

# 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:

  
I AMT as a signatory of the Trust's financial statements

**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:**

|                    | <b><u>2025</u></b> | <b><u>2024</u></b> |
|--------------------|--------------------|--------------------|
| 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 & Ancillaries            | 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>                    </u> | <u>                    </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>              |
| <b>Unrestricted Funds Carried Forward</b> | <b><u><u>73,673</u></u></b> | <b><u><u>99,314</u></u></b> |

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<br>one year              | <u>7,405</u>  |                       | <u>8,282</u>   |                       |
| Net Current Assets                                  |               | 72,654                |                | 97,834                |
| <b><u>TOTAL ASSETS LESS CURRENT LIABILITIES</u></b> |               | <b><u>£73,673</u></b> |                | <b><u>£99,315</u></b> |
| <u>FUNDS:</u>                                       |               |                       |                |                       |
| Unrestricted Funds                                  |               | <u>73,673</u>         |                | <u>99,315</u>         |
| <b>Shareholders' Funds - All Equity</b>             |               | <b><u>£73,673</u></b> |                | <b><u>£99,315</u></b> |

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.



*BH Redhouse*

Countersigned on 14 January 2026 @ 16:53

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

Date :

# 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

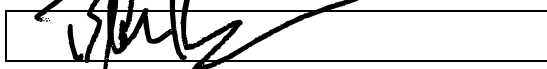
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- 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):



|                 |                  |
|-----------------|------------------|
| <b>Address:</b> | 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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|                 |                  |
|-----------------|------------------|
| <b>Address:</b> | 164a Kenton Road |
|                 | Harrow           |
|                 | HA3 8BL          |

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