



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

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.



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



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

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.



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.

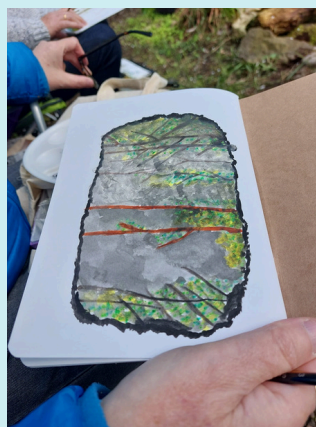


Hope Community

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.



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

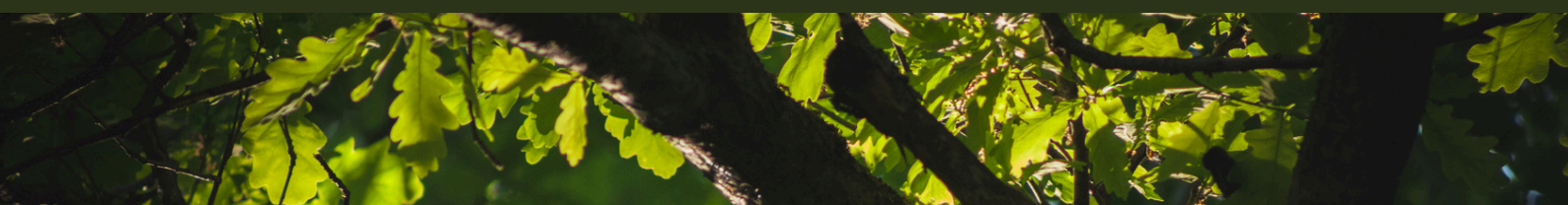
People accessed
our training

'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!



Funded by
UK Government



Birmingham
City Council



West Midlands
Combined Authority



The D'Oyly Carte Charitable Trust



Bentley Advancing Life Chances



Community. Industry. Technology.



EDWARD CADBURY
CHARITABLE TRUST



Eric W Vincent Trust



Birmingham and Solihull
Integrated Care System
Caring about healthier lives



the centre for voluntary action



Birmingham
City Council



LOTTERY FUNDED



Sutton Coldfield Charitable Trust

The Grimmitt Trust

The George Henry Collins Charity

The Owen Family Trust

The Saintbury Trust



PARTNERSHIPS



WHO WE WORK WITH:



NHS
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
2024

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

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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

**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	28,119	19,072
	29,602	19,572
CREDITORS		
Amounts falling due within one year	1,272	1,458
NET CURRENT ASSETS	29,277	18,114
NET ASSETS	29,277	18,114
FUNDS		
Unrestricted	30,957	14,918
Restricted	(1,680)	3,196
	29,277	18,114

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>

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

**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 £
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	-
	7,650	6,569	14,219	1,318
Total resources expended	73,011	81,757	154,768	86,874
Net income	13,514	(2,351)	11,163	(3,815)

This page does not form part of the statutory financial statements