



# THE RECOVERY FOUNDATION

---

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

**CHARITY NUMBER**

1188110

---

**THE RECOVERY<sup>®</sup>  
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.**

<b>Hope Groups</b> Our 4 week peer support groups run online and in-person. Themes covered include crisis, acceptance and growth.	<b>Hope Community</b> Follow-up support for 12 months after a Hope Group. This includes care packages, meet ups, and workshops.	<b>Facilitator Training</b> The opportunity to train to co-facilitate the Hope Groups and use your own lived experience to support others.
<b>Events &amp; Workshops</b> Learn new skills at one of our workshops. Examples of these include a Baking workshop and a furniture upcycling workshop.	<b>Creative Arts Programme</b> We offer our Creative Arts Programme 3 days a week. Sessions include drop-ins, older adult groups and Art-in-Parks sessions.	<b>Art Showcase Events</b> We are really proud to run Art Showcase Events twice annually giving chance for those who attend our Arts Programme to showcase their work.
<b>Moving Mountains</b> 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.	<b>Training</b> We offer a training calendar throughout the year. Training includes Mental Health in the Community, Living with Psychosis and much more.	<b>Hope Celebration</b> 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.



# 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 £	
<b>INCOMING RESOURCES</b>						
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	-
<b>TOTAL INCOMING RESOURCES</b>		<b>46,015</b>	<b>0</b>	<b>0</b>	<b>46,015</b>	
		-	-	-	-	
<b>RESOURCES USED</b>						
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	-
<b>TOTAL RESOURCES USED</b>		<b>28,711</b>	<b>0</b>	<b>0</b>	<b>28,711</b>	
		-	-	-	-	
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>17,303</b>	<b>0</b>	<b>0</b>	<b>17,303</b>	
		0	0	0	0	
<b>TRANSFER OF FUNDS</b>						
Misc		0	0	0	0	
Special/Property		0	0	0	0	
<b>NET MOVEMENT IN FUNDS</b>		<b>17,303</b>	<b>0</b>	<b>0</b>	<b>17,303</b>	
<b>BALANCES BROUGHT FORWARD AT 1 APRIL 2021</b>		<b>4,625</b>	<b>0</b>	<b>0</b>	<b>4,625</b>	
<b>BALANCES CARRIED FORWARD AT 31 MARCH 2022</b>		<b>21,929</b>	<b>0</b>	<b>0</b>	<b>21,929</b>	
		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
<b>FIXED ASSETS</b>		
Building (at cost)	0	0
Computer Equipment (at cost)	0	0
Fixtures & fittings (at cost)	0	0
Acc. Deprn	0	0
	<hr/>	<hr/>
	0	0
<b>CURRENT ASSETS</b>		
Cash at bank & in hand	21,822	4,625
Debtors	750	0
	<hr/>	<hr/>
	22,572	4,625
<b>LIABILITIES : &gt; 1 YR</b>		
Creditors	644	0
	<hr/>	<hr/>
	644	0
<b>NET CURRENT ASSETS</b>	<b>21,929</b>	<b>4,625</b>
<b>NET ASSETS</b>	<b>21,929</b>	<b>4,625</b>
<b>FUNDS</b>		
<i>Unrestricted :</i>		
Specific fund	2,312	1,087
Accumulated surplus	19,616	3,538
	<hr/>	<hr/>
	21,929	4,625
<i>Restricted :</i>		
Specific fund	0	0
Property fund	0	0
	<hr/>	<hr/>
	0	0
	<b>21,929</b>	<b>4,625</b>
	-	-



**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 £
<b>INCOMING RESOURCES</b>						
<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>
<b>TOTAL INCOMING RESOURCES</b>	<u><b>46,015</b></u>	<u><b>-</b></u>	<u><b>-</b></u>	<u><b>46,015</b></u>	<u><b>8,068</b></u>	<u><b>37,947</b></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 £
<b>RESOURCES USED</b>						
<i>Grants (Mission &amp; 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 &amp; 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>
<b>TOTAL RESOURCES USED</b>	<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 31<sup>st</sup> 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: 16<sup>th</sup> January 2023

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