

B3 - BE HEARD BE MOTIVATED BE FREE

England & Wales · Charity number 1154933

Details

Other names	B3
Status	Registered
Legal form	CIO
Registered	2013-12-09
Register	View on the Charity Commission register

Contact

Address	97 Cobbold Road London NW10 9SU
Phone	07545921593
Email	info@b-3.org.uk
Website	www.b-3.org.uk

Activities

Objects: 1.TO RELIEVE THE NEEDS AND PRESERVE AND PROTECT THE HEALTH OF THOSE WHO ARE SUFFERING FROM OR AT RISK OF SUFFERING FROM HOMELESSNESS,DRUG AND/OR ALCOHOL MISUSE OR WHOSE CIRCUMSTANCES RENDER THEMSELVES VULNERABLE OR IN NEED WITHIN THE LONDON BOROUGH OF BRENT AND BEYOND.2.TO ADVANCE THE EDUCATION OF THE PUBLIC BY RAISING AWARENESS OF DRUG AND ALCOHOL MISUSE,HOMELESSNESS,MENTAL AND SEXUAL HEALTH WITHIN THE BOROUGH OF BRENT AND BEYOND.

Activities: Brent Service User Council is known locally as B3, we provide peer support and advocacy to drug and alcohol service users. Raise awareness of drug and alcohol issues through information and education.Provide a voice and support for service users.Improve services in Brent through community feedback, partnership work, training and service user involvement.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Brent
- City Of Westminster
- Ealing
- Hammersmith And Fulham
- Hillingdon
- Kensington And Chelsea
- Lambeth

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£202,956	£228,598	-	-
2024-03-31	£186,203	£192,529	-	-
2023-03-31	£141,362	£143,152	-	-
2022-03-31	£143,836	£120,156	-	-
2021-03-31	£164,190	£113,293	-	-

Trustees

Name	Role	Appointed
ALEXANDRA LORT PHILLIPS	Chair	2023-02-09
Kefi Chadwick		2023-02-09
Max Albert Griffiths		2025-12-05
Prakash Shah		2024-10-03
Sasha Louise Donaldson		2023-02-09

B3 - BE HEARD BE MOTIVATED BE FREE

England & Wales - Charity number 1154933

Accounts

TRUSTEE ANNUAL REPORT

For the Year Ended 31 March 2025

1. Reference and Administrative Details

Charity Name:

B3 – Be Heard Be Motivated Be Free

Charity Registration Number: 1154933

Principal Address:

97 Cobbold Road
London
NW10 9SU

Service Manager:

Radha Allen

2. Trustees

The trustees who served during the year and until the date of this report were:

Alexandra Lort Phillips (Chair) – appointed 9 February 2023

Kefi Chadwick – appointed 9 February 2023

Sasha Louise Donaldson – appointed 9 February 2023

Prakash Shah - appointed 3 October 2024

3. Structure, Governance and Management

B3 is governed by a Board of Trustees who are responsible for the strategic direction, governance, and financial oversight of the charity.

Day-to-day operations are managed by the Service Manager.

B3 was established by individuals with lived experience of accessing drug treatment services. The organisation is peer-led by design, enabling it to respond effectively to the needs of people affected by substance misuse in the London Borough of Brent.

Trustees meet regularly and work in partnership with the Service Manager to ensure compliance with the charity's objectives and legal obligations.

4. Objectives and Activities

4.1 Objectives

The charity's objectives remained unchanged during the year. B3 exists to:

- Raise awareness of drug and alcohol issues through information and education
- Provide a voice and advocacy for service users
- Improve local services through community research, partnership working, training, and service user involvement

4.2 Activities Undertaken to Achieve Objectives

To achieve these objectives, B3 undertook the following activities during the year:

- Weekly Brent-wide Service Users' Group meetings
- Partnership working with Brent Public Health and Brent New Beginnings
- Advocacy with service providers
- Outreach and peer research
- Delivery of training and awareness-raising events

5. Public Benefit

The trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011 to have due regard to the Charity Commission's public benefit guidance.

B3's activities provide public benefit by supporting individuals affected by substance misuse, improving access to services, strengthening recovery pathways, and contributing to service development across Brent.

6. Achievements and Performance

6.1 BSAFE Weekend Service

The BSAFE weekend service continued to operate on Saturdays and Sundays, providing a safe environment for service users when other services were unavailable.

During the year:

- 81 clients received FibroScan liver screening, with referrals to Hepatology where appropriate
- HIV screening sessions were delivered on three occasions
- A Sunday art group was established
- The service hosted its first Recovery Month event and a Christmas celebration

6.2 Recovery Champions Training

During 2024–2025:

- 4 Recovery Champions courses were delivered
- 53 referrals were received
- 41 participants commenced training
- 38 participants successfully graduated

Outcomes included progression into employment, volunteering, and further education or training.

6.3 Outreach, Support and Engagement

B3 continued extensive outreach work and provided one-to-one support through:

- Telephone and face-to-face engagement
- Buddying services

- Restarting the Through the Gates service to support individuals on release from prison

The charity also delivered multiple focus groups and facilitated access to a wide range of accredited and non-accredited training opportunities.

6.4 Partnership Working

B3 worked collaboratively with a wide range of statutory, voluntary, and community organisations to ensure coordinated support for service users.

The charity participated in numerous borough-wide forums to support information sharing, service coordination, and service-user involvement.

7. Financial Review

B3 is funded and directly commissioned by Brent Public Health, part of Brent Council that deals with commissioning treatment and recovery services across Brent.

During the year:

- Expenditure increased due to inflationary pressures and increased levels of activity
- Income increased, although not sufficiently to fully offset rising costs

The charity's reserves, accumulated during previous years, will support short-term financial pressures. Subsequent to the year end, the charity received a modest increase in funding, which is expected to continue into the current year.

Income increased though not enough to maintain a balance. This will continue to be a challenge, but the reserves built up during the disrupted years will assist with short term financial challenges. Subsequent to the year end, B3 had a slight increase to its funding, which we expect to continue into the current year.

8. Reserves Policy

The trustees monitor reserves regularly and consider current and future operational needs when reviewing reserve levels.

9. Plans for Future Periods


The charity intends to continue delivering peer-led recovery support, training, and advocacy services across Brent, while strengthening partnerships and ensuring financial sustainability.

10. Statement of Trustee Responsibilities

The trustees are responsible for preparing the Trustee Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Approval

This report was approved by the Board of Trustees and signed on its behalf:



Alexandra Lort Phillips

Alexandra Lort Phillips

Chair

Date: 20 January 2026

B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2025



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2025

Income:

	<u>2025</u>	<u>2024</u>
Grants & Donations	202,821	186,030
Other Income	<u>135</u>	<u>173</u>
	202,956	186,203

Less Expenditure:

Events & Services	55,515	38,350
Salaries & Wages	132,827	131,020
Pension	10,513	10,195
Computer Support & Ancilliaries	3,716	3,000
Insurance	1,267	1,181
Repairs	0	0
Staff Training	2,259	1,820
Telephone	1,757	4,187
Printing, Postage & Stationery	3,975	1,483
Rent - Reverse Overprovision	0	(12,000)
Travel Expenses	10,721	8,136
Sundry Expenses	120	36
Bank Charges	60	60
Legal & Professional Fees	0	0
Accountancy Fees	4,560	4,320
Depreciation Charge	1,308	740
	<u>228,598</u>	<u>192,529</u>
Total Expenditure	<u>228,598</u>	<u>192,529</u>
Net Surplus/(Deficit)	(25,642)	(6,326)
Unrestricted Funds Brought Forward	<u>99,314</u>	<u>105,640</u>
Unrestricted Funds Carried Forward	<u><u>73,673</u></u>	<u><u>99,314</u></u>

B3 ORGANISATION

BALANCE SHEET AS AT 31 MARCH 2025

	<u>2025</u>		<u>2024</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		1,019		1,480
<u>Current Assets</u>				
Cash at Bank and in hand	<u>80,059</u>		<u>106,116</u>	
	80,059		106,116	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>7,405</u>		<u>8,282</u>	
Net Current Assets		72,654		97,834
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£73,673</u>		<u>£99,315</u>
 <u>FUNDS:</u>				
Unrestricted Funds		<u>73,673</u>		<u>99,315</u>
Shareholders' Funds - All Equity		<u>£73,673</u>		<u>£99,315</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:



Alexandra Lort Phillips

Signed on 14 January 2026 @ 16:47

..... Alexandra Lort Phillips

Trustee



Prakash Shah

Signed on 14 January 2026 @ 15:41

.....Prakash Shah

Trustee

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



B3 Redhouse

Countersigned on 14 January 2026 @ 16:53

REDHOUSE AND ASSOCIATES BUSINESS

Date :

SERVICES LIMITED

164A Kenton Road

Kenton, Harrow

Middlesex

HA3 8BL

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Charity Name

B3 - BE HEARD BE MOTIVATED BE FREE

On accounts for the year ended

31 March 2025

Charity no
(if any)

1154933

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 03 /2025.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:



Date:

14 January 2026

Name:

Bernard Redhouse

Relevant professional qualification(s) or body (if any):

Address:	164a Kenton Road
	Harrow
	HA3 8BL

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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Address:	164a Kenton Road
	Harrow
	HA3 8BL

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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B3 - BE HEARD BE MOTIVATED BE FREE

England & Wales - Charity number 1154933

Accounts

TRUSTEE REPORT 2022-2023

Charity Name: B3 – Be Heard Be Motivated Be Free

Registration No: 1154933

Address: 97 Cobbold Road London NW10 9SU

Service Manager: Radha Allen

Trustees:

Alexandra Lort Phillips (Chair) – appointed 9th February 2023

Kefi Chadwick – appointed 9th February 2023

Sasha Louise Donaldson – appointed 9th February 2023

Chloe O'Connell – appointed 9th February 2023

Prakash Shah (Treasurer) – resigned 9th February 2023

Nick Wilson (Secretary) – resigned 9th February 2023

B3 Structure

B3 is run by the service manager and overseen by a Board of Trustees. The Trustees changed in February 2023 following advice from the Charity Commission regarding eligibility under the terms of the governing document. At the same time, the organisation had a period where day to day decision making was the responsibility of the Trustees; this has now reverted to the service manager.

B3 was created by individuals who were accessing drug treatment services and wanted to help themselves and others facing the same struggles. By design it is supported by peer led members which enables us to address problems facing people with substance misuse issues in Brent.

Aims and Objectives

These remain as in previous years. B3 offers peer support and advocacy to drug and alcohol service users. We contribute to improvements in Brent services and help service users improve the quality of their lives.

1. Aims

- 1.1. Raise awareness of drug and alcohol issues through information and education.
- 1.2. Provide a voice and support for service users.
- 1.3. Improve services in Brent through community research, partnership work, training and service user involvement.

2. Activities

- 2.1. B3 holds a Brent-wide service users' group every Friday to discuss issues concerning service users in Brent.
- 2.2. B3 works in partnership with Brent Public Health, and Brent New Beginnings.
- 2.3. B3 members can take part in:
 - Meetings to advocate with service providers;
 - Awareness raising events and presentations;
 - Peer research;
 - Outreach; and
 - Training.

3. Benefits for B3 Members

- 3.1. Find out more about local services — we regularly have guest speakers from the NHS, JobCentrePlus and other organisations.
- 3.2. Get involved in shaping the services they use.
- 3.3. Access training courses.
- 3.4. Strengthens our own recovery journeys and provides a stepping stone to our own personal and professional development.
4. Services for service providers
 - 4.1. B3 has members with training and experience in peer support and community research, specialising in drug and alcohol service provision.
 - 4.2. B3 has worked with a wide range of partner organisations as set out later in this report. In addition we assist with various research and evaluations as needed.
 - 4.3. B3 offers advice and support to service user groups in Brent.
 - 4.4. B3 offers Recovery Champion training in partnership with local services. This was restarted during the year following the long term impact of COVID restrictions.
 - 4.5 B3 provides a weekend service (BSAFE) that gives a safe environment for service users at a time when other facilities are unavailable. With the reduction in volunteer numbers as a consequence of the disruption caused by COVID restrictions this was reintroduced during the year on a Saturdays only basis

Review of activities and achievements

The reintroduction of the Recovery Champions training was a significant step during the year. Whilst the course has been run successfully, referrals to it by other services have been at a lower level than before COVID, and this (together with the suspension of the course during and while recovering from Covid) has reduced the number of volunteers (graduates of the course) available to support other services provided by B3. The reduction in referrals was to some extent offset by higher conversion of referrals to starters and graduates of the training. In the last full year (2019-20) there were 4 courses with 53 referrals leading to 33 starters and 25 graduates. In the half year following reintroduction there were 2 courses with 17 referrals leading to 13 starters and 11 graduates. Returning the number of referrals to pre-COVID levels remains a significant focus.

The team continued to provide more one to one support to service users, either by phone or face to face. Where possible the contact was provided on a regular basis. We also continued to provide buddying services (accompanying service users to places like job centres and health reviews) for referrals from WDP.

We continue to provide access to a wide range training. This included Food Safety, Emergency First Aid at work, Fire Marshall, NCIL Grant Presentation and Volatile Substances Awareness (VSA). Recovery Champions, Nova, Communication skills, Naloxone, Food Safety Training, Fire Marshall, Emergency First Aid at Work, Needle Exchange, Level 2 Food Hygiene Course, Volunteer Handbook Training, NCIL funding bid, Gamcare, Mental Health First Aid, Peer Supervision, Peer Support, Supervision Workshop, MECC, Dealing with Violent and Aggressive Behaviour

An important part of our service is ensuring that service users with whom we are in contact are also able to access other services within the borough. This requires significant information sharing and coordination and we continued to take part in a wide number of forums to ensure that this happens. B3 has moved its weekly service user council meeting, where matters such as opportunities to volunteer are shared with service users, back to face to face. We continued to support Brent Hubs which allows our service users to access different services such as advice on housing and drug and alcohol use), but this was done by telephone rather than at booths in the library. We are part of the weekly partnership meeting with Public Health to identify

relevant information for our service users. Other forums we take part in include London User Involvement Council (LUIC) and Homelessness forum (which focuses particularly on directing service users between the organisations)

Much of our work is done in partnership with many organisations, alongside the core partnerships with Brent Public Health and Brent New Beginnings. These included Sobriety Films, Brahma Kumaris, WDP, CNWL, Brent Council, Terrence Higgins Trust, Outside Edge Theatre Company, ZenW2, Capital Card, Streetlink, Harlesden Neighbourhood Forum, IPS, CVS, SUFRA, Crisis, Ashford Place, Foundation for Change, Built on Belief, Community Safety, Outside Edge Theatre Company, NIA, Brent Start, St Mungo's, Brent Works, VAWG, Rumi's Cave, Unity Centre, Brent Connects, Brent Environmental Network, Harlesden Town Gardens, Advice4Renters, Brent Libraries, Recovery Street Film Festival, AA, NA, Brent Thrive, Granville Community Centre, St Laurence's Larder, Brent Bereavement Service, CAB and Roundwood Lodge.

Funding

We are funded and directly commissioned by Brent Public Health who are part of Brent Council that deals with commissioning treatment and recovery services across Brent. They have worked closely with us to identify and agree how best to reintroduce services service during and following recovery from covid and the restrictions resulting from it.

With the reintroduction of services, B3's income and expenditure returned to balance; going forward maintaining this balance will be a challenge, but the reserves built up during the disrupted years will assist with short term financial challenges.

Subsequent to the year end, B3 had a significant increase to its funding to resource a per advocate post for three years.

Governance remains a concern; although the Board of Trustees has sufficient numbers, it is continuing to prove hard to recruit further trustees, and we are still looking for a replacement to the former Treasurer.



Alexandra Lort Phillips

Chair

Date: 27/11/2023

B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2024



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

Income:

	<u>2024</u>	<u>2023</u>
Grants & Donations	186,030	141,240
Other Income	<u>173</u>	<u>122</u>
	186,203	141,362

Less Expenditure:

Events & Services	38,350	32,982
Salaries & Wages	131,020	85,276
Pension	10,195	6,836
Computer Support & Ancillaries	3,000	2,749
Insurance	1,181	1,134
Repairs	0	0
Staff Training	1,820	0
Telephone	4,187	3,711
Printing, Postage & Stationery	1,483	243
Rent - Reverse Overprovision	(12,000)	0
Travel Expenses	8,136	5,354
Subscriptions	36	0
Bank Charges	60	72
Legal & Professional Fees	0	595
Accountancy Fees	4,320	4,200
Depreciation Charge	740	0

Total Expenditure	<u>192,529</u>	<u>143,152</u>
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Net Surplus/(Deficit)	(6,326)	(1,790)
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Unrestricted Funds Brought Forward	<u>105,640</u>	<u>107,430</u>
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Unrestricted Funds Carried Forward	<u><u>99,314</u></u>	<u><u>105,640</u></u>
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B3 ORGANISATION

BALANCE SHEET AS AT 31 MARCH 2024

	<u>2024</u>		<u>2023</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		1,480		0
<u>Current Assets</u>				
Cash at Bank and in hand	<u>106,116</u>		<u>124,281</u>	
	106,116		124,281	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>8,282</u>		<u>18,641</u>	
Net Current Assets		97,834		105,640
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£99,315</u>		<u>£105,640</u>
<u>FUNDS:</u>				
Unrestricted Funds		<u>99,315</u>		<u>105,640</u>
Shareholders' Funds - All Equity		<u>£99,315</u>		<u>£105,640</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:



Alexandra Lort Phillips

Signed on 17/12/24 @ 10:13

..... Alexandra Lort Phillips

Trustee



Prakash Shah

Signed on 17/12/24 @ 10:22

.....Prakash Shah

Trustee

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



BH Redhouse
Signed on 17/12/24 @ 10:42

REDHOUSE AND ASSOCIATES BUSINESS
SERVICES LIMITED
164A Kenton Road
Kenton, Harrow
Middlesex
HA3 8BL

Date :



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

B3 - BE HEARD BE MOTIVATED BE FREE

On accounts for the year
ended

31 March 2024

Charity no
(if any)

1154933

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

22 January 2025

Name:

Bernard Redhouse

Relevant professional

qualification(s) or body
(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

B3 - BE HEARD BE MOTIVATED BE FREE

England & Wales - Charity number 1154933

Accounts

B3 Organisation

Unaudited Financial Management Accounts

for Period

1 April 2022

to

31 March 2023

Prepared by
REDHOUSE & ASSOCIATES Business Services Limited
from information supplied by client.



B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2023



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

Income:

	<u>2023</u>	<u>2022</u>
Grants & Donations	141,240	143,836
Other Income	<u>122</u>	<u>0</u>
	141,362	143,836

Less Expenditure:

Events & Services	32,982	24,153
Salaries & Wages	85,276	75,362
Pension	6,836	5,971
Computer Support & Ancillaries	2,749	1,699
Insurance	1,134	1,237
Repairs	0	0
Staff Training	0	0
Telephone	3,711	3,188
Printing, Postage & Stationery	243	104
Travel Expenses	5,354	3,267
Subscriptions	0	0
Bank Charges	72	96
Legal & Professional Fees	595	1,000
Accountancy Fees	4,200	4,080
Depreciation Charge	0	0
Other Office Costs	0	0
	<u>143,152</u>	<u>120,156</u>
Total Expenditure	<u>143,152</u>	<u>120,156</u>
Net Surplus/(Deficit)	(1,790)	23,680
Unrestricted Funds Brought Forward	<u>107,430</u>	<u>83,750</u>
Unrestricted Funds Carried Forward	<u><u>105,640</u></u>	<u><u>107,430</u></u>

B3 ORGANISATION

BALANCE SHEET AS AT 31 MARCH 2023

	<u>2023</u>		<u>2022</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		0		0
<u>Current Assets</u>				
Cash at Bank and in hand	<u>124,281</u>		<u>125,147</u>	
	124,281		125,147	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>18,641</u>		<u>17,718</u>	
Net Current Assets		105,640		107,430
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£105,640</u>		<u>£107,430</u>
 <u>FUNDS:</u>				
Unrestricted Funds		<u>105,640</u>		<u>107,430</u>
Shareholders' Funds - All Equity		<u>£105,640</u>		<u>£107,430</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:



Alexandra Lort Phillips

Signed on 17/01/24 @ 17:50

..... Alexandra Lort Phillips

Trustee



Kefi Chadwick

Signed on 17/01/24 @ 10:29

.....Kefi Chadwick

Trustee

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



Bernard Redhouse

Signed on 17/01/24 @ 17:53

REDHOUSE AND ASSOCIATES BUSINESS
SERVICES LIMITED
164A Kenton Road
Kenton, Harrow
Middlesex
HA3 8BL

Date :

TRUSTEE REPORT 2022-2023

Charity Name: B3 – Be Heard Be Motivated Be Free

Registration No: 1154933

Address: 97 Cobbold Road London NW10 9SU

Service Manager: Radha Allen

Trustees:

Alexandra Lort Phillips (Chair) – appointed 9th February 2023

Kefi Chadwick – appointed 9th February 2023

Sasha Louise Donaldson – appointed 9th February 2023

Chloe O'Connell – appointed 9th February 2023

Prakash Shah (Treasurer) – resigned 9th February 2023

Nick Wilson (Secretary) – resigned 9th February 2023

B3 Structure

B3 is run by the service manager and overseen by a Board of Trustees. The Trustees changed in February 2023 following advice from the Charity Commission regarding eligibility under the terms of the governing document. At the same time, the organisation had a period where day to day decision making was the responsibility of the Trustees; this has now reverted to the service manager.

B3 was created by individuals who were accessing drug treatment services and wanted to help themselves and others facing the same struggles. By design it is supported by peer led members which enables us to address problems facing people with substance misuse issues in Brent.

Aims and Objectives

These remain as in previous years. B3 offers peer support and advocacy to drug and alcohol service users. We contribute to improvements in Brent services and help service users improve the quality of their lives.

1. Aims

- 1.1. Raise awareness of drug and alcohol issues through information and education.
- 1.2. Provide a voice and support for service users.
- 1.3. Improve services in Brent through community research, partnership work, training and service user involvement.

2. Activities

- 2.1. B3 holds a Brent-wide service users' group every Friday to discuss issues concerning service users in Brent.
- 2.2. B3 works in partnership with Brent Public Health, and Brent New Beginnings.
- 2.3. B3 members can take part in:
 - Meetings to advocate with service providers;
 - Awareness raising events and presentations;
 - Peer research;
 - Outreach; and
 - Training.

3. Benefits for B3 Members

- 3.1. Find out more about local services — we regularly have guest speakers from the NHS, JobCentrePlus and other organisations.
- 3.2. Get involved in shaping the services they use.
- 3.3. Access training courses.
- 3.4. Strengthens our own recovery journeys and provides a stepping stone to our own personal and professional development.
4. Services for service providers
 - 4.1. B3 has members with training and experience in peer support and community research, specialising in drug and alcohol service provision.
 - 4.2. B3 has worked with a wide range of partner organisations as set out later in this report. In addition we assist with various research and evaluations as needed.
 - 4.3. B3 offers advice and support to service user groups in Brent.
 - 4.4. B3 offers Recovery Champion training in partnership with local services. This was restarted during the year following the long term impact of COVID restrictions.
 - 4.5 B3 provides a weekend service (BSAFE) that gives a safe environment for service users at a time when other facilities are unavailable. With the reduction in volunteer numbers as a consequence of the disruption caused by COVID restrictions this was reintroduced during the year on a Saturdays only basis

Review of activities and achievements

The reintroduction of the Recovery Champions training was a significant step during the year. Whilst the course has been run successfully, referrals to it by other services have been at a lower level than before COVID, and this (together with the suspension of the course during and while recovering from Covid) has reduced the number of volunteers (graduates of the course) available to support other services provided by B3. The reduction in referrals was to some extent offset by higher conversion of referrals to starters and graduates of the training. In the last full year (2019-20) there were 4 courses with 53 referrals leading to 33 starters and 25 graduates. In the half year following reintroduction there were 2 courses with 17 referrals leading to 13 starters and 11 graduates. Returning the number of referrals to pre-COVID levels remains a significant focus.

The team continued to provide more one to one support to service users, either by phone or face to face. Where possible the contact was provided on a regular basis. We also continued to provide buddying services (accompanying service users to places like job centres and health reviews) for referrals from WDP.

We to continue to provide access to a wide range training. This included Food Safety, Emergency First Aid at work, Fire Marshall, NCIL Grant Presentation and Volatile Substances Awareness (VSA). Recovery Champions, Nova, Communication skills, Naloxone, Food Safety Training, Fire Marshall, Emergency First Aid at Work, Needle Exchange, Level 2 Food Hygiene Course, Volunteer Handbook Training, NCIL funding bid, Gamcare, Mental Health First Aid, Peer Supervision, Peer Support, Supervision Workshop, MECC, Dealing with Violent and Aggressive Behaviour

An important part of our service is ensuring that service users with whom we are in contact are also able to access other services within the borough. This requires significant information sharing and coordination and we continued to take part in a wide number of forums to ensure that this happens. B3 has moved its weekly service user council meeting, where matters such as opportunities to volunteer are shared with service users, back to face to face. We continued to support Brent Hubs which allows our service users to access different services such as advice on housing and drug and alcohol use), but this was done by telephone rather than at booths in the library. We are part of the weekly partnership meeting with Public Health to identify

relevant information for our service users. Other forums we take part in include London User Involvement Council (LUIC) and Homelessness forum (which focuses particularly on directing service users between the organisations)

Much of our work is done in partnership with many organisations, alongside the core partnerships with Brent Public Health and Brent New Beginnings. These included Sobriety Films, Brahma Kumaris, WDP, CNWL, Brent Council, Terrence Higgins Trust, Outside Edge Theatre Company, ZenW2, Capital Card, Streetlink, Harlesden Neighbourhood Forum, IPS, CVS, SUFRA, Crisis, Ashford Place, Foundation for Change, Built on Belief, Community Safety, Outside Edge Theatre Company, NIA, Brent Start, St Mungo's, Brent Works, VAWG, Rumi's Cave, Unity Centre, Brent Connects, Brent Environmental Network, Harlesden Town Gardens, Advice4Renters, Brent Libraries, Recovery Street Film Festival, AA, NA, Brent Thrive, Granville Community Centre, St Laurence's Larder, Brent Bereavement Service, CAB and Roundwood Lodge.

Funding

We are funded and directly commissioned by Brent Public Health who are part of Brent Council that deals with commissioning treatment and recovery services across Brent. They have worked closely with us to identify and agree how best to reintroduce services service during and following recovery from covid and the restrictions resulting from it.

With the reintroduction of services, B3's income and expenditure returned to balance; going forward maintaining this balance will be a challenge, but the reserves built up during the disrupted years will assist with short term financial challenges.

Subsequent to the year end, B3 had a significant increase to its funding to resource a per advocate post for three years.

Governance remains a concern; although the Board of Trustees has sufficient numbers, it is continuing to prove hard to recruit further trustees, and we are still looking for a replacement to the former Treasurer.



Alexandra Lort Phillips

Chair

Date: 27/11/2023

B3 Organisation

Unaudited Financial Management Accounts

for Period

1 April 2022

to

31 March 2023

Prepared by
REDHOUSE & ASSOCIATES Business Services Limited
from information supplied by client.



B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2023



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

Income:

	<u>2023</u>	<u>2022</u>
Grants & Donations	141,240	143,836
Other Income	<u>122</u>	<u>0</u>
	141,362	143,836

Less Expenditure:

Events & Services	32,982	24,153
Salaries & Wages	85,276	75,362
Pension	6,836	5,971
Computer Support & Ancillaries	2,749	1,699
Insurance	1,134	1,237
Repairs	0	0
Staff Training	0	0
Telephone	3,711	3,188
Printing, Postage & Stationery	243	104
Travel Expenses	5,354	3,267
Subscriptions	0	0
Bank Charges	72	96
Legal & Professional Fees	595	1,000
Accountancy Fees	4,200	4,080
Depreciation Charge	0	0
Other Office Costs	0	0
	<u>143,152</u>	<u>120,156</u>
Total Expenditure	<u>143,152</u>	<u>120,156</u>
Net Surplus/(Deficit)	(1,790)	23,680
Unrestricted Funds Brought Forward	<u>107,430</u>	<u>83,750</u>
Unrestricted Funds Carried Forward	<u><u>105,640</u></u>	<u><u>107,430</u></u>

B3 ORGANISATION

BALANCE SHEET AS AT 31 MARCH 2023

	<u>2023</u>		<u>2022</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		0		0
<u>Current Assets</u>				
Cash at Bank and in hand	<u>124,281</u>		<u>125,147</u>	
	124,281		125,147	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>18,641</u>		<u>17,718</u>	
Net Current Assets		105,640		107,430
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£105,640</u>		<u>£107,430</u>
 <u>FUNDS:</u>				
Unrestricted Funds		<u>105,640</u>		<u>107,430</u>
Shareholders' Funds - All Equity		<u>£105,640</u>		<u>£107,430</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:



Alexandra Lort Phillips

Signed on 17/01/24 @ 17:50

..... Alexandra Lort Phillips

Trustee



Kefi Chadwick

Signed on 17/01/24 @ 10:29

.....Kefi Chadwick

Trustee

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



Bernard Redhouse

Signed on 17/01/24 @ 17:53

REDHOUSE AND ASSOCIATES BUSINESS

SERVICES LIMITED

164A Kenton Road

Kenton, Harrow

Middlesex

HA3 8BL

Date :

B3 - BE HEARD BE MOTIVATED BE FREE

England & Wales - Charity number 1154933

Accounts

TRUSTEE REPORT 2021-2022

Charity Name: B3 – Be Heard Be Motivated Be Free

Registration No: 1154933

Address: 97 Cobbold Road London NW10 9SU

Service Manager: Radha Allen

Trustees:

Prakash Shah (Treasurer)

Nick Wilson (Secretary)

B3 is run by the service manager and overseen by a Board of Trustees; subsequent to the year end we understand that we have insufficient trustees and are seeking new ones. By design it is supported by peer led members which enables us to address problems facing people with substance misuse issues in Brent. B3 was created by individuals who were accessing drug treatment services and wanted to help themselves and others facing the same struggles.

Aims and Objectives

These remain as in previous years. B3 offers peer support and advocacy to drug and alcohol service users. We contribute to improvements in Brent services and help service users improve the quality of their lives.

1. Aims

1.1. Raise awareness of drug and alcohol issues through information and education.

1.2. Provide a voice and support for service users.

1.3. Improve services in Brent through community research, partnership work, training and service user involvement.

2. Activities

2.1. B3 holds a Brent-wide service users' group every Friday to discuss issues concerning service users in Brent.

2.2. B3 works in partnership with Brent Public Health, and Brent New Beginnings.

2.3. B3 members can take part in:

- Meetings to advocate with service providers;
- Awareness raising events and presentations;
- Peer research;
- Outreach; and
- Training.

3. Benefits for B3 Members

3.1. Find out more about local services — we regularly have guest speakers from the NHS, JobCentrePlus and other organisations.

3.2. Get involved in shaping the services they use.

3.3. Access training courses.

3.4. Strengthens our own recovery journeys and provides a stepping stone to our own personal and professional development.

4. Services for service providers

4.1. B3 has members with training and experience in peer support and community research, specialising in drug and alcohol service provision.

4.2. B3 has worked with IPS, Outside Edge, Brent Homeless Partnership, Capital Card, Ashford Place, New Beginnings, WDP, Citizens Advice Bureau, CNWL, Gamcare, Sufra, Crisis, Streetlink, Brent Council, Brahma Kumaris, Hep C Trust, Harlesden Town Garden, Advice4Renters, Willesden Library and local hostels and other organisations. In addition we assist with various research and evaluations as needed.

4.3. B3 offers advice and support to service user groups in Brent.

4.4. B3 offers Recovery Champion training in partnership with local services, but this was suspended during the year as it was impractical to run courses with COVID restrictions. The service being provided was reviewed with by this course was reviewed prior to its reintroduction. The training has been reintroduced subsequent to the financial year end.

4.5 B3 provides a weekend service (BSAFE) that gives a safe environment for service users at a time when other facilities are unavailable. This was suspended for much of the year because of the impact of COVID, but again has been partially reintroduced.

4.6 Because of the suspension of the previous two activities, B3 was running alternative opportunities to support those in recovery. The principle ones were twice weekly Christchurch meetings for up to 15 people a time, and weekly on line meeting for up to 30 people.

Review of activities and achievements

B3 continued to find alternative methods to support those using its services, and did so in consultation with the Commissioner for the services form Brent Council. There were twice weekly support meeting at Christchurch focused on volunteers attended by up to 15 people and involving guest speakers, weekly coffee morning at Roundwood park and a weekly well-being group. There were also weekly meetings online with guest speakers One offs included supporting International Women's day (March 2022) and Black History Month at Roundwood Park (October 2021).

The team continued to provide more one to one support to service users, either by phone face to face. Where possible the contact was provided on a regular basis. We also continued to provide buddying services (accompanying service users to places like job centres and health reviews) for referrals from WDP.

We were able to continue to provide access to training. This included Food Safety, Emergency First Aid at work, Fire Marshall, NCIL Grant Presentation and Volatile Substances Awareness (VSA).

An important part of our service is ensuring that service users with whom we are in contact are also able to access other services within the borough. This requires significant information sharing and coordination and we continued to take part in a wide number of forums to ensure that this happens. B3 moved its weekly service user council meeting, where matters such as opportunities to volunteer are shared with service users, to Zoom. We continued to support Brent Hubs which allows our service users to access different services such as advice on housing and drug and alcohol use), but this was done by telephone rather than at booths in the library. We are part of the weekly partnership meeting with Public Health

to identify relevant information for our service users. Other forums we take part in include London User Involvement Council (LUIC) and Homelessness forum (which focuses particularly on directing service users between the organisations)

Funding

We are funded and directly commissioned by Brent Public Health who are part of Brent Council that deals with commissioning treatment and recovery services across Brent. They have worked closely with us to identify and agree how best to continue to provide service during recovery from covid and the restrictions resulting from it. As a result of the reduced activity caused by Covid, B3 had a surplus during the year. This is retained to support future services. Subsequent to the year end the issue we raised in the last 2 years reports regarding having just 2 trustees has proved to be more significant - see opening paragraph. We hope to have it resolved shortly.

A handwritten signature in black ink, appearing to read 'Nick Wilson', with a long, sweeping tail stroke extending to the right.

Nick Wilson Secretary

Date: 26th January 2023

B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2022



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2022

Income:

	<u>2022</u>	<u>2021</u>
Grants & Donations	143,836	164,190
Other Income	<u>0</u>	<u>0</u>
	143,836	164,190

Less Expenditure:


Events & Services	24,153	16,019
Salaries & Wages	75,362	73,496
Pension	5,971	5,784
Computer Support & Ancillaries	1,699	1,595
Insurance	1,237	1,194
Repairs	0	330
Telephone	3,188	2,882
Printing, Postage & Stationery	104	1,006
Travel Expenses	3,267	2,086
Bank Charges	96	61
Legal & Professional Fees	1,000	5,000
Accountancy Fees	4,080	3,840
	<u>120,156</u>	<u>113,293</u>
Total Expenditure	<u>120,156</u>	<u>113,293</u>
Net Surplus/(Deficit)	23,680	50,897
Unrestricted Funds Brought Forward	<u>83,750</u>	<u>32,853</u>
Unrestricted Funds Carried Forward	<u><u>107,430</u></u>	<u><u>83,750</u></u>

B3 ORGANISATION

BALANCE SHEET AS AT 31 MARCH 2022

	<u>2022</u>		<u>2021</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		0		0
<u>Current Assets</u>				
Cash at Bank and in hand	<u>125,147</u>		<u>101,682</u>	
	125,147		101,682	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>17,718</u>		<u>17,932</u>	
Net Current Assets		107,430		83,750
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£107,430</u>		<u>83,750</u>
 <u>FUNDS:</u>				
Unrestricted Funds		<u>107,430</u>		<u>83,750</u>
Shareholders' Funds - All Equity		<u>£107,430</u>		<u>£ 83,750</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:

 *M N J Wilson*
Signed on 25/01/23 @ 11:10

..... N Wilson
Secretary

 *Prakash Shah*
Signed on 19/01/23 @ 16:37

.....P Shah
Treasurer

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



BH Redhouse

Countersigned on 25/01/23 @ 11:15

REDHOUSE AND ASSOCIATES BUSINESS

Date :

SERVICES LIMITED

164A Kenton Road

Kenton, Harrow

Middlesex

HA3 8BL

B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2022



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2022

Income:

	<u>2022</u>	<u>2021</u>
Grants & Donations	143,836	164,190
Other Income	<u>0</u>	<u>0</u>
	143,836	164,190

Less Expenditure:


Events & Services	24,153	16,019
Salaries & Wages	75,362	73,496
Pension	5,971	5,784
Computer Support & Ancillaries	1,699	1,595
Insurance	1,237	1,194
Repairs	0	330
Telephone	3,188	2,882
Printing, Postage & Stationery	104	1,006
Travel Expenses	3,267	2,086
Bank Charges	96	61
Legal & Professional Fees	1,000	5,000
Accountancy Fees	4,080	3,840
	<u>120,156</u>	<u>113,293</u>
Total Expenditure	<u>120,156</u>	<u>113,293</u>
Net Surplus/(Deficit)	23,680	50,897
Unrestricted Funds Brought Forward	<u>83,750</u>	<u>32,853</u>
Unrestricted Funds Carried Forward	<u><u>107,430</u></u>	<u><u>83,750</u></u>

B3 ORGANISATION

BALANCE SHEET AS AT 31 MARCH 2022

	<u>2022</u>		<u>2021</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		0		0
<u>Current Assets</u>				
Cash at Bank and in hand	<u>125,147</u>		<u>101,682</u>	
	125,147		101,682	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>17,718</u>		<u>17,932</u>	
Net Current Assets		107,430		83,750
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£107,430</u>		<u>83,750</u>
 <u>FUNDS:</u>				
Unrestricted Funds		<u>107,430</u>		<u>83,750</u>
Shareholders' Funds - All Equity		<u>£107,430</u>		<u>£ 83,750</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:

 *M N J Wilson*
Signed on 25/01/23 @ 11:10

..... N Wilson
Secretary

 *Prakash Shah*
Signed on 19/01/23 @ 16:37

.....P Shah
Treasurer

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



BH Redhouse

Countersigned on 25/01/23 @ 11:15

REDHOUSE AND ASSOCIATES BUSINESS

Date :

SERVICES LIMITED

164A Kenton Road

Kenton, Harrow

Middlesex

HA3 8BL

B3 - BE HEARD BE MOTIVATED BE FREE

England & Wales - Charity number 1154933

Accounts

B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2021



REDHOUSE AND ASSOCIATES BUSINESS SERVICES LIMITED

164a Kenton Road
Kenton, Harrow
Middlesex, HA3 8BL

B3 ORGANISATION

INCOME & EXPENDITURE STATEMENT

FOR THE YEAR ENDED 31 MARCH 2021

Income:

	<u>2021</u>	<u>2020</u>
Grants & Donations	164,190	119,140
Other Income	<u>0</u>	<u>0</u>
	164,190	119,140

Less Expenditure:

Events & Services	16,019	40,995
Salaries & Wages	73,496	75,633
Pension	5,784	5,788
Computer Support & Ancillaries	1,595	4,790
Insurance	1,194	1,020
Rent	0	0
Repairs	330	83
Staff Training	0	0
Telephone	2,882	2,794
Printing, Postage & Stationery	1,006	246
Travel Expenses	2,086	14,049
Subscriptions	0	90
Bank Charges	61	60
Legal & Professional Fees	5,000	6,700
Accountancy Fees	3,840	3,840
Depreciation Charge	0	1,004
Other Office Costs	0	0

Total Expenditure	<u>113,293</u>	<u>157,093</u>
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Net Surplus/(Deficit)	50,897	(37,953)
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Unrestricted Funds Brought Forward	<u>32,853</u>	<u>70,806</u>
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Unrestricted Funds Carried Forward	<u><u>83,750</u></u>	<u><u>32,853</u></u>
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B3 ORGANISATION


BALANCE SHEET AS AT 31 MARCH 2021

	<u>2021</u>		<u>2020</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<u>Fixed Assets</u>		0		0
<u>Current Assets</u>				
Cash at Bank and in hand	<u>101,682</u>		<u>50,088</u>	
	101,682		50,088	
<u>CREDITORS:</u>				
Amounts falling due within one year	<u>17,932</u>		<u>17,236</u>	
Net Current Assets		83,750		32,852
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		<u>£83,750</u>		<u>£32,853</u>
<u>FUNDS:</u>				
Unrestricted Funds		<u>83,750</u>		<u>32,853</u>
Shareholders' Funds - All Equity		<u>£83,750</u>		<u>£ 32,853</u>

The financial statements were approved by the Board of Trustees on
..... and were signed on it's behalf by:

 *M N J Wilson*
Signed on 01/02/22 @ 11:27

..... N Wilson
Secretary

 *Prakash Shah*
Signed on 03/02/22 @ 14:57

.....P Shah
Treasurer

B3 ORGANISATION

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

ACCOUNTANT'S REPORT

In accordance with instructions given to us, we have prepared, without carrying out an audit, the attached Income and Expenditure Account from the accounting records of B3 Organisation and from information and explanations supplied to us.



Bernard Redhouse

Countersigned on 03/02/22 @ 15:32

REDHOUSE AND ASSOCIATES BUSINESS
SERVICES LIMITED
164A Kenton Road
Kenton, Harrow
Middlesex
HA3 8BL

Date :

TRUSTEE REPORT 20-21

Charity Name: B3 – Be Heard Be Motivated Be Free

Registration No: 1154933

Address: 97 Cobbold Road London NW10 9SU

Service Manager: Radha Allen

Trustees:

Prakash Shah (Treasurer)

Nick Wilson (Secretary)

B3 is run by the service manager and overseen by a Board of Trustees, which is currently at its minimum level of 2 people and has no Chair. By design it is supported by peer led members which enables us to address problems facing people with substance misuse issues in Brent. B3 was created by individuals who were accessing drug treatment services and wanted to help themselves and others facing the same struggles.

Aims and Objectives

These remain as in previous years. B3 offers peer support and advocacy to drug and alcohol service users. We contribute to improvements in Brent services and help service users improve the quality of their lives.

1. Aims

- 1.1. Raise awareness of drug and alcohol issues through information and education.
- 1.2. Provide a voice and support for service users.
- 1.3. Improve services in Brent through community research, partnership work, training and service user involvement.

2. Activities

- 2.1. B3 holds a Brent-wide service users' group every Friday to discuss issues concerning service users in Brent.
- 2.2. B3 works in partnership with Brent Public Health, and Brent New Beginnings.
- 2.3. B3 members can take part in:
 - Meetings to advocate with service providers;
 - Awareness raising events and presentations;
 - Peer research;
 - Outreach; and
 - Training.

3. Benefits for B3 Members

- 3.1. Find out more about local services — we regularly have guest speakers from the NHS, JobCentrePlus and other organisations.
- 3.2. Get involved in shaping the services they use.
- 3.3. Access training courses.
- 3.4. Strengthens our own recovery journeys and provides a stepping stone to our own personal and professional development.

4. Services for service providers

- 4.1. B3 has members with training and experience in peer support and community research, specialising in drug and alcohol service provision.

4.2. B3 has worked with WDP New Beginning, Job Centres, Brahma Kumaris, SUFRA, CNWL, Ashford Place, St Mungos and local hostels and other organisations. In addition we assist with various research and evaluations as needed.

4.3. B3 offers advice and support to service user groups in Brent.

4.4. B3 offers Recovery Champion training in partnership with local services, but this was suspended during the year as it was impractical to run courses with COVID restrictions.

4.5 B3 provides a weekend service (BSAFE) that gives a safe environment for service users at a time when other facilities are unavailable. This was suspended for much of the year because of the impact of COVID.

Review of activities and achievements

As with many organisations, COVID, and the restrictions put in place to control it, created significant limitations on the services that could be provided, and B3 worked to put in place alternative means of support that could fit within the restrictions. We were not able to continue Recovery Champion training at all during the year; it is a face to face group activity over a period of months and the uncertainty over what would happen made it impractical to attempt to run any of the programmes. The weekend service (BSAFE) was suspended through the periods of lockdown and was reopened on a more restricted basis in between the lock down periods. It was open for two months, and provided support to a more limited number whilst it was open. Maximum numbers attending were limited to twenty five. It is important to celebrate recovery achievements, and although this had to be more limited than in previous years Recovery Month was marked by an outdoor event for thirty people.

The team provided more one to one support to service users, either by phone or when it was permitted with catch up meetings. Where possible the contact was provided on a regular basis. Because some of the restrictions on meeting numbers were exempted for service users it became possible to run twice weekly group meetings to provide support to members. These were initially held in the open (the park) and when outside allowed up to thirty people to meet for support, although numbers were kept to six people initially. During colder weather these support meetings moved to the church and were then limited to fifteen people at a time.

We were able to continue to provide access to training, although it was mostly provided remotely. This included first aid, fire marshall, food safety and mental health. We also continued to provide buddying services (accompanying service users to places like job centres and health reviews) for referrals from WDP.

An important part of our service is ensuring that service users with whom we are in contact are also able to access other services within the borough. This requires significant information sharing and coordination and we continued to take part in a wide number of forums to ensure that this happens. B3 moved its weekly service user council meeting, where matters such as opportunities to volunteer are shared with service users, to Zoom. We continued to support Brent Hubs which allows our service users to access different services such as advice on housing and drug and alcohol use), but this was done by telephone rather than at booths in the library. We are part of the weekly partnership meeting with Public Health to identify relevant information for our service users. Other forums we take part in include London User Involvement Council (LUIC) and Homelessness forum (which focuses particularly on directing service users between the organisations).

Funding

We are funded and directly commissioned by Brent Public Health who are part of Brent Council that deals with commissioning treatment and recovery services across Brent. They have worked closely with us to identify and agree how best to continue to provide service whilst \covid and restrictions prevented the service being delivered as in previous years. As a result of the reduced activity caused by Covid, B3 had a surplus during the year. This is retained to support future services. As noted last year, B3's involvement in a legal case over an injury to a volunteer was resolved during the year. We still face the issue of having just two trustees.

A handwritten signature in black ink, appearing to read 'Nick Wilson', with a long, sweeping tail.

Nick Wilson Secretary

Date: 24th January 2022