



THE RECOVERY[®] FOUNDATION

TRUSTEES REPORT & FINANCIAL STATEMENTS
YEAR END MARCH 2025

CHARITY NUMBER
1188110



TRUSTEE REPORT

This year has again been a 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 re focussed 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 have 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 continuing 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



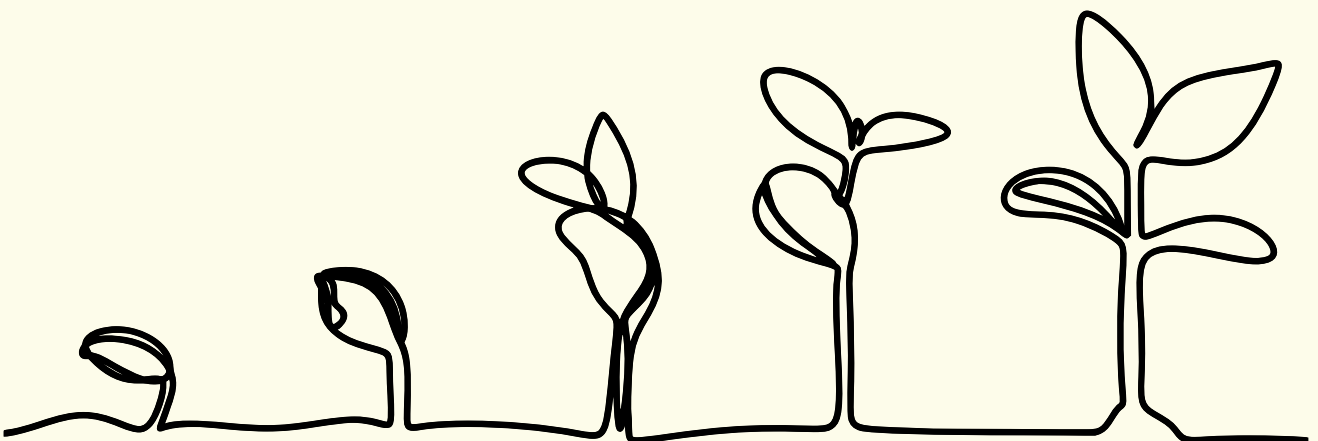
Woodland Wellbeing

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

Forward Thinking
Birmingham



ingeus

REGISTERED CHARITY NUMBER: 1188110

The Recovery Foundation

Financial Statements
For the year ended 31 March
2025

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

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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

**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	98,377	59,739	158,115	165,931
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	8,819	2,987	11,806	14,219
Total resources expended	120,588	43,076	163,665	154,768
NET INCOMING RESOURCES	(22,212)	16,662	(5,549)	11,163
RECONCILIATION OF FUNDS				
Total funds brough forward	24,757	4,520	29,277	18,114
TOTAL FUNDS CARRIED FORWARD	2,546	21,182	23,728	29,277

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
	24,455	29,602
CREDITORS		
Amounts falling due within one year	1,920	1,272
NET CURRENT ASSETS	23,728	29,277
NET ASSETS	23,728	29,277
FUNDS		
Unrestricted	2,546	30,957
Restricted	21,182	(1,680)
	23,728	29,277

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>

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	-	-	-	-
	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

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
	8,819	2,987	11,806	14,219
Total resources expended	120,588	43,076	163,665	154,768
Net income	(22,212)	16,662	(5,549)	11,163