

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:



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

..... N Wilson
Secretary



P 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 exemoted 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 stylized, wavy line extending from the end.

Nick Wilson Secretary

Date: 24th January 2022