



April 2023 – March 2024



• Est. 2010 •

Recovery
Cymru
Community

Annual Progress Report

**REGISTERED CHARITY
NUMBER: 1154530**

**REGISTERED
COMPANY NUMBER:
08520441**

Thank You

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



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



Recovery Cymru Recovery Centre: 218 Cowbridge Rd E, Cardiff CF5 1GX

CAVDAS Peer Space: 2-10 Holton Rd, Barry, Vale of Glamorgan CF63 4HD



info@recoverycymru.org.uk



07944851050



#RecoveryCymru

Introduction

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

Our Recovery Vision

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

Our Recovery Mission

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

Our Recovery Values

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

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

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

Our Recovery Philosophy



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

Strategic Aims



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



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



Partners - Partner with others to create environments for recovery

Foreword from Sarah Vaile, Founder & Director



Welcome to our annual report for 23-24!

It gives me great pleasure to introduce you to our Annual Report for 2023-2024. I was talking to someone today about the story of Recovery Cymru – from a single support group to where we are today. What a wild ride! One that shows the true power of community, connection, recovery, and living and working true to values, for individuals and the community.

This past year has seen change, growth, moments of enlightenment, challenge, pure joy, hysteria, and laughs. All in a day sometimes!

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

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

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

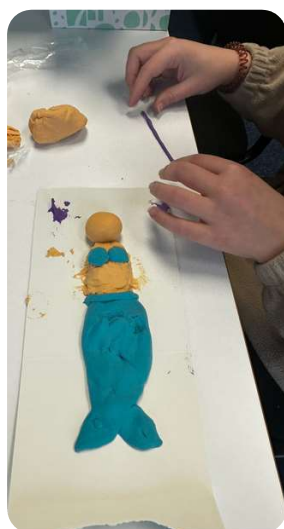
To our members: You are our beating heart. Each and every one of you is valued.

A handwritten signature in black ink that reads 'S. Vaile'.

Sarah Vaile
Founder & Director
August 2024



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



Cardiff & Vale Drug & Alcohol Services

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

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

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

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

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



Voices Action Change Project (VAC)

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

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

Volunteering

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

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

What did you enjoy the most?

"The personal experience of the guy."

"Hearing the real-life stories."

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



Family and Friends Peer Support Programme

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

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

“Family support is helping me realise I am not alone.”



Connect



Support



Volunteering



Inform

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

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

Independent Effectiveness Review

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

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

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

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

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

Partnership Work

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



Alcohol Change UK – Joint development of a training manual on the benefits of peer support with change resistant drinkers. "First Steps – a bilingual peer support handbook"

<https://tinyurl.com/3xxycnxc>

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

Buvidal Psychological Support Service

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

Liverpool John Moores University

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

CLERO



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

NHS Recovery & Wellbeing College

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

Some Other Highlights From the Year...



Refurbishing the Centre

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

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



Marsh Charitable Trust Peer Support Award

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

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

Brian Marsh OBE, Chair Marsh Charitable Trust



Hosting

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



Community Activities

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



AB's Story: A Journey of Transformation and Hope

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

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

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

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

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

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

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

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

Statistics

**People supported by 1-1s
= 481 people**

**Support calls made =
12,728 calls**

**Support calls connected
= 9294 calls**

**Hours spent on phone=
1655 (221 work days)**

**3 or more interactions
= 749 people**



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



"I feel I am maintaining positive changes."



"I feel socially connected."



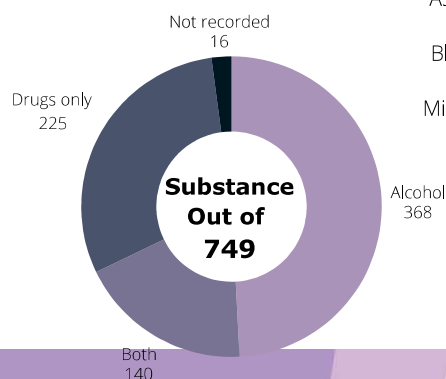
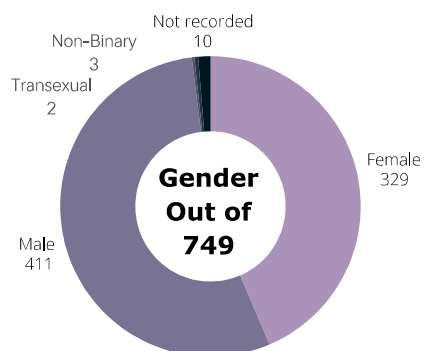
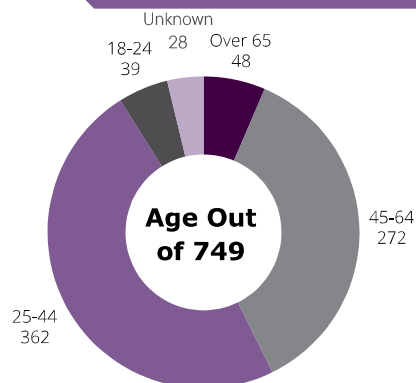
"I am engaged in community activities
outside of substance use services."



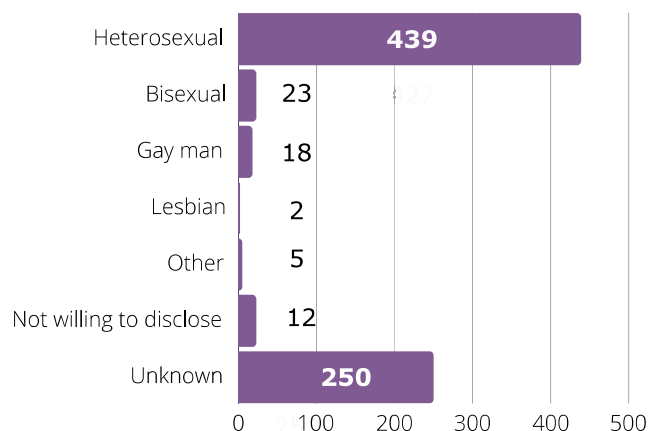
"I feel that my mental health has improved."



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



Sexual Orientation Out of 749

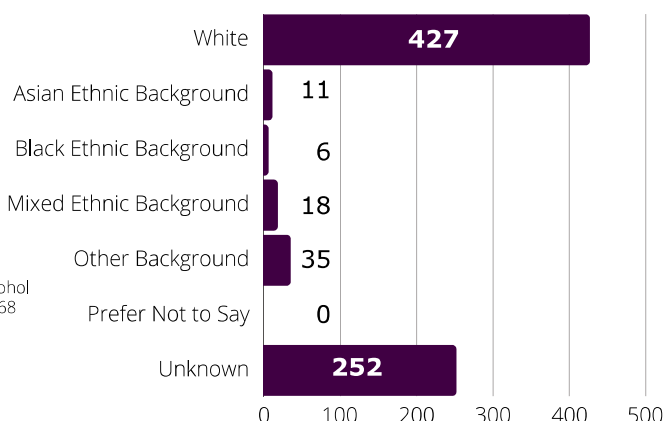


Active volunteers = 29
Volunteer hours = 3751

287 different people
have attended groups

5.4 average group
attendance

Ethnic Background Out of 749

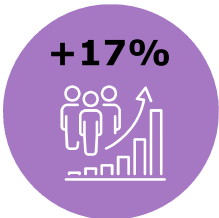
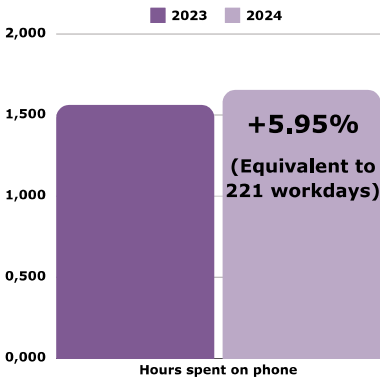
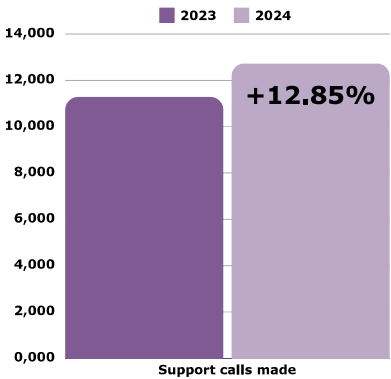


799 groups ran

725 people
referred into us

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

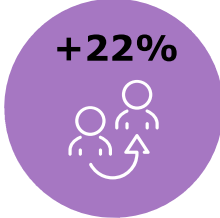
Strengthening Communities: A Comparative Overview of Recovery Cymru's Year-on-Year Achievements



Total Number of People Worked With
900 in 2023
1,053 in 2024

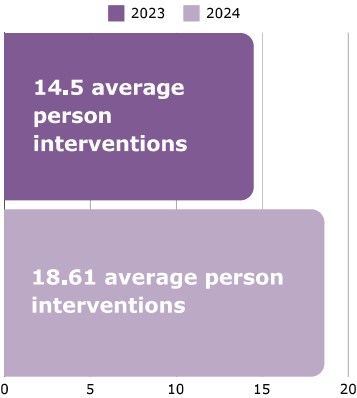


Group Attendance (Average)
5 in 2023
5.4 in 2024

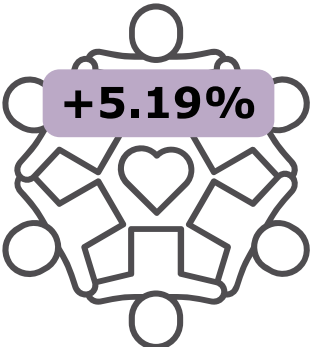


Referrals
594 in 2023
725 in 2024

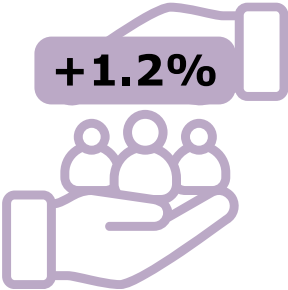
Positive Interventions Per Person



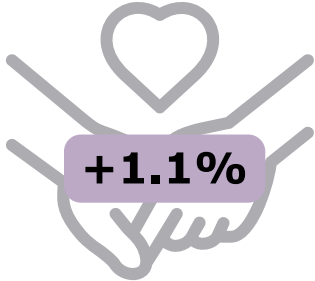
"I feel that my mental health has improved."



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



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



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

2024 Data Reflections

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

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

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

Financial Performance

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

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

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

Other revenue sources

- We received £12,415 through fundraising, awards and donations
- We received nearly £49K of earned income through external training and delivery.

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

Reserves policy

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

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

Our Team



Tim Norval

CAVDAS Peer
Navigator



Sarah Vaile

RC Founder &
Director



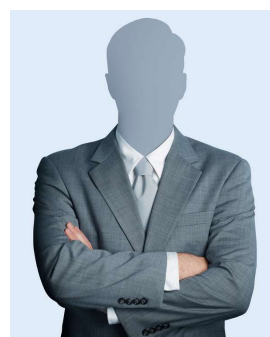
Judith Enticott

CAVDAS Team
Leader



Rachel Bayer

RC Finance & Head
of Operations



David Driscoll

RC Peer Worker



Laura Davies

RC Funding &
Strategic Support



Joanne Germon

CAVDAS Recovery
& Aftercare Worker



Trudie Merry

CAVDAS Recovery
& Aftercare Worker



Kelvin McCann

CAVDAS Recovery
& Aftercare Worker



**Andrew
McCutcheon**

CAVDAS Recovery
& Aftercare Worker



David Parker

VAC
Coordinator



Ceri John

CAVDAS Community
Connections
Coordinator

Our Team



Emma Greenhill

Peer Team
Administrator



**Kaye
Cheeseman**
RC Administrator



Claire Norval

Cleaner



Meirion Evans

RC Peer Worker



Owen Williams

RC Family & Friends
Peer Worker



**Rosey
Stonehouse**
RC Administrator
and Projects
Coordinator



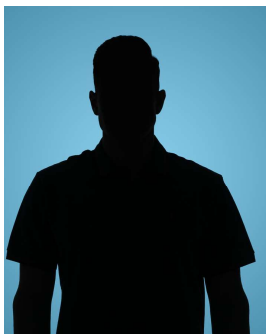
**Gemma
Brownhill**

CAVDAS Community
Connections
Coordinator



Rebecca Cashman

RC Communications
Officer



**Anthony
Prosser**

Cleaner

Dai Parker resigned November 2023

Andrew McCutcheon moved to CAVDAS CYP January 2024

Kaye Cheeseman resigned January 2024

Emma G started April 2023

Owen & Rosey started November 2023

Trustees



Gail Smith
Chair



Dominic Houlihan
Treasurer



Andrew Healy
Board Member



Susie Boxall
Secretary



Dr Robert Heirene
Trustee



Amanda-Jane Oliver
Trustee



Ruth Saunders
Trustee



Simon Underhill
Trustee

Thank You

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

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

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

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



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

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

Gail Smith
Chair

Company registration number: 08520441

Charity registration number: 1154530

Recovery Cymru Community

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

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

Recovery Cymru Community

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

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

Responsibilities and basis of report

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

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


Independent examiner's statement

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

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

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

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



Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

21 October 2024

Recovery Cymru Community

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

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

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

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

The funds breakdown for 2023 is shown in note 17.

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 2024


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

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

Directors' responsibilities:

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

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



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 2024

1 Charity status

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

The address of its registered office is:

218 Cowbridge Road East

Canton

Cardiff

CF5 1GX

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

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

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

Statement of compliance

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

Basis of preparation

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

Going concern

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

Departures from the SORP

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

Exemption from preparing a cash flow statement

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

Recovery Cymru Community

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

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 2024

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 2024

3 Income from donations and legacies

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

4 Income from charitable activities

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

5 Income from other trading activities

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

6 Other income

	Unrestricted funds General £	Total 2024 £
Fees and supplies	150	150
	<u>150</u>	<u>150</u>

Recovery Cymru Community

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

7 Expenditure on charitable activities

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

8 Analysis of support costs

Support costs allocated to charitable activities

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

Basis of allocation

Reference	Method of allocation
A	Professional fees allocated directly

Recovery Cymru Community

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

9 Net incoming/outgoing resources

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

	2024	2023
	£	£
Operating leases - other assets	19,894	19,894
Depreciation of fixed assets	2,464	11,999
	<u>22,358</u>	<u>31,893</u>

10 Trustees remuneration and expenses

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

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

11 Staff costs

The aggregate payroll costs were as follows:

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

	2024	2023
	No	No
Management team	3	3
Delivery staff	23	19
	<u>26</u>	<u>22</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 2024

12 Taxation

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

13 Tangible fixed assets

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

The net book value of furniture & equipment includes £9,856 (2023: £12,320) 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 2024

14 Debtors

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

15 Cash and cash equivalents

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

16 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	13,066	994
Accruals	1,493	1,717
Deferred income	57,273	38,912
	<u>71,832</u>	<u>41,623</u>
	2024 £	2023 £
Deferred income at 1 April 2023	(38,912)	(57,979)
Resources deferred in the period	(52,300)	(12,500)
Amounts released from previous periods	33,939	31,567
Deferred income at year end	<u>(57,273)</u>	<u>(38,912)</u>

Recovery Cymru Community

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

17 Funds

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

Recovery Cymru Community

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

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
<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 funds	<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 funds	<u>71,058</u>	<u>405,377</u>	<u>(447,569)</u>	<u>(577)</u>	<u>28,289</u>
Total funds	<u>292,032</u>	<u>499,674</u>	<u>(493,546)</u>	<u>-</u>	<u>298,160</u>

Recovery Cymru Community

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

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

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

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

18 Analysis of net assets between funds

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

	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>