
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
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Contents

	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Trustees' report	2 - 30
Independent examiner's report	31 - 32
Statement of financial activities	33
Balance sheet	34 - 35
Statement of cash flows	36
Notes to the financial statements	37 - 56

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
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Trustees' report
For the Year Ended 31 March 2022

The Trustees 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 Trustees' report and a directors' report under company law. The Trustees 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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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.

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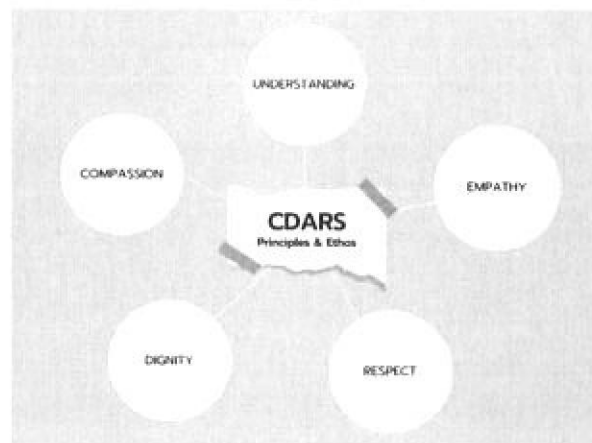
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We strive by

- 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:

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

- 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 DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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.

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

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.
HU – 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 re-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.

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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 Café, 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 café is located off the main high street in a discreet courtyard, but easily accessible by public transport.

The Sunshine Recovery Café 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.

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

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.

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

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 café	95%

Some comments and feedback from clients

HG says:	<i>The café looks after me and I feel better when I leave there every time.</i>
DK says:	<i>I really like the food I get from there, it's healthy and tastes great.</i>
SH says:	<i>I enjoy coming to the café and feel supported.</i>
TY says:	<i>The art sessions have been invaluable, and I like the way they are run.</i>
HU says:	<i>Glad that I got access to counselling through the café; it has helped me enormously</i>
GH says:	<i>The café has stayed open for support, friendly and welcoming atmosphere</i>
AS says:	<i>Enjoyed the Art group and the creative parts of it.</i>

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

SF says:	<i>I like the Art Group and what it allows him to do creatively.</i>
RE says:	<i>I found the counselling extremely valuable addition to attending the Café.</i>
MS says:	<i>Grateful to have a safe place to come to where she can get support in a safe environment.</i>
JH says:	<i>I found the counselling incredibly beneficial.</i>
PH says:	<i>I am grateful for the support around issues at my home address and in the help received to sort them out.</i>
AK says:	<i>I enjoyed the day of fun on the Common – it was good to get out and be with others.</i>
JO says:	<i>The friendly atmosphere makes me feel safe when I'm here.</i>
SK says:	<i>I love the art sessions and the creativity of these sessions.</i>
RE says:	<i>Since coming to the Café, I have felt safer and able to talk more to others if I need support</i>
SF says:	<i>I found the counselling extremely valuable addition to attending the Café.</i>
FS says:	<i>It's always good to see and meet others at the café. Just being there helps with my mood and feeling supported.</i>

□

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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 café 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

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

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

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- 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.

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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%

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

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

<i>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"</i>
<i>CS: "I was very low when I arrived, but being able to speak through, I felt much better"</i>
<i>MF: "I was not expecting so much hope from my counsellor, I feel so much more positive"</i>
<i>CS: "When I feel too low to carry on, learn to speak with my counsellor, I found always very helpful to carry on"</i>
<i>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"</i>
<i>AK: "Counselling gives me the skills to cope and change my destructive thoughts"</i>
<i>KT: "The saving lives service saved my life"</i>
<i>PS: "When I feel low and think about ending, I call my counsellor and talk about my feelings"</i>

A Case Study

<p><i>Sam, 59 (identity changed)</i></p> <p><i>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.</i></p> <p><i>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."</i></p>

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

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.

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

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, Cudrose, 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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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.

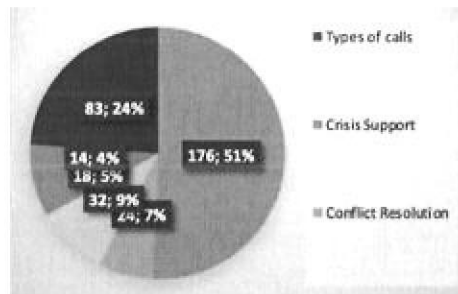
During the period April 2021 to March 2022, we received 347 out of hours calls, the largest proportion of calls received on the helpline was during the hours of 6.00pm to 11.00pm - 276 calls were received during this time.

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.

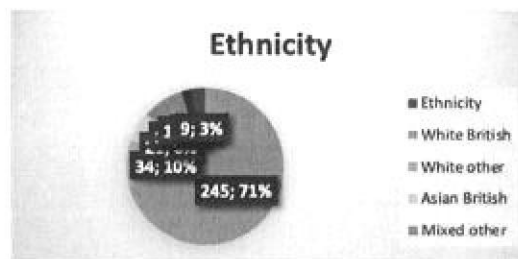
COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES (A company limited by guarantee)

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.

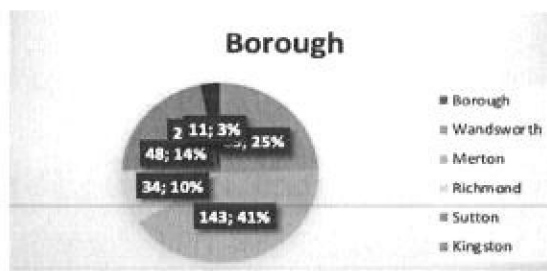
The chart below illustrates the breakdown of the types of calls received:



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:



COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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.

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

TW says:	<i>"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."</i>
DP says:	<i>"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."</i>
LM says:	<i>"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".</i>
JC says:	<i>"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"</i>

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.

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

- 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 from 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.

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

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:

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

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.

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

- 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

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

- 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.

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

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*

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

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.

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

Independent examiner's report (continued)
For the Year Ended 31 March 2022

Signed:



Sohaib Akram

Dated:

14/12/2022

ACCA

Axis Accountants Ltd

Chartered Certified Accountants
8 Deer Park Road
London
SW19 3GY

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

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.

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
(A company limited by guarantee)
Registered number: 02634372

Balance sheet
As at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	11	20,007	29,323
		<u>20,007</u>	<u>29,323</u>
Current assets			
Debtors	12	24,910	84,427
Cash at bank and in hand		485,148	419,824
		<u>510,058</u>	<u>504,251</u>
Creditors: amounts falling due within one year	13	(75,444)	(132,286)
Net current assets		<u>434,614</u>	<u>371,965</u>
Total assets less current liabilities		<u>454,621</u>	<u>401,288</u>
Net assets excluding pension asset		<u>454,621</u>	<u>401,288</u>
Total net assets		<u><u>454,621</u></u>	<u><u>401,288</u></u>
Charity funds			
Restricted funds	15	-	25,479
Unrestricted funds	15	454,621	375,809
Total funds		<u><u>454,621</u></u>	<u><u>401,288</u></u>

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:

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Registered number: 02634372

Balance sheet (continued)

As at 31 March 2022

DH Knight

.....
Mr D H Knight

Chair of Trustees

Date: *14/12/2022*

A. M. Witfield

.....
Mrs A Witfield

Trustee

The notes on pages 37 to 56 form part of these financial statements.

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

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

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

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.

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

Notes to the financial statements
For the Year Ended 31 March 2022

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.

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

Notes to the financial statements
For the Year Ended 31 March 2022

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	-	-
	<hr/> 3,535 <hr/>	<hr/> 3,535 <hr/>
	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Donations	27,983	27,983
Grants	2,500	2,500
	<hr/> 30,483 <hr/>	<hr/> 30,483 <hr/>

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

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
Veteran Support Programme	-	69,850	69,850
Recovery Cafe	212,693	-	212,693
	<u>507,312</u>	<u>385,042</u>	<u>892,354</u>
	<u><u>507,312</u></u>	<u><u>385,042</u></u>	<u><u>892,354</u></u>
	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
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
	<u>452,278</u>	<u>421,009</u>	<u>873,287</u>
	<u><u>452,278</u></u>	<u><u>421,009</u></u>	<u><u>873,287</u></u>

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

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	<u>1,800</u>	<u>-</u>	<u>86</u>	<u>88</u>	<u>29</u>	<u>-</u>	<u>86</u>	<u>2,089</u>	<u>5,137</u>
	<u>88,213</u>	<u>35,983</u>	<u>246,176</u>	<u>178,919</u>	<u>60,521</u>	<u>69,850</u>	<u>212,692</u>	<u>892,354</u>	<u>873,287</u>

	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	<u>2,129</u>	<u>-</u>	<u>903</u>	<u>903</u>	<u>298</u>	<u>-</u>	<u>904</u>	<u>5,137</u>
	<u>127,065</u>	<u>35,685</u>	<u>198,271</u>	<u>177,960</u>	<u>91,070</u>	<u>-</u>	<u>243,236</u>	<u>873,287</u>

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

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
	<u>67</u>	<u>67</u>
	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Bank interest	62	62
	<u>62</u>	<u>62</u>

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
Veteran Support Programme	3,047	68,232	71,279
Recovery Cafe	178,218	5,374	183,592
	<u>423,005</u>	<u>419,619</u>	<u>842,624</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

6. Analysis of expenditure on charitable activities (continued)

Summary by fund type (continued)

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
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
	<u>472,187</u>	<u>223,731</u>	<u>695,918</u>

7. Analysis of expenditure by activities

	<i>Activities undertaken directly 2022 £</i>	<i>Support costs 2022 £</i>	<i>Total funds 2022 £</i>
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
	<u>481,818</u>	<u>360,806</u>	<u>842,624</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

7. Analysis of expenditure by activities (continued)

	<i>Activities undertaken directly 2021 £</i>	<i>Support costs 2021 £</i>	<i>Total funds 2021 £</i>
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
Veteran Support Programme	5,584	557	6,141
Recovery Cafe	70,293	16,515	86,808
Support cost	-	266,756	266,756
	<u>373,843</u>	<u>322,075</u>	<u>695,918</u>

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
	<u>21,328</u>	<u>23,714</u>	<u>144,262</u>	<u>108,731</u>	<u>35,107</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

		Veteran 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
		<u>46,240</u>	<u>102,435</u>	<u>481,817</u>

	<i>Small Project Support 2021 £</i>	<i>Suicide Prevention Programme 2021 £</i>	<i>Wandsworth & Richmond SMS 2021 £</i>	<i>Health & Wellbeing Programme 2021 £</i>	<i>Community Kitchen 2021 £</i>
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
	<u>67,818</u>	<u>27,919</u>	<u>75,583</u>	<u>86,487</u>	<u>40,159</u>

	<i>Veteran Support Programme 2021 £</i>	<i>Recovery Cafe 2021 £</i>	<i>Total funds 2021 £</i>
Staff costs	5,584	67,654	341,855
Direct costs	-	300	27,398
Client welfare	-	2,339	4,590
	<u>5,584</u>	<u>70,293</u>	<u>373,843</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

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
	<u>71,093</u>	<u>10,591</u>	<u>42,985</u>	<u>104,050</u>	<u>25,892</u>

	Veteran 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
	<u>25,039</u>	<u>81,157</u>	<u>-</u>	<u>360,807</u>

	Small Project Support 2021 £	Suicide Prevention Programme 2021 £	Wandsworth & Richmond SMS 2021 £	Health & Wellbeing Programme 2021 £	Community Kitchen 2021 £
Governance costs	<u>1,256</u>	<u>313</u>	<u>13,204</u>	<u>16,495</u>	<u>6,979</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	<i>Veteran Support Programme 2021 £</i>	<i>Recovery Cafe 2021 £</i>	<i>Support cost 2021 £</i>	<i>Total funds 2021 £</i>
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
	<u>557</u>	<u>16,515</u>	<u>266,756</u>	<u>322,075</u>

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	<u>-</u>	<u>7,128</u>

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
	<u>569,711</u>	<u>462,623</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

9. Staff costs (continued)

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

	2022 No.	<i>2021 No.</i>
Office and management	3	<i>3</i>
Clinical staff	21	<i>17</i>
	24	<i>20</i>

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

	2022 No.	<i>2021 No.</i>
In the band £60,001 - £70,000	1	<i>1</i>

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

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

Notes to the financial statements
For the Year Ended 31 March 2022

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
<i>At 31 March 2021</i>	<i>9,802</i>	<i>15,391</i>	<i>4,130</i>	<i>29,323</i>

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
	<u>24,910</u>	<u>84,427</u>

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
	<u>75,444</u>	<u>132,286</u>

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

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.

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

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

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

Notes to the financial statements
For the Year Ended 31 March 2022

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2021 £</i>
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

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

Notes to the financial statements
For the Year Ended 31 March 2022

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	-
	<u>401,288</u>	<u>895,957</u>	<u>(842,624)</u>	<u>-</u>	<u>454,621</u>

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
	<u>193,374</u>	<u>903,831</u>	<u>(695,917)</u>	<u>401,288</u>

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

Notes to the financial statements
For the Year Ended 31 March 2022

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.

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

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

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

Notes to the financial statements
For the Year Ended 31 March 2022

20. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	485,148	419,824
Total cash and cash equivalents	<u>485,148</u>	<u>419,824</u>

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
	<u>419,824</u>	<u>65,324</u>	<u>485,148</u>