

Charity registered number 1160531

North Wales Recovery Communities

Trustees' report and accounts

for the year ended 28 February 2025



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	3		
<i>Central and local government income for the provision of abstinence based housing.</i>		590,883	560,444
Total		<u>680,997</u>	<u>710,116</u>
Resources expended			
Expenditure on:			
Charitable activities	4		
<i>Expenditure on the abstinence based housing.</i>		586,101	579,225
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
	560,596	25,506	586,102	579,225

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
	25,506	31,866

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	90,382	79,244

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	-
	4	3

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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
	214,018	191,819

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
	40,282	43,760

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).