

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Unaudited

Trustees' report and financial statements

For the Year Ended 31 March 2024

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

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
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Trustees' report
For the Year Ended 31 March 2024

The Trustees present their annual report together with the financial statements of the COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES for the year 1 April 2023 to 31 March 2024. The Annual report serves the purposes of both a 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.

Our Vision is:

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

Our Mission is:

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

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

Our Principles and Ethos

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

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

Our Objectives are to:

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

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

The strategies we have used to meet our objectives include:

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

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

Achievements and Performance

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

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

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

Substance and Alcohol Misuse Day Programme

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

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

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

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

The aims are to:

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

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

Services are delivered at two different stages of treatment:

Stage 1

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

At this stage, we offer the following services:

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

Stage 2

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

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

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

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

Outcome and Performance for the Year 2023-24

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

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A Case Study

Tom

Tom attended the abstinent programme and, over the years, has attempted to find sustained abstinence and move forward in their own life and journey. Initially, when he attended, he fell into old ways of thinking, relating, and lapsing.

Tom was struggling to find consistent attendance, more extended periods of abstinence and confidence in his skills, attributes and strengths, which could help him move forward. His relationship with his keyworker helped him look at barriers to change and identify different ways of approaching groups, and his recovery was preserved.

The group support from other peers was very therapeutic for him and allowed him to feel accepted by them, valued and respected. He could move forward positively, with hope, belief, and better self-understanding. He is now a valued, respected Abstinent Day prog cohort member. He wants to become a service user rep, attending all his available groups, including the Ambassador Prog, RISE Boxing Prog and Intuitive Recovery Groups.

Tom's resilience has been tested, but he knows that he has within himself the ability to move forward to an independent and whole life, as he sees it.

Some Feedback

"The day programme has a serene, tranquil ambience and a comfortable space for group work unless it gets packed out on a Saturday."

"I have come to love walking through the gate, attending the various activities, and feeling connected with others—this has been invaluable this time."

"Not only do we get to work with Chris and the Team, who are very experienced counsellors, but I have also become aware of issues that have affected my recovery in the past, which I now can explore."

The Sunshine Recovery Cafe

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

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

Aims and Objectives

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

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

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

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

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

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

The Sunshine Recovery Café provides the following services:

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

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

Outcome and Performance for the Year 2023-24

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

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

A Case Study

Anthony

Anthony is a 52-year-old White British male with a presenting mental health diagnosis of anxiety and depression.

Anthony's health issues have triggered his mental health problems. Anthony was unemployed for over twenty years due to the onset of his mental health.

Anthony also had social anxiety and difficulty mixing with others or attending appointments.

Anthony attended the Sunshine Recovery café for support.

Treatment plan: The client has been offered counselling, attendance at the Sunshine Recovery Café, and participation in the Health and Well-Being Programme.

He attended group activities, which helped with his social anxiety.

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

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

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

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

Some Feedback

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

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

The Health and Well-Being Programme

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

What the Programme Offers

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

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

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

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

The Social Outings

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

Social events and Day Trips - 2023/24

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

Partnership Work

The Fighting Chance

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

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

Fighting Chance delivered:

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

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Deen City Farm

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

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

The DIY Sessions

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

Outcome and Performance for the Year 2023-24

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

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

A Case Study

Felicity

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

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

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

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

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

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

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

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

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

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

Some Feedback

"I am so grateful to have this place where I can come. It makes me feel so much better coming here and finding people with whom I can discuss my struggles."

"The animals are so calming to be around; it helps you focus on things other than yourself and being around them helps my mood."

"All is going well with the new job, and I have settled into a routine with surprising ease. Thank you for everything you did for me it helped me turn a corner."

The Saving Lives Programme

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

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

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

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

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

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

Aims and Objectives of the Programme

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

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

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

What we offer

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

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

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

STAGE 1 'SURVIVE'

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

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

Activities include:

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

STAGE 2 'PREVENT'

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

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Activities include:

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

STAGE 3 'SUSTAIN'

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

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

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

Outcome and Performance for the Year 2023-24

Category	Description	Number	Percentage
Total People Served	Total number of service users who have attended the service	139	
Demographics			
Age	18-25	30	22%
	26-40	40	29%
	41-55	38	27%
	Over 55	31	22%
Gender	Male	84	60%
	Female	55	40%
NEUROTYPICALS		91	65%
NEURODIVERSE (Reported ASD or ADHD)		48	35%
Borough of Residence	Merton	41	29%
	Wandsworth	61	43%
	Kingston	16	11.5%
	Richmond	14	10.5%

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

A Case Study

Melissa

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

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

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

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

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

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

Some Feedback

"Today's session was so needed, and it was even better than I imagined it could be. There is a light in your eyes, Freddie, that makes all the darkness disappear. I was blessed to have been assigned to your care."

"I still cannot believe what I have achieved in a few months. What we'd done in these months I imagined would take me years. Yes, I still have A LOT of work to do, but you've helped me build a solid foundation. You are an incredible woman with lots of depth and character."

"When I count my blessings, I count you five times! I learned a lot from this, but I can be exactly who I am, and that's okay - "Take it or leave it!" I can take deep breaths now, smile, and laugh from a real place. Thank you for buying me enough time to see that staying alive is not the scariest thing."

The Neurodiversity Support Programme

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

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

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

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

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

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

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

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

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

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

Outcome and Performance for the Year 2023-24

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

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

Two Case Studies

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

Some Feedback

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

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The Military Veterans Support Programme

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

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

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

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

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

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

Outcome and Performance for the Year 2023-24

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

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

A Case Study

Jason

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

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

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

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

Feedback from Some Veterans

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

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"I appreciate your support for coming to see me face to face at the Parish Hall, as I needed a place to stay where I could get a roof over my head and enjoy my space. Thank you for your continuous support."

"Since I contacted CDARS, things have changed massively for me. I was just out of hospital with mental health issues, having spent two months after being sectioned, I was very suicidal. I was self-medicating for my complex PTSD. I am now attending AA meetings by CDARS at the Recovery café in Wimbledon Chase. Since engaging with CDARS, my life has massively improved, so thank you all for your support and a big thank you to Joe for helping me out."

The Young People Services Programme

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

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

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

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

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

More specifically, the following activities and services are provided:

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

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

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

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

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

The objectives of the programme are to help young people:

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

Outcome and Performance for the Year 2023-24

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

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

The CDARS Community Kitchen

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

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

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

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Objectives of the Community Kitchen

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

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

What the Community Kitchen Offers

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

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

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

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

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

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

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

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

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

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

Outcome and Evaluation

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

Some data is reported below

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

Demographics of service users are reported below

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

A Case Study

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

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

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

Some Feedback

June says: 'Just like to say thank you for the meals. A lot of love and care goes into cooking them. The delivery person is always kind and polite.'

Kim says: 'The food and hard work that goes into the meals at the CCK is much appreciated, and all the dishes are delicious, well balanced and well presented. A lot of pride goes into the work.'

Mark says: 'The food gets better all the time'

Other Projects Delivered

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

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

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

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

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

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

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

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

The David Bickerton Memorial Fund

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

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

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

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

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

<i>Michael says: "The kitchen utensils have helped me in my everyday life, especially when I didn't have a microwave toaster. This has made things so much easier for me and my three daughters. Also, the new cutlery set, and kettle are excellent, too, and they helped me a lot as my kettle was old and needed a new one."</i>

<i>Mary says: "Having the side of the needed kitchen equipment replaced took enormous pressure off me, and I am so grateful for that service."</i>
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<i>Jane says: "I am in supported accommodation, and the items provided will be a big start when I move into my new place shortly. It's such a benefit for me, and I am excited to know what lies in store. Thank you so much."</i>
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<i>Peter says: "It was nice updating my old items, and the kitchen now feels a better place—thank you."</i>

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Plans and Developments for the Future

1. Neurodiversity

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

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

2. Young people service

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

The programme consists of the following activities:

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

3. Fundraising

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

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

Financial review

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

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

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

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

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

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

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

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

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

Structure, governance and management

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

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

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

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

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

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

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

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

Quality systems that we employ include:

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

COARS is also a registered member of and accredited by:

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

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

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

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

Statement of Trustee's responsibilities

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

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

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

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

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

Trustees' report (continued)
For the Year Ended 31 March 2024

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



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

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

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

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

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

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

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

Signed: 

Sohaib Akram

Dated: 19 December 2024

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 2024

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

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

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES

(A company limited by guarantee)

Registered number: 02634372

**Balance sheet
As at 31 March 2024**

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

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

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

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

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

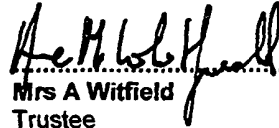
The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

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

Balance sheet (continued)
As at 31 March 2024



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



.....
Mrs A Witfield
Trustee

Date: 19 December 2024

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

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

Statement of cash flows
For the Year Ended 31 March 2024

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

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

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

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

1. General information

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

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

2.2 Income

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

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

2.3 Expenditure

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

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

All expenditure is inclusive of irrecoverable VAT.

2.4 Interest receivable

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
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Notes to the financial statements
For the Year Ended 31 March 2024

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.

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

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

2. Accounting policies (continued)

2.10 Fund accounting

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

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

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

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

3. Income from donations and legacies

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

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

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
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Notes to the financial statements
For the Year Ended 31 March 2024

4. Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Small Project Support	25,867	120,788	146,655
Suicide Prevention Programme	-	54,700	54,700
Wandsworth & Richmond SMS	178,264	-	178,264
Health & Wellbeing Programme	-	180,596	180,596
Community Kitchen	-	48,794	48,794
Veteran Support Programme	-	64,990	64,990
Recovery Cafe	218,046	-	218,046
Criminal Justice Group Engagement	80,000	-	80,000
	<u>502,177</u>	<u>469,868</u>	<u>972,045</u>
	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Small Project Support	59,985	72,717	132,702
Suicide Prevention Programme	-	39,183	39,183
Wandsworth & Richmond SMS	178,264	-	178,264
Health & Wellbeing Programme	-	183,535	183,535
Community Kitchen	-	40,438	40,438
Veteran Support Programme	-	90,119	90,119
Recovery Cafe	217,729	-	217,729
Criminal Justice Group Engagement	80,000	-	80,000
	<u>535,978</u>	<u>425,992</u>	<u>961,970</u>

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
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Notes to the financial statements
For the Year Ended 31 March 2024

	Small Project Support	Suicide Prevention Programme	Wandsworth & Richmond SMS	Health & Wellbeing Programme	Community Kitchen	Veteran Support Programme	Recovery Cafe	Criminal Justice Group	Total	Total
	2024	2024	2024	2024	2024	2024	2024	2024	2024	2023
	£	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	178,264	-	-	-	217,728	80,000	475,992	475,993
Grants	146,655	54,700	-	180,596	48,794	64,990	-	-	495,735	473,477
Other income	-	-	-	-	-	-	318	-	318	12,500
	<u>146,655</u>	<u>54,700</u>	<u>178,264</u>	<u>180,596</u>	<u>48,794</u>	<u>64,990</u>	<u>218,046</u>	<u>80,000</u>	<u>972,045</u>	<u>961,970</u>
	2023	2023	2023	2023	2023	2023	2023	2023	2023	2023
	£	£	£	£	£	£	£	£	£	£
Services provided under contract	-	-	178,264	-	-	-	-	217,729	80,000	475,993
Grant	132,702	39,183	-	171,035	40,438	90,119	-	-	-	473,477
Other Income	-	-	-	12,500	-	-	-	-	-	12,500
	<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>	

COMMUNITY DRUG AND ALCOHOL RECOVERY SERVICES
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Notes to the financial statements
For the Year Ended 31 March 2024

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £
Bank interest	10,470	10,470
	<u>10,470</u>	<u>10,470</u>
	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Bank interest	3,083	3,083
	<u>3,083</u>	<u>3,083</u>

6. Analysis of expenditure on charitable activities

Summary by fund type

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

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

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

6. Analysis of expenditure on charitable activities (continued)

Summary by fund type (continued)

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total 2023 £</i>
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>

7. Analysis of expenditure by activities

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

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

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

7. Analysis of expenditure by activities (continued)

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

Analysis of direct costs

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

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

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

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

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

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

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

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

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

7. Analysis of expenditure by activities (continued)

Analysis of support costs

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

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

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For the Year Ended 31 March 2024

7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	<i>Small Project Support 2023 £</i>	<i>Suicide Prevention Programme 2023 £</i>	<i>Wandsworth & Richmond SMS 2023 £</i>	<i>Health & Wellbeing Programme 2023 £</i>	<i>Community Kitchen 2023 £</i>
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>

	<i>Veteran Support Programme 2023 £</i>	<i>Recovery Cafe 2023 £</i>	<i>Criminal Justice Group Engagement 2023 £</i>	<i>Total funds 2023 £</i>
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>

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8. Independent examiner's remuneration

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

9. Staff costs

	2024 £	2023 £
Wages and salaries	629,022	582,730
	<u>629,022</u>	<u>582,730</u>

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

	2024 No.	2023 No.
Office and management	3	3
Clinical staff	20	24
	<u>23</u>	<u>27</u>

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

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

10. Trustees' remuneration and expenses

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

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

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For the Year Ended 31 March 2024

11. Tangible fixed assets

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

12. Debtors

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

13. Creditors: Amounts falling due within one year

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

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

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

14. Financial instruments

	2024	2023
	£	£
Financial assets		
Financial assets measured at fair value through income and expenditure	<u>529,139</u>	<u>612,286</u>

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

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

15. Statement of funds

Statement of funds - current year

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

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

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Notes to the financial statements
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15. Statement of funds (continued)

Statement of funds - current year (continued)

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

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Notes to the financial statements
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15. Statement of funds (continued)

Statement of funds - prior year

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

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

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15. Statement of funds (continued)

Statement of funds - prior year (continued)

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

16. Summary of funds

Summary of funds - current year

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

Summary of funds - prior year

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

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Notes to the financial statements
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17. Restricted Funds

The Henry Smith charity awarded £54,700 to deliver suicide prevention programme for people at risk of suicide. All the funds were utilised in the period.

The Wimbledon Foundation awarded £24,000 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The Big Lottery Community Fund awarded £79,500 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The City Bridge Trust awarded £30,401 to deliver a comprehensive programme of health and well-being activities. All the funds were utilised in the period.

The Wandsworth and Richmond VCS Capacity Building Fund awarded £12,970 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Armed Forces Covenant Fund awarded £8,450 to deliver a comprehensive programme of health and well-being activities for veterans and their family members. All funds were utilised in the period.

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

The Merton Giving Fund awarded £4,926 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

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

The Nationwide foundation awarded £49,214 to deliver a mental health outreach service. All funds were utilised in the period.

The Access Foundation awarded £24,872 to deliver IT Digital inclusion programme for service users. All the funds were utilised in the period.

The Poppy Factory awarded £40,564 to deliver a comprehensive programme of psychosocial activities for veterans and their family members. All funds were utilised in the period.

The Julia and Hans Rausing Trust awarded £13,500 to deliver a community kitchen for vulnerable people. All the funds were utilised in the period.

The Wandsworth and Richmond Adult Social Care and Public Health awarded £24,872 to deliver IT Digital inclusion programme for service users. All the funds were utilised in the period.

The Centre for Sustainable Energy awarded £43,720 to deliver safe and warm space and energy saving projects. All funds were utilised in the period.

There were Small restricted funds awarded for the total sum of £43,350 to deliver a community kitchen for vulnerable people, health and wellbeing programme, digital inclusion program, outreach programme, neurodiversity support programme, and for energy saving support programme. All the funds were utilised in the period.

18. Analysis of net assets between funds

Analysis of net assets between funds - current period

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

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18. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

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

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

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

20. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	<u>529,139</u>	<u>612,287</u>
Total cash and cash equivalents	<u><u>529,139</u></u>	<u><u>612,287</u></u>

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21. Analysis of changes in net debt

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