

THE RECOVERY FOUNDATION

England & Wales · Charity number 1188110

Details

Status Registered

Legal form CIO

Registered 2020-02-21

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

Contact

Address 9 Dunvegan Road
Birmingham
B24 9HG

Phone 07895522908

Email info@therecoveryfoundation.org.uk

Website www.therecoveryfoundation.org.uk

Activities

Objects: TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY:- • WORKING WITH THOSE WITH MENTAL HEALTH CONDITIONS, FOCUSING ON SELF-HELP AND SHARED EXPERIENCES IN ORDER TO PROMOTE RECOVERY;• FOR THOSE WHO ARE NOT MENTALLY ILL, WORKING TO ENCOURAGE SELF-AWARENESS, RESILIENCE, BUILDING, COPING SKILLS FOR TIMES OF CRISIS, AND OTHER SELF-RELEVANT DEVELOPMENT; AND • ADVANCING EDUCATION IN MENTAL HEALTH RECOVERY, IN PARTICULAR BUT NOT EXCLUSIVELY, BY FOCUSING ON PEER SUPPORTED RECOVERY AND SELF-DEVELOPMENT.

Activities: Run programs/courses that support people who are struggling with their mental health, with the emphasis on "Hope" in recovery

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£158,115	£163,665	-	-
2024-03-31	£165,931	£154,768	-	-
2023-03-31	£83,059	£86,874	-	-
2022-03-31	£46,015	£28,711	-	-
2021-06-30	£8,068	£3,442	-	-

Trustees

Name	Role	Appointed
Mark Harvey	Chair	2024-04-19
Anna Beck		2020-03-12
Dr Mark Bernard		2023-05-04
Jason Paul		2023-12-07
Sophie Webber-Rose		2022-01-17

THE RECOVERY FOUNDATION

England & Wales - Charity number 1188110

Accounts



THE RECOVERY[®]
FOUNDATION

TRUSTEES REPORT & FINANCIAL STATEMENTS
YEAR END MARCH 2025

CHARITY NUMBER
1188110



TRUSTEE REPORT

This year has again been an enormous challenge for The Recovery Foundation with the continuing pressure of accessing grants and raising funds. The number of successful bids has reduced due to the economic climate and so we have had to be more creative in our thinking about how we continue to progress and continue to offer Hope and Recovery to our community. This we have continued to do.

We have seen a transformation in the needs of people who access our services. There has been a real change in what people need and find supportive. The Woodland Wellbeing has been a great success with our funders (The People Health Trust) continuing to support this wonderful initiative that has had so much positive feedback from the participants. Added to this the Art groups are increasing in numbers through word of mouth and have been a huge success. We are delivering support over several sites (including expanding within Sutton Coldfield thanks to funding from Sutton Coldfield Charitable Trust) with participants averaging 25 to 30 at each session.

Even though we have changed and adapted to the needs of our community and refocused our energies on different approaches the number of people in our community who utilise our services continues to grow. Not only have the numbers of people utilising our services increased but the complexity of the needs and problems people have broadened. The cost of living with social and financial problems has led us to expand our network and signpost people to the support they need. More people have complex problems such as dual diagnosis increased social anxiety and complicated relationships and our team are spending a greater time offering one to one support. Our community is wonderfully diverse but with that comes a wider range of needs and the requirement for us to be flexible and creative in how we deliver interventions and signpost people to appropriate services.

Training and support initiatives continue under our wider remit in relation to HOPE groups and our support to Ingeus UK and other services. We have needed to adapt in relation to our NHS partners with the changes in mental health provision to young people in Birmingham and Solihull. Our relationships with our partners remain strong and healthy enabling effective partnership working to support our communities.

The Recovery Foundation has been successful for five years now and as the political climate changes so do we. We have adapted well to the challenges that have been put before us. I am particularly proud of how the staff and volunteers have embraced these changes and taken them forward. We have more and more people using our services and for that we are proud that we continue to make a difference in the community.

This past year has been a real challenge for the Trustees and I am grateful of their commitment and passion in supporting the growth of TRF. We would like to thank all those who work for us and with us, our participants, our funders, supporters and partners. With your continued support we look forward to celebrating our 5th anniversary next year and the journey that lies ahead.

Mark Harvey
Chair

ABOUT TRF

MISSION

Passing on the Hope we have by encouraging growth and recovery and positively impacting our community.

OBJECTIVES

To preserve and protect physical and mental health for the public benefit by:-

» Working with those with mental health conditions, focusing on self-help and shared experiences in order to promote recovery;

» For those who are not mentally ill, working to encourage self-awareness, resilience, building, coping skills for times of crisis, and other self-relevant development; and

» Advancing education in mental health recovery, in particular but not exclusively, by focussing on peer supported recovery and self-development.

CONTACT

www.therecoveryfoundation.org.uk

info@therecoveryfoundation.org.uk

07597 396107

Facebook: @TRFHope

Instagram: @TRF.Hope

MANAGEMENT

Trustee Board:

Mark Harvey	Chair
Anna Beck	Treasurer
Sophie Webber-Rose	Secretary
Dr Mark Bernard	
Jason Paul	



Senior Management Team:

Emma Sithole	CEO
Jacinta Edwards	COO
Angela Chapman	Director
Natalie Kibble	Director
Jenella Smith	Director

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.



Structure, Governance and Management:

The Recovery Foundation is a Charitable Incorporated Organisation and registered as a charity on 21st February 2020.

There are currently 5 trustees in post. No trustees have benefitted financially from their role and operate on an entirely voluntary basis. The Board of Trustees meets every 4-6 weeks to ensure the strategic direction and policy of the charity.

The Senior Management Team includes 5 people, 3 of which are on payroll and the other 2 are paid on a sessional basis at the time of writing this report. The Senior Management Team meet every 4 weeks to plan operations and ensure the smooth running of the charity day-to-day.



hope

VALUES

**OUR VALUES ARE BASED ON
THE WORD HOPE:**

H- HONOUR

We show respect for individuals.

O- OPPORTUNITY

We provide a safe space where we encourage openness and honesty.

P - PURPOSE

To use our own lived experience to help others to find and sustain hope.

E - EVOLVING

Our desire is to see individuals grow and to respond to our community.

OUR SUPPORT

CO-PRODUCED SUPPORT PROGRAMMES FOR MENTAL HEALTH RECOVERY



Hope Groups

Our 4 week peer support groups run online and in-person. Themes covered include crisis, acceptance and growth. We also offer the option to train to become a Facilitator and to join our Hope Community afterwards.



Rainbow Minds Matter

Hope Groups re-worked for the LGBTQIA+ Community. A safe and supportive environment for individuals who need mental health support. The Hope Community is available afterwards



Creative Arts Programme

We offer our Creative Arts Programme 5 days a week. Sessions include drop-ins, older adult groups and 1:1 bespoke sessions. Those who attended our Creative Arts Programme this year had the opportunity to showcase their work at our annual Hope Celebration.



Hope Community

This is our follow-up support for 12 months and includes care packages, meet ups, and workshops. Some of the workshops we have been able to offer this year include furniture upcycle, embroidery and woodland wellbeing.



Moving Mountains

Hope for young minds. A 4-week intervention for young people aged 14-25 who are struggling with their mental health. We've had the privilege to deliver this in schools and with The Princes Trust.

OUR SUPPORT



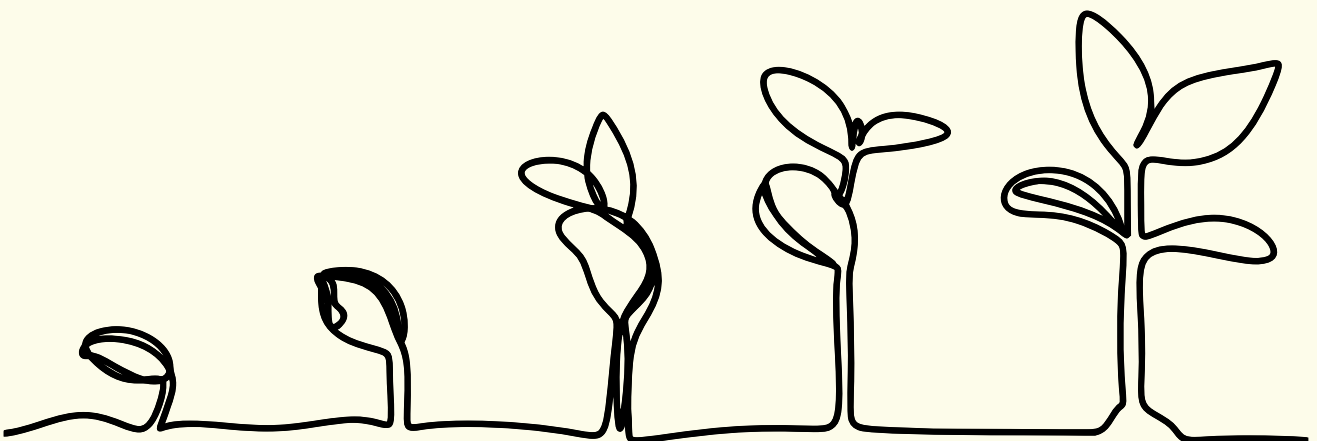
Woodland Wellbeing

This is a 6 week peer support group that links the benefits of nature for mental health. Set in our local park, this group offers campfire activities, natural bushcraft and mindfulness to participants.



Training

We have been able to expand the training we offer to include 7 courses. We have delivered this across England to over 250 individuals this year. Our courses remain popular among those working in the healthcare and justice sectors.



OUR IMPACT IN NUMBERS

372

Individuals accessed our support

131

of these completed a Hope Group

80%

were referrals received from external organisations



100%

would recommend us to a friend

134

attendees at Creative Art Courses

9.8

our average score out of 10 for Hope Groups.

96

People accessed our Woodland Wellbeing Programme

'Attending this arts class has had a huge impact on my wellbeing. I've learnt so many art techniques and ideas, but most importantly I've discovered how to enjoy the process without worrying about the outcome. By doing this, I was amazed to see that I created pieces I am truly proud of. The sessions have given me confidence, calm, and a real sense of achievement. This group has been a real lifeline and I'm so grateful for it.'

'Hope Group helped me see light at the end of the tunnel & that I am not alone, and that it is okay to not be okay.'

'Since attending The Recovery Foundation, my mental health and well being has improved and I feel less alone.'

'Woodland Wellbeing gave us tools to enable our well-being, showing us the value of nature. It has enhanced my quality of life by bringing laughter, friendship and fun in a safe environment.'





OUR PLANS:

2025/26 WILL SEE US CONTINUE TO DEVELOP OUR EXISTING GROUPS AND WIDEN OUR REFERRAL BASE. WE WILL ALSO INCREASE OUR VOLUNTEERS TO INCLUDE COMMUNITY LINK VOLUNTEERS FOR INCREASED SIGNPOSTING.

WOODLAND WELLBEING

We hope to continue to expand this group, including publishing our research using clinically validated measures to demonstrate the importance of nature for mental health.

VOLUNTEERING

We plan to increase our volunteering opportunities to include a Fundraising Committee and 2 Community Link Volunteers. This new role will support our signposting for our participants.

HOPE COMMUNITY

Increasing co-production opportunities for our participants by developing our Hope Community to ensure it offers the support that best suits our local community.



FUNDERS

A huge thank you to all our funders this year, we couldn't do this without you!



The **Eveson**
Charitable **Trust**



Bentley Advancing Life Chances



The Grimmitt Trust
Dumbreck Charity
The Kristina Martin Charitable Trust
Pamela Barlow Charitable Trust



Forte
Charitable Foundation

The Grantham
Yorke Trust

PARTNERSHIPS



WHO WE WORK WITH:



**Birmingham and Solihull
Mental Health**
NHS Foundation Trust



REGISTERED CHARITY NUMBER: 1188110

The Recovery Foundation

Financial Statements
For the year ended 31 March
2025

The Recovery Foundation

Contents of the financial statements for the year ended 31 March 2025

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Report of the Trustees	1
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Statement of Financial Activities	3
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Notes to the Financial Statements	5-6
Detailed Statement of Financial Activities	7-8

The Recovery Foundation

Report of the Trustees year ended 31 March 2025

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188110

Trustees

Dr M Bernard

Mr M Harvey

Mrs A Beck

Mrs S Webber-Rose

Mr J Paul

Independent examiner

Wychbury Lee

83 Blackwood Road

Streetly

West Midlands

B74 3PW

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, a deed of trust, and constitutes an incorporated charity

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

ON BEHALF OF THE BOARD:



Mr M Harvey - Chair

Date: 26/06/2025

The Recovery Foundation

Independent examiner's report to the trustees of The Recovery Foundation For the year ended 31 March 2025

I report on the accounts for the year ended 31 March 2025 set out on pages three to eight.

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 year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under
- to 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 130 of the 2001 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting

have not been met; or

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

Wychbury Lee
83 Blackwood Road
Streetly, Sutton Coldfield
West Midlands
B74 3PW
Date: 26/06/2025

The Recovery Foundation

Statement of Financial Activities For the year ended 31 March 2025

	Year Ended 31/03/2025 Unrestricted fund £	Year Ended 31/03/2025 Restricted fund £	Year Ended 31/03/2025 Total funds £	Year Ended 31/03/2024 Total funds £
INCOMING RESOURCES				
Incoming resources from charitable activities				
General Fundraising	<u>98,377</u>	<u>59,739</u>	<u>158,115</u>	<u>165,931</u>
Total incoming resources	98,377	59,739	158,115	165,931
RESOURCES EXPENDED				
Charitable activities				
General Fundraising	96,428	39,228	135,655	125,787
Governance costs	15,342	861	16,203	14,762
Other resources expended	<u>8,819</u>	<u>2,987</u>	<u>11,806</u>	<u>14,219</u>
Total resources expended	<u>120,588</u>	<u>43,076</u>	<u>163,665</u>	<u>154,768</u>
NET INCOMING RESOURCES	(22,212)	16,662	(5,549)	11,163
RECONCILIATION OF FUNDS				
Total funds brought forward	<u>24,757</u>	<u>4,520</u>	<u>29,277</u>	<u>18,114</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>2,546</u></u>	<u><u>21,182</u></u>	<u><u>23,728</u></u>	<u><u>29,277</u></u>

The notes form part of these financial statements

The Recovery Foundation

Balance Sheet

For the year ended 31 March 2025

	Year Ended 31/03/2025 Total funds	Year Ended 31/03/2024 Total funds
	£	£
FIXED ASSETS		
Computer Equipment	1,192	947
CURRENT ASSETS		
Debtors	42	1,483
Cash at bank	24,414	28,119
	<u>24,455</u>	<u>29,602</u>
CREDITORS		
Amounts falling due within one year	1,920	1,272
	<u>23,728</u>	<u>29,277</u>
NET CURRENT ASSETS		
	<u>23,728</u>	<u>29,277</u>
NET ASSETS		
	<u>23,728</u>	<u>29,277</u>
FUNDS		
Unrestricted	2,546	30,957
Restricted	21,182	(1,680)
	<u>23,728</u>	<u>29,277</u>

The financial statements were approved by the Board of Trustees on 30 June 2025 and were signed on its behalf by:



Mr M Harvey - Chair



Mrs A Beck - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
For the year ended 31 March 2025

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). The Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources. Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees remuneration or other benefits for the year ended 31 March 2025 nor for the period ended 31 March 2024.

Trustees' expenses

No trustees' expenses were paid for the year ended 31 March 2025 nor for the period ended 31 March 2024.

Notes to the Financial Statements - continued
For the year ended 31 March 2025

3. DEBTORS: ACCOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2025	31/03/2024
Prepayments	<u>42</u>	<u>1,483</u>

4. CREDITORS: ACCOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2025	31/03/2024
Paye and social security	-	162
Accruals	<u>1,920</u>	<u>1,110</u>
	<u>1,920</u>	<u>1,272</u>

5. MOVEMENT IN FUNDS

	At 01/04/2024 £	Net movement in funds £	At 31/03/2025 £
Unrestricted funds	24,757	(22,212)	2,546
Restricted funds	4,520	16,662	21,182
	<u>29,277</u>	<u>(5,549)</u>	<u>23,728</u>
TOTAL FUNDS	<u>29,277</u>	<u>(5,549)</u>	<u>23,728</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	98,377	120,588	(22,212)
Restricted funds	59,739	43,076	16,662
	<u>158,115</u>	<u>163,665</u>	<u>(5,549)</u>
TOTAL FUNDS	<u>158,115</u>	<u>163,665</u>	<u>(5,549)</u>

The Recovery Foundation

Detailed Statement of Financial Activities For the year ended 31 March 2025

	Year Ended 31/03/2025 Unrestricted fund £	Year Ended 31/03/2025 Restricted fund £	Year Ended 31/03/2025 Total funds £	Year Ended 31/03/2024 Total funds £
INCOMING RESOURCES				
Incoming resources from charitable activities				
Donations	549	-	549	880
Training sold	31,234	-	31,234	66,556
12 month contracts	20,864	-	20,864	10,149
Groups delivered	230	-	230	2,960
Unrestricted grants	45,500	-	45,500	5,990
Grants	-	59,739	59,739	79,396
	98,377	59,739	158,115	165,931
Other incoming resources				
Merchandise income	-	-	-	-
Total incoming resources	98,377	59,739	158,115	165,931
RESOURCES EXPENDED				
Charitable activities				
Activities	4,690	1,320	6,010	2,090
Salaries & NI	45,113	30,723	75,836	66,064
Facilitator training	11,201	-	11,201	3,187
Sessional pay	30,596	3,644	34,240	46,867
Room hire	4,828	3,540	8,368	7,580
	96,428	39,228	135,655	125,787
Governance costs				
Merchandise & resources	6,608	854	7,462	4,241
Insurance	321	-	321	240
Professional fees	1,447	7	1,454	2,722
Management Fees	6,829	-	6,829	5,121
Sundries	138	-	138	2,438
	15,342	861	16,203	14,762

This page does not form part of the statutory financial statements

The Recovery Foundation

Detailed Statement of Financial Activities For the year ended 31 March 2025

	Year Ended 31/03/2025 Unrestricted fund £	Year Ended 31/03/2025 Restricted fund £	Year Ended 31/03/2025 Total funds £	Year Ended 31/03/2024 Total funds £
Other resources expended				
Printing & Stationery	1,973	39	2,011	6,291
Postage	388	339	726	195
Telephone & computer expenditure	2,710	82	2,792	2,553
Travel expenses	2,304	758	3,062	3,637
Audit and accountancy	810	1,770	2,580	1,260
Depreciation	634	-	634	282
	<hr/>	<hr/>	<hr/>	<hr/>
	8,819	2,987	11,806	14,219
Total resources expended	<hr/>	<hr/>	<hr/>	<hr/>
	120,588	43,076	163,665	154,768
Net income	<hr/>	<hr/>	<hr/>	<hr/>
	(22,212)	16,662	(5,549)	11,163
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

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THE RECOVERY FOUNDATION

England & Wales - Charity number 1188110

Accounts



THE RECOVERY[®] FOUNDATION

**TRUSTEES REPORT & FINANCIAL
STATEMENTS**
YEAR END MARCH 2024

CHARITY NUMBER
1188110



TRUSTEE REPORT

The past year has seen much development for The Recovery Foundation (TRF). In the ever-changing charity landscape, we are proud of how TRF has been able to respond quickly to feedback and adapt its services to enable us to ensure we remain relevant and sustainable. This means new groups have been progressed and piloted and our bespoke training has become a viable source of income for the future.

Taking stock of what has been TRF's biggest year of growth to date, we have seen an increase in the amount of people we support, our services, and our staffing. Our values continue to be reflected through everything we offer, from our internal processes to our service delivery and within the lives of our staff team who go above and beyond.

In 2023/24 we offered direct support to over 350 individuals. We have delivered a wide variety of services including our Hope Groups and Hope Community, Creative Arts Programme, and Moving Mountains youth programme. This year has also seen the pilot of exciting new projects; Rainbow Minds Matter, Mending Minds and Space for Men.

We continue to develop our partnerships with the two main local NHS commissioned providers of secondary mental health service; Birmingham and Solihull Mental Health Foundation Trust (BSMHFT) and Forward-Thinking Birmingham (FTB). TRF also continues to work with commissioned rehabilitation services: Ingeus UK.

Our training courses have been delivered nationally and we have expanded these to offer 7 unique courses that offer deeper insight into mental illness and recovery. TRF have had the privilege to deliver these to 230 individuals.

As we look to our next year ahead, TRF will continue to offer HOPE, to use our lived experience to support others and encourage growth and recovery, all while positively impacting our community.

We have more challenges ahead as we continue to grow. The pressure on charities continues to increase with less funding available and tougher times in accessing grants and funding. We are very aware of these, as well as those changes in the health services, and we have adapted to meet those challenges.

We would like to thank all those who work for us and with us, our participants, our funders, supporters and partners. With your continued support we look forward to celebrating our 5th anniversary next year and the journey that lies ahead.

On a personal note, I am proud to have been successfully appointed in April 2024 to Chair the Recovery Foundation. A Charity that is committed to those who use the services and whose core values are exceptional.

Mark Harvey
Chair

ABOUT TRF

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To preserve and protect physical and mental health for the public benefit by:-

- » Working with those with mental health conditions, focusing on self-help and shared experiences in order to promote recovery;
- » For those who are not mentally ill, working to encourage self-awareness, resilience, building, coping skills for times of crisis, and other self-relevant development; and
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Rainbow Minds Matter

Hope Groups re-worked for the LGBTQIA+ Community. A safe and supportive environment for individuals who need mental health support. The Hope Community is available afterwards



Space for Men

Hope Groups re-worked for men. A safe and supportive environment for men who need mental health support.



Mending Minds

A tailored, gentle support group to help individuals understand how to cope when in crisis with their mental health. Practical ongoing support.



Moving Mountains

Hope for young minds. A 4-week intervention for young people aged 14-25 who are struggling with their mental health. We've had the privilege to deliver this in schools and with The Princes Trust.

OUR SUPPORT



Training

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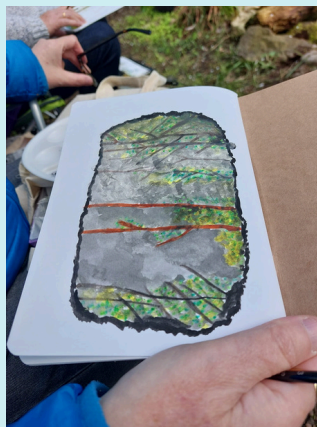


Hope Community

This is our follow-up support for 12 months and includes care packages, meet ups, and workshops. Some of the workshops we have been able to offer this year include furniture upcycle, embroidery and woodland wellbeing.



The Hope Celebration is our annual event where participants can attend and celebrate how far we have come in our recovery journeys.



OUR IMPACT IN NUMBERS

350

Individuals
accessed our
support

137

of these
completed a
Hope Group

80%

were referrals
received from
external
organisations



100%

would
recommend us
to a friend

120

attendees at
Creative Art
Courses

9.7

our average
score out of 10
for Hope
Groups.

230

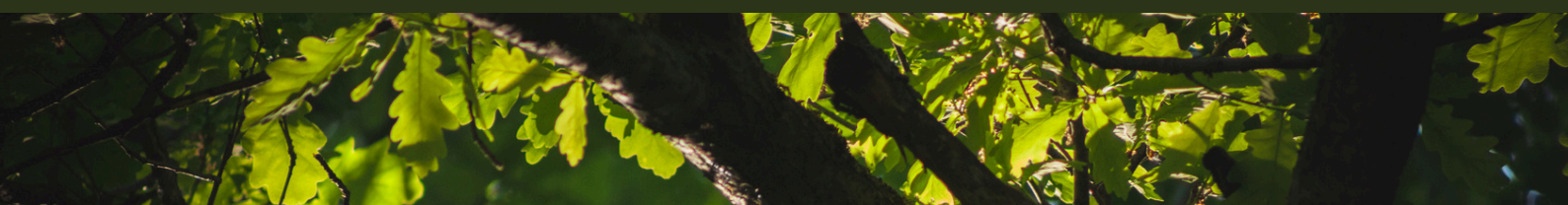
People accessed
our training

'The group has given me confidence in my art. A chance to talk to like minded people about all subjects including art. It has given me a purpose and more confidence. The people are fantastic and we have all become friends and share our interests. Our group leader is amazing – patient, caring and inspiring to us all. This group has been a real help to my mental health and a great aid to concentration. I have learnt that we can all be artistic in our own way and share our art with others.'

'This group has been a lifeline for me. I am a carer to an older relative as well as living with my own mental health issues.'

'I enjoyed having a structured time and space where it was safe to discuss mental health concerns among like-minded people. This group has really helped me in my recovery.'

'Participating in group sessions provided a safe space for deep and meaningful conversations, where I found some peace in the shared experiences of others facing similar struggles. It was here that I realised I was not alone in my journey towards healing.'



OUR PLANS:



2024/25 WILL SEE US CONTINUE TO DEVELOP OUR EXISTING GROUPS AND WIDEN OUR REFERRAL BASE. WE WILL ALSO WORK WITH OUR CURRENT PARTICIPANTS TO FURTHER DEVELOP OUR HOPE COMMUNITY

HOPE COMMUNITY

Working co-productively with our participants we will reconsider our Hope Community and what we offer. We aim to offer more regular support to more local people and to make our groups more accessible.

CREATIVE ARTS PROGRAMME

We plan to continue developing our Creative Arts Programme and expand our groups further into Sutton Coldfield. We will also develop our 1:1 support.

WOODLAND WELLBEING

We hope to develop and deliver a regular Woodland Wellbeing group, after a successful pilot. This will offer support for mental wellbeing utilising nature and creativity.



FUNDERS

A huge thank you to all our funders this year, we couldn't do this without you!



The Grimmitt Trust
 The George Henry Collins Charity
 The Owen Family Trust
 The Saintbury Trust



PARTNERSHIPS



WHO WE WORK WITH:



**Birmingham and Solihull
Mental Health**
NHS Foundation Trust

ForwardThinking
Birmingham



ingeus

REGISTERED CHARITY NUMBER: 1188110

The Recovery Foundation

Financial Statements
For the year ended 31 March
2024

The Recovery Foundation

Contents of the financial statements for the year ended 31 March 2024

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Balance Sheet	4
Notes to the Financial Statements	5-6
Detailed Statement of Financial Activities	7-8

The Recovery Foundation

Report of the Trustees year ended 31 March 2024

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188110

Trustees

Dr M Bernard

Mr M Harvey

Mrs A Beck

Mrs S Webber-Rose

Mr J Paul

Independent examiner

Wychbury Lee

83 Blackwood Road

Streetly

West Midlands

B74 3PW

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, a deed of trust, and constitutes an incorporated charity

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

ON BEHALF OF THE BOARD:



Mr M Harvey - Chair

Date: 15/11/24

The Recovery Foundation

Independent examiner's report to the trustees of The Recovery Foundation For the year ended 31 March 2024

I report on the accounts for the year ended 31 March 2024 set out on pages three to eight.

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 year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

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

Basis of 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 130 of the 2001 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2001 Act

have not been met; or

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

Wychbury Lee
83 Blackwood Road
Streetly
Sutton Coldfield
West Midlands
B74 3PW
Date:

The Recovery Foundation

Statement of Financial Activities
For the year ended 31 March 2024

	Year Ended 31/03/2024 Unrestricted fund £	Year Ended 31/03/2024 Restricted fund £	Year Ended 31/03/2024 Total funds £	Year Ended 31/03/2023 Total funds £
INCOMING RESOURCES				
Incoming resources from charitable activities				
General Fundraising	86,525	79,406	165,931	83,059
Total incoming resources	86,525	79,406	165,931	83,059
RESOURCES EXPENDED				
Charitable activities				
General Fundraising	58,244	67,544	125,787	65,957
Governance costs	7,117	7,645	14,762	13,297
Other resources expended	7,650	6,569	14,219	7,620
Total resources expended	73,011	81,757	154,768	86,874
NET INCOMING RESOURCES	13,514	(2,351)	11,163	(3,815)
RECONCILIATION OF FUNDS				
Total funds brought forward	17,443	671	18,114	21,929
TOTAL FUNDS CARRIED FORWARD	30,957	(1,680)	29,277	18,114

The notes form part of these financial statements

The Recovery Foundation

Balance Sheet
For the year ended 31 March 2024

	Year Ended 31/03/2024 Total funds	Year Ended 31/03/2023 Total funds
	£	£
FIXED ASSETS		
Computer Equipment	947	-
CURRENT ASSETS		
Debtors	1,483	500
Cash at bank	<u>28,119</u>	<u>19,072</u>
	29,602	19,572
CREDITORS		
Amounts falling due within one year	<u>1,272</u>	<u>1,458</u>
NET CURRENT ASSETS	<u>29,277</u>	<u>18,114</u>
NET ASSETS	<u>29,277</u>	<u>18,114</u>
FUNDS		
Unrestricted	30,957	14,918
Restricted	<u>(1,680)</u>	<u>3,196</u>
	<u>29,277</u>	<u>18,114</u>

The financial statements were approved by the Board of Trustees on XX XXXX XX and were signed on its behalf by:



.....
Mr M Harvey - Chair



.....
Mrs A Beck - Trustee

The notes form part of these financial statements

**Notes to the Financial Statements
For the year ended 31 March 2024**

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). The Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources. Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees remuneration or other benefits for the year ended 31 March 2024 nor for the period ended 31 March 2023.

Trustees' expenses

No trustees' expenses were paid for the year ended 31 March 2024 nor for the period ended 31 March 2023.

Notes to the Financial Statements - continued
For the year ended 31 March 2024

3. DEBTORS: ACCOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2024	31/03/2023
Prepayments	<u>1,483</u>	<u>500</u>

4. CREDITORS: ACCOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2024	31/03/2023
Paye and social security	162	498
Accruals	<u>1,110</u>	<u>-</u>
	<u>1,272</u>	<u>498</u>

5. MOVEMENT IN FUNDS

	At 01/04/2023 £	Net movement in funds £	At 31/03/2024 £
Unrestricted funds	17,443	13,514	30,957
Restricted funds	671	(2,351)	(1,680)
	<u>18,114</u>	<u>11,163</u>	<u>29,277</u>
TOTAL FUNDS	<u>18,114</u>	<u>11,163</u>	<u>29,277</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	86,525	73,011	13,514
Restricted funds	79,406	81,757	(2,351)
	<u>165,931</u>	<u>154,768</u>	<u>11,163</u>
TOTAL FUNDS	<u>165,931</u>	<u>154,768</u>	<u>11,163</u>

The Recovery Foundation

**Detailed Statement of Financial Activities
For the year ended 31 March 2024**

	Year Ended 31/03/2024 Unrestricted fund £	Year Ended 31/03/2024 Restricted fund £	Year Ended 31/03/2024 Total funds £	Year Ended 31/03/2023 Total funds £
INCOMING RESOURCES				
Incoming resources from charitable activities				
Donations	870	10	880	3,370
Training sold	66,556	-	66,556	-
12 month contracts	10,149	-	10,149	-
Groups delivered	2,960	-	2,960	-
Unrestricted grants	5,990	-	5,990	-
Grants		79,396	79,396	79,689
	86,525	79,406	165,931	83,059
Other incoming resources				
Merchandise income			-	-
Total incoming resources	86,525	79,406	165,931	83,059
RESOURCES EXPENDED				
Charitable activities				
Activities	560	1,530	2,090	65,957
Salaries & NI	24,988	41,075	66,064	6,302
Facilitator training	1,323	1,865	3,187	900
Sessional pay	31,373	15,494	46,867	7,304
Room hire	-	7,580	7,580	-
	58,244	67,544	125,787	80,463
Governance costs				
Merchandise & resources	254	3,987	4,241	-
Insurance	240	-	240	21
Professional fees	1,169	1,553	2,722	-
Management Fees	5,121	-	5,121	5,027
Sundries	333	2,105	2,438	45
	7,117	7,645	14,762	5,093

This page does not form part of the statutory financial statements

The Recovery Foundation

Detailed Statement of Financial Activities For the year ended 31 March 2024

	Year Ended 31/03/2024	Year Ended 31/03/2024	Year Ended 31/03/2024	Year Ended 31/03/2023
	Unrestricted fund	Restricted fund	Total funds	Total funds
	£	£	£	£
Other resources expended				
Printing & Stationery	2,048	4,243	6,291	-
Postage	79	116	195	-
Telephone & computer expenditure	1,004	1,549	2,553	-
Travel expenses	2,976	661	3,637	358
Audit and accountancy	1,260	-	1,260	960
Depreciation	282	-	282	-
	<u>7,650</u>	<u>6,569</u>	<u>14,219</u>	<u>1,318</u>
Total resources expended	<u>73,011</u>	<u>81,757</u>	<u>154,768</u>	<u>86,874</u>
Net income	<u>13,514</u>	<u>(2,351)</u>	<u>11,163</u>	<u>(3,815)</u>

This page does not form part of the statutory financial statements

THE RECOVERY FOUNDATION

England & Wales - Charity number 1188110

Accounts

THE RECOVERY FOUNDATION

**TRUSTEES REPORT &
FINANCIAL STATEMENTS**
YEAR END MARCH 2023

CHARITY NUMBER

1188110

**THE RECOVERY[®]
FOUNDATION**



TRUSTEE REPORT

In September 2023, the Centre for Mental Health published “A Mentally Healthier Nation”, which has been developed by organisations across the UK to improve the mental health of the United Kingdom over the next 10-years. The publication highlighted that the Covid-19 pandemic, cost of living crisis, and cuts to public services have reduced the resilience and mental health of the UK population. Over the past year, The Recovery Foundation (TRF) has continued to play its part in improving the resilience and mental health of people in UK by harnessing the power of hope through our community and training programs.

Over the past year, TRF has provided direct support to 245 individuals, which is an increase of 51% compared to 2021/22. Individuals who received support from TRF during this past year continue to rate it very highly with 100% rating our support as good, very good, or excellent.

The first group developed by TRF was the Hope in Recovery Group and this group remains the foundation of our evolving range of support, programs, and training. Over the past year, over 100 individuals completed a Hope Group and rated it very positively. In addition, to its flagship Hope Group, TRF has maintained its Hope Community, Creative Arts, and Moving Mountains groups. TRF has developed two new pilot programs including Mending Minds and Rainbow Minds Matter to provide mental health support for people in Crisis and for people in the LGBTQIA+ community respectively. TRF has continued to train staff locally and nationally and in the past year it has trained 160 staff, which is an increase of 60% compared to 2021/22.

TRF continues to work with the two main local NHS commissioned providers of secondary mental health service including Birmingham and Solihull Mental Health Foundation Trust (BSMHFT) and Forward-Thinking Birmingham (FTB). TRF are supporting FTB to develop their peer support program by training their peer workers to facilitate Hope Groups in different mental health pathways. TRF continues to work with and develop its strong partnership with Ingeus UK.

In the year ahead, we are looking forward to piloting a new Space for Men Group and a Independent Life Skills group aimed at helping people early in their recovery with the development of life skills. TRF will be adding to its existing portfolio of projects with Krumpole’s Kingdom, which is the first in a planned line of children’s books aimed at facilitating adjustment to difficult life experiences and promoting mental health in children. Given the growth of TRF, we are hoping to add additional Trustee’s to support the next phase of development for TRF.

TRF are grateful for the wide range of funders whose generous support has made all this possible. We would like to thank all our funders who have contributed to TRF over the past year and those who have devoted their time to TRF including our volunteers and staff. Over the next year, TRF will continue to raise local and national awareness of the importance of mental health and the pivotal role that hope can play in recovery.

Dr. Mark Bernard
Interim Chair

ABOUT TRF

MISSION

Passing on the Hope we have by encouraging growth and recovery and positively impacting our community.

OBJECTIVES

To preserve and protect physical and mental health for the public benefit by:-

» Working with those with mental health conditions, focusing on self-help and shared experiences in order to promote recovery;

» For those who are not mentally ill, working to encourage self-awareness, resilience, building, coping skills for times of crisis, and other self-relevant development; and

» Advancing education in mental health recovery, in particular but not exclusively, by focussing on peer supported recovery and self-development.

CONTACT

www.therecoveryfoundation.org.uk

info@therecoveryfoundation.org.uk

07597 396107

Facebook: @TRFHope

Instagram: @TRF.Hope



MANAGEMENT

Trustee Board:

Dr Mark Bernard
Anna Beck
Sophie Webber-Rose
Rev. Oliver Harrison
Mary T Roban

Interim Chair
Treasurer
Secretary

In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Structure, Governance and Management:

The Recovery Foundation is a Charitable Incorporated Organisation and registered as a charity on 21st February 2020.

There are currently 5 trustees in post with a vacancy (soon to be appointed). No trustees have benefitted financially from their role and operate on an entirely voluntary basis. The Board of Trustees meets every 4-6 weeks to ensure the strategic direction and policy of the charity.

The Senior Management Team includes 5 people, 3 of which are on payroll and the other 2 are paid on a sessional basis at the time of writing this report. The Senior Management Team meet every 4 weeks to plan operations and ensure the smooth running of the charity day-to-day.

Senior Management Team:

Emma Sithole
Jacinta Edwards
Angela Chapman
Natalie Kibble
Jenella Smith

CEO
COO
Director
Director
Director

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities.



VALUES

**OUR VALUES ARE BASED ON
THE WORD HOPE:**

H - HONOUR

We show respect for individuals.

O - OPPORTUNITY

We provide a safe space where we encourage openness and honesty.

P - PURPOSE

To use our own lived experience to help others to find and sustain hope.

E - EVOLVING

Our desire is to see individuals grow and to respond to our community.



OUR SUPPORT

CO-PRODUCED SUPPORT PROGRAMMES FOR MENTAL HEALTH RECOVERY

<p>Hope Groups Our 4 week peer support groups run online and in-person. Themes covered include crisis, acceptance and growth. We also offer the option to train to become a Facilitator.</p>	<p>Hope Community Follow-up support for 12 months after a Hope Group. This includes care packages, meet ups, and workshops.</p>	<p>Creative Arts Programme We offer our Creative Arts Programme 5 days a week. Sessions include drop-ins, older adult groups and 1:1 bespoke sessions.</p>
<p>Mending Minds A tailored, gentle support group to help individuals understand how to cope when in crisis with their mental health. This is in pilot phase.</p>	<p>Rainbow Minds Matter Hope Groups re-worked for the LGBTQIA+ Community. A safe and supportive environment for individuals who need mental health support. This is in pilot phase.</p>	<p>Art Showcase Events We are really proud to run Art Showcase Events twice annually giving chance for those who attend our Arts Programme to showcase their work.</p>
<p>Moving Mountains Hope for young minds. A 4-week intervention for young people aged 14-18 who are struggling with their mental health.</p>	<p>Training We offer a training calendar throughout the year. Currently we offer 3 off the shelf courses and the option for bespoke training .</p>	<p>Hope Celebration This is our annual get-together. All participants are invited to attend this evening and celebrate how far we have come on our recovery journeys.</p>

OUR IMPACT IN NUMBERS

245

Individuals
accessed our
support

105

of these
completed a
Hope Group



rated our support
as good, very
good or excellent

79%

were self referrals



100%

would recommend
us to a friend

9.5

our average score
out of 10 for Hope
Groups.

'I have ADHD and really struggle to participate in sessions like these usually as I get restless and bored easy. I have not felt like this at all over these sessions and that is very rare and down to the staff being engaging.'

'Attending these art groups has opened up a new love for art and creativity. I now spend any spare minute I have painting or creating.'

'Coming to art groups has made me look at the world in a more detailed way and I am noticing all the little details around me. Having the company and conversation is so good for my mental wellbeing.'

160

People accessed
our training

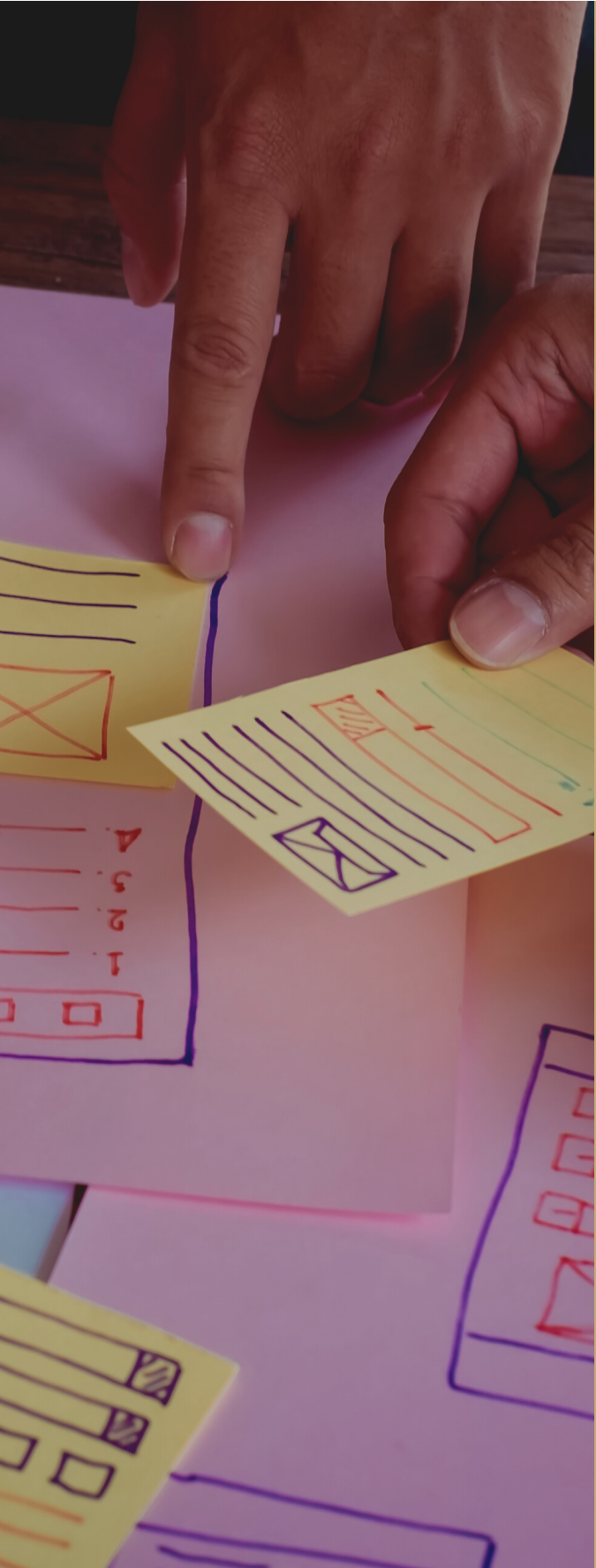
90

attendees at
Creative Art
Courses

93

Attendees at the
Hope Celebration

OUR PLANS:



2023/24 WILL SEE NEW GROUPS STARTING AND THE EXPANSION OF OUR PROGRAMME AND SUPPORT OFFERED.

RAINBOW MINDS MATTER

We will complete the pilot phase for Rainbow Minds Matter and roll out this new programme from June 2023.

SPACE FOR MEN

Our new Men's mental health programme is in development and will go to pilot in April 2023. We hope to launch this in the Autumn of 2023.

CRISIS SUPPORT

This will complete pilot phase in the April of 2023 and we will launch the programme through our local contacts with Social Prescribers.

CREATIVE ARTS PROGRAMME

This will include new workshops and drop-in sessions. We hope to offer free creative art sessions to around 130 people in the next financial year.

KRUMPOLE'S KINGDOM

We hope to pilot the first in a series of children's picture books that help children explore difficult mental health topics from August 2023.

FUNDERS

A huge thank you to all our funders this year, we couldn't do this without you!

C B and H H Taylor 1984 Trust



The Grimmitt Trust

The Owen Family Trust



PARTNERSHIPS



WHO WE WORK WITH:



**Birmingham and Solihull
Mental Health**
NHS Foundation Trust



ingeus

REGISTERED CHARITY NUMBER: 1188110

The Recovery Foundation

Financial Statements
For the year ended 31 March
2023

The Recovery Foundation

Contents of the financial statements for the year ended 31 March 2023

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The Recovery Foundation

**Report of the Trustees
year ended 31 March 2023**

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188110

Trustees

Dr M Bernard

Ms T Roban

Mrs A Beck

Mrs S Webber-Rose

Rev. O Harrison

Independent examiner

Wychbury Lee

83 Blackwood Road

Streetly

West Midlands

B74 3PW

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, a deed of trust, and constitutes an incorporated charity

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

ON BEHALF OF THE BOARD:

Mark Bernard
.....

Dr M Bernard - Trustee - Interim Chair

Date 25th January 2024
.....

The Recovery Foundation

Independent examiner's report to the trustees of The Recovery Foundation For the year ended 31 March 2023

I report on the accounts for the year ended 31 March 2023 set out on pages three to eight.

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 year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my responsibility to:

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

Basis of 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

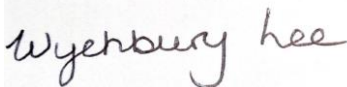
Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 130 of the 2001 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2001 Act

have not been met; or

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



Wychbury Lee
83 Blackwood Road
Streetly
Sutton Coldfield
West Midlands
B74 3PW
Date: 23rd January 2024

The Recovery Foundation

Statement of Financial Activities
For the year ended 31 March 2023

	Year Ended 31/03/2023 Unrestricted fund £	Year Ended 31/03/2023 Restricted fund £	Year Ended 31/03/2023 Total funds £	Year Ended 31/03/2022 Total funds £
INCOMING RESOURCES				
Incoming resources from charitable activities				
General Fundraising	21,619	61,440	83,059	46,015
Total incoming resources	21,619	61,440	83,059	46,015
RESOURCES EXPENDED				
Charitable activities				
General Fundraising	5,401	60,556	65,957	3,837
Governance costs	13,297		13,297	12,537
Other resources expended	7,620		7,620	12,337
Total resources expended	26,318	60,556	86,874	28,711
NET INCOMING RESOURCES	(4,698)	884	(3,815)	17,303
RECONCILIATION OF FUNDS				
Total funds brought forward	19,617	2,312	21,929	4,625
TOTAL FUNDS CARRIED FORWARD	14,918	3,196	18,114	21,929

The notes form part of these financial statements

The Recovery Foundation

Balance Sheet
For the year ended 31 March 2023

	Year Ended 31/03/2023 Total funds	Year Ended 31/03/2022 Total funds
	£	£
CURRENT ASSETS		
Debtors	500	750
Cash at bank	<u>19,072</u>	<u>21,822</u>
	19,572	22,572
CREDITORS		
Amounts falling due within one year	<u>1,458</u>	<u>644</u>
NET CURRENT ASSETS	<u>18,114</u>	<u>21,929</u>
NET ASSETS	<u><u>18,114</u></u>	<u><u>21,929</u></u>
FUNDS		
Unrestricted	14,918	19,617
Restricted	<u>3,196</u>	<u>2,312</u>
	<u><u>18,114</u></u>	<u><u>21,929</u></u>

The financial statements were approved by the Board of Trustees on 23 January 2024 and were signed on its behalf by:

Mark Bernard
.....
Dr M Bernard - Interim Chair

A Beck
.....
Mrs A Beck - Trustee

The notes form part of these financial statements

**Notes to the Financial Statements
For the year ended 31 March 2023**

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). The Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources. Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees remuneration or other benefits for the year ended 31 March 2023 nor for the period ended 31 March 2022.

Trustees' expenses

No trustees' expenses were paid for the year ended 31 March 2023 nor for the period ended 31 March 2022.

Notes to the Financial Statements - continued
For the year ended 31 March 2023

3. DEBTORS: ACCOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2023	31/12/2022
Prepayments	<u>500</u>	<u>750</u>

4. CREDITORS: ACCOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/2023	31/12/2022
Paye and social security	498	644
Accruals	<u>960</u>	<u>-</u>
	<u>1,458</u>	<u>644</u>

5. MOVEMENT IN FUNDS

	At 01/04/2022 £	Net movement in funds £	At 31/03/2023 £
Unrestricted funds	19,617	(4,698)	14,918
Restricted funds	2,312	884	3,196
	<u>21,929</u>	<u>(3,815)</u>	<u>18,114</u>
TOTAL FUNDS	<u>21,929</u>	<u>(3,815)</u>	<u>18,114</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	21,619	26,318	(4,698)
Restricted funds	61,440	60,556	884
	<u>83,059</u>	<u>86,874</u>	<u>(3,815)</u>
TOTAL FUNDS	<u>83,059</u>	<u>86,874</u>	<u>(3,815)</u>

The Recovery Foundation

**Detailed Statement of Financial Activities
For the year ended 31 March 2023**

	Year Ended 31/03/2023 Unrestricted fund £	Year Ended 31/03/2023 Restricted fund £	Year Ended 31/03/2023 Total funds £	Year Ended 31/03/2022 Total funds £
INCOMEING RESOURCES				
Incoming resources from charitable activites				
Donations	3,370		3,370	1,751
Grants	18,249	61,440	79,689	44,210
	21,619	61,440	83,059	45,961
Other incoming resources				
Merchandise income			-	54
Total incoming resources	21,619	61,440	83,059	46,015
RESOURCES EXPENDED				
Charitable activites				
Art in the parks		39,893	39,893	3,837
Hope groups		20,663	20,663	
Creative Arts	1,010		1,010	
Hope Celebration	250		250	
Others (Mission & Outreach)	4,141		4,141	
	5,401	60,556	65,957	3,837
Governance costs				
Merchandise & resources				1,167
Facilitator training	900		900	4,573
Sessional pay	7,304		7,304	
Insurance	21		21	227
Professional fees			-	360
Management Fees	5,027		5,027	5700.5
Sundries	45		45	508
	13,297	-	13,297	12,537

This page does note from part of the statutory financial statements

The Recovery Foundation

Detailed Statement of Financial Activities For the year ended 31 March 2023

	Year Ended 31/03/2023	Year Ended 31/03/2023	Year Ended 31/03/2023	Year Ended 31/03/2022
	Unrestricted fund	Restricted fund	Total funds	Total funds
	£	£	£	£
Other resources expended				
Printing & Stationery			-	1,303
Postage			-	235
Telephone & computer expenditure			-	4,269
Travel expenses	358		358	
Salaries & NI	6,302		6,302	6,531
Audit and accountancy	960		960	
	<u>7,620</u>	<u>-</u>	<u>7,620</u>	<u>12,337</u>
Total resources expended	<u>26,318</u>	<u>60,556</u>	<u>86,874</u>	<u>28,711</u>
Net income	<u>(4,698)</u>	<u>884</u>	<u>(3,815)</u>	<u>17,303</u>

This page does not form part of the statutory financial statements

THE RECOVERY FOUNDATION

England & Wales - Charity number 1188110

Accounts

THE RECOVERY FOUNDATION

**TRUSTEES REPORT &
FINANCIAL STATEMENTS**
YEAR END MARCH 2022

CHARITY NUMBER

1188110

**THE RECOVERY[®]
FOUNDATION**



TRUSTEE REPORT

This has been an exciting and innovative year for TRF. We have seen a tremendous amount of growth in the scope and vision of our organisation. This has enabled TRF to support and educate individuals and organisations using the message of 'hope in recovery'. Our powerful mission statement and values, clearly reflect TRF's objective, to show love and support to those in the community.

Our unique message and application of Hope has unlocked a range of opportunities to support those in need for our service offerings; To cultivate partnerships and contribute to other organisations, to enhance their service offerings both locally and nationally; Opportunity to develop and successfully pilot the programme, Moving Mountains, which is specifically designed for young people who experience mental health; To provide workshops, events and activities in the community that enrich the lives of individuals through creative arts.

TRF have and will continue our involvement in raising national awareness of the impact of mental health and how recovery is possible.

TRF invest in our Hope Groups participants by offering training to become co-facilitators, providing the opportunity to support others. We are forever grateful for the volunteers and staff whose time, vision and passion we could not do without.

We are astounded by the positive impact that TRF and the Hope Groups had on those who have engaged in our services. We celebrate with those who have found hope and encourage them as they continue to grow and sustain it on their recovery journey.

We at TRF are humbled to have the pleasure and privilege to partner with and contribute to organisations with like-minded vision and purpose. To see people living life to the full, managing their Mental Health and being hopeful for the future.

The future of TRF is exciting, we anticipate the opening of our hub in Erdington in early 2023 which will enhance access to our service. There are also new projects in the pipeline covering topics which include men's mental health, crisis support, LGBTQIA and skills development for those in recovery.

We would like to extend a huge thank you to everyone who has contributed both financially and personally to the building of TRF. Our success is a shared one and we look forward in anticipation for the coming year and would be grateful for your continued support.

M Theresa Roban
Chair of the Board of Trustees

ABOUT TRF

MISSION

Passing on the Hope we have by encouraging growth and recovery and positively impacting our community.

OBJECTIVES

To preserve and protect physical and mental health for the public benefit by:-

- » Working with those with mental health conditions, focusing on self-help and shared experiences in order to promote recovery;
- » For those who are not mentally ill, working to encourage self-awareness, resilience, building coping skills for times of crisis, and other self-relevant development; and
- » Advancing education in mental health recovery, in particular but not exclusively, by focussing on peer supported recovery and self-development.



HOPE



MANAGEMENT

Trustee Board:

Mary T Roban	Chair
Anna Beck	Treasurer
Sophie Webber-Rose	Secretary
Rev. Oliver Harrison	
Vacancy	
Damian O'Sullivan (Resigned Jan 2022)	

Senior Management Team:

Emma Sithole	CEO
Jacinta Edwards	COO
Angela Chapman	Director
Natalie Kibble	Director
Jenella Smith	Director

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities.

In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Structure, Governance and Management:

The Recovery Foundation is a Charitable Incorporated Organisation and registered as a charity on 21st February 2020.

There are currently 4 trustees in post with a vacancy (soon to be appointed). No trustees have benefitted financially from their role and operate on an entirely voluntary basis. The Board of Trustees meets every 4-6 weeks to ensure the strategic direction and policy of the charity.

The Senior Management Team includes 5 people, one of whom is on payroll and the other 4 are either volunteers or paid on a sessional basis at the time of writing this report. The Senior Management Team meet every 4 weeks to plan operations and ensure the smooth running of the charity day-to-day.



VALUES

**OUR VALUES ARE BASED ON
THE WORD HOPE:**

H - HONOUR

we show respect for individuals.

O - OPPORTUNITY

we provide a safe space where we encourage openness and honesty.

P - PURPOSE

to use our own lived experience to help others to find and sustain hope.

E - EVOLVING

our desire is to see individuals grow and to respond to our community.



OUR SUPPORT

MORE THAN JUST SUPPORT GROUPS: WE WALK WITH YOU ON YOUR RECOVERY JOURNEY.

<p>Hope Groups Our 4 week peer support groups run online and in-person. Themes covered include crisis, acceptance and growth.</p>	<p>Hope Community Follow-up support for 12 months after a Hope Group. This includes care packages, meet ups, and workshops.</p>	<p>Facilitator Training The opportunity to train to co-facilitate the Hope Groups and use your own lived experience to support others.</p>
<p>Events & Workshops Learn new skills at one of our workshops. Examples of these include a Baking workshop and a furniture upcycling workshop.</p>	<p>Creative Arts Programme We offer our Creative Arts Programme 3 days a week. Sessions include drop-ins, older adult groups and Art-in-Parks sessions.</p>	<p>Art Showcase Events We are really proud to run Art Showcase Events twice annually giving chance for those who attend our Arts Programme to showcase their work.</p>
<p>Moving Mountains Hope for young minds. A 4-week intervention for young people aged 14-18 who are struggling with their mental health. This is in pilot phase.</p>	<p>Training We offer a training calendar throughout the year. Training includes Mental Health in the Community, Living with Psychosis and much more.</p>	<p>Hope Celebration This is our annual get-together. All participants are invited to attend this evening and celebrate how far we have come on our recovery journeys.</p>

OUR IMPACT IN NUMBERS

162

Individuals
accessed our
support

93

of these
completed a
Hope Group

84%

were self referrals



rated our support
as good, very good
or excellent



100%

would recommend
us to a friend

64

individuals have
been attending
art sessions

OUR IMPACT CONTINUED

100

People accessed
our training

6

different
Creative Art
Courses

81

Attendees at the
Hope Celebration

'My experience was incredibly positive. Not only amazing facilitators, but also a great opportunity to meet others on the HOPE journey. I felt I could open up easily in the group, felt calm and secure. Came away feeling much more positive and hopeful for the future.'

'I realised that I was further along in my recovery than some of the other participants, and that I can actually help to protect myself in future.'



OUR PLANS:

2022/23 WILL SEE THE EXPANSION OF OUR PROGRAMME AND SUPPORT OFFERED.

MOVING MOUNTAINS

We will complete the pilot phase for Moving Mountains. A focus group of young people will continue to develop the group ready to launch in 2023.

CRISIS SUPPORT

A new 4-week small peer support group considering keeping us safe when we are in crisis. This is being co-produced by those with Lived Experience and will pilot early 2023.

CREATIVE ARTS PROGRAMME

Our Creative Arts Programme will continue and expand to include new workshops and drop-in sessions. We hope to offer free creative art sessions to around 100 people in the next financial year.

FUNDERS

A huge thank you to all our funders this year, we couldn't do this without you!



Alfred Haines Charitable Trust



William A Cadbury
Charitable Trust

The Grimmitt Trust

The Bernard Piggot Charitable Trust

Eric W Vincent Trust

Edward Cadbury Charitable Trust

The Ratcliff Foundation



THE 29TH MAY 1961
CHARITABLE TRUST



PARTNERSHIPS



WHO WE WORK WITH:



**Birmingham and Solihull
Mental Health**
NHS Foundation Trust



The Recovery Foundation

**Treasurer's Report
and
Financial Statements**

**For the year Ended
31 March 2022**

Treasurer :

Damian O'Sullivan
8 The Brambles
Sutton Coldfield
West Midlands
B76 1NF

Bank :

Lloyds Bank PLC
Blackheath Branch
London

Registered Charity
No. 1188110

The Recovery Foundation
STATEMENT OF FINANCIAL ACTIVITIES
For the 12 months to 31st Mar 2022

	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2021 £	
INCOMING RESOURCES						
Voluntary income (direct giving)		1,751	0	0	1,751	-
Other voluntary income		44,210	0	0	44,210	-
Gross income from events and activities		0	0	0	0	-
Other ordinary income		54	0	0	54	-
Income from investment		0	0	0	0	-
TOTAL INCOMING RESOURCES		46,015	0	0	46,015	
		-	-	-	-	
RESOURCES USED						
Grants		3,837	-	-	3,837	-
Directly relating to the work of the charity		12,537	-	-	12,537	-
Fund raising from events and activities		-	-	-	0	-
Charity Management & administration		12,337	-	-	12,337	-
TOTAL RESOURCES USED		28,711	0	0	28,711	
		-	-	-	-	
NET INCOMING/(OUTGOING) RESOURCES		17,303	0	0	17,303	
		0	0	0	0	
TRANSFER OF FUNDS						
Misc		0	0	0	0	
Special/Property		0	0	0	0	
NET MOVEMENT IN FUNDS		17,303	0	0	17,303	
BALANCES BROUGHT FORWARD AT 1 APRIL 2021		4,625	0	0	4,625	
BALANCES CARRIED FORWARD AT 31 MARCH 2022		21,929	0	0	21,929	
		0	0	0	0	

The Recovery Foundation
BALANCE SHEET
As at 31 March 2022

	Balances as at 31 Mar 2022	Balances as at 31 Mar 2021
FIXED ASSETS		
Building (at cost)	0	0
Computer Equipment (at cost)	0	0
Fixtures & fittings (at cost)	0	0
Acc. Deprn	0	0
	<hr/> 0	<hr/> 0
CURRENT ASSETS		
Cash at bank & in hand	21,822	4,625
Debtors	750	0
	<hr/> 22,572	<hr/> 4,625
LIABILITIES : > 1 YR		
Creditors	644	0
	<hr/> 644	<hr/> 0
NET CURRENT ASSETS	21,929	4,625
NET ASSETS	21,929	4,625
FUNDS		
<i>Unrestricted :</i>		
Specific fund	2,312	1,087
Accumulated surplus	19,616	3,538
	<hr/> 21,929	<hr/> 4,625
<i>Restricted :</i>		
Specific fund	0	0
Property fund	0	0
	<hr/> 0	<hr/> 0
	21,929	4,625
	-	-

The Recovery Foundation
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1) ACCOUNTING POLICIES

- (a) The financial statements have been prepared under the historical cost convention in accordance with applied accounting standards and the Statement of Accounting Practice - Accounting by Charities.
- (b) Restricted funds represent the funds of the Recovery Foundation which are subject to specific restrictions regarding their use. General funds are funds not subject to specific restriction and are available for application on the general purposes of the charity.
- (c) Income arising from donations under deed of covenant and gift aid together with the related tax credit are recognised when the donation is received. Other income is accounted for on a receivable basis.
- (d) Fixtures and fittings purchased for the Recovery Foundation are depreciated on a straight line basis over four years. Items with a purchase price of £750 or less are written off in the period of purchase.

The Recovery Foundation
INCOMING RESOURCES
For the 12 months to 31st Mar 2022

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2022 £	Total Funds 2021 £	Total Funds Variance £
INCOMING RESOURCES						
<i>Voluntary income (direct giving)</i>						
Donations	1,081			1,081	7,882	(6,801)
Income tax recoverable				-	-	0
Legacy				-	-	0
Sundry donations	670			670	-	670
Gift day				-	-	0
	<u>1,751</u>	<u>-</u>	<u>-</u>	<u>1,751</u>	<u>7,882</u>	<u>(6,131)</u>
<i>Other voluntary income</i>						
Grants	44,210			44,210	-	44,210
	<u>44,210</u>	<u>-</u>	<u>-</u>	<u>44,210</u>	<u>-</u>	<u>44,210</u>
<i>Gross income from events and activities</i>						
Fundraising night				-	-	0
Dinner & dance				-	-	0
Other Social events				-	-	0
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>0</u>
<i>Other ordinary income</i>						
Merchandise income	54			54	186	(131)
	<u>54</u>	<u>-</u>	<u>-</u>	<u>54</u>	<u>186</u>	<u>(131)</u>
<i>Income from investment</i>						
Interest & investments				-	-	0
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>0</u>
TOTAL INCOMING RESOURCES	<u>46,015</u>	<u>-</u>	<u>-</u>	<u>46,015</u>	<u>8,068</u>	<u>37,947</u>

The Recovery Foundation
RESOURCES USED
For the 12 months to 31st Mar 2022

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2022 £	Total Funds 2021 £	Total Funds Variance £
RESOURCES USED						
<i>Grants (Mission & Outreach)</i>						
Art in the parks	3,837			3,837	-	(3,837)
Others (Mission & Outreach)				-	-	0
	<u>3,837</u>	<u>-</u>	<u>-</u>	<u>3,837</u>	<u>-</u>	<u>(3,837)</u>
<i>Directly relating to the work of the organisation</i>						
Merchandise	1,167			1,167	918	(248)
Facilitator training	4,573			4,573	300	(4,273)
Insurance	227			227	-	(227)
Professional fees	360			360	-	(360)
Management Fees - Get Grants	5,701			5,701	-	(5,701)
Sundries	508			508	229	(280)
	<u>12,537</u>	<u>-</u>	<u>-</u>	<u>12,537</u>	<u>1,447</u>	<u>(11,090)</u>
<i>Fund raising from events and activities</i>						
Social events				-	-	0
Christmas fayre				-	-	0
Coffee shop purchases				-	-	0
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>0</u>
<i>Charity Management & administration</i>						
Printing & Stationery	1,303			1,303	1,181	(122)
Postage	235			235	115	(120)
Computer expenditure	4,269			4,269	700	(3,569)
Salaries & NI	6,531			6,531	-	(6,531)
	<u>12,337</u>	<u>-</u>	<u>-</u>	<u>12,337</u>	<u>1,995</u>	<u>(10,342)</u>
TOTAL RESOURCES USED	<u>28,711</u>	<u>-</u>	<u>-</u>	<u>28,711</u>	<u>3,442</u>	<u>(25,269)</u>

Independent examiner's report to the trustees of The Recovery Foundation

I report to the trustees on my examination of the accounts of the Recovery Foundation for the year ended 31st March 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 all 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 giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the Foundation as required by section 130 of the Act

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

Signed:

Name: Rachel Gregory

Relevant professional qualification or membership of professional bodies (if any): Association Of Accounting Technician Final Award

Address: 58 Rosslyn Road, Walmley, Sutton Coldfield, B76 1HF

Date: 16th January 2023

Independent examination of charity accounts: Directions and guidance for examiners (CC32)

THE RECOVERY FOUNDATION

England & Wales - Charity number 1188110

Accounts

The Recovery Foundation

**Treasurer's Report
and
Financial Statements**

**For the year Ended
31 March 2021**

Treasurer :

Damian O'Sullivan
8 The Brambles
Sutton Coldfield
West Midlands
B76 1NF

Bank :

Lloyds Bank PLC
Blackheath Branch
London

Registered Charity
No. 1188110

The Recovery Foundation
BALANCE SHEET
As at 31 March 2021

Balances as
at 31 Mar 2021

FIXED ASSETS

Building (at cost)	0	
Computer Equipment (at cost)	0	
Fixtures & fittings (at cost)	0	
Acc. Depn	0	
	<hr/>	0

CURRENT ASSETS

Cash at bank & in hand	4,625	
Debtors	0	
	<hr/>	4,625

LIABILITIES : > 1 YR

Creditors	0	
	<hr/>	0

NET CURRENT ASSETS

4,625

NET ASSETS

4,625

FUNDS

Unrestricted :

Specific fund	1,087	
Accumulated surplus	3,538	
	<hr/>	4,625

Restricted :

Specific fund	0	
Property fund	0	
	<hr/>	0

4,625

-

The Recovery Foundation
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1) ACCOUNTING POLICIES

- (a) The financial statements have been prepared under the historical cost convention in accordance with applied accounting standards and the Statement of Accounting Practice - Accounting by Charities.
- (b) Restricted funds represent the funds of the Recovery Foundation which are subject to specific restrictions regarding their use. General funds are funds not subject to specific restriction and are available for application on the general purposes of the charity.
- (c) Income arising from donations under deed of covenant and gift aid together with the related tax credit are recognised when the donation is received. Other income is accounted for on a receivable basis.
- (d) Fixtures and fittings purchased for the Recovery Foundation are depreciated on a straight line basis over four years. Items with a purchase price of £750 or less are written off in the period of purchase.

The Recovery Foundation
STATEMENT OF FINANCIAL ACTIVITIES
For the 12 months to 31st Mar 2021

	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2021 £	
INCOMING RESOURCES						
Voluntary income (direct giving)		7,882	0	0	7,882	-
Other voluntary income		0	0	0	0	-
Gross income from events and activities		0	0	0	0	-
Other ordinary income		186	0	0	186	-
Income from investment		0	0	0	0	-
TOTAL INCOMING RESOURCES		8,068	0	0	8,068	
		-	-	-	-	
RESOURCES USED						
Grants		-	-	-	0	-
Directly relating to the work of the charity		1,447	-	-	1,447	-
Fund raising from events and activities		-	-	-	0	-
Charity Management & administration		1,995	-	-	1,995	-
TOTAL RESOURCES USED		3,442	0	0	3,442	
		-	-	-	-	
NET INCOMING/(OUTGOING) RESOURCES		4,625	0	0	4,625	
		0	0	0	0	
TRANSFER OF FUNDS						
Misc		0	0	0	0	
Special/Property		0	0	0	0	
NET MOVEMENT IN FUNDS		4,625	0	0	4,625	
BALANCES BROUGHT FORWARD AT 1 APRIL 2020		0	0	0	0	
BALANCES CARRIED FORWARD AT 31 MARCH 2021		4,625	0	0	4,625	
		0	0			