



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				
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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.

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

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)

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.

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 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	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Eagle Recovery Project

No (if any)
1165430

CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2020	To	Period end date 31/3/2021
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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

B2 Other monetary assets

Details

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

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 asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-



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

Michael Sanderson
Ritchie Philip

Date of approval

30/05/2022
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

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