RECOVERY CYMRU COMMUNITY

England & Wales · Charity number 1154530

Details

Other names	RECOVERY CYMRU
Status	Registered
Legal form	Charitable company
Company number	08520441
Registered	2013-11-08
Register	View on the Charity Commission register

Contact

Address	Recovery Cymru 218 Cowbridge Rd East Canton Cardiff CF5 1GX
Phone	02920227019
Email	info@recoverycymru.org.uk
Website	www.recoverycymru.org.uk

Activities

Objects: THE RELIEF OF THE PHYSICAL AND MENTAL SICKNESS OF PERSONS IN NEED BY REASON OF ADDICTION TO DRUGS AND ALCOHOL, IN CARDIFF AND THE VALE OF GLAMORGAN, IN PARTICULAR BY THE PROVISION OF RECOVERY SUPPORT, ADVICE, INFORMATION, SOCIAL NETWORKS AND PRACTICAL ACTIVITIES.

Activities: RECOVERY COMMUNITYRECOVERY CENTRESSELF-HELP, PEER SUPPORT, ADVICE AND FRIENDSHIPPOSITIVE AND MEANINGFUL WAYS IN WHICH TO SPEND TIMENEW SKILLS, HOBBIES AND COMMUNITY NETWORKS RELAPSE PREVENTION/MANAGEMENTAWARENESS RAISING, ADVOCACY AND COMMUNITY BUILDINGVOLUNTEERINGPEER-LED AFTERCARE TRAINING & RESOURCESFUNDRAISING & SOCIAL ENTERPRISEADVISORY SERVICES

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Cardiff
- Rhondda Cynon Taff
- Vale Of Glamorgan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£750,933	£745,321	£294,890	31
2024-03-31	£576,517	£585,399	£289,278	26
2023-03-31	£499,674	£493,546	-	-
2022-03-31	£457,564	£434,595	-	-
2021-03-31	£354,724	£343,969	-	-

Trustees

Name	Role	Appointed
GAIL SMITH	Chair	2015-12-07
Dominic Houlihan		2017-10-25
Dr Amanda-Jane Oliver		2015-12-07
Louisa Turner		2024-08-13
Ruth Saunders		2022-10-05
Simon Underhill		2023-08-01
Stephen Bayley		2024-08-13
Susan Boxall		2022-01-25

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RECOVERY CYMRU COMMUNITY

England & Wales - Charity number 1154530

Accounts



April 2024 – March 2025

Recovery Cymru

• Est. 2010 •

Recovery Cymru Community

Annual Progress Report

REGISTERED CHARITY NUMBER: 1154530

REGISTERED COMPANY NUMBER: 08520441

Thank You

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have supported us through a year of incredible change for our community.



A special thank you to all our members, volunteers, staff and trustees who give their time, enthusiasm and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

Recovery Cymru Recovery Centre: 218 Cowbridge Rd E, Cardiff CF5 1GX
CAVDAS Peer Space: 2-10 Holton Rd, Barry, Vale of Glamorgan CF63 4HD

info@recoverycymru.org.uk

07944851050

#RecoveryCymru

Introduction

Recovery Cymru is a self-help and mutual support community for people in or seeking recovery from alcohol and drug problems. We operate across Cardiff and the Vale of Glamorgan, offering face-to-face, online and distance support. We were pioneers of the first commissioned partnership between treatment providers and a recovery community organisation, and we continue to lead the way as a core partner in the drug and alcohol service for Cardiff and the Vale of Glamorgan, Cardiff and Vale Drug and Alcohol Service (CAVDAS), embedding peer recovery support across the alcohol and other drug use system. We are also networked into the wider recovery community across Wales and the UK.

Our Recovery Vision

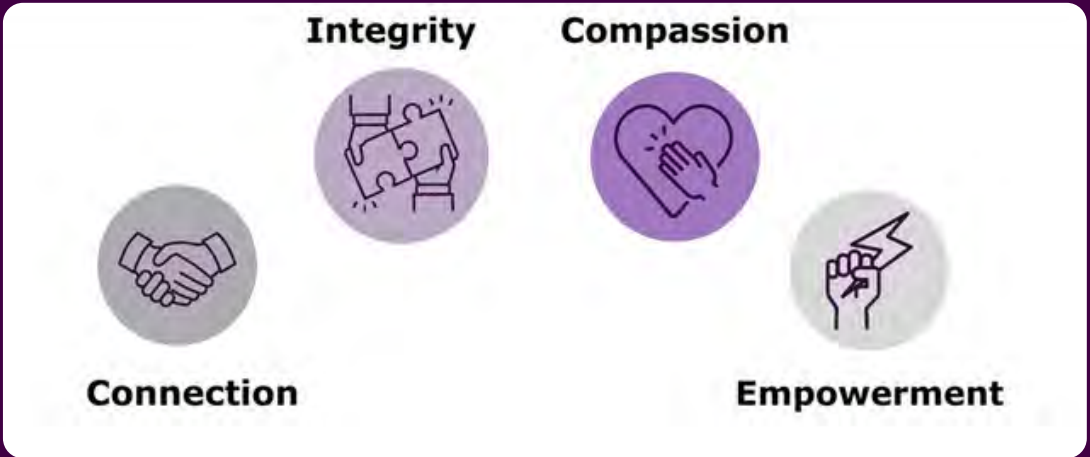
A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity, which values individuals, the process of recovery, and believes recovery is about improving quality of life.

Our Recovery Mission

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to begin and continue their recovery journey, to achieve fulfilment, explore their skills and interests, and improve their quality of life. Through the power of shared experience and understanding, people can support themselves and each other.

Our Recovery Values

We believe in the reality of recovery and in the power of shared experience and support. Our approach is based on community, participation and independence. Our values drive everything we do – our approach, culture, interactions and decisions. In 2024 to 2025, we spent a lot of time with our members, volunteers, staff and trustees to review and refresh our values. It was important to us that our values contribute equally to a person's recovery journey, how our community is built and functions, and how we run Recovery Cymru as an organisation. The process of thinking about and discussing values was as valuable as the outcome. Here is what we landed on.



We believe that everyone has the potential to recover from substance use problems. Our model is based on CHIME, which is at the very heart of what we do, why we do it, and what makes the peer model so different from the traditional treatment system.

- **Connection** – relating to others - creating community
- **Hope** – bringing hope and inspiration to one another
- **Identity** – finding a new or previous self - combatting crippling self-stigma
- **Meaning** – finding meaning and purpose
- **Empowerment** – taking back status and control

Strategic Aims



People - Build the recovery community, starting in Cardiff and the Vale of Glamorgan



Voices - Raise awareness of overcoming problems with substance use, challenging stigma and discrimination



Partners - Partner with others to create environments for recovery

Foreword from Sarah Vaile, Founder & Director



Who We Are and Our Position

Welcome to our annual report for 2024 – 2025!

Recovery Cymru is a peer-led recovery community organisation for people in or seeking recovery from alcohol or other drugs in Cardiff and the Vale of Glamorgan. We also support family and friends, challenge stigma and partner with others. Everything we do is guided by our Values, which were chosen by our community: Connection, Integrity, Compassion and Empowerment.

We are a local charity, made up of local people who are passionate about local issues. We are a proud Welsh Charity, seeking to build the culture of recovery across Wales. We champion the value and strength of small Charities like ours, whilst asking for help to sustain us in an increasingly challenging time for the Charity sector.

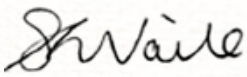
As we reflect on the past fifteen years, we have learned so much from our members, our volunteers and staff, trustees and partners. So much has changed in the past decade and a half, the recovery movement has grown in momentum, peer support is more recognised, we have a growing peer workforce and the opportunity to work with colleagues to deliver services, entering into the first substance use Alliance in Wales (Cardiff and Vale Drug and Alcohol Services) We have navigated Covid; changing political landscapes; the emergence of novel substances; cost of living crisis; societal changes associated with an increasingly digital world; the impact of social media; increased competition for grants and funding… the list goes on.

However, some things have not changed – the power of community and connection in recovery. Amongst all this, we stand committed to the power of the independent recovery community, the spirit of what we do and creating environments where more people can recover, find fulfilment and help others to do the same. Thank you to our funders who enable this to happen.

As we look together on our achievements and challenges in the past year, we hope you can see this in our work. Some highlights have included, feeling the ‘buzz’ in the recovery centre with more volunteers; seeing our (award winning!) amazing trustees and Chair recognised for their hard work,

often unseen but always true to our spirit; seeing the Family and Friends Peer programme become what it is meant to be and starting our 'Most Significant Change' Project championing our peer workforce locally.
My last word has to be to our people – our members, volunteers and staff.

You make Recovery Cymru what it is, and every story is powerful. We are all a work in progress, so if you're on day 1 or year 10, we're part of the community together.



Sarah Vaile
Founder & Director
July 2025

The Recovery Centre: A Year of Growth, Energy and Next Steps







This year, the Recovery Centre in Canton has been full of life. It has been a constant hub of connection, support and peer-led activity. Whether it was a cuppa and a catch-up, a creative workshop, a one-to-one or a structured group, the centre has been in use every single day.

Some of the highlights include:

- A packed weekly timetable of peer support groups, including weekends and bank holidays
- Creative activities like art, seasonal crafts, writing and festive celebrations
- A growing volunteer presence, bringing fresh energy and supporting daily activity
- Staff and members working together to plan, evaluate and shape what's next
- Insight Sessions held in the centre, exploring topics from recovery tools to wellbeing
- An open door, seven days a week, every day of the year

It has been brilliant to be this busy. But we have outgrown the space.

The building no longer fits the volume, variety or ambition of what we do. Group sizes are growing. Activities are overlapping. Staff are squeezed for space to meet, work and support people properly. We need more room to breathe, connect and grow.

We are actively looking for a new space in Cardiff. One that can grow with us. One we can share with collaborators and partners. A space that reflects the strength and future of our recovery community.

If you know of a space, or want to help us in the search, we would love to hear from you.

The next chapter starts here.

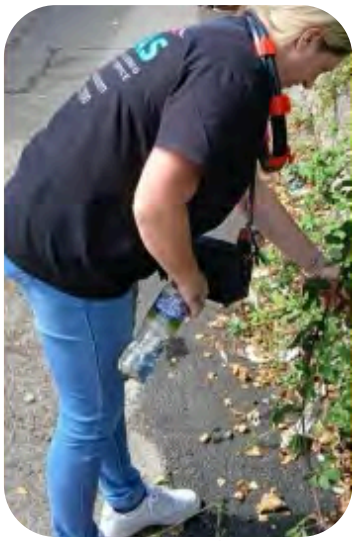
CAVDAS

CARDIFF AND VALE DRUG AND ALCOHOL SERVICE

"The Community Rehab Programme activity sessions were fantastic, more bonding and activities that I wouldn't normally engage in."







Cardiff & Vale Drug & Alcohol Services

We are proud to partner with our Alliance Partners Barod, Kaleidoscope and the Area Planning Board. We champion the contribution of smaller, local organisations in Alliances, bringing local knowledge, community integration and lived experience to how local services are developed and run, enhancing social value.

CAVDAS aims to deliver innovative services based on the needs of the people in Cardiff and the Vale. This unique arrangement for Welsh services allows space for the voices of people using services to be heard and for their needs to be met in the ways that work for them. That way, we can continue to further develop services as required. It exists to make sure every individual can get the support, information and advice they need regarding their own or someone else's drug and alcohol use. We support every age group, and people can get in touch with us directly or via a professional referral.

As an organisation, our goal in CAVDAS is to bring a small charity's expertise and recovery community approach to how treatment services are run. We joined the Alliance because our members told us that peer support should be available at earlier stages of change; the aftercare needed to be core to services, and that the recovery community should integrate as much as possible to create a seamless pathway for people to leave treatment services and have support to maintain change in the community. To do this, our model is based upon:

- ‘In treatment’ peer support - groups, 1:1 support, hope and encouragement to think about change, stabilise, prepare for and detox and successfully explore other treatment options.
- Strong peer-led aftercare to empower people to build recovery capital, resilience and confidence through peer groups and structured 1:1, time-bound support and community connectors.
- A community rehab model as a key programme.
- An integrated model with the Recovery Cymru community – so people can meet others in recovery, get used to the recovery centre and not feel a ‘void’ when treatment ends.

“Enjoyed it (CRP) immensely and hopefully made lifelong friends. The connections were a major part of this course.”

We are excited by our ongoing aims to champion recovery and peer support, as well as the unique collaboration between substance use services and a grassroots recovery community organisation like ours, helping people to exit services and live their recovery in their communities.

Thank you to all our staff and partners for coming on this journey with us, putting people first and working through the challenges!



Volunteering

In July 2024, we took the role of Volunteer Coordinator back into our independent community work and self-funded it outside of our Cardiff and Vale Drug and Alcohol Service contract. We recognised we needed volunteers who could operate outside of the public sector contract, and we wanted to build our own independent peer workforce. This has proved invaluable, and we now have a core of 18 active, trained volunteers.

Volunteers have been busy supporting our activities, whether that is helping keep our centre open 365 days a year, facilitating groups, outreach, buddying, or helping organise special events such as the Christmas Day Gathering, New Year’s Eve Party, Six Nations events, or visits from “newish” recovery groups from across the UK looking to set up a similar organisation. They have also supported us in increasing our visibility and building positive connections in the local community by attending a number of community venues and volunteering fayres.



Growing Our Unique Friends and Family Peer Programme: The Story So Far

Our Family and Friends Peer Programme is growing and one of our core priorities! We are creating a unique community-based peer support programme for the family and friends of people experiencing problems with alcohol and other drugs, building on our recovery model to create a sustainable network of family support, led by, and for, local people in Cardiff and Vale. We set out to support, connect and inform, bringing together our core values and experience embedded in peer support and recovery education.

The project runs two open-access group sessions, one on a weekday afternoon and one on Sunday evening. The sessions have covered a variety of topics including general support and connection; learning about the process of addiction and recovery; advice for addressing their own situations; and better understanding the link between mental health and addiction.

"The group is a place where we can be our authentic selves. We can share our darkest moments, but also moments of hope, too. I no longer feel alone in my struggles to understand and support my loved one" - (F&F Member)



Families have shown us what they want more of: weekend support; the power of shorter-term support at key moments in time or times of difficulty; insight sessions giving knowledge; that it takes time to develop the culture and community integration families need; and that they want our support to continue because it makes a difference – to them, their loved ones and our members in recovery.

We have learned more about our unique offering and the power of community-led peer support. We have been delighted to learn integrating our members in recovery directly into family peer support has benefits for all, giving better understanding and hope – which was unexpected! We originally thought they would be separate and distinct. The culture and momentum have taken time to develop, but we have reached a pivotal moment.

Outreach in the Vale of Glamorgan

It has been brilliant to be back working in Barry and the Vale of Glamorgan!

Our aim has always been to offer our support in Cardiff and Vale – in a way that is equitable to the needs of all. Some of this has meant trial, error and regroup. We originally had a physical centre in Barry, where we tried to replicate what was offered in Cardiff, but realised a different model was needed and through the pandemic, we could not afford to keep it open. Now, as core members of Cardiff & Vale Drug & Alcohol Service, which is providing treatment support across the Vale, we are spending time to build our offer 'from the ground up' responding to what local people exiting treatment and in particular, those from the Community based rehab are asking for in terms of on-going recovery support to manage the "cliff edge" of exiting, asking "what comes next?"

We scoped a number of Vale of Glamorgan venues in March 2025 as we want to extend our delivery and reach further into the Vale. We have now linked with Castleland Community Centre in Barry, which is ranked within the top 10% most deprived LSOAs in Wales and are now delivering two peer support sessions from their premises. This started at the beginning of April 2025, so we will be closely monitoring the success of this model of delivery in the Vale

Most Significant Change Work

In March 2025, we piloted a new method of evaluating our work with people in recovery by using the Most Significant Change (MSC) technique.



This is a storytelling technique that focuses on the lived experiences of those involved in and or targeted by an intervention, by asking them to share stories about how that intervention brought about changes in their lives, whether positive and or negative. We wanted to better understand and share the experiences and needs of the peer workforce, learning lessons and sharing best practice for both paid and volunteer posts. Stories were captured from six of our peer volunteers and another sixteen working across the Cardiff and the Vale substance use system. These stories were discussed by a panel of statutory and third sector decision makers, and the results of the work will be detailed in a report and were disseminated at an event held at the end of April.

We look forward to sharing the full story, learning and outcomes from this amazing project in next year's annual report.

Partnership Work

One of our organisational aims is to partner with others to create positive environments for recovery. Below is a summary of our other partnership work. We are vigilant in not replicating others' work, but by bringing our unique peer perspective and model, we can complement and increase the impact of our joint work with others for the benefit of our members.

Finding The Good

We are partnering with C3SC and Lloyds Bank Foundation for the "Finding the Good" programme, a pan-Wales action learning project on commissioning. We are bringing our learning and experiences from our participation as a small, grassroots charity in one of the first Alliancing contracts in Wales.

Buvidal Psychological Support Service

We are collaborating with this NHS service, the only one in Wales which offers a tiered therapeutic approach to people using Buvidal for opiate addiction. The team engaged with our members to help design and shape the service and now partner with us to offer peer support to their clients. The service is being partly delivered by BPSS psychologists from our Cardiff Recovery Centre.

Cardiff and Vale Recovery & Wellbeing College

This year, alongside the Cardiff and Vale Recovery and Wellbeing College, we piloted co-reflection sessions for people offering peer support across Cardiff and the Vale. Thirty participants from organisations including Recovery Cymru, CAVDAS, NHS, Adferiad and more joined both online and face-to-face sessions. Together, they explored the principles of peer support, role clarity, boundaries, and the value of lived experience.

Feedback was positive: participants rated the sessions 5/5 for usefulness and highlighted the need for more regular opportunities. People described them as friendly, respectful, and invaluable for both professional development and personal well-being.

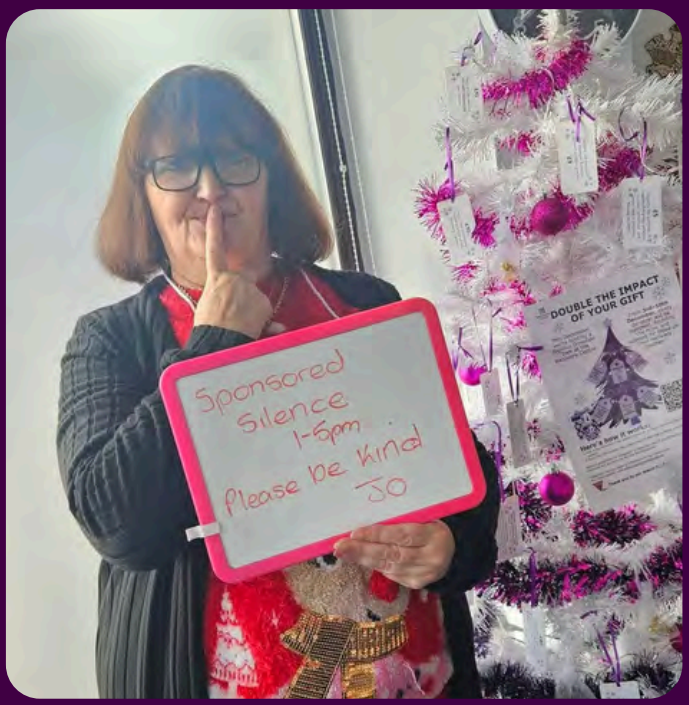
We want to thank the Cardiff and Vale Area Planning Board for their funding of our initial co-reflection sessions. These sessions have proven crucial to preparing, nurturing, and supporting peer workers and the future of peer support. Therefore, we will continue to explore funding to ensure our co-reflection Sessions remain a sustainable source of accessible engagement for the peer workforce on an ongoing basis.



Some Other Highlights From the Year...







Charity Governance Award

Our Trustees won a Charity Governance Award in the category "Systematic Challenge to Meaningful Change" for the way they approached the risks and challenges in tendering to become part of the Cardiff and Vale Drug and Alcohol Service.

"The judges admired the board's ability to prioritise service users' needs and centre their voices within the decision-making process, to carefully analyse the wide-ranging impacts of the transformational journey the trustees were considering taking, and to rigorously maintain alignment with the charity's core mission and values throughout the process."

Trustee of the Year

Our Chair, Gail Smith, was named Trustee of the Year at the Cardiff Volunteer Awards. This well-deserved recognition celebrates Gail's unwavering dedication, integrity and leadership. Her passion for Recovery Cymru and commitment to community-led change have helped shape who we are today. We are so proud to have her at the helm.

Big Give: Some Gifts Last - Give Recovery

We were thrilled to raise over £4,000 in the Big Give Christmas Challenge. Our campaign was also recognised nationally, winning the "Demonstrating Key Learnings" Award for our case study submission, which earned us an additional £1,000. The case study is now featured on the BigGive website as a resource for others: ***Recovery Cymru BigGive Case Study***







Community Activities

We've had a brilliant mix of activities this year, both indoors and out. From learning and connecting to just enjoying each other's company, it's been all about community, conversation and fun. Whether part of the #SwipeOutStigma campaign or simply spending time together, the centre has come back to life, full of energy, warmth and that unmistakable Recovery Cymru spirit.





Mimi and Me: A Road to Freedom



Lost Before She Even Knew It

For a long time, Jo didn't realise how much she had lost. Alcohol had slowly stripped away her confidence, her independence, and the trust of those around her. It wasn't a sudden crash—it was a slow, steady decline, the kind that creeps up on you until one day, you look around and realise how small your world has become.

"My daughter didn't trust me. I didn't trust myself. Even when I got sober, I still felt like I was trapped in the consequences of my past," she says. Every step felt uncertain, like she was walking on eggshells, waiting for something to go wrong. Even a simple accident—like tripping over a toy while holding her granddaughter Poppy — sent her into panic. "I was heartbroken. I thought, 'What if people think I can't be trusted?' But then I realised—this happens to everyone. I had to start believing in myself again."

At her lowest, she couldn't imagine ever having a normal life again. But then came a moment that changed everything—a peer worker entered her life.

"He gave me a kick up the arse," she says with a laugh. "He didn't judge me, didn't talk down to me. He just gave me that little push, that belief that I could do this."

That small spark of hope stayed with her. Even though she didn't know how, Jo knew she wanted to give something back.

Learning to Stand on Her Own

At first, Jo didn't know how to do that. She knew she wanted to, but she wasn't sure what she had to offer. "I didn't want to just sit people down and say, 'Let me tell you all about my addiction.' That's not what peer support is," she explains. Instead, she focused on the two things that mattered most: listening and understanding. She started as a member of Recovery Cymru, spending time with others in recovery, learning how peer support worked, and rediscovering who she was outside of addiction. For the first time in years, she felt part of something again.

"He didn't judge me, didn't talk down to me. He just gave me that little push, that belief that I could do this."

After about a year and a half, Jo took the next step—volunteer training. "That scared me," she admits. "I knew I could get a full-time job, but I was scared that if I turned this into 'work,' I'd lose the passion for it." She worried that the heart of volunteering—the part that came from genuinely wanting to help, not because she had to—would disappear if it became a job. "I didn't want to lose what made it special. But I took the leap anyway." And to her surprise? The passion didn't fade. It grew.

Becoming a Peer Support Worker

Volunteering became part of Jo's life, something she did alongside her paid role because she didn't want to lose that deep connection. "Volunteering comes from the heart. The job comes from the head. But for me, the two work together." Over time, she built confidence, not just in herself, but in her ability to help others find their way.

"Volunteering comes from the heart. The job comes from the head. But for me, the two work together."

She remembers working closely with one particular member—someone who had been through the ups and downs of relapse.

"She wanted to do the CRP (Community Rehab Programme), but she wasn't ready. I worked with her on harm reduction and met with her every week. The goal was to get her sober so she could take part." After weeks of hard work, Jo watched her walk into the programme two weeks sober.

"She finished it. She had a little blip after, but she got back on track. I've seen her grow so much. Watching her go from where she was to where she is now—it's amazing."

For Jo, that's what peer support is all about—being there through the ups and downs, offering a hand when someone is ready, and giving them space when they need it.

Taking Control of Her Life

The past year has been a turning point. Not only has Jo continued to support others, but she has stepped into new opportunities herself—ones she never thought possible. "I'm about to start a new chapter," she says. "I've taken over some groups, and in March, I'm running the Relapse Prevention group.

"Jude, the Volunteer and Training Coordinator at Recovery Cymru, invited me to support training for new peer workers."

Even now, after years of growth, she's still learning, evolving, and pushing herself further.



The Most Important Change: Mimi the Car

Of all the things Jo has achieved, the one she cherishes the most isn't a job title or a programme she's run. It's her car. Mimi.

"She keeps me sober. She gives me freedom," Jo says. "Mimi is my pride and joy. I worked for her. I saved for her. She's mine." Getting that car wasn't just about having transport—it was about proving to herself that she could set a goal and achieve it.

"Before, I couldn't imagine being independent again. Now? I've had my car for a year, bought and paid for, no finance. That's my biggest achievement."

Mimi isn't just a car. She's a symbol of everything Jo has rebuilt.



The Heart of Peer Support

Looking back, Jo sees just how far she's come. She's gone from being stuck in addiction to helping others through theirs. From having no trust in herself to training new peer workers. From feeling trapped to driving her own future forward—literally. And through it all, one truth has kept her going:

"People can change. I changed. If I can do it, so can they."

That's why she's more passionate about peer support now than ever before. Because every time she helps someone else, she's reminded:

Recovery isn't just about stopping. It's about living.

And Jo? She's living proof.



"People can change. I changed. If I can do it, so can they."



Read the Recovery Cymru Storybook: *Download Storybook*

Statistics

People supported by 1-1s = 335 people

Support calls made = 6401 calls

Support calls connected = 4717 calls

3 or more interactions = 574 people



"Since accessing RC/F2R I have reduced my using/drinking."

87% **out of 68**

"I feel I am maintaining positive changes."

98% **out of 67**

"I feel socially connected."

82% **out of 67**

"I am engaged in community activities outside of substance use services."

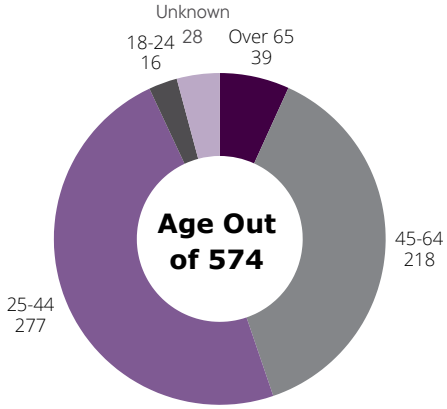
82% **out of 67**

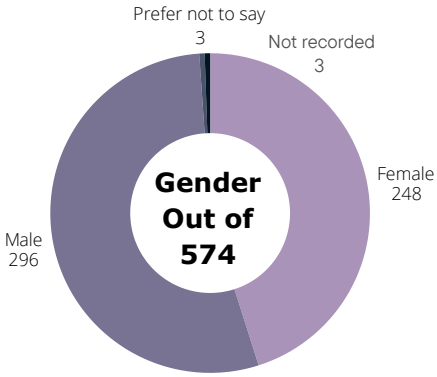
"I feel that my mental health has improved."

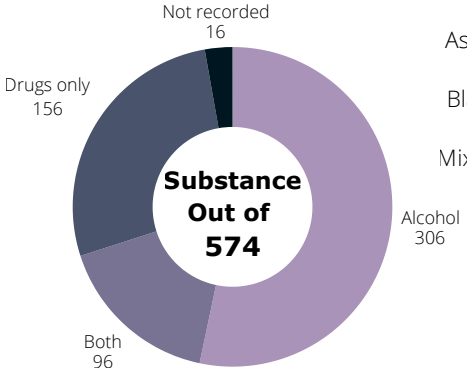
91% **out of 65**

"I have not lapsed or relapsed in the last 12 months."

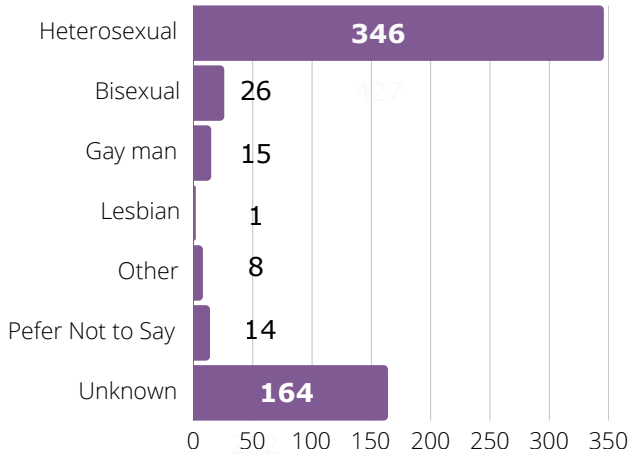
65% **out of 58**



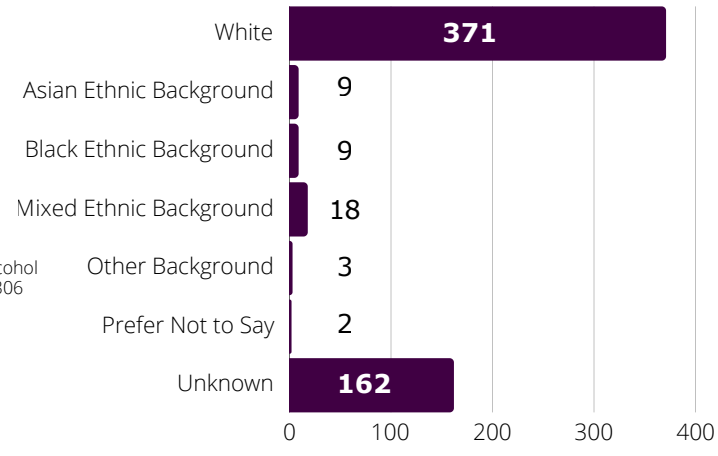




Sexual Orientation Out of 574



Ethnic Background Out of 574



Active volunteers = 33
Volunteer hours = 4008

296 different people have attended groups

5.13 average group attendance

860 groups ran

440 people referred into us

Achieved the Agored Cymru certificate and/or were trained = 13

Data, Data, Data!

This year, we have worked together to take stock of our data collection methods, what we collect and why. How we record information, ensuring it is both manageable for staff and, critically, is done within the spirit and culture of recovery – people, not numbers. This is essential in a community model like ours, where our people are members, not service users.

Lastly, we also know we can get better at analysing the information we have, both in real time so we can adjust what we deliver and how to respond to needs and opportunities, and over longer term periods so we understand trends. Central to all this is trying to make sure data that relates to individuals (such as distance travelled measures) are recovery tools first and data collection methods second.

This year, the Trustees spent time thinking about data, outcomes and impact, informed by sessions with our members, volunteers and staff.

Parallel to (and informed by) this, there have been changes to our data recording methods since August 2024. The changes are solely linked to our contract with the Cardiff and Vale Area Planning Board. As CAVDAS is an integrated service, our peer workers have been mandated to record their work onto the prescribed NHS data management system (PARIS), ensuring CAVDAS can report effectively and staff can manage service users' journeys through treatment. This is essential.

For this, our peer workers in CAVDAS collect information and report on different systems to our recovery community staff. Whilst this is necessary and the NHS system does provide us with high level data, it is not at a level where we are able to trace people across systems at present. This is something we need to work on together, as the integrated model we offer, plus our aims to enable people to successfully exit services and maintain recovery in the community, is key to our approach in the Alliance. The local integrated model is what is unique and special about our approach.

Data, Data, Data!

What does this mean for this report? The statistics in the report are extracted from our recovery community data management system, so it does not include the work undertaken by our peers working within the CAVDAS contract for the last seven months of the year, including those working in integrated teams with the wider Recovery Cymru staff, apart from some referral data.

Additionally, we recognised that our processes and procedures were well overdue an overhaul, to ensure that we were collating the less formal (but no less meaningful) and ad hoc interactions we offer in the recovery centre. This is now underway.

All of this means that for this year, and while we await the above bedding in, there has been a considerable drop in the amount of work recorded within our database. This is true for incoming referrals, telephone and one-to-one support, and does not represent the work being undertaken or people being supported. We are working hard to resolve this. It is therefore difficult to undertake any meaningful, informative comparisons with last year's figures. Bear with us, we are working on it for next year's report.

Summary and Reflections on the Data

Our three main referrers were CAVDAS at 40 percent, self-referral at 39 percent, and five percent from the various sections of the Community Addictions Units. It was good to see a rise in the number of GP referrals, which accounted for four percent. This is indicative of the promotion work we have undertaken with GPs, particularly in the Llanedeyrn and Llanrumney areas. Self-referrals now account for a more significant percentage of referrals.

Four hundred and forty people were referred or re-engaged with us in this period. The average number of connected or attended interactions per new referral was eleven, with the median number being four. Additionally, the number of people referred to the CAVDAS Peer Team for the last seven months of the year was 421.

The total number of people worked with in this period was 934, a decrease of eleven percent on last year. In terms of work per person, there was an average of 18.4 positive interventions per person, which is on a par with last year, and a median number of four, down from six last year.

The number of people supported through one-to-ones dropped from 481 to 335. The average number of sessions an individual received only slightly decreased from 3.59 to 3.44.

Looking more closely at the support offered to the Family and Friends group, the face-to-face groups were the most popular interaction, with an average of 4.5 people attending each of the 65 groups.

The gender balance remains the same as last year, with women making up 45 percent of members. The age profile is almost exactly the same as last year, with the largest age group being 25 to 44 year olds, at 48 percent of members.

Summary and Reflections on the Data

There has been a slight change to the profile of the problem substance disclosed, with an increase of four percent in the number reporting a problem with alcohol only, and a corresponding drop in those reporting a drug only issue.

Our aim to improve the capture of our diversity statistics has been marginally realised this year. The percentage of unknowns for ethnicity has decreased to 28 percent from 35 percent last year. The non-recording is mainly associated with individuals who are referred in but do not continue any meaningful engagement, which means we will only ever hold their name, date of birth, and sex within our data systems.

Our engagement within the Black, Asian and minority ethnic community remains low. However, out of the 410 for whom we hold any ethnicity data, 9.5 percent describe themselves as something other than White British or Welsh, up from 8.2 percent in the 2023 to 2024 data.

Four hundred and forty people were referred or re-engaged with us in this period. The average number of connected or attended interactions per new referral was eleven, with the median number being four. Additionally, the number of people referred to the CAVDAS Peer Team for the last seven months of the year was 421.

The total number of people worked with in this period was 934, a decrease of eleven percent on last year. In terms of work per person, there was an average of 18.4 positive interventions per person, which is on a par with last year, and a median number of four, down from six last year.

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Summary and Reflections on the Data

The Cardiff Recovery Centre was open 364 days per year. One day we had to revert to distance support only due to a severe storm. Recovery support was available 365 days per year. Four hundred and fifty-four different people gained support last year, with an average of nearly 18 people attending every day across the 365 days. This is up from 13 last year. The most popular days were Monday and Thursday, which matches our in-person structured group delivery. We have seen a slight increase in group delivery, due to working collaboratively with CAVDAS staff, and attendance at these groups has averaged 5.13 people.

Financial Performance

Grant and Contract Funding

In the year from April 2024 to March 2025, Recovery Cymru Community gratefully received grant or contract funding from the following sources:

- **Cardiff and the Vale of Glamorgan Area Planning Board:** Cardiff and Vale Drug and Alcohol Service (CAVDAS) is a ten-year contract in an alliance with Kaleidoscope and Barod to ensure peer support is embedded throughout drug and alcohol services
- **Cardiff and Vale Area Planning Board:** a small grant to pilot our Most Significant Change project
- **Garfield Weston:** a grant to fund our core work
- **Lloyds Bank Foundation:** a grant to fund our ongoing development work
- **Henry Smith Charity:** a grant to support the general running costs of the organisation
- **Tudor Trust Foundation:** a grant to support the organisation's core costs
- **WCVA Volunteering in Wales Fund:** a grant to fund our Family and Friends volunteering work
- **Waterloo Foundation:** a grant to support our Family and Friends project
- **GVS Community Action Fund:** a small grant to extend our support work into the Vale

Other Revenue Sources

- We received £31K through fundraising, awards and donations
- We received £18K of earned income through external training and delivery

Looking Ahead to 2025 to 2026

We recognise that times are tough for small, local, community charities like ours. We have increasingly found ourselves navigating the cost of living crisis and inflationary pressures, an increase in national insurance contributions, increasingly competitive grant and trust applications, reaching the final years of some longer-term funder relationships, and being part of a large alliance which does not fund our core community work. A lot to navigate!

We did plan and prepare for this, knowing that Recovery Cymru would need to transition through two critical years as we navigate the above, and develop different sustainable income generation and build newer funder relationships. For these reasons, we do currently have a deficit budget for 25–26. We have spent recent years building up reserves for this reason, and trustees have allocated £100,000 during this period. The Leadership Team and Trustees have established a finance subgroup to monitor this very closely and work on diversifying our income generation. We have some exciting ideas in the pipeline.

We remain ever grateful to our amazing funders. Thank you.

Reserves policy

In accordance with the recommended practice, the charity defines free reserves as the unrestricted funds of the charity, excluding those funds that could only be realised by disposing of fixed assets held for charity use. This year, our unrestricted free reserves are £ 255K with an additional £24K of designated unrestricted reserves

Recovery Cymru is aware that the CAVDAS contract has considerably increased its overall annual income and expenditure, necessitating a revision to the Reserves Policy. The Reserves Policy now states that we have to maintain the equivalent of at least 3 months of running costs associated with Recovery Cymru Community projects/staff/activities only, which, on review of the financial position of the charity, would be sufficient to meet all relevant commitments to staff and existing financial commitments (this does not include the costs associated with the CAVDAS contract).

Our Team



Tim Norval
CAVDAS Peer Navigator



Sarah Vaile
RC Founder & Director



Judith Enticott
CAVDAS Team Leader



Rachel Bayer
RC Finance & Head of Operations



David Driscoll
RC Peer Worker



Laura Davies
RC Funding & Strategic Support



Joanne Germon
RC Weekend Peer Worker



Trudie Merry
CAVDAS Recovery & Aftercare Worker



Kelvin McCann
CAVDAS Recovery & Aftercare Worker



David Parker
CAVDAS Recovery & Aftercare Worker



Rhys Gudgeon
CAVDAS Recovery & Aftercare Worker



Gareth Thomas
CAVDAS Recovery & Aftercare Worker

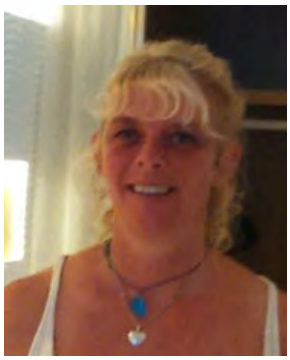
Our Team



Callum Reynolds
CAVDAS Peer Navigator



Emma Greenhill
RC Centre & Governance Administrator



Claire Norval
Cleaner



Meirion Evans
RC Sessional Peer Worker



Owen Williams
RC Family & Friends Peer Worker



Gemma Brownhill
CAVDAS Volunteer Coordinator



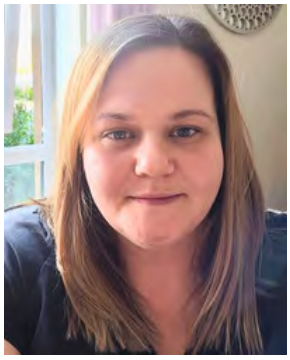
Ella Furness Lane
CAVDAS Community Connections Coordinator



Olivia Hill
CAVDAS Community Connections Coordinator



Rebecca Cashman
RC Communications Officer



Jo Loveluck
RC Weekend Peer Worker



Kat Edger
RC Peer Worker



Sarah Way
CAVDAS Team Lead

Our Team



Saskia Walsh

Voices Action Change Lead



Matt Silva

CAVDAS In Treatment Peer lead



Richard Stealey

CAVDAS Team Lead (Maternity Cover)



James John

CAVDAS In Treatment Peer Worker

Liam Flynn resigned 28.02.25

Ceri John resigned 05.04.25

Anthony Prosser resigned 05.04.25

Rosey Stonehouse resigned (moved to CAVDAS) 05.04.25

Trustees



Gail Smith
Chair



Dominic Houlihan
Treasurer



Steve Bayley
Trustee



Susie Boxall
Secretary



Louisa Turner
Trustee



Amanda-Jane Oliver
Trustee



Ruth Saunders
Trustee



Simon Underhill
Trustee

Thank You



2024–2025 – like most other years – has been challenging, rewarding, and exciting.

As a Trustee Board, we ensure that Recovery Cymru stays true to its core values while developing and progressing under its three main strands: People, Voices, and Partnerships.

This year, I want to spend a little time highlighting the Partnerships strand. The Trustees were delighted to see new collaborative partnerships formed during the year, including:

- A partnership with Llan Surgeries – combining the strengths of primary care and community-based recovery support
- Alcohol Change UK – developing and implementing organisational training around peer support for people in "pre-recovery"
- Welcoming others to our Recovery Centre to share knowledge and good practice – this year we welcomed Safer Cornwall and a Bristol LERO
- The Gofod3 conference – where our Director spoke about the power of partnership working
- A visit from Orlando Fraser, Chair of the Charity Commission, and Matt Brown, Deputy CEO of WCVA, to learn about our mission and discuss successes and challenges

As you can see, RC has been busy! The Trustees would like to thank our Director for ensuring that partnerships remain a priority for Recovery Cymru. We're still trying to work out how she manages to do it all.

Recovery Cymru also won the Charity Governance Award for From Systemic Challenge to Meaningful Change, and I was honoured and humbled to win a Trustee of the Year award at the Cardiff Volunteer Awards.

G. Smith

Gail Smith

Chair

Recovery Cymru Community

Independent Examiner's Report to the trustees of Recovery Cymru Community ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

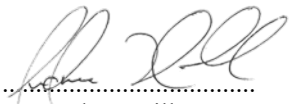
Independent examiner's statement

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

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

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

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



.....

Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

24 October 2025

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies	3	30,793	100	30,893
Charitable activities	4	151,518	560,255	711,773
Other trading activities	5	7,241	1,026	8,267
Total income		189,552	561,381	750,933
Expenditure on:				
Charitable activities	7	(180,274)	(565,047)	(745,321)
Total expenditure		(180,274)	(565,047)	(745,321)
Net income/(expenditure)		9,278	(3,666)	5,612
Net movement in funds		9,278	(3,666)	5,612
Reconciliation of funds				
Total funds brought forward		269,818	19,460	289,278
Total funds carried forward	17	279,096	15,794	294,890

The notes on pages 6 to 18 form an integral part of these financial statements.

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	12,459	-	12,459
Charitable activities	4	105,524	457,348	562,872
Other trading activities	5	1,036	-	1,036
Other income	6	150	-	150
Total income		119,169	457,348	576,517
Expenditure on:				
Charitable activities	7	(119,222)	(466,177)	(585,399)
Total expenditure		(119,222)	(466,177)	(585,399)
Net expenditure		(53)	(8,829)	(8,882)
Net movement in funds		(53)	(8,829)	(8,882)
Reconciliation of funds				
Total funds brought forward		269,871	28,289	298,160
Total funds carried forward	17	269,818	19,460	289,278

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

The funds breakdown for 2024 is shown in note 17.

Recovery Cymru Community

(Registration number: 08520441)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	13	7,885	9,856
Current assets			
Debtors	14	185,389	133,847
Cash at bank and in hand	15	141,679	217,407
		327,068	351,254
Creditors: Amounts falling due within one year	16	(40,063)	(71,832)
Net current assets		287,005	279,422
Net assets		294,890	289,278
Funds of the charity:			
Restricted income funds			
Restricted funds		15,794	19,460
Unrestricted income funds			
Unrestricted funds		279,096	269,818
Total funds	17	294,890	289,278

For the financial year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 2 to 18 were approved by the trustees, and authorised for issue on 24 October 2025 and signed on their behalf by:

G Smith

.....
Mrs G Smith
Trustee

Recovery Cymru Community

Statement of Cash Flows for the Year Ended 31 March 2025

	Note	2025 £	2024 £
Cash flows from operating activities			
Net cash income/(expenditure)		5,612	(8,882)
Adjustments to cash flows from non-cash items			
Depreciation		1,971	2,464
		7,583	(6,418)
Working capital adjustments			
Increase in debtors	14	(51,542)	(9,246)
(Decrease)/increase in creditors	16	(8,317)	11,849
(Decrease)/increase in deferred income		(23,452)	18,361
Net cash flows from operating activities		(75,728)	14,546
Net (decrease)/increase in cash and cash equivalents		(75,728)	14,546
Cash and cash equivalents at 1 April		217,407	202,861
Cash and cash equivalents at 31 March		141,679	217,407

All of the cash flows are derived from continuing operations during the above two periods.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2025

1 Charity status

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

The address of its registered office is:
218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

These financial statements were authorised for issue by the trustees on 24 October 2025.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

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

Going concern
The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Having considered the above factors the trustees acknowledge the difficulties and challenges faced without securing additional funding.

Departures from the SORP
The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	Over term of lease

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Donations and legacies;				
Donations from individuals	30,793	100	30,893	12,459
	30,793	100	30,893	12,459

4 Income from charitable activities

	Unrestricted funds		Restricted funds	Total 2025	Total 2024
	Designated £	General £	£	£	£
Relief & recovery support	88,000	63,518	560,255	711,773	562,872

5 Income from other trading activities

	Unrestricted funds General £	Restricted funds £	Total funds £	Total 2024 £
Events income;				
Other events income	7,241	1,026	8,267	1,036
	7,241	1,026	8,267	1,036

6 Other income

	Total 2025 £	Total 2024 £
Fees and supplies	-	150

7 Expenditure on charitable activities

	Note	Unrestricted funds Designated £	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Relief & recovery support		4,228	12,553	114,525	131,306	120,149
Staff costs		83,466	76,108	447,250	606,824	456,761
Allocated support costs	8	297	3,622	3,272	7,191	8,489
		87,991	92,283	565,047	745,321	585,399

8 Analysis of support costs

Support costs allocated to charitable activities

	Basis of allocation	Governance costs £	Administration costs £	Total 2025 £	Total 2024 £
Relief & recovery support	A	1,830	5,361	7,191	8,489

Support costs allocated to charitable activities

	Basis of allocation	Governance costs £	Administration costs £	Total funds £
Relief & recovery support	A	1,830	5,361	7,191
Total for 2024		1,776	6,713	8,489

Basis of allocation

Reference	Method of allocation
A	Professional fees allocated directly

9 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2025 £	2024 £
Operating leases - other assets	19,900	19,894
Depreciation of fixed assets	1,971	2,464

10 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

11 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	546,182	409,519
Social security costs	41,347	32,689
Pension costs	19,295	14,553
	606,824	456,761

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Management team	3	3
Delivery staff	28	23
	31	26

No employee received emoluments of more than £60,000 during the year.

12 Taxation

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

13 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2024	113,707	113,707
At 31 March 2025	113,707	113,707
Depreciation		
At 1 April 2024	103,851	103,851
Charge for the year	1,971	1,971
At 31 March 2025	105,822	105,822
Net book value		
At 31 March 2025	7,885	7,885
At 31 March 2024	9,856	9,856

The net book value of furniture & equipment includes £7,885 (2024: £9,856) in relation to SMAF prepaid operating lease rent for the charitiy's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

14 Debtors

	2025 £	2024 £
Trade debtors	164,400	85,795
Prepayments	20,989	48,052
	185,389	133,847

15 Cash and cash equivalents

	2025 £	2024 £
Cash on hand	781	199
Cash at bank	140,898	217,208
	141,679	217,407

16 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	4,411	13,066
Other creditors	2	-
Accruals	1,829	1,493
Deferred income	33,821	57,273
	40,063	71,832

	2025 £	2024 £
Deferred income at 1 April 2024	57,273	38,912
Resources deferred in the period	12,500	52,300
Amounts released from previous periods	(35,952)	(33,939)
Deferred income at year end	33,821	57,273

17 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
Unrestricted					
General					
General fund	246,038	101,552	(92,283)	(155)	255,152
Designated					
Tudor Trust	-	33,000	(33,078)	78	-
Garfield Weston Foundation	-	30,000	(30,077)	77	-
Postcode Community Trust	11	-	-	-	11
Lloyds Bank Foundation - 23-25	23,769	25,000	(24,836)	-	23,933
	23,780	88,000	(87,991)	155	23,944
Total Unrestricted	269,818	189,552	(180,274)	-	279,096
Restricted					
Volunteering in Wales	-	24,976	(24,898)	-	78
SMAF Fund	12,256	23,452	(21,871)	-	13,837
Henry Smith Charity	1,580	60,000	(59,790)	-	1,790
Leigh Trust	2,036	-	(2,036)	-	-
Workforce Recognition	16	-	-	-	16
CAVDAS	191	422,599	(422,790)	-	-
Third Sector Capital Fund	3,381	-	(3,381)	-	-
APB Slippage 2024-25	-	10,526	(10,484)	-	42
Cardiff & Vale A&E Pilot	-	989	(989)	-	-
GVS Small Grant	-	3,840	(3,836)	-	4
Waterloo Foundation	-	15,000	(14,972)	-	28
Total restricted	19,460	561,382	(565,047)	-	15,795
Total funds	289,278	750,934	(745,321)	-	294,891

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2025

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
General					
General fund	200,622	62,169	(3,284)	(13,469)	246,038
Designated					
Tudor Trust	-	32,000	(45,016)	13,016	-
Garfield Weston Foundation	25,000	-	(25,453)	453	-
Postcode Community Trust	17,165	-	(17,154)	-	11
Lloyds Bank Foundation - 23-25	27,084	25,000	(28,315)	-	23,769
	69,249	57,000	(115,938)	13,469	23,780
Total unrestricted funds	269,871	119,169	(119,222)	-	269,818
Restricted					
SMAF Fund	14,720	19,894	(22,358)	-	12,256
Henry Smith Charity	1,617	60,000	(60,037)	-	1,580
Leigh Trust	2,036	-	-	-	2,036
Workforce Recognition	16	-	-	-	16
CAVDAS	-	369,521	(369,330)	-	191
National Lottery Community Fund - Awards for All	9,900	-	(9,900)	-	-
Third Sector Capital Fund	-	7,933	(4,552)	-	3,381
Total restricted funds	28,289	457,348	(466,177)	-	19,460
Total funds	298,160	576,517	(585,399)	-	289,278

The specific purposes for which the funds are to be applied are as follows:

In the year from April 2024 to March 2025 Recovery Cymru Community gratefully received grant or contract funding from the following sources:

• Cardiff & the Vale of Glamorgan Area Planning Board- Cardiff & Vale Drug & Alcohol Service (CAVDAS) is a 10-year contract in an Alliance with Kaleidoscope & Barod to ensure peer support is embedded throughout drug and alcohol services
• Cardiff & Vale Area Planning Board – Substance Misuse Capital Fund – to pay the lease of the Cardiff Recovery Centre for 2 years
• Garfield Weston – a 1 year £25K grant to fund our core work
• Post Code Lottery – a 1 year £25K grant to fund our core work
• National Lottery Awards for All a 1 year £9,900 grant to support the work to re-establish the work of the Recovery Centre post Covid
• Lloyds Bank Foundation is a new 3-year grant (£75K) to fund our on-going development work
• Henry Smith Charity. This is the first year of a three-year grant (£180K) to support the general running costs of the organisation
• Tudor Trust Foundation. We have a new 2-year grant (£62K) to support the organisation's core costs
• Third Sector Capital Fund nearly £8K grant to pay for capital equipment to refurbish the Cardiff Recovery Centre

18 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 31 March 2025
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	7,885	7,885
Current assets	256,982	36,444	33,642	327,068
Current liabilities	(1,831)	(12,500)	(25,732)	(40,063)
Total net assets	255,151	23,944	15,795	294,890

RECOVERY CYMRU COMMUNITY

England & Wales - Charity number 1154530

Accounts



April 2023 – March 2024

Recovery Cymru

• Est. 2010 •

Recovery Cymru Community

Annual Progress Report

REGISTERED CHARITY NUMBER: 1154530

REGISTERED COMPANY NUMBER: 08520441

Thank You

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have supported us through a year of incredible change for our community.

A special thank you to all our members, volunteers, staff and trustees who give their time, enthusiasm and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

Recovery Cymru Recovery Centre: 218 Cowbridge Rd E, Cardiff CF5 1GX
CAVDAS Peer Space: 2-10 Holton Rd, Barry, Vale of Glamorgan CF63 4HD

info@recoverycymru.org.uk

07944851050

#RecoveryCymru

Introduction

Recovery Cymru is a self-help and mutual support community for people in or seeking recovery from alcohol and drug problems. We operate across Cardiff and the Vale of Glamorgan offering both face-to-face, online and distance support. We were pioneers of the first commissioned partnership between treatment providers and a recovery community organisation and we continue to pioneer becoming a core partner in the newly commissioned drug and alcohol service for Cardiff & the Vale of Glamorgan - Cardiff & Vale Drug & Alcohol System (CAVDAS) embedding peer recovery support across the substance use system. We are also networked into the wider recovery community across Wales and the UK.

Our Recovery Vision

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

Our Recovery Mission

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests and to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others.

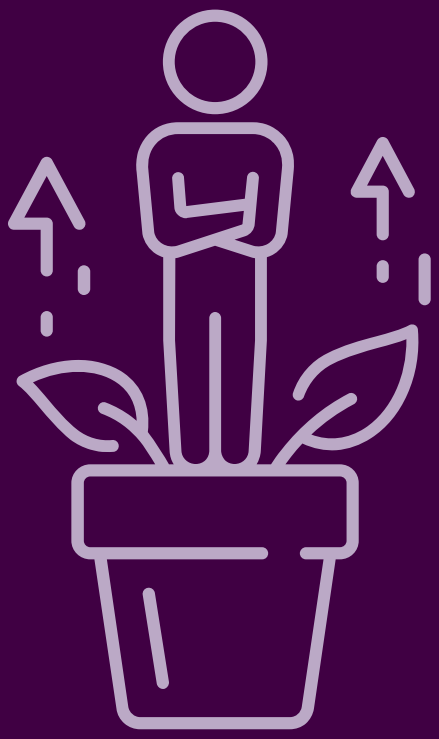
Our Recovery Values

We believe in the reality of recovery and in the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems. Our model is based on C.H.I.M.E. which is at the very heart of what we do, why we do it and what makes the peer model so different from traditional treatment systems.

- **Connection** – relating to others - creating community
- **Hope** – bringing hope and inspiration to one another
- **Identity** – finding a new or previous self - combatting crippling self-stigma
- **Meaning** – finding meaning and purpose
- **Empowerment** – taking back status and control

At Recovery Cymru, we believe that the strength of our community lies in the voices of everyone involved. This year, we've begun an exciting process of coproduction with staff, members, volunteers, and trustees to create an updated set of Recovery Community Values. By bringing together a diverse range of perspectives, we aim to ensure our values truly reflect the lived experiences and collective vision of our recovery community. These updated values will guide us in our mission and will be featured in next year's annual report. We look forward to sharing the outcomes of this collaborative effort.

Our Recovery Philosophy



1. **A community-based approach** – both within and outside of services
2. **Use inclusive language** – us, we, people, a community, not a service; programmes, not services
3. **Flat hierarchy** – everyone, whether staff, volunteers, or members, plays a vital role We're all peers, supporting each other
4. **Focus** - positivity, strengths, and solutions
5. **Engage** - Connect with a wider social network of activities, people, and opportunities – life-focused
6. **Apply** - put into practice what you learn in treatment to everyday life
7. **Fulfilling** - Use your time in positive ways

Strategic Aims

People - Build the recovery community, starting in Cardiff and the Vale of Glamorgan

Voices - Raise awareness of overcoming problems with substance use, challenging stigma and discrimination

Partners - Partner with others to create environments for recovery

Foreword from Sarah Vaile, Founder & Director



Welcome to our annual report for 23-24!

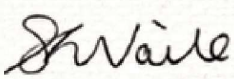
It gives me great pleasure to introduce you to our Annual Report for 2023-2024. I was talking to someone today about the story of Recovery Cymru – from a single support group to where we are today. What a wild ride! One that shows the true power of community, connection, recovery, and living and working true to values, for individuals and the community.
This past year has seen change, growth, moments of enlightenment, challenge, pure joy, hysteria, and laughs. All in a day sometimes!

Two areas of work stand out for me: the reinvigoration of the independent recovery community, connection, values, and use of the recovery centre; and the learning from embedding a recovery community peer approach into substance use services in an Alliance model. The approaches, challenges, and settings may differ, but the aims remain the same: to introduce people to peer support and CHIME (Connection, Hope, Identity, Meaning, and Empowerment), and ultimately to walk with them as they find what recovery means to them, assisting them to sustain it in the longer term. This is a privilege. Our peer workforce, paid and volunteer, is critical to this, and without them, none of it is possible. We want to keep flying the flag for the amazing work peers do – and make sure everyone has the support and care they deserve. To this end, we are continually improving our staff and volunteer programmes.

Launching Recovery Cymru's Family and Friends programme has been an absolute delight and one that is testament to timing being everything! This is something that has been requested for many years, but we had to wait until the time was right to do it well. Now is that time!

The trustee board continues to be a committed and exceptional group of people who govern our charity with strong values, kindness, objectivity, and passion.
All in all, what a team!

To our members: You are our beating heart. Each and every one of you is valued.



Sarah Vaile
Founder & Director
August 2024

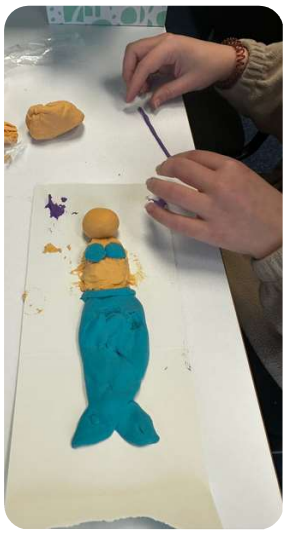
CAVDAS

CARDIFF AND VALE DRUG AND ALCOHOL SERVICE

"Coming to this group makes me feel secure. Before I started, I never felt safe in my recovery and felt that I could lapse at any time."







Cardiff & Vale Drug & Alcohol Services

We are a core member of CAVDAS, working closely with our Alliance partners —Kaleidoscope, Barod, Cardiff & Vale Area Planning Board—as well as NHS services, e.g., GP Shared Care and Community Addictions Units.

The contract began in August 2022, and our work has been to embed peer support throughout treatment services across the two counties. We have staff based in all the CAVDAS locations—central Cardiff and Barry—as well as working directly with the street homeless. We have developed and delivered a new Community Rehabilitation Programme, as well as developing what aftercare and peer support look like as part of substance use services. We are excited by our ongoing aims to champion recovery and peer support, as well as the unique collaboration between substance use services and a grassroots recovery community organisation like ours, helping people to exit services and live their recovery in their communities. Thank you to all our staff and partners for coming on this journey with us, putting people first, and working through the challenges!

The CAVDAS contract has meant an almost doubling of our peer workforce, with an increase in all associated HR responsibilities—recruitment, induction, supervision, and ongoing staff training and development. We have employed peer staff who are either early in or returning to the workplace, but who also bring their essential life experience and intrinsic skills into the CAVDAS model and treatment systems.

This has been a challenge for a small HR and management team, but essential to make the change we all want to see happen. Training and support have been critical to this and something we have continually worked on. We operate both within substance use services and independently at the request of our members, introducing people to peer and recovery support earlier on in the journey, but also providing routes out of 'being a service user' and support to sustain recovery long-term

Thank you to everyone involved, and to our partners Barod and Kaleidoscope.

Voices Action Change Project (VAC)

The Voices Action Change project, part of the CAVDAS initiative, empowers peers to share their lived experiences and influence the development of recovery services. It provides a platform for individuals to actively shape policies and services that impact their recovery journey.

Recovery Cymru supports this project by encouraging our members to get involved, giving them the opportunity to contribute to meaningful change. This project has opened doors for many peers, enabling them to raise their voices and play a key role in improving the recovery landscape.

Volunteering

Volunteering opportunities increased greatly this year, with the Cardiff recovery centre returning to open access and additional responsibilities via CAVDAS at various outreach centres, such as the Neville Street Needle Exchange. Our active volunteer numbers increased to 29, and 17 new people undertook the Volunteer Training Programme, with 12 achieving the Agored Cymru Level 1 Voluntary Work Skills qualification. A fantastic achievement.

Our volunteers not only supported various Recovery Cymru community projects and CAVDAS delivery, but also delivered workshops on the best approach to working with people with substance use issues. Feedback from the Community Drug & Alcohol Team student participants has been overwhelmingly positive.

What did you enjoy the most?

"The personal experience of the guy."

"Hearing the real-life stories."

"Having the volunteer present made the session more engaging."

Family and Friends Peer Support Programme

For many years, we have been asked whether we will extend our recovery community to meet the needs of people affected by someone else's substance use because there is such a lack of specialised support available for this hidden group of carers. We have been committed to doing this 'when the time is right' – when we have the time, space, and foundations to do it 'properly'.

The time is right now, and we decided to self-fund a pilot project, seeking further funding to extend and expand it. Living with a loved one who uses drugs or alcohol has a huge impact on the entire family. People often feel that they cannot share what they are going through, for fear of judgment, which can be especially true in some cultures, leading to isolation from friends, family, and social networks.

"Family support is helping me realise I am not alone."



We are particularly committed to achieving the longer-term impacts of supporting family and friends, promoting stronger and healthier relationships, improving the functioning of the family unit, and ultimately trying to break the intergenerational cycles of addiction and its consequences, such as Adverse Childhood Experiences (ACEs).

We are delivering both group and one-to-one work and are beginning to develop a model of structured programme support, along with training volunteers to support the delivery. We have been instrumental in the mainstreaming of peer support into substance use treatment systems across Wales, and we are determined we will do the same with family and friends peer support.

Independent Effectiveness Review

Since the success of CAVDAS in 2022, we have greatly expanded our workforce and delivery. To ensure we retained the uniqueness that makes the recovery community so successful, and to regroup on our direction, we contracted external consultants in November 2023 to undertake an effectiveness review of our overall leadership and management, including the board of trustees.

The principal aspect of this Board Effectiveness Review was to offer greater understanding of our governance strengths and weaknesses, and it became an opportunity to spend valuable time with the trustees. The review identified a number of strengths and some short- and medium-term development opportunities.

A Report on a Board Effectiveness Review for Recovery Cymru Eileen Murphy Consultants January 2024 (funded by Enhance, Lloyds Bank Foundation)

"Recovery Cymru has a strong governance team with a wealth of knowledge.

All trustees have a fundamental passion about Recovery Cymru's work and buy-in into its values and ethos."

Partnership Work

One of our organisational aims is to partner with others to create positive environments for recovery. Below is a summary of our main partnership work. We are vigilant in not replicating others' work, but by bringing our unique peer perspective and model, we can complement and increase the impact of our joint work with others, for the benefit of our members.

Alcohol Change UK – Joint development of a training manual on the benefits of peer support with change resistant drinkers. "First Steps – a bilingual peer support handbook"
https://tinyurl.com/3xxycnxc

This was launched in October 2023 and will be taken forward as a joint commercial training opportunity in 2024

Buvidal Psychological Support Service

Buvidal Psychological Support Service (BPSS) we are collaborating with this NHS service. The only one in Wales, which offers a tiered therapeutic approach to people utilising Buvidal for opiate addiction. The team engaged with our members to help design and shape the service and now partner with us to offer peer support to their clients. The service is being partly delivered by BPSS psychologists from our Cardiff Recovery centre.

Liverpool John Moores University

Liverpool John Moores University: We are a co-applicant in a bid to the National Institute of Health Research – mapping alcohol support for women across UK. We should hear about the outcome of this bid in late 2024.

CLERO

We are a core member and the Director sits on the board. CLERO is a collaboration between UK wide lived experience organisations to champion LERO's across the UK, network them together and formalise standards for funding. A set of standards for LEROs was launched in September 2023 and will help to grow and develop the LERO movement (https://www.clero.co.uk/clero-standards)

NHS Recovery & Wellbeing College

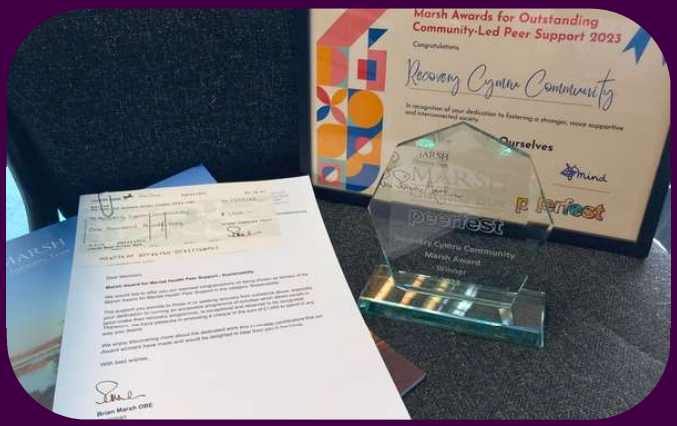
We hold joint events, including during recovery month and are co-designing a course for family members affected by someone's substance use.

Some Other Highlights From the Year...











Refurbishing the Centre

With the support of a Third Sector Capital Award and Area Planning Board funding, and in collaboration with CAVDAS, we were able to carry out a major revamp of the Cardiff Recovery Centre, which included a new kitchen, lighting, flat-pack furniture, and comfy chairs – resulting in many choice words being heard, along with, "Do you think this %***$ piece fits here?"

Our aim was to provide a comfortable and welcoming space for our people 365 days per year.

Marsh Charitable Trust Peer Support Award

In September 2023 we won the Marsh Peer Fest Award for our outstanding Community Led Peer Support in the category "Sustainability". We received a lovely award and a £1000 donation photo

"The support you provide to those in or seeking recovery from substance use is exceptional and deserves to be recognised."

Brian Marsh OBE, Chair Marsh Charitable Trust

Hosting

We hosted a few visits from across the UK and even further afield. Visits included graduates from the University of Denver and the Cornwall Commissioning and Services team, both wanting to learn more about our Recovery Community and our approach with treatment services.









Community Activities

Some great activities have taken place throughout the year, both inside and out—some learning, some socialising; some as part of the #SwipeoutStigma campaign, but most of all, fun and community! It has been fantastic to see the centre being fully utilised once more, bringing back that family feel.







AB's Story: A Journey of Transformation and Hope

When AB was referred to Recovery Cymru in July 2023, they were at a pivotal moment in their life. After a long history of intravenous drug use, AB had just started a Buvidal script, a treatment that offered clarity and a clear head—something that, at first, felt almost overwhelming. The sudden shift from the haze of addiction to the sharpness of sobriety was both a blessing and a challenge, and AB found themselves grappling with a future that, for the first time in a long while, held possibilities.

At Recovery Cymru, our journey with AB began with understanding their goals and aspirations. What started as a tentative exploration soon blossomed into a discovery of dreams that AB hadn't allowed themselves to imagine in years. With our support, AB realised that their future was not just a blank slate but a canvas filled with potential.

AB's enthusiasm for learning and personal growth became evident early on. They were eager to engage with our training and education opportunities, so we connected them with our Community Connections worker. From there, AB's progress was nothing short of inspiring. They enrolled in a beginner's computer literacy course, which they completed with determination and pride. Not stopping there, AB moved on to the intermediate class, building on their newfound skills.

But AB's journey wasn't just about academics. Their creative side also flourished as they took part in an art and film course, finding joy and expression in new mediums. And recognising the importance of physical health, AB has now taken up a boxing fitness class. They understand that exercise isn't just about physical strength—it's about mental well-being, structure, and routine, all crucial elements in maintaining recovery.

Throughout this time, AB has faced significant personal challenges. Their father's serious illness following a stroke would have been enough to derail anyone's progress, but AB remained steadfast in their recovery. They've worked tirelessly to manage their emotions, using the tools and support available to them to stay focused on their goals.

AB's commitment to their recovery has been remarkable. They engage with us every week, never missing a session. This regular connection has been vital in reducing the isolation they once felt. AB's positive mindset and willingness to embrace new experiences have become their greatest assets in this journey.

Since starting Buvidal, AB has remained abstinent from Class A drugs—a significant achievement that reflects their strength and determination. AB now looks forward to a future free from substances, filled with hope and possibilities. They've found a home within the Recovery Cymru community and are committed to staying engaged, knowing that this connection will continue to support them as they build a new life.

AB's story is one of transformation, resilience, and hope. It proves the power of community, support, and the human spirit's capacity for change. At Recovery Cymru, we are honoured to be part of AB's journey and look forward to walking alongside them as they build a bright and meaningful future.

Statistics

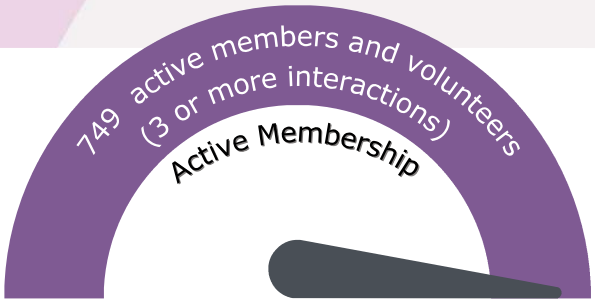
People supported by 1-1s = 481 people

Support calls made = 12,728 calls

Support calls connected = 9294 calls

Hours spent on phone= 1655 (221 work days)

3 or more interactions = 749 people



"Since accessing RC/F2R I have reduced my using/drinking."

94% **out of 62**

"I feel I am maintaining positive changes."

97% **out of 70**

"I feel socially connected."

90% **out of 61**

"I am engaged in community activities outside of substance use services."

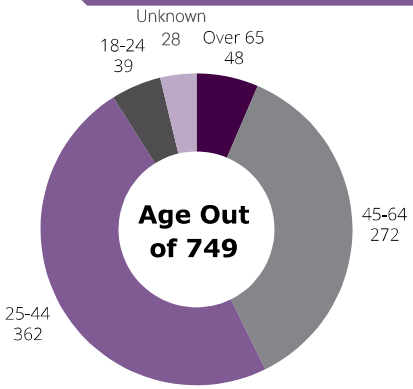
71% **out of 58**

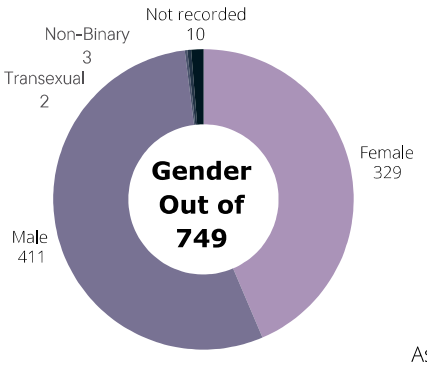
"I feel that my mental health has improved."

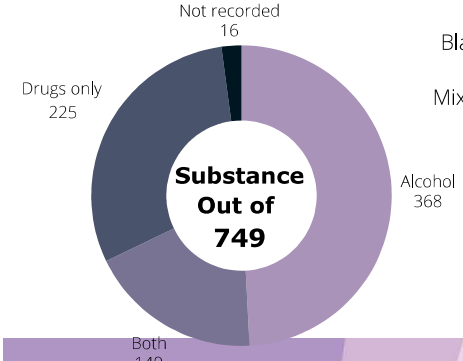
83% **out of 63**

"I have not lapsed or relapsed in the last 12 months."

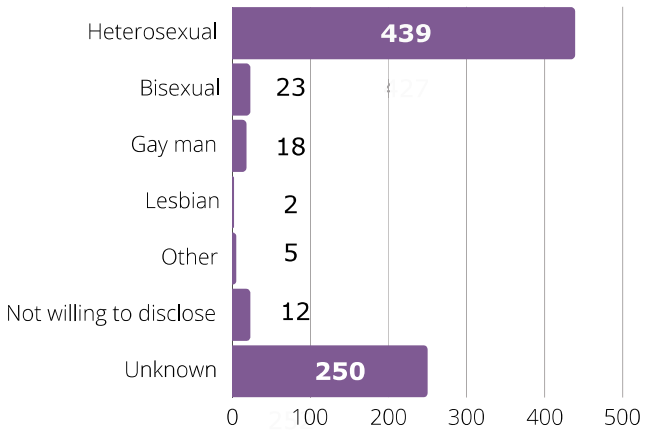
49% **out of 63**



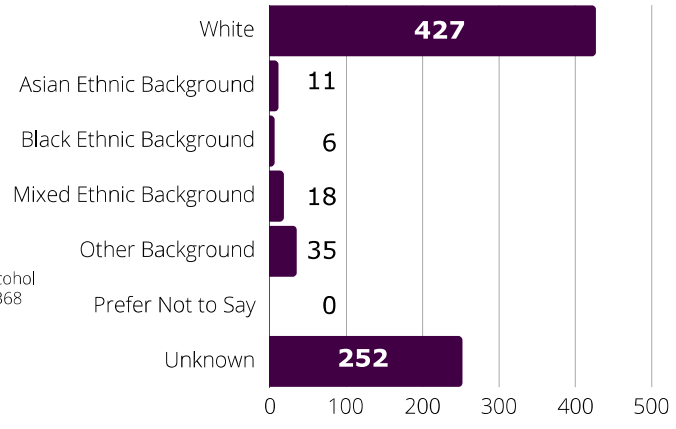




Sexual Orientation Out of 749



Ethnic Background Out of 749



Active volunteers = 29
Volunteer hours = 3751

287 different people have attended groups

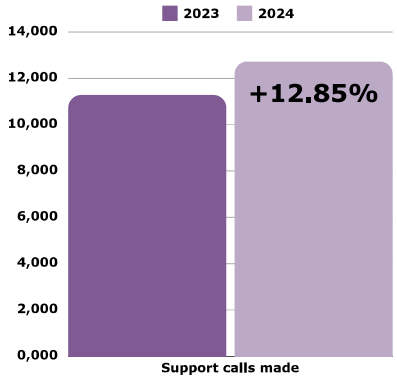
5.4 average group attendance

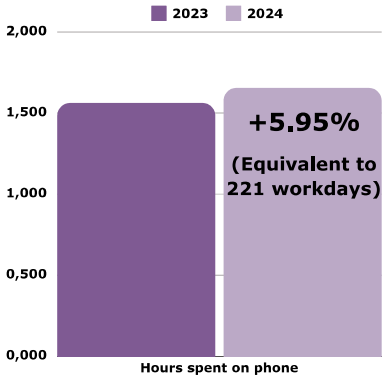
799 groups ran

725 people referred into us

Achieved the Agored Cymru certificate and/or were trained = 12 achieved, 5 more trained

Strengthening Communities: A Comparative Overview of Recovery Cymru's Year-on-Year Achievements







Total Number of People Worked With

900 in 2023
1,053 in 2024



Group Attendance (Average)

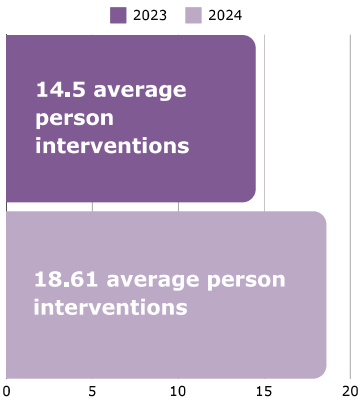
5 in 2023
5.4 in 2024



Referrals

594 in 2023
725 in 2024

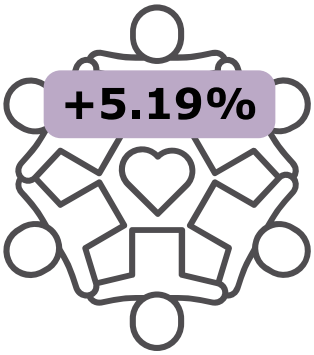
Positive Interventions Per Person



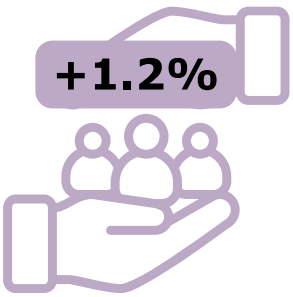
"I feel that my mental health has improved."



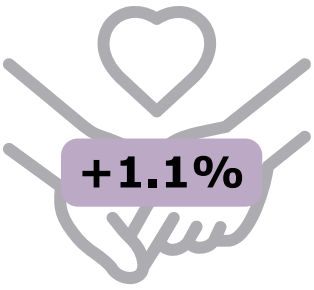
- **2023: 64%**
- **2024: 71%**



2023: 29 active volunteers contributed 3,566 hours
2024: 29 active volunteers remain, contributing the same 3,751 hours



2023: 7% of participants identified as BAME
2024: This increased to 8.2%



2023: 4.5% of members identified as Lesbian, Gay, or Bisexual
2024: 5.6% of members identified as Lesbian, Gay, or Bisexual

2024 Data Reflections

This year, we have been developing and embedding the peer model into the CAVDAS framework. One consequence of our being at the very centre of the drug and alcohol service landscape across Cardiff and the Vale has been a sharp increase in the number of people we worked with and the number of referrals received. During this period, 725 people were referred or re-engaged with us, representing a 22% increase on last year's figures. It was pleasing to see that the average number of connected/attended interactions per new referral was 16, with the median number being 7.

- The total number of people we worked with in this period was 1,053, an increase of 17% from last year. In terms of work per person, there was an average of 18.61 positive interventions (up from 14.5 last year) with individuals and a median number of 6 (the same as last year).
- The number of people supported by 1-to-1s dropped from 507 to 481; however, the average number of sessions an individual received increased from 2.89 to 3.59, indicating an increased depth of intervention. This is echoed by the 593 people who had 5 or more connected or attended sessions during this period—an increase of 19% on the previous year.
- This increase in the level and depth of support was sustained by an increase in peer staff employed via the CAVDAS contract.
- Our three main referrers were CAVDAS (55%), self-referral (20%), and 6% from the Detox ward at Llandough Hospital. The continuing high level of self-referrals shows that trust within the community remains high.
- The gender balance, age, and substance profile of our members is very much on par with previous years.
- Our aim to improve the capture of our diversity statistics has not been realised this year. The percentage of unknowns for ethnicity and sexuality has increased to 35% from 22% last year. This is mainly associated with individuals who are referred in but do not continue any meaningful engagement, which means we will only ever hold their name, date of birth, and sex within our data systems.

- 5.6% of members identified themselves as Lesbian, Gay, or Bisexual, which is above the general population 2021 Census figure of 3.2%.
- Our reach within the BAME community remains low. However, out of the 497 for whom we hold ethnicity data, 8.2% describe themselves as something other than White British/Welsh, up from 7% in the 2022-23 data.
- It has been wonderful to fully open up the Cardiff Recovery Centre during this period, with an average of nearly 13 people attending each day we were open. We have also seen an increase in both group delivery (up by 23%) and attendance at those groups, with an average of 5.43 people attending across the 800 groups delivered in the year.

Financial Performance

In the year from April 2023 to March 2024 Recovery Cymru Community gratefully received grant or contract funding from the following sources:

- Cardiff & the Vale of Glamorgan Area Planning Board- Cardiff & Vale Drug & Alcohol Service (CAVDAS) is a 10-year contract in an Alliance with Kaleidoscope & Barod to ensure peer support is embedded throughout drug and alcohol services
- Cardiff & Vale Area Planning Board – Substance Misuse Capital Fund – to pay the lease of the Cardiff Recovery Centre for 2 years
- Garfield Weston – a 1 year £25K grant to fund our core work
- Post Code Lottery – a 1 year £25K grant to fund our core work
- National Lottery Awards for All a 1 year £9,900 grant to support the work to re-establish the work of the Recovery Centre post Covid
- Lloyds Bank Foundation is a new 3-year grant (£75K) to fund our on-going development work
- Henry Smith Charity. This is the first year of a three-year grant (£180K) to support the general running costs of the organisation
- Tudor Trust Foundation. We have a new 2-year grant (£62K) to support the organisation’s core costs

- Third Sector Capital Fund nearly £8K grant to pay for capital equipment to refurbish the Cardiff Recovery Centre

Other revenue sources

- We received £12,415 through fundraising, awards and donations

- We received nearly £49K of earned income through external training and delivery.

Many of our multi-year grant funding pots came to an end in Autumn 2022, however, we have managed to source new funds to bridge the gap and we have recently been successful in gaining new multi-year funding from Henry Smith, Lloyds Bank Foundation and Tudor Trust. We will be seeking new multi-year funding from Garfield Weston and from the National Lottery Fund "People & Places". The Trustees have agreed to allocate from current reserves to contribute towards salaries in 2024/2025, so we can respond to direct needs and provide an evidence base for seeking funding

Reserves policy

In accordance with the recommended practice, the charity defines free reserves as the unrestricted funds of the charity, excluding those funds that could only be realised by disposing of fixed assets held for charity use. This year our unrestricted free reserves are £ 246K with an additional £24K of designated unrestricted reserves

Recovery Cymru is aware the CAVDAS contract has considerably increased its overall annual income and expenditure, necessitating a revision to the Reserves Policy. The Reserves Policy now states that we have to maintain the equivalent of at least 3 months of running costs associated with Recovery Cymru Community projects/staff/activities only, which, on review of the financial position of the charity, would be sufficient to meet all relevant commitments to staff and existing financial commitments (this does not include the costs associated with the CAVDAS contract).

Our Team



Tim Norval
CAVDAS Peer Navigator



Sarah Vaile
RC Founder & Director



Judith Enticott
CAVDAS Team Leader



Rachel Bayer
RC Finance & Head of Operations



David Driscoll
RC Peer Worker



Laura Davies
RC Funding & Strategic Support



Joanne Germon
CAVDAS Recovery & Aftercare Worker



Trudie Merry
CAVDAS Recovery & Aftercare Worker



Kelvin McCann
CAVDAS Recovery & Aftercare Worker



Andrew McCutchion
CAVDAS Recovery & Aftercare Worker



David Parker
VAC Coordinator



Ceri John
CAVDAS Community Connections Coordinator

Our Team



Emma Greenhill
Peer Team Administrator



Kaye Cheeseman
RC Administrator



Claire Norval
Cleaner



Meirion Evans
RC Peer Worker



Owen Williams
RC Family & Friends Peer Worker



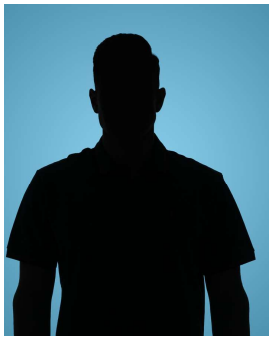
Rosey Stonehouse
RC Administrator and Projects Coordinator



Gemma Brownhill
CAVDAS Community Connections Coordinator



Rebecca Cashman
RC Communications Officer



Anthony Prosser
Cleaner

Dai Parker resigned November 2023
Andrew McCutchion moved to CAVDAS CYP January 2024
Kaye Cheeseman resigned January 2024
Emma G started April 2023
Owen & Rosey started November 2023

Trustees



Gail Smith
Chair



Dominic Houlihan
Treasurer



Andrew Healy
Board Member



Susie Boxall
Secretary



Dr Robert Heirene
Trustee



Amanda-Jane Oliver
Trustee



Ruth Saunders
Trustee



Simon Underhill
Trustee

Thank You

As this Annual Report shows, 2023-2024 has been a challenging, rewarding, and exciting year.

With the inception of CAVDAS, resulting in Recovery Cymru significantly increasing its staff team, and becoming a partner in the Alliance, much time was spent with recruitment and we welcome all our new staff members and hope to meet them all soon.

Trustee Board discussions took place regarding Recovery Centres and how best to a) safeguard our core values and what Recovery Centres would look like, and b) the amazing opportunity to embed peer work and lived experiences into treatment services.

It seemed timely to take stock of the Board and re-evaluate our effectiveness and our approach to Governance. With funding from Lloyds Bank Foundation, we commissioned an independent Effectiveness Review of the Recovery Cymru Trustee Board. We will be acting on the recommendations from this review in 2024/25.



The trustees would like to thank the organisations and individuals who have supported Recovery Cymru during this time. A particular thank you goes to all our members, volunteers and staff who give their time, enthusiasm, and skills and share their lives to create a genuine peer-led, mutual aid Recovery Community. You continue to make a difference every day, to show that recovery is possible, probable and is to be enjoyed.

Special shout-out and thanks to our Director and Leadership Management Team – you have embraced all the opportunities and managed the change so spectacularly. You should all be immensely proud of yourselves. The trustees remain in awe of your resilience, adaptability and professionalism.

G. Smith

Gail Smith

Chair

Company registration number: 08520441

Charity registration number: 1154530

Recovery Cymru Community

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

HSJ Accountants Limited
Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

Recovery Cymru Community

Independent Examiner's Report to the trustees of Recovery Cymru Community ("the Company")

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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

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

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

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

.....

Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

21 October 2024

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	12,459	-	12,459
Charitable activities	4	105,524	457,348	562,872
Other trading activities	5	1,036	-	1,036
Other income	6	150	-	150
Total income		119,169	457,348	576,517
Expenditure on:				
Charitable activities	7	(119,222)	(466,177)	(585,399)
Total expenditure		(119,222)	(466,177)	(585,399)
Net expenditure		(53)	(8,829)	(8,882)
Net movement in funds		(53)	(8,829)	(8,882)
Reconciliation of funds				
Total funds brought forward		269,871	28,289	298,160
Total funds carried forward	17	269,818	19,460	289,278

The notes on pages 5 to 15 form an integral part of these financial statements.

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	2,968	-	2,968
Charitable activities	4	89,312	405,377	494,689
Other trading activities	5	2,017	-	2,017
Total income		94,297	405,377	499,674
Expenditure on:				
Charitable activities	7	(45,978)	(447,569)	(493,547)
Total expenditure		(45,978)	(447,569)	(493,547)
Net income/(expenditure)		48,319	(42,192)	6,127
Transfers between funds		577	(577)	-
Net movement in funds		48,896	(42,769)	6,127
Reconciliation of funds				
Total funds brought forward		220,974	71,058	292,032
Total funds carried forward	17	269,870	28,289	298,159

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

The funds breakdown for 2023 is shown in note 17.

Recovery Cymru Community

(Registration number: 08520441)
Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	13	9,856	12,320
Current assets			
Debtors	14	133,847	124,601
Cash at bank and in hand	15	217,407	202,861
		351,254	327,462
Creditors: Amounts falling due within one year	16	(71,832)	(41,623)
Net current assets		279,422	285,839
Net assets		289,278	298,159
Funds of the charity:			
Restricted income funds			
Restricted funds		19,460	28,289
Unrestricted income funds			
Unrestricted funds		269,818	269,870
Total funds	17	289,278	298,159

For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 2 to 15 were approved by the trustees, and authorised for issue on 19 October 2024 and signed on their behalf by:

G Smith

.....

Mrs G Smith
Trustee

1 Charity status

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

The address of its registered office is:
218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

These financial statements were authorised for issue by the trustees on 19 October 2024.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

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

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Departures from the SORP
The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	Over term of lease

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Income from donations and legacies

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Donations and legacies;			
Donations from individuals	12,459	12,459	2,968
	12,459	12,459	2,968

4 Income from charitable activities

	Unrestricted funds		Restricted funds	Total 2024	Total 2023
	Designated £	General £	£	£	£
Relief & recovery support	57,000	48,524	457,348	562,872	494,689

5 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2023 £
Events income;			
Other events income	1,036	1,036	2,017
	1,036	1,036	2,017

6 Other income

	Unrestricted funds General £	Total 2024 £
Fees and supplies	150	150

7 Expenditure on charitable activities

	Note	Unrestricted funds Designated £	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Relief & recovery support		6,035	808	113,306	120,149	127,094
Staff costs		108,530	2,476	345,755	456,761	361,934
Allocated support costs	8	1,373	-	7,116	8,489	4,519
		115,938	3,284	466,177	585,399	493,547

8 Analysis of support costs

Support costs allocated to charitable activities

	Basis of allocation	Governance costs £	Administration costs £	Total 2024 £	Total 2023 £
Relief & recovery support	A	1,776	6,713	8,489	4,519

Basis of allocation

Reference	Method of allocation
A	Professional fees allocated directly

9 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2024 £	2023 £
Operating leases - other assets	19,894	19,894
Depreciation of fixed assets	2,464	11,999

10 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

11 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	409,519	328,427
Social security costs	32,689	22,132
Pension costs	14,553	11,375
	456,761	361,934

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No	2023 No
Management team	3	3
Delivery staff	23	19
	26	22

No employee received emoluments of more than £60,000 during the year.

12 Taxation

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

13 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2023	113,707	113,707
At 31 March 2024	113,707	113,707
Depreciation		
At 1 April 2023	101,387	101,387
Charge for the year	2,464	2,464
At 31 March 2024	103,851	103,851
Net book value		
At 31 March 2024	9,856	9,856
At 31 March 2023	12,320	12,320

The net book value of furniture & equipment includes £9,856 (2023: £12,320) in relation to SMAF prepaid operating lease rent for the charitiy's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

14 Debtors

	2024	2023
	£	£
Trade debtors	85,795	99,735
Prepayments	48,052	24,866
	133,847	124,601

15 Cash and cash equivalents

	2024	2023
	£	£
Cash on hand	199	196
Cash at bank	217,208	202,665
	217,407	202,861

16 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	13,066	994
Accruals	1,493	1,717
Deferred income	57,273	38,912
	71,832	41,623

	2024	2023
	£	£
Deferred income at 1 April 2023	(38,912)	(57,979)
Resources deferred in the period	(52,300)	(12,500)
Amounts released from previous periods	33,939	31,567
Deferred income at year end	(57,273)	(38,912)

17 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted					
General					
General fund	200,622	62,169	(3,284)	(13,469)	246,038
Designated					
Tudor Trust	-	32,000	(45,016)	13,016	-
Garfield Weston Foundation	25,000	-	(25,453)	453	-
Postcode Community Trust	17,165	-	(17,154)	-	11
Lloyds Bank Foundation - 23-25	27,084	25,000	(28,315)	-	23,769
	69,249	57,000	(115,938)	13,469	23,780
Total Unrestricted	269,871	119,169	(119,222)	-	269,818
Restricted					
SMAF Fund	14,720	19,894	(22,358)	-	12,256
Henry Smith Charity	1,617	60,000	(60,037)	-	1,580
Leigh Trust	2,036	-	-	-	2,036
Workforce Recognition	16	-	-	-	16
CAVDAS	-	369,521	(369,330)	-	191
National Lottery Community Fund - Awards for All	9,900	-	(9,900)	-	-
Third Sector Capital Fund	-	7,933	(4,552)	-	3,381
Total restricted	28,289	457,348	(466,177)	-	19,460
Total funds	298,160	576,517	(585,399)	-	289,278

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2024

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General					
General fund	198,876	17,047	(4,415)	(10,886)	200,622
Designated					
Leathersellers' Company	12,054	-	(12,052)	(2)	-
Tudor Trust	10,044	-	(21,509)	11,465	-
Garfield Weston Foundation	-	25,000	-	-	25,000
Postcode Community Trust	-	25,000	(7,835)	-	17,165
Lloyds Bank Foundation - 23-25	-	27,250	(166)	-	27,084
	22,098	77,250	(41,562)	11,463	69,249
Total unrestricted funds	220,974	94,297	(45,977)	577	269,871
Restricted					
TARS (SMAF revenue) Fund	38	72,958	(73,083)	87	-
Lloyds Bank Foundation	21,015	-	(21,015)	-	-
SMAF Fund	26,719	19,894	(31,893)	-	14,720
Henry Smith Charity	17,456	12,500	(28,339)	-	1,617
YBS Charitable Foundation	814	-	-	(814)	-
Leigh Trust	5,000	-	(2,964)	-	2,036
Service User Involvement	-	38,237	(38,237)	-	-
Workforce Recognition	16	-	-	-	16
CAVDAS	-	251,888	(252,038)	150	-
National Lottery Community Fund - Awards for All	-	9,900	-	-	9,900
Total restricted funds	71,058	405,377	(447,569)	(577)	28,289
Total funds	292,032	499,674	(493,546)	-	298,160

The specific purposes for which the funds are to be applied are as follows:

In the year from April 2023 to March 2024 Recovery Cymru Community gratefully received grant or contract funding from the following sources:

• Cardiff & the Vale of Glamorgan Area Planning Board- Cardiff & Vale Drug & Alcohol Service (CAVDAS) is a 10-year contract in an Alliance with Kaleidoscope & Barod to ensure peer support is embedded throughout drug and alcohol services
• Cardiff & Vale Area Planning Board – Substance Misuse Capital Fund – to pay the lease of the Cardiff Recovery Centre for 2 years
• Garfield Weston – a 1 year £25K grant to fund our core work
• Post Code Lottery – a 1 year £25K grant to fund our core work
• National Lottery Awards for All a 1 year £9,900 grant to support the work to re-establish the work of the Recovery Centre post Covid
• Lloyds Bank Foundation is a new 3-year grant (£75K) to fund our on-going development work
• Henry Smith Charity. This is the first year of a three-year grant (£180K) to support the general running costs of the organisation
• Tudor Trust Foundation. We have a new 2-year grant (£62K) to support the organisation's core costs
• Third Sector Capital Fund nearly £8K grant to pay for capital equipment to refurbish the Cardiff Recovery Centre

18 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 31 March 2024
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	9,856	9,856
Current assets	247,531	36,280	67,443	351,254
Current liabilities	(1,493)	(12,500)	(57,839)	(71,832)
Total net assets	246,038	23,780	19,460	289,278

	Unrestricted funds		Restricted funds	Total funds at 31 March 2023
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	12,320	12,320
Current assets	203,332	69,249	54,881	327,462
Current liabilities	(2,710)	-	(38,912)	(41,622)
Total net assets	200,622	69,249	28,289	298,160

RECOVERY CYMRU COMMUNITY

England & Wales - Charity number 1154530

Accounts



April 2022 – March 2023

Recovery Cymru

• Est. 2010 •

Recovery Cymru Community

Annual Progress Report

REGISTERED CHARITY NUMBER: 1154530

REGISTERED COMPANY NUMBER: 08520441

Thank You

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have supported us through a year of incredible change for our community.



A special thank you to all our members, volunteers, staff and trustees who give their time, enthusiasm and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

218 Cowbridge Rd E, Cardiff CF5 1GX
2-10 Holton Rd, Barry, Vale of Gamorgan CF63 4HD

info@recoverycymru.org.uk

07944851050

Introduction

Recovery Cymru is a self-help and mutual support community for people in or seeking recovery from alcohol and drug problems. We operate across Cardiff and the Vale of Glamorgan offering both face-face, online and distance support. We were pioneers of the first commissioned partnership between treatment providers and a recovery community organisation and we continue to pioneer becoming a core partner in the newly commissioned drug and alcohol service for Cardiff & the Vale of Glamorgan - Cardiff & Vale Drug & Alcohol System (CAVDAS) embedding peer recovery support across the substance use system. We are also networked into the wider recovery community across Wales and the UK.

Our Recovery Vision

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

Our Recovery Mission

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests and to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others.



Our Recovery Values

We believe in the reality of recovery and in the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems and our activities are based upon the following principles: hope, choice, empowerment, inclusion, understanding, support, enjoyment and acceptance.

Our Recovery Philosophy

- We believe that everyone has the potential to recover
- Together we promote the many different pathways to recovery. We appreciate that each person takes a unique journey. We are here to learn from one another, to support one another and build new relationships
- We support the many different treatment methods and models that can assist individuals in their recovery journey, and we do not promote one method or philosophy over another
- We believe that, where appropriate, medications (e.g. Buvidal, Methadone, Subutex, Naltrexone, Antabuse) can aid and assist people on their recovery journey
- We believe that recovery is real and should be celebrated
- We believe that recovery is about quality of life. It is about the person rather than the presence or absence of a substance
- We believe that recovery is self-defined; it develops over time
- We accept that what is right for today, may change tomorrow
- We recognise that a common goal for many people is abstinence from their problem substance
- We recognise that abstinence from all mind-altering substances is a common goal for many people in recovery
- We accept that preventing and managing relapse is a reality of recovery for many people. However, we believe that relapse does not have to be inevitable

Strategic Aims

Our strategic aims are:-

People Build the recovery community, starting in Cardiff and the Vale of Glamorgan
Voices Raise awareness of overcoming problems with substance use, challenging stigma and discrimination
Partners Partner with others to create environments for recovery

The annual report outlines:

- The main activity and achievements in 2022-2023
- A reflection on the year
- Plans for the next period



Forward from Sarah Vaile, Founder & Director



Welcome to our annual report for 22-23.

Is it just me or are the years flying by?! When work and life can seem so busy for a lot of us it's helpful to stop with a cuppa and think about the period that's passed – and what we want from the period to come. For those of us who are looking for our next step, if life is too quiet or we're wondering what recovery could bring us, stopping with a cuppa can also help us to think about what we want to be involved in and who we want to be (p.s. cuppas are not obligatory!). Recovery Cymru has been such an important, fulfilling and demanding part of my life for so long now, I find writing these reports a time every year that helps me do just that.

As always, in RC spirit, this period has been one of amazing achievements, challenges, swings, roundabouts, enlightenment, moments of clarity, nurture and breaking out of our comfort zones. Our model is based on lived experience and us bringing our true selves to what we do to champion recovery and give those who are so often lost or unseen a warm welcome, a smile and a range of options based on C.H.I.M.E. (Connection, Hope, Identity, Meaning, Empowerment). No wonder it is so varied and interesting!

This season has seen the start of CAVDAS (Cardiff and Vale Drug and Alcohol Services), a new approach based on an Alliance Model where we have joined in an equal partnership with Barod, Kaleidoscope and the Area Planning Board commissioner to design and deliver substance use treatment and recovery services across Cardiff and Vale. This has been a time of enormous learning, discovery and challenge as we seek to transform the system together - and particularly for RC as we seek to embed lived experience approaches and the peer recovery model alongside treatment services and continue the independent

recovery community so people have something to exit into… as well as an alternative for those who need or want it. We're delighted to see where this journey takes us all. We're particularly excited about new roles in the system, such as our peer navigators who are reaching those with 'complex needs' to give hope, show care and at times give life-saving intervention.

In amongst all this change, our staff team has doubled. As with many things in life, this is a blessing, privilege, and opportunity and has been a challenge too! Our aim has always been to nurture the 'RC family' vibe, exploring and developing people with lived experience and our allies to continue our peer model. We have put a lot of time into training, development sessions and supervisions to ensure we stay true to our roots but also develop and evolve as we now have staff contributing to the RC strategy and embedded in CAVDAS – but all doing peer work! I think we have navigated this period of change well and am excited to see what our team achieves in the year to come.

Our Trustee board have been truly fantastic this past year, providing personal and practical support, alongside ensuring the governance of our community Charity is upheld. I'd like to say a big thank you to our board who live the RC values in their roles and beyond.

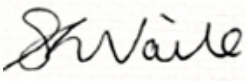
Our partnership work is central to everything we do. Alongside our CAVDAS partners, we've been delighted to work with many others including Alcohol Change, BPSS (the first Buvidal Psychological Support Service in Wales), the NHS, all our wonderful referral partners and collaborate with social work and higher education colleagues.

Why do we do all this? To show that recovery is possible, and probable and we want it to be fun. For this reason, our people – our members, volunteers and staff are at the centre of all we do. I am always encouraged and inspired by our members and volunteers. We want everyone to believe that recovery (whatever that means to you or your family or friend), is achievable, that we are all more than our problems and that finding fulfilment is a major part of the journey.

As we look to the year ahead, I am excited to focus on our community spirit, develop new projects and see where CAVDAS takes us – all with the above in focus. I am particularly excited about launching our family and friends peer support – and never forgetting the power of a smile, a warm welcome and a birthday card!

Come be a part of it with us.

Thanks for reading,



Sarah Vaile
Founder & Director



A year of ch...ch...ch... changes

2022-2023 saw significant changes to the drug and alcohol landscape across Cardiff and the Vale of Glamorgan, with the Local Area Planning Board retendering for all the non-NHS services, and they were not just looking for a partnership, but an Alliance (lhalliances.org.uk): - “A virtual organisation where all partners have collective ownership of opportunities and responsibilities with shared decision making, creating a collaborative environment leading to greater benefit for all.”

The tendering process was a huge task, especially as a small organisation, but we were successful! We have formed a powerful Alliance with partners Barod and Kaleidoscope. The Alliance, known as Cardiff & Vale Drug & Alcohol Service (CAVDAS), will deliver all non-NHS drug and alcohol services across Cardiff & The Vale of Glamorgan.

Cardiff & Vale Drug & Alcohol Services

The first quarter of 22/23 saw much consultation with staff, volunteers and our membership to allay any fears over CAVDAS; answer questions and build the new model that would transform services – “change management” was a daily agenda topic!! Especially coming off the back of various lockdowns, which had disrupted our pre-covid in-person delivery. So, decisions were needed on premises; hybrid working, TUPE, access to shared IT data; communication system; data capture, but most importantly ensuring the recovery community identity remained visible and independent. All in all, an exhausting, but exhilarating process with us being at the centre of major decision-making that would determine services for the next 10 years.

We are now delivering on and coproducing a transformational system of engagement, support and wellbeing for people to address their substance use, in order to live fulfilled lives in their communities with peer support embedded throughout and the independent recovery community will support people throughout their CAVDAS journey, while critically offering alternate support and an ad infinitum support for people who exit formal ‘treatment services.’

Voices Action Change (VAC)







VAC was a short, 1-year service user involvement contract on behalf of the Cardiff and Vale of Glamorgan Area Planning Board. The contract was extended to July 2022 in recognition of the successes of VAC and its excellent work is now embedded within the new Cardiff & Vale Drug & Alcohol Service (CAVDAS). VAC will retain an independent identity with three main aims:

1. Bring awareness by reaching and capturing the voices and experiences of those using or could be using substance use services
2. Educate through training and support VAC reps who can reach and represent those voices
3. Ensure this is embedded in how services are designed, delivered and monitored.

This involves working closely with our colleagues and partners in CAVDAS and seeking to embed the lived (and living) experience of people in Cardiff and Vale in services. VAC also coordinated a peer Naloxone programme (ensuring this life-saving drug is available to those who most need it). Thank you to all our VAC'ers and Naloxone peers for all you do.

Throughcare, Aftercare & Recovery Support in Cardiff and the Vale of Glamorgan – Footsteps To Recovery

The Footsteps to Recovery partnership with Pobl that delivered aftercare and throughcare across Cardiff and the Vale of Glamorgan ended on 31 July 2022 after 8 years. There was much sadness and a worry that all the good relationships and practice developed would be lost within the decommissioning. However, we were determined that the new model for the Community Rehabilitation programme in CAVDAS would build on the success, knowledge and experience of the Footsteps Programme.

So the legacy lives on with a key commitment to a flourishing CAVDAS Community Rehab Programme, a robust aftercare and peer support offer, as well as extending these models to people at earlier stages of the journey.

Volunteering

Volunteering opportunities increased greatly this year. The Cardiff Recovery Centre returned to open access, which created additional responsibilities at various outreach centres, such as the Neville Street Needle Exchange. Our active volunteer numbers increased to 29 from 16. There have been 17 new people who undertook the Volunteer Training Programme, and 12 achieved the Agored Cymru Level 1 Voluntary Work Skills qualification. A fantastic achievement!

Our volunteers not only supported various RC and CAVDAS delivery but also delivered workshops to medical students from Llandough Hospital on the best approach to working with people with substance use issues. The volunteers are confident that the medical students will use their new knowledge successfully in their future medical careers.

Three volunteers secured paid employment within CAVDAS, which has been a great acknowledgement of their skills and dedication. As we look to the year ahead and remind ourselves that Recovery Cymru evolved from a volunteer-led group, we focus on increasing volunteering opportunities and inspiring our future volunteers to empower our recovery community to thrive.



Partnership Work

Aside from building the partnership that would eventually become CAVDAS, we have partnered with Alcohol Change UK to develop a Good Practice guide on how peer support can be used to engage people who are so often deemed 'change-resistant' or 'unwilling to engage' with treatment services. This work evolved from our local project called 'First Steps' with our local emergency services and hospital liaison staff who believed in the power of those with lived experience to engage and convey hope.

COVID prevented a lot of the face-to-face and at-bedside work that we were hoping to work on but showed the power of a text and regular phone calls! As we seek to refocus on First Steps in the year to come, we are excited to partner with Alcohol Change UK to launch a guidance manual and offer cofacilitated training across the UK to those wishing to develop similar work.

Buvidal Psychological Support Service

We are collaborating with the new Buvidal Psychological Support Service (BPSS) locally, which offers a tiered therapeutic approach to people utilising Buvidal for opiate addiction. The BPSS team have engaged with people with lived experience via VAC to help design and shape the service and has partnered with Recovery Cymru to offer peer support to their clients. This is a work in progress! We're also happy to be involved in a Buvidal research project led by the University of South Wales.

Family Drug & Alcohol Court (FDAC)

We have worked with our local Family Drug & Alcohol Court (FDAC) team to offer peer support to those accessing and exiting FDAC interventions. We believe strongly in supporting people whichever outcome the courts decide and that recovery and change is possible for all. We think the support for those accessing the system is imperative and hope to work more closely with our local Integrated Family Support Team (IFST) in the year to come.

#NoteToSelf Campaign

We were delighted to collaborate on a campaign with Home-Start Cymru. The campaign aimed to educate parents, family members and the wider community on the relationship between stress and substance use, and how it can impact families. We even spent time at the St. David's Centre to collect the thoughts of the wider community. It was a fantastic day of bringing positivity in a difficult time for everyone.



Some Other Highlights From the Year...







Investors in People Award 2022

After successfully achieving the IIP standard last year and being ranked within the top 20 employers in this category, we were invited to submit a nomination to the "Investors in People Awards 2022" and we were very proud to be shortlisted as one of only seven UK finalists in this category.

GSK Impact Awards 2022 (Glaxo Smith Kline)

We were one of 15 organisations shortlisted out of a UK field of over 400 to be recognised for doing excellent work to improve people's health and wellbeing and received a £4,000 donation from GSK.
Mental Health & Wellbeing Awards Wales 2022

The Mental Health & Wellbeing Awards Wales 2022

We gained a Bronze Award in the Workplace Wellbeing category for The Mental Health & Wellbeing Awards Wales 2022

Helpforce Champions 2022

Joanne Germon one of our fantastic volunteers and now a staff member, was chosen as a finalist at the Helpforce Champion Awards 2022

Pen-Y-Fan walk for #SwipeoutStigma

In July, our recovery family conquered the Pen Y Fan Recovery Walk 2022 in the name of challenging stigma faced by people with substance use problems and their recovery. Proving the power of peer support by wearing their #PeerPowerCymru t-shirts with pride



Recovery Marathon

Running was a bit of a theme this year with our fantastic volunteers Nathan, Huw and Darren doing Recovery Cymru proud at our self-styled Recovery "Marathon" - running from the Barry Recovery Centre to the Cardiff Recovery Centre a distance of over 7 miles!!! Amanda Oliver, our Trustee ran the London marathon as a fundraiser. Thank you all!



Tonyrefail School Heroes

Big thanks to students at Tonyrefail Community School who carried out social action to raise awareness of Recovery Cymru as part of the First Give programme. They were judged as having carried out the most effective social action amongst their peers and won us a grant of £1000!!! All this without asking us anything- what an amazing boost for our #swipeoutstigma campaign!



A Journey to Recovery

In the early days of March this year, my life was a relentless cycle of addiction. I found myself reaching out for help, a glimmer of hope amidst the darkness that had consumed me. Within hours, I received a call from K, and almost immediately, another call, this time from T. Little did I know that T's unwavering support would become the cornerstone of my journey towards recovery.

My daily existence was characterised by excessive alcohol consumption—three to four bottles of wine, ten or more pints, and a half to three-quarters of a bottle of whisky, often in a chaotic mix. My weekly intake hovered around an astonishing 250 to 300 units. It was a dark place, and I couldn't see a way out.

From the very beginning, T's approach was different. Having battled an addiction to alcohol himself, he understood the depths of my struggle. There were no judgments, no clichéd advice. Just empathy and a simple promise: "I've been there; let's work on this together."

T and I embarked on a journey of introspection. We didn't rush; we took our time. We identified about ten different aspects of my substance use, and gradually, methodically, we dismantled them, replacing each with healthier habits. It began with eliminating whisky, then wine, followed by strong ale, until I was left with only 4% beer. We tackled leaving the pub before getting too drunk, going out later, rediscovering the joy of eating, and committing to not drinking at home.

This gradual process liberated me from a life consumed by alcohol, giving me back hours and days that were once lost to the haze. I began to understand that drinking was no longer a necessity but a choice.

I kept a meticulous alcohol unit diary using an app. My units dwindled from 120 a week to under 100, then 80, then under 50, and eventually settled at 30-40, a target I successfully maintained for about a month. We introduced dry days—one, then two, then three, and finally four. These dry days revealed the truth: My life was infinitely better without alcohol in it. The gym played a significant role in my transformation.

I've now experienced my first week of complete sobriety, and to my amazement, I don't miss the old ways. Non-alcoholic beers have become a preferred choice for the taste and the camaraderie, but the appeal of alcohol has vanished.

T's wisdom echoes in my mind daily: "There are never reasons to drink, only excuses," "Being addicted to alcohol is hard work, requiring dedication," and "Take support from wherever you can get it," among others. There was never judgment, only empathy, and understanding. T's gentle guidance, like suggesting a dry day, became milestones I eagerly reached.

Today, I stand here with a newfound sense of self. Seeing "0 units" in my alcohol diary is nothing short of incredible. I've come to appreciate my sober self, realising that I don't actually like the person I became under the influence.

This journey has taught me the value of resilience, support, and self-discovery. It's a journey that has allowed me to look towards the future with hope and gratitude. I owe a debt of gratitude to T for guiding me through the darkness towards the light of recovery. I have found my way back to myself, and I quite like the person I've become.

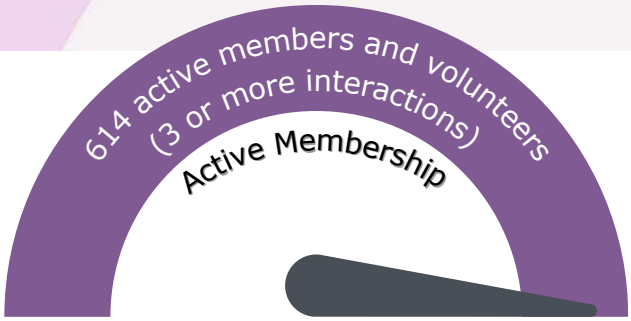
Statistics

People supported by 1-1s= 507 (1.7% decrease)

support calls made = 11,279 (12.9% decrease)

hours spent on phone= 1,562 (208 work days)

3 or more interactions – 614 people (0.05% decrease)



"Since accessing RC/F2R I have reduced my using/drinking."

98% out of 57

"I feel I am maintaining positive changes."

97% out of 63

"I feel socially connected."

90% out of 61

"I am engaged in community activities outside of substance use services."

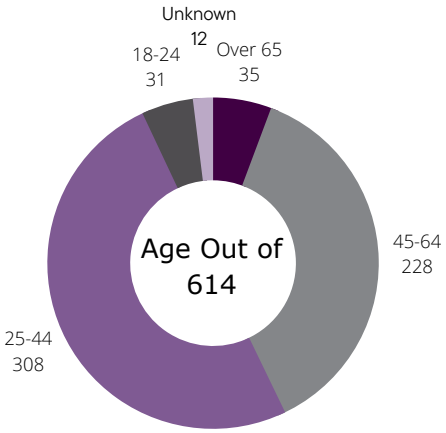
64% out of 61

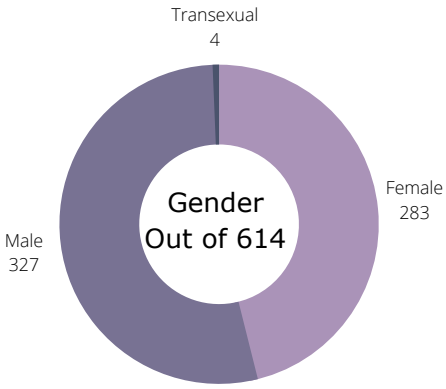
"I feel that my mental health has improved."

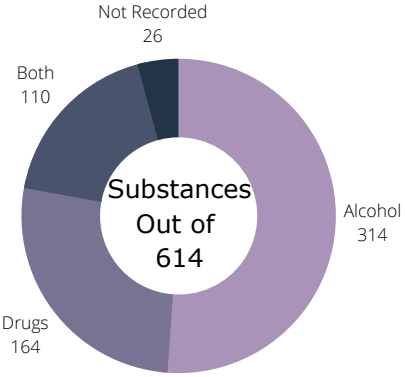
88% out of 64

"I have not lapsed or relapsed in the last 12 months."

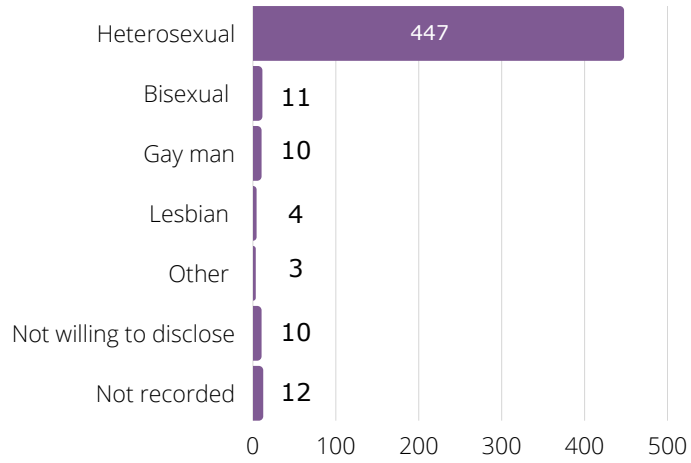
68% out of 60



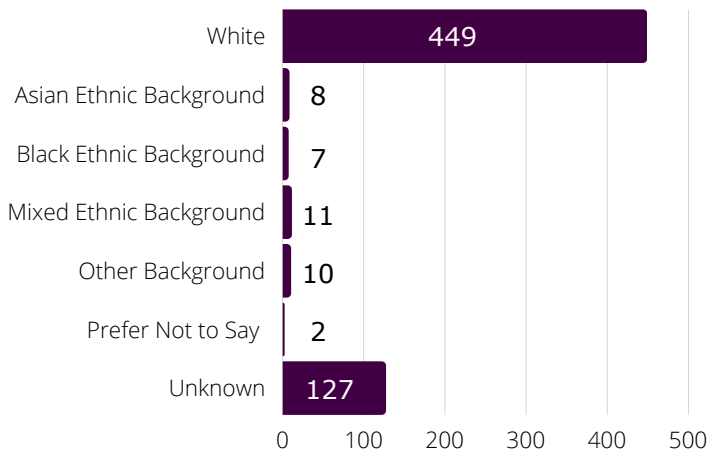




Sexual Orientation Out of 614



Ethnic Background Out of 614



Active volunteers =29
Volunteer hours = 3566
(2.02 FTE equivalents)

249 different people have attended groups

5 average group attendance

650 groups ran

551 people referred into us

Reflections on the data

It has been a difficult task to try and compare figures to previous years and to extract a deeper understanding from them, due to the change in both the services across Cardiff & Vale and our own delivery. In this period, we were acclimatising to operating face-to-face again; opening the Recovery centre and encouraging our members in, but not wanting to compromise the on-line delivery. We were embedding and moulding the new CAVDAS model and delivering from two new CAVDAS venues. The inception of CAVDAS was bound to have an impact on our data, but it is surprising how little it has done and in some areas, there are figures to rejoice about.

- It is so pleasing to see the rise in the number of volunteer hours. We have not yet reached pre-pandemic levels, but there has been a 70% increase in hours in comparison to last year. This increase relates directly to our Cardiff centre being fully open and additional outreach opportunities being available.
- The number of people given one-on-one support has remained stable with 507 receiving an in-depth intervention compared to 516 last year.
- The gender balance, age and substance profile of our members is very much on par with previous years. There has been an improvement in our data capture with the number of members with “No Data Recorded” reducing significantly.
- 4.5% of members identified themselves as Lesbian, Gay or Bisexual, which is above the general population Census figure of 3.2%. We do not hold sexual orientation data on 22% of members. This is both an administrative and engagement issue that we wish to improve on next year.
- We recognise our desire to have a greater impact within our BAME communities. However, we are reducing our data gap with “Not Recorded” dropping from 48% (20/21) to 34% (21/22) to 20% this year. Where we have captured ethnicity, there has been a decrease in non-white from 16.5% last year to 8% this year, this is directly related to our improved data capture, but does show us that we have further to go to improve.

- We now have a sub-committee of the Trustee Board working through our new organisational Action Plan to increase our understanding, knowledge and engagement with the communities we are not reaching.
- Referrals again were on a comparison with last year: - 551 people were referred in compared to 573 in 20/21
- The total new referrals to Recovery Cymru were 473, ie not "re-engagers". Examining their depth of engagement with us 49% of new referrals engaged actively on five or more occasions, as opposed to 53% the previous year (which had a similar new referral total). We would hope to see this figure increase in 23/24.

Financial Performance

Grant/Contract funding

In the year from April 2022 to March 2023 Recovery Cymru Community received grant or contract funding from the following sources:

- Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract was extended to July 2022
- Cardiff and the Vale of Glamorgan Area Planning Board – Service User Involvement Contract – Voices Action Change (VAC) in partnership with Kaleidoscope. This contract was extended to July 2022
- Cardiff & the Vale of Glamorgan Area Planning Board- Cardiff & Vale Drug & Alcohol Service (CAVDAS) is a 10-year contract in an Alliance with Kaleidoscope & Barod to ensure peer support is embedded throughout drug and alcohol services
- Garfield Weston – a 1 year £25K grant to fund our core work
- Post Code Lottery – a 1 year £25K grant to fund our core work
- National Lottery Awards for All a 1 year £9,900 grant to support the work to re-establish the work Recovery Centres post Covid
- Lloyds Bank Foundation is in the final year of a 2-year grant to fund our ongoing development work
- Henry Smith Charity. This is the final year of a three-year grant to support the general running costs of the organisation
- Tudor Trust Foundation. We are in the final year of a 2-year grant to support the organisation's core costs

- Leathersellers Charitable Foundation - we are in the final year of a 4-year grant to support the organisation's core costs
- Leigh Trust has provided funding for our joint work with Alcohol Change UK on developing a report on the benefits of peer support when working with BlueLight clients

Other revenue sources

·We received nearly £3,000 through fundraising and donations
·We received nearly £2,000 of earned income through external training and delivery

We have been successful in re-tendering for our largest contract with the Cardiff & Vale Area Planning Board for substance services, which could guarantee this income stream for possibly 10 years. Many of our multi-year grant funding pots came to an end in Autumn 2022, however we have successfully managed to source new funds to bridge the gap and we have recently been successful in gaining new multi-year funding from Henry Smith, Lloyds Bank Foundation Tudor Trust for the period 23-24 onwards

Reserves policy
In accordance with recommended practice the charity defines free reserves as the unrestricted funds of the charity excluding those funds which could only be realised by disposing of fixed assets held for charity use. Recovery Cymru Community is aware it currently relies heavily on restricted funds to finance the majority of its work. Without this funding the charity would not be in a position to continue operating at the same level of activity. This year our unrestricted reserves have risen to £269,871. The Trustees recognise the need to build up free reserves so the charity can develop independently to meet the needs of members. Our reserves policy is to maintain the equivalent of at least 6 months running costs and any surplus to be allocated when necessary to the costs associated with running the Charity with Trustee agreement.

Our Team



Tim Norval
CAVDAS Peer Navigator



Sarah Vaile
RC Founder & Director



Judith Enticott
CAVDAS Volunteer Coordinator



Rachel Bayer
RC Finance & Head of Operations



David Driscoll
RC Peer Worker



Laura Davies
RC Funding & Strategic Support



Joanne Germon
CAVDAS Recovery & Aftercare Worker



Trudie Merry
CAVDAS Recovery & Aftercare Worker



Kelvin McCann
CAVDAS Recovery & Aftercare Worker



Andrew McCutchion
CAVDAS Recovery & Aftercare Worker



Huw Rowles
CAVDAS Peer Navigator



David Parker
CAVDAS Recovery & Aftercare Worker

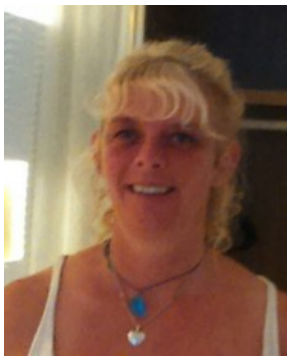
Our Team



Leighton Lovell
CAVDAS Recovery & AFtercare Worker



James Hoare
CAVDAS Recovery & AFtercare Worker



Claire Norval
Cleaner



Meirion Evans
RC Peer Worker



Kaye Cheeseman
RC Administrator



Keely Jones
CAVDAS Recovery & Aftercare Worker



Gemma Brownhill
CAVDAS Community Connections Coordinator



Rebecca Cashman
RC Communications Officer



Anthony Prosser
Cleaner

Keely Jones Resigned November 2022
Dai Parker started October 2022
Kelvin McCann started January 2023
Huw Rowles started October 2022 resigned April 2023
James Hoare started November 2022 resigned June 2023
Leighton Lovell started November 2022 resigned April 2023
Trudie Merry changed roles in January 2023

Trustees



Gail Smith
Chair



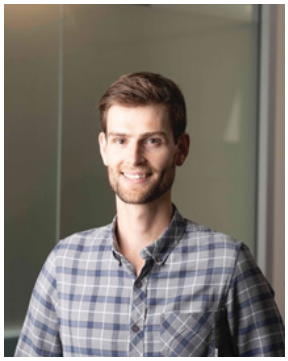
Dominic Houlihan
Treasurer



Andrew Healy
Board Member



Susie Boxall
Secretary



Dr Robert Heirene
Trustee



Amanda-Jane Oliver
Trustee

Thank You

As this Annual Report shows, 2022-2023 has been a challenging, rewarding and exciting year.

The trustees would like to thank the organisations and individuals who have supported Recovery Cymru during this time.

A special thank you goes to all our members, volunteers and staff who give their time, enthusiasm and skills and share their lives to create a genuine peer-led, mutual aid Recovery Community. You continue to make a difference every day, to show that recovery is possible, probable and is to be enjoyed.

You should all be immensely proud of yourselves. The trustees remain in awe of your resilience, adaptability and professionalism.



G. Smith

Gail Smith
Chair

Company registration number: 08520441
Charity registration number: 1154530

Recovery Cymru Community

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

HSJ Accountants Limited
Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

Recovery Cymru Community

Independent Examiner's Report to the trustees of Recovery Cymru Community ("the Company")

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

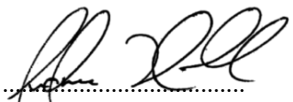
Independent examiner's statement

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

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

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

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



.....

Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

Date: 19/10/2023

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	2,968	-	2,968
Charitable activities	4	89,312	405,377	494,689
Other trading activities	5	2,017	-	2,017
Total income		94,297	405,377	499,674
Expenditure on:				
Charitable activities	6	(45,977)	(447,569)	(493,546)
Total expenditure		(45,977)	(447,569)	(493,546)
Net income/(expenditure)		48,320	(42,192)	6,128
Transfers between funds		577	(577)	-
Net movement in funds		48,897	(42,769)	6,128
Reconciliation of funds				
Total funds brought forward		220,974	71,058	292,032
Total funds carried forward	15	269,871	28,289	298,160

The notes on pages 5 to 15 form an integral part of these financial statements.

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	2,888	-	2,888
Charitable activities	4	43,416	406,815	450,231
Other trading activities	5	4,445	-	4,445
Total income		50,749	406,815	457,564
Expenditure on:				
Charitable activities	6	(49,309)	(385,286)	(434,595)
Total expenditure		(49,309)	(385,286)	(434,595)
Net income		1,440	21,529	22,969
Transfers between funds		(285)	285	-
Net movement in funds		1,155	21,814	22,969
Reconciliation of funds				
Total funds brought forward		219,820	49,243	269,063
Total funds carried forward	15	220,975	71,057	292,032

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

The funds breakdown for 2022 is shown in note 15.

Recovery Cymru Community

(Registration number: 08520441)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	12,320	24,319
Current assets			
Debtors	12	124,601	176,276
Cash at bank and in hand	13	202,861	163,928
		327,462	340,204
Creditors: Amounts falling due within one year	14	(41,622)	(72,491)
Net current assets		285,840	267,713
Net assets		298,160	292,032
Funds of the charity:			
Restricted		28,289	71,058
Unrestricted income funds			
Unrestricted		269,871	220,974
Total funds	15	298,160	292,032

For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 2 to 15 were approved by the trustees, and authorised for issue on 17th October 2023 and signed on their behalf by:

G. Smith

Mrs G Smith
Trustee

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Charity status

The charity is limited by share capital, incorporated in England & Wales.

The address of its registered office is:
218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

Authorised for issue 17th October 2023.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

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

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Departures from the SORP
The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	Over term of lease

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Donations and legacies;			
Donations from individuals	2,968	2,968	2,888
	2,968	2,968	2,888

4 Income from charitable activities

	Unrestricted funds		Restricted funds	Total 2023	Total 2022
	Designated £	General £	£	£	£
Relief & recovery support	77,250	12,062	405,377	494,689	450,231

5 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2022 £
Events income;			
Other events income	2,017	2,017	4,445
	2,017	2,017	4,445

6 Expenditure on charitable activities

	Note	Unrestricted funds Designated £	Unrestricted funds General £	Restricted funds £	Total 2023 £	Total 2022 £
Relief & recovery support		9,616	(4,046)	121,524	127,094	96,046
Staff costs		31,081	8,375	322,477	361,933	330,527
Allocated support costs		865	86	3,568	4,519	8,022
		41,562	4,415	447,569	493,546	434,595

7 Net incoming/outgoing resources

Net incoming resources for the year include:

	2023 £	2022 £
Operating leases - other assets	19,894	11,250
Depreciation of fixed assets	11,999	22,697

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	328,426	300,083
Social security costs	22,132	20,234
Pension costs	11,375	10,210
	361,933	330,527

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Management team	3	3
Delivery staff	19	11
	22	14

No employee received emoluments of more than £60,000 during the year.

10 Taxation

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

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2022	113,707	113,707
At 31 March 2023	113,707	113,707
Depreciation		
At 1 April 2022	89,388	89,388
Charge for the year	11,999	11,999
At 31 March 2023	101,387	101,387
Net book value		
At 31 March 2023	12,320	12,320
At 31 March 2022	24,319	24,319

The net book value of furniture & equipment includes £12,320 (2022: £24,319) in relation to SMAF prepaid operating lease rent for the charitiy's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

12 Debtors

	2023 £	2022 £
Trade debtors	99,735	108,338
Prepayments	24,866	67,938
	124,601	176,276

13 Cash and cash equivalents

	2023 £	2022 £
Cash on hand	196	466
Cash at bank	202,665	163,462
	202,861	163,928

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	994	7,716
Other taxation and social security	-	5,164
Accruals	1,717	1,632
Deferred income	38,912	57,979
	41,623	72,491

	2023 £	2022 £
Deferred income at 1 April 2022	(57,979)	(82,350)
Resources deferred in the period	(12,500)	(57,979)
Amounts released from previous periods	31,567	82,350
Deferred income at year end	(38,912)	(57,979)

15 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted					
General					
General fund	198,876	17,047	(4,415)	(10,886)	200,622
Designated					
Leathersellers' Company	12,054	-	(12,052)	(2)	-
Tudor Trust	10,044	-	(21,509)	11,465	-
Garfield Weston Foundation	-	25,000	-	-	25,000
Postcode Community Trust	-	25,000	(7,835)	-	17,165
Lloyds Bank Foundation - 23-25	-	27,250	(166)	-	27,084
	22,098	77,250	(41,562)	11,463	69,249
Total Unrestricted	220,974	94,297	(45,977)	577	269,871
Restricted					
TARS (SMAF revenue) Fund	38	72,958	(73,083)	87	-
Lloyds Bank Foundation	21,015	-	(21,015)	-	-
SMAF Fund	26,719	19,894	(31,893)	-	14,720
Henry Smith Charity	17,456	12,500	(28,339)	-	1,617
YBS Charitable Foundation	814	-	-	(814)	-
Leigh Trust	5,000	-	(2,964)	-	2,036
Service User Involvement	-	38,237	(38,237)	-	-
Workforce Recognition	16	-	-	-	16
CAVDAS	-	251,888	(252,038)	150	-
National Lottery Community Fund - Awards for All	-	9,900	-	-	9,900
Total restricted	71,058	405,377	(447,569)	(577)	28,289
Total funds	292,032	499,674	(493,546)	-	298,160

Notes to the Financial Statements for the Year Ended 31 March 2023

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
General fund	205,773	5,749	(12,360)	(286)	198,876
Designated					
Leathersellers' Company	12,833	10,000	(10,779)	-	12,054
Tudor Trust	1,214	35,000	(26,170)	-	10,044
	14,047	45,000	(36,949)	-	22,098
Total unrestricted funds	219,820	50,749	(49,309)	(286)	220,974
Restricted					
TARS (SMAF revenue) Fund	-	233,310	(233,272)	-	38
Lloyds Bank Foundation	4,562	25,000	(8,547)	-	21,015
SMAF Fund	25,566	41,898	(40,745)	-	26,719
Henry Smith Charity	14,935	25,000	(22,479)	-	17,456
YBS Charitable Foundation	1,000	-	(186)	-	814
Track 2000	-	15,000	(15,156)	156	-
Lloyds Bank Foundation - React Fund	1,375	-	(1,375)	-	-
TT Staff Wellbeing	1,805	-	(1,935)	130	-
Leigh Trust	-	5,000	-	-	5,000
Service User Involvement	-	54,143	(54,143)	-	-
Workforce Recognition	-	7,464	(7,448)	-	16
Total restricted funds	49,243	406,815	(385,286)	286	71,058
Total funds	269,063	457,564	(434,595)	-	292,032

The specific purposes for which the funds are to be applied are as follows:

• Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract was extended to July 2022
• Cardiff and the Vale of Glamorgan Area Planning Board – Service User Involvement Contract – Voices Action Change (VAC) in partnership with Kaleidoscope. This contract was extended to July 2022
• Cardiff & the Vale of Glamorgan Area Planning Board - Cardiff & Vale Drug & Alcohol Service (CAVDAS) is a 10 year contract in an Alliance with Kaleidoscope & Barod to ensure peer support is embedded throughout drug and alcohol services
• Garfield Weston Foundation – a 1 year £25,000 grant to fund our core work
• Postcode Community Trust – a 1 year £25,000 grant to fund our core work
• National Lottery Community Fund - Awards for All a 1 year £9,900 grant to support the work to re-establish the work Recovery Centres post Covid
• Lloyds Bank Foundation - this is the final year of a 2-year grant to fund our on-going development work
• Henry Smith Charity - this is the final year of a three-year grant to support the general running costs of the organisation
• Tudor Trust - we are in the final year of a 2-year grant to support the organisation's core costs
• Leathersellers Company Charitable Foundation - we are in the final year of a 4-year grant to support the organisation's core costs
• Leigh Trust - have provided funding for our joint work with Alcohol Change UK on developing a report on the benefits of peer support when working with BlueLight clients

16 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 31 March 2023
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	12,320	12,320
Current assets	203,332	69,249	54,881	327,462
Current liabilities	(2,710)	-	(38,912)	(41,622)
Total net assets	200,622	69,249	28,289	298,160

	Unrestricted funds		Restricted funds	Total funds at 31 March 2022
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	24,319	24,319
Current assets	226,606	22,098	91,500	340,204
Current liabilities	(27,730)	-	(44,761)	(72,491)
Total net assets	198,876	22,098	71,058	292,032

RECOVERY CYMRU COMMUNITY

England & Wales - Charity number 1154530

Accounts

RECOVERY CYMRU COMMUNITY ANNUAL REPORT

APRIL 2021 – MARCH 2022

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have supported us through an incredibly busy and successful year in our community.

Cardiff & Vale APB
Achieving better substance misuse outcomes

Track 2000
Community Resource Services
Grant Legacy Fund

YORKSHIRE BUILDING SOCIETY

Leathersellers' Company Charitable Fund

LLOYDS BANK FOUNDATION
England & Wales

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

LeighTrust

the Tudor trust

The Henry Smith Charity
founded in 1628

Recovery Cymru

• Est. 2010 •

A special thank you to all our members, volunteers, staff, and trustees who give their time, enthusiasm, and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and to be enjoyed!

218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

232 Holton Road
Barry
Vale of Glamorgan
CF63 4HS

info@recoverycymru.org.uk

07949069688

Registered Charity Number: 1154530

Registered Company Number: 08520441

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Footsteps to Recovery

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Cardiff & Vale Drug & Alcohol Services - CAVDAS

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INTRODUCTION

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. We operate recovery centres in Cardiff and Barry, Vale of Glamorgan. We are pioneers of the first commissioned partnership between treatment providers, a recovery community organisation to deliver aftercare, ongoing peer support and are networked into the wider recovery community in Wales and the UK.

OUR RECOVERY VISION

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

OUR VALUES

We believe in the reality of recovery, the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems and our activities are based upon the following principles: hope, choice, empowerment, inclusion, understanding, support, enjoyment and acceptance.

MISSION STATEMENT

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others. Recovery Cymru is also part of a wider recovery movement in Wales and is a champion for the Recovery agenda in the UK.

OUR RECOVERY PHILOSOPHY

- We believe that everyone has the potential to recover
- Together we promote the many different pathways to recovery. We appreciate that each person takes a unique journey. We are here to learn from one another, to support one another and build new relationships
- We support the many different treatment methods and models that can assist individuals in their recovery journey, and we do not promote one method or philosophy over another
- We believe that, where appropriate, medications (e.g. methadone, subutex, naltrexone, antabuse) can aid and assist people on their recovery journey
- We believe that recovery is real and should be celebrated
- We believe that recovery is about quality of life. It is about the person rather than the presence or absence of a substance
- We believe that recovery is self-defined; it develops over time
- We accept that what is right for today, may change tomorrow
- We recognise that a common goal for many people is abstinence from their problem substance
- We recognise that abstinence from all mind-altering substances is a common goal for many people in recovery
- We accept that preventing and managing relapse is a reality of recovery for many people. However, we believe that relapse does not have to be inevitable

STRATEGIC AIMS

- People - Build the recovery community, starting in Cardiff and the Vale of Glamorgan
- Voices - Raise awareness of overcoming problems with substance use, challenging stigma and discrimination
- Partners - Partner with others to create environments for recovery

The annual report outlines:

- The main activity and achievements in 2021-2022
- A reflection on the year
- Plans for the next period



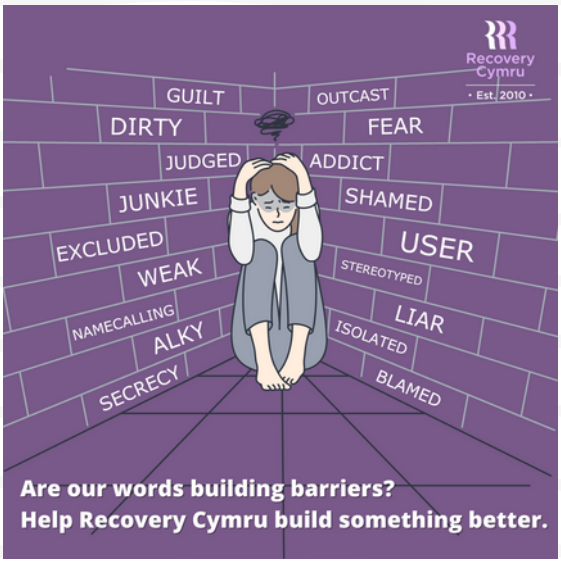
FORWARD FROM SARAH VAILE, FOUNDER & DIRECTOR

Blink and another year has gone by – and what a year it's been! It brings me great pleasure to introduce the RC annual report for 21-22. It has been BUSY (!) and productive which is exciting and shows our passion – but it had also brought challenges. I've personally found it helpful to reflect on our aims, activity, and achievements in this period. Taking time to reflect on who we are and why we do what we do, I think, is as important as being busy doing it!

I've been incredibly proud of our members, volunteers, staff and trustees who have ensured that our recovery community has been available throughout the year, despite changing Covid restrictions and concerns or illness. Last year saw us transform the way we ran our support, fully embracing online and distance support. This year has seen us mature in this, making this part of our core offer, alongside tentative steps towards getting our centres back open and increasing in-person support and community activities.

For me this year has been full of words like retender, recommissioning, contracts, specifications, service model, and budgets. We have been very preoccupied with the recommissioning of substance misuse services in Cardiff and Vale which was both a concern as we faced the ending of our Footsteps to Recovery Contract and an exciting opportunity to be part of a winning Alliance working together to transform the way services are designed and run locally. It saw us undertake the equivalent of 'provider partner speed dating' while navigating Covid restrictions to find partners whose values and vision align with ours and to learn a whole new way of bidding for a contract. For a small community organisation like ours, this was a steep learning curve! We're delighted to have successfully partnered with Barod and Kaleidoscope and after a year of hard work to win, now the hard work starts to actually run it!

Although the year has been full of new commissioning vocabulary, the thoughts, values, motivations and vision have remained the same. Why do we do what we do? Because we believe passionately in the power of peer support and lived experience. We believe in each person's value and ability to change. We believe in each person's unique story and the power of joining others with similar experiences to sustain our thriving community. We believe in looking past the shame, stigma and discrimination to inspire and support people to see their true selves – and to be the best they can be. We believe in recovery. Truly, our people are our greatest asset and they have been the driving force behind all our activities – including winning the largest contract RC has ever been involved in. For us, this has been about much more than a contract. It's about our beliefs and passion for recovery. In short, why do we do it? We do it, for, because of and with our people. That will never change!



Our people have driven our #swipeoutstigma campaign, raising awareness about substance use and recovery to challenge negative beliefs and discrimination. For me, a large part of this is shining a light on the self-stigma within our community, empowering people to see themselves as much more than their problems.

We've also been excited to launch our #peerpowercymru campaign to showcase the power of our peer workforce, both paid and voluntary. We aim to increase people's understanding of our work, respect for how we do things and to attract others into our sector.

I hope you enjoy reading about our other activities in this report and if anything inspires you, we'd love to hear from you! As we look to the year ahead, there is much to do as we expand our work within the substance use system, protect our community model and pursue the other areas of work our members have identified as priorities. How will we know if we are doing well? So long as our members have access to quality peer support and we continue to hear the positive impact it has on people's lives.

"I start my new job on Monday I would never have thought this when I moved to South Wales, much love to all at RC for the belief and support t get to where I am today x" - RC Member

We will know we are sticking true to who we are and why we do what we do. We hope you'll be a part of this with us 😊

Sarah Vaile
September 2022

OVERVIEW OF ANOTHER EXTRAORDINARY BUT FRUITFUL YEAR – ANYONE FOR T



2021/22 proved to be a big year for two Ts – Training and Tendering. Once we had battled through the uncertainty of 2020, it became apparent with the centres closed and delivering support at a distance, that we could continue supporting people 7-days per week while undertaking lots of staff training - not only helping staff wellbeing and cohesion but gave time for staff and volunteers to talk through some of the increased difficulties of supporting people through Covid.

The following training proved particularly useful to staff and volunteers: - Motivational Interviewing, Coaching, Suicide Awareness, and Alcohol Change's Bluelight Manual. The cost for some of the training was supported by our funders Tudor Trust and Lloyds Bank Foundation to whom we are very grateful.

"It has developed my self-awareness and healthy risk taking in that my universe isn't about "recovery" in a restraining way (ie I can't do that because...) It's about developing ideas; living to principles and taking and acting on opportunities."
-RC Volunteer

A big part of the Training T this year was also the development of a new peer programme called "Freedom to Flourish" (TBH as much time was spent naming it as developing it 😊) This was codesigned by volunteers, members, and staff. Its aim was to challenge stable members to look forward and determine what they really wanted from their future. The pilot ran online for 6-weeks and we worked with Kinbee Ltd to formalise the online and face-face materials. It proved a great success and will now be run alongside our other structured groups.



We also partnered with Alcohol Change UK to develop an appendix to their BlueLight training manual that included the experience of our peer workers when supporting our First Steps (pre-contemplation of recovery) members

The second T -Tendering – not the most exciting topic in the world to read about, but one that takes up a considerable amount of headspace and resources for a small charity and the commissioning process for the new Cardiff & Vale substance misuse service took up a whole year! But we were successful 😊 and this will prove the most significant and most positive shake up to substance use services since 2014. To read more see the CAVDAS section below.



2021/2022 was a bit of an In and Out year. We Covid risk assessed our centres; changed the layout and established new working guidelines in preparation for face-to-face work to begin in July 2021. One-to-one support began in a small way to start– testing the members' appetite for face-face and ensuring we had sufficient resources to maintain the quality of our distance delivery, but unfortunately, the first Omicron variant arrived in December and all face-to-face work stopped again. However online and telephone support was available across each day of the Christmas and New Year period along with some festive events:- general knowledge quizzes, Name that Tune games, and other musical moments.

In the last quarter of the year, we saw nearly all staff get a bout of Omicron some for weeks on end, but we managed to maintain our 7-day/week delivery support and all staff recovered well.





The main face-to-face activity we were able to continue throughout most of the year was our highly successful and lifesaving "What's Out There" the fortnightly get-togethers were open to all members; to visit new places; meet real people; bring their families; get some fresh air and have fun – visits included Clement Colley walk, Cardiff Bay Barrage, Penarth Pier & railway line and the National Museum of Wales.

Finally, in March 2022 staff and volunteers returned to the centres for booked 1-1s; limited drop-ins, and a structured group that was piloted with an OWL camera, so people could simultaneously access the group online.

The move to 22/23 will see several changes to our delivery due to the new CAVDAS contract, but 21/22 saw us build our foundations and expertise. We are now in a better place to fully embed peer support across substance use services whether face-face or online while preserving and protecting the independent recovery community which we all so passionately believe in – and many of us have recovered in. Big leaps for a small organisation, but a sure sign of the power of our community spirit and model.

"Now it's part of my life and really love it regardless of the activity, it's more than that. There are no masks if you feel like 'shxt' it's ok and vice versa. Families come not as I'm married to an addict it's because we're all human with issues like everybody else and enjoy the day." - RC Member

VOICES ACTION CHANGE (VAC)



VAC was a short, 1-year, service user involvement contract on behalf of the Cardiff and Vale of Glamorgan Area Planning Board to ensure people who use or could use substance misuse services, as well as families/loved ones, were involved at the heart of how services are designed, run and reviewed. The contract has since been extended to July 2022 in recognition of the successes of VAC and its excellent work will be embedded within the new Cardiff & Vale Drug & Alcohol Service.

At the heart of the work was the development and involvement of the VAC Representatives. Nine Reps became actively involved after their Foundation training and further specialist training modules were developed as needed ie attending Area Planning Board meetings, Interview Panels, and how to participate in street outreach.



"It's been really good, this whole thing with VAC. I've felt more energised with some purpose and structure to make it into something."
- VAC Representative



"[The VAC Rep] was invaluable to have on the panel."
– Local Service Provider

"Seeing VAC on the streets every day is so important, it's a pick me up."
– Service User

To formalise a genuine pathway for service user, family and service involvement, regular VAC events were held (15 in this period) covering local trends; the workplans of local services and issues such as the take up of BBV testing. Organisations identified Service User Involvement Leads who worked with us to get a better understanding of existing service user involvement work and how we could assist with this.

The reps have been actively involved in interview panels, participated in local APB subgroups, co-facilitated training and contributed to reviewing and improving processes such as local BBV testing (with the Hepatitis C Trust) and harm reduction messaging for cocaine use. Outreach on the streets of Cardiff and Vale of Glamorgan has been of particular importance in obtaining the views of people not engaged with services.



VOLUNTEERING

A very successful year for our volunteers, with increased opportunities to support our recovery community. We recruited and trained 15 new volunteers, achieving an Agored Cymru Level 1 Voluntary Working Skills. Existing volunteers joined the staff in a variety of the training opportunities available including First Aid, Cultural Competence, Peer Moving on in My Recovery facilitation, and Motivational Interviewing. Volunteers also brought existing skills to the community and we ran Welsh for beginners and Festive art sessions in the run-up to Christmas.



"Volunteer training with Jude and RC was great. A well-designed package that equips you with the tools for the job, builds your confidence and allows you to bond with other volunteers at the same time. It worked well online and I don't think was any less productive than face to face. Then again, I would say that, my best friend for the last two years, has been Alexa..."

As well as facilitating groups, developing new material and sitting on interview panels, volunteers have been active in our outreach work; running awareness workshops for 1st-year medical students; offering peer support to the in-patient detox ward at Llandough hospital and some are participating in the activities of the Voices Action Change project.



"Being able to contribute to RC and help those of us who are earlier in their Recovery journey is a pleasure and an honour. I also get a captive audience for some of my jokes!"

INVESTORS IN PEOPLE

We signed up for the Investors in People "We Invest in People" Standard Award in the summer of 2021 and we were assessed over a two-month period with staff, volunteers and trustees being interviewed and completing online questionnaires. We are delighted to say we achieved the Standard level at the very first attempt and we have recently been informed by IIP that we have been ranked within the top 20 employers in this category this year and we will be nominated for an IIP -UK Employer of the Year award 2022 in the Standard category.

It was uplifting to read the report and to be recognised externally for all the excellent work achieved by the community.

"Your learning and development culture is the key to people taking responsibility for their own journey into recovery and also back into contributing to their community and wider society."

"Your Peer Mentoring model not only sets the tone and culture for Recovery Cymru, but it is influencing the language, standards and expectations of other providers. This element of influence could be championed by you more."

THROUGHCARE, AFTERCARE & RECOVERY SUPPORT IN CARDIFF AND THE VALE OF GLAMORGAN – FOOTSTEPS TO RECOVERY

The Footsteps to Recovery programme is commissioned by the Area Planning Board and is a partnership with Pobl. It is now in its eighth year of operation.

Throughout 2021/22 the partnership delivered an online community rehabilitation programme (CRP) with wrap-around peer support, counselling, and volunteering opportunities. The structured CRP is based on Acceptance, Commitment Therapy (ACT) and is being delivered across 10 online sessions. Recovery Cymru is providing ongoing individual and group peer support to those undertaking the programme. Footsteps to Recovery also provides support and training to access community engagement opportunities and accredited volunteering (within and outside of substance use services) This contract runs until July 2022, when it will be superseded by the Cardiff & Vale Drug & Alcohol Service – CAVDAS.

PARTNERSHIP WORK - OUTREACH / COMMUNITY CONNECTIONS

Our outreach links have continued strongly during this year and we have continued our two projects: - First Steps to Recovery offering peer support to people who were in 'pre-recovery / pre-contemplation / contemplation' and Buvidal Support a project providing wrap-around peer support for those taking the Buvidal opiate substitute. These projects run in partnership with our NHS colleagues in the Community Addiction Units and the Heath Hospital. Our combined referrals from these organisations have increased exponentially over the last two years – there were 27 in 2019-2020 and they have now risen to 237, an increase of over 777% a testament to the value of peer support.





We made a concerted effort this year, despite Covid, to link with local community initiatives and open up opportunities for our members to connect with people outside of the substance use field. This was not easy with many organisations only operating online, but the work has started and will only gather pace on 22/23. Joint activities were held with Trees for Cities/Coed Caerdydd; St Luke's Food Pod; Choir with No Name; Keep Wales Tidy and Friends of Victoria Square.



We have recently been approached by several organisations looking to support their organisations in embedding peer support or raising their awareness of substance misuse. This work will be realised in 22/23

- The new Family Drug and Alcohol Court, where our peer workers will work alongside court staff to support families to retain custody of their children
- HMP Cardiff, where we will be training inmates in peer mentoring techniques and providing the trained peers with monthly face-face support
- Cardiff & Vale College staff, raising awareness of substance use within the workplace and amongst the student population

COLLEGE OF LIVED EXPERIENCE ORGANISATION - CLERO

We are a core member of the College of Lived Experience. CLERO started in May 2020, when a group of 10 champions of recovery began to meet on a weekly basis to share their thoughts and support each other in their work. CLERO's objectives are

- To expand the scope beyond a narrow definition of recovery to include all of those damaged by exclusion and marginalisation – and so the term LERO (Lived Experience Recovery Organisation) was born
- To provide a platform for sharing and disseminating the innovations that are central to recovery-oriented organisations
- To agree on a core set of values for Lived Experience Recovery Organisations
- To create an evidence base for recovery organisations to provide credibility and professionalism
- To develop a set of standards for LEROs as a framework for growth and development rather than a cage

We are very proud to be a core member of the CLERO and all staff finds it reinvigorating and inspirational to talk to their peers from across the UK, seeing the common bonds, threads, and challenges this unique work brings to us all.

CARDIFF & VALE DRUG & ALCOHOL SERVICES - CAVDAS

Last but not least, we are very proud to say that we are a core member of the new Alliance CAVDAS that will be taking forward all Cardiff & Vale substance use services from 1st August 2022. Our Alliance partners are Kaleidoscope and Barod with Pobl and G4S being strategic partners.

We are coproducing a transformational system of engagement, support, and wellbeing for people to address their substance use, in order to live fulfilled lives in their communities with peer support embedded throughout. We will work with our CAVDAS colleagues to develop community rehabilitation programmes designed for people at different stages of change and the independent recovery community will support people throughout their CAVDAS journey, while critically offering alternate support and an ad infinitum support for people who exit treatment services.

The CAVDAS model is based on the following principles

- Co-production
- Person-centred
- Trauma-informed
- Continuous challenge and improvement
- Innovation

CAVDAS will provide the template for the delivery of substance use services across Wales and beyond. It will be unique, refreshing, and innovative; with people and their outcomes at the very centre.

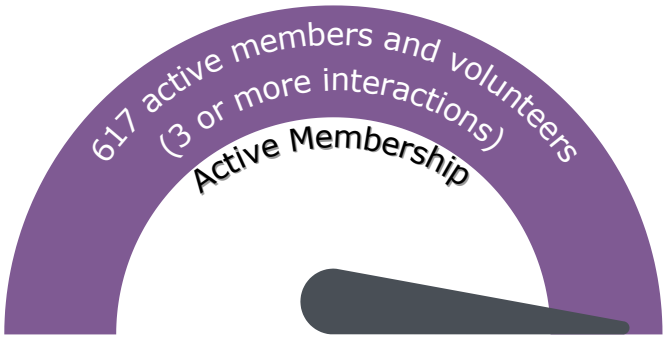
STATISTICS

People supported by 1-2-1s = 516 (49% increase)

Total number of support calls made = 12,739 (25% increase)

Total number of support calls connected = 11,030 (17%)

Total number of hours spent on the phone 3,103 hours (414 days)



"Since accessing RC/F2R I have reduced my using/drinking."

96% out of 92

"I feel I am maintaining positive changes."

92% out of 111

"I feel socially connected."

83% out of 104

"I am engaged in community activities outside of substance misuse services."

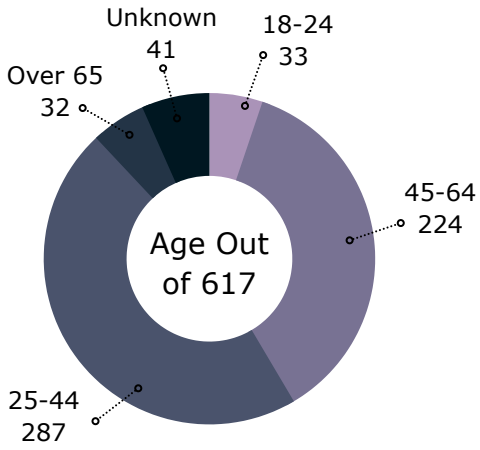
57% out of 108

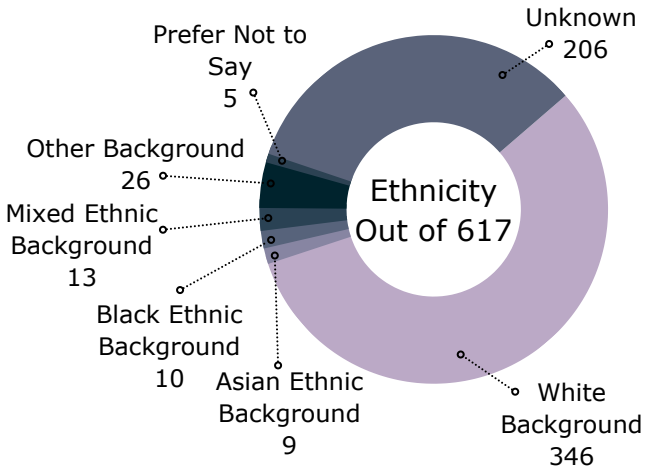
"I feel that my mental health has improved."

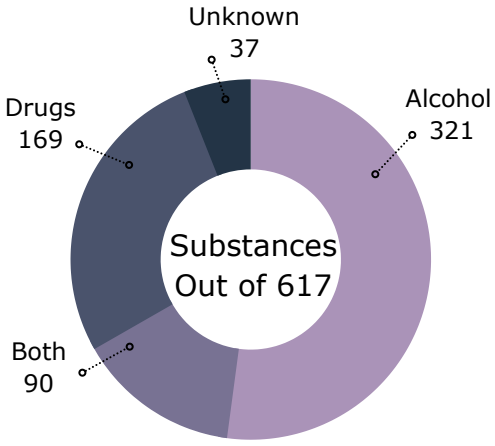
86% out of 90

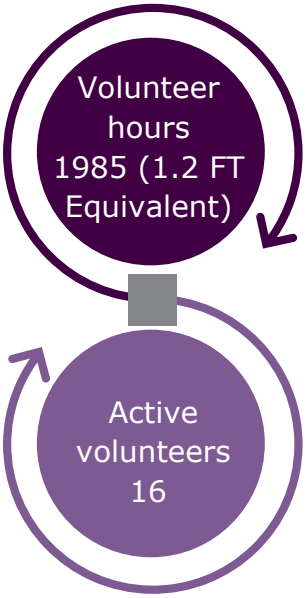
"I have not lapsed or relapsed in the last 12 months."

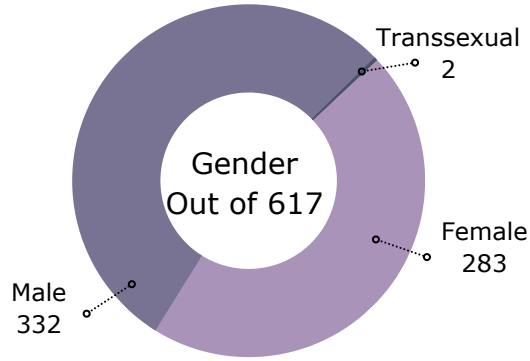
59% out of 109

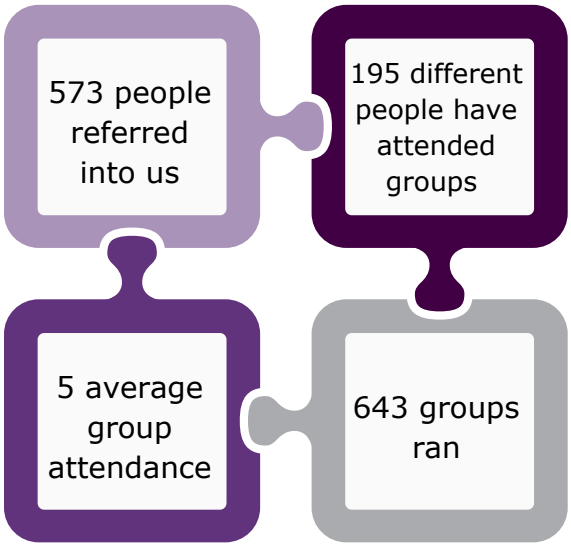












REFLECTIONS ON THE DATA

- It is pleasing to see the rise in the number of volunteer hours again. We have not reached the previous levels of when the centres were fully open, but they have increased by 35% (1.2FTE). This indicates our success in upskilling the volunteers in online distance delivery – all Zoom groups are now facilitated or co-facilitated by a volunteer. They are also very involved in all the outreach work and are supporting us in moving to a hybrid model.

- There is a 25% increase in the number of telephone recovery support calls made this year

- The number of people given one-one support, mainly at a distance, has risen from 354 last year to 516 this year, a 49% increase. This acknowledges the greater level of individual support required, while the centres remained closed to face-face community engagement.

- Our members' gender balance remains on a par with last year and our reporting on gender has improved with us capturing the gender of all 617 members supported in 20-21

- Our penetration within the BAME community still remains low. However, we are reducing our data gap with unknowns dropping from 48% last year to 34% this year. We have decided that the minimum we need to capture for initial contact with a person is their date of birth and gender. Ethnicity is captured at a later date when they sign up to full membership, but work is still needed on ensuring staff capture this data at the correct time. Where we have captured ethnicity, there was a slight increase in non-white up to 16.5% this year from 13% the previous year. We have now signed up to Diverse Cymru's Cultural Competency Scheme and all staff, the majority of Trustees and 6 of our volunteers have received Cultural Awareness Training from Diverse Cymru. An organisational Action Plan to address any barriers individuals may face to accessing our support is being developed

- Referrals again were on a comparison with last year: - 573 people were referred in compared to 523 in 20/21

- The totally new referrals to Recovery Cymru were 486, ie not "re-engagers". Examining the depth of engagement to previous years 53% of new referrals this year engaged on five or more occasions as opposed to 42% in the previous year, which is again a positive reflection on the introduction of the nominated worker system that was started during lockdown

- Percentages for problematic substances stayed on a par with last year 52% stated it was alcohol (20/21 58%), 27% stated drugs (20/21 22%)

FINANCIAL PERFORMANCE

Grant Funding

In the year from April 2021 to March 2022 Recovery Cymru Community received grant or contract funding from the following sources:

- Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract has been extended to July 2022
- Cardiff and the Vale of Glamorgan Area Planning Board – Service User Involvement Contract – Voices Action Change (VAC) in partnership with Kaleidoscope was funding to ensure the active involvement of service users, family and friends in the governance and direction of all substance misuse services in Cardiff & the Vale of Glamorgan
- We successfully reapplied to the Lloyds Bank Foundation for a 2-year grant to fund our on-going development work till 2023
- Henry Smith Charity. We are in the third year of a three-year grant to support the general running costs of the organisation
- Tudor Trust Foundation. We are in the second year of a 2-year grant to support the organisation's core costs
- Track 2000 Covid Response Grant enabled us to increase our frontline workforce during the pandemic
- Tudor Trust Wellbeing Grant – was funding to support the wellbeing of our staff and volunteers during the work pressures of the pandemic
- Leathersellers Charitable Foundation we are in the final year of a 4-year grant to support the organisation's core costs
- Welsh Government Substance Misuse Action Funding – two capital grants to support the cost of the leases of the Barry and Cardiff recovery centres and to re-carpet the Cardiff centre and renew the toilets and sinks in both centres
- Yorkshire Building Society was a grant to purchase additional IT equipment
- NHS & Social Care Financial Recognition Scheme – this was a Welsh Government one off payment to recognise and reward the hard work and commitment of our staff during the pandemic
- Leigh Trust have provided funding for our joint work with Alcohol Change UK on developing a report on the benefits of peer support when working with BlueLight clients

Other Revenue Sources

- We received nearly £3,000 through fundraising and donations
- We received £4,500 of earned income through external training. An area we intend to expand next year

RESERVES POLICY

In accordance with recommended practice the charity defines free reserves as the unrestricted funds of the charity excluding those funds which could only be realised by disposing of fixed assets held for charity use. Recovery Cymru Community is aware it currently relies heavily on restricted funds to finance the majority of its work. Without this funding the charity would not be in a position to continue operating at the same level of activity. The Trustees recognise the need to build up free reserves so the charity can develop independently to meet the needs of members. The Trustees also recognise the need of free reserves to aid cash flow and allow the charity to benefit from opportunities as they arise. Unrestricted reserves would also be used to fund our work while we sought alternative restricted funding should we experience gaps in restricted funding. In fact, this year our unrestricted reserves have risen to nearly £221K. The Trustees' current reserves policy is to build up reserves and to maintain the equivalent of at least six months running costs and any surplus to be allocated when necessary, to the costs associated with running the Charity, with Trustee agreement.

We have been successful in re-tendering for our largest contract (60% of current budget) with the Cardiff & Vale Area Planning Board for substance misuse services. However, many of our large multi-year grant funding pots come to an end in September 2022. It is a priority to seek replacement funds for these and increase our revenue funding through training and consultancy. Our Trustees have agreed that if necessary we will use some reserves to maintain delivery in 23-24, but the situation will be reviewed regularly.

YEARBOOK 2022

STAFF

It's been awesome!

SARAH VAILE



Founder & Director

JUDITH ENTICOTT



Peer Volunteer Coordinator

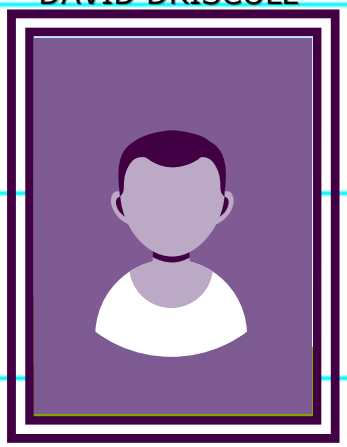
RACHEL BAYER



Finance & Head of Operations

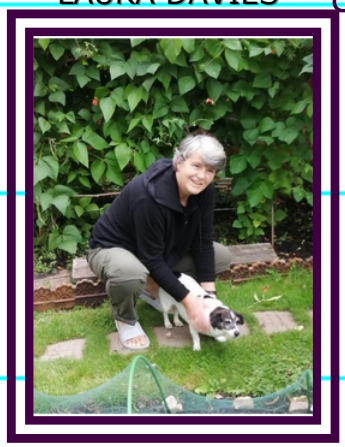
Have a brilliant year!

DAVID DRISCOLL



Peer Worker

LAURA DAVIES



Funding & Strategic Support

ANDREW MCCUTCHION



Peer Recovery & Aftercare Worker

THE FUTURE IS BRIGHT

CLAIRE NOVAL



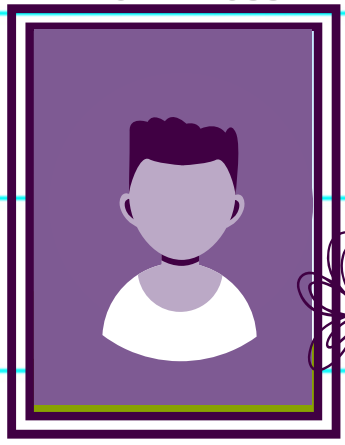
Cleaner & Sessional Worker

TRUDIE MERRY



Administrator

ANTHONY PROSSER



Cleaner

YEARBOOK 2022

STAFF



TIM NORVAL

Peer Recovery & Aftercare Worker



MEIRION EVANS

Peer Worker



KEELY JONES

Peer Recovery & Aftercare Worker

Started November 2021

Let's meet up!



KAYE CHEESEMAN

Administrator

Started October 2021



KIM DAY

Footsteps to Recovery Peer Worker

Resigned September 2021



REBECCA CASHMAN

Social Media & Communications Officer

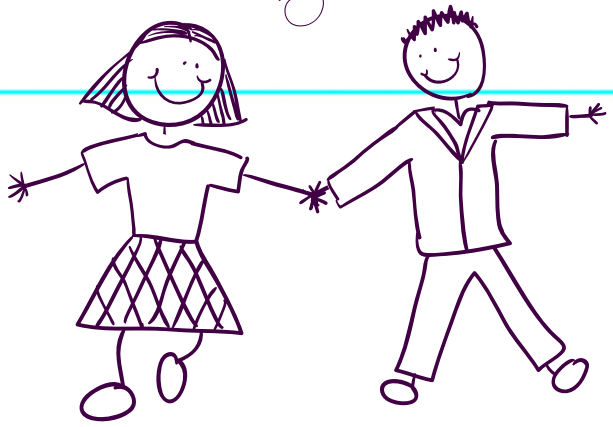


SUSIE BOXALL

Programme Development Worker

Resigned April 2021

Thanks for the fun times <3



See you soon!

YEARBOOK 2021

TRUSTEES

ROB HEIRENE, PHD



JENNY HARKING



Resigned December 2021

DOMINIC HOULIHAN



Treasurer

Here's to our future!

What a great year!

GAIL SMITH



Gail Smith Chair since April 2022

ANDY HEALY



Secretary until March 2022, remains a Board member

AMANDA-JANE OLIVER



Good luck Next year

DARREN ROBINSON



Resigned September 2021

SUSIE BOXALL



Since December 2021
Secretary from April 2022

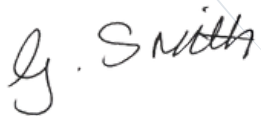
A massive thank you must go to Jenny Harking our outgoing Chair, who has guided Recovery Cymru since its very beginnings. We owe her a great debt and wish her all the very best.

THANK YOU

THANK YOU

The trustees would like to thank the organisations and individuals who have recognised the potential of the Recovery Cymru Community model and have supported the organisation during this exciting time. Particular thanks to all staff and volunteers for their tremendous effort throughout the pandemic. They quickly responded to the identified new need and delivered the service and support digitally. This proved so successful that we will be keeping the online service as well as our face-to-face contacts. You should all be immensely proud of yourselves. The trustees remain in awe of your resilience, adaptability and professionalism. Thank you

Approved and adopted by a meeting of the Trustees on 11th October 2022 and signed on their behalf.



Gail Smith

Chair

Recovery Cymru Community

Independent Examiner's Report to the trustees of Recovery Cymru Community ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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

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

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

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

.....

Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

12 October 2022

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	2,888	-	2,888
Charitable activities	4	43,416	406,815	450,231
Other trading activities	5	4,445	-	4,445
Total income		50,749	406,815	457,564
Expenditure on:				
Charitable activities	6	(49,309)	(385,286)	(434,595)
Total expenditure		(49,309)	(385,286)	(434,595)
Net income		1,440	21,529	22,969
Transfers between funds		(285)	285	-
Net movement in funds		1,155	21,814	22,969
Reconciliation of funds				
Total funds brought forward		219,820	49,243	269,063
Total funds carried forward	16	220,975	71,057	292,032

The notes on pages 5 to 17 form an integral part of these financial statements.

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	3	29,062	1,000	30,062
Charitable activities	4	25,000	289,141	314,141
Other trading activities	5	10,521	-	10,521
Total income		64,583	290,141	354,724
Expenditure on:				
Charitable activities	6	(57,238)	(286,731)	(343,969)
Total expenditure		(57,238)	(286,731)	(343,969)
Net income		7,345	3,410	10,755
Transfers between funds		297	(297)	-
Net movement in funds		7,642	3,113	10,755
Reconciliation of funds				
Total funds brought forward		191,757	66,551	258,308
Total funds carried forward	16	199,399	69,664	269,063

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

The funds breakdown for 2021 is shown in note 16.

Recovery Cymru Community

(Registration number: 08520441)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	24,319	47,016
Current assets			
Debtors	13	176,276	113,665
Cash at bank and in hand	14	163,928	193,106
		340,204	306,771
Creditors: Amounts falling due within one year	15	(72,491)	(84,724)
Net current assets		267,713	222,047
Net assets		292,032	269,063
Funds of the charity:			
Restricted		71,058	49,243
Unrestricted income funds			
Unrestricted		220,974	219,820
Total funds	16	292,032	269,063

For the financial year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 2 to 17 were approved by the trustees, and authorised for issue on 11 October 2022 and signed on their behalf by:

G Smith

.....

Mrs G Smith
Trustee

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Charity status

The charity is limited by share capital, incorporated in England & Wales.

The address of its registered office is:
218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

These financial statements were authorised for issue by the trustees on 11 October 2022.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

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

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Departures from the SORP
The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	Over term of lease

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3 Income from donations and legacies

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	-	-	1,000
Donations from individuals	2,888	2,888	5,170
	2,888	2,888	6,170

4 Income from charitable activities

	Unrestricted funds Designated £	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Relief & recovery support	45,000	(1,584)	406,815	450,231	314,141

5 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2021 £
Events income;			
Other events income	4,445	4,445	10,521
	4,445	4,445	10,521

6 Expenditure on charitable activities

	Note	Unrestricted funds Designated £	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Relief & recovery support		-	7,329	88,717	96,046	91,750
Staff costs		26,170	7,788	296,569	330,527	247,853
Allocated support costs	7	-	8,022	-	8,022	4,366
		26,170	23,139	385,286	434,595	343,969

7 Analysis of support costs

Support costs allocated to charitable activities

	Basis of allocation	Governance costs £	Staff costs £	Total 2022 £	Total 2021 £
Relief & recovery support	A	8,022	-	8,022	4,366
Relief & recovery support	B	-	33,053	33,053	24,785
		8,022	33,053	41,075	29,151

Basis of allocation

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

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2022 £	2021 £
Operating leases - other assets	11,250	12,000
Depreciation of fixed assets	22,697	18,847

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

10 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	300,083	223,464
Social security costs	20,234	13,402
Pension costs	10,210	10,987
	330,527	247,853

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2022 No	2021 No
Management team	3	3
Delivery staff	11	8
	14	11

No employee received emoluments of more than £60,000 during the year.

11 Taxation

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

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2021	113,707	113,707
At 31 March 2022	113,707	113,707
Depreciation		
At 1 April 2021	66,691	66,691
Charge for the year	22,697	22,697
At 31 March 2022	89,388	89,388
Net book value		
At 31 March 2022	24,319	24,319
At 31 March 2021	47,016	47,016

The net book value of furniture & equipment includes £24,319 (2021: £47,016) in relation to SMAF prepaid operating lease rent for the charitiy's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

13 Debtors

	2022	2021
	£	£
Trade debtors	108,338	113,665
Prepayments	67,938	-
	176,276	113,665

14 Cash and cash equivalents

	2022	2021
	£	£
Cash on hand	466	466
Cash at bank	163,462	192,640
	163,928	193,106

15 Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	7,716	822
Other taxation and social security	5,164	-
Accruals	1,632	1,552
Deferred income	57,979	82,350
	72,491	84,724

	2022	2021
	£	£
Deferred income at 1 April 2021	(82,350)	(30,726)
Resources deferred in the period	(57,979)	(82,350)
Amounts released from previous periods	82,350	30,726
Deferred income at year end	(57,979)	(82,350)

16 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted					
General					
General fund	205,773	5,749	(12,360)	(286)	198,876
Designated					
Leather Sellers	12,833	10,000	(10,779)	-	12,054
Tudor Trust	1,214	35,000	(26,170)	-	10,044
	14,047	45,000	(36,949)	-	22,098
Total Unrestricted	219,820	50,749	(49,309)	(286)	220,974
Restricted					
TARS (SMAF revenue) Fund	-	233,310	(233,272)	-	38
Lloyds Foundation	4,562	25,000	(8,547)	-	21,015
SMAF Fund	25,566	41,898	(40,745)	-	26,719
Henry Smith	14,935	25,000	(22,479)	-	17,456
Track 2000	-	15,000	(15,156)	156	-
Yorkshire BS Foundation	1,000	-	(186)	-	814
Lloyds React Fund	1,375	-	(1,375)	-	-
TT Staff Wellbeing	1,805	-	(1,935)	130	-
Leigh Trust	-	5,000	-	-	5,000
Service User Involvement	-	54,143	(54,143)	-	-
Workforce Recognition	-	7,464	(7,448)	-	16
Total restricted	49,243	406,815	(385,286)	286	71,058
Total funds	269,063	457,564	(434,595)	-	292,032

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
General					
General fund	166,592	39,583	(698)	297	205,774
Designated					
Leather Sellers	10,399	10,000	(7,566)	-	12,833
Tudor Trust	14,766	15,000	(28,552)	-	1,214
	25,165	25,000	(36,118)	-	14,047
Total unrestricted funds	191,757	64,583	(36,816)	297	219,821
Restricted					
TARS (SMAF revenue) Fund	3,077	186,368	(189,445)	-	-
Volunteering in Wales	259	-	(259)	-	-
Lloyds Foundation	5,578	24,978	(25,994)	-	4,562
SMAF Fund	39,713	4,700	(18,847)	-	25,566
CAVHC	681	-	-	(681)	-
Henry Smith	-	31,250	(16,315)	-	14,935
Virgin - Heart of the Community Fund	569	-	-	(569)	-
Track 2000	11,849	-	(11,849)	-	-
Yorkshire BS Foundation	-	1,000	-	-	1,000
Lloyds React Fund	-	7,875	(6,500)	-	1,375
Transformation & Growth Fund	4,825	12,463	(17,288)	-	-
Clothmakers	-	4,865	(4,865)	-	-
United Way	-	1,500	(1,500)	-	-
TT Staff Wellbeing	-	2,000	(195)	-	1,805
Buvidal	-	3,143	(4,096)	953	-
Community Foundation Wales Capital Covid Grant	-	10,000	(10,000)	-	-
Total restricted funds	66,551	290,142	(307,153)	(297)	49,243
Total funds	258,308	354,725	(343,969)	-	269,064

The specific purposes for which the funds are to be applied are as follows:

• Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract has been extended to July 2022
• Cardiff and the Vale of Glamorgan Area Planning Board – Service User Involvement Contract – Voices Action Change (VAC) in partnership with Kaleidoscope was funding to ensure the active involvement of service users, family and friends in the governance and direction of all substance misuse services in Cardiff & the Vale of Glamorgan
• We successfully reapplied to the Lloyds Bank Foundation for a 2-year grant to fund our on-going development work till 2023
• Henry Smith Charity. We are in the third year of a three-year grant to support the general running costs of the organisation
• Tudor Trust Foundation. We are in the second year of a 2-year grant to support the organisation's core costs
• Track 2000 Covid Response Grant enabled us to increase our frontline workforce during the pandemic
• Tudor Trust Wellbeing Grant – was funding to support the wellbeing of our staff and volunteers during the work pressures of the pandemic
• Leathersellers Charitable Foundation we are in the final year of a 4-year grant to support the organisation's core costs
• Welsh Government Substance Misuse Action Funding – two capital grants to support the cost of the leases of the Barry and Cardiff recovery centres and to re-carpet the Cardiff centre and renew the toilets and sinks in both centres
• Yorkshire Building Society was a grant to purchase additional IT equipment
• NHS & Social Care Financial recognition Scheme – this was a welsh Government one off payment to recognise and reward the hard work and commitment of our staff during the pandemic
• Leigh Trust have provided funding for our joint work with Alcohol Change UK on developing a report on the benefits of peer support when working with BlueLight clients

17 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 31 March 2022
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	24,319	24,319
Current assets	226,606	22,098	91,500	340,204
Current liabilities	(27,730)	-	(44,761)	(72,491)
Total net assets	198,876	22,098	71,058	292,032

	Unrestricted funds		Restricted funds	Total funds at 31 March 2021
	General	Designated		
	£	£	£	£
Tangible fixed assets	47,016	-	-	47,016
Current assets	161,131	14,047	131,593	306,771
Current liabilities	(2,374)	-	(82,350)	(84,724)
Total net assets	205,773	14,047	49,243	269,063

RECOVERY CYMRU COMMUNITY

England & Wales - Charity number 1154530

Accounts

RECOVERY CYMRU COMMUNITY ANNUAL REPORT



APRIL 2020–
MARCH 2021

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have recognised our vision, become part of the recovery community and supported us during another exciting year in the Recovery Cymru community.

Cardiff & Vale APB
Achieving better substance misuse outcomes

Track 2000
Community Resource Services
Grant Legacy Fund

COMMUNITY FOUNDATION IN WALES
SEFYDLIAD CYMUNEDOL YNG NGHYMRU

LEATHERSELLERS' COMPANY CHARITABLE FUND

LLOYDS BANK FOUNDATION
England & Wales

THE CLOTHWORKERS' FOUNDATION

Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

the Tudor trust

amitech IT

THE MOONDANCE FOUNDATION

Recovery Cymru

• Est. 2010 •

A special thank you to all our members, volunteers, staff and trustees who give their time, enthusiasm and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

232 Holton Road
Barry
Vale of Glamorgan
CF63 4HS

info@recoverycymru.org.uk

07949069688

Registered Charity Number: 1154530

Registered Company Number: 08520441

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Introduction

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. We operate recovery centres in Cardiff and Barry, Vale of Glamorgan. We are pioneers of the first commissioned partnership between treatment providers and a recovery community organisation to deliver aftercare and ongoing peer support and are networked into the wider recovery community in Wales and the UK.

Our Recovery Vision

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

Our Values

We believe in the reality of recovery and in the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems and our activities are based upon the following principles: hope, choice, empowerment, inclusion, understanding, support, enjoyment and acceptance.

Mission Statement

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests and to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others. Recovery Cymru is also part of a wider recovery movement in Wales and is a champion for the Recovery agenda in the UK.

Our Recovery Philosophy

- We believe that everyone has the potential to recover
- Together we promote the many different pathways to recovery. We appreciate that each person takes a unique journey. We are here to learn from one another, to support one another and build new relationships
- We support the many different treatment methods and models that can assist individuals in their recovery journey, and we do not promote one method or philosophy over another
- We believe that, where appropriate, medications (e.g. methadone, subutex, naltrexone, antabuse) can aid and assist people on their recovery journey
- We believe that recovery is real and should be celebrated
- We believe that recovery is about quality of life. It is about the person rather than the presence or absence of a substance
- We believe that recovery is self-defined; it develops over time
- We accept that what is right for today, may change tomorrow
- We recognise that a common goal for many people is abstinence from their problem substance
- We recognise that abstinence from all mind-altering substances is a common goal for many people in recovery
- We accept that preventing and managing relapse is a reality of recovery for many people. However, we believe that relapse does not have to be inevitable

Strategic Aims

- Build the recovery community, starting in Cardiff and the Vale of Glamorgan (People)
- Raise awareness of overcoming problems with substance misuse, challenging stigma and discrimination (Voices)
- Partner with others to create environments for recovery (Partners)

The annual report outlines:

- A reflection on our tenth anniversary year and the development of our 2021-2026 Strategy
- The main activity and achievements in 2020-2021
- Plans for the next period

Forward from Sarah Vaile, Founder & Director



It brings me great pleasure to introduce the RC annual report for 20-21, our tenth anniversary year. What a year it was for us all. I am sure we are all well versed in the challenges, strain, worry and change we have all been navigating, as individuals and organisations. I am also proud to reflect with you on the innovation, growth, strength, inspiration, hope and recognition we have experienced in Recovery Cymru. In short, at a time of immense pressure and challenge, Recovery Cymru has thrived. This is an apt analogy for recovery and is testament to the people that make up our community – members, volunteers, staff, trustees and supporters. In true Recovery Cymru spirit and echoing the way in which we evolved as an organisation from a single support group, the RC Family rose to the challenges of the pandemic, listening, inspiring, adapting - with people with lived experience at the heart of the design and delivery of our solutions. Without their dedication and adaptability, none of what you will read in this report would have been possible. Thank you one and all. You make me proud to be part of our community.

We hope you enjoy the read below. I'd also like to take the opportunity to draw your attention to some highlights for us.

We're delighted to be celebrating the continued success of our distance delivery peer support, as well as enjoying being able to get together more often in the real world! Who would have thought that our peer community could thrive so much online? For our community, connection with others in recovery as well as our supporters is pivotal to what we do – be that online or face to face.

Recovery Cymru

• Est. 2010 •

This connection was supported in the early days of the pandemic by a revamped social media and communications approach, supported by two amazing volunteers from Charity PR Initiative and celebrated with a new logo, branding and hiring a social media and comms officer.

Our new ways of working also enabled us to innovate and develop new areas of work – including our First Steps to Recovery partnership with our colleagues in A&E, offering telephone peer support to people accessing local hospitals due to their substance misuse.

The end of 2020 culminated in the publishing of our strategy for 21-26, informed by an independent impact assessment (thank you Lloyds Bank Foundation and Abi Tweed of Milestone Tweed!) where our members shaped our vision for the future. Ongoing distance delivery and a 'blended approach' as many of us are now calling it will be central to this. We have some uncertainty coming up with the system redesign underway in Cardiff and Vale but we welcome the opportunity to tender to develop the next stage of our recovery-oriented treatment system here locally We were delighted to be joined by the First Minister Mark Drakeford, alongside Dr Ed Day UK Gov recovery champion and Professor David Best who helped us celebrate the closing of our tenth anniversary year in December 2020.

We have achieved accreditation of our peer volunteering programme as well as adapting our workplace training to deliver online with great success (don't just take my word for it – check out what we offer on our website!). One of our core aims is to develop the Peer Workforce and this year has seen us develop and shape our approach and we hope to be able to share with others to assist the lived experience recovery movement. We have joined the UK College of Lived Experience Recovery Organisations (CLERO) and are taking part in a National Peer Research Project. Our Trustees have continued to provide support, direction and commitment as they too have dealt with the effects of the pandemic, personally and professionally. We were sad to say a fond farewell to one of our long-standing Trustees but delighted to welcome two passionate newbies to the board!

Voices. Action. Change.

We're excited to launch the Voices Action Change (VAC) service user involvement project in partnership with Kaleidoscope and supported by Pobl for this coming year. Funded by the Cardiff and Vale APB and Welsh Government for 21-22, we look forward to working with people with lived experience to develop and coproduce service user engagement in local substance misuse services and governance structures.

It's been a whirlwind year of highs and lows and we remain ever grateful for continued support from our funders who have been a great source of support financially, practically and with some cheerleading! We hope you are pleased with what we are achieving with your support.

For me personally, having been a part of RC since the beginning, I have been reminded and encouraged about how special our community is. As we look to the future, I'm excited to see where our people lead us.

Sarah Vaile
June 2021

Overview of an extraordinary year (and nowhere is the word unprecedented used)

Well where does one start? It has been a year of sadness, joy, growth, learning and camaraderie. Those last 2 weeks of March 2020 will never be forgotten, as we closed the doors of our centres on the 18th and all staff went home dragging a very old desktop and monitor behind them. The next few weeks and months were a whirlwind of activity; - new technology to get to grips with; new procedures to implement; new ways of communicating to be developed and at the centre of it all was how can we support our members through this. Well we did and we did it rather well and rather quickly.

We ran our first Zoom support group on 24th March 2020 and now run 11 groups across 7 days of the week including all the bank holidays. Our plan was to mirror what was delivered in centre - a combination of therapeutic and social groups. In fact, we did not just replicate; we innovated responding to our volunteer and member needs – we introduced 4 new groups: - Recovery Café, a Welsh for Beginners, First Steps (for those still chaotic and very early in recovery) and a Men's Group. We even managed a few on-line celebrations.

Not everything about lockdown proved to be negative; our on-line group work has allowed us to reach new people: - employed, very early in recovery; not living close to our centres; agoraphobic/socially anxious or those simply not willing to enter a public facing recovery centre. We have decided together that a great deal of our current on-line work will continue after the great unlocking.



"It makes a difference knowing there are people who care about me and my recovery enough, to call me and check in on how I am doing."

"I really appreciate all your help and support over the past months. At times I have really struggled, and your support has made a huge difference in my recovery and life."

"I've realised because of Recovery Cymru, how important human connection is."

10 Years of Impact

In this 10th anniversary year it was time to look back and talk to people that were and had been part of the Recovery Cymru family - to explore the organisation's impact on them and see what they would want Recovery Cymru to be celebrating in its 20th anniversary year. We were very grateful to the Lloyds Foundation Enhance Programme that enabled us to employ an independent consultant - Abi Tweed of MilestoneTweed. She undertook focus groups and in-depth interviews with staff, members and volunteers across June & July of 2020 – all were completed virtually because of Covid. The report concluded that Recovery Cymru had made a significant impact on people's lives and continues to do that. There were a wide-ranging number of recommendations from continuing on-line delivery to undertaking a major review of our current programmes. The report is available on our website at www.recoverycymru.org.uk/archive





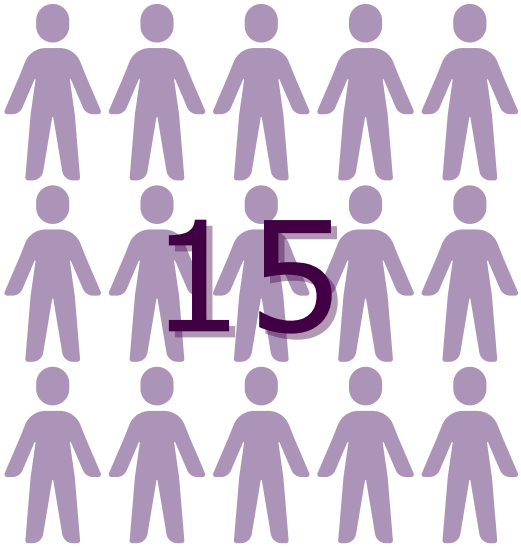


"Members talked freely about how becoming a member of Recovery Cymru saved their lives, and continues to support them in their recovery. The uplifting stories from members about the benefits they receive due to their membership and their recovery journey are inspiring and remarkable."
Stories of change – Celebrating Ten Years of Recovery Cymru

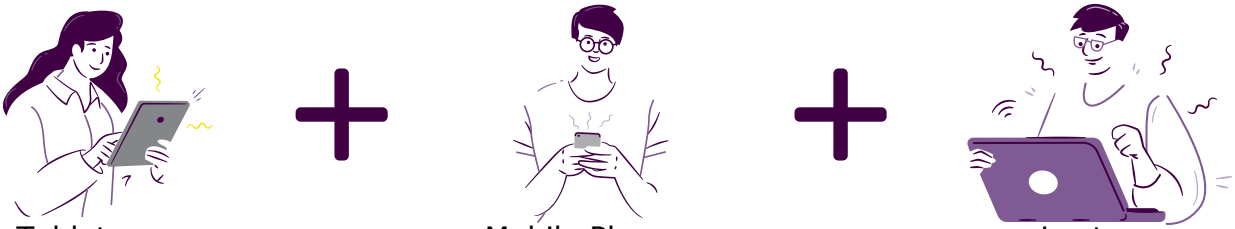


Volunteering

Our volunteering programme continued to be central to our peer-led model. We amended our volunteer training materials for on-line delivery early in the year and completed two volunteer training programmes, which trained 15 new volunteers.



Our main task was to ensure we could utilise the talents and enthusiasm of our volunteers while delivering at a distance. We managed to equip a number with



to assist with the increasing demand for our support.



The volunteers contributed a total of 676 support hours (equivalent to 0.4 of an FTE) to the organisation during this period. This is well down on the previous year's figures, but considering the circumstances i.e. the centres being closed so no roles for full-time reception or buddying and the lack of IT and broadband a number of the volunteers faced, we would see it as a triumph. Many of our volunteers and members were not IT literate, but lockdown necessitated their coaching in various Apps and on-line technologies. So, we now leave them better trained and digitally literate.

All groups are now either facilitated or co-facilitated by a volunteer and two volunteers are providing our members and new referrals with telephone recovery support. Volunteers also played an active role in the recruitment of new staff and the delivery of the training programmes.

Continuing our drive to maintain quality and responding to demand we have partnered with Adult Learning Wales and next year the volunteer training programmes will be accredited by Agored Cymru with participants choosing to register for a Level 1 qualification in Volunteering.

In this year we attracted additional Footsteps funding to expand our volunteering and community engagement work. We recruited a Community Volunteering & Engagement Worker in March 2021 and we will see the benefits of this next year with members being supported to volunteer externally to substance misuse services and to engage in activities and passions within their own local or community of interest.

Outreach

Surprisingly our outreach links have expanded and strengthened during this period and we have taken on two new projects in conjunction with our NHS colleagues within the Community Addiction Units and Substance Misuse Liaison service in the University Hospital Wales. The two projects are:

- First Steps to Recovery: - This project has been developed and led by our community who advocated for us to offer peer support to people who were in 'pre-recovery / pre-contemplation / contemplation'. We are now taking increasing referrals from University Hospital Wales and the Community Addictions Unit. We offer individuals semi-structured peer support via telephone/WhatsApp/Zoom and are piloting small closed on-line group work.

- Buvidal Support – The Welsh Government approved the use of a drug called Buvidal, which is recommended for treating opioid dependence in patients. It is given as a monthly injection, unlike other substitutes where the individual has to attend a pharmacy on a daily or weekly basis. The scale and scope of this prescribing was accelerated in direct response to the Covid situation. The aim of the project is to explore if peer support has a positive part to play in the 'psycho-social' wraparound support which is likely to be needed for many people taking this opiate substitute. We are working closely with the Community Addictions Unit on this.

Two of our volunteers, Mohan Patel and Meirion Evans also volunteer with the University Hospital Wales delivering bed-side peer support and personal testimony within training programmes for new nursing and medical students. They were nominated for the University Health Board Staff Recognition Volunteer of the Year Award in 2020 and were selected by the panel as runners up.

"As a team we are excited by all the new developments that have come from working with you, and the wider team at Recovery Cymru, and thank you for your continued commitment in providing support to patients leaving UHW, and in providing quality teaching to medical and nursing students. Long may this working relationship continue to develop, and prove to have great outcomes."

Darren Robinson
Substance Misuse Liaison Nurse (UHW)



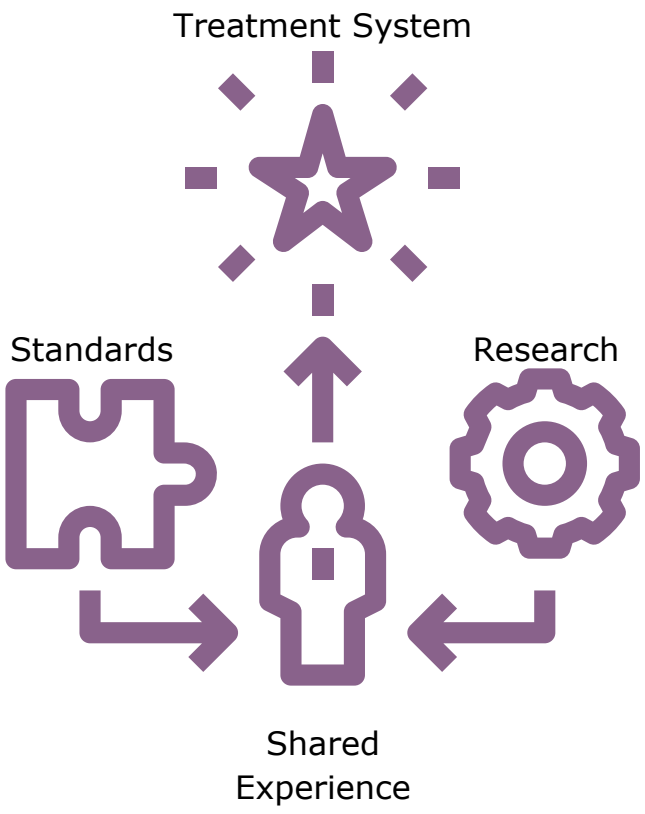
Throughcare, Aftercare & Recovery Support in Cardiff and the Vale of Glamorgan – Footsteps to Recovery

We are partners with Pobl in the Footsteps to Recovery programme a commissioned service to deliver throughcare, aftercare and recovery support in Cardiff and the Vale of Glamorgan. The partnership is now in its seventh year of operation.

It is a community-based rehabilitation programme with wrap around peer support and volunteer opportunities and has proved highly successful. The structured Community Rehabilitation programme based on ACT (acceptance, commitment therapy) has been adapted to an on-line format and is being delivered across 10 sessions. Recovery Cymru is providing ongoing individual and group peer support to those undertaking the programme. Footsteps to Recovery also provides support and training to access community engagement opportunities and accredited volunteering (within and outside of substance misuse services) Due to a change in the funding Recovery Cymru's volunteering programme now runs within the Footsteps programme and is available for all that feel it may benefit their recovery journey. The contract was to end on 31st March 2021, but due to Covid the contract has been extended to June 2022. The tender for the next contract for Cardiff & Vale substance misuse services is being released in summer 2021.

CLERO (College of Lived Experience Organisation)

We're delighted to have teamed up with other Lived Experience Recovery Organisations (LEROs) from around the UK, alongside Professor David Best, Dr Ed Day and others to form part of CLERO. With aims to connect and share experience between LEROs; work on collective standards for our organisations; as well as increase the research and evidence base for what we do (and how we contribute to and are critical for an effective substance misuse treatment system), it is exciting to be part of it!



Events

Lockdown did not prevent us having fun or celebrating our achievements. Here are some of the highlights

10 Year Anniversary

The 11th December 2020 saw Recovery Cymru celebrating 10 years of its own journey. We held an on-line event with our members, volunteers, partners and funders. The First Minister of Wales Mark Drakeford MS was able to attend along with David Best Professor of Criminology with a special interest in addiction recovery from the University of Derby and Dr Ed Day from the University of Birmingham who is the UK Government's Recovery Champion. It was an uplifting and celebratory event that highlighted the remarkable journey of Recovery Cymru itself from a single local peer support group to an influential, independent third sector organisation delivering on the UK and Welsh Government's substance misuse agenda.

"Thank you to everybody who is a part of the fantastic Recovery Cymru. Whatever part people play, whether they use, whether they provide, whether they sit on management committees. All those things that have to be done. Everybody's part is really important."

- First Minister for Wales
Mark Drakeford



Christmas & New Year 2020

Once again, we provided support across each day of the holiday period with a party on the 18th December and a New Years Eve party that took everyone into the wee small hours with an on-line rendition of Auld Lang Syne.

Wales V France 6 Nations Grand Slam Decider 20th March 2021

"I didn't think I'd ever get to enjoy the 6 nations again – now I have so much hope for future sporting events."

"It gave me the opportunity to enjoy and share the match day experience without pressure of drink and normalising the sober experience."

As part of our growing and evolving online offering we hosted a 6nations watch party with representatives of 3 of the 6 nations present. It was a wonderful evening full of laughter and genuine connection.

Within moments, the feeling of it being a diluted safe alternative dissipated and the experience was as exciting and thrilling as being there. Screams, tears, gasps (a few choice words) and ultimately the wrong result from those who shared 90 minutes of friendship, a massive sporting event and a sense of belonging to a bigger and wider world. It showed there is a way to enjoy those things that define us and shape our lives.

Volunteer Celebration Awards



In June 2020 we wanted to celebrate our volunteers and thank them for all their efforts both in centre and in this new world. We commissioned three unique artworks as awards and presented them remotely to:

Michelle Lewis – Volunteer of the Year
Matty Daniels – Volunteer most Distance Travelled
Jo Germon – Volunteer most likely to ensure reception is clear

"I volunteer with Recovery Cymru because if I can give something back, it is the best thing for me. To me, recovery should be enjoyable and it should be fun. My life is amazing within my recovery because I have a massive support system through my peers."
- Joanne

"To me, volunteering works on so many different levels. It's meeting new people, it's a challenge – it's my recovery, really. Because my recovery has always been based on people. Always on the people I met, wherever I may meet them. Recovery Cymru provides lots of options of things to volunteer in, and that challenge works for me." – Meirion





"Volunteering for me is a huge part of my recovery. It's about being part of my recovery community, giving back to the community that has support me and continues to support me. It's about helping others in their recovery journey." – David

"Volunteering for me is giving a bit back to society and people. Helping out where I can and being of service to others, and to my community."
- Mark



What does all this connection mean in real life – OR's story of lockdown

So where to start…

Approximately a year ago I was discharged from Pine Ward after spending a month there, instead of a planned 2-day detox arranged by CAU. Prior to admission I was drinking everyday all day and going through supermarket bins for dregs, I had lost over 3 stone in weight and could barely walk, or even put socks on and I was falling over daily in the street.

Fortunately for me, and I choose that word carefully, I was told that if I hadn't been admitted when I had, I would have 'bled out' and died anyway, drinking or not.

Ok, so what next, I certainly didn't want to die, or drink and I felt positive, whoopee. Nothing new there in the short term. But on the day of discharge, honestly, I didn't want to go, back to a flat with over 700 empty cans and bottles of wine, with a wheelbarrow of tablets to take.

Let's break that down, the environment I lived in could be cleaned, tidied, it was my head, the mush the guilt, the loneliness, anxiety, thoughts blah blah blah, only a matter of time and I knew it.
Let's put this all into perspective, I was I realised later, feeling frightened, inadequate and basically, like a visiting alien. Seriously chaotic dysfunctional and still bitter selfish and angry!!!
First day home

The phone rang, and it was Tim from Footsteps, I had signed up apparently whilst on the ward for 3-day sessions for a few weeks. I had never had any involvement before and I was polite but resistive, I know best, its old news…..

Anyway, I attended the sessions, reluctantly, but for some reason it was different, informal but not patronising, like-minded people all trying to find the best answer, not the only answer or the right one, but right for them. Over time it sank in, don't know why, situational, pandemic, or just looking at it differently.
Hand on heart I didn't want the sessions to end and Tim referred (for want of a better word) to Recovery Cymru for follow on Footsteps support

Right here comes, the all hail, RC bit. Well no actually, I didn't want any further help, not from yet another organisation, actually, I still knew best and it was going to be 'another goody goody' follow this path and be saved, drink is bad, evil, addiction is a curse... again

So, I hadn't understood anything really yet, hindsight is great.

The phone rang, 6 weeks after Pine Ward and before Footsteps course ended, It was Andrew from RC. I thought, here comes the sales pitch, so I put on my defensive arrogant head on. It was not what I thought, honestly, there was no sales pitch, not 'We do' 'We will' ….. but instead 'how are things, pandemic is a pain', shared interests, what would you like 'a hand with' to get back on your feet, not 'You will' 'should', demonising substance, etc but actually talking about real issues and not symptomatic ones. I genuinely felt that this person, and therefore later the organisation really were interested and cared, gave a sxxt (Not that others don't) but in that 'don't care what you've done, behaved, …. It's past, and done, it's not the substance, it never was or is, it's what you use it for and what happens to you. RC can be whatever you need / want it to be, a springboard, meeting place, structured (groups) unstructured the list is endless.

Andrew asked me to consider what was on offer and fill in what I may be interested in joining. But what did stand out and still does as it runs through the veins of RC, was the follow up phone calls, bang on time, for a chat, the personal unconditional approach, the level playing field and genuine interest and care.
I joined 4 groups originally, Weekend Reflection, Moving On, Relapse Prevention and the Friday Quiz and decided (not intentionally) to commit as RC were showing and giving the same to me. When I say RC I mean everybody associated, staff, members, volunteers, everybody! Committed to the same thing.

It was very strange, almost 9 months ago, I was a bag of nerves, riddled with anxiety, no confidence, no voice, still lost and still angry I guess, a mix of emotions positive and negative, but these people in the groups were experiencing the same, and were willing to share their thoughts openly, so that over time I started to listen and do the same, we were all experiencing life and all that came with it, shared experiences, laughter, tears, fun, getting to know each other and ourselves and trusting and supporting each other without 'fuss' or rescuing or prescribing.

I have deliberately left the best until last, and this is as cliched as it gets, it actually works, it is fun, but also does not lose sight that life is not all a yellow brick road. I wouldn't change anything, and it's difficult to put it into work why it works. Its philosophy is simple, not grandiose but centred around a belief of equity and engagement and living life in the best way you / we can.

Me, a year on, still loving all the groups, the people old and new who I always learn from and who inspire. It's still fresh and exciting and will remain a part of my life. Personally, I've found some confidence, sorting my life in ways which I didn't think was achievable, my health is also restored, but most important I am 'seriously' enjoying the actual experience of actually 'living'.

NB

OR has now completed the RC volunteering programme and is running one of our new on-line groups

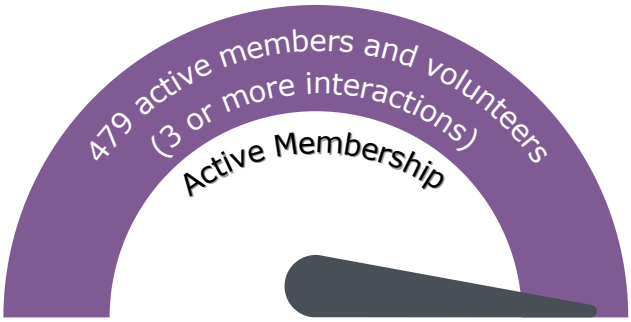
Statistics

People supported by one-ones = 345

Total number of support calls made = 10,190

Total number of support calls connected = 9,437

Total number of hours spent on the phone 2785 hours (116 days)



"Since accessing RC/F2R I have reduced my using/drinking."

93% out of 126

"I feel I am maintaining positive changes."

95% out of 146

"I feel socially connected."

88% out of 48

"I am engaged in community activities outside of substance misuse services."

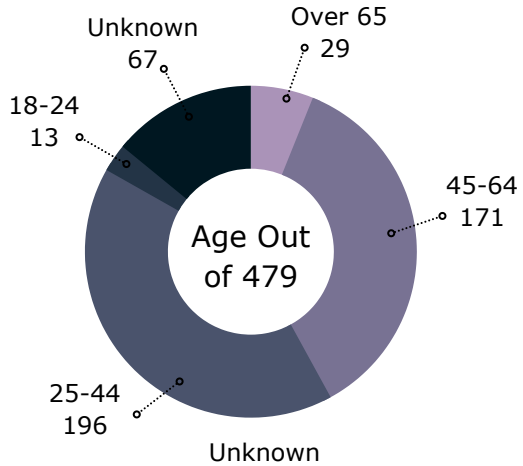
52% out of 123

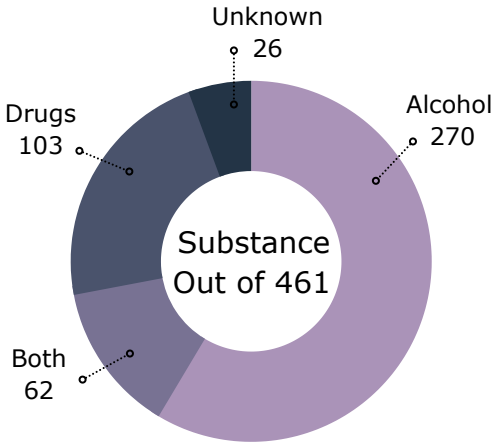
"I feel that my mental health has improved."

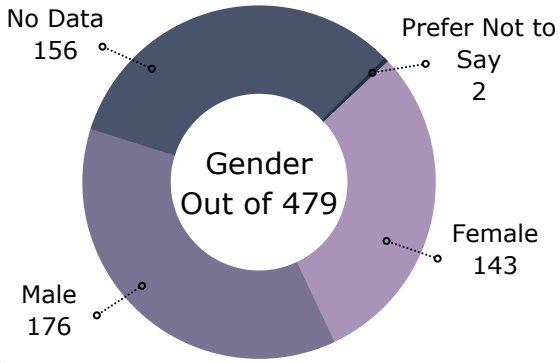
73% out of 52

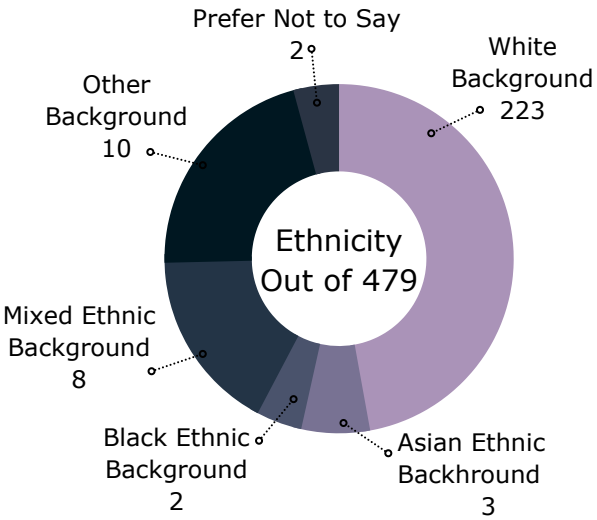
"I have not lapsed or relapsed in the last 12 months."

40% out of 144











523 people referred into us

160 different people have attended groups

5.7 average group attendance

492 groups ran

Reflections on the Data

In some way it feels that reflecting on our data and comparing to previous years is a complete nonsense, as the world of Recovery Cymru was turned on its head in this year. But in other ways it shows how remarkably agile the organisation has been and the intensity of support that is required when delivering at a distance.

· There is a massive increase in the number of telephone recovery support calls made - 10, 190 as opposed to 882 (18-19 figure as 19-20 figure includes lockdown work) due solely to the fact the telephone was the easiest and most accessible way to contact members

· For people supported by in depth one-one distance work, the figure has risen from 254 to 345 a 36% increase. This indicates that support during lockdown has been on an intensive individual basis. In real life our members would be getting support from each other in the centre and the only way of replicating this was to increase direct staff and volunteer one-one engagement with members

· The drop in the number of volunteer hours from 5,743 to 675 can be simply explained by a lack of volunteer roles, while we adapted to online delivery, but volunteers are now facilitating or co-facilitating all online groups and are active in our on-line training and staff recruitment

· Our members' gender balance remains on a par with last year

· Our penetration into more diverse communities still remains very low and efforts to make better links with third sector organisations were hampered in lockdown. It does however remain a priority for 21-22 and one of our operational objectives

· Referrals again were on a comparison with last year: - 523 people were referred in compared to 509 in 19/20, but examining the depth of engagement after initial referral. 60% of this year's referrals engaged with us on at least 3 occasions, whereas in the previous year this drops to 45%. Reflecting on this improvement, it could well be that the introduction of "nominated workers": - each referral having a named contact in the organisation, supported people's decision to continue accessing support. This new process and improvement will be something to reflect on when we return to walk-in referrals. Most staff would say the work surrounding the referrals has dramatically increased, but this is probably due to a number of factors. If someone wanted to self-refer or an organisation was referring someone, prior to lockdown, they would have been asked to come along to the Centre – for some this itself may have been a step too far and we would never see them again, but now each person gets an individual call back. Additionally, referral walk-ins would have been handled by the volunteer buddies that were available 9-5 to have a chat about our support and be encouraged to drop in on some of the support groups. Now there is a longer process to encourage and train people to access online groups and for some new members we will never see them online, so support has to remain on an individual phone call basis, which is more intensive

Financial Performance
Grant Funding

Recovery Cymru was extremely grateful to access additional funding in this year; both to ensure staff and volunteers had up to date IT equipment/infrastructure and to provide access to external well-being and coaching support.

In the year from April 2020 to March 2021 Recovery Cymru Community received grant or contract funding from the following sources:

- Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract has been extended to June 2022
- Lloyds Bank Foundation – The second year of a two-year grant to fund our ongoing development work
- Henry Smith. The second year of a three-year grant to support the general running costs of the organisation
- Tudor Trust. We successfully reapplied for a 2-year grant to support the organisation's core costs
- Tudor Trust – Wellbeing Grant – a grant to support the training and support of staff and volunteers during lockdown
- Leathersellers Charitable Foundation a 4-year grant to support the organisation's core costs
- Track 2000 Legacy Fund- Frontline Covid Response - a one-year grant to support the salaries of the additional frontline peer workers we employed due to the support required during lockdown
- Community Foundation Wales- Covid Response capital grant to equip staff and volunteers with the necessary IT equipment and infrastructure to support our on-line delivery
- Community Foundation Wales – Transformation & Growth Fund - a one-year revenue grant to support the organisation's strategic planning
- Clothmakers Foundation – an additional capital grant to equip staff and volunteers with the necessary IT equipment and infrastructure to support our on-line delivery
- Lloyds Bank Foundation React Funding – a grant specifically to provide additional support and training to our staff and volunteers during lockdown
- Lloyds Bank Foundation Enhance Funding- to employ an independent consultant to conduct an impact assessment of the work of Recovery Cymru
- Welsh Government Substance Misuse Action Fund – two capital grants to support the cost of the leases of both the Barry and Cardiff recovery centres
- United Way – a grant to support training and development of staff and volunteers

Other Revenue Sources

One Million Step Challenge – in this year Recovery Cymru went all out to try and keep everyone fit and healthy during lockdown. In June we encouraged people to join us in the 100-day challenge of completing 10,000 steps every day and we raised over £5,000

Donations – a major benefactor for our work this year was the Moondance Foundation with a donation of nearly £24,000 to continue our work supporting people in recovery



We cannot forget those individuals that donate to us regularly or as one off donations – thank you

Reserves Policy

In accordance with recommended practice the charity defines free reserves as the unrestricted funds of the charity excluding those funds which could only be realised by disposing of fixed assets held for charity use. Recovery Cymru Community is aware it currently relies heavily on restricted funds to finance the majority of its work. Without this funding the charity would not be in a position to continue operating at the same level of activity. The Trustees recognise the need to build up free reserves so the charity can develop independently to meet the needs of members. The Trustees also recognise the need of free reserves to aid cash flow and allow the charity to benefit from opportunities as they arise. Unrestricted reserves would also be used to fund our work while we sought alternative restricted funding should we experience gaps in restricted funding. In fact, this year our unrestricted reserves have risen to nearly £199,399.

The Trustees' current reserves policy is to build up reserves and to maintain the equivalent of at least six months running costs and any surplus to be allocated when necessary, to the costs associated with running the Charity, with Trustee agreement.

YEARBOOK 2021

STAFF

It's been awesome!

SARAH VAILE



Founder & Director

JUDITH ENTICOTT



Volunteer Coordinator

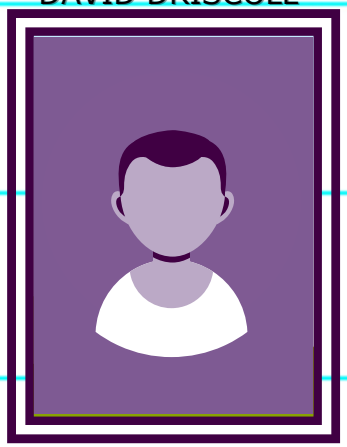
RACHEL BAYER



Finance & Community Operations

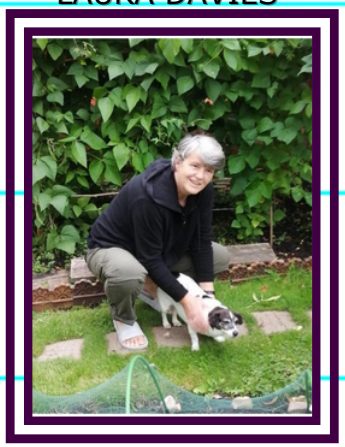
Have a brilliant year!

DAVID DRISCOLL



Peer Worker (started Nov 2020)

LAURA DAVIES



Operational and Learning Lead

ANDREW MCCUTCHION



Footsteps to Recovery
Vale Aftercare Worker

THE FUTURE IS BRIGHT

CLAIRE NOVAL



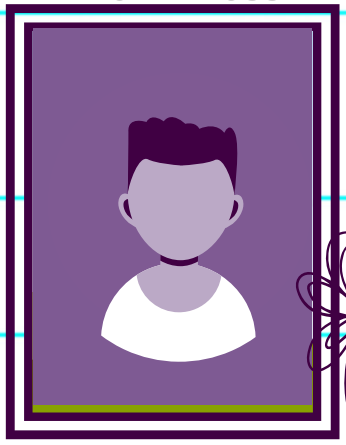
Cleaner & Sessional Worker

TRUDIE MERRY



Administrator (started Nov 2020)

ANTHONY PROSSER



Cleaner

YEARBOOK 2021

STAFF



TIM NORVAL

Engagement & Outreach Worker



MEIRION EVANS

Peer Worker



MARAM AL-KHALAILEH

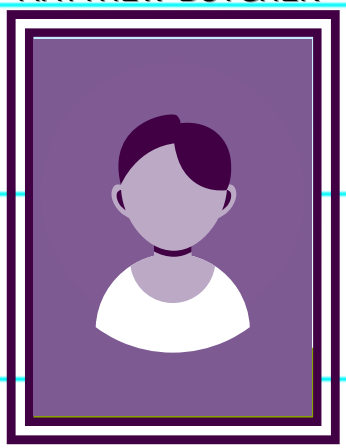
Peer Worker (resigned March 2021)

Let's meet up!



KAYE CHEESEMAN

Administration (resigned Nov 2020)



MATTHEW BUTCHER

Sessional Worker (resigned 22nd Dec 2020)



REBECCA CASHMAN

Social Media and Communications Officer (started Nov 2020)



ANDREW SIMS

Footsteps to Recovery Aftercare Worker - Cardiff (resigned February 2021)



SUSIE BOXALL

Programme Development Worker (resigned May 2021)

Thanks for the fun times <3



See you soon!

YEARBOOK 2021

TRUSTEES

Here's to our future!

ROB HEIRENE, PHD



Most likely to move out of the country.

"After finishing as an RC volunteer nine years earlier, it was fantastic to join the RC board this year and see how strong the community has become."

JENNY HARKING



"I am so proud that RC rose to the challenge and despite the difficulties found new ways of working and continued to provide that family support that many depend on."

DOMINIC HOULIHAN



Most likely to take over meeting.

"I'm immensely proud of how our community has come together during such difficult and complex times, shown great initiative and innovation, and continued to make a difference to so many."

GAIL SMITH



Currently taking a leave of absence from active trusteeship but keeping up to date with all RC info and we are looking forward to welcoming her back very soon!

What a great year!

ANDY HEALEY



Super power of choice: Time travel

"That Recovery Cymru is emerging from the pandemic as a stronger and more confident organisation speaks volumes about the closeness and dedication of this community and I am so proud to be a part of it."

AMANDA-JANE OLIVER



Most likely to remain a geek.

"The continued success and achievements of RC over the past year are a result of the combined efforts of it members, volunteers, staff and leadership team. You should all be so proud of yourselves!"

DARREN ROBINSON



Most likely to climb a tree.

"As a Nurse, the last year has been dominated by the theme of the dreaded Coronavirus. Many changes to adapt to, including the continued challenge of providing a peer volunteer service for our local hospitals. Fear not! Recovery Cymru to the rescue with the amazing First Steps service! I am keen as a Trustee to explore how RC best supports our local community NHS services in helping people who use those services in making a full recovery."

Good luck Next year

THANK YOU

Thank You

The trustees would like to thank the organisations and individuals who have recognised the potential of the Recovery Cymru Community model and have supported the organisation during this exciting time. A special thank you goes to all our members, volunteers and staff who give their time, enthusiasm, skills and share their lives to create a genuine peer-led mutual aid recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

Approved and adopted by a meeting of the Trustees on 21st September 2021 and signed on their behalf.

JENNIFER HARKING

Chair

Recovery Cymru Community

Independent Examiner's Report to the trustee of Recovery Cymru Community

I report to the charity trustee on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 2 to 13.

Respective responsibilities of trustee and examiner

As the charity's trustee of Recovery Cymru Community (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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

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

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

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



.....

Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

22 September 2021

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	3	29,062	1,000	30,062
Charitable activities	4	25,000	289,141	314,141
Other trading activities	5	10,521	-	10,521
Total income		64,583	290,141	354,724
Expenditure on:				
Charitable activities	6	(57,238)	(286,731)	(343,969)
Total expenditure		(57,238)	(286,731)	(343,969)
Net income		7,345	3,410	10,755
Transfers between funds		297	(297)	-
Net movement in funds		7,642	3,113	10,755
Reconciliation of funds				
Total funds brought forward		191,757	66,551	258,308
Total funds carried forward	14	199,399	69,664	269,063

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
Income and Endowments from:				
Donations and legacies	3	37,183	-	37,183
Charitable activities	4	35,000	253,679	288,679
Other trading activities	5	1,463	-	1,463
Total income		73,646	253,679	327,325
Expenditure on:				
Charitable activities	6	(34,903)	(252,068)	(286,971)
Total expenditure		(34,903)	(252,068)	(286,971)
Net income		38,743	1,611	40,354
Transfers between funds		(8,498)	8,498	-
Net movement in funds		30,245	10,109	40,354
Reconciliation of funds				
Total funds brought forward		161,512	56,442	217,954
Total funds carried forward	14	191,757	66,551	258,308

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

The funds breakdown for 2020 is shown in note 14.

Recovery Cymru Community

(Registration number: 08520441)
Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	11	47,016	39,713
Current assets			
Debtors	12	113,665	68,766
Cash at bank and in hand		193,106	188,884
		306,771	257,650
Creditors: Amounts falling due within one year	13	(84,724)	(39,055)
Net current assets		222,047	218,595
Net assets		269,063	258,308
Funds of the charity:			
Restricted funds		49,243	66,551
Unrestricted income funds			
Unrestricted funds		219,820	191,757
Total funds	14	269,063	258,308

For the financial year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements on pages 2 to 13 were approved by the , and authorised for issue on 21 September 2021 and signed on her behalf by:

.....
Mrs J Harking
Chairman and Trustee

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

1 Charity status

The charity is limited by share capital, incorporated in England & Wales.

The address of its registered office is:
218 Cowbridge Road East
Canton
Cardiff
CF5 1GX

These financial statements were authorised for issue by the trustee on 21 September 2021.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

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

Going concern
The trustee consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Departures from the SORP
The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	Over term of lease

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Donations and legacies;				
Donations from companies, trusts and similar proceeds	-	1,000	1,000	-
Donations from individuals	5,170	-	5,170	37,183
	5,170	1,000	6,170	37,183

4 Income from charitable activities

	Unrestricted funds Designated £	Restricted funds £	Total 2021 £	Total 2020 £
Relief & recovery support	25,000	289,141	314,141	288,679

5 Income from other trading activities

	Unrestricted funds General £	Total 2021 £	Total 2020 £
Events income;			
Other events income	10,521	10,521	1,463
	10,521	10,521	1,463

6 Expenditure on charitable activities

	Note	Unrestricted funds Designated £	General £	Restricted funds £	Total 2021 £	Total 2020 £
Relief & recovery support		-	16,754	74,996	91,750	60,482
Staff costs		36,118	-	211,735	247,853	222,914
Allocated support costs		-	4,366	-	4,366	3,575
		36,118	21,120	286,731	343,969	286,971

7 Net incoming/outgoing resources

Net incoming resources for the year include:

	2021 £	2020 £
Operating leases - other assets	12,000	12,000
Depreciation of fixed assets	18,847	9,928

8 Trustee remuneration and expenses

No trustee, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Wages and salaries	223,464	201,610
Social security costs	13,402	12,116
Pension costs	10,987	9,188
	247,853	222,914

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2021 No	2020 No
Management team	3	3
Delivery staff	8	6
	11	9

No employee received emoluments of more than £60,000 during the year.

10 Taxation

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

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2020	87,557	87,557
Additions	26,150	26,150
Disposals	(37,916)	(37,916)
At 31 March 2021	75,791	75,791
Depreciation		
At 1 April 2020	47,844	47,844
Charge for the year	18,847	18,847
Eliminated on disposals	(37,916)	(37,916)
At 31 March 2021	28,775	28,775
Net book value		
At 31 March 2021	47,016	47,016
At 31 March 2020	39,713	39,713

The net book value of furniture & equipment includes £47,016 (2020: £39,713) in relation to SMAF prepaid operating lease rent for the charitiy's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

12 Debtors

	2021 £	2020 £
Trade debtors	113,665	56,766
Prepayments	-	12,000
	113,665	68,766

13 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	822	6,828
Other creditors	-	1
Accruals	1,552	1,500
Deferred income	82,350	30,726
	84,724	39,055

	2021 £
Deferred income at 1 April 2020	(30,726)
Resources deferred in the period	(82,350)
Amounts released from previous periods	30,726
Deferred income at 31 March 2021	(82,350)

14 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
General					
General fund	166,592	39,583	(699)	297	205,773
Designated					
Leather Sellers	10,399	10,000	(7,566)	-	12,833
Tudor Trust	14,766	15,000	(28,552)	-	1,214
	25,165	25,000	(36,118)	-	14,047
Total Unrestricted funds	191,757	64,583	(36,817)	297	219,820
Restricted funds					
TARS (SMAF revenue) Fund	3,077	186,368	(189,445)	-	-
Volunteering in Wales	259	-	(259)	-	-
Lloyds Foundation	5,578	24,977	(25,993)	-	4,562
SMAF Fund	39,713	4,700	(18,847)	-	25,566
CAVHC	681	-	-	(681)	-
Henry Smith	-	31,250	(16,315)	-	14,935
Virgin - Heart of the Community Fund	569	-	-	(569)	-
Track 2000	11,849	-	(11,849)	-	-
Transformation & Growth Fund	4,825	12,463	(17,288)	-	-

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Yorkshire BS Foundation	-	1,000	-	-	1,000
Lloyds React Fund	-	7,875	(6,500)	-	1,375
Clothmakers	-	4,865	(4,865)	-	-
United Way	-	1,500	(1,500)	-	-
TT Staff Wellbeing	-	2,000	(195)	-	1,805
Buvidal	-	3,143	(4,096)	953	-
Community Foundation Wales Capital Covid Grant	-	10,000	(10,000)	-	-
Total restricted funds	66,551	290,141	(307,152)	(297)	49,243
Total funds	258,308	354,724	(343,969)	-	269,063

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2020 £
Unrestricted funds					
General					
General fund	139,222	38,646	(2,777)	(8,499)	166,592
Designated					
Leather Sellers	8,830	10,000	(8,431)	-	10,399
Tudor Trust	13,460	25,000	(23,694)	-	14,766
	22,290	35,000	(32,125)	-	25,165
Total unrestricted funds	161,512	73,646	(34,902)	(8,499)	191,757
Restricted funds					
TARS (SMAF revenue) Fund	3,174	175,416	(175,513)	-	3,077
Volunteering in Wales	259	-	-	-	259
Lloyds Foundation	482	24,927	(19,831)	-	5,578
SMAF Fund	49,641	-	(9,928)	-	39,713
CAVHC	1,344	-	(663)	-	681
Cardiff Round Table	1,295	-	(1,296)	1	-
Henry Smith	247	11,250	(19,995)	8,498	-
Virgin - Heart of the Community Fund	-	1,000	(431)	-	569
Track 2000	-	28,623	(16,774)	-	11,849
Transformation & Growth Fund	-	12,463	(7,638)	-	4,825
Total restricted funds	56,442	253,679	(252,069)	8,499	66,551
Total funds	217,954	327,325	(286,971)	-	258,308

The specific purposes for which the funds are to be applied are as follows:

• Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract has been extended to June 2022
• Lloyds Community Foundation – The second year of a two-year grant to fund our on-going development work.
• Henry Smith. The second year of a three-year grant to support the general running costs of the organisation.
• Tudor Trust. We successfully reapplied for a 2 year grant to support the organisation's core costs.
• Tudor Trust – Wellbeing Grant – a grant to support the training and support of staff and volunteers during lockdown.
• Leathersellers Charitable Foundation a 4-year grant to support the organisation's core costs.
• Track 2000 Legacy Fund- Frontline Covid Response - a one-year grant to support the salaries of the additional frontline peer workers we employed due to the support required during lockdown.
• Community Foundation Wales- Covid Response capital grant to equip staff and volunteers with the necessary IT equipment and infrastructure to support our on-line delivery.
• Community Foundation Wales – Transformation & Growth Fund - a one-year revenue grant to support the organisation's strategic planning.
• Clothmakers Foundation – an additional capital grant to equip staff and volunteers with the necessary IT equipment and infrastructure to support our on-line delivery.
• Lloyds Foundation React Funding – a grant specifically to provide additional support and training to our staff and volunteers during lockdown.
• Lloyds Foundation Enhance Funding- to employ an independent consultant to conduct an impact assessment of the work of Recovery Cymru.
• Welsh Government Substance Misuse Action Funding – two capital grants to support the cost of the leases of both the Barry and Cardiff recovery centres.
• United Way – a grant to support training and development of staff and volunteers.

15 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds
	General £	Designated £	£	£
Tangible fixed assets	47,016	-	-	47,016
Current assets	161,131	14,047	131,593	306,771
Current liabilities	(2,374)	-	(82,350)	(84,724)
Total net assets	205,773	14,047	49,243	269,063