

NORTH WALES RECOVERY COMMUNITIES

England & Wales · Charity number 1160531

Details

Other names NWRC

Status Registered

Legal form CIO

Registered 2015-02-17

Register [View on the Charity Commission register](#)

Contact

Address Nwrc
Penrhyn House
Llandegai Road
Bangor
LL57 1PZ

Phone 01248352771

Email contactus@nwrc.info

Website <https://www.northwalesrc.org/>

Activities

Objects: THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC TO RELIEVE THE NEEDS OF AND SUPPORT VULNERABLE PEOPLE IN PARTICULAR THOSE WHO ARE VICTIMS OF ALCOHOL AND/OR SUBSTANCE ABUSE AND DEPENDENCY, THOSE WHO HAVE A HISTORY OF OFFENDING, OR WHO ARE AT RISK OF OFFENDING, AND THOSE WHO ARE HOMELESS OR AT RISK OF BECOMING HOMELESS BY: (A) PROVIDING SUPPORTED EMERGENCY LIVING ACCOMMODATION DESIGNED TO DEVELOP A STRONG AND VIBRANT RECOVERY COMMUNITY IN WHICH PEOPLE CAN AND WILL RECOVER FROM ISSUES WITH ADDICTION, OFFENDING, HOMELESSNESS AND MENTAL HEALTH.(B) PROVIDING PROGRAMMES OF THERAPEUTIC RECOVERY SUPPORT DESIGNED TO SUPPORT INDIVIDUALS TO ACHIEVE AND MAINTAIN ABSTINENCE AND REDUCE THE LIKELIHOOD OF RELAPSE.(C) PROVIDING PRACTICAL SUPPORT AND ADVICE AND ENCOURAGING THE DEVELOPMENT OF LIFE SKILLS SO AS TO ASSIST PEOPLE TO BECOME SELF-SUPPORTING MEMBERS OF THE COMMUNITY.

Activities: To provide therapeutic housing for individuals affected by substance misuse, offending & homelessness issues

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Accommodation/housing
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** LOCAL
- Conwy
- Denbighshire
- Flintshire
- Gwynedd
- Isle Of Anglesey
- Wrexham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£680,997	£586,101	£312,698	4
2024-02-29	£710,116	£579,225	£217,729	3
2023-02-28	£987,263	£1,165,232	£86,836	30
2022-02-28	£950,472	£945,152	£264,805	14
2021-02-28	£554,000	£542,700	£73,700	2

Trustees

Name	Role	Appointed
Angharad Roberts		2025-09-10
Conor Mathieson Mr		2021-08-01
Lisa Jane Goodier		2025-06-13
MOHAMMED OLANREWAGU PETER SALAMI		2015-03-10
Malcolm Alistair Wulf Livingston		2024-04-09
Rachael Cassandra Clare Hobbs		2026-04-06
Sophie Raw McCluskey		2025-04-16

NORTH WALES RECOVERY COMMUNITIES

England & Wales - Charity number 1160531

Accounts

Charity registered number 1160531

North Wales Recovery Communities

Trustees' report and accounts

for the year ended 28 February 2025



NWRC

Registered Charity No. 1160531

North Wales Recovery Communities

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North Wales Recovery Communities

Report of the trustees

The trustees present their report along with the financial statements of the charity for the year ended 28 February 2025 and confirm they comply with the requirements of the Charities Act 2011, the Charitable Incorporated Organisations (General) Regulations 2012 and the charity's constitution.

The charity is registered with the Charity Commission under number 1160531.

Legal and administrative information

The trustees who served during the period are stated below:

Conor Mathieson
Mohammed Olanrewagu Peter Salami
Sarah Frances Flynn
Sophie McCluskey
Wulf Livingston
Lisa Goodier
Angharad Meleri Roberts

Principal office

Penrhyn House
Llandegai Road
Bangor
Gwynedd
LL57 1PZ

Structure, governance and management

The charity was established as a charitable foundation incorporated organisation on 17 February 2015.

Objectives and activities

To provide relief and support to vulnerable people and in particular those who are in recovery from substance misuse and have been affected by offending, homelessness & mental health issues in the areas of Conwy, Flintshire, Gwynedd and the Isle of Anglesey.

The charity achieves its objectives by the provision of abstinence-based housing, open access therapeutic programmes, the promotion of health and well-being, practical support and the promotion of personal development.

Achievements and performance

This year has seen NWRC celebrated 10 years of operation. After a well-documented difficult couple of years, we have been able to enjoy a much more settled and positive year.

Our community is strong and thriving and a series of events held throughout the year have highlighted the depth and breadth of the community we have been able to build over the past 10 years.

We have seen members of our first ever cohort of peers achieving 10 years of abstinence, having gone on to build healthy productive lives post addiction, whilst remaining committed members of our community offering strength, hope and service to those still aspiring for recovery.

We now have multiple marriages and "recovery babies" within our community and continue to see the cycle of addiction being broken by parents, able to overcome both addiction and unmanageability, in order to have their children returned from local authority care.

Our strength will always remain within our unity of purpose and the closeknit bonds between. NWRC's approach of Asset based community development, means our communities impact and reach continues to expand every year. .

The culture & recovery orientated system of care that we have embedded at Penrhyn House continues to support its peers in reaching personal milestones in recovery and as a result our community continues to grow from strength to strength, in terms of building established sobriety and having the ability to offer service to others.

Now into its tenth year of delivery, the programme has remained incredibly successful with participants attending from a wide catchment area, along with an a heavily increasing number of people able to access groups and sessions remotely via Zoom etc. We're recognized as being unique in our approach to supporting recovery and we continue to receive coverage in both the written press, television and radio. This consistently positive coverage continues to raise the profile of Penrhyn House, ensuring that we continue to be recognized by our local community as being the first port of call for individuals who are experiencing difficulties with Substance use. This is reflected by the fact that over two thirds of referrals continue to come via "word of mouth" from the wider community.

Therapeutic programme

NWRC continues to deliver a therapeutic programme comprising of a series of psychosocial group programmes, mutual aid groups & physical activities aimed at supporting individuals to achieve recovery from addiction.

The programme continues to equip its participants with the skills to cope with a life substance free, as well as addressing any long-term barriers to employment and increasing physical health and enhancing wellbeing.

The project continues to comprise of multiple Mutual aid-based recovery programmes including "Moving on in my Recovery" (An A.C.T based programme) and access to onsite 12 step fellowship & SMART recovery meetings. Alongside therapeutic and skill-based courses, individuals have also been able to access a variety of diversionary activities, developing new skills and interests to "fill the void" left by their addictions.

These sessions focus upon enhancing health & wellbeing and include Mindfulness, Yoga, 5 a side football, running, mountain walking etc.

Over the course of the past 12 months, NWRC have also continued to offer a more creative outlet for participants with a creative writing, Music & Art therapy sessions. We have also continued to develop and strengthen our long-term partnership with Eternal Media. This partnership and the "recovery in focus" program, offer immense therapeutic value and as such it's become an integral part of our calendar year.

NWRC have also continued to partner with "Helping groups to grow" in 2025. We have continued to establish & develop "MOIMR" groups across South Gwynedd and Ynys Mon. Whilst this work brings an additional welcome income stream to NWRC, it also supports our wider agenda of helping to establish smaller satellite recovery groups in harder to reach rural areas. In addition, NWRC are also now responsible for the quarterly training and ongoing professional development of MOIMR facilitators.

Penrhyn house continue to offer a wide variety of mutual aid programmes including

- Moving on in my Recovery- This A.C.T based (Acceptance & Commitment therapy) programme has become the bedrock of the mutual aid on offer at Penrhyn. Designed for individuals coming to the end of their formal treatment journey, it aims to equip participants with the skills necessary to cope with a life substance free. Moving on remains an integral part of the programme on offer at Penrhyn
- Alcoholics Anonymous- An independent 12 step fellowship that holds a weekly meeting at Penrhyn House. By its nature AA is an anonymous fellowship that does not record the number of attendees, however this has proved to be an extremely popular meeting within Northwest Wales and averages between 25-30 members per week.
- Narcotics Anonymous- Similar in structure and traditions to AA, this anonymized 12 step fellowship that holds twice weekly meetings at Penrhyn House. The meeting has gone from strength to strength with a second meeting now being held on a Monday lunch time. As a result of these meetings there has again been an increase in 12 step recovery and NWRC peers are regularly able to support other fledgling meetings within the Flintshire & Conwy areas.
- Cocaine Anonymous- NWRC now hold a weekly CA meeting/ "big book" study group that has proved to be extremely popular from the outset.
- SMART Recovery- (Self-Management & Recovery Techniques)- Over the course of the past 12 months a number of participants have undertaken the accredited training necessary to facilitate SMART recovery sessions and as such have been able to facilitate this meeting. Based on the principles of Cognitive Behavioral Therapy, SMART focuses upon the thinking that leads to problematic substance misuse and offers a real alternative to 12 step recovery.
- Bangor Recovery Project (BRP)- A mutual aid facilitation project that was originally commissioned by the Area planning board to be delivered throughout North Wales. The project aims to explain how and why recovery works for individuals and takes them through the various options available. The recovery orientation and success rates of the participants have proved to be way above the normal average and as a result NWRC have continued to commission the group on a consistent basis
- Women & Men's group sessions- During this year we have successfully trialed gender specific groups that focus more on "self", rather than focusing upon substance misuse. These have proved to be very popular within our community and encompass sessions looking at positive relationships, self-worth etc.

Abstinence based housing

N.W.R.C have continued to deliver abstinence based multi occupancy housing from the Penrhyn House site in Bangor, housing up to 17 individuals at a time.

The continued success at Penrhyn House means that demand for a placement remains high. As a result of this demand Penrhyn House continue to operate at full occupancy, with a waiting list of up to 8 individuals at any one time.

Due to the high demand for a placement, NWRC ask new referrals to engage on a community basis whilst waiting for a placement to become available. As well as allowing us the opportunity to assess levels of commitment and motivation, it also allows the individual the opportunity to develop positive relationships with existing residents ahead of moving in, which often increases the chances of success once a tenancy commences.

Residents continue to adopt a "working week" and must satisfy a minimum of 20-30 hours of positive pro social activity a week to maintain their tenancies. These hours can consist of voluntary work, treatment or further education and can be sourced externally or satisfied within the in-house therapeutic programme currently on offer.

Our abstinence-based housing project continues to account for roughly 80% of our total income.

Move on accommodation.

As present NWRC only retain one move-on unit in Ynys Mon as a long-term "forever" home, for one of our first ever residents at Penrhyn House, who this year has been able to achieve the milestone of 10 years sobriety. Whilst this highlights the success of NWRC's work is also evidences the ongoing need for long term "sober" housing for some members of our community.

As mentioned in previous year's report, ~~move on accommodation or a lack of it continues to create something of a~~ "bottleneck" in terms of availability of placement at Penrhyn House.

Therapeutic grant funding

NWRC continue to receive £ 101,845.00 per annum from the Northwest Area Planning Board at Penrhyn House.

Financial review

The charity's income was £680,997 and net surplus for the year was £94,896. The charity aims to maintain cash reserves of £15,000.

This report was approved by the trustees on 22 December 2025 and signed on their behalf by



Sarah Frances Flynn
Trustee

North Wales Recovery Communities

Independent Examiner's Report to the Trustees of North Wales Recovery Communities

I report on the accounts of the charity for the year ended 28 February 2025.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of the 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 charity 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's report

In the course of my examination no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure:
 - proper accounting records are kept in accordance with section 130 of the Charities Act 2011 and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Charities Act 2011 or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Dyfan Phipps ACA
Christian Phipps & Co Ltd
Suite 5A
30 Dean Street
Bangor
Gwynedd
LL57 1UR

Dated: 22 December 2025

North Wales Recovery Communities

Statement of financial activities
for the year ended 28 February 2025

	note	Unrestricted funds £	Prior year funds £
Incoming resources			
Income and endowments from:			
Donations and other grants		90,115	149,672
Charitable activities			
<i>Central and local government income for the provision of abstinence based housing.</i>	3	590,883	560,444
Total		<u>680,997</u>	<u>710,116</u>
Resources expended			
Expenditure on:			
Charitable activities	4	586,101	579,225
<i>Expenditure on the abstinence based housing.</i>			
Total		<u>586,101</u>	<u>579,225</u>
Net income		94,896	130,892
Transfers between funds		-	-
Net movement in funds		94,896	130,892
Reconciliation of funds:			
Total funds brought forward		217,728	86,836
Total funds carried forward		<u>312,624</u>	<u>217,728</u>

North Wales Recovery Communities

Balance sheet
as at 28 February 2025

	note	Unrestricted funds £	Prior year funds £
Fixed assets			
Tangible assets	9	19,517	23,875
Total fixed assets		<u>19,517</u>	<u>23,875</u>
Current assets			
Debtors	10	214,018	191,819
Cash at bank and in hand	12	119,445	45,795
Total current assets		<u>333,463</u>	<u>237,614</u>
Creditors , amounts falling due within one year	11	40,282	43,760
Net current assets		<u>293,181</u>	<u>193,853</u>
Total net assets		<u>312,698</u>	<u>217,728</u>
Funds of the charity			
Unrestricted funds		312,624	217,728
Total funds		<u>312,624</u>	<u>217,728</u>

North Wales Recovery Communities

**Notes to the accounts
for the year ended 28 February 2025**

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014,
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and
- the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1 Going Concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

2 Accounting policies

2.1 Income

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities or income and expenses unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

In the case of performance related grants, income is only recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

North Wales Recovery Communities

Notes to the accounts (cont)
for the year ended 28 February 2025

2.1 Income (cont)

Support costs

The charity has incurred expenditure on support costs.

2.2 Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £100.

They are valued at cost and the depreciation rates and methods are disclosed in note 7.

Debtors

Debtors, including trade debtors and loans receivable, are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

Charitable activities

Income from charitable activities

	Unrestricted funds £	Last year £
Abstinence based housing	461,168	435,662
Physical diversity activity	64,858	62,391
Complimentary therapies	64,858	62,391
Other trading activities	£	-
	<u>590,883</u>	<u>560,444</u>

North Wales Recovery Communities

Notes to the accounts (cont)
for the year ended 28 February 2025

4 Analysis of expenditure

Expenditure on charitable activities

Activity	Activities undertaken £	Support costs £	Total £	Last year £
Abstinence based housing	417,858	8,502	426,360	443,162
Physical diversity activity	139,582	8,502	148,084	126,151
Complimentary therapies	3,155	8,502	11,657	9,912
	<u>560,596</u>	<u>25,506</u>	<u>586,102</u>	<u>579,225</u>

5 Support costs

	This year £	Last year £
Office	19,564	24,804
Professional fees	3,680	5,274
Finance	523	523
Governance	1,740	1,265
	<u>25,506</u>	<u>31,866</u>

6 Details for certain items of expenditure

6.1 Fees for examination of the accounts

Independent examiner's fees £1,265 (2024: £1,265).

No fees were paid for assurance services, tax advisory fees or other fees either for this year or last year.

7 Paid employees

7.1 Staff costs

	This year £	Last year £
Salaries and wages	86,166	77,283
Social security costs	3,170	-
Pension costs (defined contribution scheme)	1,046	1,961
Total staff costs	<u>90,382</u>	<u>79,244</u>

7.2 Average head count in the year

	This year Number	Last year Number
The parts of the charity in which the employees work		
Physical diversity activity	4	3
Café staff	0	-
	<u>4</u>	<u>3</u>

North Wales Recovery Communities

Notes to the accounts (cont)
for the year ended 28 February 2025

8 Defined contribution pension scheme	This year £	Last year £
Amount of contributions recognised in the SOFA as an expense	1,046	1,961

9 Tangible fixed assets

	Freehold Property £	Motor Vehicles £	Fixtures, fittings and equipment £	Total £
Cost or valuation				
At the beginning of the year	-	19,000	45,757	64,757
Disposals	-	-	-	-
Additions	-	-	-	-
At the end of the year	-	19,000	45,757	64,757
Depreciation				
At the beginning of the year	-	10,982	29,900	29,900
Disposals	-	-	-	-
Depreciation	-	2,003	2,355	2,355
At the end of the year	-	12,985	32,255	45,240
Net book value				
At the beginning of the year	-	8,018	15,857	23,875
At the end of the year	-	6,015	13,502	19,517

Tangible fixed assets are depreciated as follows:

Freehold property - 2% on cost
Fixtures, fittings and equipment - 15% on the reducing balance basis
Motor vehicles - 25% on the reducing balance basis

10 Debtors and prepayments

10.1 Analysis of debtors	This year £	Last year £
Trade debtors	-	-
Taxation and social security	-	-
Other debtors	214,018	191,819
	<u>214,018</u>	<u>191,819</u>

11 Creditors and accruals

11.1 Analysis of creditors and accruals	This year £	Last year £
Trade creditors	24,768	16,730
Taxation and social security	15,134	25,770
Accruals and deferred income	-	-
Other creditors	380	1,260
	<u>40,282</u>	<u>43,760</u>

North Wales Recovery Communities

Notes to the accounts (cont)
for the year ended 28 February 2025

12 Cash at bank and in hand	This year £	Last year £
Cash at bank and on hand	119,445	45,795

13 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

14 Trustee's expenses

Type of expenses reimbursed	This year £	Last year £
Travel and subsistence	-	-
Office costs	-	-
	-	-

The number of trustees paid expenses was NIL (2024: NIL).

15 Transactions with related parties

During the year the charity was invoiced £274,521 (2024: £271,515) by North Wales Recovery Communities Cyf, a company controlled by an employee, for providing supervisory care of the charity's beneficiaries.

At the 28/02/25 the charity owed North Wales Recovery Communities Cyf £24,768 (2024: £16,731).

NORTH WALES RECOVERY COMMUNITIES

England & Wales - Charity number 1160531

Accounts

Charity registered number 1160531

North Wales Recovery Communities
Trustees' report and accounts
for the year ended 29 February 2024



NWRC

Registered Charity No. 1160531

North Wales Recovery Communities

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David Turner (29/09/2024)

Principal office

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Structure, governance and management

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Objectives and activities

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The charity achieves its objectives by the provision of abstinence based housing, open access therapeutic programmes, the promotion of health and well-being, practical support and promoting personal development.

Achievements and performance

Following the difficult events that culminated at the end of last year, in the move to our new home falling through, NWRC have spent this year, consolidating and attempting to stabilize our long-term future.

We were able to secure a new lease at Penrhyn House and have spent the past 12 months attempting to bring the premises at Penrhyn back up to standard.

We have continued to grow and develop a thriving recovery community at Penrhyn House. NWRC's approach remains one of Asset based community development and we continue to be recognized as a centre of excellence in terms of supporting abstinence-based community recovery through a number of varied pathways. We have regularly received positive press coverage throughout the local and national press and have continued to feature heavily on the Recovery Voices website launched by Professors David Clarke and Wulf Livingston.

Therapeutic programme

NWRC has continued to deliver a therapeutic programme that comprises of a series of psychosocial group programmes, mutual aid groups and physical activities aimed at supporting individuals to achieve recovery from addiction.

The programme continues to equip its participants with the skills to cope with a life substance free, as well as addressing any long-term barriers to employment and increasing physical health and enhancing wellbeing.

Now into its ninth year of delivery, the programme has remained incredibly successful with participants attending

from a wide catchment area. It's recognised as being unique in its approach to supporting recovery and continues to receive regular positive coverage in both the written press, television and radio. This consistent positive coverage of NWRC, has helped significantly to raise the profile of Penrhyn House and to ensure that we are recognized by our local community as being the first port of call for individuals who are experiencing difficulties with Substance use. This is reflected by the fact that over two thirds of referrals come via "word of mouth" with individuals in need being directed to Penrhyn House by friends and family who are aware of the provision available at Penrhyn House.

The project continues to comprise of multiple Mutual aid-based recovery programmes including "Moving on in my Recovery" (An A.C.T based programme) and access to onsite 12 step fellowship & SMART recovery meetings. Alongside therapeutic and skill-based courses, individuals have also been able to access a variety of diversionary activities, developing new skills and interests to "fill the void" left by their addictions.

These sessions focus upon enhancing health & wellbeing and include Mindfulness, Yoga, 5 a side football, running, mountain walking etc.

Over the course of the past 12 months, NWRC have also continued to offer a more creative outlet for participants with a creative writing, Music & Art therapy sessions. We have also continued to develop and strengthen our long-term partnership with Eternal Media. This partnership and the "recovery in focus" program, offer immense therapeutic value and as such it's become an integral part of our calendar year.

NWRC's long standing organic growing project "Growing for change" have enjoyed another strong year, supplying several restaurants/cafes with fresh organic produce. Whilst G4C is now constituted as its own charitable entity, it continues to require financial support from NWRC, particularly in terms of revenue funding to cover staffing costs. Therefore, attracting long term sustainable funding that allows G4C to transition to a stand-alone charitable entity remains a priority of NWRC. As such we have begun to work with a specialist firm of fundraisers to secure additional revenue funding for all our current projects.

The growth in abstinence-based recovery within Northwest Wales remains one of NWRC's greatest successes. Having started Nine years ago with only one 12 step fellowship meeting, NWRC are now proud to host upwards of six mutual aid meeting per week at Penrhyn house including AA, CA, NA etc.

As well as the meeting hosted at Penrhyn House, NWRC now also host community-based AA, CA & NA meetings at Bwyd Da have also seen numerous meetings being established all the way across North Wales by ex-residents of Penrhyn House who have now returned to their home areas and are now using their strength, hope and experience to establish new meetings and act as "Recovery beacons". This "Ripple effect" is seen most clearly at present, in the Archway recovery group established by two former peers of Penrhyn House. This group has been established for the past six month and appears to be growing exponentially and bring recovery to a previously hard to reach area.

NWRC have also continued to partner with "Helping groups to grow" in 2024. We have continued to establish & develop "MOIMR" groups across South Gwynedd and Ynys Mon. Whilst this work brings an additional welcome income stream to NWRC, it also supports our wider agenda of helping to establish smaller satellite recovery groups in more harder to reach rural areas. In addition, NWRC are also now responsible for the quarterly training of MOIMR facilitators and to this end are currently delivering quarterly training and ongoing professional development to 12-15 facilitators at a time.

The culture & recovery orientated system of care that we have embedded at Penrhyn House continues to support its peers in reaching personal milestones in recovery and as a result our community has grown from strength to strength in terms of established sobriety and the ability to offer service to others. As such most of the mutual aid on offer at Penrhyn House continues to be peer led.

Penrhyn house continue to offer a wide variety of mutual aid programmes including

- Moving on in my Recovery- This A.C.T based (Acceptance & Commitment therapy) programme has become the bedrock of the mutual aid on offer at Penrhyn. Designed for individuals coming to the end of their formal treatment journey, it aims to equip participants with the skills necessary to cope with a life substance free. Moving on remains an integral part of the programme on offer at Penrhyn
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Abstinence based housing

N.W.R.C have continued to deliver abstinence based multi occupancy housing from the Penrhyn House site in Bangor, housing up to 17 individuals at a time.

The continued success at Penrhyn House means that demand for a placement remains high. As a result of this demand Penrhyn House continue to operate at full occupancy, with a waiting list of up to 8 individuals at any one time. Due to the high demand for a placement, NWRC are able to offer places to individuals who appear most motivated and often ask prospective residents to engage on a day basis whilst awaiting a room in order to judge levels of commitment and suitability. As well as evidencing motivation it also allows the individual the opportunity to develop positive relationships with existing residents ahead of moving in which often increases the chances of success once a tenancy commences. We have however looked to "tweak" our referral criteria slightly to ensure quicker entry for those in greater perceived need and to ensure that we regularly "refresh" the residential aspect of our service.

Residents continue to adopt a "working week" and must satisfy a minimum of 20-30 hours of positive pro social activity a week in order to maintain their tenancies. These hours can consist of voluntary work, treatment or further education and can be sourced externally or satisfied within the in-house therapeutic programme currently on offer.

Whilst the housing element of NWRC's service remains financially self-sustaining, there have undoubtedly been issues caused by the ongoing cost of living crisis. With energy bills being hit by unprecedented price increases, NWRC are continuing to review the current level of eligible HB and increase the charge accordingly.

This coupled with the ever-increasing repair and maintenance costs at an aging Penrhyn site again underline why the move to more up to date energy efficient premises are vital if NWRC are to continue to grow and develop long-term in what are becoming ever increasingly difficult financial times.

Move on accommodation.

As present NWRC only retain one move-on unit in Ynys Mon as a long-term placement for individuals over 65 years of age.

As mentioned in previous year's report, move on accommodation or a lack of it continues to create something of a "bottleneck" in terms of availability of placement at Penrhyn House. To this end we continue to develop relationships with reputable private landlords, interested in providing accommodation for individuals in sustained abstinence based recovery and hope to be able to announce a new partnership over the coming 12 months.

Other options to pursue if we stay at our current site, are independent pod style units that could be situated within the grounds at Penrhyn. As well as increasing move on accommodation this would also increase the amount of income we receive.

Potential future developments

At present the priority for NWRC remains securing an alternative site to Penrhyn House, or alternatively securing a way of purchasing & redeveloping our current site

Current challenges

The financial picture for NWRC remains difficult. We have continued to struggle to get our HB levels reviewed and increased in a timely manner. This has a huge knock-on impact to our financial situation and has made operating effectively difficult at times and is most definitely hindering growth at present. At the time of writing this report, a meeting has been scheduled with our local authority to hopefully address and overcome this issue.

Although, now registered as a separate charitable entity, NWRC continue to have direct involvement in the running of Bwyd Da Bangor. Whilst offering immense social value, BDB continues to struggle for sustainable funding and again at the time of writing, is facing extreme financial difficulties which may very well have to result in closure. Whilst there is no longer a direct financial link between the two entities, BDB continues to host a variety of mutual aid meetings, as well as employment and training opportunities for a number of our community members and as such its potential closure would be heavily felt.

Therapeutic grant funding

NWRC continue to receive £94,420.00 per annum from the Northwest Area Planning Board at Penrhyn House.

Financial review

The charity's income was £710,116 and net surplus for the year was £130,892. The charity aims to maintain cash reserves of £15,000.

This report was approved by the trustees on 19 December 2024 and signed on their behalf by



Sarah Frances Flynn
Trustee

North Wales Recovery Communities

Independent Examiner's Report to the Trustees of North Wales Recovery Communities

I report on the accounts of the charity for the year ended 29 February 2024.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of the 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 charity 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's report

In the course of my examination no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure:
 - proper accounting records are kept in accordance with section 130 of the Charities Act 2011 and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Charities Act 2011 or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Dyfan Phipps ACA
Christian Sykes & Co Ltd
Suite 5A
30 Dean Street
Bangor
Gwynedd
LL57 1UR

Dated: 19 December 2024

North Wales Recovery Communities

**Statement of financial activities
for the year ended 29 February 2024**

	note	Unrestricted funds £	Prior year funds £
Incoming resources			
Income and endowments from:			
Donations and other grants		149,672	161,663
Charitable activities			
<i>Central and local government grants for the provision of abstinence based housing.</i>	3	560,444	494,308
<i>Other trading activities</i>		-	331,292
Total		<u>710,116</u>	<u>987,263</u>
Resources expended			
Expenditure on:			
Charitable activities	4	579,225	520,097
<i>Expenditure on the abstinence based housing.</i>			
<i>Other trading activities</i>			645,135
Total		<u>579,225</u>	<u>1,165,232</u>
Net income		130,892	(177,969)
Transfers between funds		-	-
Net movement in funds		130,892	(177,969)
Reconciliation of funds:			
Total funds brought forward		86,836	264,805
Total funds carried forward		<u>217,728</u>	<u>86,836</u>

North Wales Recovery Communities

**Balance sheet
as at 29 February 2024**

	note	Unrestricted funds £	Prior year funds £
Fixed assets			
Tangible assets	9	23,875	184,271
Total fixed assets		<u>23,875</u>	<u>184,271</u>
 Current assets			
Debtors	10	191,819	1,649
Cash at bank and in hand	12	45,795	34,239
Total current assets		<u>237,614</u>	<u>35,888</u>
 Creditors: amounts falling due within one year			
	11	43,760	133,323
Net current assets		<u>193,853</u>	<u>(97,435)</u>
 Total net assets			
		<u>217,728</u>	<u>86,836</u>
 Funds of the charity			
Unrestricted funds		<u>217,728</u>	<u>86,836</u>
Total funds		<u>217,728</u>	<u>86,836</u>

North Wales Recovery Communities

Notes to the accounts for the year ended 29 February 2024

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014,
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and
- the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1 Going Concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

2 Accounting policies

2.1 Income

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities or income and expenses unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

In the case of performance related grants, income is only recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 29 February 2024

2.1 Income (cont)

Support costs

The charity has incurred expenditure on support costs.

2.2 Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £100.

They are valued at cost and the depreciation rates and methods are disclosed in note 7.

Debtors

Debtors, including trade debtors and loans receivable, are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

Charitable activities

Income from charitable activities

	Unrestricted funds £	Last year £
Abstinence based housing	435,662	388,838
Physical diversity activity	62,391	52,735
Complimentary therapies	62,391	52,735
Other trading activities	0	331,292
	<hr/> 560,444	<hr/> 825,600

North Wales Recovery Communities

**Notes to the accounts (cont)
for the year ended 29 February 2024**

4 Analysis of expenditure

Expenditure on charitable activities

Activity	Activities undertaken £	Support costs £	Total £	Last year £
Abstinence based housing	429,052	14,111	443,162	372,452
Physical diversity activity	117,274	8,877	126,151	143,772
Complimentary therapies	1,035	8,877	9,912	5,349
Other trading activities	-	0	0	643,659
	547,360	31,865	579,225	1,165,232

5 Support costs

	This year £	Last year £
Office	24,804	11,662
Professional fees	5,274	17,806
Finance	523	3,700
Governance	1,265	1,000
	31,866	34,168

6 Details for certain items of expenditure

6.1 Fees for examination of the accounts

Independent examiner's fees £1,265 (2023: £1,000).

No fees were paid for assurance services, tax advisory fees or other fees either for this year or last year.

7 Paid employees

7.1 Staff costs

	This year £	Last year £
Salaries and wages	77,283	389,907
Social security costs	-	24,072
Pension costs (defined contribution scheme)	1,961	7,002
Total staff costs	79,244	420,981

7.2 Average head count in the year

The parts of the charity in which the employees work	This year Number	Last year Number
Physical diversity activity	3	2
Café staff	0	28
	3	30

North Wales Recovery Communities

**Notes to the accounts (cont)
for the year ended 29 February 2024**

8 Defined contribution pension scheme	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	1,961	7,002

9 Tangible fixed assets

	Freehold Property £	Motor Vehicles £	Fixtures, fittings and equipment £	Total £
Cost or valuation				
At the beginning of the year	78,773	19,000	139,046	236,819
Disposals	78,773	-	93,289	172,061
Additions	-	-	-	-
At the end of the year	-	19,000	45,757	64,757
Depreciation				
At the beginning of the year	2,194	8,311	42,043	44,237
Disposals	2,194	-	14,913	17,107
Depreciation	-	2,671	2,770	2,770
At the end of the year	-	10,982	29,900	40,882
Net book value				
At the beginning of the year	76,579	8,018	97,003	105,021
At the end of the year	-	8,018	15,857	23,875

Tangible fixed assets are depreciated as follows:

Freehold property - 2% on cost
 Fixtures, fittings and equipment - 15% on the reducing balance basis
 Motor vehicles - 25% on the reducing balance basis

10 Debtors and prepayments

10.1 Analysis of debtors	This year	Last year
	£	£
Trade debtors	-	-
Taxation and social security	-	-
Other debtors	191,819	1,649
	<u>191,819</u>	<u>1,649</u>

11 Creditors and accruals

11.1 Analysis of creditors and accruals	This year	Last year
	£	£
Trade creditors	16,730	46,468
Taxation and social security	25,770	62,422
Accruals and deferred income	-	-
Other creditors	1,260	24,432
	<u>43,760</u>	<u>133,322</u>

North Wales Recovery Communities

**Notes to the accounts (cont)
for the year ended 29 February 2024**

12 Cash at bank and in hand	This year £	Last year £
Cash at bank and on hand	45,795	34,239

13 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

14 Trustee's expenses

Type of expenses reimbursed	This year £	Last year £
Travel and subsistence	-	-
Office costs	-	-
	<hr/>	<hr/>
	-	-

The number of trustees paid expenses was NIL (2023: NIL).

15 Transactions with related parties

During the year the charity was invoiced £271,515 (2023: £234,196) by North Wales Recovery Communities Cyf, a company controlled by an employee, for providing supervisory care of the charity's beneficiaries.

At the 28/02/24 the charity owed North Wales Recovery Communities Cyf £16,731 (2023: £23,970).

NORTH WALES RECOVERY COMMUNITIES

England & Wales - Charity number 1160531

Accounts

Charity registered number 1160531

North Wales Recovery Communities

Trustees' report and accounts

for the year ended 28 February 2023



NWRC

Registered Charity No. 1160531

North Wales Recovery Communities

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North Wales Recovery Communities

Report of the trustees

The trustees present their report along with the financial statements of the charity for the year ended 28 February 2023 and confirm they comply with the requirements of the Charities Act 2011, the Charitable Incorporated Organisations (General) Regulations 2012 and the charity's constitution.

The charity is registered with the Charity Commission under number 1160531.

Legal and administrative information

The trustees who served during the period are stated below:

Conor Mathieson
Mohammed Olanrewagu Peter Salami
Sarah Frances Flynn
David Turner (appointed 21/04/2023)

Principal office

Penrhyn House
Llandegai Road
Bangor
Gwynedd
LL57 1PZ

Structure, governance and management

The charity was established as a charitable foundation incorporated organisation on 17 February 2015.

Objectives and activities

To provide relief and support to vulnerable people and in particular those who are in recovery from substance misuse and have been affected by offending, homelessness & mental health issues in the areas of Conwy, Flintshire, Gwynedd and the Isle of Anglesey.

The charity achieves its objectives by the provision of abstinence based housing, open access therapeutic programmes, the promotion of health and well-being, practical support and promoting personal development.

Achievements and performance

The course of the past year has been tumultuous one for NWRC.

We have continued to grow and develop a thriving recovery community at Penrhyn House. NWRC's approach remains one of Asset based community development and we continue to be recognized as a centre of excellence in terms of supporting abstinence-based community recovery through a number of varied pathways. We have regularly received positive press coverage throughout the local and national press and have featured heavily in the recently launched Recovery Voices website launched by Professors David Clarke and Wulf Livingston.

We have also recently completed our second year's trading at Bwyd Da Bangor, our restaurant/Café that we opened to the public in November of 2021. Whilst this project continues to have its own challenges in terms of sustainable funding etc, NWRC have nevertheless established and maintained Bwyd Da as a vibrant, organic, ethically sourced business that has been extremely well received by the local community and regularly attracts 5-star customer reviews due to the quality of the food produced. The Bwyd Da project is also immensely rich in social value and continues to offer a platform to support a number of other marginalized groups within our community

Bwyd Da currently employs 19 full and part time staff, The vast majority of whom have complex long term barriers to employment.

As well as the usual restaurant/ coffee shop offer, Bwyd Da continues to offer a 12-month training/employment opportunity for individuals looking to return to the workplace. There is also a surplus food club that offers its members, any of whom who would otherwise be experiencing food poverty a wide variety of surplus food sourced from local supermarkets and organization's such as Fair Share

Therapeutic programme

NWRC has continued to deliver a therapeutic programme that comprises of a series of psychosocial group programmes, mutual aid groups and physical activities aimed at supporting individuals to achieve recovery from addiction.

The programme continues to equip its participants with the skills to cope with a life substance free, as well as addressing any long-term barriers to employment and increasing physical health and enhancing wellbeing.

Now into its eighth year of delivery, the programme has remained incredibly successful with participants attending from a wide catchment area. It has been recognised as being unique in its approach to supporting recovery and has continued to receive regular coverage in both the written press, television and radio, with participants being regularly invited to discuss their positive and often life changing experiences.

The project continues to comprise of multiple Mutual aid-based recovery programmes including "Moving on in my Recovery" (An A.C.T based programme) and access to onsite 12 step fellowship & SMART recovery meetings. Alongside therapeutic and skill-based courses, individuals have also been able to access a variety of diversionary activities, developing new skills and interests to "fill the void" left by their addictions.

These sessions focus upon enhancing health & wellbeing and include Mindfulness, Yoga, 5 a side football, running, mountain walking etc.

Over the course of the past 12 months NWRC have also continued to offer a more creative outlet for participants with a creative writing course, Art therapy and the continuing long-term partnership with Eternal Media.

NWRC's long standing organic growing project "Growing for change" have enjoyed another strong year, supplying several restaurants/cafes with fresh organic produce. Attracting long term sustainable funding that supports G4C to transition to a stand-alone charitable entity remains a priority of NWRC.

The growth in abstinence-based recovery within Northwest Wales remains one of NWRC's greatest successes. Having started Eight years ago with only one 12 step fellowship meeting, NWRC are now proud to host upwards of six mutual aid meeting per week at Penrhyn house including AA, CA, NA etc. The most recent addition being a group that supports issues of codependency.

As well as the meeting hosted at Penrhyn House, NWRC now also host community-based AA, CA & NA meetings at Bwyd Da and continue to provide recovery support groups in both South Gwynedd and Ynys Mon and have also seen numerous meetings being established all the way across North Wales by ex-residents of Penrhyn House who have now returned to their home areas and are now using their strength, hope and experience to establish new meetings and act as "Recovery beacons".

NWRC also agreed to partner with "Helping groups to grow" in the latter stages of 2023 and in 2024 will start to rollout the establishment of new "MOIMR" groups starting in South Gwynedd and gradually rolling out across North Wales over what is hoped will be a two-year period. As part of the agreement NWRC will also take responsibility for training more facilitators and establishing long term "legacy" groups.

The culture & recovery orientated system of care that we have embedded at Penrhyn House continues to support its peers in reaching personal milestones in recovery and as a result our community has grown from strength to strength in terms of established sobriety and the ability to offer service to others. As such most of the mutual aid on offer at Penrhyn House continues to be peer led.

Penrhyn house continue to offer a wide variety of mutual aid programmes including

- Moving on in my Recovery- This A.C.T based (Acceptance & Commitment therapy) programme has become the bedrock of the mutual aid on offer at Penrhyn. Designed for individuals coming to the end of their formal treatment journey, it aims to equip participants with the skills necessary to cope with a life substance free. Moving on remains an integral part of the programme on offer at Penrhyn
- Alcoholics Anonymous- An independent 12 step fellowship that holds a weekly meeting at Penrhyn House. By its nature AA is an anonymous fellowship that does not record the number of attendees, however this has proved to be an extremely popular meeting within Northwest Wales and averages between 25-30 members per week.
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- Cocaine Anonymous- NWRC now hold a weekly CA meeting/ "big book" study group that has proved to be extremely popular from the outset.
- Over eaters anonymous (OA)- a twelve step fellowship for individuals who have a poor relationship with food. This has been a recent addition to the therapeutic programme on offer at Penrhyn House
- CODA- Anonymous fellowship group supporting individuals in codependent relationships.
- SMART Recovery- (Self Management & Recovery Techniques)- Over the course of the past 12 months a number of participants have undertaken the accredited training necessary to facilitate SMART recovery sessions and as such have been able to facilitate this meeting. Based on the principles of Cognitive Behavioural Therapy, SMART focuses upon the thinking that leads to problematic substance misuse and offers a real alternative to 12 step recovery.
- Bangor Recovery Project (BRP)- A mutual aid facilitation project that was originally commissioned by the Area planning board to be delivered throughout North Wales. The project aims to explain how and why recovery works for individuals and takes them through the various options available. The recovery orientation and success rates of the participants have proved to be way above the normal average and as a result NWRC have continued to commission the group on a consistent basis.

Abstinence based housing

N.W.R.C have continued to deliver abstinence based multi occupancy housing from the Penrhyn House site in Bangor, housing up to 17 individuals at a time.

The continued success at Penrhyn House means that demand for a placement remains high. As a result of this demand Penrhyn House continue to operate at full occupancy, with a waiting list of up to 8 individuals at any one time. Due to the high demand for a placement, NWRC are able to offer places to individuals who appear most motivated and often ask perspective residents to engage on a day basis whilst awaiting a room in order to judge levels of commitment and suitability. As well as evidencing motivation it also allows the individual the opportunity to develop positive relationships with existing residents ahead of moving in which often increases the chances of success once a tenancy commences.

Residents continue to adopt a "working week" and must satisfy a minimum of 20-30 hours of positive pro social activity a week in order to maintain their tenancies. These hours can consist of voluntary work, treatment or further education and can be sourced externally or satisfied within the in-house therapeutic programme currently on offer.

Whilst the housing element of NWRC's service remains financially self-sustaining, there have undoubtedly been issues caused by the ongoing cost of living crisis. With energy bills being hit by unprecedented price increases, NWRC are continuing to review the current level of eligible HB and increase the charge accordingly.

This coupled with the ever-increasing repair and maintenance costs at an aging Penrhyn site again underline why the move to more up to date energy efficient premises are vital if NWRC are to continue to grow and develop long-term in what are becoming ever increasingly difficult financial times.

Move on accommodation.

As present NWRC only retain one move-on unit in Ynys Mon as a long-term placement for individuals over 65 years of age.

As mentioned in last year's report, future plans around "move on" accommodation were centered on the new site at Hillgrove. As this is no longer happening NWRC will need to revisit the issue of move on accommodation again in the very near future. To this end we have begun to develop a relationship with a private landlord who is interested in providing accommodation for individuals in sustained abstinent based recovery and it is hoped that we can announce a new partnership with.

Potential future developments

At present the priority for NWRC must be securing an alternative site to Penrhyn House, now that Hillgrove House is no longer being made available to us. Until this matter is resolved then NWRC are unable to look at any new developments.

Current challenges

At present the biggest challenge facing NWRC is the recent collapse of the proposed move to Hillgrove House. This decision whilst not one NWRC's choosing leaves us in an extremely precarious position.

The lease at our current home of Penrhyn House is due to expire on the 24th of December 2023 and as such the immediate priority has been to secure a short-term lease that guarantees the ongoing existence of NWRC. Whilst we have a strong working relationship with our existing landlord which will ensure that we don't become "homeless", a new long-term lease at Penrhyn house is far from assured and is not even necessarily desirable given the increasing dilapidated nature of an aging site.

As such NWRC will need to look to regroup once the Hillgrove matters have been fully resolved in order to look at securing the best long-term option for NWRC moving forwards.

Other challenges continue to be the ongoing financial struggles to secure sustainable funding for Bwyd Da. When the project was devised, all parties involved accepted that a project of this nature would always be heavily grant reliant.

When NWRC were approached by BCUHB to be the delivery partner we were asked to model the revenue costs and informed them that a project of this kind employing upwards of 15 individuals, with a training element and a surplus food club as requested would cost approximately £375k per annum to fund which was accepted by all partners involved as being appropriate. As noted in last year's report despite being the project design and commissioners, BCUHB have failed woefully to meet their funding commitments to Bwyd Da. NWRC have continued to try and hold BCUHB to account for this, including the submission of a formal complaint to the Trust.

At this point it needs to be acknowledged that Bwyd Da should have been a roaring success for NWRC when judged against the initial plans for it. We have satisfied our element of the Bwyd Da project in an exemplary manner. We have delivered every element of the project on time and within budget, from the initial build right throughout our first year of trading.

Sadly, in early November it looked like NWRC would have to take the difficult decision to close Bwyd da due to the lack of funding received. However, Gwynedd council have stepped in to take over the lead from BCUHB have decided to establish a new task group with support from their finance department to try and establish a sustainably funded model that would offer Bwyd Da a long-term secure future. This first meeting of this new group is due to meet on 10/01/24.

Therapeutic grant funding

NWRC continue to receive £89k per annum from the North West Area Planning Board at Penrhyn House.

Financial review

The charity's income was £987,263 and net loss for the year was £177,969. The charity aims to maintain cash reserves of £15,000.

This report was approved by the trustees on 18 December 2023 and signed on their behalf by

Sarah Frances Flynn

Trustee

North Wales Recovery Communities

Independent Examiner's Report to the Trustees of North Wales Recovery Communities

I report on the accounts of the charity for the year ended 28 February 2023.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of the 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 charity 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's report

In the course of my examination no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure:
 - proper accounting records are kept in accordance with section 130 of the Charities Act 2011 and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Charities Act 2011 or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr N A Christian FCPA

Christian Sykes & Co Ltd
333/335 High Street
Bangor
Gwynedd
LL57 1YA

Dated: 18 December 2023

North Wales Recovery Communities

Statement of financial activities for the year ended 28 February 2023

	note	Unrestricted funds £	Prior year funds £
Incoming resources			
Income and endowments from:			
Donations and other grants		161,663	250,123
Charitable activities			
<i>Central and local government grants for the provision of care.</i>	3	494,308	602,215
<i>Other trading activities</i>		331,292	98,134
Total		987,263	950,472
Resources expended			
Expenditure on:			
<i>Charitable activities</i>	4	520,097	699,709
<i>Expenditure on the provision of care</i>		645,135	245,443
<i>Other trading activities</i>		645,135	245,443
Total		1,165,232	945,152
Net income		(177,969)	5,320
Transfers between funds		-	-
Net movement in funds		(177,969)	5,320
Reconciliation of funds:			
Total funds brought forward		264,805	259,485
Total funds carried forward		86,836	264,805

North Wales Recovery Communities

Balance sheet as at 28 February 2023

	note	Unrestricted funds £	Prior year funds £
Fixed assets			
Tangible assets	9	184,271	204,840
Total fixed assets		184,271	204,840
Current assets			
Debtors	10	1,649	22,192
Cash at bank and in hand	12	34,239	103,233
Total current assets		35,887	125,425
Creditors: amounts falling due within one year	11	133,322	65,460
Net current assets		(97,435)	59,965
Total net assets		86,836	264,805
Funds of the charity			
Unrestricted funds		86,836	264,805
Total funds		86,836	264,805

North Wales Recovery Communities

Notes to the accounts for the year ended 28 February 2023

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014,
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and
- the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1 Going Concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

2 Accounting policies

2.1 Income

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely that not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities or income and expenses unless required or permitted by by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

In the case of performance related grants, income is only recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2023

2.1 Income (cont)

Support costs

The charity has incurred expenditure on support costs.

2.2 Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £100.

They are valued at cost and the depreciation rates and methods are disclosed in note 7.

Debtors

Debtors, including trade debtors and loans receivable, are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

Charitable activities

Income from charitable activities

	Unrestricted funds £	Last year £
Abstinence based housing	388,837	472,664
Physical diversity activity	52,735	64,775
Complimentary therapies	52,735	64,775
Other trading activities	331,292	98,134
	<hr/> 825,600	<hr/> 700,348

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2023

4 Analysis of expenditure

Expenditure on charitable activities

Activity	Activities undertaken £	Support costs £	Total £	Last year £
Abstinence based housing	368,600	3,852	372,452	472,183
Physical diversity activity	139,920	3,852	143,772	216,669
Complimentary therapies	1,497	3,852	5,349	24,317
Other trading activities	621,047	22,612	643,659	231,983
	1,131,065	34,168	1,165,232	945,152

5 Support costs

	This year £	Last year £
Office	11,662	20,349
Professional fees	17,806	55,452
Finance	3,700	3,660
Governance	1,000	1,000
	34,168	80,461

6 Details for certain items of expenditure

6.1 Fees for examination of the accounts

Independent examiner's fees £1,000 (2022: £1,000).

No fees were paid for assurance services, tax advisory fees or other fees either for this year or last year.

7 Paid employees

7.1 Staff costs

	This year £	Last year £
Salaries and wages	389,907	218,267
Social security costs	24,072	15,902
Pension costs (defined contribution scheme)	7,002	5,011
Total staff costs	420,982	239,180

7.2 Average head count in the year

	This year Number	Last year Number
The parts of the charity in which the employees work		
Physical diversity activity	2	4
Café staff	28	10
	30	14

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2023

8 Defined contribution pension scheme	This year £	Last year £
Amount of contributions recognised in the SOFA as an expense	7,002	5,011

9 Tangible fixed assets

	Freehold Property £	Motor Vehicles £	Fixtures, fittings and equipment £	Total £
Cost or valuation				
At the beginning of the year	78,773	19,000	137,880	216,652
Disposals	-	-	-	-
Additions	-	-	2,567	2,567
At the end of the year	78,773	19,000	140,446	238,219
Depreciation				
At the beginning of the year	1,097	4,750	24,966	26,063
Disposals	-	-	-	-
Depreciation	1,097	3,561	17,287	18,384
At the end of the year	2,194	8,311	42,253	52,758
Net book value				
At the beginning of the year	77,676	10,689	112,914	123,603
At the end of the year	76,578	10,689	98,194	185,461

Tangible fixed assets are depreciated as follows:

Freehold property - 2% on cost

Fixtures, fittings and equipment - 15% on the reducing balance basis

Motor vehicles - 25% on the reducing balance basis

10 Debtors and prepayments

10.1 Analysis of debtors	This year £	Last year £
Trade debtors	-	-
Taxation and social security	-	20,794
Other debtors	1,649	1,399
	1,649	22,193

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2022

11 Creditors and accruals

11.1 Analysis of creditors and accruals	This year £	Last year £
Trade creditors	46,468	56,303
Taxation and social security	62,422	6,812
Accruals and deferred income	-	1,000
Other creditors	24,432	1,345
	<hr/>	<hr/>
	133,322	65,460

12 Cash at bank and in hand

	This year £	Last year £
Cash at bank and on hand	34,239	103,233

13 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

14 Trustee's expenses

Type of expenses reimbursed	This year £	Last year £
Travel and subsistence	-	-
Office costs	-	-
	<hr/>	<hr/>
	-	-

The number of trustees paid expenses was NIL (2022: NIL).

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2022

15 Transactions with related parties

During the year the charity was invoiced £234,196 (2022: £260,982) by North Wales Recovery Communities Cyf, a company controlled by an employee, for providing supervisory care of the charity's beneficiaries.

At the 28/02/23 the charity owed North Wales Recovery Communities Cyf £23,970 (2022: £17,205).

16 Post Balance Sheet Events

As of the 1st March 2023 the trading arm of North Wales Recovery Communities also known as Bwyd Da was incorporated into a separate entity and currently trades as a stand alone company limited by guarantee.

All assets and liabilities will transfer as of the 1st March 2023 and will be shown separately in the next financial statements with any amounts owed or owing to North Wales Recovery Communities.

NORTH WALES RECOVERY COMMUNITIES

England & Wales - Charity number 1160531

Accounts

Charity registered number 1160531

North Wales Recovery Communities

Trustees' report and accounts

for the year ended 28 February 2022



NWRC

Registered Charity No. 1160531

North Wales Recovery Communities

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North Wales Recovery Communities

Report of the trustees

The trustees present their report along with the financial statements of the charity for the year ended 28 February 2022 and confirm they comply with the requirements of the Charities Act 2011, the Charitable Incorporated Organisations (General) Regulations 2012 and the charity's constitution.

The charity is registered with the Charity Commission under number 1160531.

Legal and administrative information

The trustees who served during the period are stated below:

Conor Mathieson
Mohammed Olanrewagu Peter Salami
Sarah Frances Flynn

Principal office

Penrhyn House
Llandegai Road
Bangor
Gwynedd
LL57 1PZ

Structure, governance and management

The charity was established as a foundation charitable incorporated organisation on 17 February 2015.

Objectives and activities

To provide relief and support to vulnerable people and in particular those who are in recovery from substance misuse and have been affected by offending, homelessness & mental health issues in the areas of Conwy, Flintshire, Gwynedd and the Isle of Anglesey.

The charity achieves its objectives by the provision of abstinence based housing, open access therapeutic programmes, the promotion of health and well-being, practical support and promoting personal development.

Achievements and performance

The course of the past year has been as always for NWRC been one of triumph and adversity.

We have continued to grow and develop a thriving recovery community at Penrhyn House and have once again been able to open our doors to the wider public after having to remain closed for so long due to the Covid-19 pandemic. NWRC's approach remains one of Asset based community development and we continue to be recognised as a centre of excellence in terms of supporting abstinence-based community recovery and have regularly received positive press coverage with several documentaries having been made about the journey of Penrhyn House and its individual residents.

We have also recently completed our first year's trading at Bwyd Da Bangor, our restaurant/Café that we opened to the public in partnership with BCUHB & Gwynedd council amongst others in November of 2021. Whilst this project has its own challenges in terms of sustainable funding etc, NWRC have nevertheless established Bwyd Da as a vibrant, organic, ethically sourced business that has been extremely well received by the local community and regularly attracts 5-star customer reviews due to the quality of the food produced.

Bwyd currently employs 19 full and part time staff over half of whom are in long term sustainable recovery. As well as the usual restaurant/ coffee shop offer, Bwyd Da also offer a 12-month training/employment opportunity for individuals who are affected by complex barriers to employment. There is also a surplus food club that offers its members (Currently 190, many of whom are experiencing food poverty) a wide variety of surplus food sourced from local supermarkets and organisations such as Fair Share.

Most significantly this year, NWRC have also recently been able to complete the purchase of a new site which we will be transplanting our main base of operations too in the summer of 2023. Whilst Penrhyn House will always remain close to our hearts, there can be no doubt that we have outgrown the site there and the costs of annual repairs & general state of the building meant that a move was vital for us if we want to continue to grow as a community.

Our new home at Hillgrove sits on the site of a former private school and offers huge scope for development. Whilst the initial phase of development work will commence in January 2023, the project at Hillgrove will take us years to develop fully. This will be an incredibly exciting journey for us and one that will allow us to develop a bespoke 'hub' offering a multitude of recovery pathway & resources, built and developed by its community members. Crucially the site remains within the confines of the City of Bangor and will benefit from far better transport links making the new site far more accessible.

At this time NWRC would like to place on record their thanks to Mark Watkin Jones, Susan Ashworth, Kevin Hogan and their dedicated teams. Without their unflinching generosity, vision and business acumen this simply would not have happened.

As a result, the future of NWRC is now secured and as such we will be able to continue offering out hope and inspiration for individuals struggling with active addiction for generations to come.

Therapeutic programme

NWRC has continued to deliver a therapeutic programme that comprises of a series of psychosocial group programmes, mutual aid groups and physical activities aimed at supporting individuals to achieve recovery from addiction.

The programme continues to equip its participants with the skills to cope with a life substance free, as well as addressing any long-term barriers to employment and increasing physical health and enhancing wellbeing.

Now into its seventh year of delivery, the programme has remained incredibly successful with participants attending from a wide catchment area. It has been recognised as being unique in its approach to supporting recovery and has continued to receive regular coverage in both the written press, television and radio, with participants being regularly invited to discuss their positive and often life changing experiences.

The project continues to comprise of multiple Mutual aid-based recovery programmes including "Moving on in my Recovery" (An A.C.T based programme) and access to onsite 12 step fellowship & SMART recovery meetings. Alongside therapeutic and skill-based courses, individuals have also been able to access a variety of diversionary activities, developing new skills and interests to "fill the void" left by their addictions.

These sessions focus upon enhancing health & wellbeing and include Mindfulness, Yoga, 5 a side football, Boxing, running, walking etc.

Over the course of the past 12 months NWRC have also continued to offer a more creative outlet for participants with a creative writing course, Art therapy and the continuing long-term partnership with Eternal Media.

NWRC's long standing organic growing project "Growing for change" have enjoyed another strong year, supplying a number of restaurants/cafes with fresh organic produce.

The growth in abstinence-based recovery within Northwest Wales remains one of NWRC's greatest successes. Having started seven years ago with only one 12 step fellowship meeting, NWRC are now proud to host upwards of six mutual aid meeting per week at Penrhyn house including AA, CA, NA etc.

As well as the meeting hosted at Penrhyn House, NWRC now also host community-based AA & NA meetings at Bwyd Da and provide recovery support groups in both South Gwynedd and Ynys Mon and have also seen numerous meetings being established all the way across North Wales by ex-residents of Penrhyn House who have now returned to their home areas and are now using their strength, hope and experience to establish new meetings and act as "Recovery beacons"

The culture & recovery orientated system of care that we have imbedded at Penrhyn House continues to support its peers in reaching personal milestones in recovery and as a result our community has grown from strength to strength in terms of established sobriety and the ability to offer service to others. As such the vast majority of mutual aid on offer at Penrhyn House continues to be peer led.

Penrhyn house continue to offer a wide variety of mutual aid programmes including

- Moving on in my Recovery- This A.C.T based (Acceptance & Commitment therapy) programme has become the bedrock of the mutual aid on offer at Penrhyn. Designed for individuals coming to the end of their formal treatment journey, it aims to equip participants with the skills necessary to cope with a life substance free. Moving on remains an integral part of the programme on offer at Penrhyn
- Alcoholics Anonymous- An independent 12 step fellowship that holds a weekly meeting at Penrhyn House. By its nature AA is an anonymous fellowship that does not record the number of attendees, however this has proved to be an extremely popular meeting within Northwest Wales and averages between 25-30 members per week.
- Narcotics Anonymous- Similar in structure and traditions to AA, this is an anonymous 12 step fellowship that holds twice weekly meetings at Penrhyn House. The meeting has gone from strength to strength with a second meeting now being held on a Monday lunch time. As a result of these meetings there has again been an increase in 12 step recovery and NWRC peers are regularly able to support other fledgling meetings within the Flintshire & Conwy areas.
- Cocaine Anonymous- NWRC now hold a weekly CA meeting/ "big book" study group that has proved to be extremely popular from the outset.
- Over eaters anonymous (OA)- a twelve step fellowship for individuals who have a poor relationship with food. This has been a recent addition to the therapeutic programme on offer at Penrhyn House
- SMART Recovery- (Self Management & Recovery Techniques)- Over the course of the past 12 months a number of participants have undertaken the accredited training necessary to facilitate SMART recovery sessions and as such have been able to facilitate this meeting. Based on the principles of Cognitive Behavioural Therapy, SMART focuses upon the thinking that leads to problematic substance misuse and offers a real alternative to 12 step recovery.
- Bangor Recovery Project (BRP)- A mutual aid facilitation project that was originally commissioned by the Area planning board to be delivered throughout North Wales. The project aims to explain how and why recovery works for individuals and takes them through the various options available. The recovery orientation and success rates of the participants have proved to be way above the normal average and as a result NWRC have continued to commission the group on a consistent basis.

Abstinence based housing

N.W.R.C have continued to deliver abstinence based multi occupancy housing from the Penrhyn House site in Bangor.

Housing up to 16 individuals at a time the project at Penrhyn House has gone from strength to strength with the average residency now lasting just over 8 months and the average period of abstinence being 7 months (Accurate as of February 2022).

The continued success at Penrhyn House means that demand for a placement remains high. As a result of this demand Penrhyn House continue to operate at full occupancy, with a waiting list of up to 8 individuals at any one time. Due to the high demand for a placement, NWRC are able to offer places to individuals who appear most motivated and often ask prospective residents to engage on a day basis whilst awaiting a room in order to judge levels of commitment and suitability. As well as evidencing motivation it also allows the individual the opportunity to develop positive relationships with existing residents ahead of moving in which often increases the chances of success once a tenancy commences.

Residents continue to adopt a "working week" and have to satisfy a minimum of 20-30 hours of positive pro social activity a week in order to maintain their tenancies. These hours can consist of voluntary work, treatment or further education and can be sourced externally or satisfied within the in-house therapeutic programme currently on offer.

Whilst the housing element of NWRC's service remains financially self-sustaining, there have undoubtedly been issues caused by the ongoing cost of living crisis. With energy bills in particular being hit by unprecedented price increases, NWRC are continuing to review the current level of eligible HB and increase the charge accordingly.

This coupled with the ever-increasing repair and maintenance costs at an aging Penrhyn site again underline why the move to more up to date energy efficient premises are vital if NWRC are to continue to grow and develop long-term in what are becoming ever increasingly difficult financial times.

Move on accommodation.

Over the course of the past twelve months NWRC have significantly reduced the number of move on properties that we manage. Historical issues of under occupancy, coupled with vastly increased running costs meant that these units were no longer financially viable

We have therefore continued to transition our remaining "move on" tenancies over to tenants once they have achieved full time employment and are able to manage the tenancy independently. However, we have opted instead not to source any further units as we normally would.

As such we will only be retaining one unit in Ynys Mon as a long-term placement for individuals over 65 years of age with the hope that this can remain a "forever home"

In future we plan instead to be able to develop alternative "move on" accommodation on the new site at Hillgrove. With huge scope for additional development, NWRC will look to develop a number of cost effective, standalone, energy efficient independent dwellings in the grounds at Hillgrove over the coming years once the initial developments have all been completed.

Potential future developments

As mentioned earlier in this report the biggest development currently facing NWRC is the development and transition to our new home at Hillgrove. The new site will offer us the opportunity to explore additional revenue streams through the development of new services.

Whilst the current focus is on developing residential accommodation, we hope in the future to also be able to develop an education & training hub focusing on employability and access to training and further education.

We also plan to explore the development of on-site detoxification facilities which if achieved would significantly reduce the strain on existing detox provision within North Wales.

However, our immediate goal over the next 12 months must be to transplant the recovery orientated system of care we have developed at Penrhyn House and ensure that we foster the same culture of honesty, openness and integrity that has made Penrhyn House so successful.

We also recognise that we will have to build relationships with our new neighbours. Whilst our current "neighbours" recognise the positive impact & service that we offer to our community we will now have to prove this all over again to our new ones.

Prejudice and stigma will always surround recovery from addiction, and it will be our responsibility through our efforts to tackle these misconceptions and to reassure the small minority who may be concerned by our arrival that we will actually be of positive service to our new community.

Current challenges

At present the biggest challenge facing NWRC is the financial position that Bwyd Da is currently faced with. When the project was devised, all parties involved accepted that a project of this nature would always be heavily grant reliant. When NWRC were approached by BCUHB to be the delivery partner we were asked to model the revenue costs and informed them that a project of this kind employing upwards of 15 individuals, with a training element and a surplus food club as requested would cost approximately £375k per annum to fund which was accepted by all partners involved as being appropriate.

At this point it needs to be acknowledged that Bwyd Da should have been a roaring success for NWRC when judged against the initial plans for it. We have satisfied our element of the Bwyd Da project in an exemplary manner. We have delivered every element of the project on time and within budget, from the initial build right throughout our first year of trading.

As well as establishing an award winning, 5 Star rating on Trip advisor for its food Bwyd Da is also the focal point in addressing food poverty in the Arfon area. Alongside its stigma free Surplus food club, Bwyd da also offer a free food box scheme in partnership with Gwynedd council.

We've worked hard on establishing a similar ethos and working environment to the one developed at Penrhyn House and have been rewarded by a positive culture and very high rate of staff retention. As such Bwyd Da like NWRC as a whole is now recognised as an ethical employer offering employment & training opportunities for individuals faced with historical complex barriers to employment.

Unfortunately, despite being the instigator and designer of the Bwyd Da project BCUHB have been unable to fulfil their financial commitment to fund Bwyd Da. Therefore, instead of being in position where we should be sat on a comfortable cash surplus, we are instead faced with a constant uphill struggle to fund the project on a month-by-month basis.

Whilst urgent discussions with BCUHB are still currently ongoing the reality is that the £375k promised annually to Bwyd Da now been appears to be lost. NWRC have approached multiple different funding sources, including statutory, third sector and Welsh government in an effort to replace the "lost" funding in order to be able to carry on delivering the current model in place at Bwyd Da which is rich in social value. As no new funding has yet been sourced, NWRC continue to maintain frank and open dialogue with BCUHB around the current financial plight facing BDB and the knock-on financial exposure to NWRC caused by BCUHB's financial shortcomings. NWRC have in effect asked BCUHB to fund BDB in its current form until the end of the financial year during which time we will attempt to transition BDB across to a "Break even" model. This request has been taken to the Executive board of BCUHB and at the time of writing this report are currently awaiting a written response.

Whilst nobody could have envisaged the financial difficulties that we would face with BDB given the nature of the delivery partnership involved BCUHB, Gwynedd council, ADRA etc it has nevertheless highlighted the risk that a social enterprise type business poses to NWRC as a whole if the social enterprise itself should get into financial difficulty.

We have therefore taken the decision with the support of CWMPAS (formerly the Welsh cooperative) to transfer Bwyd Da from a trading subsidiary of the larger NWRC charity and transform it into a separate company limited by guarantee. Whilst this new entity would still be able to attract the same level of grant funding as Bwyd Da's current constitution, it would shield the wider charity from any financial exposure whilst at the same time allow us to establish an "asset lock" which would ensure that NWRC would be able to retain any and all tangible assets should Bwyd Da ever have to close its doors.

Given the recent lessons learnt through Bwyd Da, NWRC are keen to avoid making similar mistakes with "Growing for change" our longstanding organic growing operation. Long term the plan had always been to establish GFC as a trading subsidiary however our recent experiences with BDB mean that we will now look instead to either establish it as a company limited by guarantee or alternatively as its own stand-alone entity under the form of a CIO (Charitable incorporated organisation).

At present GFC is in a strong position, we have a dedicated team of growers invested in the project and already supply several cafes/restaurants including Bwyd Da from two growing sites based at Penrhyn House and Moelychi. It is hoped that next year will see us finally secure the capital costs to develop the piece of land that we have been donated by Gwynedd council. If successful in securing this funding, it will allow us to significantly upscale the growing operation and eventually develop a number of the current voluntary posts into paid ones.

Therapeutic grant funding

NWRC continue to receive £89k per annum from the North West Area Planning Board at Penrhyn House.

Evidence base

NWRC have continued to take part in a joint research project this with the CSARS group (Chester Studies of Addiction, Recovery and Spirituality) from Chester University. The initial paper entitled "The Impact of Group Engagement on Recovery Outcomes" looked at the recovery outcomes for a group of 75 participants who engaged within the recovery programme at Penrhyn House over a three year period and suggested that there was an exceptionally strong link between ongoing attendance at mutual aid meetings and the sustainment of long term recovery, with roughly two thirds of all attendees at Penrhyn House having a sustainable recovery journey. The project is now being broadened out to become a more longer term study similar in type to "Project Match" in the United States or the "Life in Recovery" study being undertaken by Sheffield University.

This project which is the first of kind in the UK supports the work carried out by leading lights in the the Recovery Field such as Dr's David Best and Ed Day and offers the opportunity to study long term the impact that mutual aid can have on overcoming addiction.

It's hoped that this study can be continued and indeed broadened over the coming years to look at the long term affects of recovery in terms of reducing offending, increasing employability etc. Hopefully this will continue to show the efficacy of the recovery model developed at Penrhyn House and support the case for increased funding of recovery orientated systems of care.

Financial review

The charity's income was £950,472 and net income for the year was £5,320. The charity aims to maintain cash reserves of £15,000.

This report was approved by the trustees on 18 December 2022 and signed on their behalf by

Sarah Frances Flynn

Trustee

North Wales Recovery Communities

Independent Examiner's Report to the Trustees of North Wales Recovery Communities

I report on the accounts of the charity for the year ended 28 February 2022.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of the 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 charity 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's report

In the course of my examination no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure:
 - proper accounting records are kept in accordance with section 130 of the Charities Act 2011 and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Charities Act 2011 or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr N A Christian FCPA

Christian Sykes & Co Ltd
333/335 High Street
Bangor
Gwynedd
LL57 1YA

Dated: 18 December 2022

North Wales Recovery Communities

Statement of financial activities for the year ended 28 February 2022

	note	Unrestricted funds £	Restated Prior year funds £
Incoming resources			
Income and endowments from:			
Donations and other grants		250,123	248,959
Charitable activities			
<i>Central and local government grants for the provision of care.</i>	3	602,215	490,890
<i>Other trading activities</i>		98,134	-
Total		950,472	739,849
Resources expended			
Expenditure on:			
<i>Charitable activities</i>	4	699,709	542,699
<i>Expenditure on the provision of care</i>		245,443	-
<i>Other trading activities</i>		245,443	-
Total		945,152	542,699
Net income		5,320	197,150
Transfers between funds		-	-
Net movement in funds		5,320	197,150
Reconciliation of funds:			
Total funds brought forward		259,485	62,335
Total funds carried forward		264,805	259,485

North Wales Recovery Communities

Balance sheet as at 28 February 2022

	note	Unrestricted funds £	Restated Prior year funds £
Fixed assets			
Tangible assets	9	204,840	25,825
Total fixed assets		<u>204,840</u>	<u>25,825</u>
Current assets			
Debtors	10	22,192	226,715
Cash at bank and in hand	12	103,233	20,748
Total current assets		<u>125,425</u>	<u>247,463</u>
Creditors: amounts falling due within one year	11	65,460	13,803
Net current assets		<u>59,965</u>	<u>233,660</u>
Total net assets		<u>264,805</u>	<u>259,485</u>
Funds of the charity			
Unrestricted funds		264,805	259,485
Total funds		<u>264,805</u>	<u>259,485</u>

North Wales Recovery Communities

Notes to the accounts for the year ended 28 February 2022

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014,
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and
- the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1 Going Concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

2 Accounting policies

2.1 Income

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities or income and expenses unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

In the case of performance related grants, income is only recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2022

2.1 Income (cont)

Support costs

The charity has incurred expenditure on support costs.

2.2 Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £100.

They are valued at cost and the depreciation rates and methods are disclosed in note 7.

Debtors

Debtors, including trade debtors and loans receivable, are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

Charitable activities

Income from charitable activities	Unrestricted funds £	Restated Last year £
Abstinence based housing	472,664	348,336
Physical diversity activity	64,775	71,277
Complimentary therapies	64,775	71,277
Other trading activities	98,134	-
	<hr/> 700,349	<hr/> 490,890

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2022

4 Analysis of expenditure

Expenditure on charitable activities

Activity	Activities undertaken £	Support costs £	Total £	Restated Last year £
Abstinence based housing	449,849	22,334	472,183	431,544
Physical diversity activity	194,336	22,334	216,669	107,801
Complimentary therapies	1,983	22,334	24,317	3,355
Other trading activities	218,523	13,460	231,983	-
	864,691	80,461	945,152	542,700

5 Support costs

	This year £	Restated Last year £
Office	20,349	4,924
Professional fees	55,452	40
Finance	3,660	206
Governance	1,000	624
	80,461	5,794

6 Details for certain items of expenditure

6.1 Fees for examination of the accounts

Independent examiner's fees £1,000 (2022: £624).

No fees were paid for assurance services, tax advisory fees or other fees either for this year or last year.

7 Paid employees

7.1 Staff costs

	This year £	Restated Last year £
Salaries and wages	218,267	31,312
Social security costs	15,902	-
Pension costs (defined contribution scheme)	5,011	473
Total staff costs	239,180	31,785

7.2 Average head count in the year

	This year Number	Last year Number
The parts of the charity in which the employees work		
Physical diversity activity	4	2
Café staff	10	-
	14	2

North Wales Recovery Communities

**Notes to the accounts (cont)
for the year ended 28 February 2022**

8 Defined contribution pension scheme	This year £	Restated Last year £
Amount of contributions recognised in the SOFA as an expense	5,011	473

9 Tangible fixed assets

	Freehold Property £	Motor Vehicles £	Fixtures, fittings and equipment £	Total £
Cost or valuation				
At the beginning of the year	-	-	45,757	45,757
Disposals	-	-	-	-
Additions	78,773	19,000	92,123	170,896
At the end of the year	78,773	19,000	137,880	235,652
Depreciation				
At the beginning of the year	-	-	19,932	19,932
Disposals	-	-	-	-
Depreciation	1,097	4,750	5,034	6,131
At the end of the year	1,097	4,750	24,966	30,813
Net book value				
At the beginning of the year	-	-	25,825	25,825
At the end of the year	77,675	14,250.00	112,914	204,840

Tangible fixed assets are depreciated as follows:

Freehold property - 2% on cost
 Fixtures, fittings and equipment - 15% on the reducing balance basis
 Motor vehicles - 25% on the reducing balance basis

10 Debtors and prepayments

10.1 Analysis of debtors	This year £	Restated Last year £
Trade debtors	-	39,517
Taxation and social security	20,794	-
Other debtors	1,399	187,198
	22,192	226,715

North Wales Recovery Communities

**Notes to the accounts (cont)
for the year ended 28 February 2022**

11 Creditors and accruals

11.1 Analysis of creditors and accruals	This year £	Restated Last year £
Trade creditors	56,303	7,459
Taxation and social security	6,812	853
Accruals and deferred income	1,000	5,400
Other creditors	1,345	91
	65,460	13,803

11.2 Deferred income

Income received in advance of the provision of the contracted service has been deferred this year and last year.

Movement in deferred income account	This year £	Restated Last year £
Balance at the start of the reporting period	4,167	4,167
Amounts added in current period	-	4,167
Amounts released to income from previous periods	(4,167)	(4,167)
Balance at the end of the reporting period	-	4,167

12 Cash at bank and in hand

	This year £	Restated Last year £
Cash at bank and on hand	103,233	20,748

13 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

14 Trustee's expenses

Type of expenses reimbursed	This year £	Restated Last year £
Travel and subsistence	-	966
Office costs	-	1,125
	-	2,091

The number of trustees paid expenses was NIL (2021: 1).

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2022

15 Transactions with related parties

During the year the charity was invoiced £260,982 (2021: £203,136) by North Wales Recovery Communities Cyf, a company controlled by an employee, for providing supervisory care of the charity's beneficiaries.

At the 28/02/22 the charity owed North Wales Recovery Communities Cyf £17,205 (2021: £7,459).

16 Prior year adjustment

The charity received grants within the year ended 28th February 2022 which were specifically relating to the year ending 28th February 2021 per the grant documentation.

The amount totals £185,799 and is material to the financial statements, the previous year has therefore been restated and the amount recognised within accrued income.

	28th February 2021 Previously reported £	28th February 2021 Restated £
Unrestricted funds	73,686	259,485
Accrued income	-	- 185,799
Total	<u>73,686</u>	<u>73,686</u>

NORTH WALES RECOVERY COMMUNITIES

England & Wales - Charity number 1160531

Accounts

Charity registered number 1160531

North Wales Recovery Communities

Trustees' report and accounts

for the year ended 28 February 2021



NWRC

Registered Charity No. 1160531

North Wales Recovery Communities

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North Wales Recovery Communities

Report of the trustees

The trustees present their report along with the financial statements of the charity for the year ended 28 February 2021 and confirm they comply with the requirements of the Charities Act 2011, the Charitable Incorporated Organisations (General) Regulations 2012 and the charity's constitution.

The charity is registered with the Charity Commission under number 1160531.

Legal and administrative information

The trustees who served during the period are stated below:

James Gareth Deakin
Mohammed Olanrewagu Peter Salami
Sarah Frances Flynn

Principal office

Penrhyn House
Llandegai Road
Bangor
Gwynedd
LL57 1PZ

Structure, governance and management

The charity was established as a foundation charitable incorporated organisation on 17 February 2015.

Objectives and activities

To provide relief and support to vulnerable people and in particular those who are in recovery from substance misuse and have been affected by offending, homelessness & mental health issues in the areas of Conwy, Flintshire, Gwynedd and the Isle of Anglesey.

The charity achieves its objectives by the provision of abstinence based housing, open access therapeutic programmes, the promotion of health and well-being, practical support and promoting personal development.

Achievements and performance

In presenting this report it is impossible to start anywhere other than with the global pandemic that has affected us all so greatly during 2020.

NWRC first became aware of the growing pandemic in January 2020 and began to track its progress as it reached mainland Europe.

We recognised very early on that this was going to have a significant impact on individuals seeking recovery and also for the strong and vibrant recovery community already established at Penrhyn House. As such we took steps early in the crisis to ensure that we could continue to operate face-to-face mutually meetings for as long as possible whilst ensuring the safety of all our community members remained paramount in our decision making process.

However, we had to close our doors sadly in late March when the national lock-down was announced. It was hoped at this point that this would've only been a short-term situation but it quickly became apparent that these were unprecedented times and that as such normal operational services, groups, meetings etcetera were all going to be heavily affected long-term.

At this point we took the decision to move all of our meetings/groupings online via zoom and made the decision to close the main building at Penrhyn House all visitors with the exception of residents and designated volunteers.

In the first week of lock-down we were inundated with requests for support for individuals who are unable to shield or isolate safely due to issues with active addiction and the lack of support available at this point. Whilst NWRC only has a limited pot of money we recognised quickly that these individuals were falling through the gaps and that if we were unable to help then individuals were likely to struggle. We therefore launched a crowd funding page that quickly raised several thousand pounds and soon began to seek grant funding that was being made available to organisations like ours willing to help their communities in their greatest hour of need.

As such we quickly linked in with our local councillor and a local community project called Maes Ni and began to provide food parcels and emergency gas and electric top ups for individuals who'd been identified by the local housing warden as being most vulnerable in terms of either physical or mental issues or those still struggling with active addiction.

This quickly grew in number as more and more individuals began to be affected and at its peak we were providing thrice weekly food parcels to over 80 individuals and families.

At the time of writing this report NWRC have provided over 8000 meals to the wider community and currently support 60 individuals and families long term with weekly food parcels etc.

Whilst this was initially done on a temporary/voluntary basis it soon became a substantial piece of work in its own right that required a full time dedicated team of volunteers to carry out. Whilst all volunteers originally became involved simply in order to "be of service" to their wider community, we have been able to create three part time grant funded positions for the most dedicated volunteers and as such have been able to commit to keeping our relief efforts ongoing until March 2021 at least.

One of the biggest positives in our response to the pandemic has been the ability to tackle the stigma surrounding addiction and to prove what a positive part that individuals in recovery can play in our wider community when faced with hardship. Alongside this NWRC have built strong lasting links with a number of like minded individuals and organisations operating within our local area that will stand us in good stead for years to come.

Therapeutic programme

N.W.R.C have continued to deliver the "gateway programme" that was originally created under the grant provision received from the DWP. The success of the programme meant that NWRC has continued to deliver a therapeutic programme that comprises of a series of psycho social group programmes, mutual aid groups and physical activities aimed at addressing addiction. The programme aims to equip its participants with the skills to cope with a life substance free, as well as addressing any long term barriers to employment and increasing physical health and enhancing health and well being.

Now into its sixth year of delivery, the programme has remained incredibly successful with participants attending from a wide catchment area. It has been recognised as being unique in its approach to supporting recovery and has continued to receive regular coverage in both the written press, television and radio, with participants being regularly invited to discuss their positive and often life changing experiences.

The project continues to include a number of Mutual aid based recovery programmes including "Moving on in my Recovery" (An A.C.T based programme) and access to on-site 12 step fellowship & SMART recovery meetings. Alongside therapeutic and skill based courses, individuals have also been able to access a variety of diversionary activities, developing new skills and interests in an attempt to "fill the

void" left by their addictions.

These sessions focus upon enhancing health & well-being and include Mindfulness, Yoga, 5 a side football, Boxing, running, walking etc.

Over the course of the past 12 months NWRC have continued to offer a more creative outlet for participants with a creative writing course, Art therapy and the establishment of a long term partnership with Eternal Media which allows individuals to learn and develop film making skills.

In September of this year the project lead and several peers from NWRC were again invited to present at the on line FAVOR conference in Newcastle on the multi pathway approach to recovery provided by NWRC.

As with anything else this year, the "Gateway" programme was heavily effected by the Covid pandemic. Again in an attempt to operate as "normally" as possible NWRC retained face to face mutual aid meeting for residents and those within our "extended bubble" and moved all meetings "on-line" via the Zoom platform. Whilst the lack of "face to face" meetings have undoubtedly impacted upon many in a negative fashion it has none the less made many of the mutual aid fellowships more accessible to newcomers. As such NWRC have seen a surge in the growth of the numbers accessing mutual aid fellowships with a significant number of individuals now classing Penrhyn House a their "Home meeting" despite never having physically attended.

In late summer of this year a number of Penrhyn House residents and staff members recognizing the impact that a lack of "face to face" was having on certain members of our wider community decided to build an outdoor meeting space. This quickly picked up pace and with the kind support of our local area planning board (APB) we where able to construct a large covered meeting space that allowed for socially distanced face to face meetings to safely take place. As such Penrhyn House was one of the first sites in the UK to be able to recommence face to face meetings and have seen a surge in the number of mutual aid groups requesting to make use of the space.

This has proven to be extremely fortuitous given the increased demand for recovery support that seems to have resulted from the pandemic and its associated lock downs.

Therapeutic uptake

One of the main positives to have been made over the past five years has been the exponential growth in abstinence based recovery within North West Wales. We have fought hard to establish a genuinely recovery orientated system of care and as a result are seeing an increasing number of our peers reaching personal milestones in recovery and as a result we are beginning to reap the rewards this brings to our community in terms of long term sobriety and the ability to offer service to others.

When we first began in May 2015, Staff had to prop up all therapeutic delivery due to a lack of recovery orientation and long term sobriety amongst its participants. Now we have a scenario where the majority of delivery is facilitated by a large group of peers in established long term recovery. N.W.R.C peers now facilitate mutual aid groups throughout North West Wales and as such we are recognised as one of the leading providers of mutual aid and abstinence based recovery within Wales. Offering a multi pathway approach to recovery, Penrhyn house have been able to develop a menu of options for individuals seeking recovery and has regularly been highlighted as a centre of good practice that should replicated elsewhere "as there should be Penrhyn House every county" in North Wales.

- Moving on in my Recovery- This A.C.T based (Acceptance & Commitment therapy) programme has become the bedrock of the mutual aid on offer at Penrhyn. Designed for individuals coming to the end of their formal treatment journey, it aims to equip participants with the skills necessary to cope with a life substance free. An integral part of the programme on offer, NWRC have continued to consistently deliver MOIMR through a strong network of peer facilitators and have worked closely with the programmes therapeutic developer to adapt

the programme to be delivered with “secure hospital” settings. Delivery of this version will begin in early January 2020

- Alcoholics Anonymous- An independent 12 step fellowship that holds a weekly meeting at Penrhyn House. By its nature AA is an anonymous fellowship that does not record the number of attendees, however this has proved to be an extremely popular meeting within North West Wales and averages between 25-30 members per week. Since this meeting started at Penrhyn House, we have seen a significant increase in the appetite for 12 step recovery amongst our peers, with a number of them now participating in meetings taking place outside of Penrhyn.
- Narcotics Anonymous - Similar in structure and traditions to AA, this is an anonymous 12 step fellowship that holds twice weekly meetings at Penrhyn House. The meeting has gone from strength to strength with a second meeting now being held on a Monday lunch time. As a result of these meetings there has again been an increase in 12 step recovery and NWRC peers are regularly able to support other fledgling meetings within the Flintshire & Conwy areas.
- Cocaine Anonymous- NWRC now hold a weekly CA meeting/“big book” study group that have proved to be extremely popular from the outset. As a result several of our peers have been able to support the opening of fledgling CA meeting back in their home areas once they had left Penrhyn House which again supports NWRC’s long term aim of growing recovery across the whole of North Wales
- Over eaters anonymous (OA)- a twelve step fellowship for individuals who have a poor relationship with food. This has been a recent addition to the therapeutic programme on offer at Penrhyn House.
- SMART Recovery- (Self Management & Recovery Techniques)- Over the course of the past 12 months a number of participants have undertaken the accredited training necessary to facilitate SMART recovery sessions and as such have been able to facilitate this meeting.. Based on the principles of Cognitive Behavioural Therapy, SMART focuses upon the thinking that leads to problematic substance misuse and offers a real alternative to 12 step recovery.
- Bangor Recovery Project (BRP)- A mutual aid facilitation project that was originally commissioned by the Area planning board to be delivered throughout North Wales. The project aims to explain how and why recovery works for individuals and takes them through the various options available. Despite poor uptake in other areas the project proved to be extremely popular and successful with participants coming from all over North Wales to take part. The recovery orientation and success rates of the participants have proved to be way above the normal average and as a result NWRC have continued to commission the group on a consistent basis
- Mindfulness - A peer led session has proved to be extremely popular amongst the local recovery community and has become a regular feature on the therapeutic programme. This group supports individuals taking part in the Moving on in my recovery programme, as mindfulness is referred to on numerous occasions and the facilitator tailors each week’s session to compliment the moving on session.

It is felt that Mindfulness helps its participants significantly in terms of building “emotional sobriety”.

Abstinence based housing

N.W.R.C have continued to deliver abstinence based multi occupancy housing from the Penrhyn House site in Bangor.

Housing up to 17 individuals at a time the project at Penrhyn House has gone from strength to strength with the average residency now lasting just over 12 months and the average period of abstinence being 9 months (figures taken in November 2019). Given that new residents are encouraged to target six months of sobriety, then this figure must be viewed as extremely encouraging when considering the efficacy of the project.

There is no doubt that while it took a tremendous effort to get to this point, we have been able to establish a genuine self sustaining community of recovery.

As a result of this success Penrhyn House continue to operate at full capacity, with a waiting list of up to 8 individuals at any one time. Due to the high demand for a placement, NWRC are able to offer places to the individuals who appear most motivated and often ask perspective residents to engage on a day basis whilst awaiting a room in order to judge levels of commitment and suitability. This also allows the individual the opportunity to develop positive relationships with existing residents ahead of moving in which often increases the chances of success once a tenancy commences.

Whilst individuals that secure a place now have a greatly increased chance of success, the demand for places at Penrhyn House highlights further the need for the housing model developed by NWRC and in particular for those in early recovery who desperately need the foundation of a sober living space in order to develop their recovery further.

Due to the success of the project at Penrhyn house and the continuing lack of sober housing within North Wales, 2020 has continued to see a huge increase in the number of referrals being made from referring agencies throughout all six counties of North Wales. As mentioned earlier in this report NWRC have continued to receive referrals throughout the Pandemic as increasing numbers of individuals appear to have turned to the problematic use of substances in order to manage the pressures of isolation etc.

Individuals wishing to secure a placement at Penrhyn House are required to provide a negative testing sample at the point of entry and are then tested on a twice weekly basis in order to evidence their ongoing abstinence.

Residents are encouraged to adopt a “working week” and have to satisfy a minimum of 20-30 hours of positive pro social activity a week in order to maintain their tenancies. These hours can consist of voluntary work, treatment or further education and can be sourced externally or satisfied within the in house therapeutic programme currently on offer.

Abstinence based housing continues to account for approximately 80% of the charity's total income.

Move on accommodation.

The charity has continued to develop “Oxford house” style move on accommodation for individuals who have been able to evidence a minimum of 12 months abstinence.

Whilst we are currently operating five “move on” units, housing up to nine individuals at any one time, we have been able to sign another tenancy over to one of our peers who has recently joined the staffing team at Penrhyn House. As recovery continues to grow at Penrhyn House there will be an increasing need for further dispersed “move on” units.

The start of 2020 saw us looking to develop a larger move on unit capable of housing up half a dozen residents. We have identified a suitable property and landlord located close to the main site at Penrhyn House and negotiated a lease that was due to start in April 2020. However due to the Corona Pandemic this start date has had to be repeatedly pushed with a start date still no nearer in sight.

It's hoped that the roll out of any vaccine will help to speed up this process and as such NWRC hope to be able to commence this project early in the new financial year.

Potential future developments

Due to the success of the project at Penrhyn House, NWRC had looked to develop a similar project within the Wrexham area. However the impact of the pandemic and a lack of suitable revenue funding means that this project is no longer classed as viable and as such has been placed on the "back burner"

NWRC also continue to look at developing a "tier 1" assessment unit in the Bangor area over the coming 12 months. Ideally this would be a 3-4 bed unit where individuals could be assessed ahead of being offered a placement at Penrhyn House, whilst we have found a landlord and a property to work with, this has again had to be "pushed back" due to the ongoing pandemic.

During 2020 NWRC have also continued to work in collaboration with Capacity: The Public Services Lab.

This ongoing collaboration has continued to strengthen the governance of NWRC and continues to look at securing additional revenue funding. Work with Capacity on strengthening the public profile of NWRC has also seen the successful development of a new website, logo and branding etc.

As 2020 draws to an end NWRC have been approached on partnering on a couple of really exciting initiatives that are hoping to get off the ground in 2021. Whilst it is still extremely early on in the process, the projects if successfully funded would see NWRC develop more work and training opportunities for individuals in sustainable recovery and allow us to access new revenue streams that sit outside of the traditional substance misuse funds we normally access.

Current challenges

2019 saw NWRC face major challenges with the roll out of Universal credit (U.C) and in particular its impact upon "Exempt accommodation". Whilst this still remains a significant issue for us, strong partnership working with our colleagues at the DWP has seen the impact of the UC roll out minimised for the vast majority of our residents/community members. However until this matter is fully resolved NWRC will still have to limit the amount of prison leavers we can accept due to their higher drop out rates in terms of relapse and recidivism, which can often see them leaving Penrhyn House with substantial rent arrears ahead of undertaking their LCFW assessment.

The commissioning process within North Wales continues to be of significant concern for us, particularly when it comes to competing with some of the more established providers for suitable contracts/tenders etc.. It's our belief that there is a level of "risk aversion" that exists within the commissioning process that will always inadvertently discriminate against "Lived experience" organisations like ours no matter how strong our models of governance may be. This was born out by our failure to secure a "Recovery day programme" that was placed out for tender earlier in 2020. Despite submitting an extremely strong tender and being recognised as the leading specialists in providing recovery support within North West Wales the tender was awarded to one of the larger established providers after tendering a much lower price, despite being assured that price only accounted for 20% of the scoring.

The significant amount of time, money and effort that went into submitting this unsuccessful tender has to be taken into account when looking forwards to any additional tenders that may be placed out for contract. As NWRC simply do not have the financial capacity to tender again unsuccessfully particularly if we are having to compete on an "uneven playing field".

As such any and all additional tenders will have to be looked at closely before we decide to commit again in the future as the likelihood of success would appear minimal when the cost is taken into account.

Therapeutic grant funding

As mentioned in last year's report, adequate therapeutic funding for NWRC remains a significant concern.

After meeting with senior members of the WAG in early 2020, NWRC were able to secure an additional £25,000 to meet the shortfall in core costs for 2019-2020. It was hoped that this could then be formally included into NWRC's contract with the APB, increasing our contract value to the level needed to meet

our core costs.

This has however again been affected by the Pandemic and despite a verbal commitment to again meet this year's financial shortfall from slippage, funding is still yet to be secured. In effect this means that the organisational lead has once again been unable to receive a salary for 2020-2021 and is now owed a total of three years worth of salary.

Whilst the impact of the pandemic cannot be underestimated, it's extremely disappointing that this matter is no closer to being resolved despite repeated assurances that it would be. The reality is that this situation cannot be endured financially for much longer and that failure to resolve this issue by the start of the new financial year could see NWRC have to significantly restructure its staffing and senior management team.

Evidence base

NWRC have continued to take part in a joint research project this with the CSARS group (Chester Studies of Addiction, Recovery and Spirituality) from Chester University. The initial paper entitled "The Impact of Group Engagement on Recovery Outcomes" looked at the recovery outcomes for a group of 75 participants who engaged within the recovery programme at Penrhyn House over a three year period and suggested that there was an exceptionally strong link between ongoing attendance at mutual aid meetings and the sustainment of long term recovery, with roughly two thirds of all attendees at Penrhyn House having a sustainable recovery journey. The project is now being broadened out to become a more longer term study similar in type to "Project Match" in the United States or the "Life in Recovery" study being undertaken by Sheffield University.

This year's (2020) paper has seen the CSARS team study the "Impact of the pandemic upon community recovery".

This project continues to be one of the first of its kind in the UK and supports the work carried out by leading lights in the the Recovery Field such as Drs David Best and Ed Day and offers the opportunity to study long term the impact that mutual aid can have on overcoming addiction.

NWRC have also been asked to take part in a new research project in 2021 championed by the likes of David Best and Ed Day looking at the impact of "LERO'S" (lived experience recovery organisations).

Financial review

The charity's income was £554,050 and net income for the year was £11,351. The charity aims to maintain cash reserves of £10,000.

This report was approved by the trustees on 20 December 2021 and signed on their behalf by

James Gareth Deakin
Trustee

North Wales Recovery Communities

Independent Examiner's Report to the Trustees of North Wales Recovery Communities

I report on the accounts of the charity for the year ended 28 February 2021.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of the 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 charity 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's report

In the course of my examination no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure:
 - proper accounting records are kept in accordance with section 130 of the Charities Act 2011 and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Charities Act 2011 or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr N A Christian FCPA

Christian Sykes & Co Ltd
333/335 High Street
Bangor
Gwynedd
LL57 1YA

Dated: 20 December 2021

North Wales Recovery Communities

**Statement of financial activities
for the year ended 28 February 2021**

	note	Unrestricted funds £	Prior year funds £
Incoming resources			
Income and endowments from:			
Donations and legacies		63,160	14,040
Charitable activities			
<i>Central and local government grants for the provision of care</i>	3	490,890	440,413
<i>Trading activities</i>		-	78
Total		554,050	454,531
 Resources expended			
Expenditure on:			
Charitable activities			
<i>Expenditure on the provision of care</i>	4	542,699	433,987
Total		542,699	433,987
 Net income		 11,351	 20,544
 Transfers between funds		 -	 -
		11,351	20,544
 Reconciliation of funds:			
Total funds brought forward		62,335	41,791
Total funds carried forward		73,686	62,335

North Wales Recovery Communities

**Balance sheet
as at 28 February 2021**

	note	Unrestricted funds £	Prior year funds £
Fixed assets			
Tangible assets	9	25,825	26,444
Total fixed assets		25,825	26,444
 Current assets			
Debtors	10	40,916	12,529
Cash at bank and in hand	12	20,748	31,269
Total current assets		61,664	43,799
 Creditors: amounts falling due within one year			
	11	13,803	7,907
Net current assets		47,861	35,891
 Total net assets			
		73,686	62,335
 Funds of the charity			
Unrestricted funds		73,686	62,335
Total funds		73,686	62,335

North Wales Recovery Communities

Notes to the accounts for the year ended 28 February 2021

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014,
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and
- the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1 Going Concern

There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern.

2 Accounting policies

2.1 Income

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities or income and expenses unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

In the case of performance related grants, income is only recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2021

2.1 Income (cont)

Support costs

The charity has incurred expenditure on support costs.

2.2 Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £100.

They are valued at cost and the depreciation rates and methods are disclosed in note 7.

Debtors

Debtors, including trade debtors and loans receivable, are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity.

Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

Charitable activities

Income from charitable activities

	Unrestricted funds £	Last year £
Abstinence based housing	348,336	374,570
Physical diversity activity	71,277	32,922
Complimentary therapies	71,277	32,922
	<hr/>	<hr/>
	490,890	440,413
	<hr/>	<hr/>

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2021

4 Analysis of expenditure

Expenditure on charitable activities

Activity	Activities undertaken £	Support costs £	Total £	Last year £
Abstinence based housing	429,612	1,931	431,544	355,849
Physical diversity activity	105,870	1,931	107,801	70,837
Complimentary therapies	1,423	1,931	3,355	7,301
	<u>536,905</u>	<u>5,794</u>	<u>542,699</u>	<u>433,987</u>

Total support costs have been apportioned equally between the three principal activities undertaken by the charity shown above.

5 Support costs

	This year £	Last year £
Office	4,924	3,647
Professional fees	40	14,080
Finance	206	215
Governance	624	588
	<u>5,794</u>	<u>18,530</u>

6 Details for certain items of expenditure

6.1 Fees for examination of the accounts

Independent examiner's fees £624 (2020: £588).

No fees were paid for assurance services, tax advisory fees or other fees either for this year or last year.

7 Paid employees

7.1 Staff costs

	This year £	Last year £
Salaries and wages	31,312	16,500
Social security costs	-	-
Pension costs (defined contribution scheme)	473	198
Total staff costs	<u>31,785</u>	<u>16,698</u>

7.2 Average head count in the year

	This year Number	Last year Number
The parts of the charity in which the employees work		
Physical diversity activity	2	1

North Wales Recovery Communities

**Notes to the accounts (cont)
for the year ended 28 February 2021**

8 Defined contribution pension scheme	This year £	Last year £
Amount of contributions recognised in the SOFA as an expense	473	198

9 Tangible fixed assets

	Fixtures, fittings and equipment £	Total £
Cost or valuation		
At the beginning of the year	41,842	41,842
Disposals	-	-
Additions	3,914	3,914
At the end of the year	45,757	45,757
Depreciation		
At the beginning of the year	15,398	15,398
Disposals	-	-
Depreciation	4,533	4,533
At the end of the year	19,932	19,932
Net book value		
At the beginning of the year	26,444	26,444
At the end of the year	25,825	25,825

Tangible fixed assets are depreciated as follows:

Fixtures, fittings and equipment - 15% on the reducing balance basis
Motor vehicles - 25% on the reducing balance basis

10 Debtors and prepayments

10.1 Analysis of debtors	This year £	Last year £
Trade debtors	39,517	11,131
Other debtors	1,399	1,399
	40,916	12,529

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2021

11 Creditors and accruals

11.1 Analysis of creditors and accruals

	This year £	Last year £
Trade creditors	7,459	1,516
Taxation and social security	853	116
Accruals and deferred income	5,400	4,787
Other creditors	91	1,489
	<hr/> 13,803	<hr/> 7,907

11.2 Deferred income

Income received in advance of the provision of the contracted service has been deferred this year and last year.

Movement in deferred income account	This year £	Last year £
Balance at the start of the reporting period	4,167	14,756
Amounts added in current period	4,167	4,167
Amounts released to income from previous periods	(4,167)	(14,756)
Balance at the end of the reporting period	4,167	4,167

12 Cash at bank and in hand

	This year £	Last year £
Cash at bank and on hand	<hr/> 20,748	<hr/> 31,269

13 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

14 Trustee's expenses

Type of expenses reimbursed	This year £	Last year £
Travel and subsistence	966	4,894
Office costs	1,125	-
	<hr/> 2,091	<hr/> 4,894

The number of trustees paid expenses was 1 (2020: 2).

North Wales Recovery Communities

Notes to the accounts (cont) for the year ended 28 February 2021

15 Transactions with related parties

During the year the charity was invoiced £203,136 (2020: £181,007) by North Wales Recovery Communities Cyf, a company controlled by Mr J G Deakin, for providing supervisory care of the charity's beneficiaries.

At the 28/02/21 the charity owed North Wales Recovery Communities Cyf £7,459 (2020: £nil).

During the year the charity was invoiced £25,000 (2020: £nil) by North Wales Recovery Support Services Ltd, a company controlled by Mr J G Deakin, for providing management services. No amount was owed at 28/02/21 (2020: £nil).