth.

Some Feedback

"Today's session was so needed, and it was even better than I imagined it could be. There is a light in your eyes, Freddie, that makes all the darkness disappear. I was blessed to have been assigned to your care."
"I still cannot believe what I have achieved in a few months. What we'd done in these months I imagined would take me years. Yes, I still have A LOT of work to do, but you've helped me build a solid foundation. You are an incredible woman with lots of depth and character."
"When I count my blessings, I count you five times! I learned a lot from this, but I can be exactly who I am, and that's okay - "Take it or leave it!" I can take deep breaths now, smile, and laugh from a real place. Thank you for buying me enough time to see that staying alive is not the scariest thing."

The Neurodiversity Support Programme

The programme aims to support Neurodiverse service users and residents within the five boroughs of Southwest London (Merton, Kingston, Richmond, Wandsworth, Sutton). Service users include people aged 18 years old and above who have been or have not been diagnosed with Neurodiversity, such as Autism, ADHD, Dyslexia, etc. They include people of all genders, ethnicities, and demographics living in the five boroughs.

Various funders fund the programme, and we are incredibly grateful to them. They have shown great understanding and open-mindedness in financing a new and innovative area of work, initially with the Momark Foundation, then the Peter Stebbins Memorial Charity, the Jane Hodge Foundation, the Wimbledon Foundation, and the Smith and Mount Foundation.

Service users can self-refer to the service or by other health professionals. Once the referral form is filled out, they are messaged/called to connect for a one-to-one initial assessment.

The programme is also designed to assist individuals who are uncertain about their neurodiversity or who need additional support in understanding themselves.

We have observed that service users are eager to improve their lives and move out of the crisis, indicating that this structure effectively supports their journey towards independent living and self-support.

Our Neurodiversity Support team provides services such as one-to-one counselling sessions, which can be over the phone, online, or in person. These sessions aim to support

Neurodiversity service users in their symptoms, mental health, addictions/recovery, understanding their neurodiversity, advocating/educating, support in GP advocacy, overall health and well-being, and other areas of life.

We regularly run a Neurodiversity week to celebrate neurodiversity, with events each day in conjunction with the Neurodiversity Week organisation. We also periodically run two weekly support groups, including various workshops on neurodiversity, employment and other topics connected to neurodiversity.

The Neurodiversity Support Service has successfully supported many clients since its inception in April 2022. However, the significant rise in referrals necessitated revamping our programme structure. With approximately 15 service users in each group and the dynamics evolving, we transitioned to a 10-week programme covering topics such as Orientation and Embracing Diversity, Exploring Neurodivergent Traits, Navigating Mental Well-being, Building Connections and Relationships, Social Skills and Communication, Social Skills and Emotional Regulation, Advocacy and Empowerment, Neurodiversity and Employment, External/Internal and Self Support, and Review and Closure.

While the programme remains consistent and beneficial, we recognise the need to enhance our activities and support services to serve our users better.

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total number of individuals receiving services	93	
Demographics			
Age	18-25	16	17%
	26-40	27	29%
	41-55	36	39%
	Over 55	14	15%
Gender	Male	41	44%
	Female	52	56%
Borough of Residence	Merton	42	45%
	Wandsworth	17	18%
	Kingston	19	21%
	Richmond	9	9.5%
	Sutton	6	6.5%
Ethnicity	White British	35	37.5%
	White Europeans	22	23.5%
	Black British	9	9.5%
	Afro/Caribbean	6	6.5%
	Asians	13	14.5%
	Mixed Race	8	8.5%
Service Types Provided			
Counselling Sessions	Service users who have attended counselling sessions	87	94%

Crisis Interventions	Service users who have attended crisis intervention sessions	61	66%
Group Therapy	Service users who have attended group therapy sessions	53	57%
Outcomes			
Improved Mental Health	General improvement in mental well-being, quality of life, and life skills.	88	95%
	Improved skills in managing symptoms and related trigger	88	95%
	Increased knowledge of how to access assistance, support and social network.	89	96%
Client Satisfaction			
Satisfaction Rate	Service users satisfied with services.	88	95%

Two Case Studies

Michael
Michael joined the neurodiversity program to address challenges related to his autism, particularly time management, organisation, and task completion. Living with his mother and managing many responsibilities on his own, Michael was encouraged to participate in more group activities. He now regularly attends the weekly Art group, where he can use his creative skills. Despite facing difficult family medical situations, Michael has shown great commitment to supporting himself and is now also participating in programs like Deen City Farm and other services we offer.
Helen
Helen came to the café in a crisis and discovered our program. While on our waiting list for 1-1 sessions, she has actively participated in our 10-week program. Helen has made remarkable progress in improving her mental health, reflecting on her past actions, and learning to make positive changes. She has gained more insight into her neurodiversity in these 10 weeks than ever before, and she now shares her knowledge with others in the café, helping to support them and integrate new skills into her own life. Helen is now more engaged in the group and feels greater stability and connection.

Some Feedback

"The Neurodiversity Support Program has been life-changing for me. The tailored sessions helped me understand my unique strengths and challenges, and I now have practical tools to manage anxiety and improve my daily life."
"I finally feel heard and understood. The program provided a safe space to explore my neurodiversity without judgment, and the mindfulness techniques have made a huge difference in my mental wellbeing."
"This programme didn't just help me manage my emotions—it gave me confidence. Focusing on emotional regulation and health has improved my relationships and overall mental health."
"Being part of this program has given me a sense of community. I no longer feel alone in my struggles, and the group activities were fun and deeply therapeutic."
"The workshops were incredible! I learned so much about navigating work and social situations, and the support from the staff was compassionate and empowering."

The Military Veterans Support Programme

CDARS has supported veterans and their family members since 2019. Our work is ongoing and will continue for the foreseeable future.

The programme aims to improve disadvantaged veterans' skills, health, and prospects and their family members in Merton, Sutton, Wandsworth, Richmond, and Kingston.

The services are provided within our premises in Wimbledon Chase, a specialist hub. This large building has a cafe, training suites, and rooms for group work or one-to-one counselling.

The Hub combines a holistic set of services to meet some veterans' needs, such as a Health and Well-Being programme, a recovery café, a day programme for substance and alcohol misuse, outreach activities such as day trips and regular breakfast meetings, access to an allotment run by CDARS, home visits, escorting veterans to appointments when needed, advocacy support and access to our David Bickerton Memorial Fund and to CDARS community kitchen programme.

Several funders have believed in us, recognised the value of our work, and funded the programmes we have delivered and that we provide to veterans and their families, including the Armed Forces Covenant Fund, the Veterans Foundation, The Poppy Factory, ABF the Soldiers Charity, Reaching and Supporting Armed Forces Communities, Armed Benevolent Fund, etc. CDARS is a recognised member of COBSEO.

The programmes that we have provided during the year 2023-24 for veterans and their families have included a comprehensive Health and Well Being Programme, funded by The Poppy Factory, including art therapies, regular outdoor activities, regular breakfast meetings, day trips, an outreach service programme, sponsored by the Veterans Foundation and the ABF the Soldiers Charity; a befriending programme, funded by the Armed Forces Covenant Fund; a programme of psychological support for veterans who experience PTSD and related mental health issues, funded by the Armed Forces Covenant Fund, which includes regular counselling, support groups and crisis intervention support.

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total Number of Veterans who accessed the programme	76	
Demographics			
Age	18-25	4	6%
	26-40	11	15%
	41-55	23	29%
	Over 55	38	50%
Gender	Male	69	91%
	Female	7	9%
Ethnicity	White British	51	67%
	White Europeans	3	4.5%
	Black British	10	13%

	Afro/Caribbean	3	4.5%
	Asians	5	6%
	Mixed Race	4	5%
Service Types Provided			
Counselling Sessions	Veterans who have accessed counselling	55	
Crisis Interventions	Veterans who have accessed crisis intervention sessions	48	
Group Therapy	Veterans who have accessed support groups	43	
	Veterans who have accessed Health and Well-Being Activities (Eg. breakfast club, day trips, allotment access, walking trips, etc.)	53	
Outcomes	General improvement in mental well-being, quality of life, and life skills.	71	
	Veterans presenting with PTSD/mental health problems or at high risk of suicide have been provided with tools to manage their mental health and PTSD symptoms, reducing related triggers.	68	
	Veterans improved general mental well-being, quality of life, and life skills.	71	
	Veterans improved their knowledge and skills of how to access assistance, support and social network	74	
Client Satisfaction	Veterans satisfied with services.		95%

A Case Study

Jason

Jason completed his initial military training at the Infantry Training Depot in Catterick, North Yorkshire, before joining his Regiment, The Prince of Wales Royal Regiment.

He is 46 years old and hails from Fiji. He was at risk of ending up on the streets but has been sofa surfing at friends' and relatives' homes. He approached CDARS for help, advice, and support with employment and housing.

Jason has been attending activities run by CDARS, such as Veterans Breakfast and support groups at the CDARS venue in Wimbledon Chase. CDARS was also able to support him financially with travel expenses and provide him with a SIM card. Jason is a plumber by trade and does painting and flooring, such as Tiling. CDARS has supported him by finding him work/customers so that Jason can utilise his expertise and earn cash to support himself. He has also received one-to-one counselling by CDARS.

Jason's partner now wants him to return to their flat in Brixton.

Feedback from Some Veterans

"Hi, I would like to say thank you for the tremendous support in helping me get Accommodation is essential as I would have ended up in the streets. Thank you for the SIM cards, as I can get in touch with the support I need. I am grateful for your help. I am now in a hotel where I will wait for further support."

"I appreciate your support for coming to see me face to face at the Parish Hall, as I needed a place to stay where I could get a roof over my head and enjoy my space. Thank you for your continuous support."
"Since I contacted CDARS, things have changed massively for me. I was just out of hospital with mental health issues, having spent two months after being sectioned, I was very suicidal. I was self-medicating for my complex PTSD. I am now attending AA meetings by CDARS at the Recovery café in Wimbledon Chase. Since engaging with CDARS, my life has massively improved, so thank you all for your support and a big thank you to Joe for helping me out.".

The Young People Services Programme

CDARS's Young People Services Programme is one of our newest services. It started in April 2023, approximately 18 months ago, with a small grant from the Prince of Wales Charitable Fund. It has been highly successful, and since then, it has attracted a variety of funders, such as the Smith and Mount Foundation and the Wimbledon Foundation.

The programme has grown during the years 2023-24. It is now established as a wraparound programme aiming to support and tackle the triggers of mental health issues for young people at risk of mental health issues, including neurodivergent young people.

The programme also addresses specific issues such as self-harm and suicide ideation, as well as tailor support for our neurodivergent young clients who are one of the group's most significant risks of depression and acute mental health conditions, as well as addiction.

The activities and services occur primarily from our main centre in Wimbledon Chase, where the mental health recovery cafe is located, and our Day Programme centre in Wandsworth (Cedars Road).

Our service users are young people aged 18 to 25 who live in Merton, Wandsworth, Kingston, Richmond, and Sutton boroughs.

More specifically, the following activities and services are provided:

- Mental health support for young people, including one-to-one counselling sessions and weekly group sessions. Sessions use therapeutic techniques, such as CBT or motivational interviewing techniques, to help young people understand the triggers of a mental health crisis and develop the tools to help them cope with the symptoms
- Workshops on various topics such as anger management, conflict resolution and the cycle of change and life coaching sessions
- Bespoke support for neurodivergent young people.
- Self-help group sessions where young people per year can support each other on developing skills to manage daily life tasks and how to cope with their mental health issues.
- Our Young People Service Specialist and Neurodiversity Specialist Worker deliver sessions.
- A weekly gaming group for young people, which is very popular.

We also deliver a dedicated Health and Wellbeing programme for young people designed to help them improve their quality of life and maintain their mental health recovery.

Specifically, the Health and Wellbeing programme for Young People aims to:

- Give young people a voice
- Help young people improve their mental health and quality of life
- Reduce the loneliness and isolation experienced by young people
- Improve their life prospects.

The programme, in particular, targets young people at risk of a mental health crisis, many of whom face a range of other complex needs such as unemployment, low life prospects, loneliness and isolation.

The objectives of the programme are to help young people:

- Feel less lonely/isolated and be able to connect face-to-face.
- Build their resilience in a world influenced by social media /digital media.
- Improve their health and wellbeing, thus supporting their mental health recovery.

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total Number of young people who accessed the programme	82	
Demographics			
Age	18-25	82	100%
Gender	Male	45	%
	Female	37	%
	NEUROTYPICALS	48	%
	NERODIVERSE (Reported ASD or ADHD)	34	%
Ethnicity	White British		%
	White Europeans		%
	Black British		%
	Afro/Caribbean		%
	Asians		%
	Mixed Race		%
Borough of Residence	Wandsworth	27	%
	Merton	29	%
	Richmond	11	%
	Kingston	11	%
	Sutton	4	%
Service Types Provided			
Counselling Sessions	Number of young people who have accessed counselling	49	%

Crisis Interventions	Number of young people who have accessed crisis intervention sessions	31	%
Group Therapy	Number of young people who have accessed group therapy sessions	27	%
	Number of veterans who have accessed Health and Well-Being Activities	33	%
Outcomes	General improvement in mental well-being, quality of life, and life skills.		90%
	Reported feeling less lonely/isolated and being able to connect face-to-face		95%
	Reported to have improved their resilience in a world influenced by social media /digital media		93%
	Reported improved knowledge and skills in how to access assistance, support and social network	76	%
	Reported learning new life skills and employability skills		89%
	Reported finding a voice and feeling empowered within their community		89%
Client Satisfaction	Percentage of clients generally satisfied with services.		94%

The CDARS Community Kitchen

During lockdown, accessing food has been a real challenge for many beneficiaries. Even with access to essential ingredients, 25% of our clients do not have any essential cooking equipment. During that time, CDARS decided to set up an emergency food programme where a team composed of a chef, assistant volunteer chefs and drivers started to prepare nutritious home-cooked meals daily and deliver them directly to the door of our most vulnerable beneficiaries.

Together, we have designed and prepared nutritious meals that support the mental health recovery of beneficiaries. The project has grown in strength, and the support it has garnered from the local community is a testament to its success.

The Community Kitchen programme has become a vital service for our local community. It not only provides meals for those in need but also offers cooking and shopping classes, as well as volunteer opportunities. This growth is a testament to the increasing need for our services and the positive impact we are making.

Objectives of the Community Kitchen

- Provide meal services for clients in the local community struggling to feed themselves due to poverty.
- Run cooking and food shopping classes for marginalised individuals experiencing food insecurity and social isolation.
- Offer volunteer opportunities to our clients who face employment barriers, providing them with vital skills and work experience.

The programme is for residents of the Boroughs of Merton, Sutton, Wandsworth, Kingston, and Richmond, aged 16 years or over, struggling to feed themselves due to poverty.

What the Community Kitchen Offers

The Community Kitchen initiative was part of CDARS' rapid response to support our most vulnerable clients isolated at home with little or no support during the lockdown, providing grocery boxes and healthy meals to help them through the crisis.

The Community Kitchen has significantly improved the lives of our clients in the local community. Its positive impact has led to its permanent establishment. We now serve over 300 clients annually, indicating its importance and the need for continued support.

The Community Kitchen is currently based at St Mungo's Wellbeing Centre in Wandsworth (to whom CDARS is immensely grateful). The kitchen team collaborates with St Mungo's "Putting Down Roots" project, which teaches vulnerable people how to plant and grow vegetables and links with CDARS's allotment service.

Our chef, Terry, is a cook and a key player in our community kitchen. Her extensive networking in the community has led to significant achievement-regular food donations from various sources. These donations, primarily organic and top-grade produce, are a testament to the trust and respect our kitchen has earned. Each item is carefully tracked back to its source, ensuring the highest quality and safety standards are met.

These donations are not just ingredients; they symbolise the trust and support our community has in us. Our team's dedication and skill truly transform these donations into delicious, nutritious meals. It's their hard work that makes every contribution count.

Our chef, Terry, has also fostered a positive relationship with Jamie Oliver's logistics team. They have generously donated their surplus food to us, demonstrating their enthusiasm about working with us. This is a testament to our kitchen's ability to build partnerships and collaborate with other organisations.

We also have Jason Flemyng, a local professional actor who regularly donates goods to the kitchen and pops in occasionally.

Jason admires the work we do. He also works with many other large charities and organisations. Jason is also friends with some well-known chefs and has been spreading the word about our kitchen amongst them.

During the year, a professional chef, assistant volunteers, and drivers have been involved and have made the community kitchen sustainable, cost-effective, and successful.

As the project evolved, CDARS discovered the potential to extend it to create apprenticeship opportunities for beneficiaries looking for employment. Some of CDARS' service users have become volunteer assistant chefs, thus learning new skills to support their employability.

Outcome and Evaluation

During 2023-24, we provided daily warm and nutritious meals for our beneficiaries and delivered them free of charge to their homes. We covered the Boroughs of Wandsworth, Merton, Kingston, and Richmond.

Some data is reported below

Number of service users who have received cooked meals in person at our projects at Wimbledon Chase, Merton and Cedars Road, Wandsworth	256
Number of service users to whom we have delivered cooked meals at their homes	172
TOTAL	**428**
Number of meals provided approximately for the year in total	52000

Demographics of service users are reported below

Gender	**Borough of Residence:**	**Age group**	**Ethnicity**
Female = 252 (59%)	Wandsworth = 162 (38%)	27-40 = 167 (39%)	Afro-Caribbean = 30 (7%)
Males = 176 (41%)	Merton = 175 (41%)	41-60 = 188 (44%)	Asian Indian = 34 (8%)
	Kingston = 34 (8%)	over 60 = 73 (17%)	White British = 235 (55%)
	Richmond = 56 (13%)		Black British = 39 (9%)
			Mixed Race = 26 (6%)
			White Other = 47 (11%)
			White Irish = 17 (4%)
Total = 428	**428**	**428**	**428**

A Case Study

Service user Mary
"Mary is a vulnerable, elderly (72 years old) client with complex needs. Since April 2023, she has received meals for herself and her son from the CDARS Community Kitchen. She also gets a personalised weekly grocery box of foods that she enjoys, which are nutritionally dense and easy to prepare.

Earlier this month, we discovered that her microwave had broken, she had lost her gas card, and she could not cook or heat food. We ordered a new microwave, toaster, and kettle and quickly delivered them to her home. She was delighted and very grateful. She enjoys our meals, and having hot meals significantly improves her daily quality of life.

Mary also regularly attends the SRC and is hugely grateful for the support she receives there. She recently received a new mobile phone and SIM from CDARS, where the staff programmed essential telephone numbers for her. This client is a perfect example of how CDARS can help clients in various ways and levels."

Some Feedback

June says: 'Just like to say thank you for the meals. A lot of love and care goes into cooking them. The delivery person is always kind and polite.'
Kim says: 'The food and hard work that goes into the meals at the CCK is much appreciated, and all the dishes are delicious, well balanced and well presented. A lot of pride goes into the work.'
Mark says: 'The food gets better all the time'

Other Projects Delivered

Other projects that were funded and delivered during the years 2023-2024 are listed below.

The Wimbledon Foundation funded our Culture + Diversity = Cohesion (CDC) for Young People project. This project delivered a health and wellbeing programme for young people with mental health issues to support them in taking the lead and creating cultural and social events, breaking down barriers, and showcasing their talents to their community.

The Wandsworth and Richmond Adult Social Care and Public Health funded our IT Digital Inclusion Programme for Wandsworth residents. This project delivered a digital inclusion programme for Wandsworth residents experiencing substance misuse, mental health issues, and other complex challenges.

The Nationwide Foundation funded our outreach service, which supported many rough-sleeping people in secure and sustainable accommodation.

The King Charles III Charitable Foundation funded our Health and Wellbeing programme for young people. This project delivered health and wellbeing sessions to young people (18- 25 years old) attending our mental health support groups to help them improve their quality of life and maintain their mental health recovery.

The Access Foundation funded the IT Digital Inclusion programme to fund digital inclusion programme to enable our most vulnerable service users, who experience mental health or substance misuse issues, to acquire basic ITC skills to become digitally connected and access services online—the project for residents of the 5 Boroughs we cover.

The Centre for Sustainable Energy funded our fuel poverty and energy-saving advice workshops and bespoke advocacy support, designed to help vulnerable people with mental health and substance misuse issues save money on fuel bills.

The Garfield Weston Foundation, the Edward Gostling Foundation and the Screwfix Foundation supported CDARS with grants towards our generic costs, including premises-related costs.

The David Bickerton Memorial Fund

The David Bickerton Memorial Fund was created by Dorothea Bickerton, CDARS' founder, in memory of her son David to provide emergency supplies, such as essential kitchen equipment, for our most under-sourced families.

Dorothea has also written a book based on her experiences as a mother. The book is called: "You Are Not Alone" and tells of how a mother's fight to save her son launched a pioneering substance addiction support group. The book is on sale on Amazon, and the money received out of the sale of the book is part of the David Bickerton Memorial Fund, which is used for service users' welfare. So far, the book has sold over 1000 copies. Money within the Memorial Fund has been used so far to help service users with different essential and urgent basic needs, which they would have been unable to afford otherwise. Examples are a bed, a cooker, a fridge, or even medicines or vitamins needed.

The David Bickerton Memorial Fund continues to grow. It has become part of regular events that CDARS organises, like the most recent arts event at the Battersea Arts Centre. Approximately 100 people were present, and the art collections of CDARS's service users and a mother of two sons who died through substance misuse were displayed. On this occasion, the book You Are Not Alone was also presented.

During the years 2023-2024, approximately 50 service users received help through the David Bickerton Memorial Fund.

Some feedback from Service Users who have accessed the David Bickerton Memorial Fund:

Michael says: "The kitchen utensils have helped me in my everyday life, especially when I didn't have a microwave toaster. This has made things so much easier for me and my three daughters. Also, the new cutlery set, and kettle are excellent, too, and they helped me a lot as my kettle was old and needed a new one."
Mary says: *"Having the side of the needed kitchen equipment replaced took enormous pressure off me, and I am so grateful for that service."*
Jane says: "I am in supported accommodation, and the items provided will be a big start when I move into my new place shortly. It's such a benefit for me, and I am excited to know what lies in store. Thank you so much."
Peter says: "It was nice updating my old items, and the kitchen now feels a better place—thank you."

Plans and Developments for the Future

1. Neurodiversity

CDARS identified a gap in services offering bespoke support for neurodivergent people who are traditionally reluctant to engage in mainstream mental health/ addiction services. We took a range of actions to make our centres and services more inclusive for neurodivergent people, including:

- All our staff followed an 8-week train-the-trainer programme delivered by the Positive Psychology Guild in ASD and other neurodiversity conditions.
- We refurbished our mental health hub in Merton to make it suitable for neurodivergent individuals with sensory issues.
- We received funding to pilot a Neurodiversity Specialist programme to support our neurodivergent clients. Support now includes 10-week group workshops, bespoke support from our Neurodiversity Specialists and an innovative Addiction and Neurodiversity Group. So far, this support group has proved extremely popular, and we must operate on a waiting list. The support group has now been replicated in Wandsworth.

2. Young people service

CDARS has created a programme specifically for young people aged 18 to 25. The wraparound programme aims to tackle the triggers of mental health issues for young people who have mental health issues, including neurodivergent young people. It addresses specific topics such as self-harm and suicide ideation. It offers tailored support for our neurodivergent clients who are at greater risk of depression, acute mental health conditions, and addiction.

The programme consists of the following activities:

- Mental health support for young people, including one-to-one counselling sessions and weekly group sessions.
- Workshops on various topics such as anger management, conflict resolution cycle of change and life coaching sessions.
- Bespoke support for neurodivergent young people.
- Self-help group sessions where neurodivergent young people support each other on how to make dealing with daily life tasks easier and how to cope with their mental health issues.
- A weekly gaming group where young people socialise while they play games on Nintendo Switch or other consoles.

3. Fundraising

In recent years, CDARS has relied on two forms of funding to secure its income: statutory and local authority contracts and grants from trusts and foundations. We have identified that this comes with several risks and that diversifying our sources of income is essential for our

long-term sustainability. This is why we have introduced a new form of fundraising within CDARS: events fundraising and sporting challenges fundraising. In collaboration with two talented artists, we recently organised a successful art exhibition to celebrate Recovery Month in September, "Addiction, it Shouldn't Define You", at the Battersea Arts Centre. We are also promoting our sporting challenges within the community. To date, we have recruited a few marathon runners and have had a team of supporters climb Mount Toubkal in Morocco (4160m) in aid of CDARS.

Financial review

CDARS has a reserves policy which states that a reserve equivalent to at least one-quarter of the total annual expenditure should be held in case of a non-predicted fall in funding or financial changes.

For the year ended 31 March 2024, the total expenditure amounted to £997,496 Therefore, at least £249,374 should be set aside as a reserve. Total unrestricted reserves held on 31 March 2024 amounted to £508,701 (2023 - £511,278).

CDARS has a Management Committee that meets every three months and is responsible for the strategic direction and policy of the charity. CDARS adopts a policy on risk assessment and risk review for financial and funding matters. Every three years, a business plan highlighting potential financial risks is produced. The management committee meets regularly with the CEO. At these meetings, Trustees are updated on the main aspects, development, achievements, and problems. Potential risks are also reviewed and discussed, and decisions are made on the best ways to deal with and move forward with strategies adopted.

At the end of March 2024, the Committee this year had four members from various backgrounds relevant to the charity's work. The CEO is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met; he has also responsibility for the day-to-day operational management of the organisation, individual supervision of the staff team and ensuring that the team continue to develop their skills and working practices in line with good practice.

The trustees, who are also the directors for company law and under the company's Articles, are known as members of the Management Committee, who served during the year were:

Mr DH Knight
Mrs A Whitfield
Mr M Ingram
Mr J Di Palma

The Management Committee regularly reviews the significant risks to which the charity is exposed. Systems or procedures are established where appropriate to mitigate the charity's

risks. Internal control risks are minimised by implementing procedures for authorisation of all transactions and projects.

Procedures are in place to ensure compliance with the health and safety of staff, volunteers, clients and visitors to the centre. The continuing implementation of the NICE Guidelines (National Institute Clinical Excellence) ensures a consistent quality of delivery for all operational aspects of the charity. The charity is compliant with various quality management systems, as listed further below, and is audited regularly by its funders, generally annually. These procedures are periodically reviewed to ensure that they continue to meet the charity's needs.

Structure, governance and management

Governing Document Community Drug and Alcohol Recovery Services (CDARS) is a registered charity (No. 1028663). It is a company limited by guarantee (No. 02634372) , which does not have a share capital. Every charity member undertakes to contribute an amount not exceeding £1 to the charity's assets in the event of winding up. The total number of such members on 31 March 2024 was 4 (2023 = 4). The company was established in August 1991 under a Memorandum of Association, which sets out its objects and powers. Its Articles of Association govern it. The Memorandum and Articles of Association were last reviewed in February year 2023. Under those Articles, the members of the Executive Committee are elected at an Annual General Meeting to serve for a term of a maximum of five years.

All members of the Management Committee gave their time voluntarily and received no remuneration from the charity. Any expenses reclaimed from the charity are set out in the accounts. The Management Committee seeks to ensure that the client group's needs are appropriately reflected through the diversity of the trustee body.

To enhance the potential pool of trustees, we include previous service users willing to become members and use their experience to assist the charity. The organisation aims to fully represent and maintain a broad mix of skills at the Management Committee level. It has a system to balance the required skills if they are lost.

Trustees are already familiar with the charity's practical work. New Trustees must attend an induction and a series of short training sessions to familiarise themselves with the charity and its context.

These are jointly led by the Chair of the Management Committee and the CEO of the charity and cover:

- The obligations of Management Committee members.
- The primary documents that set out the charity's operational framework include the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Plans and objectives

An information pack and guidance book prepared from the Charity Commission publication, the Commission's guide "The Essential Trustee," are distributed to all new Trustees along with the Memorandum and Articles and the latest financial statements.

Where appropriate, relevant local and national policies guide the charity in so far as they complement its objects.

Quality systems that we employ include:

- National Institute for Clinical Excellence Guidelines
- Standards for Better Health
- International Organisation for Standardisation - ISO 27001
- Federation for Drugs and Alcohol Professionals Guidelines
- Chartered Institute of Management Code of Conduct
- Regular client surveys
- Safeguarding Vulnerable Adults Board and Child Protection Board
- Health and Safety and other 85 other policies
- A Complaints Procedure System in place

COARS is also a registered member of and accredited by:

- Centre for Social Justice
- Investors in People
- Mindful Employer
- Living Wage Foundation
- Veterans Mental Health Awareness Standards
- COBSEO
- The Equality Register
- Disability Confident

CDARS Board of Trustees, Management, Staff, Volunteers, and Service Users would like to thank the funders and donors who once again believed in and trusted the organisation for 2023-2024.

- South London and Maudsley NHS Trust (SLAM)
- Southwest London and St George's Trust (SWLSTG)
- Big Lottery Community Fund
- City Bridge Trust
- The Henry Smith Charity
- Wimbledon Foundation
- The Poppy factory
- Wandsworth and Richmond Adult Social Care and Public Health
- Prince of Wales Charitable Fund
- Veterans Foundation
- Merton Giving Fund
- Garfield Weston Foundation

- Merton Community and Housing Department
- Nationwide Foundation
- The Access Foundation
- Julia and Hans Rausing Trust
- ABF The Soldiers Charity
- Armed Forces Covenant Fund
- Centre for Sustainable Energy
- Edward Gosling Foundation
- Souter Charitable Trust
- Peter Stebbins Memorial Charity
- 29th May 1961 Charitable Trust
- Reaching and Supporting Armed Forces Communities
- Screwfix Foundation
- COOP Foundation
- The Jane Hodge Foundation

Statement of Trustee's responsibilities

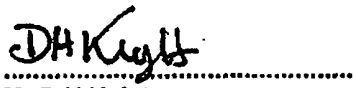
The Trustee (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustee's report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustee to prepare financial statements for each financial year. Under company law, the Trustee must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustee are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees on 19 December 2024 and signed on their behalf by:



Mr D H Knight
(Chair of Trustees)

Independent examiner's report
For the Year Ended 31 March 2024

Independent examiner's report to the Trustees of Community Drug and Alcohol Recovery Services ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2024.

Responsibilities and basis of report

As the Trustees of the Charity (and 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 the Charity 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 the Charity's accounts 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 the Charity'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 ACCA, 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 the Charity 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Independent examiner's report (continued)
For the Year Ended 31 March 2024

Signed: 

Dated: 19 December 2024

Sohaib Akram

ACCA

Axis Accountants Ltd
Chartered Certified Accountants
8 Deer Park Road
London
SW19 3GY

Statement of financial activities (incorporating income and expenditure account)
For the Year Ended 31 March 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Income from:					
Donations and legacies	3	**6,633**	**5,771**	**12,404**	*10,312*
Charitable activities	4	**502,177**	**469,868**	**972,045**	*961,970*
Investments	5	**10,470**	**-**	**10,470**	*3,083*
Total income		**519,280**	**475,639**	**994,919**	*975,365*
Expenditure on:					
Charitable activities	6	**506,251**	**491,245**	**997,496**	*918,708*
Total expenditure		**506,251**	**491,245**	**997,496**	*918,708*
Net income/(expenditure)		**13,029**	**(15,606)**	**(2,577)**	*56,657*
Transfers between funds	15	**(15,606)**	**15,606**	**-**	-
Net movement in funds		**(2,577)**	**-**	**(2,577)**	*56,657*
Reconciliation of funds:					
Total funds brought forward		**511,278**	**-**	**511,278**	*454,621*
Net movement in funds		**(2,577)**	**-**	**(2,577)**	*56,657*
Total funds carried forward		**508,701**	**-**	**508,701**	*511,278*

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 41 to 61 form part of these financial statements.

Balance sheet
As at 31 March 2024

	Note		2024 £		2023 £
Fixed assets					
Tangible assets	11		**46,846**		*24,790*
			46,846		*24,790*
Current assets					
Debtors	12	**44,037**		*23,305*	
Cash at bank and in hand		**529,139**		*612,286*	
		573,176		*635,591*	
Creditors: amounts falling due within one year	13	**(111,321)**		*(149,103)*	
Net current assets			**461,855**		*486,488*
Total assets less current liabilities			**508,701**		*511,278*
Net assets excluding pension asset			**508,701**		*511,278*
Total net assets			**508,701**		*511,278*
Charity funds					
Restricted funds	15		**-**		*-*
Unrestricted funds	15		**508,701**		*511,278*
Total funds			**508,701**		*511,278*

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Balance sheet (continued)
As at 31 March 2024

D H Knight

Mr D H Knight
Chair of Trustees

Mrs A Witfield
Trustee

Date: 19 December 2024

The notes on pages 41 to 61 form part of these financial statements.

Statement of cash flows
For the Year Ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash used in operating activities	**(59,850)**	*135,641*
Cash flows from investing activities		
Dividends, interests and rents from investments	**10,470**	*3,083*
Purchase of tangible fixed assets	**(33,768)**	*(11,585)*
Net cash used in investing activities	**(23,298)**	**(8,502)**
Cash flows from financing activities		
Net cash provided by financing activities	**-**	**-**
Change in cash and cash equivalents in the year	**(83,148)**	**127,139**
Cash and cash equivalents at the beginning of the year	**612,287**	*485,148*
Cash and cash equivalents at the end of the year	**529,139**	*612,287*

The notes on pages 41 to 61 form part of these financial statements

Notes to the financial statements
For the Year Ended 31 March 2024

1. General information

Community Drug and Alcohol Recovery Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 296a Kingston Road, Wimbledon Chase, London, SW20 8LX, United Kingdom.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Community Drug and Alcohol Recovery Services 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.

2.2 Income

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 income receivable can be measured reliably.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2. Accounting policies (continued)

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, .

Depreciation is provided on the following basis:

Short-term leasehold property	-	20%	Straight line
Plant and machinery	-	20%	Reducing balance
Fixtures and fittings	-	20%	Reducing balance
Office equipment	-		

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. Accounting policies (continued)

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2024 £	**Restricted funds 2024 £**	**Total funds 2024 £**
Donations	6,633	5,771	**12,404**

	Unrestricted funds 2023 £	*Restricted funds 2023 £*	*Total funds 2023 £*
Donations	*5,312*	*5,000*	*10,312*

Notes to the financial statements
For the Year Ended 31 March 2024

4. Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Small Project Support	25,867	120,788	**146,655**
Suicide Prevention Programme	-	54,700	**54,700**
Wandsworth & Richmond SMS	178,264	-	**178,264**
Health & Wellbeing Programme	-	180,596	**180,596**
Community Kitchen	-	48,794	**48,794**
Veteran Support Programme	-	64,990	**64,990**
Recovery Cafe	218,046	-	**218,046**
Criminal Justice Group Engagement	80,000	-	**80,000**
	502,177	469,868	**972,045**

	Unrestricted funds 2023 £	*Restricted funds 2023 £*	*Total funds 2023 £*
Small Project Support	*59,985*	*72,717*	*132,702*
Suicide Prevention Programme	-	*39,183*	*39,183*
Wandsworth & Richmond SMS	*178,264*	-	*178,264*
Health & Wellbeing Programme	-	*183,535*	*183,535*
Community Kitchen	-	*40,438*	*40,438*
Veteran Support Programme	-	*90,119*	*90,119*
Recovery Cafe	*217,729*	-	*217,729*
Criminal Justice Group Engagement	*80,000*	-	*80,000*
	535,978	*425,992*	*961,970*

Notes to the financial statements
For the Year Ended 31 March 2024

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Criminal Justice Group	Total	Total
	2024	2024	2024	2024	2024	2024	2024	2024	2024	2023
	£	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	178,264	-	-	-	217,728	80,000	475,992	475,993
Grants	146,655	54,700	-	180,596	48,794	64,990	-	-	495,735	473,477
Other income	-	-	-	-	-	-	318	-	318	12,500
	146,655	54,700	178,264	180,596	48,794	64,990	218,046	80,000	972,045	961,970

	2023	2023	2023	2023	2023	2023	2023	2023	2023
	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	178,264	-	-	-	217,729	80,000	475,993
Grant	132,702	39,183	-	171,035	40,438	90,119	-	-	473,477
Other Income	-	-	-	12,500	-	-	-	-	12,500
	132,702	39,183	178,264	183,535	40,438	90,119	217,729	80,000	961,970

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £
Bank interest	10,470	**10,470**

	Unrestricted funds 2023 £	*Total funds 2023 £*
Bank interest	*3,083*	*3,083*

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Small Project Support	9,658	121,389	**131,047**
Suicide Prevention Programme	-	53,756	**53,756**
Wandsworth & Richmond SMS	179,100	-	**179,100**
Health & Wellbeing Programme	-	185,180	**185,180**
Community Kitchen	-	46,554	**46,554**
Veteran Support Programme	-	84,366	**84,366**
Recovery Cafe	230,770	-	**230,770**
Criminal Justice Group Engagement	86,723	-	**86,723**
	506,251	491,245	**997,496**

6. Analysis of expenditure on charitable activities (continued)

Summary by fund type (continued)

	Unrestricted funds 2023 £	*Restricted funds 2023 £*	*Total 2023 £*
Small Project Support	*65,302*	*71,020*	*136,322*
Suicide Prevention Programme	*2,233*	*39,761*	*41,994*
Wandsworth & Richmond SMS	*186,093*	*4,016*	*190,109*
Health & Wellbeing Programme	*8,930*	*172,836*	*181,766*
Community Kitchen	-	*43,024*	*43,024*
Veteran Support Programme	*4,465*	*94,458*	*98,923*
Recovery Cafe	*156,443*	*4,040*	*160,483*
Criminal Justice Group Engagement	*64,250*	*1,837*	*66,087*
	487,716	*430,992*	*918,708*

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	**Support costs 2024 £**	**Total funds 2024 £**
Small Project Support	71,128	59,920	**131,048**
Suicide Prevention Programme	38,398	15,357	**53,755**
Wandsworth & Richmond SMS	114,311	64,789	**179,100**
Health & Wellbeing Programme	109,464	75,716	**185,180**
Community Kitchen	45,349	1,205	**46,554**
Veteran Support Programme	64,857	19,508	**84,365**
Recovery Cafe	121,657	109,113	**230,770**
Criminal Justice Group Engagement	64,569	22,154	**86,723**
	629,733	367,762	**997,496**

7. Analysis of expenditure by activities (continued)

	Activities undertaken directly 2023 £	*Support costs 2023 £*	*Total funds 2023 £*
Small Project Support	*67,301*	*69,022*	*136,323*
Suicide Prevention Programme	*30,437*	*11,557*	*41,994*
Wandsworth & Richmond SMS	*137,067*	*53,042*	*190,109*
Health & Wellbeing Programme	*99,149*	*82,617*	*181,766*
Community Kitchen	*39,850*	*3,175*	*43,025*
Veteran Support Programme	*75,075*	*23,849*	*98,924*
Recovery Cafe	*81,130*	*79,353*	*160,483*
Criminal Justice Group Engagement	*42,915*	*23,169*	*66,084*
	572,924	*345,784*	*918,708*

Analysis of direct costs

	Small Project Support 2024 £	**Suicide Prevention Programme 2024 £**	**Wandsworth & Richmond SMS 2024 £**	**Health & Wellbeing Programme 2024 £**	**Community Kitchen 2024 £**
Staff costs	65,634	38,398	112,550	78,514	34,046
Direct costs	3,107	-	-	25,148	10,918
Client welfare	2,388	-	1,761	5,802	385
	71,129	38,398	114,311	109,464	45,349

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Veteran Support Programme 2024 £	Recovery Cafe 2024 £	Criminal Justice Group Engagement 2024 £	Total funds 2024 £
Staff costs	60,637	118,403	64,569	**572,751**
Direct costs	138	2,468	-	**41,779**
Client welfare	4,082	786	-	**15,204**
	64,857	121,657	64,569	**629,734**

	Small Project Support 2023 £	*Suicide Prevention Programme 2023 £*	*Wandsworth & Richmond SMS 2023 £*	*Health & Wellbeing Programme 2023 £*	*Community Kitchen 2023 £*
Staff costs	*58,902*	*30,437*	*134,036*	*85,258*	*31,083*
Direct costs	*7,982*	-	-	*6,739*	*8,767*
Client welfare	*417*	-	*3,031*	*7,152*	-
	67,301	*30,437*	*137,067*	*99,149*	*39,850*

	Veteran Support Programme 2023 £	*Recovery Cafe 2023 £*	*Criminal Justice Group Engagement 2023 £*	*Total funds 2023 £*
Staff costs	*72,223*	*79,115*	*42,916*	*533,970*
Direct costs	*1,366*	*1,560*	-	*26,414*
Client welfare	*1,486*	*455*	-	*12,541*
	75,075	*81,130*	*42,916*	*572,925*

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Small Project Support 2024 £	Suicide Prevention Programme 2024 £	Wandsworth & Richmond SMS 2024 £	Health & Wellbeing Programme 2024 £	Community Kitchen 2024 £
Staff costs	29,684	9,954	32,070	17,895	-
Insurance	1,871	132	431	420	132
Office expenses	7,390	148	481	2,583	254
IT and Communication	5,604	595	17,156	10,543	593
Premises expenses	5,849	34	-	30,006	226
Governance costs	9,521	4,494	14,651	14,269	-
	59,919	15,357	64,789	75,716	1,205

	Veteran Support Programme 2024 £	Recovery Cafe 2024 £	Criminal Justice Group Engagement 2024 £	Total funds 2024 £
Staff costs	12,845	39,226	14,391	**156,065**
Insurance	157	528	194	**3,865**
Office expenses	409	2,079	216	**13,560**
IT and Communication	707	8,846	870	**44,914**
Premises expenses	49	40,516	-	**76,680**
Governance costs	5,341	17,918	6,483	**72,677**
	19,508	109,113	22,154	**367,761**

Notes to the financial statements
For the Year Ended 31 March 2024

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Small Project Support 2023 £	*Suicide Prevention Programme 2023* £	*Wandsworth & Richmond SMS 2023* £	*Health & Wellbeing Programme 2023* £	*Community Kitchen 2023* £
Staff costs	*21,172*	*7,057*	*25,407*	*28,230*	-
Insurance	*1,774*	*156*	*710*	*731*	*181*
Office expenses	*12,942*	*331*	*1,581*	*4,334*	*1,985*
IT and Communication	*6,888*	*862*	*14,001*	*11,002*	*999*
Premises expenses	*16,799*	-	-	*25,717*	*10*
Governance costs	*9,447*	*3,151*	*11,343*	*12,603*	-
	69,022	*11,557*	*53,042*	*82,617*	*3,175*

	Veteran Support Programme 2023 £	*Recovery Cafe 2023* £	*Criminal Justice Group Engagement 2023* £	*Total funds 2023* £
Staff costs	*14,115*	*19,173*	*14,115*	*129,269*
Insurance	*359*	*867*	*319*	*5,097*
Office expenses	*918*	*4,736*	*676*	*27,503*
IT and Communication	*2,100*	*11,599*	*1,758*	*49,209*
Premises expenses	*55*	*29,108*	-	*71,689*
Governance costs	*6,302*	*13,870*	*6,302*	*63,018*
	23,849	*79,353*	*23,170*	*345,785*

Notes to the financial statements
For the Year Ended 31 March 2024

8. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	**5,760**	*5,400*
Fees payable to the Charity's independent examiner in respect of:		
All other services not included above	**6,932**	*6,600*

9. Staff costs

	2024 £	2023 £
Wages and salaries	**629,022**	*582,730*
	629,022	*582,730*

The average number of persons employed by the Charity during the year was as follows:

	2024 No.	2023 No.
Office and management	**3**	*3*
Clinical staff	**20**	*24*
	23	*27*

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024 No.	2023 No.
In the band £70,001 - £80,000	**1**	*1*

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2023 - £NIL)*.

During the year ended 31 March 2024, no Trustee expenses have been incurred *(2023 - £NIL)*.

Notes to the financial statements
For the Year Ended 31 March 2024

11. Tangible fixed assets

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Office equipment £	Total £
Cost or valuation					
At 1 April 2023	**45,993**	**89,315**	**11,529**	**11,240**	**158,077**
Additions	**-**	**-**	**165**	**33,603**	**33,768**
At 31 March 2024	**45,993**	**89,315**	**11,694**	**44,843**	**191,845**
Depreciation					
At 1 April 2023	**45,993**	**76,431**	**8,615**	**2,248**	**133,287**
Charge for the year	**-**	**2,577**	**616**	**8,519**	**11,712**
At 31 March 2024	**45,993**	**79,008**	**9,231**	**10,767**	**144,999**
Net book value					
At 31 March 2024	**-**	**10,307**	**2,463**	**34,076**	**46,846**
At 31 March 2023	*-*	*12,884*	*2,914*	*8,992*	*24,790*

12. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	**39,750**	*19,019*
Prepayments and accrued income	**4,287**	*4,286*
	44,037	*23,305*

13. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	**2,012**	*2,518*
Other taxation and social security	**12,530**	*12,399*

13. Creditors: Amounts falling due within one year (continued)

	2024	2023
	£	£
Other creditors	**10,477**	*12,734*
Accruals and deferred income	**86,302**	*121,452*
	111,321	*149,103*

14. Financial instruments

	2024	2023
	£	£
Financial assets		
Financial assets measured at fair value through income and expenditure	**529,139**	*612,286*

Financial assets measured at fair value through income and expenditure comprise cash at bank and in hand.

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Unrestricted funds					
Designated funds					
Fixed Assets	**24,790**	**-**	**-**	**22,056**	**46,846**
General funds					
General Funds - all funds	**486,488**	**519,280**	**(506,251)**	**(37,662)**	**461,855**
Total Unrestricted funds	**511,278**	**519,280**	**(506,251)**	**(15,606)**	**508,701**

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Restricted funds					
The Henry Smith Charity	**-**	**54,700**	**(54,700)**	**-**	**-**
The Wimbledon Foundation	**-**	**24,000**	**(24,000)**	**-**	**-**
The Big Lottery Community Fund	**-**	**79,500**	**(79,500)**	**-**	**-**
The City Bridge Trust	**-**	**30,401**	**(30,401)**	**-**	**-**
Julia and Hans Rausing Trust	**-**	**13,500**	**(13,500)**	**-**	**-**
Wandsworth and Richmond VCS Capacity Building Fund	**-**	**12,970**	**(12,970)**	**-**	**-**
Wandsworth and Richmond Adult Social Care and Public Health	**-**	**24,872**	**(24,872)**	**-**	**-**
Armed Forces Covenant Trust Fund	**-**	**8,450**	**(8,450)**	**-**	**-**
Veterans Foundation	**-**	**15,000**	**(15,000)**	**-**	**-**
Merton Giving Fund	**-**	**4,926**	**(4,926)**	**-**	**-**
Merton Community and Housing Department	**-**	**5,600**	**(5,600)**	**-**	**-**
The Acesss Foundation	**-**	**24,872**	**(24,872)**	**-**	**-**
Centre for Sustainable Energy	**-**	**43,720**	**(43,720)**	**-**	**-**
The Poppy factory	**-**	**40,564**	**(40,564)**	**-**	**-**

Notes to the financial statements
For the Year Ended 31 March 2024

15. Statement of funds (continued)

Statement of funds - current year (continued)

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Nationwide foundation	-	49,214	(49,214)	-	-
Small Restricted funds	-	43,350	(58,956)	15,606	-
	-	475,639	(491,245)	15,606	-
Total of funds	511,278	994,919	(997,496)	-	508,701

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2022 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2023* £
Unrestricted funds					
Designated funds					
Fixed Assets	*13,023*	-	*(2,720)*	*14,487*	*24,790*
General funds					
General Funds - all funds	*441,598*	*544,373*	*(484,996)*	*(14,487)*	*486,488*
Total Unrestricted funds	*454,621*	*544,373*	*(487,716)*	-	*511,278*

	Balance at 1 April 2022 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2023* £
Restricted funds					
The Henry Smith Charity	-	*39,183*	*(39,183)*	-	-
The Wimbledon Foundation	-	*24,500*	*(24,500)*	-	-
The Big Lottery Community Fund	-	*91,374*	*(91,374)*	-	-
The City Bridge Trust	-	*37,771*	*(37,771)*	-	-
Wandsworth and Richmond VCS Capacity Building Fund	-	*6,485*	*(6,485)*	-	-
Armed Forces Covenant Trust Fund	-	*32,996*	*(32,996)*	-	-
Veterans Foundation	-	*15,000*	*(15,000)*	-	-
Merton Giving Fund	-	*9,853*	*(9,853)*	-	-
Merton Community and Housing Department	-	*5,600*	*(5,600)*	-	-
The Acesss Foundation	-	*4,972*	*(4,972)*	-	-
Centre for Sustainable Energy	-	*11,000*	*(11,000)*	-	-
The Poppy factory	-	*42,123*	*(42,123)*	-	-
Nationwide foundation	-	*12,419*	*(12,419)*	-	-
Small Restricted funds	-	*97,716*	*(97,716)*	-	-

15. Statement of funds (continued)

Statement of funds - prior year (continued)

	Balance at 1 April 2022 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2023* £
	-	*430,992*	*(430,992)*	*-*	*-*
Total of funds	*454,621*	*975,365*	*(918,708)*	*-*	*511,278*

16. Summary of funds

Summary of funds - current year

	Balance at 1 April 2023 £	**Income** £	**Expenditure** £	**Transfers in/out** £	**Balance at 31 March 2024** £
Designated funds	**24,790**	**-**	**-**	**22,056**	**46,846**
General funds	**486,488**	**519,280**	**(506,251)**	**(37,662)**	**461,855**
Restricted funds	**-**	**475,639**	**(491,245)**	**15,606**	**-**
	511,278	**994,919**	**(997,496)**	**-**	**508,701**

Summary of funds - prior year

	Balance at 1 April 2022 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2023* £
Designated funds	*13,023*	*-*	*(2,720)*	*14,487*	*24,790*
General funds	*441,598*	*544,373*	*(484,996)*	*(14,487)*	*486,488*
Restricted funds	*-*	*430,992*	*(430,992)*	*-*	*-*
	454,621	*975,365*	*(918,708)*	*-*	*511,278*

17. Restricted Funds

The Henry Smith charity awarded £54,700 to deliver suicide prevention programme for people at risk of suicide. All the funds were utilised in the period.
The Wimbledon Foundation awarded £24,000 to deliver a comprehensive programme of health and well¬being activities. All the funds were utilised in the period.
The Big Lottery Community Fund awarded £79,500 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.
The City Bridge Trust awarded £30,401 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.
The Wandsworth and Richmond VCS Capacity Building Fund awarded £12,970 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Armed Forces Covenant Fund awarded £8,450 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.
The Veterans Foundation awarded £15,000 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.
The Merton Giving Fund awarded £4,926 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Merton Community and Housing Department awarded £5,600 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Nationwide foundation awarded £49,214 to deliver a mental health outreach service. All funds were utilised in the period.
The Access Foundation awarded £24,872 to deliver IT Digital inclusion programme for service users. All the funds were utilised in the period.
The Poppy Factory awarded £40,564 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.
The Julia and Hans Rausing Trust awarded £13,500 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Wandsworth and Richmond Adult Social Care and Public Health awarded £24,872 to deliver IT Digital inclusion programme for service users. All the funds were utilised in the period.
The Centre for Sustainable Energy awarded £43,720 to deliver safe and warm space and energy saving projects. All funds were utilised in the period.
There were Small restricted funds awarded for the total sum of £43,350 to deliver a community kitchen for vulnerable people, health and wellbeing programme, digital inclusion program, outreach programme, neurodiversity support programme, and for energy saving support programme. All the funds were utilised in the period.

18. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	46,846	**46,846**
Current assets	573,176	**573,176**
Creditors due within one year	(111,321)	**(111,321)**
Total	508,701	**508,701**

18. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	Unrestricted funds 2023 £	*Total funds 2023* £
Tangible fixed assets	*24,790*	*24,790*
Current assets	*635,591*	*635,591*
Creditors due within one year	*(149,103)*	*(149,103)*
Total	*511,278*	*511,278*

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	*2023* £
Net income/expenditure for the period (as per Statement of Financial Activities)	**(2,577)**	*56,657*
Adjustments for:		
Depreciation charges	**11,712**	*6,800*
Dividends, interests and rents from investments	**(11,470)**	-
Decrease/(increase) in debtors	**(22,111)**	*1,608*
Increase/(decrease) in creditors	**(35,404)**	*73,659*
Purchase of fixed assets	**-**	*(11,585)*
Net cash provided by/(used in) operating activities	**(59,850)**	*127,139*

20. Analysis of cash and cash equivalents

	2024 £	*2023* £
Cash in hand	**529,139**	*612,287*
Total cash and cash equivalents	**529,139**	*612,287*

Notes to the financial statements
For the Year Ended 31 March 2024

21. Analysis of changes in net debt

	At 1 April 2023	Cash flows	At 31 March 2024
	£	£	£
Cash at bank and in hand	612,286	(83,147)	529,139
	612,286	(83,147)	529,139

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

England & Wales - Charity number 1028663

Accounts

Registered number: 02634372
Charity number: 1028663 (England & Wales)

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Unaudited

Trustees' report and financial statements

For the Year Ended 31 March 2023

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)

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COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Reference and administrative details of the Charity, its Trustees and advisers
For the Year Ended 31 March 2023

Trustees	Mr D H Knight, Chair Mr M Ingram, Trustee Mrs A Whitfield, Trustee Mr J Di Palma, Trustee
Company registered number	02634372
Charity registered number	1028663 (England & Wales)
Registered office	296a Kingston Road Wimbledon Chase London England SW20 8LX
Accountants	Axis Accountants Ltd Chartered Certified Accountants 8 Deer Park Road London SW19 3GY
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Trustees' report
For the Year Ended 31 March 2023

The Trustee present their annual report together with the financial statements of the COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES for the year 1 April 2021 to 31 March 2022. The Annual report serves the purposes of both a Trustee' report and a directors' report under company law. The Trustee confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

History & Background

Community Drug and Alcohol Recovery Services (CDARS) was founded in 1985 by Dorothea Bickerton, a local mother, as a direct response to her family's traumatic experiences of the devastation caused by drug and alcohol addiction.

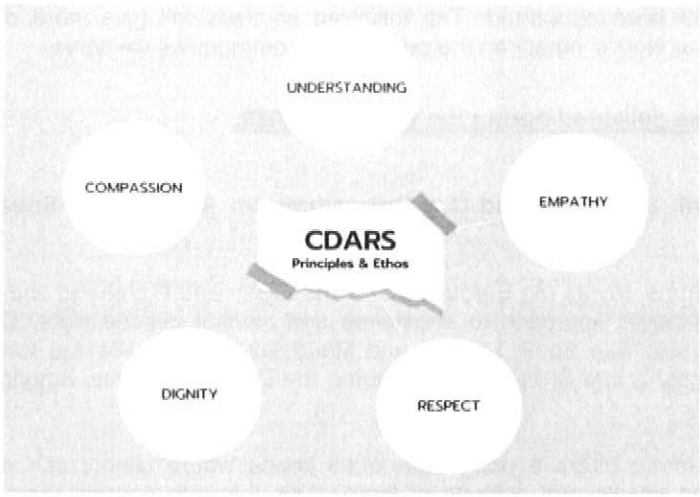
Dorothea set up what was at that time, one of the UK's first family groups to help loved ones facing the damage of drug addiction: Family Support Group for the Relatives of Drug Users. The group started in Dorothea's home, and it flourished, developed, and expanded to become what is CDARS today.

CDARS was formally established as a charity in 1992, as a service providing emotional, practical, and social support to substance misusers, people with mental health issues and other complex needs, and their families and carers.

In 1995, David (Dorothea's son) tragically passed away. 'The David Bickerton Trust Fund' was set up in his memory, providing emergency financial support to families battling the crisis of addiction. Dorothea continued to lead the charity until her retirement in 2000. In 2005 she published a memoir of her experiences and her son's battle with addiction - 'A Life Remembered'. Dorothea passed away in 2019.

The quality of the work delivered by CDARS has been recognised by various establishments over the years, receiving the Whitbread Community Care Award in 1988, the Certificate of Merit for contributions towards community service from the Co-operative Union Ltd in 1991, Community Award from the Mayor of Merton in 1998, and the Trust for London award for committed services to the community in acknowledgment of outstanding achievement also in 1998.

CDARS is a highly respected and unique organisation that sets itself apart from many other addiction related organisations. CDARS has been a pioneer in the national



We review our aims, objectives, and activities each year, so this review looks at what we have achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each critical activity and the benefits they have brought to the people we are trying to help. The review also helps us ensure our aims, objectives and activities have remained focused on our stated purposes. We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and planning our future activities. In particular, the Trustees consider how planned activities will contribute to their aims and objectives.

Our main objectives for the year have continued to be the prevention of the misuse of illegal and legal substances, supporting people with mental health issues, helping people with a neurodiversity disorder, and supporting military veterans with their needs whilst also supporting the carers and family members of all our clients.

The strategies we have used to meet our objectives include:

- We provide a range of psychosocial services that reflect quality standards and address the potential problems related to the areas we have handled.
- Focusing on limiting the harm which comes with mental health and substance abuse, not only for the individual but also for their family and friends and the wider community.
- Working towards applying and improving further national standards and guidance for good practice.
- Working in partnership with other agencies to ensure the broadest range of services is available to match our client population's needs best.

Achievements and Performance

The people who have benefited from our services during the year 2022-2023 are residents of the London Boroughs of Merton, Wandsworth, Richmond, Kingston, and Sutton that are affected by mental health issues, substance and alcohol misuse, neurodiverse groups and ex-military veterans. They have been supported through a range of related problems, such as addictions, mental health and well-being, social

exclusion, support with reintegration within the local community, etc. Their families and carers have also been supported. The following sections will give more detailed information on our work's impact on the people and communities we serve.

Primary services delivered during the year 2022-2023.

The Wandsworth and Richmond Day Programme for Alcohol and Substance Misuse

The Day programme covers the Boroughs of Wandsworth and Richmond and is part of a consortium-based approach to substance and alcohol misuse work. CDARS works in partnership with South London and Maudsley (SLAM), We Are With You (Formerly Addaction), and St Mungo's in offering the Day Programme, among other services.

The Day Programme offers a non-judgemental space where clients can explore previously hidden assets and aspects of themselves that can support them going forward.

It works with clients to achieve a positive and solution-focused approach to their substance and alcohol-related problems and the impact their addiction has on themselves, their families, and the local community. The complete programme assists and supports client well-being, coping strategies, and mental health, and it helps lead to a change in habits and lifestyle.

The Day Programme offers support to clients through face-to-face and online groups, key work sessions, welfare checks and counselling sessions. These support platforms include Harm Minimisation, Relapse Prevention, Motivational Interviewing and Solution Focused Therapy.

The main objective of our various supports is to create a therapeutic and healing environment where clients can use their resources to build a foundation of support around them through their peers, family, and the wider community. In keyword and welfare checks, solutions are jointly discussed, using a collaborative approach between client and worker.

Presently, the Day Programme consists of a variety of weekly groups for clients who are already abstinent, a variety of weekly groups for clients who are still using substances or alcohol, some evening aftercare groups and one weekly group delivered on Saturdays, open six days per week.

The facilitators use Motivational Interviewing and Person-Centred Core Conditions alongside Solution Focused Therapy within group settings. These models aim to promote the holistic aspects of a client's journey in recovery. The Day Programme helps clients to build structure, consistency, and maintenance in their daily lives.

The Saturday and Thursday evening groups remain 'open groups' to ensure all clients have access to support when they feel particularly vulnerable. They can also use these groups if they are employed and unable to access regular daily morning groups.

Counselling sessions are provided for clients to explore further any work they are already undertaking around trauma or emotional and mental distress. In these sessions, we look at the internal and external conflicts the client experiences and how this impacts their addictions, communication, relationships, and intimate connections.

Counselling sessions are undertaken by paid workers who are qualified and volunteer counsellors who are on placement with the Day Programme.

We aim to achieve

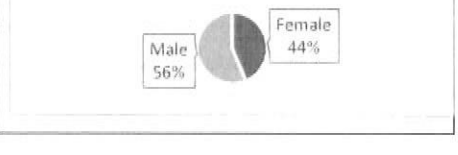
The Programme aims to assist clients in managing and dealing with any issues related to their addictions, discovering their unique qualities and strengths, and developing self-esteem and hope for a brighter future. We aim to achieve this using the 'Five ways to wellbeing' module:

- Connection with others - building a support network, long-term friendships, and support circles.
- Learning new skills to build confidence and self-worth.
- Giving back to others - we help and heal ourselves by serving others.
- Physical and recreational activities - to support physical, emotional, and mental wellbeing.
- Paying attention to the present moment (Mindfulness) - to escape the shame and regret of the past and fear of the future.

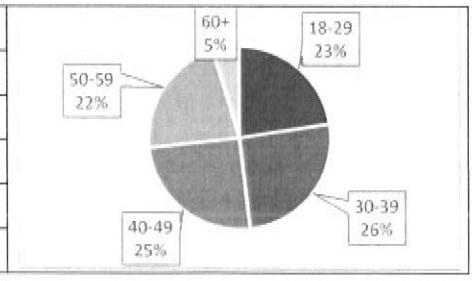
Some Data for the period April 2022 to March 2023

	Number	Proportion
Total Number of Clients Attended	382	100%

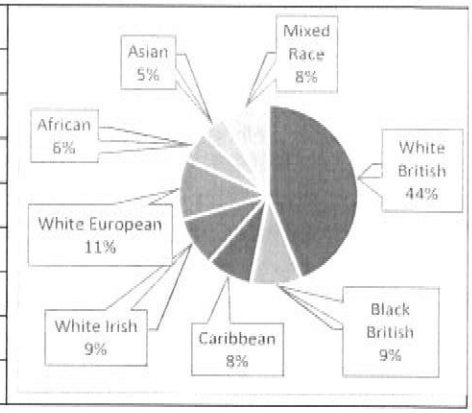
Gender		
Female	167	44%
Male	215	56%



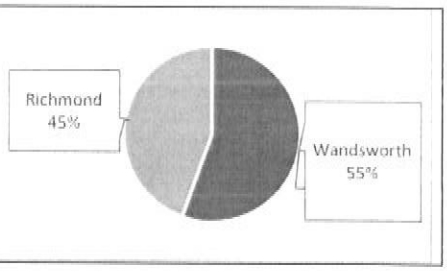
Age Group		
18-29	86	23%
30-39	98	26%
540-49	96	25%
50-59	84	22%
60 and over	18	5%



Ethnicity		
White British	168	44%
Black British	35	9%
Caribbean	32	8%
White Irish	34	9%
White European	42	11%
African	21	5%
Asian	18	5%
Mixed Race	32	8%



Borough of Residence		
Wandsworth	212	55%
Richmond	170	45%



Some Feedback from our Clients

FP says	*'The support and Community within the service and after the groups have helped me so much move forward."*
SM says	*'I feel safe and supported by staff and other peers, and it has helped me remain sober and abstinent after returning from rehab. It's a vital part of my recovery network.".*
JA says	*'I always feel welcome and looked after and have gained valuable insight and knowledge around my needs and some of my emotions."*

Case Studies

GL –
"GL had been drinking for several years and had not been able to reduce or stay abstinent. He accessed treatment services and started attending groups and found them useful in his recovery. He worked on a reduction plan which helped him reduce his alcohol usage whilst attending the group. He started being able to listen to other experiences, knowing he was not alone with his usage. He is accessing groups weekly and has built a support network with peers in the group. He has stated this

has helped him continue towards his sobriety. He didn't use to eat much as money was spent on alcohol, but now he is eating well again. Sixteen weeks clean and feeling much better in himself."

AS –

"AS is a 53-year-old woman who had a severe alcohol problem; because of the death of her long-term partner, she saw no reason to live. She was referred to the non-abs programme in early 2021 during COVID-19. She said she could not manage the Zoom groups as she needed to be seen in person and have face-to-face groups. The only group able to facilitate this need was the Saturday group, which was for abstinent clients only at that time. It was discussed within the Team, and because of her vulnerability and as she had started drinking in the park, we agreed that she would be able to attend the Saturday group. Through engagement in the group, she was supported, alongside her core site keyworker, into getting into detox and residential rehab. She went into detox in 2022 and completed rehab in the same year. Unfortunately, she relapsed a couple of weeks after coming out of rehab. Work was done in liaising with the core site, and jointly, a new care plan was put in place for her to build up her recovery capital In the Community."

The Sunshine Recovery Café

Background

The Sunshine Recovery Café, based in Wimbledon Chase and delivered by CDARS, is commissioned by St George's Mental Health NHS Trust (SWLSTG). It is open seven days per week, 365 days per year. It is designed to support people who perceive themselves in a mental health crisis in community settings and offer constructive alternatives to presenting at A&E or hospital admission.

The service provides an accessible, non-stigmatising and recovery-focused service to sit alongside the more medical and clinical services offered by SWLSTG.

The Sunshine Recovery Cafe opened to the community in April 2017. The cafe is off the main high street in a discreet courtyard but easily accessible by public transport.

The Sunshine Recovery Cafe was set up to support people in a mental health crisis and help them discuss the nature of the situation they are experiencing, their strengths and the coping skills they might use to decrease their distress and promote their well-being. Within a safe and secure environment, the service aims to support clients through a range of support, including extra support such as one-on-one face-to-face counselling and essential work support, support groups, a health and well-being programme, a programme for neurodiverse groups, a suicide prevention programme and a crisis telephone support.

The Sunshine Recovery Café is open to adults (aged 18 and above) who consider themselves to be going through a mental health crisis or at risk of moving into a mental health crisis. A healthcare professional can refer individuals or self-refer, provided they reside in the Boroughs of Merton, Wandsworth, Sutton, Kingston, and Richmond. The service is fully inclusive regarding gender, sexuality, and ethnicity and looks to break

down the barriers clients may have previously experienced. The service is wheelchair accessible.

What we aim to achieve

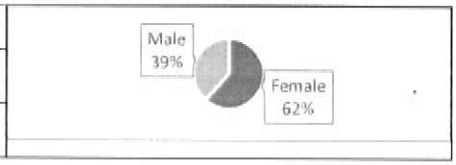
To help those in mental health crisis to get support, guidance and gain the necessary tools to live a happier and healthier life. We offer a wide range of services, groups, and activities that engage and support clients in helping them heal emotionally, mentally, and physically. We work with clients so they can find the coping skills, strengths, and resilience necessary to overcome their mental health crises.

Crisis support is aimed to be in place for between 6-12 weeks. However, there is no set time limit on how long clients can access the support needed. We understand that when clients are in crisis, human connection and support are imperative, so clients can attend the Café as they need to. Clients are referred and encouraged to connect with other support services and communities to expand and increase their support networks.

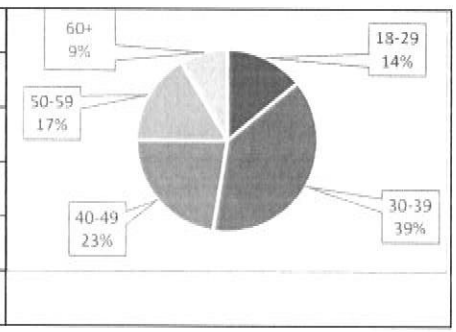
Some Data for the period April 2022 to March 2023

	Number
Total Number of Clients Attended - New	200
Total Number of Client Visits to SRC – All	3,684

Gender		
Female	123	62%
Male	77	39%

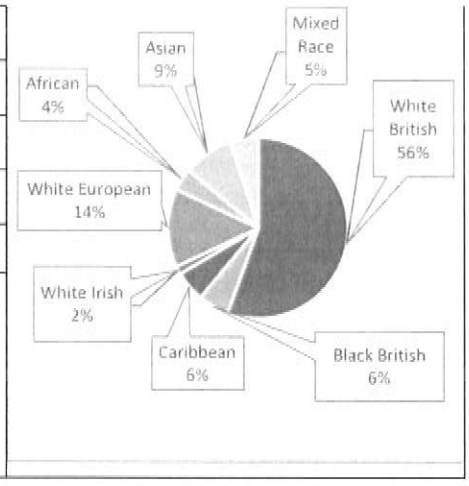


Age Group		
18-29	28	14%
30-39	77	39%
40-49	45	23%
50-59	33	17%
60 and over	17	9%

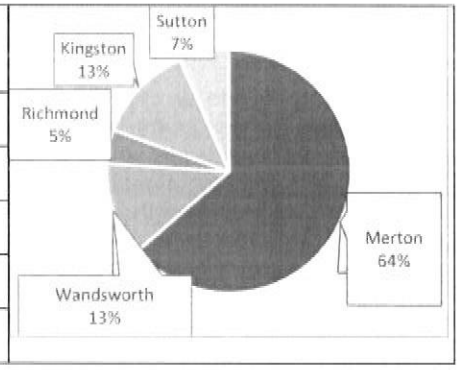


Ethnicity		
White British	111	56%
Black British	11	6%

Caribbean	11	6%
White Irish	3	2%
White European	28	14%
African	8	4%
Asian	18	9%
Mixed Race	10	5%



Borough of Residence		
Merton	127	64%
Wandsworth	25	13%
Richmond	9	5%
Kingston	26	13%
Sutton	13	7%



Some Feedback from our Clients

ER says	*"I have felt less isolated and met new friends and support since coming to the Café."*
YT says	*"Safe place to come and discuss my problems with others in a calm atmosphere."*
OP says	*"It's made me feel more confident and better able to cope with things as they happen."*
KT says	*"The Art Group is so good and allows me to be more creative and talk with others about it."*
SR says	*"I have been able to meet other people and get involved. It has helped with my isolation.*
SH says	*"Support for my studies has been so helpful and allowed me to feel supported and able to manage this."*
OP says	*"The Art Group and Weds Café has become an important part of my week, and I feel positive when I leave there."*
TY says	*It's a friendly environment, and I can come here and talk about things."*

A Case Study

SA
"SA is an 80-year-old female who attended the cafe regularly due to severe depression, anxiety, and acute social isolation and exclusion. No consistent support from Family and suffering from financial hardship, low mobility, as well as family relationship problems. She has utilised cafe support to help with her bills and mental and emotional support needs, received meals from the Community Food Kitchen, and has access to social services support through local levels and Teams. Without the compassion, kindness and support from the Team and staff within the Sunshine Recovery Cafe, she would have been left isolated, alone and without any stable and balanced support:"

The Health and Well-Being Programme

In December 2019, the National Lottery Community Fund kindly agreed to a continuation grant to fund CDARS' Health and well-being programme for another three years. The Health and Wellbeing programme aims to support people with mental health issues in their recovery journey, to improve their quality of life and to support their independence and reintegration into their community.

The three years the programme has existed have been particularly challenging for our organisation, service users, and the community. During this period, we faced two years of pandemic and lockdowns and are now facing a cost-of-living crisis. The impact of these external factors on the mental health of our service users cannot be stressed enough, and so can the importance of the work CDARS and the Health and Wellbeing programme do.

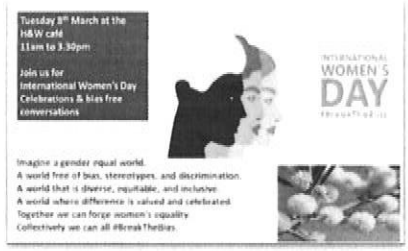
Below is a report for the final year, analysing the impact of the programme, its challenges and lessons learnt during that period

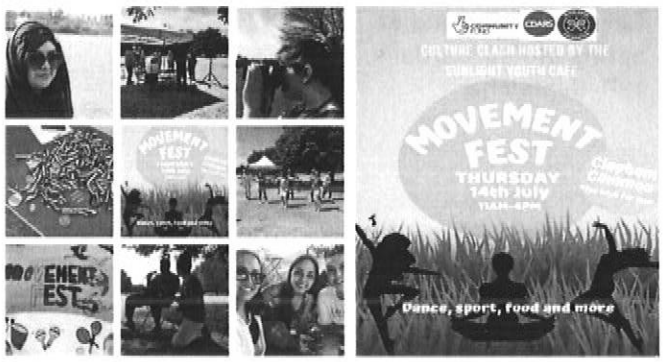
The story of the project

During the last year of the programme, 124 people with mental health issues engaged in the Health and Wellbeing programme. Of these, 77% were women. This can be explained by the increase in social anxiety experienced by women who identify themselves as vulnerable due to domestic violence, the pressure they have felt during the Covid lockdowns, and the poverty linked to the cost-of-living crisis. As a result of the over-representation of women in the programme, some of the activities have been geared towards a female audience. However, we could change our activities if the audience were to change. Although jovial in itself, CDARS feels there is an acute need to attract more men to our services as men, especially younger men, are at high risk of suicide and mental breakdowns. Yet, they tend to be reluctant to attend mental health support services.

We also saw an increase in referrals to the programme from young people, with 31% of the participants under 30. Again, this is a result of the last two years linked to the pandemic. CDARS saw an opportunity to create a group specific to this cohort as their needs and aspirations differ from those of the more mature audience. With additional funding from the Wimbledon Foundation, we hired two part-time Youth Workers who managed the health and wellbeing programme for young people with the same objectives and principles as the general Health and Wellbeing programme.

Another success of the programme has been our ability to create a diverse and inclusive programme: 46% of the participants are from BAME communities. We have also worked hard at ensuring disabled people can access our programme: 30% of the participants were recorded as having a disability. A fundamental way CDARS has been able to remove barriers to attendance to our programme has been through the employment of a Neurodiversity Specialist Worker who provides bespoke support to our beneficiaries who have an Autism Spectrum Disorder (ASD), ADHD or Dyslexia. We have also refurbished our Sunshine Recovery Café to make it fit for people with sensory processing difficulties. This inclusive approach has proven positive in reducing drop-out rates and removing barriers to attendance to our programme.





Regarding programme delivery, face-to-face activities were suspended in December 2021 and January 2022 due to increased COVID-19 cases. We reverted to online delivery during this period. This included the delivery of health and wellbeing activities and events champion training. We also trained our service users in digital skills to ensure no one was left behind due to a lack of IT skills. Face-to-face delivery resumed at the café and for outdoor activities and outings from February 2022 onwards.

This year, we trained 43 Events Champions: all completed their training package, and 10 of them will continue to support CDARS in delivering some of the activities now that funding has ended at the beginning of 2023.

The Events Champions successfully helped create several key events, as seen below:

International Women's Day
Break the bias
8th March

Movement Fest
14th July

Celebrating the end of spring at Kew Gardens
13th September

Celebrating Creativity
15th December











We also took participants on social outings, including:

- 27th January 2022 Visit to V&A

Museum with lunch

- 24th February 2022 Visit to Kew Gardens – Orchid Festival with lunch
- 17th March 2022 Visit to Sky Garden - London's Highest Public Garden with lunch
- 21st April 2022 Visit to London Zoo with lunch
- 19th May 2022 Deen City farm visit with lunch
- 25th August 2022 Visit to the Science Museum with lunch
- 20th October 2022 Visit to Wimbledon Sports Museum and sports grounds – guided tour, lunch and Championship recruitment opportunities
- 24th November Visit to Wellcome Collection with lunch

How we have involved people from our community in our work

CDARS actively worked with local VCSOs to refer people to and from the programme. We created seven new partnerships, which was more than initially planned. We worked especially closely with social prescribers who guided people to the programme. We also partnered with St Mungo's, Merton ADHD/ASD OT, Enable, Healthwatch Merton, Morden Recovery and Support Team, CARAS, and RAA art school.

We also have an exhaustive list of organisations we have referred beneficiaries to for additional support, which includes: Citizen Advice Bureau, Solace Women's Aid (Domestic and Sexual Violence), RASASC (Rape), Refuge (Safe houses), Rethink mental health advocacy, Gingerbread (Welfare benefits support for single parents), Wimbledon Guild (grief counselling), Recovery College, Age UK, YMCA, Your space Sutton (gardening) and many more.

The differences we have made through the programme

The programme has continued to have very positive outcomes. Clients filled in feedback forms and questionnaires, which enabled us to record the programme's impact on their quality of life, health, and well-being.

Below are some of the outcomes recorded Clients who

	Proportion
Clients who reported feeling less isolated after attending the programme	95%
Clients who reported better life satisfaction	79%
Clients who reported better health and fitness	87%
Clients who felt more optimistic about their mental health	75%

Number of clients referred to other organisations for additional support around debt, benefits, foodbanks and courses such as creative writing and design	72%	
Clients who reported learning a new skill, particularly digital skills, had an opportunity to enrol in our digital skills programme.	90%	

What we have learned through the programme

We have been able to gather our learnings over the last three years of programme delivery. We have also commissioned an external Consultant to undertake an evaluation of the programme.

As mentioned, more men need to be attracted to the health and wellbeing programme and generally into mental health services, as they are under-represented despite the challenges they face in their mental health. Ways to do so would be delivering activities more specifically to men and men's groups.

Many of our clients still feel the effects of the lockdowns, and some still struggle to attend services face-to-face. They need more support and, in particular, bespoke support. Due to the complex needs of our clients, we cannot deliver a one-size-fits-all service and need to take a holistic approach when working with everyone. Providing specialist support such as our neurodiversity programme has proven very successful in enabling the most vulnerable to engage in the programme and to maintain their recovery. CDARS must continue providing this specialist and more bespoke support as and when identified.

The Events Champions engaged in the programme for six months, whereas the other participants engaged for 12 weeks. For many, this length of time is too short, especially post-pandemic. They need time to build trust and confidence in attending the programme and as mentioned above, need tailored support to maintain their attendance.

The cost-of-living crisis has worsened our clients' financial situation, so the type of support required as part of the programme has evolved since 2019. Support with finances, debts and claiming benefits has now become one of the critical topics requested by this cohort. CDARS provided energy savings workshops and bespoke support to our clients around managing a tight budget. The social outings and free activities on offer as part of the programme have been ever more appreciated now that personal budgets have become increasingly tense. For many of our clients, they

have presented the only recreational option in their lives and an opportunity to create crucial social connections.

A Case Study

Kate
"Kate, 35 years old, has had symptoms of Autism Spectrum Disorder (ASD) since her childhood and has been diagnosed with anxiety and depression. She has taken on caring duties for a few of her family members, adding to her stress. *Being a Caribbean woman with mental health issues, she has experienced stigma in her community. Kate has shared that she often feels her family does not understand what she is experiencing and labels her because of her anxiety and ASD symptoms. She also mentioned that the image of a "strong black woman" makes it harder for her to ask for help.* *She has described that she has always struggled to make and sustain friendships throughout life and reported that this was particularly difficult for her during university.* *When Kate initially joined the Health and Wellbeing programme, she was eager to get support with finding a job since completing her university degree in Criminology. The program supported her in finding a paid placement as a Research Assistant and staying on the job. She attended the Neurodiversity Specialist programme that helped her seek a formal diagnosis of ASD.* *Kate reported that she initially found working as a research assistant quite stressful. She was supported with managing her social anxiety by the Health and Wellbeing programme. She attended many Health and Wellbeing group sessions where she was able to develop her knowledge of mental health conditions and learn other lifestyle skills, such as boundary setting.* *Once Kate's contract ended, she volunteered to be part of the Events Champion (EC) training to gain communication skills and build new social connections. At the start of the EC training, Kate shared concerns about attending due to her anxiety, so she was guided through this during one-to-one conversations with her keyworker, thanks to the ice-breaker activities at the start of the training. Kate reported that she was pleasantly surprised and did not feel like an outsider, which is how she usually thinks in group scenarios. Kate played a vital role in the planning and implementing the Movement Fest.* *Kate has made new friends since attending both the health and wellbeing groups and the EC training. Additionally, Kate has appeared to gain more confidence talking to others and meeting people. In her own words: "I was feeling very anxious before joining but was very happy I came as it made my anxiety go away."*

Saving Lives – The Suicide Prevention Programme

Supporting people who experience suicidal thoughts, creativity, and planning is perhaps the most complex area of our work but the most important and rewarding. Therefore, to respond effectively to this specific and sensitive area, CDARS has sought external funding to employ a Suicide Prevention Specialist Worker. The Henry Smith Charity initially funded the programme for three years, and just recently, the Henry Smith Charity renewed and reinforced the funding for this project for another three years. We are incredibly grateful to Henry Smith Charity for their long-term commitment, and we are pleased on behalf of our many clients who benefit hugely from this critical service.

The programme is delivered from our premises in Wimbledon Chase and is open to residents of the Boroughs of Merton, Wandsworth, Sutton, Richmond, and Kingston, aged 18 plus.

Aims and Objectives

The programme aims to support people who are at risk of suicide and suffer from suicidal thoughts, ideation or planning, as well as to help clients develop the necessary skills and resilience to prevent or manage the arising suicidal thoughts, creativity and planning. The program delivers tools and techniques that address crises in the immediate short term and control and prevent issues and triggers from arising in the medium and long term.

What we offer

The programme now employs three highly trained and experienced Suicide Specialist Counsellors. The programme is highly innovative and is tailored to each presenting client and needs, but generally follows three stages of work:

STAGE 1 'SURVIVE'

A twelve-week flexible support programme, depending upon the client's needs. All clients are assessed when presenting to the service, where specific needs are identified, and an individual package of care is designed for and with the client.

Those identified as high risk are supported by the team with a package of measures designed to reduce the immediate likelihood of suicide.

Activities at this stage include:

- Crisis work and short motivation therapy
- Counselling - weekly one-to-one counselling sessions using techniques such as cognitive behavioural therapy, which provides the tools and techniques needed to manage suicide ideation
- Weekly support group and workshops. These groups include thematic discussions (i.e. triggers for suicide ideation), peer support and talks by health providers. The workshops include specific subjects, such as relaxation techniques, meditation and mindfulness.

STAGE 2 'PREVENT'

An extra twelve weeks of support, again flexible, depending on the client's needs. A longer-term support designed to prevent a relapse back into suicidal thinking or creativity.

Activities at this stage include:

- Mental health support - one-to-one counselling and a weekly relapse prevention group, or one-to-one.
- Telephone and online support.
- Mentoring - ongoing support is provided by a named volunteer with lived experience of suicide ideation, where possible and appropriate, which includes ongoing motivational support
- Links to other services - we work closely with partners to provide a comprehensive package of support as needed, including links to employment training, housing services, faith and social groups, volunteering opportunities, and improved welfare benefits.
- Crisis service is available as and when needed.

STAGE 3 'SUSTAIN'

Support for as long as it is needed.

In this stage, clients are moving forward, and the likelihood of suicide in many cases is significantly reduced. However, the following activities are still available:

- Employment Skills
- Ongoing Mentoring support - clients continue to receive support from a named volunteer with lived experience of suicide ideation who provides ongoing motivational support.
- Weekly self-help group - in this group, clients will gain support over broader issues than just mental health, such as finding employment and gaining training.
- Crisis and, telephone and Skype services are available for service users.

Some Data for the period April 2022 to March 2023

Total Number of Clients Attended	Number	Proportion
Number of clients who have engaged	132	100%
Number of clients who have completed the programme of at least 12 weeks of support	121	92%

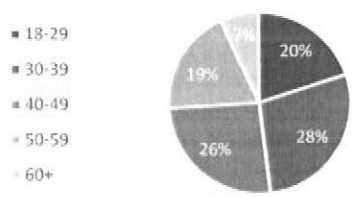
Number of clients who have engaged in weekly counselling	105	80%
Number of clients who have accessed our 24/7 crisis telephone support	44	33%



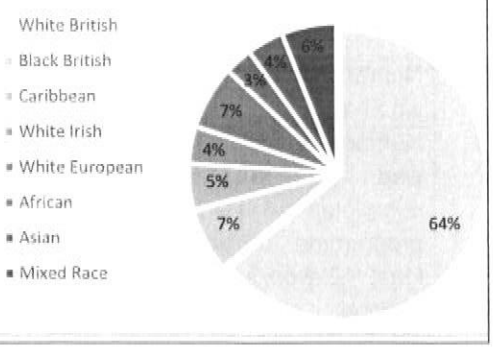
Gender		
Female	77	58%
Male	55	42%



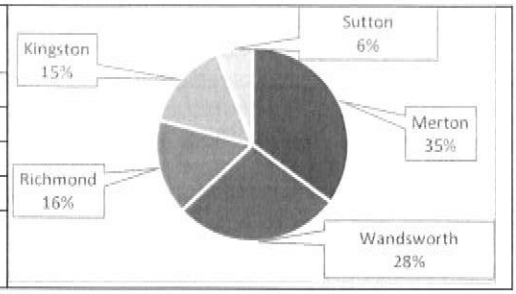
Age Group		
18-29	26	20%
30-39	37	28%
40-49	34	26%
50-59	25	19%
60 and over	9	7%



Ethnicity		
White British	84	64%
Black British	9	7%
Caribbean	7	5%
White Irish	5	4%
White European	9	7%
African	4	3%
Asian	5	4%
Mixed Race	8	6%



Borough of Residence		
Merton	46	35%
Wandsworth	37	28%
Richmond	21	16%
Kingston	20	15%
Sutton	8	6%



Some Clients Feedback

J says	*"The saving lives program has given me a life. It's shown me there are people who care, even when every other service has told me im too complexed! It's encouraged me to work on, the life I have to find pride in the small things, to ask for help to get the care I need and it's ok to be articulate and struggle. It's given me a safety net when I've needed it most, it's literally been a life saver!"*
W says	*"I had tried several CBT therapists over the years and had lost hope that therapy could ever help me, but when I started working with Lucinda, my outlook changed completely. Lucinda's empathy and understanding, based on her own lived experience with mental health, allowed me to trust her and discuss any topic without feeling judged. She listened and tailored her support to me as an individual, and even a year after our sessions ended, I still use the techniques she taught me in times of distress. Without her support, I don't think I would be in the same place I am today".*
K says	*"I came to the saving lives program following a recent break up where my whole world felt like it was crumbling and I wanted to take my own life. I found myself in crisis a lot of the time and at a complete loss of how to look after myself. After engaging in counselling with one of the services counsellors, I was able to understand not only how to help myself in times of dire need but also why this came about in the first place. This was invaluable as it has helped me become much more aware when entering into new relationships. Thank you for all that the saving lives program did to help me in such a fragile time of my life."*

A Case Study

AM
"A client self-referred to the service in crisis with intrusive thoughts about taking his own life following a recent break up. He had some previous experience of therapies and his goals for counselling was that he wanted to move to a position of stability and understand where he can resource when he is feeling overwhelmed by his thoughts of suicidal ideation. He engaged in 1:1 counselling for a period. In the sessions the initial focus was on resourcing and helping give the client grounding tools that he can implement when he experiences intense suicidal ideation. He was

directed to the crisis café, men's groups, the listening place, and the Samaritans as resources that could help him outside of the counselling sessions. Following on from this the counselling sessions moved to focus on what had triggered his crisis and the contract shifted into the client wanting to gain an understanding of how this happened to him. There was a focus on relational dynamics and how this impacts his sense of self. Following sessions he moved to a place of stability where he was able to cope with his intrusive thoughts and found that he understood himself better and was able to make use of valuable resources when he felt he was at risk of harming himself."

The Neurodiversity Support Programme

The programme aims to support and enable neurodiverse groups, including people presenting with autism spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD), to manage their symptoms better, integrate better within their community, and make better use of the resources available to them within the community.

The programme is designed for 18+ adults who have been or have not been diagnosed yet with a Neurodiversity like Autism, ADHD, Dyslexia, etc. This includes all genders and ethnicities living in the Boroughs of Merton, Wandsworth, Richmond, Kingston, and Sutton.

Service users can self-refer to the service. Other health professionals can refer clients to our services as well. Once the referral form is filled out, they are messaged/called to connect for an initial assessment and registration to the programme.

The services provided are one-to-one counselling or critical work tailored to the service user's needs. Sessions can be delivered in person, over the phone or online, as clients request. The sessions are aimed at supporting clients with any issue related to their Neurodiversity and linked mental health issues, as well as linked to addictions, understanding their neurodiversity, advocating/educating, support in GP advocacy, overall health and well-being, and other areas of life.

Our Specialist Workers are trained in NVQ Neurodiversity and Inclusion Level Three. Some belong to a neurodiverse group and have a great understanding and passion for this work area. Some of their area of work is to motivate and engage with neurodiverse clients and support them, ranging from the practical daily issues the client may encounter to the emotional issues they face due to the symptoms arising from neurodiversity, such as anxiety or depression.

They also support clients in accessing other services, like the day programme for substance and alcohol misuse, the recovery café for mental health or our health and well-being programme. The bespoke support provided by our specialists boosts our clients' self-confidence and self-esteem, as well as their motivation and mental health in general.

This project is innovative and unique. It breaks barriers for this group of people who face additional challenges when engaging in mainstream services.

Through this programme, we have formed a working relationship with the specialist national organisation in ASD, Positive Psychology Guild & Autism Centre, and Dr Reece Cooke.

The programme has proven to be a resounding success. Clients have expressed a sense of finally being heard and valued for their unique identities, which has been a profoundly positive outcome.

We have designed and recently delivered a Neurodiversity Week celebration, marked by a series of engaging events and supportive group activities, which significantly contributed to the well-being of our clients and fostered a stronger sense of community.

The programme experienced a remarkable growth spurt, doubling our group's size in less than two months. This meteoric rise can be attributed to the dedication, expertise and passion that the staff bring to the table, having undergone training to work effectively with neurodiverse individuals, ensuring their safety and comfort while adapting to their specific needs.
The programme has been highly successful, but it also meant that the sudden increase in the number of clients who have accessed the programme and, in particular, the size of our groups, coupled with limited staff resources due to related funding, came to a natural end, has meant that we had to re-design the delivery of the service recently using a more structured and time-limited approach. However, the programme continues to be delivered to a highly successful level.

Staff working within the programme say that they feel a strong connection with it and express high confidence in its future success, also that this is a service particularly dear to their heart as they have personal experiences in neurodiversity, whether on a personal level or within the family. Therefore, they manage to create an environment that genuinely caters to the needs of our clients. Also, they add that, despite the challenges mentioned, their experience has been enriching, as the fulfilment derived from seeing the positive impact on the clients outweighs any challenges encountered by far.

Some Data for the Period April 2022 to March 2023.

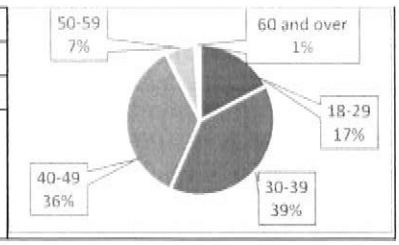
	Number	Proportion
Total Number of Clients Attended	92	100%

Gender		
Female	52	57%
Male	40	43%

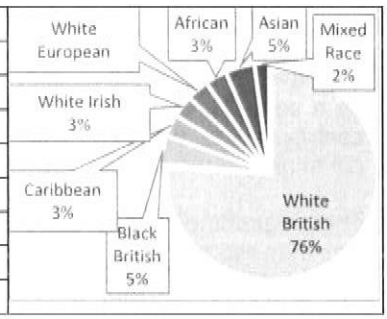


Age Group		
18-29	16	17%

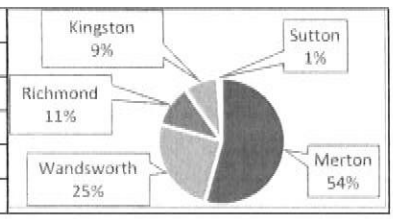
30-39	36	39%
40-49	33	36%
50-59	6	7%
60 and over	1	1%



Ethnicity		
White British	70	76%
Black British	4	5%
Caribbean	3	3%
White Irish	3	3%
White European	3	3%
African	3	3%
Asian	4	5%
Mixed Race	2	2%



Borough of Residence		
Merton	50	54%
Wandsworth	23	25%
Richmond	10	11%
Kingston	8	9%
Sutton	1	1%



Some Clients Feedback

TW says	*"I look forward to my weekly talk with M. This is the only place where I feel heard and understood because of my ASD symptoms. She has allowed me to understand better my condition and how to set routines. I also find social interactions difficult, but speaking to M has allowed me to practice these skills with her."*
DP says	*"It's been great. I am finally getting counselling started and looking after my mental health. The counsellor M referred me to has helped me better understand why I drink and gave me tools to use when I'm feeling upset. M sent me some calming music that helps when I feel stressed, and I listen to it daily."*
JC says	*"This service and group has been so amazing to be a part of. It's great to speak with other adults going through the same difficulties as me. I don't feel so alone anymore."*
LM says	*"The group came at the right time for me. I struggled to engage in the group, but M made it feel welcome every week. I now look forward to this time as I can focus on myself and be with like-minded people."*

A Case Study for the Service

DC
"DC has been a member of CDARS for more than a few years. She has struggled with her mental health and self-harming behaviour as she was not able to understand her trauma fully. She began with our ND program to better support her needs with sensory sensitives as she started to notice things connected with Autism. She is attending a few 1-1s and usually has trouble following groups due to the nature of the group. She had severe social anxiety and never would share in the group. *However, she began to reach out more to me and other service users going to the groups, and she eventually became more comfortable attending and speaking in the group. She is now attending the Tuesday group every week and is disassociating less. She is more present and able to receive reflection and support from others. Through this, she received an autism diagnosis, and this has changed her life. It has not been easy for her to live this long without knowing and having a late diagnosis, but now that she is aware, she is actively seeking support. I helped her create an autism health passport that she can use to communicate when she can't in the hospital, and this has enabled her significantly. She now sees me regularly for 1-1s and is doing her best to engage and get the proper support to better her life."*

The Ex-Military Veterans Support Programme

The Veterans Support Programme at CDARS originated in May 2019 and has developed and grown successfully. It runs from our premises at Wimbledon Chase and other venues and outreach and supports Ex-Military Veterans, including their family members.

From April 2022 to March 23, the programme has been funded by various funders, each funding part of it.

- The Armed Forces Covenant Fund funds a health and well-being programme for veterans, which is provided in partnership with the Poppy Factory.
- The Veterans Foundation is a one-year programme of outreach services for veterans.
- The Armed Forces Covenant Fund Trust is a one-year programme to support family members of veterans.
- The Poppy Factory is an allotment programme for veterans.

Who can access the programme?

The programme can be accessed by any ex-military veteran and their family members aged 18 years old plus and residents of the boroughs of Merton, Wandsworth, Kingston, Richmond, and Sutton.

How the programme is accessed

- Veterans usually self-refer or are referred by partner agencies.

- They receive a formal assessment and support plan so that support is provided to them in a tailored and structured way. There are ongoing reviews throughout their time with us to ensure veterans make the best use of all the services provided.

Programme Objectives

Some objectives of the programme are to:

- Improve veterans and their family members and carers' physical health, well-being and quality of life.
- Improve veterans and their family members and carers' mental health, prevent and develop skills and resilience to manage mental health issues, including how to handle potential suicidal thoughts and ideations.
- Improve veterans and their family members and carers' well-being and reduce isolation.
- Improve the resilience of veterans and their family members or carers.
- Offering support with homelessness and housing, where needed.

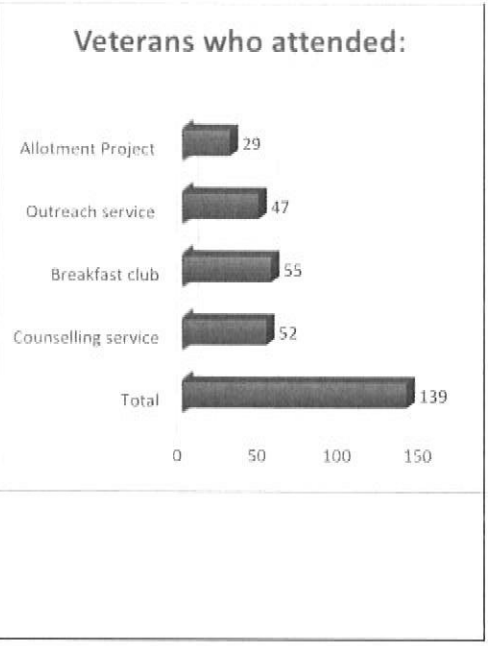
The programme

- We provide immediate support to improve mental health and well-being and reduce any risk of suicide as well as other mental health issues or addictions. Services provided include one-on-one counselling (motivational therapies, cognitive behavioural therapies, humanistic approach, etc.), attendance to support groups, suicide prevention, access to our recovery café for mental health, access to our day programme for addictions, access to our neurodiversity support programme, educational workshops and a comprehensive programme of health and well-being and employment, training, and housing advice activities.
- Veterans and their family members are supported through immediate crisis periods and receive longer-term support designed to enhance their lives through individually tailored care plans. Other activities they receive include mentoring by other veterans, access to a choir, boot camp fitness sessions, nutrition sessions, day trips, breakfast meetings, and ongoing peer support.
- We work with other organisations to meet our veterans' more comprehensive needs, including training agencies to build their skills for work, housing associations to help find accommodation, GP surgeries and hospitals to support any physical health issues, military groups to help reduce isolation and much more.
- Volunteering is built into the programme, and we encourage veterans to become group or one-to-one mentors as part of their recovery.
- When all their needs are met, veterans leave the programme, stay with us as volunteers or attend the peer groups.

Some Data for the Period April 2022 to March 2023.

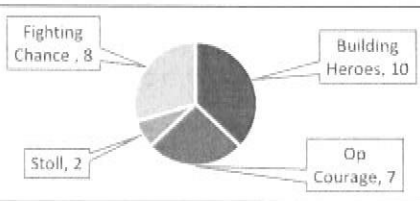
	Number	Proportion

Veterans who have attended the programme	139	100%
Veterans who have attended the counselling service	52	37%
Veterans who have attended the breakfast club	55	40%
Veterans who have attended the Outreach service	47	34%
Veterans who have attended the Allotment project	29	21%

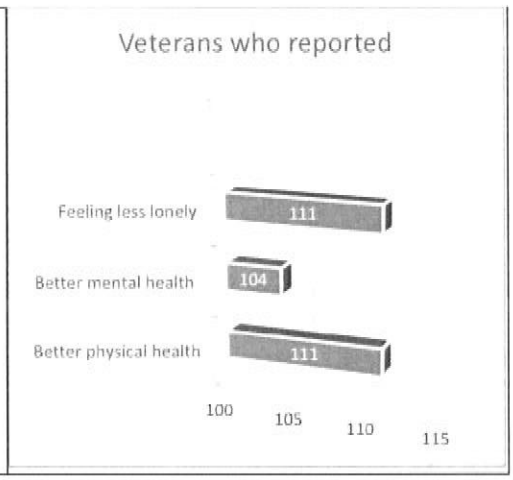


Family members or carers of veterans who attended the support programme	94	100%

Veterans referred to external partner organisations.	
Building Heroes	10
Op Courage	7
Stoll	2
Fighting Chance	8



Outcomes		
Veterans who have reported better physical health	111	80%
Veterans who have reported better mental health and are more aware of the triggers of their mental health crisis	104	75%

Veterans who have reported feeling less lonely and isolated and said having made new friends	111	80%	

Some Clients Feedback

Ashley says	*"I found it very beneficial to attend the CDARS allotment. It takes me out of isolation. Meeting and spending time with other veterans gives me a sense of belonging. It is also beneficial to work in the allotment altogether."*
Tony says	*"Beforehand, I was isolating due to my illness myself, but now I am engaging in many more activities such as the veteran's allotment, veterans' walks, and just getting out more. Since engaging with CDARS, my life and family life have massively improved, so thank you all for your support, and a big thank you to Joe for helping me and my family out."*
Tom says	*"Attending the allotment sessions with fellow veterans is a great way for my mental health and well-being. I enjoy the camaraderie and planting, and it keeps me active. I always look forward to attending the allotment sessions as it gets me out of isolation, and I get to meet other veterans and enjoy a bit of banter."*
JS says	*JS says: "Since I have joined the veteran's programme and all the activities, I feel more energetic and have a reason to wake up and attend the programme. I love to attend the breakfast club with all the others".*
DM says	*"I enjoyed the group, excellent group and very supportive. I still have moments of spontaneous crying, but on most days, I feel better."*
PT says	*PT says: "I am grateful for all the help given me in my crisis, and CDARS has been my only support. I have been struggling with alcohol and relapsed, feeling suicidal and*

	ending up in Springfield. I have been struggling with PTSD, but with the help from CDARS, I am grateful. The staff used their car to take my belongings from A to B and were there when I needed support. I enjoyed the veterans walk run by CDARS on Saturday. It was fantastic, and I can't wait to go again."

A Case Study for the Service

UT (VETERAN) Served in Iraq
"I have been attending veteran activities operated by CDARS and enjoy it very much. This allows me to meet fellow veterans, socialise, network, have a good time, and sometimes over a lovely, cooked breakfast. *I enjoyed the outdoor activities for veterans in Aldershot, where we took part in Archery and indoor Air Rife shooting. It was great fun, and I enjoyed the company of fellow Military veterans. These activities helped me immensely to combat my loneliness and brought me out of isolation.* *It is always good to know that there is something to do and a place to meet fellow veterans and enjoy and have a good time.* *They say, "ISOLATION IS A KILLER," hence why I look forward to every activity as this gets me out of my flat and lets me enjoy the great outdoors, meeting like-minded people and a bit of banter."*

The Community Kitchen

The CDARS Community Kitchen was born during COVID-19 to support our most vulnerable clients. Since then, it has grown and is integral to our services. It helps people with multiple and complex needs, including those with poor mental and physical health, and those affected by substance misuse and many others, which means they struggle to find work. They are all living in poverty and often in poor-quality accommodation. Many are lonely and are often highly distressed. The latest Merton Story Document (2021) says the number of local people with poor mental health has risen by nearly 50% as a result of COVID-19, and anxiety levels of people generally have risen by 3%.

Clients represent the whole community; 52% are White British, 12% are East European, 9% are Black African or Caribbean, 9% are Asian, 7% are Irish, and 11% are other. They come from poorer wards such as in the south and east of Merton, such as Figges Marsh and St Helier. A survey showed that most of these clients eat poorly or irregularly, their food choices can lack good nutrition, and some don't even have simple kitchen implements.

The CDARS Community Kitchen is an existing project that currently delivers free, healthy, warm meals to clients at their homes, also covering meals on weekends to ensure clients have at least one good meal seven days a week. The service meets all

relevant hygiene standards, including health and safety, safeguarding, and equality. Every meal is hot or cold, fresh, healthy, nutritionally balanced vegetarian, and provided in a box.

The Community Kitchen continues to progress from strength to strength, especially considering the current financial crisis. Our service provides meals and food packages for clients referred to us through our key workers. Our client base consists of those with mental health issues as well as those with drug and alcohol problems. We also provide meals and food packages for our clients, homeless people, and those facing financial hardship. The meals we make and distribute are cooked from scratch with fresh produce. These meals are nutritionally balanced and nourishing, with dietary needs considered.

We also provide volunteering opportunities and encourage clients to join in and learn about meal planning and basic cooking. This helps give them a sense of purpose and build their confidence.

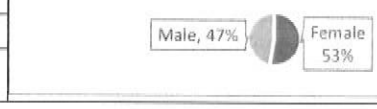
We also have regular Sunday lunches and breakfasts, allowing everyone to join in and socialise with family-style meals and settings. The mood at these gatherings is always happy, which is very encouraging.

Meals are also left in the fridge for those attending meetings at the centre and delivered to our Recovery Café and clients' homes.

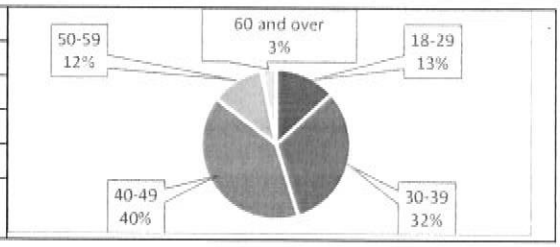
Some Data for the Period April 2022 to March 2023.

	Number	Proportion
Total Number of Clients Attended	287	100%

Gender		
Female	152	53%
Male	135	47%

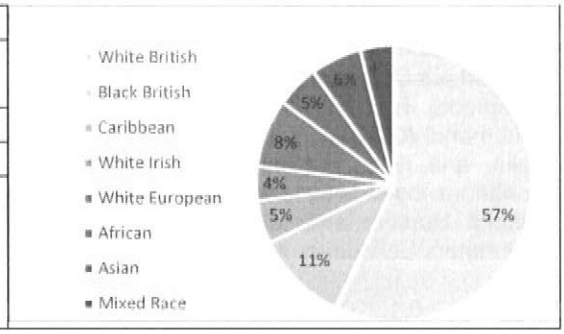


Age Group		
18-29	37	13%
30-39	89	32%
40-49	112	40%
50-59	32	12%
60 and over	9	3%

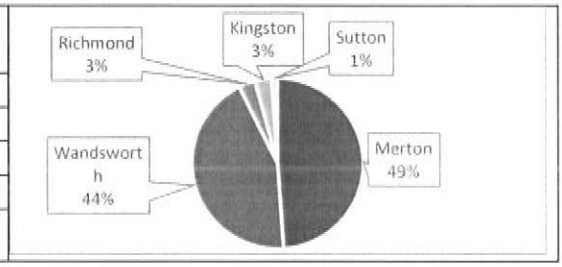


Ethnicity		
White British	164	57%
Black British	32	11%
Caribbean	14	5%

White Irish	11	4%
White European	23	8%
African	14	5%
Asian	17	6%
Mixed Race	11	4%



Borough of Residence		
Merton	141	49%
Wandsworth	126	44%
Richmond	9	3%
Kingston	9	3%
Sutton	3	1%



Some Clients Feedback

Dean says	*"Your roasts are amazing."*
Nicola says	*"I can't believe I have to cancel my place for the breakfast. I always look forward to it."*
Emo says	*"Thank you from the bottom of our hearts for the food packages, which are much appreciated."*

A Case Study for the Service

Jan

"Jan is suffering severe financial hardship and ill health, as well as family problems. She relies heavily on us for help and has received food parcels for many months. These parcels are specially curated for her, as cooking for herself is one of the few things she enjoys doing. The parcels consist of meat or fish, fresh fruit and vegetables, dairy produce, and dry goods and are delivered to her weekly. It makes us realise how things we may take for granted mean so much to others in need."

Various other services have been provided over the year, which are highly meaningful for our clients. Like: the Outreach Programme, funded by Nationwide Foundation; the Cycling and Walking project, funded by Groundwork; the Kicking Goals project, funded by GLA London; the Energy Saving Support project, funded by Power Partners; a programme of services, funded by Prince of Wales Charitable Fund, Peter Stebbings Memorial Charity, Smith and Mount Trust; the Digital Inclusion Programme for Service

Users, funded by Wandsworth and Richmond Adult Social Care and Public Health and the Access Foundation. Other funders have given us grants as well. and donations to support our Community Kitchen project, including Edward Gostling Foundation, Souter Charitable Trust, The Vintners' Company, Merton Giving Fund, Wandsworth and Richmond VCS Capacity Building Fund, Merton Community and Housing Department, Julia, and Hans Rausing Trust. Other funders have given CDARS grants and donations towards our generic support costs, like Lloyds TSB Foundation, Wimbledon District Nursing and Midwifery Benevolent Society, Wimbledon Guild, Merton Volunteers Service, and Garfield Weston Foundation.

Going Concern

After making appropriate enquiries, the Trustee have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

Financial Review

CDARS has a reserves policy which states that a reserve equivalent to at least one-quarter of the total annual expenditure should be held in case of a non-predicted fall in funding or financial changes.

For the year ended March 2023, the total expenditure amounted to £918,708.

A sum of at least £229,677 should, therefore, be set aside as a reserve. Total unrestricted reserves held at the end of March 2023 amounted to £511,278 (2022 has been of £454,621).

CDARS adopts a risk assessment and risk review policy for financial and funding matters, whereby every three years, a business plan is produced, where potential risks of a financial nature are highlighted. The management committee meets with the CEO and other staff members approximately every eight weeks as appropriate. At these meetings, all committee members assess and review potential risks.

The Management Committee regularly reviews the significant risks to which the charity is exposed. Systems or procedures are established where appropriate to mitigate the charity's risks. Implementing procedures for authorising all transactions and projects minimises internal control risks.

Procedures are in place to ensure compliance with the health and safety of staff, volunteers, clients, and visitors to the centre. CDARS adopts the highest standards of the NICE Guidelines (National Institute Clinical Excellence), ensuring a consistent quality of delivery for all operational aspects of the charity. The charity complies with various quality management systems, as listed further below, and is audited annually by its funders. These procedures are periodically reviewed to ensure that they continue to meet the charity's needs.

Structure, governance, and management

Community Drug and Alcohol Recovery Services (CDARS) is a registered charity (No. 1028663). It is a company limited by guarantee (No. 02634372), which does not have a share capital. Every charity member undertakes to contribute an amount not exceeding £1 to the charity's assets in the event of winding down. The total number of such members is four, and trustees are all members and members are all Trustees of the company. The company was established in August 1991 under a Memorandum of Association, which sets out its objects and powers. Its Articles of Association govern it. Under those articles, the members of the Executive Committee are elected at an annual general meeting to serve for two years.

The trustees, who are also the directors for company law and under the company's articles, are known as members of the Management Committee:

David Knight, Chairman/Trustee/Director
Anna Whitfield, Trustee/Director
Mark Ingram, Trustee/Director
John Di Palma, Trustee/Director

Under the requirements of the Memorandum and Articles of Association, the members of the Management Committee are elected to serve for two years, after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no remuneration from the charity. Any expenses reclaimed from the charity are set out in the accounts. The Management Committee seeks to ensure that the client group's needs are appropriately reflected through the diversity of the trustee body.

To enhance the potential pool of Trustees, we include previous clients of the centre who would be willing to become members and Trustees and use their experience to assist the charity. The organisation aims to fully represent and maintain, as far as possible, a broad mix of skills at the Management Committee level. The organisation has a system to replace the required skills if lost.

Most Trustees are already familiar with the practical work of the charity. Additionally, new Trustees are invited and encouraged to attend induction and a series of short training sessions to familiarise themselves with the charity and the context within which it operates.

These are jointly led by the Chair of the Management Committee and the CEO of the charity and cover:

- The obligations of Management Committee members.
- The primary documents that set out the operational framework for the charity include the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Plans and objectives.

An information pack and guidance book prepared by the Charity Commission, "The Essential Trustee", is distributed to all new Trustees along with the Memorandum and Articles and the latest financial statements.

In so far as it is complementary to the charity's objects, the charity is guided by relevant local and national policies, where appropriate.

Quality systems that we employ include:

- National Institute for Clinical Excellence Guidelines.
- Standards for Better Health.
- International Organisation for Standardisation - ISO 27001.
- Investors in People.
- Federation for Drugs and Alcohol Professionals Guidelines.
- Chartered Institute of Management Code of Conduct.
- Regular client surveys.
- Safeguarding Vulnerable Adults Board and Child Protection Board.
- Health and Safety and many other policies.
- Complaints Procedure System.

CDARS is a registered and accredited member of:

- Centre for Social Justice
- Living Wage Foundation
- The Equality Register
- Disability Confident

CDARS Board of Trustees, management, staff, volunteers, and clients would like to express our gratitude to the funders and donors who once again have believed and trusted the organisation.

- South West London and ST George's Trust
- South London and Maudsley
- The Big Lottery Community Fund
- City Bridge
- Henry Smith Charity
- Wimbledon Foundation
- Groundwork London
- The Poppy factory
- Lloyds TSB Foundation
- Greater London Authority Sports Unities
- Power Partners
- Mo Mark Foundation
- Edward Gostling Foundation
- The Armed Forces Covenant Fund Trust
- Wimbledon District Nursing and Midwifery Benevolent Society
- Souter Charitable Trust
- The Vintners' Company
- Peter Stebbings Memorial Charity
- Smith and Mount Trust

- Wandsworth and Richmond Grants Fund
- Wimbledon Guild
- Merton Volunteers Service
- Henry Smith Charity
- Prince of Wales Charitable Fund
- The Veterans Foundation
- Merton Giving Fund
- Garfield Weston Foundation
- Merton Community and Housing Department
- Nationwide Foundation
- The Access Foundation
- Julia and Hans Rausing Trust
- The Poppy factory

Statement of Trustee's responsibilities

The Trustee (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustee's report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustee to prepare financial statements for each financial year. Under company law, the Trustee must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustee are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees on and signed on their behalf by:

D.H.Knight. 27.12.23

.....

Mr D H Knight
(Chair of Trustees)

Independent examiner's report
For the Year Ended 31 March 2023

Independent examiner's report to the Trustees of Community Drug and Alcohol Recovery Services ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2023.

Responsibilities and basis of report

As the Trustees of the Charity (and 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 the Charity 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 the Charity's accounts 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 the Charity'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 ACCA, 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 the Charity 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Independent examiner's report (continued)
For the Year Ended 31 March 2023

Signed: 

Dated: 27/12/2023

Sohaib Akram

ACCA

Axis Accountants Ltd
Chartered Certified Accountants
8 Deer Park Road
London
SW19 3GY

Statement of financial activities (incorporating income and expenditure account)
For the Year Ended 31 March 2023

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Income from:					
Donations and legacies	3	**5,312**	**5,000**	**10,312**	*3,535*
Charitable activities	4	**535,978**	**425,992**	**961,970**	*892,354*
Investments	5	**3,083**	**-**	**3,083**	*67*
Total income		**544,373**	**430,992**	**975,365**	*895,956*
Expenditure on:					
Charitable activities	6	**487,716**	**430,992**	**918,708**	*842,623*
Total expenditure		**487,716**	**430,992**	**918,708**	*842,623*
Net movement in funds		**56,657**	**-**	**56,657**	*53,333*
Reconciliation of funds:					
Total funds brought forward		**454,621**	**-**	**454,621**	*401,288*
Net movement in funds		**56,657**	**-**	**56,657**	*53,333*
Total funds carried forward		**511,278**	**-**	**511,278**	*454,621*

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 41 to 61 form part of these financial statements.

Balance sheet
As at 31 March 2023

	Note		2023 £		*2022 £*
Fixed assets					
Tangible assets	11		**24,790**		*20,005*
			24,790		*20,005*
Current assets					
Debtors	12	**23,304**		*24,910*	
Cash at bank and in hand		**612,287**		*485,148*	
		635,591		*510,058*	
Creditors: amounts falling due within one year	13	**(149,103)**		*(75,442)*	
Net current assets			**486,488**		*434,616*
Total assets less current liabilities			**511,278**		*454,621*
Net assets excluding pension asset			**511,278**		*454,621*
Total net assets			**511,278**		*454,621*
Charity funds					
Restricted funds	15		-		-
Unrestricted funds	15		**511,278**		*454,621*
Total funds			**511,278**		*454,621*

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Balance sheet (continued)
As at 31 March 2023

D H Knight. 2

.....

Mr D H Knight
Chair of Trustees

.....

Mrs A Whitfield
Trustee

Date: 27.12.23.

The notes on pages 41 to 61 form part of these financial statements.

Statement of cash flows
For the Year Ended 31 March 2023

	2023 £	*2022* *£*
Cash flows from operating activities		
Net cash used in operating activities	**135,641**	*69,527*
Cash flows from investing activities		
Dividends, interests and rents from investments	**3,083**	*67*
Purchase of tangible fixed assets	**(11,585)**	*(4,270)*
Net cash used in investing activities	**(8,502)**	**(4,203)**
Cash flows from financing activities		
Net cash provided by financing activities	**-**	**-**
Change in cash and cash equivalents in the year	**127,139**	**65,324**
Cash and cash equivalents at the beginning of the year	**485,148**	*419,824*
Cash and cash equivalents at the end of the year	**612,287**	*485,148*

The notes on pages 41 to 61 form part of these financial statements

Notes to the financial statements
For the Year Ended 31 March 2023

1. General information

Community Drug and Alcohol Recovery Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 296a Kingston Road, Wimbledon Chase, London, SW20 8LX, United Kingdom.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Community Drug and Alcohol Recovery Services 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.

2.2 Income

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 income receivable can be measured reliably.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2. Accounting policies (continued)

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, .

Depreciation is provided on the following basis:

Short-term leasehold property	-	20%	Straight line
Plant and machinery	-	20%	Reducing balance
Fixtures and fittings	-	20%	Reducing balance
Office equipment	-		

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. Accounting policies (continued)

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Donations	5,312	5,000	**10,312**

	Restricted funds 2022 £	*Total funds 2022 £*
Donations	*3,535*	*3,535*

Notes to the financial statements
For the Year Ended 31 March 2023

4. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Small Project Support	59,985	72,717	**132,702**
Suicide Prevention Programme	-	39,183	**39,183**
Wandsworth & Richmond SMS	178,264	-	**178,264**
Health & Wellbeing Programme	-	183,535	**183,535**
Community Kitchen	-	40,438	**40,438**
Veteren Support Programme	-	90,119	**90,119**
Recovery Cafe	217,729	-	**217,729**
Criminal Justice Group Engagement	80,000	-	**80,000**
	535,978	425,992	**961,970**

	Unrestricted funds 2022 £	*Restricted funds 2022 £*	*Total funds 2022 £*
Small Project Support	*48,442*	*39,770*	*88,212*
Suicide Prevention Programme	-	*35,983*	*35,983*
Wandsworth & Richmond SMS	*246,177*	-	*246,177*
Health & Wellbeing Programme	-	*178,918*	*178,918*
Community Kitchen	-	*60,521*	*60,521*
Veteren Support Programme	-	*69,850*	*69,850*
Recovery Cafe	*212,693*	-	*212,693*
	507,312	*385,042*	*892,354*

Notes to the financial statements
For the Year Ended 31 March 2023

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Criminal Justice Group	Total	Total
	2023	2023	2023	2023	2023	2023	2023	2023	2023	2022
	£	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	178,264	-	-	-	217,729	80,000	475,993	286,738
Grants	132,702	39,183	-	171,035	40,438	90,119	-	-	473,477	603,527
Other income	-	-	-	12,500	-	-	-	-	12,500	2,089
	132,702	39,183	178,264	183,535	40,438	90,119	217,729	80,000	961,970	892,354

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Total
	2022	2022	2022	2022	2022	2022	2022	2022
	£	£	£	£	£	£	£	£
Services provided under contract	-	-	74,132	-	-	-	212,606	286,738
Grant	86,413	35,983	171,958	178,831	60,492	69,850	-	603,527
Other Income	1,800	-	86	88	29	-	86	2,089
	88,213	35,983	246,176	178,919	60,521	69,850	212,692	892,354

5. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £
Bank interest	3,083	**3,083**

	Unrestricted funds 2022 £	*Total funds 2022 £*
Bank interest	*67*	*67*

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Small Project Support	65,302	71,020	**136,322**
Suicide Prevention Programme	2,233	39,761	**41,994**
Wandsworth & Richmond SMS	186,093	4,016	**190,109**
Health & Wellbeing Programme	8,930	172,836	**181,766**
Community Kitchen	-	43,024	**43,024**
Veteren Support Programme	4,465	94,458	**98,923**
Recovery Cafe	156,443	4,040	**160,483**
Criminal Justice Group Engagement	64,250	1,837	**66,087**
	487,716	430,992	**918,708**

6. Analysis of expenditure on charitable activities (continued)

Summary by fund type (continued)

	Unrestricted funds 2022 £	*Restricted funds 2022* £	*Total funds 2022* £
Small Project Support	*46,414*	*46,008*	*92,422*
Suicide Prevention Programme	*1,524*	*32,781*	*34,305*
Wandsworth & Richmond SMS	*181,411*	*5,835*	*187,246*
Health & Wellbeing Programme	*9,268*	*203,512*	*212,780*
Community Kitchen	*3,122*	*57,877*	*60,999*
Veteren Support Programme	*3,047*	*68,232*	*71,279*
Recovery Cafe	*178,218*	*5,374*	*183,592*
	423,004	*419,619*	*842,623*

7. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	**Support costs 2023** £	**Total funds 2023** £
Small Project Support	67,301	69,022	**136,323**
Suicide Prevention Programme	30,437	11,557	**41,994**
Wandsworth & Richmond SMS	137,067	53,042	**190,109**
Health & Wellbeing Programme	99,149	82,617	**181,766**
Community Kitchen	39,850	3,175	**43,025**
Veteren Support Programme	75,075	23,849	**98,924**
Recovery Cafe	81,130	79,353	**160,483**
Criminal Justice Group Engagement	42,915	23,169	**66,084**
	572,924	345,784	**918,708**

7. Analysis of expenditure by activities (continued)

	Activities undertaken directly 2022 £	*Support costs 2022* £	*Total funds 2022* £
Small Project Support	*21,329*	*71,092*	*92,421*
Suicide Prevention Programme	*23,714*	*10,591*	*34,305*
Wandsworth & Richmond SMS	*144,261*	*42,985*	*187,246*
Health & Wellbeing Programme	*108,731*	*104,050*	*212,781*
Community Kitchen	*35,107*	*25,892*	*60,999*
Veteren Support Programme	*46,240*	*25,039*	*71,279*
Recovery Cafe	*102,435*	*81,157*	*183,592*
	481,817	*360,806*	*842,623*

Analysis of direct costs

	Small Project Support 2023 £	**Suicide Prevention Programme 2023** £	**Wandsworth & Richmond SMS 2023** £	**Health & Wellbeing Programme 2023** £	**Community Kitchen 2023** £
Staff costs	58,902	30,437	134,036	85,258	31,083
Direct costs	7,982	-	-	6,739	8,767
Client welfare	417	-	3,031	7,152	-
	67,301	30,437	137,067	99,149	39,850

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Veteren Support Programme 2023 £	Recovery Cafe 2023 £	Support Cost 2023 £	Total funds 2023 £
Staff costs	72,223	79,115	42,916	**533,970**
Direct costs	1,366	1,560	-	**26,414**
Client welfare	1,486	455	-	**12,541**
	75,075	81,130	42,916	**572,925**

	Small Project Support 2022 £	*Suicide Prevention Programme 2022 £*	*Wandsworth & Richmond SMS 2022 £*	*Health & Wellbeing Programme 2022 £*	*Community Kitchen 2022 £*
Staff costs	*18,506*	*23,686*	*144,178*	*102,307*	*29,088*
Direct costs	*1,289*	-	-	*3,921*	*5,964*
Client welfare	*1,533*	*28*	*83*	*2,503*	*55*
	21,328	*23,714*	*144,261*	*108,731*	*35,107*

	Veteren Support Programme 2022 £	*Recovery Cafe 2022 £*	*Support Cost 2022 £*	*Total funds 2022 £*
Staff costs	*44,642*	*100,896*	-	*463,303*
Direct costs	*538*	*236*	-	*11,948*
Client welfare	*1,060*	*1,303*	-	*6,565*
	46,240	*102,435*	-	*481,816*

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Small Project Support 2023 £	Suicide Prevention Programme 2023 £	Wandsworth & Richmond SMS 2023 £	Health & Wellbeing Programme 2023 £	Community Kitchen 2023 £
Staff costs	21,172	7,057	25,407	28,230	-
Insurance	1,774	156	710	731	181
Office expenses	12,942	331	1,581	4,334	1,985
IT and Communication	6,888	862	14,001	11,002	999
Premises expenses	16,799	-	-	25,717	10
Governance costs	9,447	3,151	11,343	12,603	-
	69,022	11,557	53,042	82,617	3,175

	Veteren Support Programme 2023 £	Recovery Cafe 2023 £	Support Cost 2023 £	Total funds 2023 £
Staff costs	14,115	19,173	14,115	**129,269**
Insurance	359	867	319	**5,097**
Office expenses	918	4,736	676	**27,503**
IT and Communication	2,100	11,599	1,758	**49,209**
Premises expenses	55	29,108	-	**71,689**
Governance costs	6,302	13,870	6,302	**63,018**
	23,849	79,353	23,170	**345,785**

Notes to the financial statements
For the Year Ended 31 March 2023

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Small Project Support 2022 £	*Suicide Prevention Programme 2022* £	*Wandsworth & Richmond SMS 2022* £	*Health & Wellbeing Programme 2022* £	*Community Kitchen 2022* £
Staff costs	*19,189*	*6,396*	*19,810*	*37,444*	*13,103*
Insurance	*287*	*98*	*287*	*575*	*192*
Office expenses	*5,996*	*371*	*1,440*	*8,307*	*5,203*
IT and Communication	*14,677*	*231*	*11,181*	*7,096*	*452*
Premises expenses	*20,673*	*180*	-	*31,223*	*150*
Governance costs	*10,271*	*3,315*	*10,267*	*19,405*	*6,792*
	71,093	*10,591*	*42,985*	*104,050*	*25,892*

	Veteren Support Programme 2022 £	*Recovery Cafe 2022* £	*Support Cost 2022* £	*Total funds 2022* £
Staff costs	*12,793*	*19,189*	-	*127,924*
Insurance	*220*	*285*	-	*1,944*
Office expenses	*4,478*	*7,384*	-	*33,179*
IT and Communication	*558*	*6,424*	-	*40,619*
Premises expenses	*360*	*37,931*	-	*90,517*
Governance costs	*6,630*	*9,944*	-	*66,624*
	25,039	*81,157*	-	*360,807*

8. Independent examiner's remuneration

	2023 £	*2022* £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	**5,400**	*5,400*
Fees payable to the Charity's independent examiner in respect of:		
All other services not included above	**6,600**	-

9. Staff costs

	2023 £	*2022* *£*
Wages and salaries	**582,730**	*510,490*
Social security costs	**47,442**	*38,871*
Contribution to defined contribution pension schemes	**22,060**	*20,350*
	652,232	*569,711*

The average number of persons employed by the Charity during the year was as follows:

	2023 No.	*2022* *No.*
Office and management	**3**	*3*
Clinical staff	**24**	*21*
	27	*24*

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023 No.	*2022* *No.*
In the band £60,001 - £70,000	**-**	*1*
In the band £70,001 - £80,000	**1**	-

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2022 - £NIL)*.

During the year ended 31 March 2023, no Trustee expenses have been incurred *(2022 - £NIL)*.

11. Tangible fixed assets

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Office equipment £	Total £
Cost or valuation					
At 1 April 2022	**45,993**	**89,315**	**11,184**	**-**	**146,492**
Additions	**-**	**-**	**345**	**11,240**	**11,585**
At 31 March 2023	**45,993**	**89,315**	**11,529**	**11,240**	**158,077**
Depreciation					
At 1 April 2022	**45,390**	**73,210**	**7,887**	**-**	**126,487**
Charge for the year	**603**	**3,221**	**728**	**2,248**	**6,800**
At 31 March 2023	**45,993**	**76,431**	**8,615**	**2,248**	**133,287**
Net book value					
At 31 March 2023	**-**	**12,884**	**2,914**	**8,992**	**24,790**
At 31 March 2022	*603*	*16,105*	*3,297*	*-*	*20,005*

12. Debtors

	2023 £	*2022 £*
Due within one year		
Trade debtors	**19,018**	*20,580*
Prepayments and accrued income	**4,286**	*4,330*
	23,304	*24,910*

13. Creditors: Amounts falling due within one year

	2023 £	*2022 £*
Trade creditors	**2,518**	*6,339*
Other taxation and social security	**12,399**	-

13. Creditors: Amounts falling due within one year (continued)

	2023 £	*2022* *£*
Other creditors	**12,734**	*11,747*
Accruals and deferred income	**121,452**	*57,356*
	149,103	*75,442*

14. Financial instruments

	2023 £	*2022* *£*
Financial assets		
Financial assets measured at fair value through income and expenditure	**612,287**	*485,148*

Financial assets measured at fair value through income and expenditure comprise cash at bank and in hand.

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Unrestricted funds					
Designated funds					
Fixed Assets	13,023	-	(2,720)	14,487	24,790
General funds					
General Funds - all funds	441,598	544,373	(484,996)	(14,487)	486,488
Total Unrestricted funds	454,621	544,373	(487,716)	-	511,278

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Restricted funds					
The Henry Smith Charity	-	39,183	(39,183)	-	-
The Wimbledon Foundation	-	24,500	(24,500)	-	-
The Big Lottery Community Fund	-	91,374	(91,374)	-	-
The City Bridge Trust	-	37,771	(37,771)	-	-
Wandsworth and Richmond VCS Capacity Building Fund	-	6,485	(6,485)	-	-
Armed Forces Covenant Trust Fund	-	32,996	(32,996)	-	-
Veterans Foundation	-	15,000	(15,000)	-	-
Merton Giving Fund	-	9,853	(9,853)	-	-
Merton Community and Housing Department	-	5,600	(5,600)	-	-
Groundwork London	-	4,972	(4,972)	-	-
Edward Gostling Foundation	-	11,000	(11,000)	-	-
The Poppy factory	-	42,123	(42,123)	-	-
Greater London Sports Unities	-	12,419	(12,419)	-	-
Small Restricted funds	-	97,716	(97,716)	-	-

15. Statement of funds (continued)

Statement of funds - current year (continued)

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
	-	430,992	(430,992)	-	-
Total of funds	454,621	975,365	(918,708)	-	511,278

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2021 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2022* £
Unrestricted funds					
Designated funds					
Fixed Assets	*16,279*	-	*(3,256)*	-	*13,023*
General funds					
General Funds - all funds	*359,530*	*510,915*	*(419,749)*	*(9,098)*	*441,598*
Total Unrestricted funds	*375,809*	*510,915*	*(423,005)*	*(9,098)*	*454,621*

	Balance at 1 April 2021 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2022* £
Restricted funds					
The Henry Smith Charity	-	*35,983*	*(35,983)*	-	-
The Wimbledon Foundation	*2,779*	*25,000*	*(30,426)*	*2,647*	-
The Big Lottery Community Fund	-	*112,134*	*(112,134)*	-	-
The City Bridge Trust	*18,725*	*36,852*	*(55,577)*	-	-
The Antonio Carluccio Foundation	*1,251*	*9,000*	*(10,251)*	-	-
Wandsworth and Richmond VCS Capacity Building Fund	*2,724*	*24,970*	*(27,694)*	-	-
The Pilgrim Trust	-	*13,000*	*(13,000)*	-	-
The Armed Forces Covenant Fund	-	*35,000*	*(35,000)*	-	-
Veterans Foundation	-	*30,000*	*(30,000)*	-	-
Merton Giving Fund	-	*9,940*	*(9,940)*	-	-
Groundwork London	-	*4,650*	*(4,650)*	-	-
The Poppy factory	-	*14,800*	*(21,251)*	*6,451*	-
Greater London Sports Unities	-	*10,350*	*(10,350)*	-	-
Small Restricted funds	-	*23,363*	*(23,363)*	-	-

15. Statement of funds (continued)

Statement of funds - prior year (continued)

	Balance at 1 April 2021 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2022* £
	25,479	*385,042*	*(419,619)*	*9,098*	*-*
Total of funds	*401,288*	*895,957*	*(842,624)*	*-*	*454,621*

16. Summary of funds

Summary of funds - current year

	Balance at 1 April 2022 £	**Income** £	**Expenditure** £	**Transfers in/out** £	**Balance at 31 March 2023** £
Designated funds	**13,023**	**-**	**(2,720)**	**14,487**	**24,790**
General funds	**441,598**	**544,373**	**(484,996)**	**(14,487)**	**486,488**
Restricted funds	**-**	**430,992**	**(430,992)**	**-**	**-**
	454,621	**975,365**	**(918,708)**	**-**	**511,278**

Summary of funds - prior year

	Balance at 1 April 2021 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2022* £
Designated funds	*16,279*	*-*	*(3,256)*	*-*	*13,023*
General funds	*359,530*	*510,915*	*(419,749)*	*(9,098)*	*441,598*
Restricted funds	*25,479*	*385,042*	*(419,619)*	*9,098*	*-*
	401,288	*895,957*	*(842,624)*	*-*	*454,621*

17. Restricted Funds

The Henry Smith charity awarded £39,183 to deliver suicide prevention programme for people at risk of suicide. All the funds were utilised in the period.
The Wimbledon Foundation awarded £24,500 to deliver a comprehensive programme of health and well¬being activities. All the funds were utilised in the period.
The Big Lottery Community Fund awarded £91,374 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.
The City Bridge Trust awarded £37,771 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.
The Wandsworth and Richmond VCS Capacity Building Fund awarded £6,485 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Armed Forces Covenant Fund awarded £32,996 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.
The Veterans Foundation awarded £15,000 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.
The Merton Giving Fund awarded £9,853 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Merton Community and Housing Department awarded £5,600 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Groundwork awarded £4,972 to deliver a cycling and walking programme for service users. All funds were utilised in the period.
The Edward Gostling Foundation awarded £11,000 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.
The Poppy Factory awarded £42,123 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.
The Greater London Sports Unities awarded £12,419 to deliver football and sports activities for service users. All the funds were utilised in the period.
There were Small restricted funds awarded for the total sum of £97,716 to deliver a community kitchen for vulnerable people, health and wellbeing programme, digital inclusion program, outreach programme, neurodiversity support programme, and for energy saving support programme. All the funds were utilised in the period.

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	24,790	**24,790**
Current assets	635,591	**635,591**
Creditors due within one year	(149,103)	**(149,103)**
Total	511,278	**511,278**

18. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	Unrestricted funds 2022 £	*Total funds 2022 £*
Tangible fixed assets	*20,005*	*20,005*
Current assets	*510,058*	*510,058*
Creditors due within one year	*(75,442)*	*(75,442)*
Total	*454,621*	*454,621*

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	*2022 £*
Net income for the year (as per Statement of Financial Activities)	**56,657**	*53,333*
Adjustments for:		
Depreciation charges	**6,800**	*13,587*
Decrease in debtors	**1,608**	*59,517*
Increase/(decrease) in creditors	**73,659**	*(56,909)*
Purchase of fixed assets	**(11,585)**	-
Net cash provided by operating activities	**127,139**	*69,528*

20. Analysis of cash and cash equivalents

	2023 £	*2022 £*
Cash in hand	**612,287**	*485,148*
Total cash and cash equivalents	**612,287**	*485,148*

21. Analysis of changes in net debt

	At 1 April 2022	Cash flows	At 31 March 2023
	£	£	£
Cash at bank and in hand	485,148	127,139	612,287
	485,148	127,139	612,287

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

England & Wales - Charity number 1028663

Accounts

Registered number: 02634372
Charity number: 1028663 (England & Wales)

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Unaudited

Trustees' report and financial statements

For the Year Ended 31 March 2022

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)

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COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)

Reference and administrative details of the Charity, its Trustees and advisers
For the Year Ended 31 March 2022

Trustees	Mr D H Knight, Chair Mr M Ingram, Trustee Mrs A Whitfield, Trustee Mr J Di Palma, Trustee
Company registered number	02634372
Charity registered number	1028663 (England & Wales)
Registered office	296a Kingston Road Wimbledon Chase London England SW20 8LX
Accountants	Axis Accountants Ltd Chartered Certified Accountants 8 Deer Park Road London SW19 3GY
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Trustees' report
For the Year Ended 31 March 2022

The Trustee present their annual report together with the financial statements of the COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES for the year 1 April 2021 to 31 March 2022. The Annual report serves the purposes of both a Trustee' report and a directors' report under company law. The Trustee confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

History & Background

Community Drug and Alcohol Recovery Services (CDARS) was founded in 1985 by Dorothea Bickerton, a local mother, as a direct response to her family's traumatic experiences of the devastation caused by drug and alcohol addiction.

Dorothea set up what was at that time, one of the UK's first family groups to help loved ones facing the damage of drug addiction: Family Support Group for the Relatives of Drug Users. The group started in Dorothea's home, and it flourished, developed, and expanded to become what is CDARS today.

CDARS was formally established as a charity in 1992, as a service providing emotional, practical, and social support to substance misusers, people with mental health issues and other complex needs, and their families and carers.

In 1995, David (Dorothea's son) tragically passed away. 'The David Bickerton Trust Fund' was set up in his memory, providing emergency financial support to families battling the crisis of addiction. Dorothea continued to lead the charity until her retirement in 2000. In 2005 she published a memoir of her experiences and her son's battle with addiction - 'A Life Remembered'. Dorothea passed away in 2019.

The quality of the work delivered by CDARS has been recognised by various establishments over the years, receiving the Whitbread Community Care Award in 1988, the Certificate of Merit for contributions towards community service from the Co-operative Union Ltd in 1991, Community Award from the Mayor of Merton in 1998, and the Trust for London award for committed services to the community in acknowledgment of outstanding achievement also in 1998.

CDARS is a highly respected and unique organisation that sets itself apart from many other addiction related organisations. CDARS has been a pioneer in the national

agenda for substance misuse. it has 37 years of experience in working with vulnerable people and supports over 1,500 users each year.

Through the years, CDARS has received visits from the Ministry of Crime Reduction, Mayor of London Office, and local MP in Merton for its achievements in contributing to reducing drug use and related crime locally.

OBJECTIVES & ACTIVITIES

Our Vision

"CDARS is committed to improve the lives of vulnerable people, and those with complex needs arising from the ill-effects of addiction to alcohol, drugs, mental health and other psychosocial conditions."

Our mission

"To improve the life, mental health, well-being and recovery capital of vulnerable people with complex needs in the community, covered, through the provision of innovative and inclusive psychosocial services."

Our Values

- **Client-centred**
- **Inclusive**
- **Respectful**
- **Non-judgemental**
- **Confidential**

Our objective

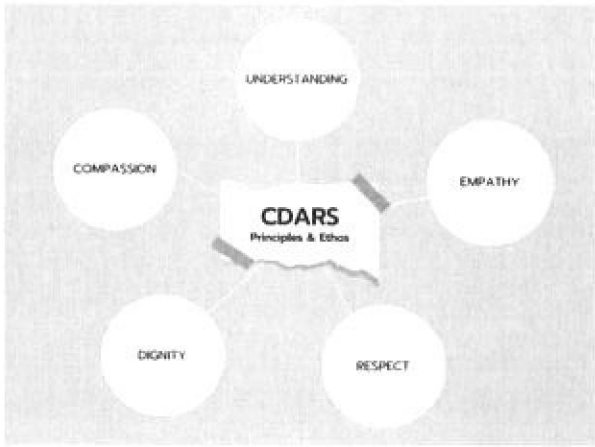
- Provide a range of psychosocial services to support the recovery of people with substance or alcohol misuse, people experiencing mental health issues, neurodiverse groups. and ex-military veterans - supporting their well-being and their re-integration within the community.
- Limit the harm which comes with mental health issues, substance and alcohol misuse and other psychosocial problems for our service users, their families and carers, and the wider community.
- Raise awareness and reduce the stigma associated with mental health, substance and alcohol misuse, and neurodiversity, within the local community and at work.

We strive by

- Providing a holistic approach aimed at improving the mental, physical, social, and emotional health of service users.
- Focusing on the recovery and re-integration of our service users.
- Offering support and provision of information to family members and carers of our service users.
- Increasing service user's own recovery capital.
- Offering personalised, peer-led support, to our service users.

OUR PRINCIPLES & ETHOS

At the heart of our organisation, we have strong values.



We review our aims, objectives, and activities each year, so this review looks at what we have achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to the people we are trying to help. The review also helps us ensure our aims, objectives and activities have remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Our main objectives for the year have continued to be the prevention of the misuse of illegal and legal substances, supporting people with mental health issues, supporting people with a neurodiversity disorder, and supporting military veterans with their needs, whilst also supporting the carers and family members of all our clients.

The strategies we have used to meet our objectives include:

- Providing a range of psychosocial services which are reflective of quality standards, and addressing the potential problems related to the areas we have addressed.
- Focusing on limiting the harm which comes with mental health and substance abuse, not only for the individual but also for their family and friends, and the wider community.
- Working towards applying and improving further national standards and guidance for good practice.
- Working in partnership with other agencies to ensure the broadest range of services is available to best match the needs of our client population.

Achievements and Performance

The people who have benefited from our services during the year 2021-2022 are residents of the London Boroughs of Merton, Wandsworth, Richmond, Kingston, and Sutton, that are affected by mental health issues, substance and/or alcohol misuse and neurodiverse issues. They have been supported through a range of related problems, such as health and well-being, social exclusion, support with integration and re-integration within the local community, etc. Their families and carers have also benefited from our support package. The sections that follow will give more detailed information on the impact that our work has had on the people and communities that we serve.

Main services delivered during the year 2021-2022

The Wandsworth and Richmond Day Programme for Alcohol and Substance Misuse

The Day Programme offers a non-judgemental space where clients can explore previously hidden assets and aspects of themselves that can support them going forward.

It works with clients to achieve a positive and solution focused approach to their substance misuse and the impact their addiction has on themselves, their families, and the local community. The full programme assists and supports client well-being, coping strategies and mental health, and can help lead to a change in habits and lifestyle.

The Day Programme offers support to clients through face to face and on-line groups, keywork sessions and welfare checks and counselling sessions. These support platforms look to include - Harm Minimisation, Relapse Prevention, Motivational Interviewing and Solution Focused Therapy.

The main objective of the various support we offer is to create a therapeutic and healing environment where clients can use their own individual resources to build a foundation of support around them through their peers, family, and the wider

community. In keywork and welfare checks solutions are jointly discussed, using a collaborative approach between client and worker.

Presently the Day Programme consists of 3 Abstinent Groups, 2 Non-Abstinent Groups, 2 Evening Aftercare/Open groups and 1 Saturday open group, and the groups are 6 days a week.

Within group settings the facilitators use Motivational Interviewing and Person-Centred Core Conditions alongside Solution Focused Therapy. These models are aimed at promoting the holistic aspects of a client's journey in recovery. The Day Programme helps clients to build structure, consistency, and maintenance in their daily lives.The Saturday and Thursday evening groups remain 'open groups', to make sure all clients have access to support when they maybe feeling particularly vulnerable, as well as being able to use these groups if they are employed and unable to access normal daily morning groups.

Counselling sessions are used with clients to explore further, any work they are already undertaking around trauma, or emotional and mental distress. In these sessions we look at the internal and external conflicts the client experiences, and how this impacts their communication, relationships, and intimate connections. Counselling sessions are undertaken both by paid workers who are qualified counsellors, and volunteer counsellors who are on placement with the Day Programme.

We aim to achieve

The Programme aims to assist clients in discovering their own unique qualities and strengths, developing self-esteem and hope for a brighter future. We aim to achieve this using the '5 ways to wellbeing' module:

- Connection with others - building a support network, long-term friendships, and support circles.
- Learning new skills to build confidence and self-worth.
- Giving back to others - by being of service to others we help and heal ourselves.
- Physical and recreational activities - to support physical, emotional, and mental wellbeing.
- Paying attention to the present moment (Mindfulness) - to escape the shame and regret of the past and fear of the future.

The Day programme is part of a consortium-based approach to substance misuse work, CDARS works with SLAM, we are With You (Formerly Addaction) and St Mungos in offering these services.

Some data OF service for the year 2021 – 2022

We have had 471 referrals, in addition to the 95 clients that were already involved with the Day Programme from the previous year, which makes the current total of 566 clients.

Number and percentage of clients by primary substance of use.

Table 3 Primary Substance of Use of Clients	Number	0%
Alcohol	207	44%
Cocaine	70	15%
Heroin	59	12%
Crack	66	14%
Cannabis	38	8%
Other	31	7%
Total	471	100%

Interventions offered.

Number of Support Groups Sessions	311
Number of Keywork Support Sessions	1976
Number of Counselling Sessions	576

Number and percentage of clients by Borough of residence.

Table 1 Borough of Residence of Clients	Number	0%
Wandsworth	263	56%
Richmond	208	44%
Total	471	100%

Number and percentage of clients by gender.

Table 2 Gender of Clients	Number	0%
Female	260	55%
Male	211	45%
Total	471	100%

SHORT CASE STUDIES

Some short case studies.

SC- *This client started on the non-abstinent day program. At the time his substances were alcohol and cocaine. He attended groups regularly, actively listened to group topics and was always inquisitive. The client has had several cravings along his recovery journey including the temptation to use at his friend's funeral, and while struggling to disengage with his friend who is a drug dealer. Despite having caught covid, which resulted in a long-term covid side effect, the client reported that just 3 weeks later he was interacting with non-user friends and spending more time taking care of his mind and body, doing physical exercise at home and outside. He has also taken advice about seeing the nutritionist for 1-1 support around healthy eating, and he is engaging in weekly counselling. Now 10 weeks abstinent.*
OF – *This client was referred to our services in January this year because of her alcohol dependence and joined the day programme in February. She was a victim of domestic violence, her children were removed from her care and placed with the father. She had contact with the children. Whilst on the group programme she had the realization that she'd never had a voice in her life, and that was the case in all her relationships. After a keywork session she was referred for counselling. She is still in counselling and has never missed a group (that she attends twice weekly). She has been abstinent for 6 months and is in the process of having her children returned to her.*
GL – *Client had been drinking for several years and not been able to reduce or stay abstinent. He accessed treatment services and started attending groups, finding them useful in his recovery. We worked on a reduction plan which helped him reduce his alcohol usage whilst attending group. He spoke of the benefits of being able to listen to others experiences, making him feel less alone with his struggle. Accessing groups weekly has enabled him to build a support network with peers in group, and he has stated that this has helped him continue towards his sobriety. He didn't use to eat much as his money was spent on alcohol, but now is eating well again. 16 weeks clean and feeling much better in himself.*
PT – *Consistent long term non engager; drops in and out of services and support. He has now come back to regular groups and is building a support network with his group peers in the 'outside world' and feels the benefits of this. His goals have shifted, and he now understands the importance of accessing support on a regular basis to remain focused and gets more involved in other projects which help improve his well-being and long-term growth.*
HJ – *Client had dropped out of support and attending regularly. Has now re-engaged and is committed to detoxing from his opiate substitute and considering going into rehab as a long-term goal. He has been supported through a recent trauma event he was a witness to and has used this as an opportunity to res-assess his current lifestyle choices and move forward with getting more support, being more involved with peers and looking at long term aims for his life and recovery.*
SD – *Long term client who went through day programme and received other additional services including counselling and cycling scheme during his time on the programme. He was supported in finding accommodation and has recently moved into his own new flat. He found this process daunting and struggled with isolation and connection when he first moved in and has therefore returned to volunteering in the community food kitchen, accesses further groups and has also been referred to for support with a neurodiversity specialist worker.*

The Sunshine Recovery Café

Background

Merton, Wandsworth, Kingston, Richmond and Sutton Clinical Commissioning Group, Southwest London and St George's Mental Health NHS Trust (SWLSTG) wanted to better support people who perceive themselves in a mental health crisis in community settings and offer constructive alternatives to presenting at A&E or admission to hospital. The CCG, through SWLSTG, commissioned the Sunshine Recovery Cafe, run by CDARS to offer a non-clinical but recovery-focused intervention by peers. The service is to provide an accessible, non-stigmatising and recovery focused service to sit alongside the clinical services offered by the Trust. The Sunshine Recovery, located within CDARS' premises in Wimbledon Chase, opened to the community in April 2017. The cafe is located off the main high street in a discreet courtyard, but easily accessible by public transport.

The Sunshine Recovery Cafe was set up to support people in a mental health crisis and help them discuss the nature of the crisis they are experiencing, their strengths and the coping skills they might use to decrease their distress and promote their well-being. Within a safe and secure environment, the service aims to support clients through a range of support and leisure opportunities.

The Sunshine Recovery Café is open to adults (above the age of 18) who consider themselves to be going through a mental health crisis, or at risk of moving into a mental health crisis. Individuals can be referred by a healthcare professional, or self-refer, providing they are a resident in the Boroughs of Merton, Wandsworth, Sutton, Kingston, and Richmond. The service is fully inclusive regarding gender, sexuality, and ethnicity, and looks to break down the barriers which clients may have previously experienced. The service is wheelchair accessible.

What we aim to achieve

To help those in mental health crisis to get support, guidance and gain the necessary tools to live a happier and healthier life. We offer a wide range of services, groups and activities which engage and support clients in helping them heal emotionally, mentally, and physically. We work with clients so they can find their own coping skills, strengths, and resilience necessary to overcome their mental health crisis.

Crisis support is aimed to be in place for between 6-10 weeks. However, there is no set time limit on how long clients can access support. We understand that when clients are in crisis the need for human connection and support is imperative, so clients can attend the Café as they need to. Clients are encouraged to connect with other support services and communities as well, so as to expand and increase their networks of support.

Data for the Year: April 2021 to March 2022

Daily Attendances

Number of separate visits to the Café by clients	3290
Number of individual clients accessing the Café over the year	667
Average number of visits in a Month	274

Main reasons given for presentation

Reasons given for presentation.

NEW CLIENTS

- Diagnosis of Emotional Unstable Personality Disorder (EUPD) and felt services did not exist in the community that supported them.
- Severe anxiety/depression caused by issues with relationships, financial hardships and worries/lack of service which fitted what they needed.
- Social isolation and loneliness.
- Self-harming behaviour.
- Hearing voices.
- Multiple clients with double/several diagnoses – EUPD, depression, anxiety.
- Suicidal ideation - recent episode or hospital admission, including attendance at A&E
- Increased presentations within 18-24-year-olds.

EXISTING CLIENTS

- Issues brought when they attend to do with relationships, boundaries, self-doubt and negative thoughts.
- Struggle with stigma around diagnosis and not being accepted.
- Loneliness and isolation.
- Lack of community and human connection.
- Financial insecurity.
- Frustration accessing support and services, both with waiting times and the nature of support offered.
- Fear of the future.
- 'Being too well' to get support, clients have to be in a visible crisis or overwhelmed before access to services is offered, otherwise there is nothing available.
- Dealing with so many different mental health agencies.

Demographic of New Clients

Number of new registrations in the Year	206
Gender	
Females	66%
Males	34%
Ethnicity	
White British	42%
White Other	10%
Black Caribbean	9%
Black African	9%
Asian Indian	10%
Asian Pakistani	8%
White Irish	3%
Black Other	2%
Mixed White and Black African	2%
Asian Bangladeshi	2%
Mixed Other	2%
Other Ethnic Groups	1%
Borough of Residence	
Merton	68%
Wandsworth	10%
Sutton	9%
Kingston	8%
Richmond	5%
Age Groups	
18 to 25	14%
26 to 36	23%
37 to 46	26%
47 to 56	18%
Over 56	19%

Outcomes

Percentage of clients who attended the café and have completed an exit questionnaire	88%
Percentage of service users who have reported that they felt less anxious since attending the café for support	95%
Percentage of service users who have reported that had been able to manage their mental health symptoms better since attending the cafe	95%

Some comments and feedback from clients

HG says:	*The café looks after me and I feel better when I leave there every time.*
DK says:	*I really like the food I get from there, it's healthy and tastes great.*
SH says:	*I enjoy coming to the café and feel supported.*
TY says:	*The art sessions have been invaluable, and I like the way they are run.*
HJ says:	*Glad that I got access to counselling through the cafe; it has helped me enormously*
GH says:	*The café has stayed open for support, friendly and welcoming atmosphere*
AS says:	*Enjoyed the Art group and the creative parts of it.*

SF says:	*I like the Art Group and what it allows him to do creatively.*
RE says:	*I found the counselling extremely valuable addition to attending the Café.*
MS says:	*Grateful to have a safe place to come to where she can get support in a safe environment.*
JH says:	*I found the counselling incredibly beneficial.*
PH says:	*I am grateful for the support around issues at my home address and in the help received to sort them out.*
AK says:	*I enjoyed the day of fun on the Common – it was good to get out and be with others.*
JO says:	*The friendly atmosphere makes me feel safe when I'm here.*
SK says:	*I love the art sessions and the creativity of these sessions.*
RE says:	*Since coming to the Café, I have felt safer and able to talk more to others if I need support*
SF says:	*I found the counselling extremely valuable addition to attending the Café.*
FS says:	*It's always good to see and meet others at the café. Just being there helps with my mood and feeling supported.*

HEALTH & WELLBEING PROGRAMME

Background

- In December 2019, the National Lottery Community Fund kindly agreed a continuation grant to fund CDARS' Health and Wellbeing programme for another 3 years. The aim of the Health and Wellbeing programme is to support people with mental health issues in their recovery journey; to improve their quality of life and to support their independence and reintegration into the community.

- During the first year, we experienced a range of challenges due to the pandemic and successive lockdowns. The second year of the programme, which started in December 2020, was met with similar uncertainties and restrictions but this time CDARS was well prepared to implement changes to our service delivery promptly. Below is a report for the second year, analysing the impact of the programme, its challenges and lessons learnt during that period.

Services provided during the year

- During the second year of the programme, we worked with 142 clients in total, which is more than we had anticipated. This is however not surprising as we have seen an increase in demand for our services due to a rise in mental health conditions linked to the pandemic.

- The programme was delivered online between January and May 2021 due to the lockdown. The virtual café offered a range of holistic activities including nutrition sessions with CDARS' nutritionist, yoga, stretching, relaxation techniques, dance movement therapy, and benefits advice.

- We resumed our activities face-to-face from May 2021 onwards, although at a reduced capacity of 4 to 6 people per group. We continued to deliver a range

of activities at our centre in Wimbledon Chase, as well as outdoors activities such as weekly walks.

- At the core of the Health and Wellbeing programme is the involvement of our 'events champions'. We worked with 36 events champions who received their training primarily online and face-to-face in one-to-one sessions (26 completed their training and 10 are still attending the sessions).

The training programme consisted of the following content:

Week 1	Why are we here? Introduction & Expectations, Hopes and Fears – Getting to know each other
Week 2	Creating safer spaces. Confidentiality, safeguarding, boundaries - Policies and procedures
Week 3	Communication styles- How do we communicate? Skills practice
Week 4	Communication: Managing behaviour and dilemmas, Etiquette and code of conduct, ethical practice. Working face to face and online
Week 5	Self-awareness, Diversity, Inclusion, Values and Beliefs
Week 6	Working with groups: Your role as the facilitator. Facilitation skills, group stages and managing group dynamics
Week 7	Ending celebration: Action planning and reflections of skills gained, evaluation. Where do you go now?

The events champions have had an active role in supporting the virtual café, they have helped to facilitate some of the workshops organised throughout the year and have managed some of the WhatsApp groups such as the 'Urdu-speaking Chai and Chat' group. Events champions have also led discussions on the online book club and have shared tips and advice about nutrition in the WhatsApp group.

The events champions helped organise a number of key events, in particular the Sunshine Olympics in September 2021. Attended by 70 participants, the event was a big success celebrating Recovery Month. We also celebrated World Mental Health Week.

- We have involved people from the local community in the work that we do.

- We have worked very closely with a network of local organisations based in Southwest London. These are some of these organisations we signpost our clients to: Citizens Advice Bureau, Law Centre, Solace Women's Aid (Domestic and Sexual Violence), RASASC (Rape), Refuge (Safe houses), Advocacy for All, Rethink mental health advocacy, Gingerbread (Welfare benefits support for single parents), Wimbledon Guild (grief counselling), Recovery College, St Mungo's, Hillcroft and Richmond College, Samaritans, and many others. 110 of our participants engaged with one of these organisations throughout the year to access online courses and other support.

- We also created formal partnerships with local organisations including the Social Prescribing team in Merton, St Mungos, SLAM and Merton ADHD/ ASD

team. Our work was celebrated locally by the Social Prescribing team in Merton who awarded CDARS with the Outstanding Voluntary Organisational Support – in the Supporting Women category.

- Local organisations also continued to refer clients to us, including social prescribing services, GP surgeries, social services, St Mungos, the Police, the Ethnic Minority Centre, One Merton, probation services, and the Family Drug & Alcohol Court team.

Some client feedback

We asked our clients to fill in feedback forms and questionnaires so we could track their progress. The outcome tracked shows that the programme has had a very positive impact on client well-being in this period of heightened uncertainty and anxiety.

Outcomes of the services provided

Clients who have reported feeling less isolated thanks to engaging in the activities online and face-to-face. For some of our clients, the service provided the only opportunity to interact with other individuals, whether online or face-to-face.	**97%**
Clients who have reported significantly higher life satisfaction	**86%**
Clients who have reported feeling significantly more positive about their mental health and having a better understanding.	**84%**
Clients who have reported having learnt new skills, especially the Events Champions. Including our clients who have learn digital skills by participating in the online activities we have provided.	**91%**
Clients who have achieved employment including self-employment.	**24**
Clients who have initiated some forms of training, including back-to-employment training, parenting and self-esteem classes.	**45**

Due to the pandemic, our clients have faced additional adversities, leading to social isolation, lower life prospects, and heightened anxiety and mental health issues. As a result, we realised that our most vulnerable clients need continuity of care in this period of uncertainty. The programme provides an opportunity to create social connections at a time where it is difficult to create new friendships and social networks. CDARS therefore needs to continue to provide this support to engage in social activities beyond the expected engagement time in the programme.

Since Covid-19, the programme has experienced a new demographic of client, in particular women and young people experiencing mental health issues. This means CDARS needs to adapt our services to meet their specific needs, rather than providing a generic service. We have therefore created a young people group for people aged 18 to 26, led by a facilitator from that age group herself. We are also adapting our

services to meet the needs of people with Autistic Spectrum Disorder (ASD), such as refurbishing our Sunshine Recovery Café to make it more welcoming for people with sensory needs.

Since the pandemic, our clients have faced many issues with their benefit claims, so demand for support in this area has increased. Benefits advice is becoming a priority within CDARS. We have since applied for funding to employ a Benefits Advice Support Worker and have received notification of funding from Power Partners, to start the services in 2023. This will complement the Health and Well-being activities currently provided.

A Case Study

Mariam (identity changed) 37 years old, has been living in the UK for 11 years. She left her home country following an arranged marriage. She and her husband moved in with her mother-in-law.

At first, Mariam and her husband had a happy marriage, in spite of not being able to conceive. However, this changed once Mariam was diagnosed with breast cancer. Her husband and mother-in-law began to blame her for being ill. They also made her feel like she had no value because she was unable to bear a child. They treated her condition as a burden, and Mariam had to go through her illness without any support.

While Mariam was receiving chemotherapy, she received no support from her husband and also she received a divorce petition. Once she signed it, she was told that she had to pack her things and find a new place to live as they did not have a legal obligation to keep her in the family home.

Mariam's cancer was in remission, but still struggling with anxiety, depression, and the side effects of chemotherapy when she had to start the demanding process of finding a new home. She had never rented a property before, and she had minimal knowledge about all the factors that this entails. In addition, a big language barrier made the whole process even more challenging for her.

Mariam's social prescriber referred her to the Women's Café and the Health and Wellbeing Programme. Mariam presented at the cafe in a very vulnerable state. She did not feel ready to engage with other clients, so she only attended for one-to-ones in the first couple of weeks. Her anxiety was so severe that she was unable to speak on the phone with estate agents to arrange viewings, and she was so fearful of the unknown, and of being unable to find a property in time, that she could not attend those viewings on her own.

After being rejected from many properties because on benefits, we helped Mariam to find a suitable property, obtain the funding for a deposit, helped with a Personal Independence Payment (PIP) and sort her household bills. With each challenge, positive changes in her started to become apparent: she joined our weekly groups and engaged with other clients. She became more independent and started activities that she would have found impossible to do, she even began an English course and worked on the language barriers that hinder her daily interactions.

Recently, Mariam became an event champion for the Health and Well-being Programme. She said that one of the reasons she was able to feel at ease in the Women's café is that she is able to connect with ladies from different cultures who have experienced similar challenges in their lives.

In her own words: "The programme has helped me in many aspects. I was referred to the service when I was in distress. At some point, I wished I had died from my illness because my future looked so hopeless. I am very grateful that the café was by my side through this tough period of my life, and I am still supported now that things have improved. All I can say is that I am where I am right now because of this service."- Mariam

SAVING LIVES - THE SUICIDE PREVENTION PROGRAMME

We acknowledge that supporting people with suicide ideation is perhaps the hardest area of our work. Staff tend to struggle with anxiety and confidence levels if not adequately trained in this area or lacking adequate resources. Therefore, in order to respond effectively to this specific and sensitive need, CDARS has sought external funding to employ a Suicide Prevention Specialist Worker. The programme was funded initially by the Henry Smith Charity for 3 years, and just recently it was announced that the Henry Smith Charity would be funding the project for another 3 years. We are extremely grateful to Henry Smith Charity for their long-term commitment, also on behalf of our many clients, who benefit hugely from this important service.

The programme is delivered from our premises in Kingston Road, Wimbledon Chase, and is open to residents of the Boroughs of Merton, Wandsworth, Sutton, Richmond, and Kingston, aged 18 plus.

Aims and Objectives

This aim of the programme is to support people who are at risk of suicide or suffer from suicide ideation. The programme provides a holistic suicide prevention service for clients who have severe and enduring mental health issues or a common mental disorder such as stress, anxiety, or depression. The programme enables us to identify clients at risk of suicide ideation and propensity to plan and commit suicide, by providing a mixture of immediate short-term, medium, and long-term support.

What we offer

The programme now employs 3 highly trained and experienced Suicide Specialist Workers supported by 2 trained volunteers. The programme is highly innovative and is provided in the following 3 stages:

STAGE 1 'SURVIVE'

A 12-week flexible support programme, depending upon the client's needs. All clients are assessed when presenting to the service so that specific needs can be identified, and an individual package of care can be designed for and with the client. Those identified as high risk will be supported by the team with a package of measures designed to reduce the immediate likelihood of suicide.

Activities include:

- Crisis work and short motivation therapy
- Counselling - weekly one-to-one counselling sessions using techniques such as cognitive behavioural therapy, which provides the tools and techniques needed to manage suicide ideation

- Weekly support group and workshops. These groups include thematic discussions (i.e. triggers for suicide ideation), peer support and talks by health providers. The workshops include specific subjects, such as relaxation techniques, meditation and mindfulness.

STAGE 2 'PREVENT'

An extra 12-week support, again flexible, depending on client's needs. A longer-term support designed to prevent a relapse back into suicide ideation.

Activities include:

- Mental health support - one-to-one counselling and a weekly relapse prevention group, which includes ongoing peer support.
- Telephone and online support.
- Mentoring - ongoing support is provided by a named volunteer with lived experience of suicide ideation, where possible and appropriate, which includes ongoing motivational support
- Links to other services - we work closely with partners to provide a comprehensive package of support as needed, including links to employment training, housing services, faith and social groups, volunteering opportunities, and improved welfare benefits.
- Crisis service is available as and when needed.

STAGE 3 'SUSTAIN'

Support for as long as it is necessary.

In this stage, clients are moving forward, the likelihood of suicide in many cases is greatly reduced, however the following activities are still available:

- Employment Skills
- Ongoing Mentoring support - clients continue to receive support from a named volunteer with lived experience of suicide ideation who provides ongoing motivational support.
- Weekly self-help group - in this group clients will gain support over wider issues than just mental health, such as finding employment and gaining training.
- Crisis and telephone and/or skype services are available should service users still need it.

We provide a 24/7 telephone crisis helpline, which is always available for clients to access any time of the day or night, 7 days per week.

The tables below report data regarding clients who have accessed this service from April 2021 to March 2022.

Number of new registrations in the Year	139
Number of clients who have completed the programme of at least 12 weeks of support.	121
Number of clients who have engaged in weekly counselling.	105
Number of clients who have engaged in weekly support groups.	41
Number of clients who have accessed our 24/7 crisis telephone support.	54
Number of clients who are currently engaged within the programme.	56
Gender of Clients	
Females	55%
Males	45%
Ethnicity	
White British	61%
White Other	9%
Black Caribbean	11%
Black African	3%
Asian Indian	8%
White Irish	2%
Black Other	2%
Mixed Other	2%
Other Ethnic Groups	2%
Borough of Residence	
Merton	57%
Wandsworth	19%
Sutton	6%
Kingston	10%
Richmond	8%
Age Groups	
18 to 25	13%
26 to 36	29%
37 to 46	28%
47 to 56	18%
Over 56	12%

Richmond	8%
Age Groups	
18 to 25	13%
26 to 36	29%
37 to 46	28%
47 to 56	18%
Over 56	12%

Performance Achieved

Clients who have reported that they learnt effective coping mechanisms in dealing with and managing suicidal thoughts through the use of solutions-focused therapy over the grant period.	89%
Clients who have reported that they developed knowledge, skills and confidence with a positive impact on reducing the triggers that lead to suicidal ideation episodes. This helps to reduce the risk of suicide in the long-term.	86%
Clients who have reported a significant increase in their knowledge and confidence on when and how to access effective support to reduce the likelihood of suicide. They learnt that there are tools in the community that can help them at a critical time.	88%
Clients who have reported a significant improvement on their skills, social networks and support leading to improved mental well-being, quality of life and life skills. The referral pathways created within the programme enabled the individuals to create those social networks and to gain essential life skills to get on with their lives positively.	82%

Some Feedback from Clients

PT: "When I feel like ending it all, talking through with my key worker, clarifies my mind and gives me the strength to carry on"
CS: "I was very low when I arrived, but being able to speak through, I felt much better"
MF: "I was not expecting so much hope from my counsellor, I feel so much more positive"
CS: "When I feel too low to carry on, learn to speak with my counsellor, I found always very helpful to carry on"
TW: "When I came for the first time, I was lonely and depressed, wanted to end it, now I feel that I can manage myself"
AK: "Counselling gives me the skills to cope and change my destructive thoughts"
KT: "The saving lives service saved my life"
PS: "When I feel low and think about ending, I call my counsellor and talk about my feelings"

A Case Study

Sam, 59 (identity changed)
Sam came to us after having been made redundant from a job she had held for most of her adult life. In one short day, she went from feeling safe, stable, secure, and part of a community to feeling alone and isolated, with no purpose for her future. This was distressing to the point of feeling life would no longer be worth living; depression was setting in and her anxiety levels were high. We worked with Sam in weekly counselling sessions for around six months, supporting her with those difficult feelings and helping her identify coping mechanisms when her feelings were at her worst. We were also able to connect her with another of our services offering access to a free course on understanding the internet and technology. Sam has since attended two further IT and computing courses, is registered with a job agency, and continues to check in once a month with the team on the phone.

Sam says of the service "the support I have received has been really helpful. I have been able to speak about my feelings, be open about wanting to end my life and process what has happened to me. I still have low days but am able to cope much better as a result of the work we have done. It is great to know I can check in every so often too."

THE EX-MILITARY VETERANS SUPPORT PROGRAMME

The Veterans Support Programme at CDARS originated in May 2019, and is one of our programmes that has developed and grown significantly. It runs from our premises at Wimbledon Chase and supports Ex-Military Veterans, including their family members.

The programme is funded by the Armed Forces Covenant Fund, and we work in partnership with the Poppy Factory who is currently funded by the Veterans Foundation, to support veterans who are homeless or sleeping rough and to support the family members of these veterans.

Who can access the programme?

The programme can be accessed by any ex-military veteran and their family members, aged 18 years old plus, and resident of the boroughs of Merton, Wandsworth, Kingston, Richmond, and Sutton.

The programme

- Veterans usually self-refer or are referred by partner agencies.
- They receive a formal assessment and support plan, so that support is provided to them in a tailored and structured way. There are ongoing reviews throughout their time with us.
- We provide immediate support to improve mental health and reduce any risk of suicide. Services provided include: a 24/7 telephone helpline, one to one counselling (i.e., brief motivation therapy), and weekly support groups and workshops.
- After veterans have been through the immediate crisis period, they then move on to longer-term support designed to enhance their lives. Activities include mentoring by veteran volunteers, access to a choir, boot camp fitness sessions, nutrition sessions, day trips, breakfast meetings, and ongoing peer support.
- We do work with other organisations to meet our veterans' wider needs, including training agencies to build their skills for work, housing associations to help find accommodation, our substance misuse support if needed, GP surgeries and hospitals to support any physical health issues, military group to help reduce isolation and much more.
- Volunteering is built into the programme, and we encourage veterans to become group or one-to-one mentors as part of their own recovery.
- When all of their needs are met, veterans either leave the programme or stay with us as volunteers or simply attend the peer groups.

Some data for the year:

During the period April 2021 to March 2022, we have had 82 veterans who have attended our programme.

The table below shows some outcomes.

Veterans who reported that they felt less lonely and isolated because of attending the various activities on offer. They fed back that the project created a sense of camaraderie, and they felt a sense of relief through being able to share their worries and doubts with their peers.	**92%**
Veterans who reported a significant improvement in their physical health. They also felt more motivated to be active and to integrate simple lifestyle changes to their lives, such as walking more regularly.	**86%**
Veterans who reported an increased understanding in their own triggers to a mental health crisis. This resulted in them feeling better mentally.	**92%**

A Case Study

M's story:

"I served in the Air Force for 18 years both throughout the UK and overseas – some postings and detachments being (but not exhaustive): Finningley, Valley, Culdrose, Innsworth, Stanmore Park, Hereford, Shawbury, Manston, Aldergrove, Careers Office Southampton – all within the UK, and Overseas: Cyprus, Ascension Island, Germany, Belize, USA, and on Tri Service Organizations.

I now live with a double below-knee amputation and medical problems due to an accident I had 5 years ago, which led to 6 months in a coma on life support and now requires me to take lifelong medication. I use prosthetics but also rely on a wheelchair when fatigue or injury necessitates. I am however very active with sports, fitness, travel, and I still drive.

The Wellness and Recovery Project has helped me immensely, giving me an opportunity to talk with like-minded people in an environment that has reminded me of the banter and camaraderie felt whilst serving. It has pushed me to go out when perhaps I didn't feel up to it or not in the mood. I could forget the issues or problems that my disability presents me with. It has been a fun, relaxed environment where I have been free to express myself and people do not patronize me or make allowances for my disability.

The project gives attendees the opportunity to dip in as much as they feel helps them."

The Community Kitchen

The CDARS Community Kitchen was born during COVID time to support our most vulnerable clients, since then it has grown and is now an integral part of our services. It supports people with multiple and complex needs including those with poor mental and physical health, and those affected by substance misuse and many others, which means they struggle to find work. They are all living in poverty and often in poor quality

accommodation. Many are lonely and are often highly distressed. The latest Merton Story Document (2021) says numbers of local people with poor mental health have risen by nearly 50% as a result of Covid-19. and anxiety levels of people generally have risen by 3%.

Clients represent the whole community; 52% are White British, 12% East European, 9% Black African or Caribbean, 9% Asian, 7% Irish, and 11% other. They come from poorer wards such as in the south and east of Merton such as Figges Marsh and St Helier. A survey showed that most of these clients eat poorly or irregularly, their food choices can lack good nutrition, and some don't even have simple kitchen implements.

The CDARS Community Kitchen is an existing project that currently delivers free healthy warm meals to clients at their homes, also covering meals on weekends to ensure clients have at least one good meal 7 days a week. The service meets all relevant hygiene and other standards such as health and safety, safeguarding, and equalities. Every meal is either hot or cold, fresh, healthy, nutritionally balanced vegetarian, and provided in a box.

During the year 2021-2022 we have served 274 clients and we have delivered over 50,000 meals across the boroughs of Merton, Wandsworth, Kingston, Richmond, and Sutton.

THE 24/7 CRISIS TELEPHONE HELPLINE

The 24/7 Crisis Telephone Helpline has been operational since June 2020 when it was started during the initial COVID 19 Pandemic. This service continued after March 2021, after its initial funding ended, as it was seen as a vital and important resource for services.

The helpline is available for clients to call any time, both inside and outside of operational service hours, 7 days a week. There are 7 trained members of staff across CDARS that support in the answering and running of the helpline to provide clients with support and crisis management across the five boroughs.

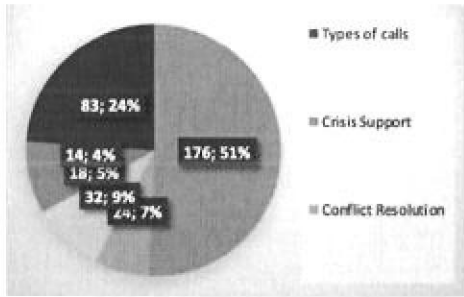
The support provided to the callers is tailored specifically to the individual with the possibility of a follow up as a check in/welfare support for the client. The call line provides alternative support for those in crisis and an alternative way to access our various services support during the COVID-19 uncertainty and lockdown periods.

During the period April 2021 to March 2022, we received 347 out of hours calls, the largest proportion of calls received on the helpline was during the hours of 6.00pm to 11.00pm - 276 calls were received during this time.

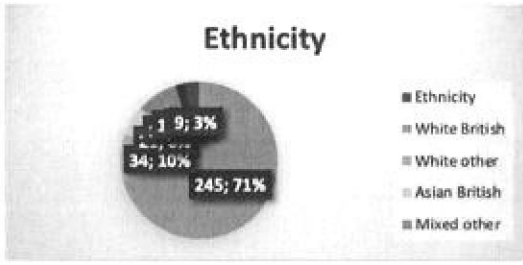
The helpline is targeted at those who live within one of the five boroughs that Crisis Mental Health support operates across: Kingston, Merton, Richmond, Sutton, and Wandsworth, however, some calls have been received outside of these five boroughs.

A variety of different calls were received on the helpline, these can be broken down into 6 main categories: crisis support, opening & closing times/accessing services, food delivery, housing & benefits support, resolution of personal and interpersonal conflicts and substance misuse. The majority of the crisis support provided to clients was simply an empathetic and compassionate 'ear', solution focused support, substance abuse harm reduction and screening self-harm, and other mental health specific support.

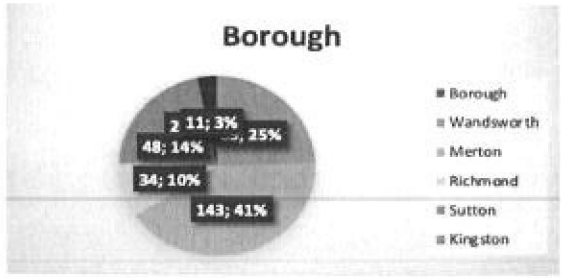
The chart below illustrates the breakdown of the types of calls received:



The chart below illustrates the the ethnicity demographic breakdown of the calls received:



The chart below illustrates the breakdown of the boroughs of where calls were received from:



Overall, the helpline continues to be well received by a wide range of clients across the 5 South West London Boroughs. The overall feedback has been that the support provided was helpful at the time of 'crisis' and also that the information provided was clear, concise and easy to follow in respect of how to proceed, access additional help and in the referral process.

PLANS & DEVELOPMENTS FOR THE FUTURE

The Neurodiversity Support Programme

This programme aims to support and enable neurodiverse groups, including people presenting with autism spectrum disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD), to better manage their symptoms, integrate better within their community, and make better use of the resources available to them within the community.

Our Support Workers are trained to NVQ Neurodiversity and Inclusion Level 3, some of them belong to a neurodiverse group and have a great understanding and passion in this area of work. Some of their area of work is to motivate and engage with neurodiverse clients and support them, ranging from the practical daily issues the client may encounter, to the emotional issues they face due to the symptoms arising from neurodiversity, such as anxiety or depression.

They also support clients in accessing other services, like the day programme for substance and alcohol misuse or the recovery café for mental health. The bespoke support provided by our specialists boosts our clients' self-confidence and self-esteem, as well as their motivation and mental health in general.

This project is innovative and unique, it breaks barriers for this group of people who faces additional challenges when engaging in mainstream services.

Through this programme we have formed a working relationship with the specialist national organisation in the area ASD, Positive Psychology Guild & Autism Centre, and Dr. Reece Cooke. The programme has been running for about six months and is already developing and growing fast. So far approximately 60 people have already accessed the programme.

TW says:	*"I look forward to my weekly talk with M This is the only place where I feel heard and understood because of my ASD symptoms. She has allowed me to better understand my condition and how to set routines. I also find social interactions difficult but speaking to M has allowed me to practice these skills with her."*
DP says:	*"It's been great. I am finally getting counselling started and really looking after my mental health. My counsellor has helped me better understand my symptoms and gave me tools that help me to manage them."*
LM says:	*"The group came at the right time for me. I was struggling to engage socially, but I feel very welcome every week here and I manage better with my social skills. I now look forward to this time as I can focus on myself and be with likeminded people".*
JC says:	*"This service and group have been so amazing to be a part of. It's great to speak with other adults going through the same difficulties as me. I don't feel so alone anymore"*

Veteran Families Support Programme

A Short Background of the service:

This new programme, funded by the Armed Forces Covenant Fund, aims to improve the health and mental wellbeing, skills, resilience, and prospects of disadvantaged veterans, their families and carer's living in Merton, Sutton, Wandsworth, Richmond, and Kingston. The programme brings together a holistic set of services to meet the needs that veterans and their families present, whilst referring them to other local services when appropriate.

Programme Objectives:

The objective of the programme is to:

- Improve veterans, their families and carers' quality of life.
- Improve family members and carers of veterans' wellbeing and reduce isolation.
- Improve resilience of veterans' family members or carers.
- Support, where needed, housing needs of veterans' family members or carers.

The service currently provides:

- One to one counselling sessions.
- One-to-one advice, advocacy support, housing, bills, relationship support, employment support, and signposting to relevant organisations in the community.
- Working alongside the partnership organisations, as well as larger veteran support charities like SSAFA, and OP Courage, to name a few.
- Peer Support.
- Access to our Community hubs, where veterans and their family members can access a safe space to chat, drink and eat together while getting advice when needed.

- Breakfast morning meetings.
- Volunteering opportunities for veterans and their family members.

Criteria for access to the service

Ex-Military Veterans, family members or carers living in Merton, Sutton, Richmond, Wandsworth, Kingston, aged 18 years old plus, can access the service.

The project is still in the initial phase of development but is growing stronger and stronger and is already a very popular service. So far, after six months from when the programme started, over 50 family members or carers of veterans have accessed the service.

A Case Study

Mary (Identity changed)
We first met Mary when she attended the hub with her daughter B., a RAF veteran, and her youngest granddaughter C.
B was currently taking time off work for her mental health; she was going through a very challenging separation form her ex-partner. Mary had moved in with the family to help support Betty and the children through this very challenging time.

We were able to link B. in to have 1 to 1 support from one of our Counsellors, as well as advocacy support in communicating with her children's schools about their current family situation. We spent time with Mary asking what she might need to support her own well-being as well. Mary had in the past really enjoyed volunteering at a Veterans Choir but was finding very little time to do something for her while she was needing to step in for the family. She also expressed that staying within the Veteran community is what felt safe for her. We asked Mary if she would like to come join us as a volunteer at the hub knowing that C. was with her, safely engaged in the art activities. We are delighted to have Mary joining us soon and continue to support the family through their individual needs as well as together at the community hub.

Going Concern

After making appropriate enquiries, the Trustee have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

Financial review

CDARS has a reserves policy which states that a reserve equivalent to at least one quarter of the total annual expenditure should be held in case of a non-predicted fall in funding or financial changes.

For the year ended March 2022 the total expenditure amounted to £842,624. A sum of at least £53,332 should therefore be set aside as a reserve. Total unrestricted reserves held at end of March 2022 amounted to £454,620 (2021 has been of £375,809).

CDARS adopts a policy on risks assessment and risks review for financial and funding matters, whereby every three years a business plan is produced, where potential risks of a financial nature are highlighted. The management committee meets approximately every eight weeks with the CEO and other staff members as appropriate. At these meetings, potential risks are assessed and reviewed by all committee members.

The Management Committee conducts regular reviews of the major risks to which the charity is exposed. Where appropriate, systems or procedures are established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients, and visitors to the centre. CDARS adopts the highest standards of the NICE Guidelines (National Institute Clinical Excellence), ensuring a consistent quality of delivery for all operational aspects of the charity. The charity is compliant with various quality management systems, as listed further below, and is audited regularly by its funders, annually. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Structure, governance, and management

Community Drug and Alcohol Recovery Services (CDARS) is a registered charity (No. 1028663). It is a company limited by guarantee (No. 02634372), which does not have a share capital. Every member of the charity undertakes to contribute an amount not exceeding £1 to the assets of the charity in the event of winding down. The total number of such members is 4 and trustees are all members and members are all Trustees of the company. The company was established in August 1991 under a Memorandum of Association, which sets out its objects and powers. Its Articles of Association governs it. Under those articles, the members of the Executive Committee are elected at an annual general meeting to serve for a period of two years.

The trustees, who are also the directors for the purpose of company law and under the company's articles are known as members of the Management Committee are:

David Knight, Chairman/Trustee/Director
Anna Whitfield, Trustee/Director
Mark Ingram, Trustee/Director
John Di Palma, Trustee/Director

Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of two years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no remuneration from the charity. Any expenses reclaimed from the charity are set out in the accounts. The Management Committee seeks to ensure that the needs of the client group are appropriately reflected through the diversity of the trustee body.

To enhance the potential pool of Trustees, we include previous clients of the centre, who would be willing to become members and Trustees, and use their own experience to assist the charity. The organisation aims to fully represent and maintain as far as possible a broad mix of skills at Management Committee level. In the event of skills being lost, the organisation has a system in place to replace the required skills.

Most Trustees are already familiar with the practical work of the charity. Additionally, new Trustees are invited and encouraged to attend induction and a series of short training sessions to familiarise themselves with the charity and the context within which it operates.

These are jointly led by the Chair of the Management Committee and the CEO of the charity and cover:

- The obligations of Management Committee members.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

An information pack and guidance book prepared by the Charity Commission "the Essential Trustee", is distributed to all new Trustees along with the Memorandum and Articles and the latest financial statements.

In so far as it is complementary to the charity's objects, the charity is guided by relevant local and national policies, where appropriate.

Quality systems that we employ include:

- National Institute for Clinical Excellence Guidelines.
- Standards for Better Health.
- International Organisation for Standardisation - ISO 27001.
- Investors in People.

- Federation for Drugs and Alcohol Professionals Guidelines.
- Chartered Institute of Management Code of Conduct.
- Regular client surveys.
- Safeguarding Vulnerable Adults Board and Child Protection Board.
- Health and Safety and many other policies.
- Complaints Procedure System.

CDARS is a registered member and accredited by:

- Centre for Social Justice
- Living Wage Foundation
- The Equality Register
- Disability Confident

We would like to thank...

CDARS Board of Trustees, management, staff, volunteers, and clients would like to express our gratitude to the following funders and donors that once again have believed and trusted in the organisation.

- Southwest London and St George's NHS Trust
- South London and Maudsley NHS Trust
- Big Lottery Community Fund
- Public Health Wandsworth and Richmond
- The Wimbledon Foundation
- Henry Smith Charity
- City Bridge Trust
- The Pilgrim Trust
- The Armed Forces Covenant Fund
- Veterans Foundation
- Wandsworth and Richmond Adult Social Care
- Groundwork London
- Carluccio's Foundation
- The Poppy Factory
- Greater London Authority
- Lloyds TSB Foundation
- Wimbledon Guild
- Merton Volunteers Service
- Power Partners

- Mo Mark Foundation
- Prince of Wales Charitable Foundation
- Edward Gostling Foundation
- Wimbledon District Nursing and Midwifery Benevolent Society
- Souter Charitable Trust
- The Vintner's Company
- Peter Stebbings Memorial Charity
- Smith and Mount Trust
- Merton Giving Fund

Statement of Trustee's responsibilities

The Trustee (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustee's report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustee to prepare financial statements for each financial year. Under company law, the Trustee must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustee are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' report (continued)
For the Year Ended 31 March 2022

Approved by order of the members of the board of Trustees and signed on their behalf by:

D H Knight.

.....

Mr D H Knight
(Chair of Trustees)

Date: 14/12/2022

Independent examiner's report
For the Year Ended 31 March 2022

Independent examiner's report to the Trustees of Community Drug and Alcohol Recovery Services ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2022.

Responsibilities and basis of report

As the Trustees of the Charity (and 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 the Charity 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 the Charity's accounts 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 the Charity'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 ACCA, 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 the Charity 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Independent examiner's report (continued)
For the Year Ended 31 March 2022

Signed: 

Dated: 14/12/2022

Sohaib Akram

ACCA

Axis Accountants Ltd
Chartered Certified Accountants
8 Deer Park Road
London
SW19 3GY

Statement of financial activities (incorporating income and expenditure account)
For the Year Ended 31 March 2022

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	*Total funds 2021 £*
Income from:					
Donations and legacies	3	**3,535**	**-**	**3,535**	*30,483*
Charitable activities	4	**507,312**	**385,042**	**892,354**	*873,287*
Investments	5	**67**	**-**	**67**	*62*
Total income		**510,914**	**385,042**	**895,956**	*903,832*
Expenditure on:					
Charitable activities	6	**423,005**	**419,619**	**842,624**	*695,918*
Total expenditure		**423,005**	**419,619**	**842,624**	*695,918*
Net income/(expenditure)		**87,909**	**(34,577)**	**53,332**	*207,914*
Transfers between funds	15	**(9,098)**	**9,098**	**-**	*-*
Net movement in funds		**78,811**	**(25,479)**	**53,332**	*207,914*
Reconciliation of funds:					
Total funds brought forward		**375,809**	**25,479**	**401,288**	*193,374*
Net movement in funds		**78,811**	**(25,479)**	**53,332**	*207,914*
Total funds carried forward		**454,620**	**-**	**454,620**	*401,288*

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 37 to 56 form part of these financial statements.

Balance sheet
As at 31 March 2022

	Note		2022 £		*2021 £*
Fixed assets					
Tangible assets	11		**20,007**		*29,323*
			20,007		*29,323*
Current assets					
Debtors	12	**24,910**		*84,427*	
Cash at bank and in hand		**485,148**		*419,824*	
		510,058		*504,251*	
Creditors: amounts falling due within one year	13	**(75,444)**		*(132,286)*	
Net current assets			**434,614**		*371,965*
Total assets less current liabilities			**454,621**		*401,288*
Net assets excluding pension asset			**454,621**		*401,288*
Total net assets			**454,621**		*401,288*
Charity funds					
Restricted funds	15		**-**		*25,479*
Unrestricted funds	15		**454,621**		*375,809*
Total funds			**454,621**		*401,288*

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Balance sheet (continued)
As at 31 March 2022

D H Knight.

Mr D H Knight
Chair of Trustees

Mrs A Witfield
Trustee

Date: 14/12/2022

The notes on pages 37 to 56 form part of these financial statements.

Statement of cash flows
For the Year Ended 31 March 2022

	2022 £	*2021* *£*
Cash flows from operating activities		
Net cash used in operating activities	**69,527**	*249,023*
Cash flows from investing activities		
Dividends, interests and rents from investments	**67**	*62*
Purchase of tangible fixed assets	**(4,270)**	*(209)*
Net cash used in investing activities	**(4,203)**	**(147)**
Cash flows from financing activities		
Net cash provided by financing activities	**-**	**-**
Change in cash and cash equivalents in the year	**65,324**	**248,876**
Cash and cash equivalents at the beginning of the year	**419,824**	*170,948*
Cash and cash equivalents at the end of the year	**485,148**	*419,824*

The notes on pages 37 to 56 form part of these financial statements

Notes to the financial statements
For the Year Ended 31 March 2022

1. General information

Community Drug and Alcohol Recovery Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 296a Kingston Road, Wimbledon Chase, London, SW20 8LX, United Kingdom.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Community Drug and Alcohol Recovery Services 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.

2.2 Income

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 income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2. Accounting policies (continued)

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, .

Depreciation is provided on the following basis:

Short-term leasehold property	-	20%	Straight line
Plant and machinery	-	20%	Reducing balance
Fixtures and fittings	-	20%	Reducing balance

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2. Accounting policies (continued)

2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £
Donations	3,535	**3,535**
Grants	-	-
	3,535	**3,535**

	Unrestricted funds 2021 £	*Total funds 2021* £
Donations	*27,983*	*27,983*
Grants	*2,500*	*2,500*
	30,483	*30,483*

Notes to the financial statements
For the Year Ended 31 March 2022

4. Income from charitable activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Small Project Support	48,442	39,770	**88,212**
Suicide Prevention Programme	-	35,983	**35,983**
Wandsworth & Richmond SMS	246,177	-	**246,177**
Health & Wellbeing Programme	-	178,918	**178,918**
Community Kitchen	-	60,521	**60,521**
Veteren Support Programme	-	69,850	**69,850**
Recovery Cafe	212,693	-	**212,693**
	507,312	385,042	**892,354**

	Unrestricted funds 2021 £	*Restricted funds 2021 £*	*Total funds 2021 £*
Small Project Support	*51,585*	*75,480*	*127,065*
Suicide Prevention Programme	-	*35,685*	*35,685*
Wandsworth & Richmond SMS	*183,629*	*14,643*	*198,272*
Health & Wellbeing Programme	*903*	*177,057*	*177,960*
Community Kitchen	*776*	*90,294*	*91,070*
Recovery Cafe	*215,385*	*27,850*	*243,235*
	452,278	*421,009*	*873,287*

Notes to the financial statements
For the Year Ended 31 March 2022

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Total	Total
	2022	2022	2022	2022	2022	2022	2022	2022	2021
	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	74,132	-	-	-	212,606	286,738	393,624
Grants	86,413	35,983	171,958	178,831	60,492	69,850	-	603,527	474,526
Other income	1,800	-	86	88	29	-	86	2,089	5,137
	88,213	35,983	246,176	178,919	60,521	69,850	212,692	892,354	873,287

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Total
	2021	2021	2021	2021	2021	2021	2021	2021
	£	£	£	£	£	£	£	£
Services provided under contract	-	-	179,142	-	-	-	214,482	393,624
Grant	124,936	35,685	18,226	177,057	90,772	-	27,850	474,526
Other Income	2,129	-	903	903	298	-	904	5,137
	127,065	35,685	198,271	177,960	91,070	-	243,236	873,287

Notes to the financial statements
For the Year Ended 31 March 2022

5. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £
Bank interest	67	**67**

	Unrestricted funds 2021 £	*Total funds 2021 £*
Bank interest	*62*	*62*

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Small Project Support	46,414	46,008	**92,422**
Suicide Prevention Programme	1,524	32,781	**34,305**
Wandsworth & Richmond SMS	181,412	5,835	**187,247**
Health & Wellbeing Programme	9,268	203,512	**212,780**
Community Kitchen	3,122	57,877	**60,999**
Veteren Support Programme	3,047	68,232	**71,279**
Recovery Cafe	178,218	5,374	**183,592**
	423,005	419,619	**842,624**

6. Analysis of expenditure on charitable activities (continued)

Summary by fund type (continued)

	Unrestricted funds 2021 £	*Restricted funds 2021* £	*Total funds 2021* £
Small Project Support	*12,908*	*56,166*	*69,074*
Suicide Prevention Programme	*313*	*27,919*	*28,232*
Wandsworth & Richmond SMS	*88,787*	-	*88,787*
Health & Wellbeing Programme	*16,495*	*86,487*	*102,982*
Community Kitchen	*6,979*	*40,159*	*47,138*
Veteren Support Programme	*6,141*	-	*6,141*
Recovery Cafe	*73,808*	*13,000*	*86,808*
Support cost	*266,756*	-	*266,756*
	472,187	*223,731*	*695,918*

7. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	**Support costs 2022** £	**Total funds 2022** £
Small Project Support	21,329	71,092	**92,421**
Suicide Prevention Programme	23,714	10,591	**34,305**
Wandsworth & Richmond SMS	144,262	42,985	**187,247**
Health & Wellbeing Programme	108,731	104,050	**212,781**
Community Kitchen	35,107	25,892	**60,999**
Veteren Support Programme	46,240	25,039	**71,279**
Recovery Cafe	102,435	81,157	**183,592**
	481,818	360,806	**842,624**

7. Analysis of expenditure by activities (continued)

	Activities undertaken directly 2021 £	*Support costs 2021* £	*Total funds 2021* £
Small Project Support	*67,818*	*1,256*	*69,074*
Suicide Prevention Programme	*27,919*	*313*	*28,232*
Wandsworth & Richmond SMS	*75,583*	*13,204*	*88,787*
Health & Wellbeing Programme	*86,487*	*16,495*	*102,982*
Community Kitchen	*40,159*	*6,979*	*47,138*
Veteren Support Programme	*5,584*	*557*	*6,141*
Recovery Cafe	*70,293*	*16,515*	*86,808*
Support cost	-	*266,756*	*266,756*
	373,843	*322,075*	*695,918*

Analysis of direct costs

	Small Project Support 2022 £	**Suicide Prevention Programme 2022** £	**Wandsworth & Richmond SMS 2022** £	**Health & Wellbeing Programme 2022** £	**Community Kitchen 2022** £
Staff costs	18,506	23,686	144,179	102,307	29,088
Direct costs	1,289	-	-	3,921	5,964
Client welfare	1,533	28	83	2,503	55
	21,328	23,714	144,262	108,731	35,107

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Veteren Support Programme 2022 £	Recovery Cafe 2022 £	Total funds 2022 £
Staff costs	44,642	100,896	**463,304**
Direct costs	538	236	**11,948**
Client welfare	1,060	1,303	**6,565**
	46,240	102,435	**481,817**

	Small Project Support 2021 £	*Suicide Prevention Programme 2021 £*	*Wandsworth & Richmond SMS 2021 £*	*Health & Wellbeing Programme 2021 £*	*Community Kitchen 2021 £*
Staff costs	*62,539*	*27,919*	*76,104*	*81,373*	*20,682*
Direct costs	*4,316*	-	-	*3,323*	*19,459*
Client welfare	*963*	-	*(521)*	*1,791*	*18*
	67,818	*27,919*	*75,583*	*86,487*	*40,159*

	Veteren Support Programme 2021 £	*Recovery Cafe 2021 £*	*Total funds 2021 £*
Staff costs	*5,584*	*67,654*	*341,855*
Direct costs	-	*300*	*27,398*
Client welfare	-	*2,339*	*4,590*
	5,584	*70,293*	*373,843*

7. **Analysis of expenditure by activities (continued)**

Analysis of support costs

	Small Project Support 2022 £	Suicide Prevention Programme 2022 £	Wandsworth & Richmond SMS 2022 £	Health & Wellbeing Programme 2022 £	Community Kitchen 2022 £
Staff costs	19,189	6,396	19,810	37,444	13,103
Insurance	287	98	287	575	192
Office expenses	5,996	371	1,440	8,307	5,203
IT and Communication	14,677	231	11,181	7,096	452
Premises expenses	20,673	180	-	31,223	150
Governance costs	10,271	3,315	10,267	19,405	6,792
	71,093	10,591	42,985	104,050	25,892

	Veteren Support Programme 2022 £	Recovery Cafe 2022 £	Support cost 2022 £	Total funds 2022 £
Staff costs	12,793	19,189	-	**127,924**
Insurance	220	285	-	**1,944**
Office expenses	4,478	7,384	-	**33,179**
IT and Communication	558	6,424	-	**40,619**
Premises expenses	360	37,931	-	**90,517**
Governance costs	6,630	9,944	-	**66,624**
	25,039	81,157	-	**360,807**

	Small Project Support 2021 £	*Suicide Prevention Programme 2021* £	*Wandsworth & Richmond SMS 2021* £	*Health & Wellbeing Programme 2021* £	*Community Kitchen 2021* £
Governance costs	*1,256*	*313*	*13,204*	*16,495*	*6,979*

Notes to the financial statements
For the Year Ended 31 March 2022

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Veteren Support Programme 2021 £	*Recovery Cafe 2021* £	*Support cost 2021* £	*Total funds 2021* £
Staff costs	-	-	*138,394*	*138,394*
Insurance	-	-	*3,556*	*3,556*
Office expenses	-	-	*45,635*	*45,635*
IT and Communication	-	-	*19,361*	*19,361*
Premises expenses	-	-	*59,810*	*59,810*
Governance costs	*557*	*16,515*	-	*55,319*
	557	*16,515*	*266,756*	*322,075*

8. Independent examiner's remuneration

	2022 £	*2021* £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	**5,400**	*6,000*
Fees payable to the Charity's independent examiner in respect of:		
All other services not included above	**-**	*7,128*

9. Staff costs

	2022 £	*2021* £
Wages and salaries	**510,490**	*413,839*
Social security costs	**38,871**	*31,435*
Contribution to defined contribution pension schemes	**20,350**	*17,349*
	569,711	*462,623*

9. Staff costs (continued)

The average number of persons employed by the Charity during the year was as follows:

	2022 No.	*2021 No.*
Office and management	3	*3*
Clinical staff	21	*17*
	24	*20*

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022 No.	*2021 No.*
In the band £60,001 - £70,000	1	*1*

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2021 - £NIL).*

During the year ended 31 March 2022, no Trustee expenses have been incurred *(2021 - £NIL).*

11. Tangible fixed assets

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Total £
Cost or valuation				
At 1 April 2021	45,993	85,045	11,184	142,222
Additions	-	4,270	-	4,270
At 31 March 2022	45,993	89,315	11,184	146,492
Depreciation				
At 1 April 2021	36,191	69,654	7,054	112,899
Charge for the year	9,199	3,555	833	13,587
At 31 March 2022	45,390	73,209	7,887	126,486

11. Tangible fixed assets (continued)

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Total £
Net book value				
At 31 March 2022	**603**	**16,106**	**3,297**	**20,006**
At 31 March 2021	*9,802*	*15,391*	*4,130*	*29,323*

12. Debtors

	2022 £	*2021 £*
Due within one year		
Trade debtors	**20,581**	*44,566*
Other debtors	**-**	*579*
Prepayments and accrued income	**4,329**	*39,282*
	24,910	*84,427*

13. Creditors: Amounts falling due within one year

	2022 £	*2021 £*
Trade creditors	**6,339**	*6,235*
Other creditors	**11,749**	*29,066*
Accruals and deferred income	**57,356**	*96,985*
	75,444	*132,286*

Notes to the financial statements
For the Year Ended 31 March 2022

14. Financial instruments

	2022	*2021*
	£	£
Financial assets		
Financial assets measured at fair value through income and expenditure	**485,148**	*419,824*

Financial assets measured at fair value through income and expenditure comprise cash at bank and in hand.

Notes to the financial statements
For the Year Ended 31 March 2022

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Unrestricted funds					
Designated funds					
Fixed Assets	16,279	-	(3,256)	-	13,023
General funds					
General Funds - all funds	359,530	510,915	(419,749)	(9,098)	441,598
Total Unrestricted funds	375,809	510,915	(423,005)	(9,098)	454,621
Restricted funds					
The Henry Smith Charity	-	35,983	(35,983)	-	-
The Wimbledon Foundation	2,779	25,000	(30,426)	2,647	-
The Big Lottery Community Fund	-	112,134	(112,134)	-	-
The City Bridge Trust	18,725	36,852	(55,577)	-	-
The Antonio Carluccio Foundation	1,251	9,000	(10,251)	-	-
The Wandsworth Grant Fund	2,724	24,970	(27,694)	-	-
The Pilgrim Trust	-	13,000	(13,000)	-	-
The Armed Forces Covenant Fund	-	35,000	(35,000)	-	-
Veterans Foundation	-	30,000	(30,000)	-	-
Awards for All	-	9,940	(9,940)	-	-
Groundwork	-	4,650	(4,650)	-	-
Clothworkers Foundation	-	14,800	(21,251)	6,451	-
Greater London Sports Unities	-	10,350	(10,350)	-	-
Small Restricted funds	-	23,363	(23,363)	-	-
	25,479	385,042	(419,619)	9,098	-
Total of funds	401,288	895,957	(842,624)	-	454,621

Notes to the financial statements
For the Year Ended 31 March 2022

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2020 £	Income £	Expenditure £	Balance at 31 March 2021 £
Unrestricted funds				
Designated funds				
Fixed Assets	*20,347*	-	*(4,068)*	*16,279*
General funds				
General Funds - all funds	*173,027*	*482,822*	*(296,319)*	*359,530*
Total Unrestricted funds	*193,374*	*482,822*	*(300,387)*	*375,809*
Restricted funds				
The Albert Gubay Charitable Foundation	-	*10,000*	*(10,000)*	-
The Henry Smith Charity	-	*35,109*	*(35,109)*	-
The Wimbledon Foundation	-	*35,000*	*(32,221)*	*2,779*
The Big Lottery Community Fund	-	*183,362*	*(183,362)*	-
The City Bridge Trust	-	*36,850*	*(18,125)*	*18,725*
The Antonio Carluccio Foundation	-	*4,500*	*(3,249)*	*1,251*
The Wandsworth Grant Fund	-	*9,800*	*(7,076)*	*2,724*
The Pilgrim Trust	-	*13,000*	*(13,000)*	-
The CAF Resilience Fund	-	*63,427*	*(63,427)*	-
Groundwork	-	*361*	*(361)*	-
The London Community Foundation	-	*29,600*	*(29,600)*	-
	-	*421,009*	*(395,530)*	*25,479*
Total of funds	*193,374*	*903,831*	*(695,917)*	*401,288*

16. Summary of funds

16. Summary of funds (continued)

Summary of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Designated funds	16,279	-	(3,256)	-	13,023
General funds	359,530	510,915	(419,749)	(9,098)	441,598
Restricted funds	25,479	385,042	(419,619)	9,098	-
	401,288	895,957	(842,624)	-	454,621

Summary of funds - prior year

	Balance at 1 April 2020 £	*Income £*	*Expenditure £*	*Balance at 31 March 2021 £*
Designated funds	*20,347*	-	*(4,068)*	*16,279*
General funds	*173,027*	*482,822*	*(296,319)*	*359,530*
Restricted funds	-	*421,009*	*(395,530)*	*25,479*
	193,374	*903,831*	*(695,917)*	*401,288*

17. Restricted Funds

The Henry Smith charity awarded £35,983 to deliver suicide prevention programme for people at risk of suicide. All the funds were utilised in the period.

The Wimbledon Foundation awarded £25,000 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The Big Lottery Community Fund awarded £112,134 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The City Bridge Trust awarded £36,852 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The Antonio Carluccio Foundation awarded £9,000 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Wandsworth Grant Fund awarded £24,970 to deliver an IT training programme for service users. All the funds were utilised in the period.

The Pilgrim Trust awarded £13,000 to deliver a women's only recovery café two days service. All the funds were utilised in the period.

The Armed Forces Covenant Fund awarded £35,000 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.

The Veterans Foundation awarded £30,000 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.

The Awards for All awarded £9,940 to deliver a community kitchen for vulnerable people. All funds were utilised in the period.

The Groundwork awarded £4,650 to deliver a cycling and walking programme for service users. All funds were utilised in the period.

The Clothworker Foundation awarded £14,800 to refurbish and equip the premises to be able to accommodate neurodiverse groups. All funds were utilised in the period.

The Greater London Sports Unities awarded £10,350 to deliver football and sports activities for service users. All the funds were utilised in the period.

There were Small restricted funds awarded for the total sum of £23,363 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

Notes to the financial statements
For the Year Ended 31 March 2022

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	20,007	**20,007**
Current assets	510,058	**510,058**
Creditors due within one year	(75,444)	**(75,444)**
Total	454,621	**454,621**

Analysis of net assets between funds - prior year

	Unrestricted funds 2021 £	*Restricted funds 2021 £*	*Total funds 2021 £*
Tangible fixed assets	*29,323*	-	*29,323*
Current assets	*478,771*	*25,479*	*504,250*
Creditors due within one year	*(132,286)*	-	*(132,286)*
Total	*375,808*	*25,479*	*401,287*

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	*2021 £*
Net income for the year (as per Statement of Financial Activities)	**53,332**	*207,914*
Adjustments for:		
Depreciation charges	**13,587**	*16,203*
Decrease/(increase) in debtors	**59,517**	*(66,497)*
Increase/(decrease) in creditors	**(56,909)**	*91,403*
Net cash provided by operating activities	**69,527**	*249,023*

20. Analysis of cash and cash equivalents

	2022	*2021*
	£	*£*
Cash in hand	485,148	*419,824*
Total cash and cash equivalents	485,148	*419,824*

21. Analysis of changes in net debt

	At 1 April 2021	Cash flows	At 31 March 2022
	£	£	£
Cash at bank and in hand	419,824	65,324	485,148
	419,824	65,324	485,148

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

England & Wales - Charity number 1028663

Accounts

Charity Registration No. 1028663

Company Registration No. 02634372 (England and Wales)

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr D H Knight Mr M Ingram Mrs A Whitfield Mr J Di Palma (Appointed 1 April 2020)
Senior Management Team	Mr Franco Toma, CEO Mrs Alexandra Thomas, Grants Manager
Charity number	1028663
Company number	02634372
Registered office	296a Kingston Road Wimbledon Chase London United Kingdom SW20 8LX
Independent examiner	Andrew Miller BSc FCA Azets Audit Services Trinity Court 34 West Street Sutton Surrey United Kingdom SM1 1SH
Bankers	HSBC Plc 54 Woodcote Road Wallington Surrey SM6 0NJ CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

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COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Articles of Association, the Companies Act 2006 and "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 2019).

Background of the Organisation

In 1991, CDARS was created by a local resident in Sutton. The aim was to provide support to family members and carers of substance misusers, based in the local community. Over the years, CDARS evolved to provide psychosocial support to substance misusers and mental health conditions, in the boroughs of South West London. CDARS was then commissioned by St Georges Mental Health Trust to deliver a mental health recovery cafe for people experiencing a mental health crisis. Mental health has since become a priority of CDARS, as we know that substance misuse and other complex issues are often the result of mental ill health. CDARS delivers a range of psychosocial services to help our beneficiaries aimed at improving their health and wellbeing and to support a successful rehabilitation within their community.

Objectives and Activities

Our vision is to:
"Improve the lives of vulnerable people and those with complex needs arising from the ill-effects of addiction to alcohol, drugs, from mental health and from other psychosocial conditions."

Our Mission:

- Providing a holistic approach to help improve the mental, physical, social and emotional health and wellbeing of clients
- Focusing on their recovery and re-integration in society
- Supporting and providing information to members of, their families and carers

Our Values are:
CDARS is a well respected organisation with over 25 years experience in delivering psychosocial services to substance misusers, mental health and their family members. At the heart of our organisation are strong values, we are:

- Client centred
- Inclusive
- Respectful
- Non-judgemental
- Confidential

Our objectives are:

- Provide a range of psychosocial services to support the recovery from drugs and alcohol addiction, people experiencing mental health issues and other vulnerable groups and support their re-integration within the community
- Limit the harm which comes from drug and alcohol addiction and mental health issues for our clients, families and carers, and the wider community
- Raise awareness about the risks associated with drug and alcohol and mental health within the community

The aims of our charity are to reduce the levels of alcohol and substance misuse, problems associated and or linked to mental health issues, increase the wellbeing, mentally and physically of our service users, and to educate and raise awareness for our service users, the public and professionals about the issues mentioned above.

From our inception, we have also endeavoured to provide strong support for family members and carers who are affected by those with such problems.

Our support services help them build their resilience to face difficult problems, in the knowledge that creating a strong network of other people who share similar experiences can become an important part of the rehabilitation process.

Our aspirations are also to provide:

- An integrated, holistic, psychosocial, whole family system approach service
- Full support to service users and to their carers and family members, based on the concept of recovery capital and strong aftercare
- Support to service users and their families to achieve full functionality and full integration in the local community

We review our aims, objectives, and activities each year. This review looks at the achievements and outcomes of our work in the 12 months from April 2020 to March 2021. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aims, objectives and activities have remained focused on our stated purposes.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

Our main objectives for the year has continued to be the promotion and prevention of the misuse of illegal and legal substances and the promotion of good mental health as well as the rehabilitation of our service users within the community.

The strategies we have used to meet these objectives include:

- Providing a range of services which are reflective of relevant quality standards, and addressing the potential problems related to the issues mentioned above
- Focussing upon limiting the harm which comes from such issues, not only for the individual but also for their family and friends and the wider community
- Working towards applying national standards of service and the implementation of the National Occupational Standards
- Working in partnership with other agencies to ensure the widest range of services is available to best match the needs of our client population

Projects and Services Delivered during the Year 2020 – 2021

Achievements and performance

The year 2020-2021 has been a very challenging time for CDARS. This due to the challenges of the emergency crisis of COVID-19. This year has been a challenging year for the charity, but also a year that has forced the organisation, like most other organisations, to think outside the box, fast and respond to an emergency crisis without any precedents. Like in many other situations, charities can give their best when being pushed and forced to act quickly. This is what CDARS has done this year. It has been a year in which we have all given the best of ourselves, by working in difficult situations, from senior management to service provision, including staff and volunteers, by responding to the immediate and new needs reported by our service users. We have managed to implement, develop, and deliver a variety of new services compared to the previous year 2019-2020, and to turn a challenging period into a new opportunity.

We have very quickly adapted to a new difficult situation and developed in order to respond to the needs of the service users through the pandemic through new services provisions, such as:

1. The Community Kitchen funded by several funders, such as: National Lottery Community Fund, London Community Response Fund, Awards for All, Wimbledon Foundation, Wandsworth Grants Fund, Tesco, Coop Foundation, Wimbledon Rotary.

During the pandemic lockdown, accessing food had been a real challenge for many of our beneficiaries. Even with access to basic ingredients, 25% of our clients do not have any basic equipment to cook. CDARS set up an emergency food programme whereby a team of chefs prepared nutritious homecooked meals daily, which were delivered directly to the door of our most vulnerable beneficiaries. CDARS employs a Community Kitchen Manager working alongside with a team of volunteers and other staff. Together they prepare nutritious meals that support the recovery and health of our beneficiaries.

The project has gone from strength-to-strength and has garnered support from the local community. We have provided during the year daily warm and healthy meals to over 300 CDARS clients and our partner organisations' beneficiaries. During the school holidays, we also provided meals for children who were unable to access free school meals they usually rely upon. Eleven volunteers have been involved in the success of the Kitchen: volunteer chefs and drivers have made its delivery sustainable and cost-effective.

We have received over 100 letters/emails from our service users showing appreciation and gratitude. Feedback has been received during food deliveries, via text messages, phone calls and via key workers during one-to-one sessions.

Some are reported below:

AM - "CDARS is doing a very good job and I am very thankful for the food parcel delivered."
JB - "A big thank you to all of the wonderful staff for cooking these lovely meals. And a big thank you to the very kind gentleman who delivers them. Thank you all so much for being kind."
PT - "If it wasn't for this food delivery I would have had to go & shoplift for food."
TT - "It's so great to have healthy food I can give to my kids which I couldn't afford otherwise without your kind food donations."
TG - "I am grateful for the meals; they are healthy and delicious, and I look forward to receiving them every day."
LL - "The groups enable me to stay connected and see others and how they are doing."

2. The Equality and Fairness Service Delivery, funded by: London Community Response Fund.

The service has been thought and designed with our most marginalised beneficiaries in mind, to give them access to technologies so they can benefit from our digital support services during lockdown. We have delivered many of our services digitally to ensure our clients continue to receive essential counselling and emotional support at a time of crisis. However, not all our clients are able to benefit from this as many of them live in destitute conditions and therefore smartphones and data cards are a luxury they simply cannot afford. Our clinical staff report that they have not been able to reach about 20% of CDARS' clients, as they do not have access to smartphones. This is group is unfairly disadvantaged as they become further isolated. Through this project we have therefore ensured they do not miss out on the services we are currently running by purchasing and providing them with affordable smartphones and sim-cards with data. This enabled them to take part in all the digital activities provided by CDARS, but also to benefit from other services such as digital consultations with their GP.

Through this project we have delivered over 100 brand new smartphones with SIM cards and data, so they were all able to access the online services provided.

3. The White Goods Kitchen Equipment Service, funded by: Albert Gubay Foundation.

Through this project we were able to purchase many white goods kitchen equipment to our clients most in need, who struggle with cooking a warm meal at home, and through the pandemic could not go out in many cases even for food shopping.

Some feedback received from clients who have accessed the service are:

PT - "The kitchen utensils have really helped me in my everyday living especially where I didn't have a microwave, toaster, this has made things so much easier for me and my three daughters, also the new cutlery set and kettle are amazing too and it helped me a lot as my kettle was old and was in need of a new one."

CM - "It was nice to be able to update my old items and the kitchen feels a better place to be in due to this – thank you."

AM - "I am in supported accommodation and the items provided will be a big start for when I move into my new place shortly. It's such a benefit for me and makes me feel excited about what lies in store. Thank you so much."

4. The Befriending Scheme, funded by: CAF Grant

Through this scheme we were able to provide a befriending service run by volunteers who would provide emotional support to our most vulnerable clients experiencing acute isolation during lockdown. Our volunteers and service users adhered to social distancing measures and wore necessary compliant PPE. As part of the befriending service, they have taken service users for a walk in the park and have received regular catch-up phone calls. Through the project we have supported directly over 100 service users throughout the year.

Some of the feedback received are:

RE – "It's nice that someone will come and see me and take me for a coffee and a chat; it gets me out the house."

PT - "I really enjoyed today and the company of other ex-service men. I thank all those working behind the scenes and funders who came up with a brilliant idea to gather veterans around South London. I thank CDARS for a brilliant idea and I believe it's going to get bigger and better. I'm looking forward to the next one."

5. A 24/7 Telephone Crisis Helpline Scheme, funded by: City Bridge and CAF Grant

Through this service we have put in place a 24-hour helpline which our clients have used to call at any time for reassurance, guidance and advice during these challenging times. The staff on call were able to offer mental health support to avoid escalation to a crisis, thus also reducing the burden on overwhelmed A&E services. Outcomes show that 212 people have used the telephone helpline over the year and that we have received 544 out of hours telephone calls.

Some of the feedback received:

VA – "Speaking to staff with information given has help me with my stockiness which I have encountered for many years."

MA - "Getting tips and advice from others is always helpful as are the workers"

KB - "I was glad someone picked up the phone and was there when I needed it."

TL - "It's good to have the support available so much across the week."

CS - "Sometimes it's just about being able to speak to someone who listens."

NB - "I like it that the workers know who I am and what I may need easily."

6. The Allotment and Garden Programme, funded by: Wandsworth Grants Fund

Through this project we have designed, developed, and managed an allotment delivered within a garden area managed by our Allotment and Gardening Manager and over 20 service users, who have worked within the allotment throughout the year.

The work consisted of practical and therapeutic skills development in organic food growing.
The programme for each participant lasted approximately six months and supported two cohorts of 10 people in each year, 20 per annum. The programme is still running and growing. Clients move on after 6 months and continue their road to recovery. The Manager has also given service users extra time for preparation and one-to-one support.

Service users learn through the programme how to grow vegetables and plants. The sessions are designed to be slow and gentle and tailored to the needs and learning styles of individual clients. Also, we have included structured sessions on organic horticulture, food growing, and healthy eating through cookery.

Outcomes achieved through the programme, include:
1. Enhanced mental wellbeing and stability
2. Boosted physical health
3. Improved hard and soft skills
4. Reduction in isolation and developing new friendships
5. The beginning of a road to recovery

Some feedback are reported below:

TW - "I look forward attending the allotment, gives me a structure and routine that help me."
CM - "The allotment has given a social outlook where I no longer feel isolated."
FL - "The service is a safe haven for me, I don't get this support in my community."

All of the new services listed above have been very well received by the service users, highly attended, and the feedback has been great. We have also engaged an external Management Consultant, chartered with the Chartered Management Institute, Tony Lavender, who has compiled independent impact reports for the service above.

Some impact reports have been produced on many of the services listed above and these are available at our website www.cdars.org.uk, sections Find Out More, reports and Publications.

Other ongoing services we have provided during the year include:

- The Sunshine Recovery Café. A mental health recovery cafe, non-clinical but providing recovery-focused interventions for people experiencing a mental health crisis. The service is funded by St Georges Mental Health Trust, see related section for further information.
- A Health and Wellbeing programme. A comprehensive range of activities to help service users maintain their recovery and to improve the quality of their life, funded by various funders, such as: National Lottery Community Fund, City Bridge, Wimbledon Foundation, and other funders. See related section for further information.
- The Saving Lives Programme. This is a suicide prevention programme, set up to support people in a mental health crisis and at risk of suicide; to help them discuss the nature of the crisis they are experiencing, tapping into their inner strengths and developing the necessary coping skills in order to decrease, support resilience building and promote their wellbeing, through peer-led support; risk assessment/management and active liaison with other services, when clinical risk requires. Funded by Henry Smith Charity. See related section for further information.
- A Day programme for substance and alcohol misusers. Designed to achieve and maintain abstinence. Funded by Wandsworth and Richmond Public Health, through South London and Maudsley. See related section for further information.
- Veterans Support Programme.

The Wandsworth and Richmond Day Programme for Substance and Alcohol Misuse

Within the boroughs of Wandsworth and Richmond, CDARS forms part of a shared care approach to support clients' Drug and Alcohol use. This 'consortium' exists to support clients through tailored care and support plans, which offer medical and psychosocial support across a variety of different options including support into Housing, Education, Employment and Training for clients as part of their care and support package.

CDARS is responsible for running an Abstinent Group Day Programme offered across both boroughs as well as providing support groups for those clients who present as non-abstinent and want to reduce their use, reduce risk and work towards Abstinence over time. Within this service and group offer CDARS also offers individual key work support, advocacy work and Counselling sessions delivered by trained full time staff as well as Trainee Counsellors on placement as volunteers.

The main challenge in the year was the restriction in the provision of services and treatment to clients because of the COVID-19 lockdown in March 2020. From the initial strict restrictions, sessions were tailored and adapted as a consequence of reduced face-to-face access. As restrictions have eased provisions have been adapted accordingly with some retuning face-to-face. Prior to the lockdown the CDARS Day Programme had already taken steps to reduce the risk of COVID-19 transmission to clients with open access/walking groups in the week immediately prior to the lockdown measures being introduced by the government.

Within the first week of lockdown, CDARS developed and implemented the whole group programme via Zoom. This consisted of 3 Abstinent Groups, 3 Open Groups and 3 Evening Groups. The groups were delivered over 6 days a week with a group on Saturday morning named "Recovery in Focus". We felt that it was important that the clients had continuity with the support available and to continue the support available to them prior to the lockdown as , they had lost so much in their lives already.

Facilitators worked within the group-setting using Person Centred Core Conditions alongside a range of interventions aimed at the 5 ways to wellbeing. Clients were actively challenged to 'investigate themselves' in what they could access, achieve and take from the learning they had discovered within the lockdown.

The CDARS approach has always been to help and support clients into building their own circle, network, and Community group and this continued throughout the lockdown. We have always believed that clients possess the resources to re-connect with the external world. As part of this, clients were encouraged to continue to support each other in the 'community' in whatever way they could during the lockdown. They were innovative in how they did this and actively supported each other outside the normal Group Programme, phoning each other and creating their peer WhatsApp group. In essence, they created their own community for support.

CDARS also changed the usual 'allocated' worker system for clients. As most clients were already known to all workers through various groups, different workers provided further bespoke support, a different type of contact and connection and alternative types of interventions contacted each client initially. Clients fed back that they liked this joint-worker approach and it felt like it kept things fresh, new, and relevant when they spoke to different staff members. They also said that it made them feel that they were still connected to the Day Programme.

Through staff discussions, it was felt that the best timetable available to clients was one which aimed to be inclusive and not exclusive. This meant that we had to ensure that there was a focus on non-abstinent as well as abstinent services. This helped client's access support across a broad range of groups throughout the week, offering interventions that were bespoke, unique and were adapted to what support they needed over the lockdown period.

This support offered has been through group and keywork/welfare checks including, Harm Minimisation, Relapse prevention, Motivational Interviewing, and Solution Focused Therapy. This promotes action for clients to be connecting with and accessing all areas of additional support that are available to them through 'virtual' networks, including mutual aid and SMART recovery groups. In addition to this, clients use their 'own individual' resources and Recovery Capital that exist within and are available to them - the quantity and quality of internal and external resources that clients must initiate and sustain recovery.

Counselling sessions were used with clients to continue the work they were already undertaking around Trauma, Emotional and Mental distress. The objective of this is to support the client to focus on the past and how it presents itself in the present through communication, relationships, and intimate connections to the internal and external world.

The clients and the workers within the Wandsworth and Richmond Day Programme should be very proud about what they were able to 'create' and achieve within the confines of difficult times. Their innovative, creative and dedicated commitment to providing and then accessing support is something that helped sustain connection and allowed people to continue their Recovery journey's.

Over the period 1st April 2020 – 31st March 2021 the CDARS Day Programme services delivered the following in the Wandsworth and Richmond boroughs –

- 322 groups (average attendance weekly – 56 clients across these groups)
- 2,993 of 1-2-1 key work/welfare check ins
- 673 counselling sessions

Case Studies Day Programme Richmond

EA - Over 12 months of abstinence, and recently has moved into a new property with his partner and is slowly settling in and making it their own whilst maintaining abstinence. EA typically accesses 3-4 groups per week, EA has been engaging in all the face-to-face groups and has now began opening up more and is less shy and more comfortable when accessing groups. EA's focus has been on working on his mind, body and spirit through groups, his religion and extracurricular – putting down roots, accessing the Vineyard. EA is continuing to maintain his weekly and daily routines and is not experiencing any immediate or current crises. He has increased his coping mechanisms and response to stress and new environments and situations and is embracing all of these each day

AJ - Following AJ's last lapse early this year he is now entering a place of greater awareness and is beginning to open up more in groups. AJ is able to acknowledge and see the amount of control and power he has over himself and the number of choices he has in his daily life. AJ briefly began attending the face-to-face groups that were offered and is continuing to access a minimum of 2-3 Zoom groups. From the groups AJ has increased his comfort zone and capacity to manage external influences. AJ continues to work and access employment, with extended break periods in line with his working pattern/employment length.

Case Studies Day Programme Wandsworth

TG - Long term History of substance use, alongside this has been involved in relationships, which have affected her mental, emotional and physical wellbeing. Has been able to use groups and also her Counselling sessions to look at patterns, internal conditions of worth and self-esteem to move forward into abstinence with good support and recovery networks and understand also how these effect and impacts her in relationship's.

ZA - Has no previous involvement with groups or structured support. Has attended Open Cycling and Football sessions with another client from his supported Housing. This has allowed him to connect, undertake physical exercise and find other ways to work on his mental, emotional and physical wellbeing using the five ways to wellbeing model as well as connecting into other support networks.

QS - Previous historical non-engagement consistently in groups. Has been able to attend , connect , understand his barriers to not attending and accessing support and look at ways he can find to change this. This has allowed better support networks to be built, understanding triggers and barriers to change and for him to move forward with group support.

GO – Long-term Opiate user who has struggled with abstinence and motivation to detox then remain abstinent. He has undergone an in-patient detox, connected back into ETE and Day Programme Aftercare support and utilising other support network is available for him through mutual aid in the Community. This has allowed him to increase his network of support, gain further understanding around recovery and how to continue this and look forward a future where he feels confident and able to challenge himself and move forward.

Sunshine Recovery Café

Sunshine Recovery Café has been open and available to the residents of 5 South West London Boroughs since 2017. It provides support through holistic, non-medical, interventions for adults who perceive themselves to be in mental health crisis or perceive themselves at risk of moving into mental health crisis (self-defined). The Sunshine Recovery Café exists to provide an accessible, non-stigmatising and recovery focused service to sit alongside the clinical services offered by South West London and St George's (SWLSTG) which is the NHS Trust within the area. The Service is open from 18.00-23.00 (Monday-Friday) and 12.00-23.00 (weekends and bank holidays). **It is open every day of the year.**

Since 2017, when it opened, the Sunshine Recovery Café has continued to adapt and change its service to fit the needs of the clients whilst still maintaining a therapeutic and safe environment for those in mental health crisis. This support aims to help clients discuss the nature of any crises they may be going through, identify strengths, coping techniques and strategies as well as other areas of support in their family, friends, and local community. It does this through a variety of ways utilising and adapting the five ways to wellbeing - **connect, be active, take notice, keep learning, and give back.**

The Sunshine Recovery Café looks to support clients through a welcoming environment – particularly for first-time attendees and provides emotional support and resilience building. This is offered through worker and peer support, a range of recreational and leisure activities and access to local resource advice and other community services. There is also access to risk management and active supported engagement with statutory services, particularly Home Treatment Teams, when clinical risk requires.

The year of 2020 brought, with COVID-19, its own challenges in maintaining emotional and mental wellbeing for both clients and staff. During this time from initial the 'total' lockdown in late March 2020 through the 3-month period this encompassed and then since then the Sunshine Recovery Café achieved an incredible feat – **it stayed open for clients to attend if they felt their emotional and mental wellbeing was at risk.**

The Café did this by operating a full screening process at the door, including temperature checks, requesting that clients wear masks when they attended and observing social distancing protocols when they were on site at the Café. On average staff reported that 92% of clients who attended kept to these requests which enabled the Café to remain open, support clients and be there for them during the difficult periods and times which COVID-19 brought.

The Café also adapted to the situation recognising the vulnerable nature of clients who would have normally attended the Café and may not have felt able to due to medical conditions or general anxiety around going out into the Community. The Café operated a 'virtual' welfare service supporting clients across various platforms and networks, including phone calls, text messages, WhatsApp, FaceTime, and Zoom Groups. The work undertaken included counselling and keywork sessions for clients who were already accessing the service prior to the COVID-19 pandemic. This additional support proved to be hugely beneficial for clients and allowed them to stay connected to support even if they could not attend in person at the Café.

Furthermore, within this additional support funding was secured to operate a 24-hour helpline for clients to contact if they wanted to speak to someone if they felt anxious, depressed or at risk of going into crisis. This was in place from June 2020 – March 2021 and received a total of 460 phone calls from clients in need of support outside normal operational hours of services.

The service also recognised the need to open for an additional time weekly during the day to offer additional support to clients who needed this. This Wednesday service was started in July 2020 and continues now for clients. This has again proven to be a valuable and additional support to clients and to help them feel they can access somewhere mid-week and during the day, to help them feel less anxious whilst also breaking up their week. Within this there has been the formation and start-up of an Art group which has attracted a regular attendance of 8-10 clients each week.

From the 1st April 2020 through to March 2021 the Sunshine Recovery Café remained available for residents to access and feel supported through the difficult times that they were enduring. The fact that the service remained open is testament to the dedication, commitment and resourcefulness of staff who worked with clients to ensure the service remained open – this was an achievement that we all can be proud of.

The numbers on attendances at the SRC were the following:

- **Attendances – 2,912 separate attendances, supporting 573 clients.**
- **New registrations – 168; (67% female and 33% male; 71% between age of 25-54; 69% from the Merton borough)**
- **Compliments received – 45**
- **Incidences – 4**
- **Safeguarding referrals – 4**
- **Sign posting/onward referrals into the Community – 474**
- **138 people were offered a survey after they had completed and finished accessing support from the Sunshine Recovery Café**
- **88% said they felt less anxious**
- **85% said they were better able to manage their mental health**

Some Feedback from Clients

YT – "Thank you so much R (worker) for your continued help you give to J. We know you go way beyond your remit in assisting him. We will be forever grateful. If we can be of any assistance with helping him also let us know. We just hope this horrible virus will over next year and we will be able to visit him and meet with you to show our gratitude." – Email received from clients Father to worker at SRC.

AR - stated that speaking to staff has help with his mental health and welfare that I am now able to engage working voluntary.

IS - "Attending the cafe has given me a productive focus. Especially with the loss of my partner."

HP - reported attending the cafe because she feels it's a safe place to explore some of her burning issues with staff.

HS - "Attending the cafe has been a safe place for me to explore some of my issues which I found difficult to address. Attending on Sundays, the staff has supported me with some of my negative issues around returning to studies. I have now returned to university."

PO - "Thanks to staff at the cafe, one member has gone over and beyond and supported with me with my housing
and mental health needs with my medication speaking with my CPN."

HJ – "I am grateful that the Café continues to run daily to help and support me, if I need."

FC – "I am pleased the Weds Café is open now; this allows me to get out during the week and break my routine up."

KJ – "I like it that workers check up on me on the phone; makes me feel connected and less lonely."

WE – "Grateful for the food parcel delivered, it's healthy and tastes lovely."

ID - "If the café was not open over the Xmas period she not sure what I would have done."

HS - "The staff has supported me by giving the space to explore some of my concerns which my family just don't understand when I struggle to get things done."

KC - "I enjoy attending the café so that I can use the space to do artwork which helps to declutters my mind."

MT - "Attending the café meeting with HTT has helped me to focus on the positive thoughts to make new changes."

CD - "Attending the café has helped me with having space to explore my sense of self."

HP - reported how grateful she is for the support moving to her new flat.

MB - reported that when she has a stressful day at work which raises her anxiety level, she attends the café for support.

KC - Reported that he loved the Art sessions on Weds and the way this helped him with mindfulness and detaching.

The Health and Well Being Programme

In December 2019, the National Lottery Community Fund kindly agreed a continuation grant to fund CDARS' Health and Wellbeing programme for another 3 years. The aim of the Health and Wellbeing programme is to support people with mental health issues in their recovery journey; to improve their quality of life and to support their independence and reintegration in their community. After a successful launch in December 2019, the delivery of the programme was obviously challenged by the announcement of a national lockdown to combat the spread of COVID-19 in March 2020. The below reports on the first year of the programme, revisiting the challenges encountered and the lessons learnt as CDARS adapted to delivering all our services online.

The story of our project this year

The Health and Wellbeing programme launched in December 2019, as planned. We identified 12 peer mentors/event champions who started our 10 sessions course in January 2020. They took part in the training, consisting of various modules including equality and diversity, boundaries, confidentiality, code of conduct and safeguarding, group work. Together with the other participants, they planned the first event that was due to take place on 25th March 2020: "Celebrating Spring". It was to involve a visit to Kew Gardens and include lunch and refreshments for 45 people. The event was planned with Putting Down Roots and the Ethnic Minority Centre. Sadly, the event was cancelled due to the lockdown that took effect at that time.

CDARS had to quickly adapt to the national lockdown as all face-to-face services were moved online. In addition, as many of our clients are in the vulnerable group, CDARS had to adapt services to respond to new needs linked to isolation, loneliness and also meeting our most disadvantaged clients' basic needs (such as accessing healthy meals).

CDARS launched the Health and Wellbeing Virtual Café on 19th March. The Virtual Café, WhatsApp chat and Zoom, was available 7 day/week:

- 11am to 2pm Monday to Friday
- 12-2pm Saturday, Sunday and BH

The range of activities had to be adapted to enable our clients to participate safely from home. Below is an example of our timetable of online activities:

Monday	EFT (emotional freedom techniques) Tapping for anxiety and stress Stretching and gentle movement exercises
Tuesday	Healthy living and Nutrition covering healthy eating, sleep hygiene and mindful shopping
Wednesday	My creative self Online drawing, virtual art and crafts templates, Poetry and music sharing
Thursday	Exploring the natural world Conversation with nature: Sharing images and suggestions on sowing seeds, growing plants, vegetables and flowers, wildlife, birds songs and our pet friends
Friday	Spirituality and mindfulness group Relaxation techniques And coping strategies
Saturday	Social activities Virtual exploration of museums Gardens and places of interests Stretching and gentle movement exercises
Sunday	Social activities Sharing healthy meal recipes and suggestions for nutritious food

Other activities added throughout the year have included:

- Emotional Freedom Techniques, where clients can gain skills to manage anxiety, depression and different events in life
- Nutrition sessions, where clients can discuss and gain knowledge about a holistic approach to food, sleep hygiene and science-based knowledge about physical and mental health
- Dance Movement Therapy: a comfortable and safe space to explore issues and emotions with the advantage of having gentle exercises and stretches
- Book reading sessions where women get empowered to connect to their inner self by reading together and are invited to start new self-discovery journeys.

The Virtual Café was a new way of getting together but it did not stop us connecting, supporting each other and even discovering new places as we celebrated spring by exploring Kew Gardens virtually, sharing pictures and sound of nature and of our gardens.

From August, as the restrictions eased, we had small gatherings (6 clients maximum) meeting at the Sunshine Recovery Café and in local gardens with planned walk in the surrounding parks (Morden Hall and Wimbledon Common). All activities respected social distancing measures with required PPE. We celebrated Black History Month virtually. The women at the Virtual Café engaged in a quiz about 2020 Black History Month theme: African Americans and the vote. The morning session was facilitated by one of our volunteers who provided us with some interesting points on the influence of social movements on racial ideologies, and the aspirations of the black community. The women shared Caribbean and African recipes and also their children's activities for the month.

We celebrated Mental Health Awareness Day on 10th October 2020. At the Sunshine Recovery Café (which has remained open all year long in case of crisis), a specific day and activities were organised in order to recognise and raise awareness of this national day. 21 people attended the activities, in groups of 6 each to respect the government guidelines. Four different activities were organised with the underlying focus of providing strategies to improve and maintain mental health and wellbeing:

- Suicide prevention presentation
- Health & Nutrition talk
- Dance Movement Therapy
- Presentation provided on 7 Days & Ways to Mental Health and Wellbeing.

In addition to the above activities, we also created a Community Kitchen where a team of chefs prepared nutritious meals, with the guidance of our Nutritionist, and delivered them at the door of our most vulnerable clients. This provided a lifeline to those who were required to shield, and thus further supported their health and wellbeing during the pandemic.

The difference we are making

As mentioned above, our clients have experienced heightened anxiety due to the new way of life, especially for those required to shield. They have also faced issues such as isolation, grief reactions after losing loved ones to the virus often without being able to say goodbye in person, uncertainties over employment, housing, and the broader economic hardship. We also noticed an increase in domestic violence.

We worked with a total of 138 clients over the year. In addition to the group activities described above, we provided a lot of one-to-one telephone support. People new to the group tended to be hesitant to engage in group activities at first. We supported them with one-to-one phone calls on a weekly basis, building rapport and trust. Telephone support was also available for clients who are not able to use smartphones or laptops (due to age, social anxiety, learning disabilities).

Some of our clients did not have access to smartphones at the beginning of lockdown. We were able to buy new smartphones and sim cards and provide our most vulnerable clients with the necessary equipment, thus ensuring they were able to access the programme. We had to support and train some of our clients to use WhatsApp and Zoom.

We asked our clients to fill in feedback forms and questionnaires to evaluate the impact of the programme on their health and wellbeing and we gathered the following:

- 88% of our clients reported feeling less isolated as a result of attending the sessions
- 87% reported better health and fitness and overall better life satisfaction
- 92% reported that they felt the programme had helped them feel more positive about their mental health
- 81% of our clients engaged with other organisations as a result of attending the programme for online courses and support around debts, benefits and housing for instance.

Feedback from our Nutritionist

I am a Nutritional Therapist and have been working on a consultancy basis for the CDARS Health and Wellbeing programme since 2017. Prior to the COVID-19 pandemic I facilitated weekly Nutrition and Healthy Living sessions on site in Wandsworth and at the Sunshine Recovery Café in Merton. I still facilitate Nutrition and Healthy Living sessions each week, but now over Zoom. The need for a healthy diet has been greatly highlighted during the pandemic, and I have focussed on encouraging healthy eating to boost the immune system and maintain an optimal weight, as well as to improve mental health. The Zoom sessions are supported by information sheets emailed to the clients and posted into the WhatsApp chat.

I have been closely involved in supporting the Health and Wellbeing Virtual Café. The WhatsApp chat forum was set up by Viviana (Programme Manager) at the end of March in response to the first lockdown. I believe this service has been hugely helpful to the clients, and for some it has been, quite literally, a lifeline. The chat has a theme each day and brings a diverse array of topics to engage the clients. When I am supporting the chat I bring to it suggestions on healthy eating, inexpensive simple recipes and answer questions on diet and lifestyle. The chat is interactive and dynamic, often clients post in pictures of food they have cooked and recipes they have tried. I am hoping to compile a recipe book using the inexpensive, healthy, balanced vegetarian recipes that I introduced into the CDARS Community Kitchen and recipes suggestions from Virtual Café clients. Many of our clients are looking forward to receiving a copy.

During the pandemic I have also been having 1-2-1 calls with clients that Viviana has assessed and refers them to me because they have individual health issues (some have had severe Sars-CoV-2) that require personalised advice and guidance. Being able to work at a deeper level with these clients to improve their health is both challenging and very rewarding.

I believe the innovative support that CDARS has provided to their clients in response to the COVID-19 pandemic is exceptional and I am glad to be a small part of it.

S' story

"S is 36 years old. She has been suffering from severe depression for several years. Her persistent low mood, profound sadness, and sense of despair have had a serious impact on the quality of her life and affected her studies, work, relationships, and her daily prayer.

In the last two years, S had lost the will to enjoy any type of activities; she quit her daily job as an administrative assistant and also withdrew from social life. She spent most of her time indoors feeling very tired with no energy for work or play. Small burdens or obstacles appeared impossible to manage and S was left with the feeling of worthlessness and guilt. She was prescribed anti-depressants but didn't feel any change in her life. S registered with the Sunshine Recovery Café and visited the café few times as a way to reconnecting with others.

She joined the virtual café in March but felt quite shy, feeling she had nothing interesting to say and share, so she stayed in the background of the chat. We started to engage over the phone on a weekly basis and gradually built rapport and created a common bond of trust. S also started private treatments and felt more energy coming into her life. She started to walk daily and was able to join some of our group walks in late summer.

In the last four months, S has joined several of our virtual activities on Zoom (Emotional Freedom Techniques, Dance Movement Therapy and Book reading) and also became an active participant to our WhatsApp chat. She recently started an online back-to-work – employment course and joined the local gym.
We have also recently piloted another small Virtual Café on WhatsApp for Urdu-speaking women. S has been the lead on the chat and, although still in the early phase of her recovery, she expressed the desire to become an event champion and to take part to our next training in spring 2021."

The Saving Lives Programme

The Saving Lives Suicide Prevention Programme is a three-year project, funded by Henry Smith Charity, that aims to reduce numbers of suicide attempts among people with mental health problems from residents of the London Boroughs of Merton, Sutton, Wandsworth, Kingston and Richmond. The project employs two part-time Suicide Specialist Counsellors supported by 2 volunteers. The Workers are experienced and trained counsellors with extensive experience in suicide work. The volunteers have lived experience of suicide ideation and support the Workers by assisting at group therapy sessions for example.

The team provides the services in a three-stage process:

STAGE 1 'SURVIVE' - 12 weeks support but length of time depends upon client needs. All clients are assessed when presenting to the service so this project will be able to identify those at risk of suicide. Those identified as being at high and immediate risk will be supported by the Team with a package of measures that will reduce the immediate likelihood of suicide.

These measures include:

- Crisis work. We support clients at immediate risk of suicide by providing short motivation therapy, listening to them, and linking them to local crisis services such as the Home Treatment Team. The Workers are also available over the telephone and visits clients in their home.
- Counselling. Weekly one-to-one counselling sessions using techniques such as cognitive behavioural therapy provide clients with the tools and techniques, they need to manage their suicidal ideation.
- Weekly support group and workshops. The group include thematic discussions (i.e., triggers for suicide ideation) peer support, and talks by health providers. The workshops will discuss specific subject such as relaxation techniques (i.e., meditation or mindfulness).

STAGE 2 'PREVENT' - 12 weeks support but timings depend on client needs. Those clients who have coped with the immediate crisis now move onto longer term support designed to prevent a relapse back into suicidal ideation.

Activities include:

- Mental health support. Activities such as the one-to-one counselling are maintained. Clients also are able to join a relapse prevention group which meets weekly and provide them with ongoing peer support. Clients can also telephone the service.
- Mentoring. Clients gain the support of a named volunteer with lived experience of suicidal ideation who provides ongoing motivational support
- Links to services. We meet clients' needs through working with partners to provide a package of support. Depending upon each clients' needs, this might include links to employment training, housing services, faith and social groups, volunteering opportunities, improved welfare benefits. The aim of these services is to benefit the clients' quality of life thus reducing the risk of future suicide ideation.
- Crisis services as above are still available at this stage should clients need them.

STAGE 3 'SUSTAIN' - Support for as long as is necessary in this stage clients are moving forward and the likelihood of suicide is greatly reduced. However, many will still be progressing with activities such as developing their skills prior to starting employment, and there is still a risk. We therefore provide ongoing low-level support:

- Mentoring. Clients will continue to receive support from a named volunteer with lived experience of suicidal ideation who will provide ongoing motivational support.
- Self-help group. In this third stage clients will gain support over wider issues not just mental health such as finding employment and gaining training.
- Crisis and telephone services as above will still be available should clients need the service.

The Objectives of the Programme are:

1. Service users at high risk of suicide are provided with tools such as self-managing their mental health which reduce the triggers that cause suicide ideation.
2. Service users at high risk of suicide will gain increased knowledge of how to access assistance thus reducing the likelihood of suicide
3. Service users at high risk of suicide will gain improved skills, social networks and support that will lead to improved mental wellbeing, quality of life, and life skills

The reporting year coincides with periods of on and off lockdowns. Although the activities were delivered as planned, CDARS delivered face-to-face and virtual services on a one-to-one and group basis. The clients were also invited to engage in other services, including our Health and Wellbeing Programme and to attend our Sunshine Recovery Café. They could also benefit from our free homecooked meals delivery.

Case Study

"SK has been attending the Suicide Prevention programme throughout the lockdown. He had weekly one-to-one sessions with one of our Suicide Prevention Worker. He also attended the Sunshine Recovery Café during this time.

SK attended AA meetings prior to the lockdown but once all the meetings went online, he found them challenging. He felt that they sometimes triggered additional anxiety and feelings of isolation. He also has a mild hearing impairment in both ears that causes problems in group settings, so he requires people to talk to him face-to-face.

During lockdown, the Suicide Prevention programme, and the Sunshine Recovery Café, were the sole support he could access in the community. The sessions enabled him to discuss honestly his thoughts and feelings and the triggers and issues that have contributed to his feelings of isolation and suicidal thoughts. He previously struggled to talk openly in other Mental Health settings (especially those that were in-patient) out of fear of 'worrying' the members of staff. So he first attempted to join various online groups and forums however he felt these were not always the most supportive of places. Very often the environment becomes an 'echo chamber' where negative sentiments are shared and re-enforced and, worse, encouragement to suicide and sharing of suicide and self-harm methods become commonplace.

Engaging in the Suicide Prevention programme provided a safety net for SK, in a non-judgemental way. He was also able to meet peers which helped him feel less isolated during lockdown. He was able to attend the Café in the evenings and during weekends and has participated in arts groups and gone on one-to-one outings with Joe. The support he received prevented him from being admitted as an in-patient at Springfield Hospital again. He has felt more connected, which has resulted in a better quality of life."

Evaluation of the Programme

Each new service user has gone through a rigorous assessment including questions about their current circumstances and enabling us to draw a picture of their level of needs at baseline. They then filled in feedback forms and questionnaires every 6 weeks, which enabled us to understand the journey travelled and whether they are meeting the expected outcomes. They also filled in a final feedback form at the end of their engagement in the project. This data complements our staff and volunteers' feedback on the progress they witness in the service user.

- 132 people have been helped over the 12 months period.

Out of the 132 service users who have benefited from this project through one to one and group support:

- 84% report that they have learnt effective coping mechanisms in dealing with and managing suicidal thoughts
- 87% report that they have developed knowledge, skills and confidence with a positive impact on reducing the triggers that lead to suicidal ideation episodes
- 86% reporting having increased their knowledge and confidence on when and how to access effective support to reduce the likelihood of suicide
- 88% report having improved their skills, social networks and support leading to improved mental wellbeing, quality of life and life skills.

The Veteran's Programme

Our Veterans Programme, funded by the Armed Covenant Fund and the Veterans Foundation, is a programme including a range of emotional and social support to Veterans and their families. The programme includes also a package of health and well-being and social activities, which focus on improving mental and health well -being of the service users and their families, as well with nutrition and fitness with a focus on mental health, nutrition and fitness:

More specifically including:

1. Weekly group walks in natural surroundings within Surrey or the local area, once per week
2. "Boot camp" group exercises adapted to the level of fitness of the participants to encourage them to take fitness from the local park, twice per month
3. Camping weekend, once per quarter
4. Nutrition sessions focusing on mindful eating, mindful cooking and mindful sessions. Led by CDARS' Nutritionist, twice per month
5. Breakfast meeting at CDARS' Sunshine Recovery Cafe, twice per month
6. Peer support mental health groups, 2 sessions organised for 2 cohorts each week

Emotional support delivered includes:

- Comprehensive assessment
- One to one counselling sessions
- Support groups
- Access to our Suicide Prevention Programme
- Access to our Sunshine Recovery café for mental health

The programme also helps combat loneliness and isolation: it creates a sense of camaraderie and cohesion between civilians and veterans who will build support networks and long-lasting friendships, which will carry on beyond the existence of this project.

Evaluation of the project

93 Veterans attended the programme during the year
Outcomes have shown:

Outcome 1:
80% of veterans reported better physical health since enrolling in the project
JS says: "Since I heve joined the veterans programme and all the activities, I feel more energetic and with a reason to wake up in the morning and attend the programme. In particular I love to attend the breakfast club with all the others".

Outcome 2:
75% of the participants reported better mentally and are more aware of the tiggers to mental health crisis
"I enjoyed the group, really good group and very supportive. I still have moments of spontaneous crying but on most days I feel better."

Outcome 3:
80% of participants reported feeling less lonely and isolated and report having made new friends
PT says: *"I am grateful for all the help given me in my time of crisis and CDARS has been my only support. I have been struggling with alcohol and had relapses, feeling suicidal and ending up in Springfield. I have been struggling with PTSD but the help from CDARS I am really grateful. The staff used their car to take my belongings from A to B and they were there when I needed support. I really enjoyed veterans walk run by CDARS on Saturday. It was fantastic and can't wait to go again."*

Some other feedback from Veterans are

PW – "Meeting other veterans overcome loneliness"
AH – "Is great and very supportive to meet with other guys same background"
GD – "It is a life saving programme, is great to have people who show compassion and care, Jope is extremely helpful"

What difference we actually made

The Covid19 emergency crisis presented key challenges to our community as we faced another long lockdown. This led to heightened anxiety for our veterans due to fear of the pandemic, stress related to employment and finances and long periods of isolation.

For our participants, the programme has been and it is a lifeline. They benefited greatly from the breakfast meeting that occurred weekly. It offered a great opportunity to meet with their peers, to share light-hearted moments together as well as offer support to each other.

They also enjoyed the opportunities to engage in physical activities through the walks and fitness sessions. It enabled them to let the steam off and also to maintain or achieve good physical health. Exercising also proved good for their mental health and gave them an objective.

We just recently been communicated that we have been successful in a new grant, this is in partnership with the Poppy factory and other organisations working with Veterans. This means that our Veterans Programme will continue for another 2 years at least from April 2022 as well as we will introduce new services within, as an outreach programme and a 24/7 crisis telephone helpline.

A Vision for the Future for CDARS

For the near future, we are expanding our focus further in areas such as mental health, veterans and health and wellbeing programmes, community services, community kitchen, and other needs that are brought to our attention by our service users and the local community. We are also progressing with the implementation and development of new ideas that we have designed, two important ones are:

Service for people with Neurodiversity.

This is a service aimed at making the environment much more welcoming and safer for people who are diagnosed with Autism spectrum disorder (ASD) and other Neurodiverse conditions, such as ADHD. ASD is a condition that affects social interaction, communication, interests, and behaviour. It is estimated that approximately 1 in 70 people might have ASD. Recent research has shown that people with ASD tend to find themselves very isolated, and struggle to cope with life, leaving them more vulnerable to alcohol and drug misuse and other mental health conditions, than the rest of the population. We are focusing at the present, in consultation with some of our service users who have been diagnosed with ASD and other Neurodiverse conditions, to train all staff to a high level in this area, review all our related policies and refurbish our premises in order to make them fit for purpose to people with sensory processing disorder. For example, we are re-painting the walls neutral, changing the flooring to neutral colours, changing our lighting so there will not be bright and we are also creating some sensory rooms, where people who are sensitive to noises can spend some time alone when things get a bit too stressful or tiring for them.

A mental health service for young people specifically, aged 18 to 25.

This service is designed to welcome young people who might be at risk of mental health problems. It has emerged out of a focus group that we have done with our young members of staff and volunteers, as well with our young service users, therefore, the feedback that we have collected out of the event forms the basis of the service. It is anticipated that this will be a drop-in service offered as a few half days per week, where only people aged from 18 to 26 can attend and can access a variety of psychosocial service.

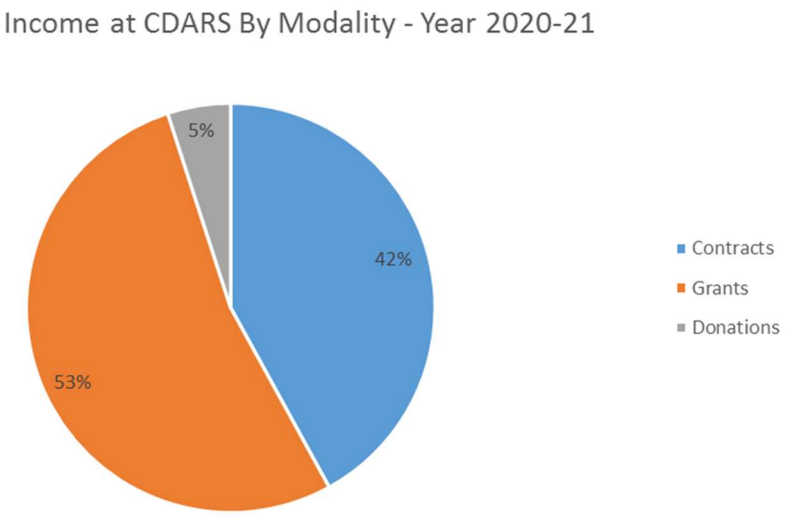
Financial review

CDARS has a reserves policy which states that a reserve equivalent to at least one quarter of the total annual expenditure should be held in case of a non-predicted fall in funding or financial changes.

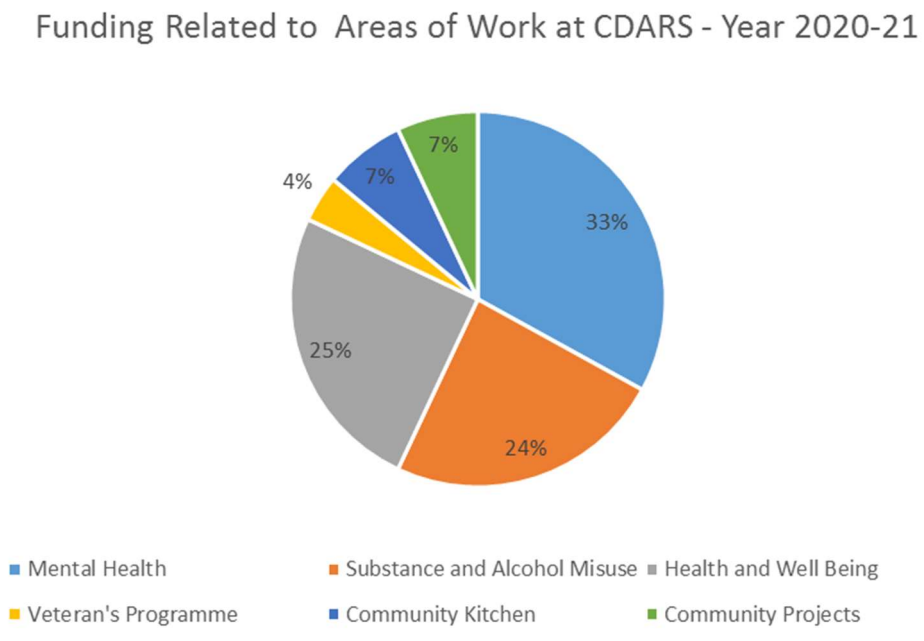
For the year ended 31st March 2021 the total expenditure amounted to £695,918. A sum of at least £173,980 should therefore be set aside as a reserve. Total unrestricted reserves held on 31st March 2021 amounted to £375,807 (2020 - £193,374).

The year 2020-2021 has seen an important increase in income from £586,645 to £903,831, particularly in terms of sources of funding, we have moved further from public contracts to grants.

The chart below shows the proportion of income by modality we have received during the year.



The chart below shows the proportion of income by modality we have received during the year.



CDARS adopts a policy on risks assessment and risks review for financial and funding matters whereby every three years a business plan is produced, where potential risks of a financial nature are highlighted. The management committee meets every 3 months with the CEO and other staff members as appropriate. At these meetings, potential risks are assessed and reviewed by all committee members.

The Management Committee conducts regular reviews of the major risks to which the charity is exposed to. Where appropriate, systems or procedures are established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients, and visitors to the centre. The continuing implementation of the Drugs and Alcohol National Occupational Standards (DANOS) and the adoption of the NICE Guidelines (National Institute Clinical Excellence) ensures a consistent quality of delivery for all operational aspects of the charity. The charity is compliant with various quality management systems, as listed further below, and is audited regularly by its funders, generally annually. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

The partnership works very closely together with our commissioners, funders, and the feedback that we are given by our service users, in regular focus groups and needs assessments, are followed through in the redesign and development of our services. As a result of the above the following new services and programmes have recently started.

CDARS also has achieved the following:

- ISO 27001
- Disability Confident
- Living Wage Foundation
- The Equality Register
- Mindful Employer

CDARS is a member of:

- The Centre for Social Justice
- Cobseo, The Confederation of Service Charities

Structure, Governance and Management

Governing Document

Community Drug and Alcohol Recovery Services (CDARS) is a registered charity (No. 1028663). It is a company limited by guarantee (No. 02634372), which does not have a share capital. Every member of the charity undertakes to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up.

The total number of such members as of the 31st March 2021 was 33 (2020 - 33). The company was established in August 1991 under a Memorandum of Association, which sets out, its objects and powers. Its Articles of Association governs it. Under those Articles, the members of the Executive Committee are elected at an Annual General Meeting to serve for a period of two years.

The Trustees, who are also the Directors for the purpose of company law and under the company's Articles are known as members of the Management Committee, those who served during the year were:

Mr D H Knight
Mr M Ingram
Mrs A Whitfield
Mr John Di Palma

Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of two years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no remuneration from the charity. Any expenses reclaimed from the charity are set out in the accounts. The Management Committee seeks to ensure that the needs of the client group are appropriately reflected through the diversity of the trustee body.

To enhance the potential pool of Trustees, we include rehabilitated substance/alcohol misusers who would be willing to become members of the centre and use their own experience to assist the charity. The organisation aims to fully represent and maintain as far as possible a broad mix of skills at Management Committee level. In the event of particular skills being lost, the organisation has a system in place to replace the required skills.

Most Trustees are already familiar with the practical work of the charity. Additionally, new Trustees are invited and encouraged to attend induction and a series of short training sessions to familiarise themselves with the charity and the context within which it operates.

These are jointly led by the Chair of the Management Committee and the Chief Executive of the charity and cover:

- The obligations of Management Committee members.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

An information pack and guidance book prepared from Charity Commission publication, the Commission's guide "The Essential Trustee", is distributed to all new Trustees along with the Memorandum and Articles and the latest financial statements.

CDARS has a Management Committee who meet every 3 months and is responsible for the strategic direction and policy of the charity. At the end of March 2021, the Committee had 4 members from a variety of professional backgrounds relevant to the work of the charity. A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the CEO.

The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met; he also has responsibility for the day-to-day operational management of the organisation, individual supervision of the staff team and also ensuring that the team continue to develop their skills and working practices in line with good practice.

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy. At a national level, under guidance and monitoring of Public Health England (PHE), body charged with responsibility for delivering the National Drug Strategy and commissioning services, while at a local level under the guidance and monitoring of local commissioners and funders.

Quality systems that we employ include:

- Drugs and Alcohol National Occupational Standards
- National Institute for Clinical Excellence Guidelines
- Standards for Better health
- International Organisation for Standardisation - ISO 27001
- Federation for Drugs and Alcohol Professionals Guidelines
- Chartered Institute of Management Code of Conduct
- Local authority and other commissioners' agreements
- Regular client surveys
- Safeguarding Vulnerable Adults Board and Child Protection Board
- Health and Safety and around 85 other policies
- Complaints System

Statement of Trustees' responsibilities

The Trustees, who are also the Directors of Community Drug and Alcohol Recovery Services for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company Law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees' report was approved by the Board of Trustees.

D H Knight.....
Mr D H Knight

Dated: 10/2/22.....

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

I report to the trustees on my examination of the financial statements of Community Drug and Alcohol Recovery Services (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 ICAEW, 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 that in any material respect:

1 accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2 the financial statements do not accord with those records; or
3 the financial statements 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 financial statements 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 financial statements to be reached.

Andrew Miller BSc FCA
Independent Examiner
ICAEW

Dated: 18/2/22

Azets Audit Services
Trinity Court
34 West Street
Sutton
Surrey
SM1 1SH

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:							
Donations and legacies	**3**	30,483	-	30,483	1,500	-	1,500
Charitable activities	**4**	452,277	421,009	873,286	365,139	219,849	584,988
Investments	**5**	62	-	62	157	-	157
Total income		482,822	421,009	903,831	366,796	219,849	586,645
Expenditure on:							
Charitable activities	**6**	300,388	395,530	695,918	445,312	169,816	615,128
Net income/(expenditure) for the year/ Net movement in funds		182,434	25,479	207,913	(78,516)	50,033	(28,483)
Fund balances at 1 April 2020		193,373	-	193,373	271,890	(50,033)	221,857
Fund balances at 31 March 2021		375,807	25,479	401,286	193,374	-	193,374

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	9		29,322		45,316
Current assets					
Debtors	10	84,426		17,929	
Cash at bank and in hand		419,824		170,948	
		504,250		188,877	
Creditors: amounts falling due within one year	11	(132,286)		(40,819)	
Net current assets			371,964		148,058
Total assets less current liabilities			401,286		193,374
Income funds					
Restricted funds	13		25,479		-
Unrestricted funds					
Designated funds	14	16,279		20,347	
General unrestricted funds		359,528		173,027	
			375,807		193,374
			401,286		193,374

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 10/2/22

D H Knight

Mr D H Knight
Trustee

Mrs A Whitfield
Trustee

Company Registration No. 02634372

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	**18**		249,023		(88,752)
Investing activities					
Purchase of tangible fixed assets		(209)		(2,134)	
Interest received		62		157	
Net cash used in investing activities			(147)		(1,977)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			248,876		(90,729)
Cash and cash equivalents at beginning of year			170,948		261,677
Cash and cash equivalents at end of year			419,824		170,948

1 Accounting policies

Charity information

Community Drug and Alcohol Recovery Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 296a Kingston Road, Wimbledon Chase, London, SW20 8LX, United Kingdom.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's memorandum of association, the Companies Act 2006 and “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)” (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. During the year the trustees implemented a plan to reduce expenditure and are continuing to focus on smaller more local projects. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds are funds which have been set aside from the unrestricted funds for a specific use. The charity holds designated funds relating to specific fixed assets which historically were shown as restricted funds.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset. Grants received during the year have been treated using the accruals model.

1 Accounting policies **(Continued)**

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is allocated to each activity where it relates directly to that activity. Support and governance costs that do not relate directly to each activity are apportioned on the basis of income percentage or percentage use of the associated premises.

1.6 Research and development expenditure

Research expenditure is written off against profits in the year in which it is incurred. Identifiable development expenditure is capitalised to the extent that the technical, commercial and financial feasibility can be demonstrated.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold Improvements	20% Straight Line
Plant and machinery	20% Reducing Balance
Fixtures, fittings & equipment	20% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1 Accounting policies **(Continued)**

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Significant estimations include the apportionment of support and governance costs, accruals and depreciation. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Donations and gifts	27,983	1,500
Unrestricted grants for generic use	2,500	-
	30,483	1,500

4 Charitable activities

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Recovery Cafe	Total 2021	Total 2020
	2021	2021	2021	2021	2021	2021		
	£	£	£	£	£	£	£	£
Services provided under contract	-	-	179,142	-	-	214,482	393,624	362,449
Grants	124,936	35,685	18,226	177,057	90,772	27,850	474,526	219,849
Other income	2,129	-	903	903	298	903	5,136	2,690
	127,065	35,685	198,271	177,960	91,070	243,235	873,286	584,988
Analysis by fund								
Unrestricted funds	51,585	-	183,628	903	776	215,385	452,277	365,139
Restricted funds	75,480	35,685	14,643	177,057	90,294	27,850	421,009	219,849
	127,065	35,685	198,271	177,960	91,070	243,235	873,286	584,988

4 Charitable activities **(Continued)**

For the year ended 31 March 2020

	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Veteran Support Programme	Recovery Cafe	Total 2020
	£	£	£	£	£	£
Services provided under contract	-	153,829	-	-	208,620	362,449
Grants	20,242	5,017	150,570	31,020	13,000	219,849
Other income	-	-	-	-	2,690	2,690
	20,242	158,846	150,570	31,020	224,310	584,988
Analysis by fund						
Unrestricted funds	-	153,829	-	-	211,310	365,139
Restricted funds	20,242	5,017	150,570	31,020	13,000	219,849
	20,242	158,846	150,570	31,020	224,310	584,988

5 Investments

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Interest receivable	62	157

6 Charitable activities

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Total 2021	Total 2020
	2021 £	2021 £	2021 £	2021 £	2021 £	2021 £	2021 £	£	£
Staff costs	62,539	27,919	76,104	81,373	20,682	5,584	67,654	341,855	304,409
Direct costs	4,315	-	-	3,323	19,459	-	300	27,397	-
Client welfare	964	-	(521)	1,791	18	-	2,339	4,591	10,127
Client expenses	-	-	-	-	-	-	-	-	120
Grant repayments	-	-	-	-	-	-	-	-	2,000
	67,818	27,919	75,583	86,487	40,159	5,584	70,293	373,843	316,656
Share of support costs (see note 7)	39,713	11,152	47,853	55,618	36,402	-	76,018	266,756	245,228
Share of governance costs (see note 7)	1,256	313	13,204	16,495	6,979	557	16,515	55,319	53,244
	108,787	39,384	136,640	158,600	83,540	6,141	162,826	695,918	615,128
Analysis by fund									
Unrestricted funds	33,307	3,699	121,997	268	-	6,141	134,976	300,388	445,312
Restricted funds	75,480	35,685	14,643	158,332	83,540	-	27,850	395,530	169,816
	108,787	39,384	136,640	158,600	83,540	6,141	162,826	695,918	615,128

6 Charitable activities **(Continued)**

For the year ended 31 March 2020

	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Total 2020
	£	£	£	£	£	£	£
Staff costs	9,509	98,572	52,132	13,890	30,322	99,984	304,409
Client welfare	-	6,890	1,966	-	531	740	10,127
Client expenses	-	120	-	-	-	-	120
Grant repayments	-	-	-	-	2,000	-	2,000
	9,509	105,582	54,098	13,890	32,853	100,724	316,656
Share of support costs (see note 7)	8,801	78,578	50,232	6,495	6,407	94,715	245,228
Share of governance costs (see note 7)	1,931	11,413	12,971	1,859	4,830	20,240	53,244
	20,241	195,573	117,301	22,244	44,090	215,679	615,128
Analysis by fund							
Unrestricted funds	-	190,556	22,653	22,244	7,180	202,679	445,312
Restricted funds	20,241	5,017	94,648	-	36,910	13,000	169,816
	20,241	195,573	117,301	22,244	44,090	215,679	615,128

7 Support costs

	Support costs	**Governance costs**	**2021**	Support costs	Governance costs	2020
	£	**£**	**£**	£	£	£
Staff costs	138,394	-	138,394	122,630	-	122,630
Insurance	3,556	-	3,556	1,371	-	1,371
Office expenses	45,635	-	45,635	13,247	-	13,247
Safety & security costs	-	-	-	588	-	588
IT & communication	19,361	-	19,361	24,395	-	24,395
Premises expenses	59,810	-	59,810	82,997	-	82,997
Audit fees	-	4,000	4,000	-	3,600	3,600
Accountancy	-	7,128	7,128	-	6,185	6,185
Legal and professional	-	27,988	27,988	-	27,887	27,887
Depreciation	-	16,203	16,203	-	15,572	15,572
	266,756	55,319	322,075	245,228	53,244	298,472
Analysed between						
Charitable activities	266,756	55,319	322,075	245,228	53,244	298,472

Governance costs includes payments to the independent examiner of £4,000 (2020- £3,600) for independent examiners fees and £7,128 (2020- £4,740) for bookkeeping services.

8 Employees

Number of employees

The average number of employees during the year was:

	2021	2020
Office and management	3	2
Clinical staff	17	15
	20	17

Employment costs	2021	2020
	£	£
Wages and salaries	413,839	375,517
Social security costs	31,435	28,216
Other pension costs	17,349	14,092
	462,623	417,825

The number of employees whose annual remuneration was £60,000 or more were:

	2021 Number	2020 Number
£60,000-£70,000	1	1

9 Tangible fixed assets

	Leasehold Improvements	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£	£
Cost				
At 1 April 2020	45,993	85,045	10,975	142,013
Additions	-	-	209	209
At 31 March 2021	45,993	85,045	11,184	142,222
Depreciation and impairment				
At 1 April 2020	26,992	63,891	5,814	96,697
Depreciation charged in the year	9,199	5,764	1,240	16,203
At 31 March 2021	36,191	69,655	7,054	112,900
Carrying amount				
At 31 March 2021	9,802	15,390	4,130	29,322
At 31 March 2020	19,000	21,154	5,162	45,316

9 Tangible fixed assets **(Continued)**

Fixed assets with a net book value of £16,279 (2020 - £20,347) are designated funds.

10 Debtors

	2021	2020
Amounts falling due within one year:	**£**	**£**
Trade debtors	44,566	-
Other debtors	574	410
Prepayments and accrued income	39,286	17,519
	84,426	17,929

11 Creditors: amounts falling due within one year

	2021	2020
	£	**£**
Trade creditors	6,235	10,783
Other creditors	29,066	2,408
Accruals and deferred income	96,985	27,628
	132,286	40,819

Deferred income of £91,167 (2020 - £18,042) has been recognised in the year. This relates to restricted grants which have been provided to the charity for specific projects over a specific period.

12 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £17,349 (2020 - £14,092).

£7,688 (2020 - £8,858) has been allocated to unrestricted funds and £9,661 (2020 - £5,234) to restricted funds.

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 April 2019 as restated	Incoming resources as restated	Resources expended	Balance at 1 April 2020 as restated	Incoming resources	Resources expended	Balance at 31 March 2021
	£	£	£	£	£	£	£
The Albert Gubay Charitable Foundation	-	-	-	-	10,000	(10,000)	-
The Henry Smith Charity	-	20,242	(20,242)	-	35,109	(35,109)	-
The Wimbledon Foundation	-	25,000	(25,000)	-	35,000	(32,221)	2,779
The National Lottery Community Foundation	(55,922)	119,428	(63,506)	-	183,362	(183,362)	-
The City Bridge Trust	-	6,142	(6,142)	-	36,850	(18,125)	18,725
The Antonio Carluccio Foundation	-	-	-	-	4,500	(3,249)	1,251
The Wandsworth Grant Fund	-	-	-	-	9,800	(7,076)	2,724
The Royal British Legion	4,813	-	(4,813)	-	-	-	-
Armed Forces Covenant Trust Fund	1,076	14,970	(16,046)	-	-	-	-
The Pilgrim Trust	-	13,000	(13,000)	-	13,000	(13,000)	-
Postcode Trust People	-	6,050	(6,050)	-	-	-	-
The Forces Trust	-	10,000	(10,000)	-	-	-	-
Sport England	-	5,017	(5,017)	-	-	-	-
The CAF Resilience Fund	-	-	-	-	63,427	(63,427)	-
Groundwork	-	-	-	-	361	(361)	-
The London Community Foundation	-	-	-	-	29,600	(29,600)	-
	(50,033)	219,849	(169,816)	-	421,009	(395,530)	25,479

13 Restricted funds **(Continued)**

The Albert Gubay Charitable Foundation awarded £10,000 for the White Goods for Vulnerable People project which ran during the year. All funds were utilised in the period.

The Henry Smith Charity awarded a total of £106,500 over a three year period for the Suicide Prevention Programme. The programme started in the previous reporting period and as such £35,109 (2020 - £20,242) has been recognised and fully utilised.

The Wimbledon Foundation previously awarded a grant of £75,000 for a three year period towards the Culture + Diversity = Cohesion Programme. £25,000 has been recognised within the year and fully utilised on associated costs within the period. £10,000 was also awarded by the foundation towards the Community Kitchen, for which £2,779 remains unspent at the year end.

During the year, an amount of £197,232 (2020 - £119,428) was received from The National Lottery Community Fund. The charity continued to receive support for the Health and Wellbeing Programme for which it has recognised £110,773 in the year from the fund. The grant can be spent on all costs relating to the project and was fully expensed during the year. The National Lottery Community Fund also awarded payments of £86,459 towards the Emergency Outreach Programme in response to the Covid-19 pandemic. This has been utlised across a number of projects with an underspend of £13,870 reflected in other creditors as owing back to the grant provider.

The City Bridge Trust awarded a grant of £111,550 for a three year period in the year ending 31st March 2020. This is to cover the cost of a Health and Wellbeing Outreach worker delivering mental health support services across the City of London. £40,994 of the grant has been recognised in the year with an underspend being carried forward of £18,725 as permitted by the Trust.

The Antonio Carluccio Foundation awarded a total of £9,000 during the year towards two years of costs for the Community Kitchen. £4,500 has been recognised in the year with a remaining balance of £5,751 being available next year.

The Wandsworth Grant Fund awarded £9,800 towards the Community Kitchen. A balance of £2,724 remained unutilised as at 31st March 2021 to be used by 31st August 2021.

The Pilgrim Trust awarded £40,000 for the Women's Recovery Café project which will run for 3 years. The final payment of £13,000 was received during the year and was fully utilised.

An amount of £63,427 was received from The CAF Resilience Fund for the 24/7 Crisis Help project. The funds have been utilised in full during the year.

The London Community Foundation awarded a grant of £40,169 towards the Community Kitchen. As at the end of the year, the funds had not been fully utilised in line with the agreement and therefore a balance of £11,394 is held as a creditor.

14 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2019	Resources expended	Balance at 1 April 2020	Resources expended	Balance at 31 March 2021
	£	£	£	£	£
Fixed Assets	25,435	(5,088)	20,347	(4,068)	16,279
	25,435	(5,088)	20,347	(4,068)	16,279

15 Analysis of net assets between funds

	Unrestricted funds 2021	Restricted funds 2021	Total 2021	Unrestricted funds 2020	Restricted funds 2020	Total 2020
	£	£	£	£	£	£
Fund balances at 31 March 2021 are represented by:						
Tangible assets	29,322	-	29,322	45,316	-	45,316
Current assets/ (liabilities)	346,485	25,479	371,964	148,058	-	148,058
	375,807	25,479	401,286	193,374	-	193,374

16 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases:

2021	2020
£	£
96,667	136,667

17 Related party transactions

None of the trustees (or any persons connected with them) received any remuneration during the year, and no trustees were reimbursed for expenses (2020 - £nil).

At the year end, an amount of £nil (2020 - £410) was owed to the charity by Franco Toma, Managing Director.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

18	Cash generated from operations	2021 £	2020 £
	Surplus/(deficit) for the year	207,913	(28,483)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(62)	(157)
	Depreciation and impairment of tangible fixed assets	16,203	15,571
	Movements in working capital:		
	(Increase)/decrease in debtors	(66,498)	42,808
	Increase/(decrease) in creditors	91,467	(118,491)
	Cash generated from/(absorbed by) operations	249,023	(88,752)

19 **Analysis of changes in net funds**

The charity had no debt during the year.