

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	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.



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</p> <p>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</p> <p>Follow-up support for 12 months after a Hope Group. This includes care packages, meet ups, and workshops.</p>	<p>Creative Arts Programme</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>Hope for young minds. A 4-week intervention for young people aged 14-18 who are struggling with their mental health.</p>	<p>Training</p> <p>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</p> <p>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

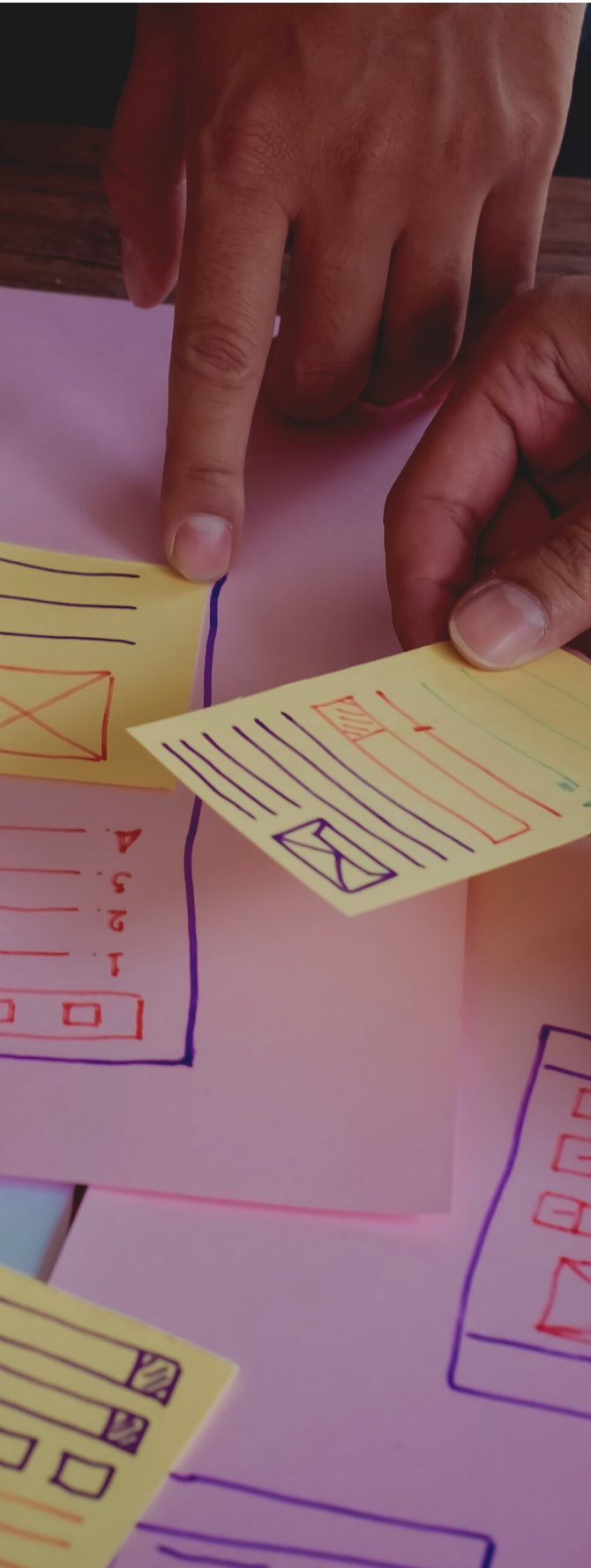
90

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

Forward Thinking
Birmingham



ingeus

REGISTERED CHARITY NUMBER: 1188110

The Recovery Foundation

Financial Statements
For the year ended 31 March
2023

**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

**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.

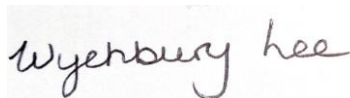
Independent examiner's statement

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>

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

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 £
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