

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 from 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 stylized, flowing script.

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> </u>	<u> </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
SERVICES LIMITED
164A Kenton Road
Kenton, Harrow
Middlesex
HA3 8BL

Date :

B3 ORGANISATION

REPORT AND STATEMENT OF ACCOUNTS

31 MARCH 2022



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