



Vulture Club

Health and Wellbeing Centre
George Street / Michael Street
Whitehaven
Cumbria
CA28 7JB

www.vultureclub.co.uk

Reg Charity Inc Org No 1157909

vultureclub2012@gmail.com

01946 599553

Annual Report 2022

This is our Facilitators Annual Report prepared for The Trustees and will focus on the challenges, successes, and diverse attendees that our small successful organisation has reached.

It also covers a period of adjustment in inviting new Trustees and voting in a new Chair and increasing the Facilitating team to 7 and the success of employing additional salaried personnel into the day to day running of the organisation.

The report has been produced in agreement with the Chair of the Trustees to show how the organisation is

- a) Increasing its commitment on the personal development of members through art, creative writing, health, wellbeing and social inclusion activities and music therapy, particularly building confidence, expanding an individual's life skills & challenging local social and individual exclusion *AND*
- b) Delivering its programmes to show adaptability, flexibility and diversity *AND*
- c) Looking forward to new challenges of inviting new Trustees and personnel into the organisation and preparing new sustainability plans for a potential move into a larger property.

We calculate that we have a fluid membership of nearly 92 members registered both as footfall visitors and / or using our closed on line support group.

We have attached a breakdown of member type / diversity following assessment discussions, explorations and agreed disclosures.

We accept and applaud that as people succeed in their personal goals by maintaining their drug, alcohol or emotional recovery we find some of the members tend to move on to branch out with new interests, caring responsibilities and part time work.

However some members periodically return and are offered additional top up support.

Many of our core members have moved on from drug / alcohol dependency into maintained and long-term stabilised recovery whom now provide sensitive shared similarities to challenge the Terminal Uniqueness of new arrivals. These have now become some of our valued facilitators.

We would now like to remind you of our core values whilst indicating to you how certain groups and individuals have benefited from the increased menu of services that our recent reorganisation has provided.

Our aim is to fund continuation and expansion of our current community charity group the “ Vulture Club ”.

Our current structure is a group of salaried facilitators and a counsellor operating within a local area providing on-going therapeutic personal development and supporting dependence recovery primarily through diversionary activities and compassion focused therapy.

We believe that our values and reputation have been instrumental in the local community becoming aware of our unique services and diverse menu and we believe we have become a highly valuable resource to enable and sustain long term recovery and mental and emotional well-being for our members.

Our local statutory recovery services described us in 2020 as “ Whitehaven’s best kept secret “

As you may already be aware, our groups and sessions are run by 7 experienced salaried facilitators.

These are indirectly supported by 2 Trustees who are now retired facilitators whom collectively enjoyed impressive experience including many years of working in the fields of NHS Drug and Alcohol services, NHS Mental Health Services, Family Support, Personal Development and a variety of therapeutic fields.

They have designed a Marras project where all facilitators can rely on the experience of each other with designated and supportive supervision provided by the Root to Recovery coordinator.

Our member support facilitator and social welfare law advisor contributes to personal member support and development and is now responsible for the referral criteria and the evaluation and assessment process of potential new participants and members.

Some of our facilitators whom are maintaining their recovery have taken the small steps into permitted work employment following long term sickness and disability.

We have also been lucky to secure a qualified personal volunteer counsellor to add substance and structure to our already developing programmes.

Alongside these facilitators, we have our own valuable Administrative Assistant and a vital temporary Coordinator and Finance Officer whom we are indebted to.

Annie had also provided vital coordinating assistance throughout the year and her help should be formally recorded.

We had been increasingly noticing that our therapies are more successful when we include compassion focused therapy, emotional intelligence and personal development.

Several of our facilitators are trained in Trauma Focused Therapy and are now able to explore a member's history with confidence and often using personal related experience to empathise with their background.

Although Vulture Club primarily works with individuals who are seeking to recover from substance dependence and trauma related behaviour, we have never been exclusive to this client group.

We are empowering facilitators to be able to experience and develop a broader outlook beyond their own substance misuse using their own experience and trauma related background.

We are now able to help members who have been marginalised and have a long history of their social life existing alongside other substance users, carers and groups that are socially excluded.

For example, our ongoing connections with Health and Wellbeing coaches have meant we have invited people in transition into the membership and we have preciousely inherited and welcomed members of a mental health support group that concentrated on art as a therapeutic remedy.

We now continue to accept referrals from Health and Wellbeing coaches, local GPs, Jobcentres and Citizens Advice whereby emotional instability and low level mental ill health can create difficulties with connection and inclusion.

We are now in a better position to cater for new referrals as we have brought in our own trained counsellor who can concentrate on specific issues whilst other therapies may succeed more subtly over a longer period of time.

Our evaluation / assessment process is rigorous but sensitive and we have the expertise and staff to pathway individuals who may not be ready to engage in a safe and trusted environment.

We believe we have a mixed group of people who have shared similarities, who wish to change their behaviour whether it is through tackling addiction, improving social engagement, building upon personal trust and / or enhancing their emotional intelligence and eradicating social exclusion.

More often understanding the term terminal uniqueness and asserting their own personal development.

Our Cinematherapy sessions continue to be held in the evening and have been a tremendous success by inviting members and their families back to the organisation outside of normal operating hours.

This has raised issues for some people suffering from anxiety, trauma and agoraphobia but this arrangement has led to members taking small steps towards social inclusion by leaving the house when they would not normally do so.

The averaged 16 member arrangement comes complete with an accompanying buffet and has been very well attended by the people who had initially described concerns over attending “ out of hours “

Including this small meal encourages a responsibility of budgeting, self-care and nutrition whilst gently pushing personal boundaries to consider different outcomes to each film.

The creative art sessions have proved to be highly effective as a safe introductory way of relaxing into a confidential and trusting environment but also where there are no rules on what you may want to explore, in what method and / or in what medium you wish to take part in.

We have facilitated felt work, willow weaving, recycling scrap sculptures to drawing, canvas and colouring book therapy.

Our creative writing and bibliotherapy has proven to be extremely effective in a similar way by helping individuals to be less rigid in their cognitions, understanding and beliefs and therefore enable them to broaden out of old thinking patterns and take on new perspectives on issues affecting both themselves but also others.

Both our art and bibliotherapy sessions have been outsourced via the North Cumbria Recovery College

Understanding that people express themselves and learn in different ways and often through different mediums gives us a much broader tool-kit to work with which increases the opportunities for individuals to achieve their goals and maintain a successful recovery.

Our new health and well being sessions and Limewood music project have been particularly popular in a 5 day a week member support service.

Health and Wellbeing options are crucial in self-belief and installing new confidence in members. We have utilised yoga, gardening, outdoor activities, low level walking and new novelty experiences such as visiting a Buddhist temple and meditation centre to Kung Fu exercise.

This has also empowered our original visions whereby we wished to utilise the waste and scrub land surrounding the property.

This encouraged some members to start a project whereby they can measure their own personal growth and emotional tolerance with that of maintaining and nurturing a piece of land that has potential to grow alongside themselves.

The whole area was cleared and nurtured with a crop of amazing tomatoes available in the environmental small greenhouses.

We submit that this strongly suggests that the somewhat distinctive blend of support developing within the Vulture Club is effectively meeting the needs of members in a productive, enjoyable and successful way.

The Limewood project has proven to be a varied and well attended group of individuals interested in their own musical development but also performing within a live group setting and learning to record their achievements.

Song writing and tuition of guitar, bass and drums have all been utilised with personal development, self confidence and encouraging marginalised individuals to scratch the itch of shouting exactly how you feel and turning that into sessional creativity and teamwork.

Vulture Club are pleased to promote that both facilitators and members are reliable in showing compassion and emotional tolerance for new attendees whom attend on any day of the week whom may have imaginative and purposeful intent to recover in their own way.

This shows a real maturity and a positive non-judgemental attitude on behalf of our facilitators and / or members who mirror the commitment on offer to them to others just starting their recovery journey.

Vulture Club actively promote a holistic approach to recovery and personal growth and appreciates the value of members investing ownership of the broad ranging activities and programmes that we offer and deliver.

Therefore our specific themes and areas covered can be determined by whatever live issues are relevant and therefore most useful and meaningful to our members.

We are effectively able to create tailor-made flexible session-based therapies to best support an individual's recovery whether it be addiction, emotional trauma, or psychological issues which need exploring in a closed safe and trustworthy environment.

We therefore submit that working in the stability of a nurturing cooperative group is a key part in the continued recovery of our members.

Over the last year our membership has stabilised following Covid loss of footfall, we have become a more fluid group with the management and success of the closed online support group.

Whilst set up to cope with the social isolation caused by the Co vid lockdowns this has remained a vital tool for engagement and connection certainly with those incapacitated by heightened anxiety or social exclusion.

We have members who have grown in confidence and bravely moved on from the comfort of our own facilitated support groups to branch out and try new and exciting things such as outsourcing art and bibliotherapy sessions for the North Cumbria Recovery College

We have members in recovery that have set up a Heritage Arts moulding / casting social enterprise. This has proved to be an enjoyable but challenging effort to commercialise the 3 outstanding Whitehaven Pier sculptures.

The Whitehaven Harbour Commissioner invited the talented sculptor and Vulture Club to be involved with opening of the North Pier Lighthouse which received critical acclaim and local press coverage.

Market sales for the sculptures have been promising as well as being locally available at The Beacon Heritage Centre.

We have set up a referral system with Copeland Citizens Advice whereby we are able to offer advocacy and representation for all manner of social dilemmas such as PIP, ESA and Universal Credit appeals.

We have enabled some of our vulnerable members who are unable to express their voice and opinions in such a formal setting to obtain their rightful entitlement.

Our new successful Root To Recovery programme has also developed during the last year. This is primarily an educational and skills training group held in the safety of our centre. It includes encountering and support with disclosures relating to trauma and behaviour

This is designed to guide and support members in recovery from substance and behavioural addictions, although the group is open to any member showing symptoms of psychological distress.

This intensive course has identified that a closer peer support system is often required when a member in their early days of recovery find themselves on the edge of a relapse for what can be a just a common dilemma.

The course is therefore supported by several Marras throughout its 18 week term.

Root to Recovery and its valid reputation has already created a waiting list.

We are a determined group who passionately believe that our core process is working and will continue to be successful when we are able to attract additional funding to create an even more diverse menu of activities and attract additional experienced facilitators whom we intend to respect by paying a national living wage.

We strongly believe that recovery within the community is working, whether that be from addiction, personal trauma or mental ill health; what we are offering is a safe community in which to recover.

We are looking to move to a larger property whereby we can offer additional partnership working and liaison within this service industry and recruit suitable and experienced staff.

We have also been proactive in attempting to recruit more diverse volunteer Trustees to help with equality and diversity.

We will continue to maintain a responsible and forward focusing vision and invite you to consider supporting our organisation in the coming years

We are immensely pleased that we have stabilised the organisation after an unsettling period.

This has enabled us to increase our presence and voice throughout the community by raising awareness of a new service model with enjoyable participation offering a different and alternative option especially for those who have previously not succeeded in a sustained recovery.

We would like to thank Julianne and her team at Together We Can Fundraising and all of our funding contributors large or small for all their help and investment in what is still an embryonic recovery agency.

STOP PRESS - We have just been rewarded in January 2023 with a highly coveted High Sheriff Award for our services in 2022.

Finally, we would most certainly like to thank Ann, our Treasurer who has finally put down her chequebook and pen after 10 exhilarating and glorious years.

David Judd
Member Support
Trustee Secretary / Vice Chair

THE VULTURE CLUB

CHARITY REGISTRATION NUMBER 1157909

REGISTERED 18TH JULY 2014

ACCOUNTS FOR THE YEAR 1ST OCTOBER 2021 – 30TH SEPTEMBER 2022

INCOME : -

SELLAFIELD	12,271.58
CCF	6,135.83
29 TH MAY 1961	1,000.00
C COOKSON	1,000.00
IRVING MEMORIAL	2,000.00
DOWAGER	5,000.00
LEATHER SELLERS	1,500.00
MAIN GRANTS	10,000.00
EVAN CORNISH	5,000.00
VICTORIA WOOD	2,000.00
HADFIELD	5,000.00
ARNOLD CLARK	1,000.00
ALBERT HUNT	3,000.00
SOUTER	3,000.00
ZEDRA	4,000.00
SLATER	150.00
SHEPHERD	500.00
DOBIES	500.00
CCF	8,000.00
CCF	14,285.00
HUNTER	600.00

VULTURE CLUB PETTY CASH OCTOBER 1ST 2021 – SEPTEMBER 30TH 2022

BALANCE FORWARD £ 118.73

TOP UP :-

01.11.2021 £ 300.00

22.03.2022 £ 200.00

30.05.2022 £ 300.00

26.09.2022 £ 300.0

TOTAL £ 1,100.00

EXPENSES :-

ZOOM £ 28.76

TRAVEL £ 186.70

ROOM HIRE £ 180.00

ART/CRAFT £ 119.37

STATIONERY £ 171.92

FIX/FITTINGS £ 16.19

CLEANING £ 41.87

TEA,COF,SUGAR £ 43.34

KEYS £ 24.00

POSTAGES £ 9.53

MASK £ 9.00

BUS TICKET £ 5.40

TOTAL £ 836.10

BALANCE AS AT 30.09.22 £ 382.63

OTHER DONATIONS	1,090.00
JUST GIVE	46.31
WAD	70.19
XMAS FAIR	369.92
SUM UP	237.80
CBC	648.00
REFUNDS :	
ENGIE	24.76
WATER +	358.37
HEATING CO	315.12
 TOTAL	 89,102.88

THE VULTURE CLUB

ACCOUNTS FOR THE YEAR 1ST OCTOBER 2021 – 30TH SEPTEMBER 2022

OUTGOINGS :-

FAC/VOLUNTEERS EX	7,206.35
ADMINISTRATION	4,214.69
TRIPS/TRAINING	449.35
HEALTH/WELL BEING	830.65
ART/CRAFTS/MUSIC	2,519.61
RENT	6,000.00
UTILITIES	2,332.13
PETTY CASH	1,100.00
FEES	36,428.51
PAYROLL	21,815.37

TOTAL 82,896.66

INCOME 89,102.88

OPENING BALANCE	32,481.16
INCOME	89,102.88
	121,584.04
LESS OUTGOINGS	82,896.66
CLOSING BALANCE	38,687.38

BALANCE AS AT 30.09.2022 £38,687.38

BANK BALANCE 30.09.2022 £38,687.38

Independent examiner's report to the Trustees of The Vulture Club, George Street / Michael Street, Whitehaven CA28 7PW.

Charity Registration 1157909 CIO.

I report on the accounts of the organisation for the year ended 30th September 2022, which are attached.

Respective responsibilities of trustees and examiner

The committee are responsible for the preparation of the accounts. The committee consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Alan Stubbs FCMA, CGMA
(Chartered Management Accountant)
1 Caird Avenue, St Anns, Carlisle, Cumbria. CA3 9RF