

April 2022 – March 2023



• 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 Glamorgan 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. Buprenorphine, 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.

RECOVERY CYMRU COMMUNITY REPORT

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)

The problem-solving court

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

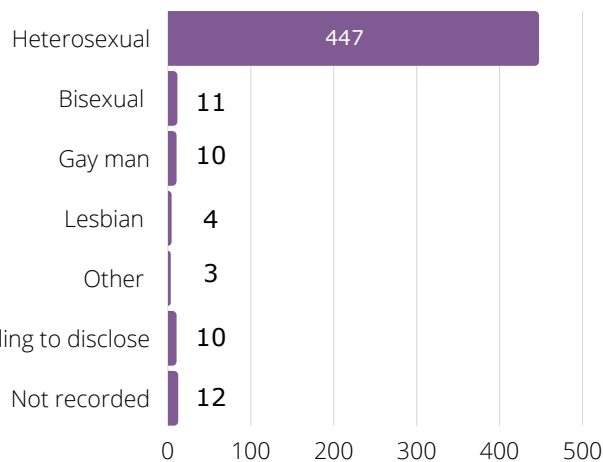
"I feel that my mental health has improved."

88% out of 64

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

68% out of 60

Sexual Orientation Out of 614

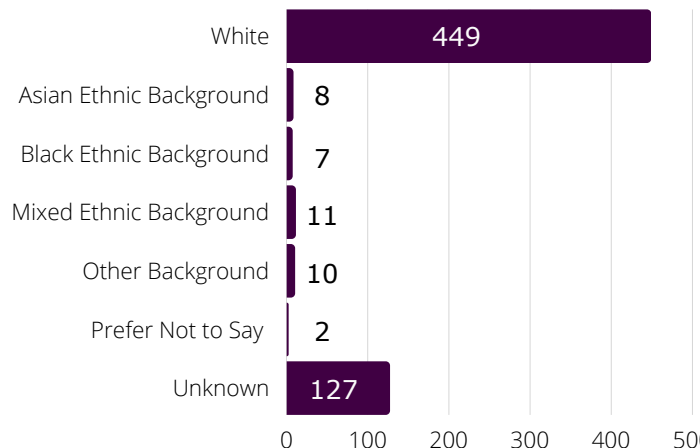


Active volunteers =29
Volunteer hours = 3566
(2.02 FTE equivalents)

249 different people
have attended groups

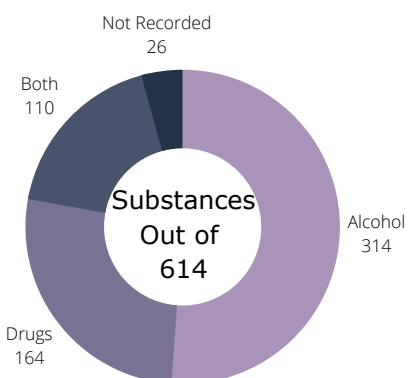
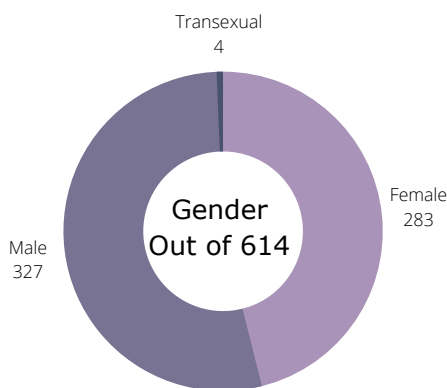
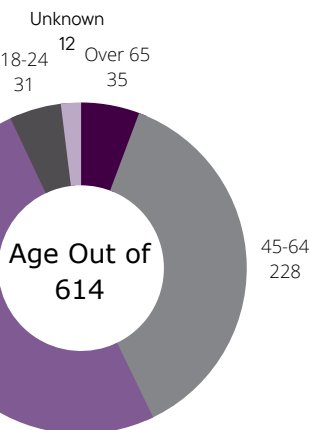
5 average
group
attendance

Ethnic Background Out of 614



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



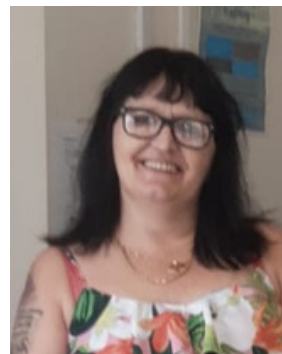
David Driscoll

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
McCutcheon**

CAVDAS Recovery
& Aftercare Worker



Huw Rowles

CAVDAS Peer
Navigator



David Parker

CAVDAS Recovery
& Aftercare Worker

Our Team



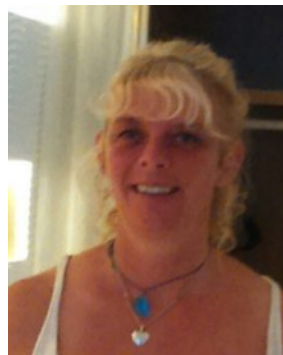
Leighton Lovell

CAVDAS Recovery
& Aftercare Worker



James Hoare

CAVDAS Recovery
& Aftercare Worker



Claire Norval

Cleaner



Meirion Evans

RC Peer Worker



**Kaye
Cheeseman**

RC Administrator



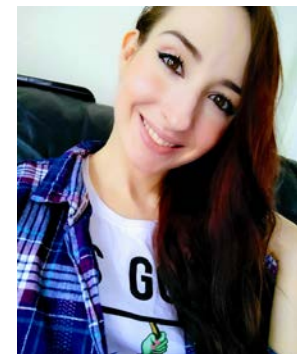
Keely Jones

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



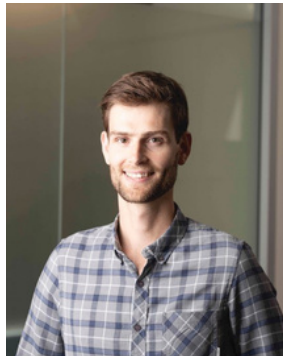
Dominic Houlihan
Treasurer



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		<u>94,297</u>	<u>405,377</u>	<u>499,674</u>
Expenditure on:				
Charitable activities	6	<u>(45,977)</u>	<u>(447,569)</u>	<u>(493,546)</u>
Total expenditure		<u>(45,977)</u>	<u>(447,569)</u>	<u>(493,546)</u>
Net income/(expenditure)		48,320	(42,192)	6,128
Transfers between funds		<u>577</u>	<u>(577)</u>	<u>-</u>
Net movement in funds		48,897	(42,769)	6,128
Reconciliation of funds				
Total funds brought forward		<u>220,974</u>	<u>71,058</u>	<u>292,032</u>
Total funds carried forward	15	<u><u>269,871</u></u>	<u><u>28,289</u></u>	<u><u>298,160</u></u>

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		<u>50,749</u>	<u>406,815</u>	<u>457,564</u>
Expenditure on:				
Charitable activities	6	<u>(49,309)</u>	<u>(385,286)</u>	<u>(434,595)</u>
Total expenditure		<u>(49,309)</u>	<u>(385,286)</u>	<u>(434,595)</u>
Net income		1,440	21,529	22,969
Transfers between funds		<u>(285)</u>	<u>285</u>	<u>-</u>
Net movement in funds		1,155	21,814	22,969
Reconciliation of funds				
Total funds brought forward		<u>219,820</u>	<u>49,243</u>	<u>269,063</u>
Total funds carried forward	15	<u><u>220,975</u></u>	<u><u>71,057</u></u>	<u><u>292,032</u></u>

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.

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

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

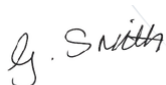
	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	12,320	24,319
Current assets			
Debtors	12	124,601	176,276
Cash at bank and in hand	13	202,861	163,928
		<u>327,462</u>	<u>340,204</u>
Creditors: Amounts falling due within one year	14	<u>(41,622)</u>	<u>(72,491)</u>
Net current assets		<u>285,840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

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:



Mrs G Smith
Trustee

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

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.

Recovery Cymru Community

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

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.

Recovery Cymru Community

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

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.

Recovery Cymru Community

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

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
	<u>2,968</u>	<u>2,968</u>	<u>2,888</u>

4 Income from charitable activities

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

5 Income from other trading activities

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

Recovery Cymru Community

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

6 Expenditure on charitable activities

	Note	Unrestricted funds	Restricted	Total	Total
		Designated	General	2023	2022
		£	£	£	£
Relief & recovery support		9,616	(4,046)	127,094	96,046
Staff costs		31,081	8,375	361,933	330,527
Allocated support costs		865	86	4,519	8,022
		<u>41,562</u>	<u>4,415</u>	<u>493,546</u>	<u>434,595</u>

Recovery Cymru Community

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

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	<u>11,999</u>	<u>22,697</u>

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	<u>11,375</u>	<u>10,210</u>
	<u>361,933</u>	<u>330,527</u>

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	<u>19</u>	<u>11</u>
	<u>22</u>	<u>14</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 2023

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 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.

Recovery Cymru Community

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

12 Debtors

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

13 Cash and cash equivalents

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

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
	<u>41,623</u>	<u>72,491</u>
	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	<u>(38,912)</u>	<u>(57,979)</u>

Recovery Cymru Community

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

15 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted					
<i>General</i>					
General fund	198,876	17,047	(4,415)	(10,886)	200,622
<i>Designated</i>					
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
	<u>22,098</u>	<u>77,250</u>	<u>(41,562)</u>	<u>11,463</u>	<u>69,249</u>
Total Unrestricted	<u>220,974</u>	<u>94,297</u>	<u>(45,977)</u>	<u>577</u>	<u>269,871</u>
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
	<u>71,058</u>	<u>405,377</u>	<u>(447,569)</u>	<u>(577)</u>	<u>28,289</u>
Total restricted	<u>71,058</u>	<u>405,377</u>	<u>(447,569)</u>	<u>(577)</u>	<u>28,289</u>
Total funds	<u><u>292,032</u></u>	<u><u>499,674</u></u>	<u><u>(493,546)</u></u>	<u><u>-</u></u>	<u><u>298,160</u></u>

Recovery Cymru Community

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					
<i>General</i>					
General fund	205,773	5,749	(12,360)	(286)	198,876
<i>Designated</i>					
Leathersellers' Company	12,833	10,000	(10,779)	-	12,054
Tudor Trust	1,214	35,000	(26,170)	-	10,044
	<u>14,047</u>	<u>45,000</u>	<u>(36,949)</u>	<u>-</u>	<u>22,098</u>
Total unrestricted funds	<u>219,820</u>	<u>50,749</u>	<u>(49,309)</u>	<u>(286)</u>	<u>220,974</u>
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
	<u>49,243</u>	<u>406,815</u>	<u>(385,286)</u>	<u>286</u>	<u>71,058</u>
Total restricted funds	<u>49,243</u>	<u>406,815</u>	<u>(385,286)</u>	<u>286</u>	<u>71,058</u>
Total funds	<u>269,063</u>	<u>457,564</u>	<u>(434,595)</u>	<u>-</u>	<u>292,032</u>

Recovery Cymru Community

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

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	<u>200,622</u>	<u>69,249</u>	<u>28,289</u>	<u>298,160</u>

	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	<u>198,876</u>	<u>22,098</u>	<u>71,058</u>	<u>292,032</u>