

A background image showing a hand placing a block on a stack of blocks. The blocks are stacked vertically, and the word 'SUPPORT' is visible on the side of the stack. The image is overlaid with a semi-transparent purple rectangle.

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.



COMMUNITY FOUNDATION
IN WALES
SEFYDLIAD CYMUNEDOL
YNG NGHYMRU



• 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



TABLE OF CONTENTS

01	Introduction/Vision/Values/Mission Statement		
02	Philosophy/Strategic Aims		
03-04	Forward by Sarah Vaile	16	Financial Performance
05	Overview of Year	17	Other Revenue Sources Reserves Policy
06	10 Years of Impact	18-19	Staff
07	Volunteering	20	Trustees
08	Outreach	21	Thank You
09	Footsteps to Recovery/CLERO		
10-11	Events		
12-13	OR's Story of Lockdown		
14	Statistics		
15	Reflections on the Data		

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.

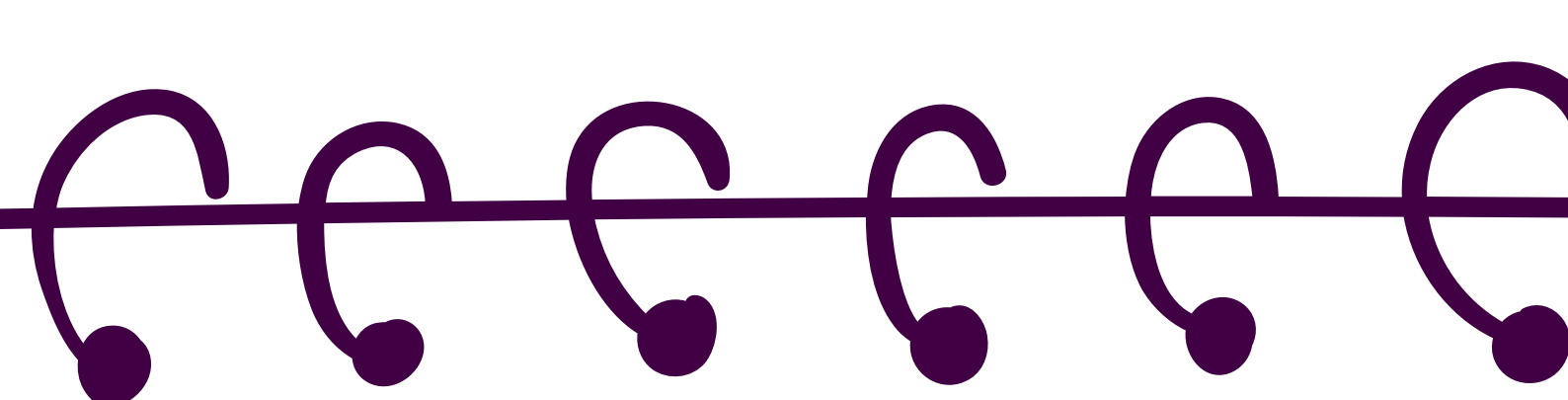
We're delighted to be celebrating the continued success of our distance delivery peer support, as well as enjoying being able to get together more often in the real world! Who would have thought that our peer community could thrive so much online? For our community, connection with others in recovery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



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.

• Est. 2010 •

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."

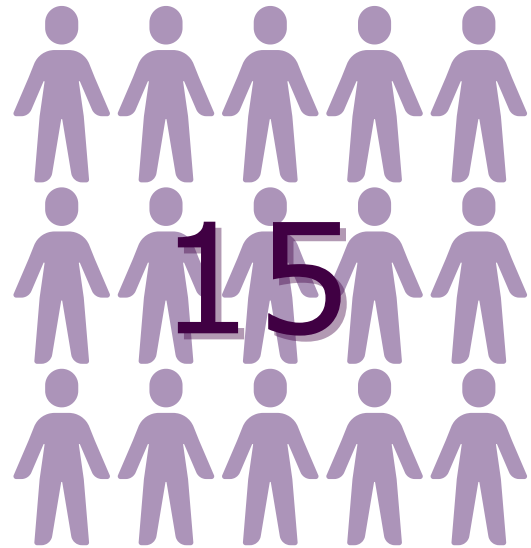
Stories of change – Celebrating Ten Years of Recovery Cymru





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



Tablets



Mobile Phones



Laptops

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

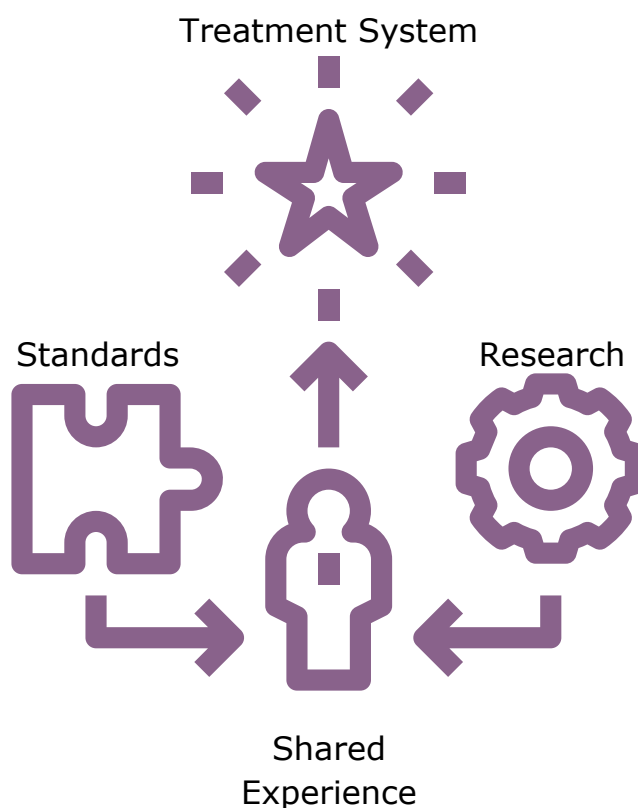
We are partners with Pobl in the Footsteps to Recovery programme a commissioned service to deliver throughcare, aftercare and recovery support in Cardiff and the Vale of Glamorgan. The partnership is now in its seventh year of operation.

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 sxxx (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



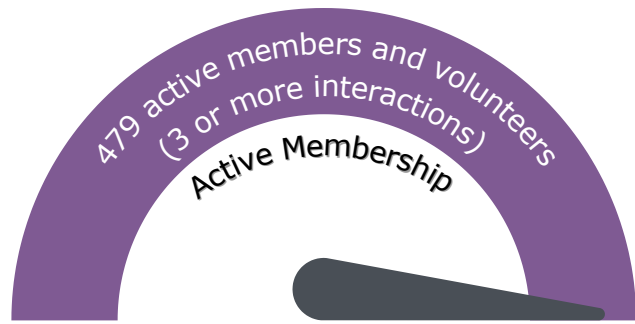
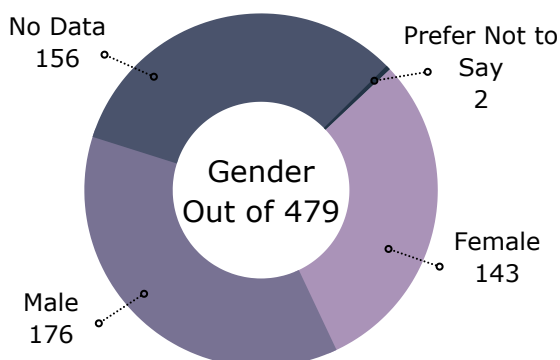
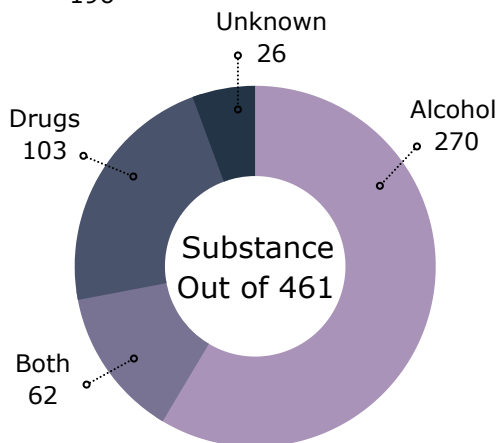
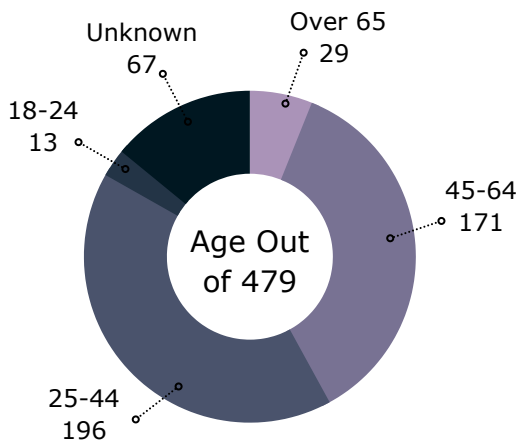
Statistics

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."

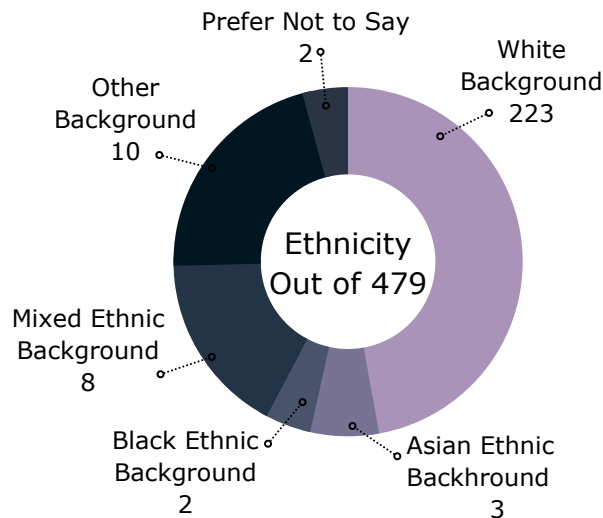
52% out of 123

"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

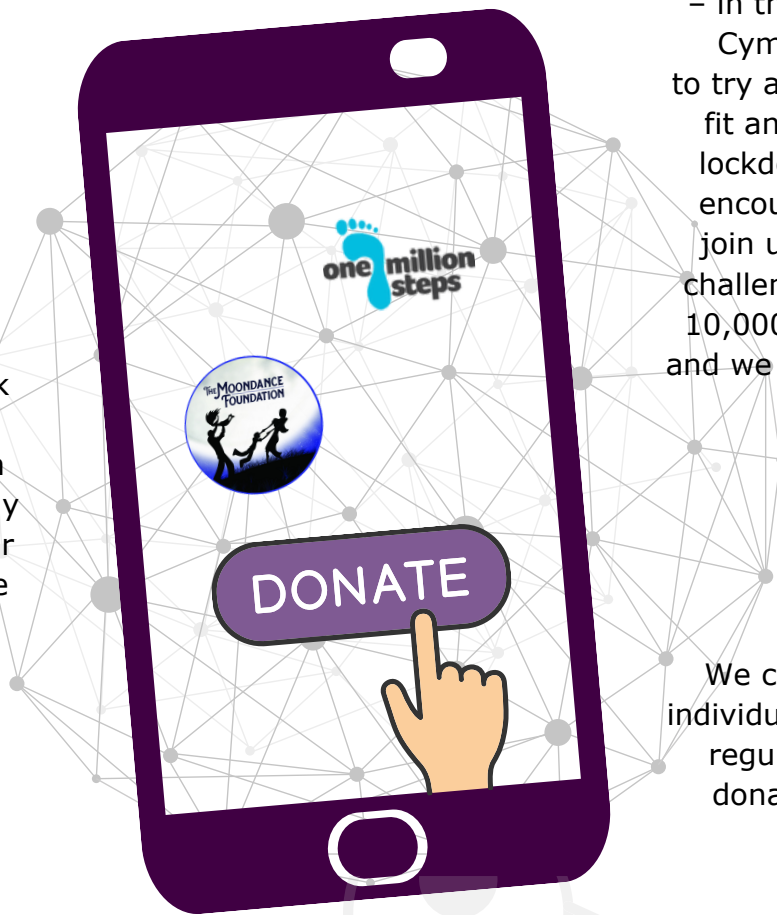
Recovery Cymru was extremely grateful to access additional funding in this year; both to ensure staff and volunteers had up to date IT equipment/infrastructure and to provide access to external well-being and coaching support.

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

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



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

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

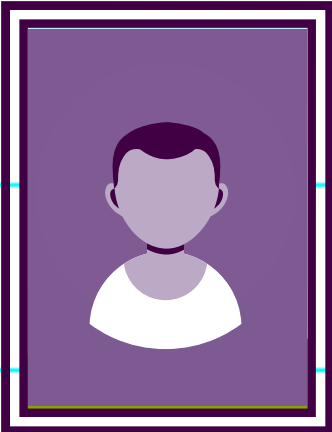


Finance & Community Operations



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



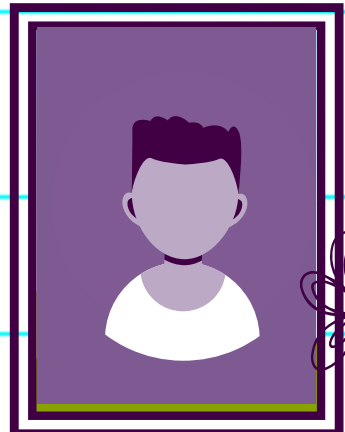
Cleaner & Sessional Worker

TRUDIE MERRY



Administrator (started Nov 2020)

ANTHONY PROSSER



Cleaner





YEARBOOK 2021

STAFF

*You're
Amazing*

TIM NORVAL



Engagement & Outreach Worker

MEIRION EVANS



Peer Worker

MARAM AL-KHALAILEH



Peer Worker (resigned March 2021)

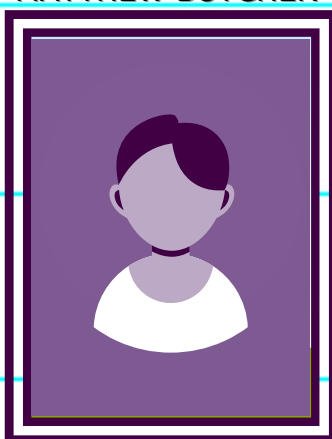
Let's meet up!

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)

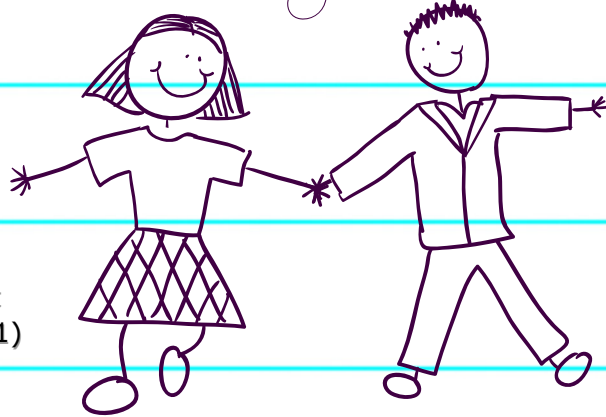
SUSIE BOXALL



Programme Development
Worker (resigned May 2021)



*Thanks for the fun times
❤️*



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

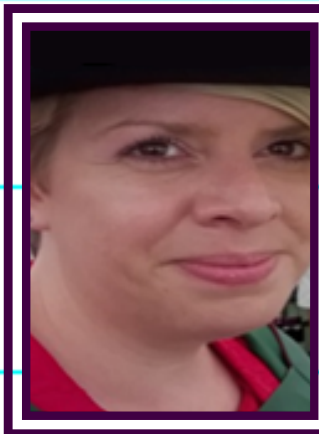


Super power of choice: Time travel

"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

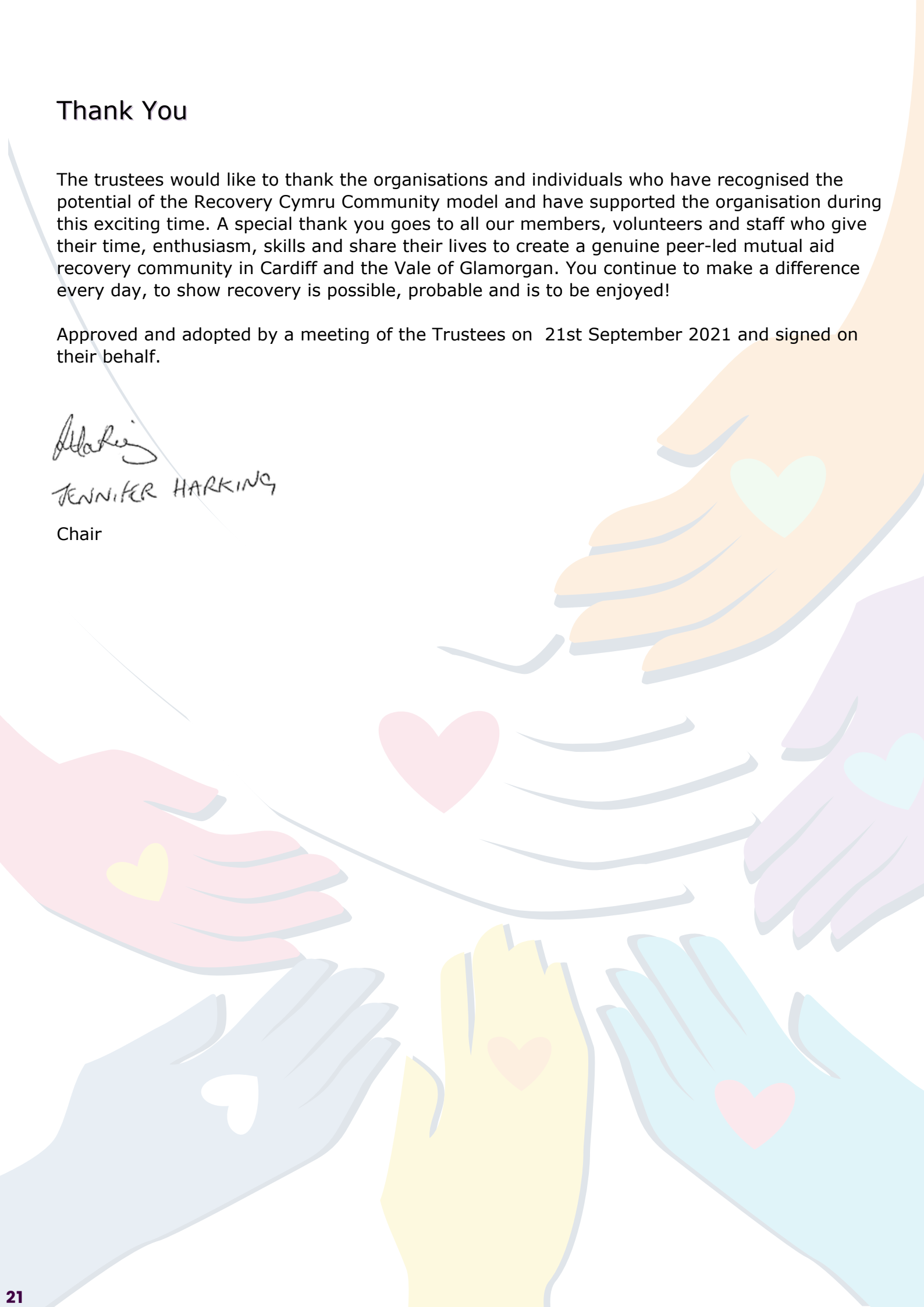
The trustees would like to thank the organisations and individuals who have recognised the potential of the Recovery Cymru Community model and have supported the organisation during this exciting time. A special thank you goes to all our members, volunteers and staff who give their time, enthusiasm, 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		<u>193,106</u>	<u>188,884</u>
		306,771	257,650
Creditors: Amounts falling due within one year	13	<u>(84,724)</u>	<u>(39,055)</u>
Net current assets		<u>222,047</u>	<u>218,595</u>
Net assets		<u><u>269,063</u></u>	<u><u>258,308</u></u>
Funds of the charity:			
Restricted funds		49,243	66,551
Unrestricted income funds			
Unrestricted funds		<u>219,820</u>	<u>191,757</u>
Total funds	14	<u><u>269,063</u></u>	<u><u>258,308</u></u>

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.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

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.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

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.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

3 Income from donations and legacies

	Unrestricted funds	Restricted funds	Total 2021	Total 2020
	General £	£	£	£
Donations and legacies;				
Donations from companies, trusts and similar proceeds	-	1,000	1,000	-
Donations from individuals	5,170	-	5,170	37,183
	<u>5,170</u>	<u>1,000</u>	<u>6,170</u>	<u>37,183</u>

4 Income from charitable activities

	Unrestricted funds	Restricted funds	Total 2021	Total 2020
	Designated £	£	£	£
Relief & recovery support	25,000	289,141	314,141	288,679

5 Income from other trading activities

	Unrestricted funds	Total 2021	Total 2020
	General £	£	£
Events income;			
Other events income	10,521	10,521	1,463
	<u>10,521</u>	<u>10,521</u>	<u>1,463</u>

6 Expenditure on charitable activities

	Unrestricted funds		Restricted funds	Total 2021	Total 2020
Note	Designated £	General £	£	£	£
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
	<u>36,118</u>	<u>21,120</u>	<u>286,731</u>	<u>343,969</u>	<u>286,971</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

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	<u>18,847</u>	<u>9,928</u>

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	<u>10,987</u>	<u>9,188</u>
	<u>247,853</u>	<u>222,914</u>

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	<u>8</u>	<u>6</u>
	<u>11</u>	<u>9</u>

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

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

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	<u>(37,916)</u>	<u>(37,916)</u>
At 31 March 2021	<u>75,791</u>	<u>75,791</u>
Depreciation		
At 1 April 2020	47,844	47,844
Charge for the year	18,847	18,847
Eliminated on disposals	<u>(37,916)</u>	<u>(37,916)</u>
At 31 March 2021	<u>28,775</u>	<u>28,775</u>
Net book value		
At 31 March 2021	<u>47,016</u>	<u>47,016</u>
At 31 March 2020	<u>39,713</u>	<u>39,713</u>

The net book value of furniture & equipment includes £47,016 (2020: £39,713) in relation to SMAF prepaid operating lease rent for the charity'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	<u>-</u>	<u>12,000</u>
	<u>113,665</u>	<u>68,766</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

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
	<u>84,724</u>	<u>39,055</u>
		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		<u>(82,350)</u>

14 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
<i>General</i>					
General fund	166,592	39,583	(699)	297	205,773
<i>Designated</i>					
Leather Sellers	10,399	10,000	(7,566)	-	12,833
Tudor Trust	14,766	15,000	(28,552)	-	1,214
	<u>25,165</u>	<u>25,000</u>	<u>(36,118)</u>	<u>-</u>	<u>14,047</u>
Total Unrestricted funds	<u>191,757</u>	<u>64,583</u>	<u>(36,817)</u>	<u>297</u>	<u>219,820</u>
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	<u>66,551</u>	<u>290,141</u>	<u>(307,152)</u>	<u>(297)</u>	<u>49,243</u>
Total funds	<u><u>258,308</u></u>	<u><u>354,724</u></u>	<u><u>(343,969)</u></u>	<u><u>-</u></u>	<u><u>269,063</u></u>

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					
<i>General</i>					
General fund	139,222	38,646	(2,777)	(8,499)	166,592
<i>Designated</i>					
Leather Sellers	8,830	10,000	(8,431)	-	10,399
Tudor Trust	13,460	25,000	(23,694)	-	14,766
	<u>22,290</u>	<u>35,000</u>	<u>(32,125)</u>	<u>-</u>	<u>25,165</u>
Total unrestricted funds	<u>161,512</u>	<u>73,646</u>	<u>(34,902)</u>	<u>(8,499)</u>	<u>191,757</u>
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	<u>-</u>	<u>12,463</u>	<u>(7,638)</u>	<u>-</u>	<u>4,825</u>
Total restricted funds	<u>56,442</u>	<u>253,679</u>	<u>(252,069)</u>	<u>8,499</u>	<u>66,551</u>
Total funds	<u><u>217,954</u></u>	<u><u>327,325</u></u>	<u><u>(286,971)</u></u>	<u><u>-</u></u>	<u><u>258,308</u></u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2021

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	<u>205,773</u>	<u>14,047</u>	<u>49,243</u>	<u>269,063</u>