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

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**Unaudited**

**Trustees' report and financial statements**

**For the Year Ended 31 March 2023**

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

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**Contents**

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	Page
Reference and administrative details of the Charity, its Trustees and advisers	1
Trustees' report	2 - 34
Independent examiner's report	35 - 36
Statement of financial activities	37
Balance sheet	38 - 39
Statement of cash flows	40
Notes to the financial statements	41 - 61

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

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

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

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

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### Trustees' report For the Year Ended 31 March 2023

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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

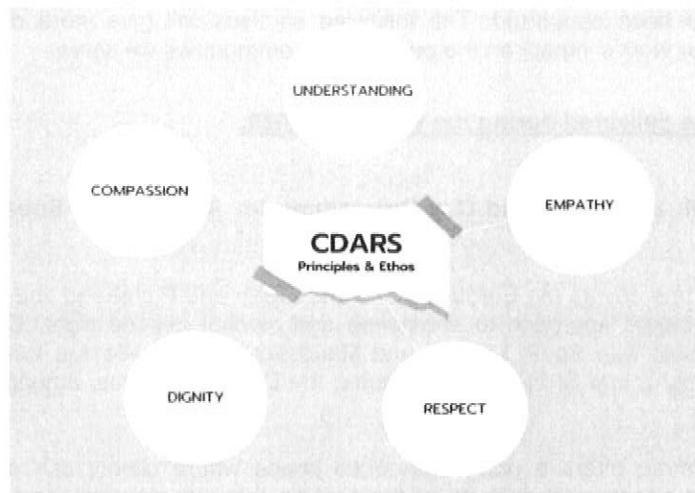


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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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

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

The strategies we have used to meet our objectives include:

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

### Achievements and Performance

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

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## **COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**

### **(A company limited by guarantee)**

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

#### **Primary services delivered during the year 2022-2023.**

##### **The Wandsworth and Richmond Day Programme for Alcohol and Substance Misuse**

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

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

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

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

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

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

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

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

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

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

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

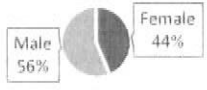
**We aim to achieve**

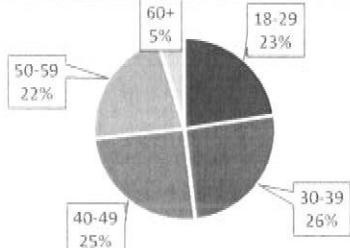
The Programme aims to assist clients in managing and dealing with any issues related to their addictions, discovering their unique qualities and strengths, and developing self-esteem and hope for a brighter future. We aim to achieve this using the 'Five ways to wellbeing' module:

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

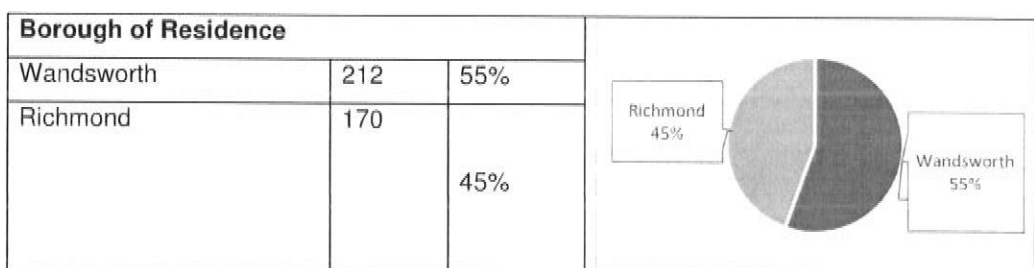
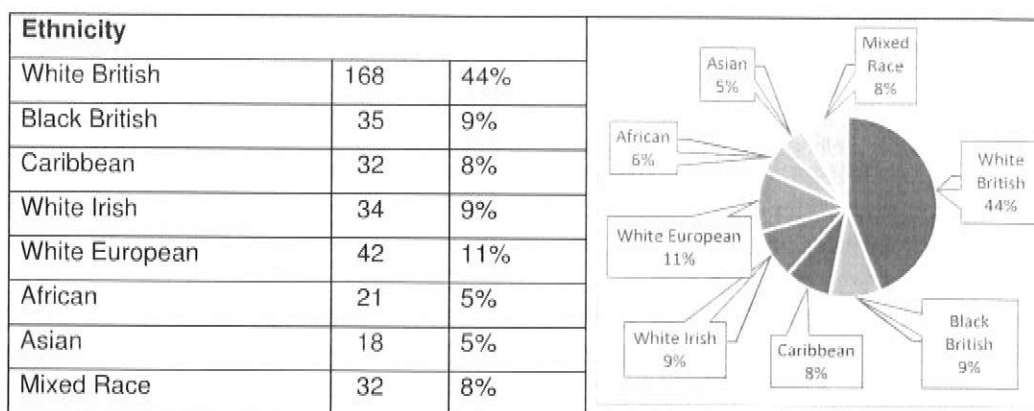
**Some Data for the period April 2022 to March 2023**

	Number	Proportion
<b>Total Number of Clients Attended</b>	382	100%

<b>Gender</b>			
Female	167	44%	
Male	215	56%	

<b>Age Group</b>			
18-29	86	23%	
30-39	98	26%	
40-49	96	25%	
50-59	84	22%	
60 and over	18	5%	

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



**Some Feedback from our Clients**

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

**Case Studies**

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

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

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

AS –

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

### **The Sunshine Recovery Café**

#### Background

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

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

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

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

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

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

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


**What we aim to achieve**

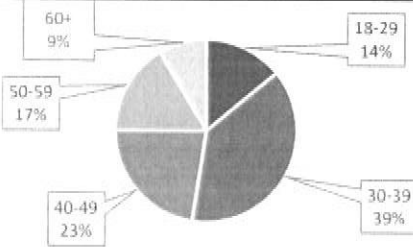
To help those in mental health crisis to get support, guidance and gain the necessary tools to live a happier and healthier life. We offer a wide range of services, groups, and activities that engage and support clients in helping them heal emotionally, mentally, and physically. We work with clients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

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

**Some Data for the period April 2022 to March 2023**

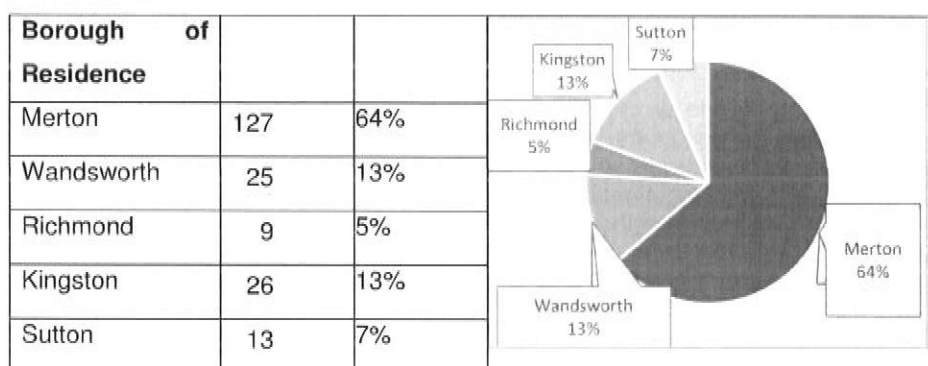
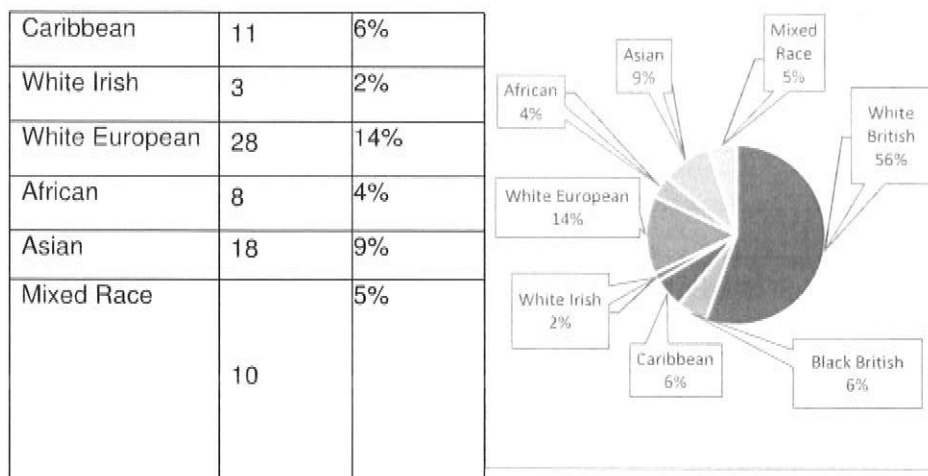
	Number
Total Number of Clients Attended - New	200
Total Number of Client Visits to SRC – All	3,684

Gender			
Female	123	62%	
Male	77	39%	

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

Ethnicity			
White British	111	56%	
Black British	11	6%	

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



**Some Feedback from our Clients**

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

**A Case Study**



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

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SA

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

### **The Health and Well-Being Programme**

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

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

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

#### The story of the project

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

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



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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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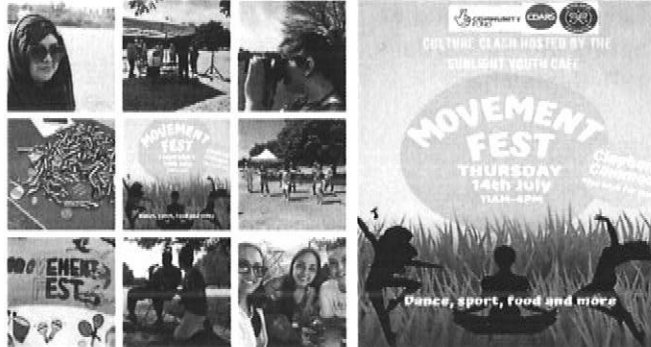
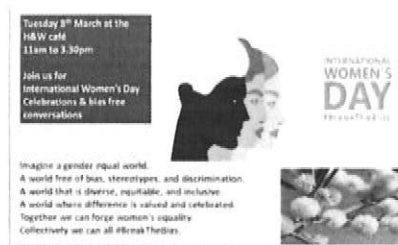
Another success of the programme has been our ability to create a diverse and inclusive programme: 46% of the participants are from BAME communities. We have also worked hard at ensuring disabled people can access our programme: 30% of the participants were recorded as having a disability. A fundamental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

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

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

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

**International Women's Day**  
**Break the bias**  
**8<sup>th</sup> March**



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

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**Movement Fest**  
**14<sup>th</sup> July**

**Celebrating the end of  
spring at Kew Gardens**  
**13<sup>th</sup> September**

**Celebrating Creativity**  
**15<sup>th</sup> December**



**Mini Art Project**

We are holding an event at the Sunshine Recovery Cafe called the "Celebration of Creativity" on December 15th.

As part of this event, we are offering a group activity to this event. Anyone can contribute a color artwork to be displayed.

Please follow below instructions to participate:

- With a friend or family, you can make a small artwork. It can be a drawing, a painting, a collage, or anything you like. Please bring it to the event.
- The artwork should be in the size of A4 and it should be displayed on the wall of the Sunshine Recovery Cafe.
- Feel free to make as many as you want.
- All exhibitions are welcome and will be displayed as long as they are not offensive or inappropriate to the event.



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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

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We also took participants on social outings, including:

- 27th January 2022 Visit to V&A

Museum with lunch

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

### How we have involved people from our community in our work

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

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

### The differences we have made through the programme

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

### Below are some of the outcomes recorded

Clients

who

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

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

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Number of clients referred to other organisations for additional support around debt, benefits, foodbanks and courses such as creative writing and design	72%	
Clients who reported learning a new skill, particularly digital skills, had an opportunity to enrol in our digital skills programme.	90%	<div><div>Felt less isolated</div><div>better life satisfaction</div><div>better health and fitness</div><div>Felt more optimistic about mental health</div><div>referred for additional support</div><div>learnt new skills</div></div> <div><div><div></div><div>95%</div></div><div><div></div><div>79%</div></div><div><div></div><div>87%</div></div><div><div></div><div>75%</div></div><div><div></div><div>72%</div></div><div><div></div><div>90%</div></div></div>

**What we have learned through the programme**

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

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

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

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

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

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

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

**A Case Study**

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

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## **COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**

### **(A company limited by guarantee)**

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#### **Saving Lives – The Suicide Prevention Programme**

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

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

#### Aims and Objectives

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

#### What we offer

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

#### **STAGE 1 'SURVIVE'**

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

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

Activities at this stage include:

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

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**STAGE 2 'PREVENT'**

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

Activities at this stage include:

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

**STAGE 3 'SUSTAIN'**

Support for as long as it is needed.

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

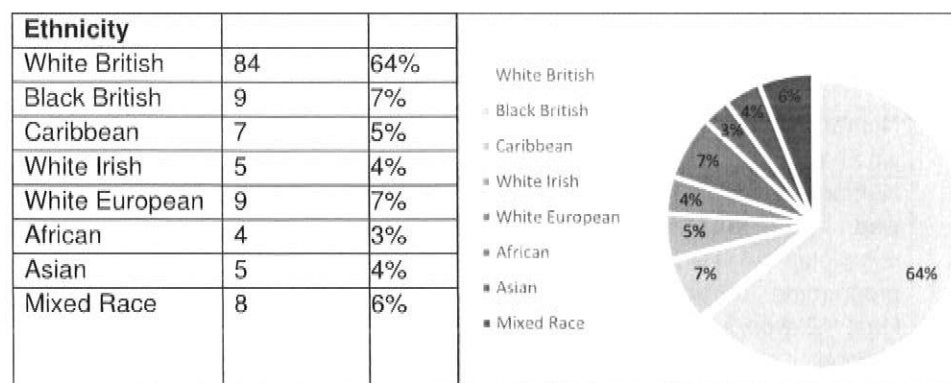
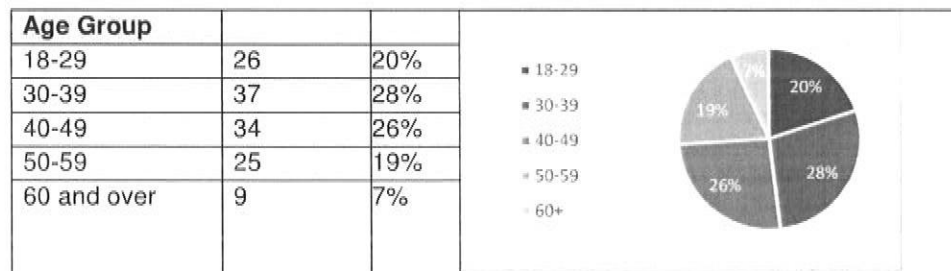
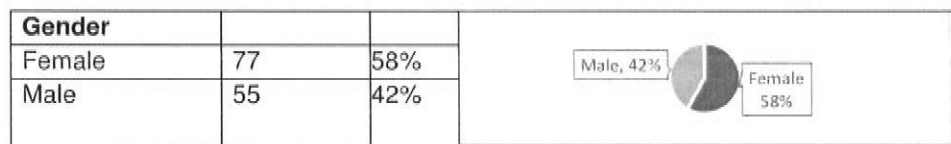
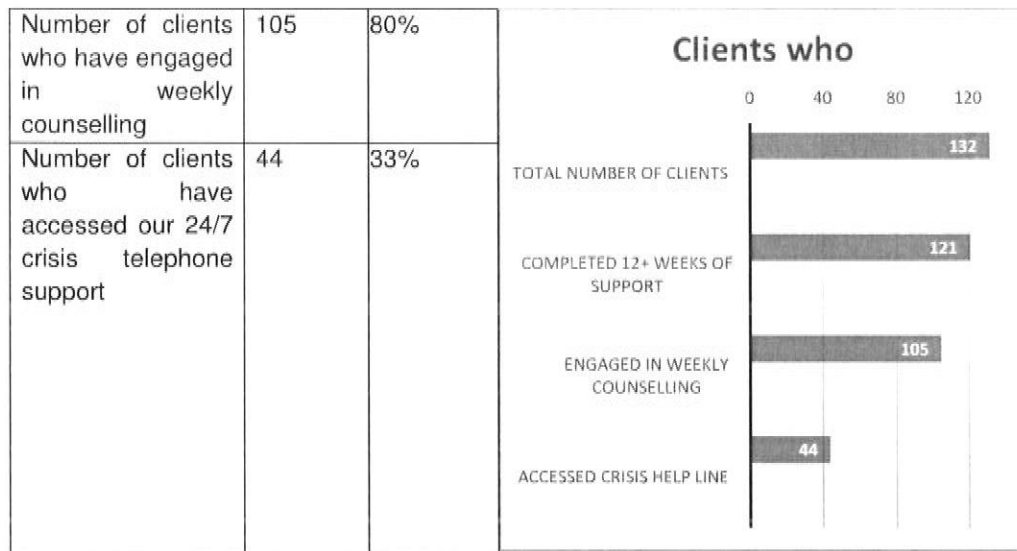
- Employment Skills
- Ongoing Mentoring support - clients continue to receive support from a named volunteer with lived experience of suicide ideation who provides ongoing motivational support.
- Weekly self-help group - in this group, clients will gain support over broader issues than just mental health,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

**Some Data for the period April 2022 to March 2023**

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



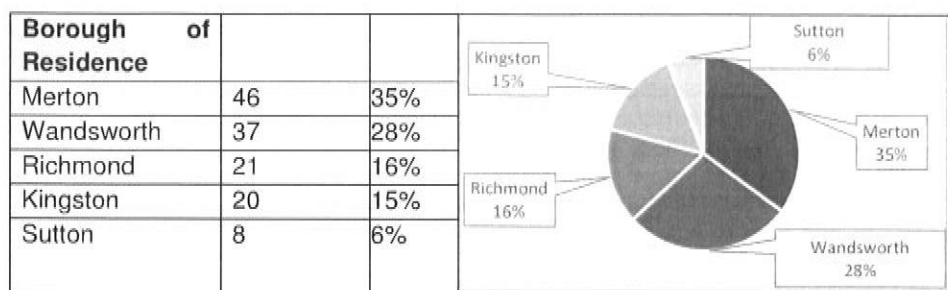
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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

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### Some Clients Feedback

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

### A Case Study

AM

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

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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

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

### The Neurodiversity Support Programme

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

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

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

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

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

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

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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

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

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

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

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


The programme experienced a remarkable growth spurt, doubling our group's size in less than two months. This meteoric rise can be attributed to the dedication, expertise and passion that the staff bring to the table, having undergone training to work effectively with neurodiverse individuals, ensuring their safety and comfort while adapting to their specific needs.

The programme has been highly successful, but it also meant that the sudden increase in the number of clients who have accessed the programme and, in particular, the size of our groups, coupled with limited staff resources due to related funding, came to a natural end, has meant that we had to re-design the delivery of the service recently using a more structured and time-limited approach. However, the programme continues to be delivered to a highly successful level.

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

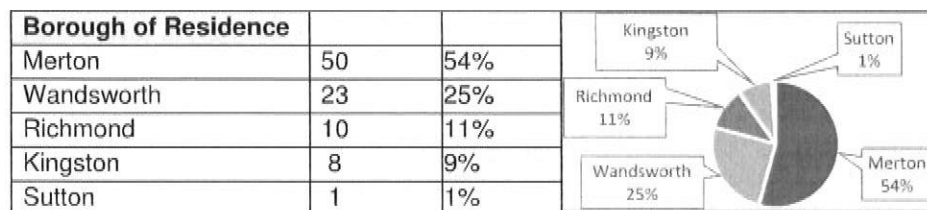
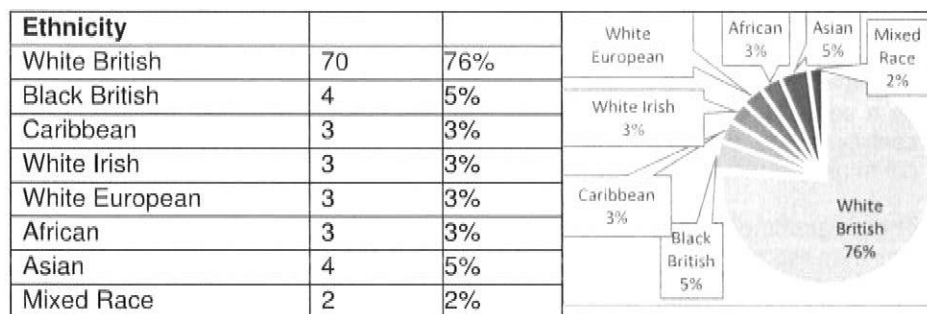
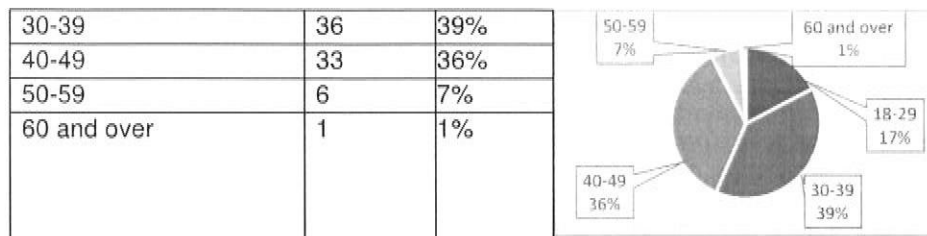
### Some Data for the Period April 2022 to March 2023.

	Number	Proportion
<b>Total Number of Clients Attended</b>	92	100%

<b>Gender</b>			
Female	52	57%	
Male	40	43%	

<b>Age Group</b>		
18-29	16	17%

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**Some Clients Feedback**

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

**A Case Study for the Service**

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**COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**  
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DC

*"DC has been a member of CDARS for more than a few years. She has struggled with her mental health and self-harming behaviour as she was not able to understand her trauma fully. She began with our ND program to better support her needs with sensory sensitives as she started to notice things connected with Autism. She is attending a few 1-1s and usually has trouble following groups due to the nature of the group. She had severe social anxiety and never would share in the group.*

*However, she began to reach out more to me and other service users going to the groups, and she eventually became more comfortable attending and speaking in the group. She is now attending the Tuesday group every week and is disassociating less. She is more present and able to receive reflection and support from others. Through this, she received an autism diagnosis, and this has changed her life. It has not been easy for her to live this long without knowing and having a late diagnosis, but now that she is aware, she is actively seeking support. I helped her create an autism health passport that she can use to communicate when she can't in the hospital, and this has enabled her significantly. She now sees me regularly for 1-1s and is doing her best to engage and get the proper support to better her life."*

### **The Ex-Military Veterans Support Programme**

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

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

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

#### Who can access the programme?

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

#### How the programme is accessed

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

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## COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

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

### Programme Objectives

Some objectives of the programme are to:

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

### The programme

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

### Some Data for the Period April 2022 to March 2023.

	Number	Proportion
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**COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**  
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Veterans who have attended the programme	139	100%	<div>Veterans who attended:</div> <table><thead><tr><th>Service</th><th>Count</th></tr></thead><tbody><tr><td>Allotment Project</td><td>29</td></tr><tr><td>Outreach service</td><td>47</td></tr><tr><td>Breakfast club</td><td>55</td></tr><tr><td>Counselling service</td><td>52</td></tr><tr><td>Total</td><td>139</td></tr></tbody></table>	Service	Count	Allotment Project	29	Outreach service	47	Breakfast club	55	Counselling service	52	Total	139
Service	Count														
Allotment Project	29														
Outreach service	47														
Breakfast club	55														
Counselling service	52														
Total	139														
Veterans who have attended the counselling service	52	37%													
Veterans who have attended the breakfast club	55	40%													
Veterans who have attended the Outreach service	47	34%													
Veterans who have attended the Allotment project	29	21%													

Family members or carers of veterans who attended the support programme	94	100%
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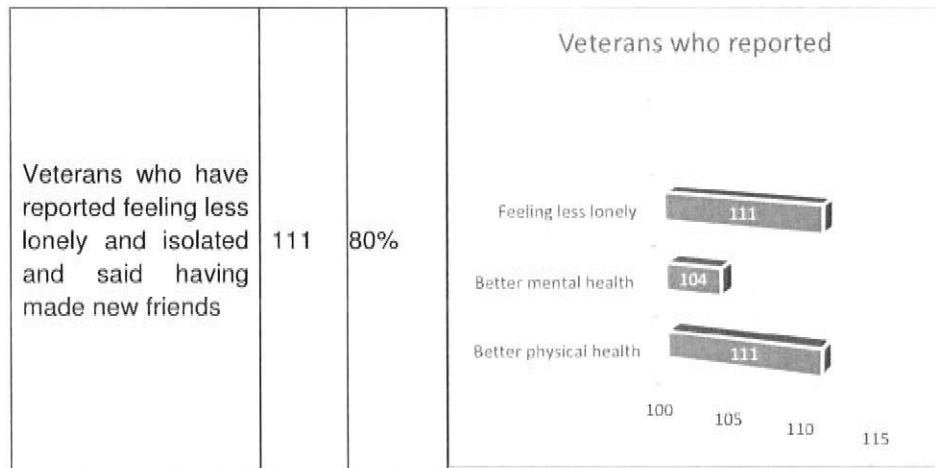
Veterans referred to external partner organisations.	
Building Heroes	10
Op Courage	7
Stoll	2
Fighting Chance	8

A pie chart illustrating the distribution of veterans referred to external partner organizations. The chart is divided into four segments, each with a label and a value: Building Heroes (10), Op Courage (7), Fighting Chance (8), and Stoll (2). The segments are shaded in different patterns: Building Heroes is dark grey, Op Courage is medium grey, Fighting Chance is light grey, and Stoll is white.

Partner	Count
Building Heroes	10
Op Courage	7
Fighting Chance	8
Stoll	2

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

**COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**  
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**Some Clients Feedback**

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



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

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

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

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

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

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

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

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

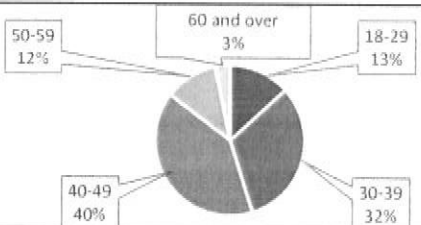
We also have regular Sunday lunches and breakfasts, allowing everyone to join in and socialise with family-style meals and settings. The mood at these gatherings is always happy, which is very encouraging.

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

**Some Data for the Period April 2022 to March 2023.**

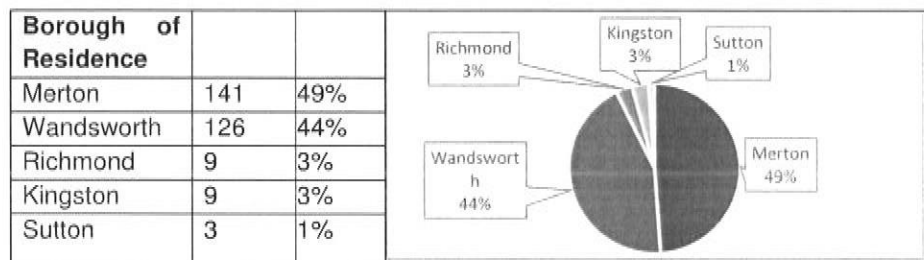
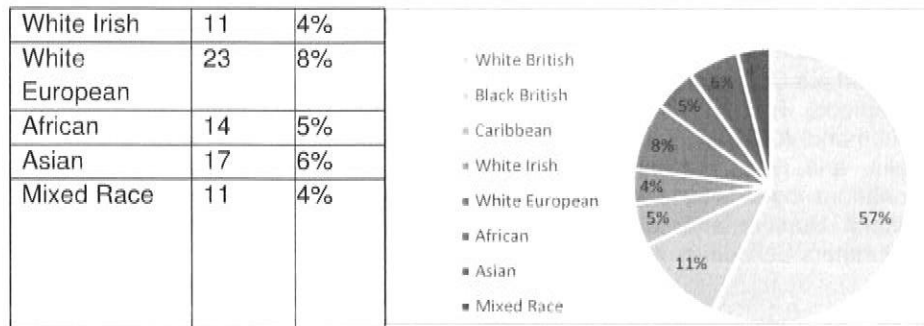
	Number	Proportion
<b>Total Number of Clients Attended</b>	287	100%

Gender			
Female	152	53%	
Male	135	47%	

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

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

**COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**  
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**Some Clients Feedback**

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

**A Case Study for the Service**

Jan

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

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

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## **COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**

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

### **Going Concern**

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

### **Financial Review**

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

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

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

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

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

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

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

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### **Structure, governance, and management**

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

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

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

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

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

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

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

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

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

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## **COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES**

### **(A company limited by guarantee)**

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

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

Quality systems that we employ include:

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

CDARS is a registered and accredited member of:

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

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

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

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

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

**Statement of Trustee's responsibilities**

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

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

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

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



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

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**Trustees' report (continued)**  
**For the Year Ended 31 March 2023**

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

*D.H. Knight. 27.12.23*

.....  
**Mr D H Knight**  
(Chair of Trustees)



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

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

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

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

**Responsibilities and basis of report**

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

**Independent examiner's statement**

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

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

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

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

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

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

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

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Signed:



Sohaib Akram

Dated:

27/12/2023

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 2023**

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

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

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

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

**Balance sheet**  
**As at 31 March 2023**

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

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

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**Balance sheet (continued)**  
**As at 31 March 2023**

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DHKnight. 2

.....  
Mr D H Knight  
Chair of Trustees

Date: 27.12.23.

fe M. Whitfield  
.....  
Mrs A Whitfield  
Trustee

The notes on pages 41 to 61 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 2023**

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

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

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

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

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**1. General information**

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

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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

**2.2 Income**

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

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

**2.3 Expenditure**

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

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

All expenditure is inclusive of irrecoverable VAT.

**2.4 Interest receivable**

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



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

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

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**2. Accounting policies (continued)**

**2.5 Tangible fixed assets and depreciation**

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

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

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

Depreciation is provided on the following basis:

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

**2.6 Debtors**

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

**2.7 Cash at bank and in hand**

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

**2.8 Liabilities and provisions**

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

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

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

**2.9 Financial instruments**

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

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

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

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**2. Accounting policies (continued)**

**2.10 Fund accounting**

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

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

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

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

**3. Income from donations and legacies**

	<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>
Donations	5,312	5,000	10,312

	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Donations	3,535	3,535

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

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

**4. Income from charitable activities**

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Small Project Support	59,985	72,717	132,702
Suicide Prevention Programme	-	39,183	39,183
Wandsworth & Richmond SMS	178,264	-	178,264
Health & Wellbeing Programme	-	183,535	183,535
Community Kitchen	-	40,438	40,438
Veteren Support Programme	-	90,119	90,119
Recovery Cafe	217,729	-	217,729
Criminal Justice Group Engagement	80,000	-	80,000
	<u>535,978</u>	<u>425,992</u>	<u>961,970</u>
	<u>535,978</u>	<u>425,992</u>	<u>961,970</u>
	<i>Unrestricted funds 2022 £</i>	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Small Project Support	48,442	39,770	88,212
Suicide Prevention Programme	-	35,983	35,983
Wandsworth & Richmond SMS	246,177	-	246,177
Health & Wellbeing Programme	-	178,918	178,918
Community Kitchen	-	60,521	60,521
Veteren Support Programme	-	69,850	69,850
Recovery Cafe	212,693	-	212,693
	<u>507,312</u>	<u>385,042</u>	<u>892,354</u>
	<u>507,312</u>	<u>385,042</u>	<u>892,354</u>

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

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

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

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Total
	2022	2022	2022	2022	2022	2022	2022	2022
	£	£	£	£	£	£	£	£
Services provided under contract	-	-	74,132	-	-	-	212,606	286,738
Grant	86,413	35,983	171,958	178,831	60,492	69,850	-	603,527
Other Income	<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>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>

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

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

**5. Investment income**

	Unrestricted funds 2023 £	Total funds 2023 £
Bank interest	3,083	3,083
	<u>3,083</u>	<u>3,083</u>
	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Bank interest	67	67
	<u>67</u>	<u>67</u>

**6. Analysis of expenditure on charitable activities**

**Summary by fund type**

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

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

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

**6. Analysis of expenditure on charitable activities (continued)**

**Summary by fund type (continued)**

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

**7. Analysis of expenditure by activities**

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

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

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

**7. Analysis of expenditure by activities (continued)**

	<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	144,261	42,985	187,246
Health & Wellbeing Programme	108,731	104,050	212,781
Community Kitchen	35,107	25,892	60,999
Veteran Support Programme	46,240	25,039	71,279
Recovery Cafe	102,435	81,157	183,592
	<u>481,817</u>	<u>360,806</u>	<u>842,623</u>

**Analysis of direct costs**

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



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

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

**7. Analysis of expenditure by activities (continued)**

**Analysis of direct costs (continued)**

	<b>Veteran Support Programme 2023 £</b>	<b>Recovery Cafe 2023 £</b>	<b>Support Cost 2023 £</b>	<b>Total funds 2023 £</b>
Staff costs	72,223	79,115	42,916	533,970
Direct costs	1,366	1,560	-	26,414
Client welfare	1,486	455	-	12,541
	<u>75,075</u>	<u>81,130</u>	<u>42,916</u>	<u>572,925</u>

	<i>Small Project Support 2022 £</i>	<i>Suicide Prevention Programme 2022 £</i>	<i>Wandsworth &amp; Richmond SMS 2022 £</i>	<i>Health &amp; Wellbeing Programme 2022 £</i>	<i>Community Kitchen 2022 £</i>
Staff costs	18,506	23,686	144,178	102,307	29,088
Direct costs	1,289	-	-	3,921	5,964
Client welfare	1,533	28	83	2,503	55
	<u>21,328</u>	<u>23,714</u>	<u>144,261</u>	<u>108,731</u>	<u>35,107</u>

	<i>Veteran Support Programme 2022 £</i>	<i>Recovery Cafe 2022 £</i>	<i>Support Cost 2022 £</i>	<i>Total funds 2022 £</i>
Staff costs	44,642	100,896	-	463,303
Direct costs	538	236	-	11,948
Client welfare	1,060	1,303	-	6,565
	<u>46,240</u>	<u>102,435</u>	<u>-</u>	<u>481,816</u>

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

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

**7. Analysis of expenditure by activities (continued)**

**Analysis of support costs**

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

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

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

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

**7. Analysis of expenditure by activities (continued)**

**Analysis of support costs (continued)**

	<i>Small Project Support 2022 £</i>	<i>Suicide Prevention Programme 2022 £</i>	<i>Wandsworth &amp; Richmond SMS 2022 £</i>	<i>Health &amp; Wellbeing Programme 2022 £</i>	<i>Community Kitchen 2022 £</i>
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>

	<i>Veteran Support Programme 2022 £</i>	<i>Recovery Cafe 2022 £</i>	<i>Support Cost 2022 £</i>	<i>Total funds 2022 £</i>
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>

**8. Independent examiner's remuneration**

	<b>2023 £</b>	<b>2022 £</b>
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	<b>5,400</b>	5,400
Fees payable to the Charity's independent examiner in respect of:		
All other services not included above	<b>6,600</b>	-

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

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

**9. Staff costs**

	<b>2023</b>	<i>2022</i>
	<b>£</b>	<b>£</b>
Wages and salaries	<b>582,730</b>	<i>510,490</i>
Social security costs	<b>47,442</b>	<i>38,871</i>
Contribution to defined contribution pension schemes	<b>22,060</b>	<i>20,350</i>
	<b>652,232</b>	<i>569,711</i>

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

	<b>2023</b>	<i>2022</i>
	<b>No.</b>	<b>No.</b>
Office and management	<b>3</b>	<i>3</i>
Clinical staff	<b>24</b>	<i>21</i>
	<b>27</b>	<i>24</i>

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

	<b>2023</b>	<i>2022</i>
	<b>No.</b>	<b>No.</b>
In the band £60,001 - £70,000	<b>-</b>	<i>1</i>
In the band £70,001 - £80,000	<b>1</b>	<i>-</i>

**10. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (*2022 - £NIL*).

During the year ended 31 March 2023, no Trustee expenses have been incurred (*2022 - £NIL*).

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

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

**11. Tangible fixed assets**

	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Office equipment £	Total £
<b>Cost or valuation</b>					
At 1 April 2022	45,993	89,315	11,184	-	146,492
Additions	-	-	345	11,240	11,585
At 31 March 2023	45,993	89,315	11,529	11,240	158,077
<b>Depreciation</b>					
At 1 April 2022	45,390	73,210	7,887	-	126,487
Charge for the year	603	3,221	728	2,248	6,800
At 31 March 2023	45,993	76,431	8,615	2,248	133,287
<b>Net book value</b>					
At 31 March 2023	-	12,884	2,914	8,992	24,790
At 31 March 2022	603	16,105	3,297	-	20,005

**12. Debtors**

	2023 £	2022 £
<b>Due within one year</b>		
Trade debtors	19,018	20,580
Prepayments and accrued income	4,286	4,330
	<u>23,304</u>	<u>24,910</u>

**13. Creditors: Amounts falling due within one year**

	2023 £	2022 £
Trade creditors	2,518	6,339
Other taxation and social security	12,399	-

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

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

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

	2023 £	2022 £
Other creditors	12,734	11,747
Accruals and deferred income	121,452	57,356
	<u>149,103</u>	<u>75,442</u>

**14. Financial instruments**

	2023 £	2022 £
<b>Financial assets</b>		
Financial assets measured at fair value through income and expenditure	<u>612,287</u>	<u>485,148</u>

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 2023

**15. Statement of funds**

**Statement of funds - current year**

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

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



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

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

15. Statement of funds (continued)

Statement of funds - current year (continued)

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

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

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

**15. Statement of funds (continued)**

**Statement of funds - prior year**

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
<b>Unrestricted funds</b>					
<b>Designated funds</b>					
Fixed Assets	16,279	-	(3,256)	-	13,023
<b>General funds</b>					
General Funds - all funds	359,530	510,915	(419,749)	(9,098)	441,598
<b>Total Unrestricted funds</b>	<b>375,809</b>	<b>510,915</b>	<b>(423,005)</b>	<b>(9,098)</b>	<b>454,621</b>

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
<b>Restricted funds</b>					
The Henry Smith Charity	-	35,983	(35,983)	-	-
The Wimbledon Foundation	2,779	25,000	(30,426)	2,647	-
The Big Lottery Community Fund	-	112,134	(112,134)	-	-
The City Bridge Trust	18,725	36,852	(55,577)	-	-
The Antonio Carluccio Foundation	1,251	9,000	(10,251)	-	-
Wandsworth and Richmond VCS Capacity Building Fund	2,724	24,970	(27,694)	-	-
The Pilgrim Trust	-	13,000	(13,000)	-	-
The Armed Forces Covenant Fund	-	35,000	(35,000)	-	-
Veterans Foundation	-	30,000	(30,000)	-	-
Merton Giving Fund	-	9,940	(9,940)	-	-
Groundwork London	-	4,650	(4,650)	-	-
The Poppy factory	-	14,800	(21,251)	6,451	-
Greater London Sports Unities	-	10,350	(10,350)	-	-
Small Restricted funds	-	23,363	(23,363)	-	-

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

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

**15. Statement of funds (continued)**

**Statement of funds - prior year (continued)**

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
	25,479	385,042	(419,619)	9,098	-
<b>Total of funds</b>	<b>401,288</b>	<b>895,957</b>	<b>(842,624)</b>	<b>-</b>	<b>454,621</b>

**16. Summary of funds**

**Summary of funds - current year**

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

**Summary of funds - prior year**

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
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	-
	<b>401,288</b>	<b>895,957</b>	<b>(842,624)</b>	<b>-</b>	<b>454,621</b>

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

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

**17. Restricted Funds**

The Henry Smith charity awarded £39,183 to deliver suicide prevention programme for people at risk of suicide. All the funds were utilised in the period.

The Wimbledon Foundation awarded £24,500 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The Big Lottery Community Fund awarded £91,374 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The City Bridge Trust awarded £37,771 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The Wandsworth and Richmond VCS Capacity Building Fund awarded £6,485 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Armed Forces Covenant Fund awarded £32,996 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.

The Veterans Foundation awarded £15,000 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.

The Merton Giving Fund awarded £9,853 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Merton Community and Housing Department awarded £5,600 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Groundwork awarded £4,972 to deliver a cycling and walking programme for service users. All funds were utilised in the period.

The Edward Gostling Foundation awarded £11,000 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Poppy Factory awarded £42,123 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.

The Greater London Sports Unities awarded £12,419 to deliver football and sports activities for service users. All the funds were utilised in the period.

There were Small restricted funds awarded for the total sum of £97,716 to deliver a community kitchen for vulnerable people, health and wellbeing programme, digital inclusion program, outreach programme, neurodiversity support programme, and for energy saving support programme. All the funds were utilised in the period.

**18. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

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

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

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

**18. Analysis of net assets between funds (continued)**

**Analysis of net assets between funds - prior year**

	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	20,005	20,005
Current assets	510,058	510,058
Creditors due within one year	(75,442)	(75,442)
<b>Total</b>	<u>454,621</u>	<u>454,621</u>

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

	<b>2023 £</b>	<b>2022 £</b>
Net income for the year (as per Statement of Financial Activities)	<u>56,657</u>	<u>53,333</u>
<b>Adjustments for:</b>		
Depreciation charges	6,800	13,587
Decrease in debtors	1,608	59,517
Increase/(decrease) in creditors	73,659	(56,909)
Purchase of fixed assets	(11,585)	-
<b>Net cash provided by operating activities</b>	<u>127,139</u>	<u>69,528</u>

**20. Analysis of cash and cash equivalents**

	<b>2023 £</b>	<b>2022 £</b>
Cash in hand	<u>612,287</u>	<u>485,148</u>
<b>Total cash and cash equivalents</b>	<u>612,287</u>	<u>485,148</u>

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

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

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**21. Analysis of changes in net debt**

	At 1 April 2022	Cash flows	At 31 March 2023
	£	£	£
Cash at bank and in hand	485,148	127,139	612,287
	<u>485,148</u>	<u>127,139</u>	<u>612,287</u>

