

EAGLE RECOVERY PROJECT

England & Wales · Charity number 1165430

Details

Status Registered

Legal form CIO

Registered 2016-02-04

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

Contact

Address 28b King Henrys Walk
London
N1 4PB

Phone 02033177277

Email eaglerecoveryproject@gmail.com

Website www.eaglerecoveryproject.org.uk

Activities

Objects: THE ADVANCEMENT OF HEALTH FOR THE PUBLIC BENEFIT IN PARTICULAR BUT NOT EXCLUSIVELY BY- IMPROVING THE GOOD HEALTH AND MENTAL WELL-BEING OF PEOPLE RECOVERING FROM DRUG AND ALCOHOL ABUSE WITH THE AIM TO ACHIEVE POSITIVE CHANGE, PERSONAL DEVELOPMENT AND A HEALTHY ABSTINENCE LIFESTYLE; - PROVIDING FACILITIES TO DEVELOP THEIR LIFE SKILLS, PARTICIPATION IN SPORTS AND HEALTHY RECREATION; - PROVIDING ADVICE AND INFORMATION FOR THEIR BENEFIT AND USE; - SUPPORTING THEIR PARTICIPATION IN THE WIDER COMMUNITY; - IMPROVING THEIR AWARENESS OF THEIR PHYSICAL HEALTHY NEEDS THROUGH COMPLEMENTARY THERAPIES; AND BY - OFFERING TRAINING WITH A VIEW TO INCREASING AND IMPROVING THEIR QUALITY OF LIFE.

Activities: Initially funded by Islington Council to support borough residents exiting structured treatment for alcohol and/or drug addiction issues. Now self funding Eagle is a peer led volunteer charity providing physical and mental wellbeing activities to reduce isolation, encourage behaviour change and re engage with family and mainstream communities. through sport, yoga and safe social events.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Islington

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	-	-	-	-
2023-03-31	£55,912	£22,942	-	-
2022-03-31	£13,357	£33,978	-	-
2021-03-31	£50,268	£66,000	-	-
2020-03-31	£52,600	£26,252	-	-
2019-03-31	£8,004	£16,002	-	-

Trustees

Name	Role	Appointed
Mick Havens		2022-09-28
Ritchie Phillip		2020-08-19

EAGLE RECOVERY PROJECT

England & Wales - Charity number 1165430

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2022		31	03	2023

Section A Reference and administration details

Charity name

Eagle Recovery Project

Other names charity is known by

Registered charity number (if any)

1165430

Charity's principal address

28B King Henrys Walk
 Islington
 London
 Postcode N1 4PB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Michael Sanderson	Chair		Trustees + Management Team
2	Michael Havens	Secretary		
3	Ritchie Philip			
4	Vanessa Relf			
5	Michael Timmins			
6				
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18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO Foundation
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (e.g. appointed by, elected by)	Appointed by existing Trustees with agreement from Management Committee

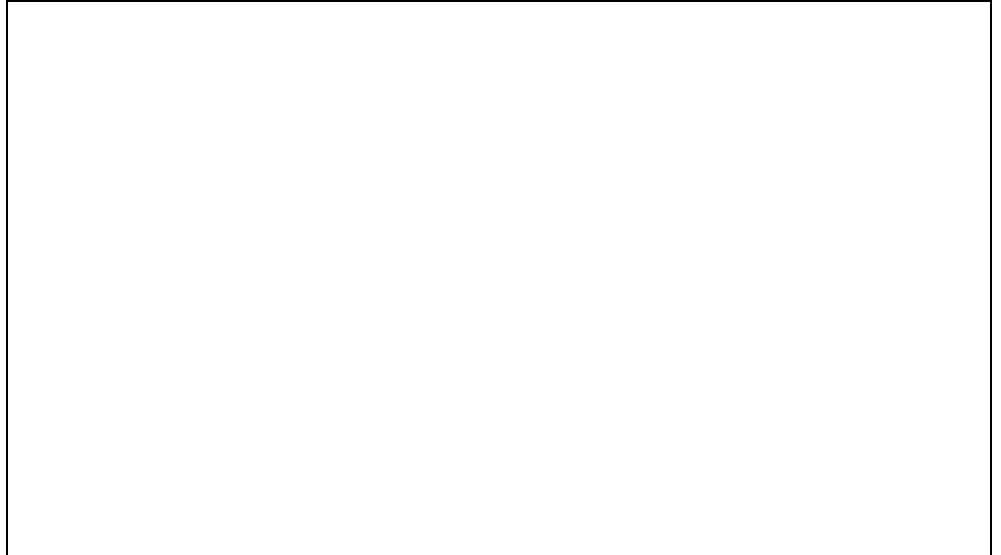
Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage

<p>Policies and procedures for the induction and training of trustees is held in separate documents.</p> <p>In working with vulnerable adults, the processes and procedures for managing unsuitable vulnerable adult behaviour are held in separate documents and implemented by the management team and Ritchie Philips as Safeguarding Lead</p>

them.



Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The advancement of good health for the public benefit but not exclusively by improving the good physical health and mental wellbeing of people recovering from Drug and Alcohol abuse with the aim to achieve positive change Personal development and a healthy abstinence lifestyle. – Providing facilities to develop their life skills, participation in sports and healthy recreation – Providing advice and information for their benefit and use, - Supporting their participation in the wider community; - Improving their awareness of their physical health needs through Complementary therapies and by offering training with a view to increasing and improving their quality of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

With Lockdown still in force Eagle improvised having weekly activity events in Clissold Park including, weather permitting, outdoor badminton, petanque, and rounders, a picnic was also provided.

The Quiz and Bingo evenings were delivered via Zoom as was a Book Club and a twice weekly 'check in' which was facilitated by Mick H.

In April a Theatre Group taster session led to a group running weekly at St Mary's Church hall, Upper Street for 10 weeks This was a co production with the Recoverist Theatre (Islington Peoples Theatre) group following a recommendation from our local funder (Cripplegate) These sessions eventually led to some of our members performing a play in front of an audience which included some 'Names' from the Film industry and ultimately led to a number of the group having a small part in a feature film.



There have been outings to Ten Pin Bowling operating in a limited capacity due to Covid lockdown restrictions. Badminton was still operating but was halted in August after a burst Water Main flooded the building causing its closure.

In July with the end of NHS Infection Control Restrictions Eagle returned to 28b King Henrys Walk to resume normal Wednesday social club activities. At this stage the Charity were down to our last few hundred pounds, so the Management Committee personally funded the food, prizes and activities for service users for a period of four weeks.

The Thursday Smart Group facilitated by Ritchie Philip continued with a good regular turnout and was eventually funded separately by A4A recognition of the valuable community work it was delivering.



September saw our quarterly grant payments reinstated and Eagle took a late summer beach trip fifteen members to Viking Bay in Broadstairs to celebrate.

In November Eagles successful gardening group co production with Better Lives, led by Maxine and John won the Royal College of Psychiatrists 1st prize for green and sustainable projects.

Alongside Eagles regular weekly Wednesday social evening and Friday gardening club activities the rest of the year saw regular cinema trips to the Rio Cinema and Bowling at Rowans With a fully operational kitchen fifty excited Eagle members were

able to have a Christmas meal to round off seasonal festivities with friends in a warm and safe space.

A seasonal trip to The Hackney Empire organised by Ritchie to take in the Pantomime Mother Goose was enjoyed by 25 members booing and hissing with delight throughout



The beginning of 2023 was celebrated with 22 Eagle members Ice Skating and hot chocolating at Somerset House plus a trip the Old Vic theatre to see the play Jitney.

A dozen members had an Archery experience at Caxton House Community centre in the north of the borough with three of our service users claiming medals from a small competition once skills were honed. PS nobody was used for tyarget practice!!!



During the year Eagle contracted 128 Hours counseeling support on behalf of Eagle members who could not afford to access such services financially. Clients signposting to counsellors was coordinated through Mya, herself a counsellor, to ensure confidentiality and objectivity of the Eagle service.



Please find below an extract from the Eagle counselling support service report for the year April 2022 to March 2023

“A number of users engaging in counselling had little support network around them or they continued to engage in relationships that were unhelpful or even abusive to them. They experienced loneliness, lack of understanding from their family and/or friends, they lacked a sense of purpose and/or they lived in insecure housing provision.

All of them expressed that they didn't have anyone to talk to and welcomed an opportunity to have counselling.”

A Job well done so Big Shout Out to management team who delivered in very difficult and trying health and financial environment.



Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment.
- contribution made by volunteers.

Section D Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Eagle has contributed to the Physical and Mental Wellbeing of its Service Users providing Professional Counselling and with Zumba and various other Physical Exercise programmes run in partnership with the Healthy Minds Healthy Bods Group. Eagle has also signposted clients to the appropriate agencies and provided relevant information with regards to issues such as Housing, Universal Credit, and other Benefits through Islington Peoples Rights(IPR), Islington Law Centre, DWP and Citizens Advice Bureau.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does attempt to keep three months of running costs as reserves. A temporary freeze on funding by the National Lottery forced the Charity to run down to almost zero whilst maintaining a framework of activities for the Charity's vulnerable client base. The Charity is now in a more robust financial position following clarification of operations with funders and resumption of agreed cash payments. The charity is now back on course for three months running costs in reserves. Ideally as the Charity grows and the time from making an application to the time of the award increase the organisation will aim at six months of reserves.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising)
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The National Lottery Reaching Communities grant.
The National Lottery Awards for All
The Cripplegate Fund.

The National Lottery grants take a restricted activity funding approach. Reporting on Grant Completion requires reporting and evidencing delivery of activities proposed.

Cripplegate as a local Charity provides unrestricted grants since it is more directly aware of the benefits the Charity's work delivers for vulnerable adults in the borough of Islington

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>M. Havens</i>	
Full name(s)	Michael Havens	
Position (e.g. Secretary, Chair, etc)	Trustee Secretary	
Date	8 th March 2024	



Receipts and payments accounts

For the period from	Period start date	Period end date
	01/04/2022	31/03/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Reaching Communities	-	39,313	-	39,313	-
Donations	394	-	-	394	-
Income from Amazon Smile	5	-	-	5	-
Interest earned	120	-	-	120	-
Cripplegate Grant	5,000	-	-	5,000	-
Cripplegate Cost of Living allowance	1,500	-	-	1,500	-
Natoinal Lottery AFA	-	9,580	-	9,580	-
	-	-	-	-	-
Sub total (Gross income for AR)	7,019	48,893	-	55,912	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,019	48,893	-	55,912	-
A3 Payments					
Charitable Activities		18,572	-	18,572	-
Overheads		1,454	-	1,454	-
Professional fees	-	300	-	300	-
Printing and Stationary	-	375	-	375	-
Telecomms	-	1,209	-	1,209	-
Training	-	1,032	-	1,032	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	22,942	-	22,942	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	22,942	-	22,942	-
Net of receipts/(payments)	7,019	25,951	-	32,970	-
A5 Transfers between funds	3,317	-3317	-	-	-
A6 Cash funds last year end	-	3,340	-	3,340	-
Cash funds this year end	10,336	25,974	-	36,310	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds				
CCXX R1 accounts (SS)	1	10,336	25,974	-

	-	-	-
	-	-	-
Total cash funds	10,336	25,974	-

(agree balances with receipts and payments account(s))

OK OK OK

Unrestricted funds to nearest £ **Restricted funds to nearest £** **Endowment funds to nearest £**

Details

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

Details

B4 Assets retained for the charity's own use


Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Michael Sanderson	07/03/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
EAGLE RECOVERY PROJECT

**On accounts for the year
ended**

31 MARCH 2023

**Charity no
(if any)**

1165430

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

11 MARCH 2023

Name:

DAVID MORGAN

**Relevant professional
qualification(s) or body
(if any):**

Address:

GREAT BROCKHAMHURST FARM

BROCKHAMHURST ROAD

BETCHWORTH, SURREY, RH3 7AP

Section B

Additional Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying most of the page's width and height. It is intended for the user to provide details as requested in the text above.

EAGLE RECOVERY PROJECT

England & Wales - Charity number 1165430

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2021		31	March	2022

Section A Reference and administration details

Charity name

Eagle Recovery Project

Other names charity is known by

Registered charity number (if any)

1165430

Charity's principal address

28B King Henrys Walk
 Islington
 London
Postcode N1 4PB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Michael Haven			Trustee Management Team
2	John Kennedy			
3	Michael Sanderson	Chair	Appointed July 2021 and elected Chair	
4	Ritchie Philip	Chair EMC		
5	Vanessa Relf			
6	Maxine Richmond		Stepped down December 2021	
7	Tracey Wilkinson		Appointed July 2021	
8				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO Foundation
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (e.g. appointed by, elected by)	Appointed by existing Trustees with agreement from Management Committee

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>In September 2021 Eagle joined the CLERO. (College of Lived Experience Recovery Organizations.) This was set up to promote best practice and develop a common framework for measuring achievements. Dame Carol Black is involved in the group which includes a number of large and small recovery organizations led and run by service users.</p> <p>Two members of the management team attend CLERO meetings and report back on meeting content and potential new ideas for activities and approaches to assisting our vulnerable client base.</p> <p>The trustees introduced the NCVO Governance Wheel to assist in identifying governance that needed strengthening and enabling the management team to focus on</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The advancement of good health for the public benefit but not exclusively by improving the good physical health and mental wellbeing of people recovering from Drug and Alcohol abuse with the aim to achieve positive change Personal development and a healthy abstinence lifestyle. Providing facilities to develop their life skills, participation in sports and healthy recreation – Providing advice and information for their benefit and use, - Supporting their participation in the wider community; - Improving their awareness of their physical healthy needs through Complementary therapies and by offering training with a view to increasing and improving their quality of life.

It has been a challenging twelve months with pressures on several fronts.

Firstly, the COVID 19 restrictions meant that outdoor activities were restricted in numbers until fully lifted in late July 2021.

Pressure from our main funder following an anonymous complaint restricted access to our grant funding from October through to the end of the twelve-month period.

Lack of access to meeting rooms at our physical base and spiritual home (28B King Henrys Walk) added to difficulties in managing and developing coherent strategies moving forward.

Gardening, the external support group, counselling and badminton activities continued as they are considered core to Eagles and were funded from reserves thus seriously depleting Eagles financial robustness

This meant expanded project plans being on hold until the issue was resolved with resolution being greatly delayed through funder continued its policy of working from home reducing coherence and coordination of the funders response to Eagle queries on the detail of the complaint and resolution processing.

Despite COVID restrictions being fully lifted in late July internal access to meeting rooms for social activities at Eagles spiritual home and Gardening Club centre was not lifted until the following financial accounting period. This led to increased costs of regular management & trustee meetings in Cafes as a lower cost option to hiring external Islington based meeting rooms.

Regular Group Activity support

In April 2021 the **Gardening club** opened up to service users as most of the beds had been built and 9 fruit trees planted including apple, plum, quince and apricot.

Eagle **Outdoor Wednesdays** sports & social in Clissold Park continued with increased numbers of 15 allowed with outdoor badminton, croquet and boules. Sandwich food was provided using

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

a local take away shop until the weather deteriorated in September. The Wednesday event attracted 10-12 members each week.



Pilates in the Park

Quiz & Bingo continued throughout the year over Zoom account attracting 8-10 people each week.

Eagles professionally supervised **Counselling service** managed to keep four clients in counselling support delivered via Zoom through much of the twelve-month period providing emotional stability to the Eagle client base.

Eagle **Tuesday Badminton club** finally opened up at Sobell in August attracting 8-10 members each week over the remaining eight-month period.

Monday evening activities

In June Eagle went bowling at Rowans once number restrictions were lifted to fifteen per group

An Eagle **External Thursday Support group** running weekly on Thursday evenings was started in September and continues to attract 6-8 people each week looking for like-minded recovery colleagues without the social element of Eagle. There is always a need to give those in recovery options.

One Off Events

Sunday Cinema took Eagle to the Rio Dalston on the 20th of June. Fifteen members saw a Danish Oscar winning comedy “Another Round” with mixed reactions to the movie but thumbs up for helping people get out and about.

Early July saw Eagle celebrate their **10th Birthday** in Clissold Park much to the delight of one of its founders (Mike Sanderson) who congratulated the team on their creativity and ingenuity throughout the Pandemic period when access to meeting rooms and kitchen resources for food preparation were curtailed.

Later in the month Eagle organised 20 members to visit the **Banksy exhibition** in Covent Garden with everybody emerging determined to hunt down a “Banksy” and make their fortune! A good time had by all but no millionaires!!

August saw twenty hardy Eagle souls leaping into the sea on their annual beach day out to Soothed. No deaths, no divorces and no relapses but buckets of fish and chips devoured.

August frolics were followed by management team EDI (Equality, Diversity & Inclusion) training delivered via a two-day training course delivered by Genesis Consultancy Limited.

Better Lives allowed Eagle to host a separate Eagle 10th Birthday barbecue which attracted 27-30 attendees

In September Eagle ran a Recovery month barbecue in co-production with Better Lives with some 30 people attending. Good to know there is enthusiasm for treatment services and recovery in Islington



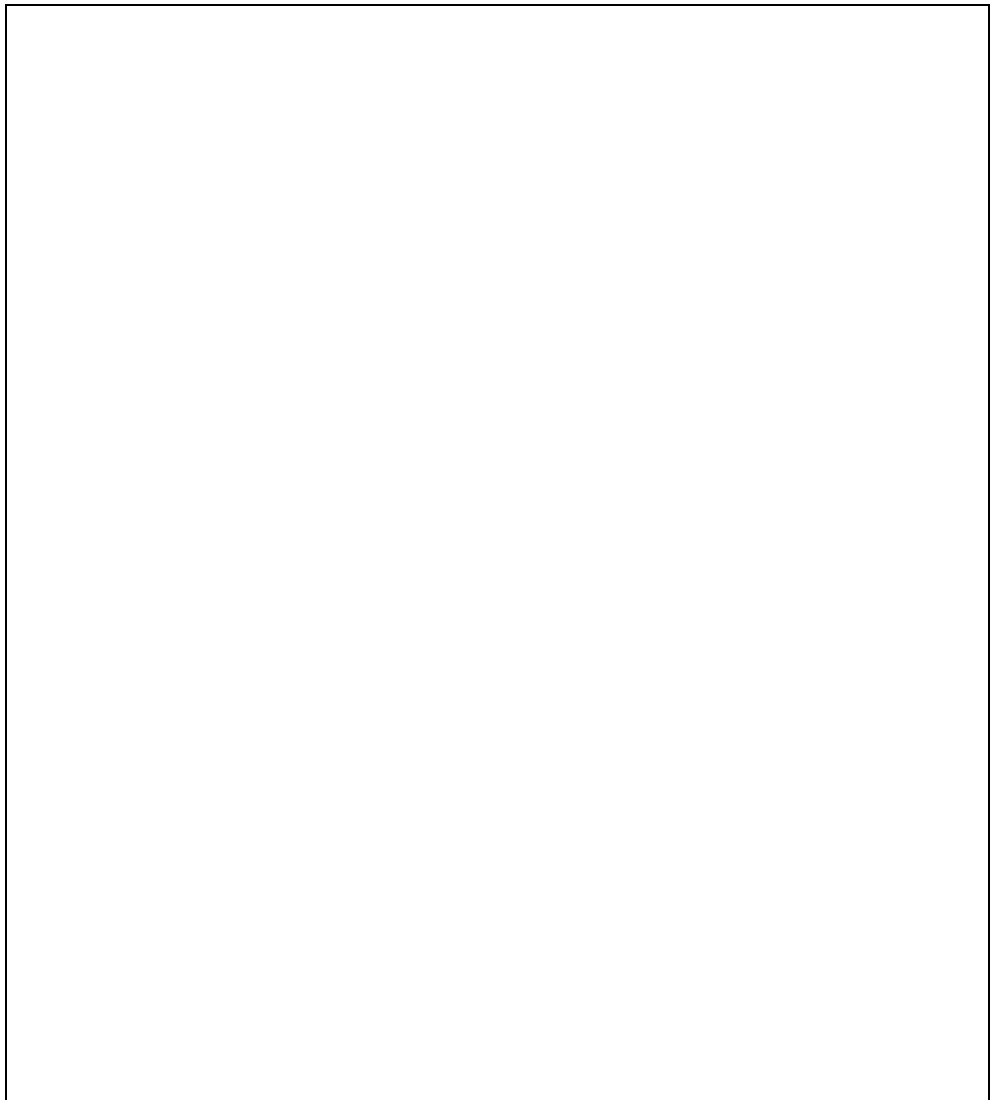
In October a large group (20) saw the latest James Bond film at our local independent cinema, the Rio. Everybody came out wondering where they had parked their Aston Martins. Hey ho the 30 bus was still running.

The remainder of the twelve-month period was largely consumed with issue resolution around Lottery Funding and keeping the remaining activities on track.

However, Eagle ingenuity kicked in again with a Christmas party held at the site of Eagles Thursday evening support group with Better Lives allowing hot food preparation at 28B King Henrys Walk. Some thirty people attended and ended the year in a festive mood.

The New Year brought more issue resolution work lightened by the management team organizing a Jack the Ripper tour in East London which gave vent to gallows humour being directed at whoever had lodged the anonymous complaint. The tragedy being that because the complaint was never delivered to Eagle directly there was no opportunity to respond. However, tragedy turns to triumph in the following financial year. Another chapter for you all to read when it emerges.

Over the 1st quarter of 2022 Eagle was in contact with the Recoverist Theatre group negotiating a co-produced series of drama workshops for the following operating year.



Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment.
- contribution made by volunteers.

Reference needs to be made to the following volunteers and their service over this pandemic period and who went the extra mile for their fellow service users.

Ritchie Philip who led two barbecue teams, the Christmas party food preparation and took on the running of the Thursday evening external support group.

Mick Havens who ran Zoom Quiz nights through the year in addition to the blood curdling Jack the Ripper tour.

John Acton who held all the activities together, worked tirelessly on resolving issues raised by Eagles main funder drafting correspondence with evidential proof of the integrity of Eagle finances. He also led co-production with the gardening project and negotiated a co-production with the Recoverist Theatre group for the following operating year.



Section D **Achievements and performance**

Summary of the main achievements of the charity during the year

Eagle kept alive the mental wellbeing of a significant number of their members throughout the pandemic and post pandemic period with the Eagle Management Committee being the main point of contact for many members. Job done in extraordinary circumstances with pressure coming from both cash flow and premises access restrictions. The management team stepped up and served their community.

Section E Financial review

Brief statement of the charity's policy on reserves

At the end of this financial year we held only 6% of our increased annual income in reserves. Our original aim stated 50% but the commitment to the expanded project backed by increased funder commitment followed by the funder income freeze will require us to build up reserves over the next few years.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising)
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The principal source of funding is a quarterly grant from the Reaching Communities team at the National Lottery.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s) Michael Sanderson

Position (eg Secretary, Chair, etc)

Chair

Date

18th January 2023



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
EAGLE RECOVERY PROJECT

**On accounts for the year
ended**

31 MARCH 2022 Charity no (if any) 1165430

Set out on pages

(Remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2022**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

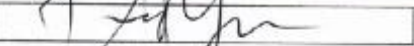
**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:  **Date:** 24/01/2023

Name: DAVID MORGAN

**Relevant professional
qualification(s) or body
(if any):**

Address:

THE OLD DAIRY, GREAT BROCKHAMHURST FARM
BROCKHAMHURST ROAD
BETCHWORTH, SURREY, RH3 7AP

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).



CHARITY COMMISSION
FOR ENGLAND AND WALES

Eagle Recovery Project

No (if any)
1165430

CC16a

Receipts and payments accounts

For the period
from

Period start date
01/04/2021

Period end date
31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Reaching Communities	-	13,105	-	13,105	-
Donations	240	-	-	240	-
Income from Amazon Smile	11	-	-	11	-
Interest earned	1	-	-	1	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	252	13,105	-	13,357	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	252	13,105	-	13,357	-
A3 Payments					
Charitable Activities	815	23,304	-	24,119	-
Overheads	-	5,854	-	5,854	-
Professional fees	-	1,380	-	1,380	-
Printing and Stationary	-	588	-	588	-
Telecomms	-	1,224	-	1,224	-
Training	-	1,140	-	1,140	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	815	33,489	-	34,304	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	815	33,489	-	34,304	-
Net of receipts/(payments)	- 563	- 20,384	-	- 20,947	-
A5 Transfers between funds	- 4,350	4,350	-	-	-
A6 Cash funds last year end	8,253	16,034	-	24,287	-
Cash funds this year end	3,340	- 0	-	3,340	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	3,340	-	-
CCXX R1 accounts (SS)	(agree balances with receipts and payments account(s))	OK	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Michael Sanderson	18//1/2023

EAGLE RECOVERY PROJECT

England & Wales - Charity number 1165430

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2020		31	March	2021

Section A Reference and administration details

Charity name

Eagle Recovery Project

Other names charity is known by

Registered charity number (if any)

Charity's principal address

28B King Henrys Walk	
Islington	
London	
Postcode	N1 4PB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Michael Haven	Chair		Trustee Management Team
2	John Kennedy	Vice Chair		
3	Michael Sanderson	Secretary	Stepped down Aug 2020	
4	Ritchie Philip		August 2020	
5	Vanessa Relf		August 2020	
6	Maxine Richmond		August 2020	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO Foundation
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (e.g. appointed by, elected by)	Appointed by existing Trustees with agreement from Management Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The advancement of good health for the public benefit but not exclusively by improving the good physical health and mental wellbeing of people recovering from Drug and Alcohol abuse with the aim to achieve positive change Personal development and a healthy abstinence lifestyle. – Providing facilities to develop their life skills, participation in sports and healthy recreation – Providing advice and information for their benefit and use, - Supporting their participation in the wider community; - Improving their awareness of their physical healthy needs through Complementary therapies and by offering training with a view to increasing and improving their quality of life.

Eagle started its financial year working to define and agree the scope of support operations that could be provided and delivered quickly and effectively to the vulnerable adults and their families whom the Charity serves.

Eagles COVID response in action

Regular Group Activity support

The pandemic closed the building Eagle used so the management team (EMC) had to rethink Eagles offering. EMC built a contact list of 150 people. The team selected zoom as a video communication tool and began to have twice weekly management meetings to plan how Eagle would continue to deliver charitable services. By the end of March 2020t Eagle was already delivering zoom based activity classes to an initial group of over 40 interested users.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Through the 1st Quarter of this reporting year the EMC introduced further online activities. Eagle added Book Club, Kundalini Yoga, Bingo, Keep Fit classes, Quiz night and Pilates to Eagle zoom activities. Eagle has maintained these throughout the year to make sure that the expanded interested group of over 80 people stay mentally well and fit.

These activities ran throughout the reporting year through to March 2021

Over 200 daytime exercise classes were given. 78 Keep Fit, 50 Yoga, 45 Pilates and 36 Kundalini Yoga. All classes were led by qualified instructors.

In addition, Eagle members were linked in to Healthy Generations Tai Chi and HMHB Zumba

Evenings were occupied with fifty Bingo nights and fifty Quiz nights across the year.

One off events

EMC made contact with a teacher from Jamie Oliver's cookery school to give cook along classes from May through July. This was very popular. Coral, the teacher, taught us how to cook a

prearranged recipe via two cameras. Attendees followed her lead and all sat down to eat together in a virtual dinner party.

Eagle invested in equipment for badminton and photography groups and started to make plans and risk assessments in anticipation of easing of lockdown restrictions.

Once lockdown restrictions were eased through the Summer and Government legislation allowed Eagle began to pioneer Air Badminton in Clissold Park with our coach and gradually increased the group in line with looser regulations.

Around a dozen Clissold Park events were run with lunch and other games including rounders and Frisby with the park gatherings eventually attracting 24 people a week.

Personnel Changes

Long serving yoga teacher, Julie, graduated with an MA in psychotherapy and, sadly for us, got a full time-job with RBKC. T

Mike Sanderson one of Eagle founders and stalwart retired from Eagle after 9 years of service but remained available to help us until November.

Individual member support

Over the period April thru September each Eagle member was contacted three times to establish and monitor their needs.

It quickly became evident that those members living alone were suffering from the enforced isolation as were the vast UK population. This isolation driven by memories of previous addiction behaviour were causing significant anxiety issues and lack of access to any form of social contact triggering potential of relapse

On the ground Eagle began handing out over 200 packages of emergency support in the form of phone credit, food parcels, PPE and even computers to support digital inclusion. Referrals for support came from several sources including the Islington Treatment Service, Better Lives including some Islington homeless addicts relocated to a hotel outside the Borough. Several trips to deliver food were made to help them survive. Eagle co-produced a food parcel service with the Manor Gardens charity for Eagle members with families who had more complex financial difficulties

Food parcel support ended in September as the larger more established agencies came onstream with their support offerings.

Counselling support – Four members entered 3rd party counselling services being funded for online counselling. The allocation of counselling was run by an Eagle volunteer who is also a qualified therapist to ensure arm's length relationships with external counsellors and the service users. This ensures that no service

user has to reveal their need for counselling to the Management Committee.

Group Outings

Hastings Trip 24/8/2020, 20 people

Bowling 28/ 6/ 2020, 12 people,

Bowling 1/ 8/ 2020. 12 people

In November 2020 Eagle took a dozen or so brave service users to the RIO cinema Dalston on the last day before lockdown to see "The Summer of 85! A brilliant movie.

Seasonal end to 2020

The guitar group rehearsed some songs and we filmed them for a carol concert we were organising. The Concert was held via zoom with a mixture of the pre-recorded songs and live singalong to karaoke style carols. Due to the variable time delay on everyone's internet and computers anything sung live was fairly awful, so it paid to sing as loudly as possible at your own location to drown out everyone else. Despite the audio quality it was a great hit with everyone and it is hoped to continue this as a tradition every December, hopefully in real life.

2021 Quarter 1

Zumba classes on Sunday mornings

Drop in chat with Mick on Sunday evenings

The counselling service was re-advertised through the Eagle monthly newsletter and attracted two further clients.

Gardening Club co-production with Better Lives utilising the garden of 28B King Henrys Walk



Compared with the first nine months of the reporting year 2021 started quietly. However, we had been working with Dr Adam Monsell, a psychiatrist with Better Lives, on planning a coproduced garden project 50/50 between Eagles and the Treatment Provider since November. The pictures above were taken from opposite ends of the same path in November 2020. We started building work in January and the picture below from January shows some of the building materials laid out ready for construction.



The two pictures below show the construction complete during March 2021 ready for the service users to start the group in April. This was the first and for some time only face to face group running anywhere in the borough and has proved an extremely important project helping many service users and providing a template for how Eagles and Better Lives can work together. Using this Template a second coproduced group, The Theatre Project will be starting in April 2022



We are grateful to Dr Adam Monsell for the photographs.

The reporting year ends with the positive energy and enthusiasm for new experiences which Eagle brings to its service user members.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment.
- contribution made by volunteers.

Reference needs to be made to the following volunteers and their service over this pandemic period and who went the extra mile for their fellow service users.

Ritchie Philip who spent many months shopping on behalf of members and cycling the length and breadth of the Borough to deliver food parcels and energy support.

Mick Havens who picked up medical supplies and delivered to Sheltering members and also worked hard developing and running the Quiz & Bingo nights whilst caring for his mother at home.

John Acton who as the only member with access to a vehicle also spent time shopping and delivering food parcels in addition to establishing and maintaining relationships with the facilitators on exercise classes and starting up the monthly Eagle newsletter.

Summary of the main achievements of the charity during the year

Eagle kept alive the mental wellbeing of a significant number of their members throughout the pandemic with the EMC being the main point of contact for many members. Job done in extraordinary circumstances. The management team stepped up and served their community.

Section E Financial review

Brief statement of the charity's policy on reserves

At the end of this financial year we are currently holding a quarter of our annual funding as reserves. Our Original aim stated 50% but the recent increase in funding will require us to build up reserves over time.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising)
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The principal source of funding is a quarterly grant from the Reaching Communities team at the National Lottery.


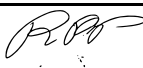
We had planned to spend funds on face-to-face activities which could not happen due to Covid. Instead, we reported to our funders what we intended to do after receiving encouragement enacted our revised plan. This was to substitute and extend the original activities with a full timetable of Zoom or Park based events with professional coaches or teachers.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Michael Sanderson	Ritchie Philip
Position (eg Secretary, Chair, etc)	Trustee Chair	
Date	3 rd December 2021	



Receipts and payments accounts

For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Lottery Grants	41,813	-	-	41,813	39,575
Lottery Grant recd this year for next year	8,364	-	-	8,364	7,915
Building Capability Grant	-	-	-	-	5,000
Interest Earned	10	-	-	10	110
Non Lottery Income	81	-	-	81	
Sub total (Gross income for AR)	50,268	-	-	50,268	52,600
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	50,268	-	-	50,268	52,600
A3 Payments					
Provision of Service User Activities	45,979	-	-	45,979	22,339
	-	-	-	-	-
Stationary and Printing	247	-	-	247	1,070
Running Costs	1,641	-	-	1,641	2,030
Overheads	1,142	-	-	1,142	518
Telecoms	1,075	-	-	1,075	118
Covid-19	16,115	-	-	16,115	177
	-	-	-	-	-
	-	-	-	-	-
Sub total	66,199	-	-	66,199	26,252
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	66,199	-	-	66,199	26,252
Net of receipts/(payments)	- 15,931	-	-	- 15,931	26,348
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	40,217	-	-	40,217	13,869
Cash funds this year end	24,286	-	-	24,286	40,217

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds				
		24,286	-	-
		-	-	-
		-	-	-
	Total cash funds	24,286	-	-

(agree balances with receipts and payments account(s))

OK

OK

OK

Unrestricted funds
to nearest £

Restricted funds
to nearest £

Endowment funds
to nearest £

B2 Other monetary assets

Details

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details



Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Michael Sanderson	30/05/2022
	Ritchie Philip	30/05/2022



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
EAGLE RECOVERY PROJECT

**On accounts for the year
ended**

31 MARCH 2021
Charity no (if any) 1165430

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2021**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: 

Date: 02/12/2021

Name: DAVID MORGAN

**Relevant professional
qualification(s) or body
(if any):**

Address:

GREAT BROCKHAMHURST FARM
BROCKHAMHURST ROAD
BETCHWORTH, RH3 7AP

