

Create Strength Group CIO

Charity number 1193551

Annual Report and Financial Statements for the year ended 31 December 2022



CREATE STRENGTH GROUP
RECOVERY SOLUTIONS



West Yorkshire Community Accounting Service

Create Strength Group CIO

Annual Report and Financial Statements for the year ended 31 December 2022

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Prepared by West Yorkshire Community Accountancy Service CIO

Create Strength Group CIO

Trustees' report for the year ended 31 December 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Gabriel Stoltz	Chair	
Melva Burton	Vice chair	
Rosemary Phillips	Secretary	
Wayne Redmond		resigned 8 June 2022
Paddy Gallagher		appointed 24 Aug 2022
Craig Chambers		appointed 11 Feb 2022, resigned 28 April 2022

Charity number 1193551 Registered in England and Wales

Registered and principal address 35 Salem Street, Bradford BD1 4QH	Bankers Charities Aid Foundation 25 Kings Hill Ave Kings Hill West Malling ME19 4TA
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Independent examiner

Katy Sargeant ACA

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 16 February 2021 and is governed by a constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the trustees at a duly convened meeting.

Create Strength Group CIO

Trustees' report (continued) for the year ended 31 December 2022

Objectives and activities

The charity's objects

The relief of the physical and mental sickness of persons in need by reason of addiction to cannabis, spice, novel psychoactive substances (nps - previously referred to as 'legal highs') and other substances and to promote their rehabilitation in particular but not exclusively by:

- 1 the provision of mutual aid group support and the distribution of information, guidance and assistance to those close to or with an interest in such addictions, their families and concerned others;
- 2 delivering a series of local meetings to promote abstinence from drug use, share best practise and provide support information and advice;
- 3 working with groups of a similar nature and exchange information, advice and knowledge with them, including cooperation with other voluntary bodies, charities, statutory and non-statutory organisations to achieve our objects;
- 4 supporting social interaction / inclusion and awareness of; the reasons, symptoms and consequences of contemporary drug use, particularly regarding the three main specialist knowledge bases found within our membership; namely cannabis, spice and legal highs;
- 5 promoting a range of transferable skills within our membership and the community, such as; employability skills, confidence and social skills, it and media skills and responsibility and organisational skills.

To encourage, develop and support the pursuit of education and training within our membership. Nothing in this constitution shall authorise an application of the property of the cio for the purposes which are not charitable in accordance with [section 7 of the charities and trustee investment (scotland) act 2005] and [section 2 of the charities act (northern ireland) 2008].

The charity's main activities

Create Strength Group provides support to chronic users of cannabis, spice and legal highs and their families. We host mutual aid support groups across West Yorkshire and online, where experience and advice are shared in a safe, non-judgemental, abstinence-based user led environment. The group's services also include training and research.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular

- 1 The provision of mutual aid group support and the distribution of information, guidance and assistance to those close to or with an interest in such addictions, their families and concerned others;
- 2 Delivering a series of local meetings to promote abstinence from drug use, share best practise and provide support information and advice;
- 3 Working with groups of a similar nature and exchange information, advice and knowledge with them, including cooperation with other voluntary bodies, charities, statutory and non-statutory organisations to achieve our objects;
- 4 Supporting social interaction / inclusion and awareness of; the reasons, symptoms and consequences of contemporary drug use, particularly regarding the three main specialist knowledge bases found within our membership; namely cannabis, spice and legal highs;
- 5 Promoting a range of transferable skills within our membership and the community, such as; employability skills, confidence and social skills, IT and media skills and responsibility and organisational skills. To encourage, develop and support the pursuit of education and training within our membership.

Create Strength Group CIO

Trustees' report (continued) for the year ended 31 December 2022

Achievements and performance

2022 has proved CSG's best year to date in terms of developmental growth. The current political and sector climate is creating unprecedented opportunities for Create Strength Group to deliver our unique, innovative, and much needed programmes.

As part of our ongoing National Lottery Reaching Communities (NLRC) Foundation Project we are performing to plan and on-budget with performance KPIs (Key Performance Indicator) on-target.

In October we filed our **first set of financial accounts to the Charity Commission**, completing a development Plan milestone necessary in order for us to participate in wider revenue streams.

In July we began delivery of our first project outside Bradford. As part of the Queen Street Resilience Project, we began to support beneficiaries with complex needs in Rotherham, South Yorkshire. With support from the Coalfields Regeneration Trust and Target Housing we delivered a programme of interventions supporting people who had largely been marginalised and had slipped through the net of traditional support networks.

2022 also saw the completion of the **Cleaner Streets Campaign** phase of our **Nitrous Oxide Project**. This ongoing mapping, and scoping exercise also includes awareness and training offering in addition to environmentally sound and community-based liaison.

Our core support networks of face-to-face (f2f) online, physical and hybrid meetings were complemented by offering one-to-one (1-2-1) appointments both online and f2f in our dedicated room at 29 Salem Street. Attendances are returning to a stable state far in excess of pre-pandemic numbers.

The image displays four posters for Create Strength Group's support services, arranged in a row. Each poster features the group's logo at the top and a central image of people interacting. The posters are as follows:

- Online Family Support Group:** Focuses on helping family members, partners, or friends with substance use. Meeting on the first Monday of every month from 6 PM to 8 PM. Contact: info@createstrengthgroup.org or 07779 195 190.
- Hybrid Support Group:** Helps with Cannabis, Spice, Legal Highs, and all addictive behaviours. Meeting on Tuesdays from 6 PM to 8 PM. Contact: info@createstrengthgroup.org or 07779 195 190.
- Face-to-face Support Group:** Helps with Cannabis, Spice, Legal Highs, and all addictive behaviours. Meeting on Fridays at 1:30 PM at Trafalgar Street, Bradford, BD1 3ED. Contact: info@createstrengthgroup.org or 07779 195 190.
- Online Support Group:** Helps with Cannabis, Spice, Legal Highs, and all addictive behaviours. Meeting on Sundays from 6 PM to 8 PM. Contact: info@createstrengthgroup.org or 07779 195 190.

Each poster also includes a QR code and the text "It's not about what we do, it's what we do next." Below the posters are logos for Adfam, Zoom, and Community First, along with the labels "ONLINE", "HYBRID", "FACE-to-FACE", and "ONLINE".

More details at <https://createstrengthgroup.org/meetings/>



As an organisation with a remit for independence and self-sufficiency we have continued to follow a path of diversity in terms of securing financial input. 2022 saw a turning point by not only securing our **first Local Authority Commission**, but by being part of a winning consortium to deliver Drug & Alcohol Treatment Services across the Bradford District.

As part of our ongoing development plan we undertook an internal review, investigating the performance and impact of the organisation with emphasis on Resources and Infrastructure, Training and education, Social Enterprise and Self-Funding, the Mutual Aid Network and the area of Research, Publication, and Information Advocacy. In addition to reporting their findings, the report authors included a number of recommendations that we intend to explore and develop.

In addition CSG became a registered partner of the Prisons and Probation Service in managing Community Service Order placements. This benefits our associates who have been placed on such orders and it bolsters our volunteer programme. In addition it strengthens our associates' bond with the group and reinforces rehabilitation and recovery.

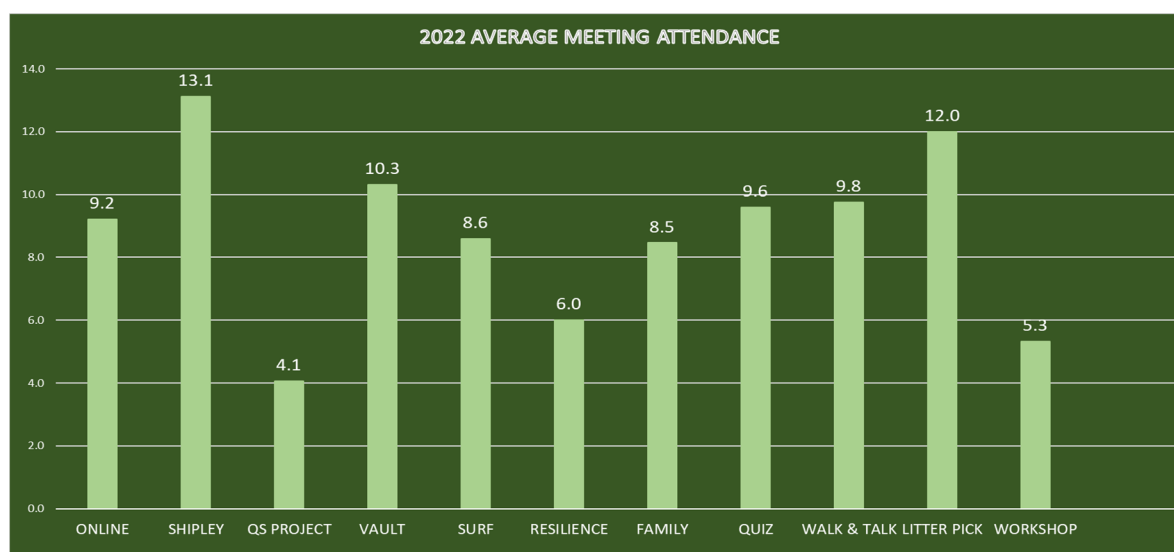
Create Strength Group CIO

Trustees' report (continued) for the year ended 31 December 2022

Since our formation in March 2015, over 479 members and their families have benefitted from our services. We have for example, hosted over 1,200 regular meetings in 6 different venues including 705 held online. We now provide face-to-face (f2f) physical and hybrid meetings in addition to over 150 one-to-one (1-2-1) sessions.

Our commitment to attract more women into our support network is beginning to bear fruit. We now have an engagement rate of 28% (1% increase compared with 2021).

2022 was a ground-breaking year for us as we launched our **first ever hybrid meeting** on 05/07/2022. As Covid restrictions were lifted from venues we began to offer more f2f meetings. We quickly picked up the skills and infrastructure needed to operate this new way of working and the Tuesday Fire Station meeting returns the highest attendance figure of all our support groups.



Ongoing facilitation training development is a vital part to our expansion plans. We have introduced Facilitation taster sessions to introduce our associates to new roles and opportunities. Furthermore we are looking to develop our recovery training as part of our meeting support plans.

2022 Milestones include:

- Exceeding the hosting of 1,200 support meetings since our formation
- The winning of our first treatment contract
- The winning of our first Local Authority commission
- Increasing membership to 479
- Achieving 2,166 instances of attendances in 2022
- Securing core funding to 2028 and beyond
- Increasing income by 213%
- The execution of our first project out of West Yorkshire

Create Strength Group CIO

Trustees' report (continued) for the year ended 31 December 2022

Group member testimonials

"The cannabis, spice and legal highs group was one of my first experiences of recovery 3 years ago and I've been engaging with them ever since. I've tried other forms of recovery, but this group has helped me the most. I've learnt a lot about how my brain works, how chemicals within substances effect the body and gathered many tools that I implement on a daily basis to help me stay clean. Above all, I've met people that I can relate to, share similar experiences and formed friendships within this group. "

Tom Support Group Member since 31/05/2019 – Bradford

I came to the Cannabis, Spice and Legal Highs Group in August 2019 after being released from prison. Since then, I have regularly attended meeting and now provide support as an Admin team member. With encouragement from the group, I have been able to rebuild my life and put things in place to create a better future – from receiving my forklift licences to achieving level 1 and level 2 NVQs in adult health and social care.

PG father, grandfather, son. Abstinent since 9th August 2019

In 2019 our 19-year-old son was dismissed by his employer for taking drugs onto work premises. Bewildered, frightened, and very much out of our depth, my husband and I struggled to cope with the trauma. We turned to CSLHG for support and were welcomed with open arms. The support our son, and our family received was second to none and transformed our lives. Our son received one on one and group support, educating him to understand the precipice on which he stood and helped him to realise how he could take control of his life.

As parents, we too received practical advice and support - the family member group is certainly a powerful force!

RAP-CJM Family Group member - Preston Lancashire

Financial review

The net receipts for the year were £31,463, including net receipts of £23,498 on unrestricted funds and net receipts of £7,965 on restricted funds after transfers.

Reserves policy

The charity's free reserves, at the year end were £23,789.

The charity does not have a reserves policy.

Approved by the board of trustees on 14/10/2023

Gabriel Stoltz (Trustee)

Create Strength Group CIO

Independent examiner's report to the trustees of Create Strength Group CIO

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 December 2022, which are set out on pages 8 to 12.

Responsibilities and basis of report

As the charity trustees of the CIO 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 CIO's accounts as carried out under section 145 of the 2011 Act. 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 charity as required by section 130 of the Charities Act;
- 2 the accounts do not accord with those records.

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.

Katy Sargeant ACA

14/10/2023

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Create Strength Group CIO
Receipts and payments account
for the year ended 31 December 2022

	Notes	2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Grants and donations	(2)	296	76,845	77,141	45,030
Contract income		21,667	-	21,667	999
Other income		500	-	500	11
Transfer on incorporation		-	-	-	9,239
Bank interest		30	-	30	-
Total receipts		22,493	76,845	99,338	55,279
Payments					
Salaries NI and pensions		27	42,415	42,442	18,099
Freelance workers		-	4,105	4,105	6,000
Project expenses		-	3,003	3,003	816
Volunteer expenses		-	633	633	1,955
Travel and accommodation		-	976	976	646
IT and software		-	2,150	2,150	2,076
Materials and resources		-	404	404	3,756
Food and refreshments		-	80	80	227
Advertising and publicity		-	3,522	3,522	2,029
Printing, stationery and postage		-	198	198	84
Equipment		-	650	650	1,228
Subscriptions		-	447	447	264
Insurance		-	336	336	30
Phone		22	708	730	100
Meeting costs		-	2,304	2,304	1,202
Other services		-	-	-	63
Bank charges		81	-	81	85
Independent examination fee		480	-	480	-
Rent		-	5,185	5,185	-
Recruitment costs		-	149	149	-
Total payments		610	67,265	67,875	38,660
Net receipts / (payments)		21,883	9,580	31,463	16,619
Fund balances brought forward		291	16,328	16,619	-
Fund balances carried forward	(3)	23,789	24,293	48,082	16,619

Create Strength Group CIO
Statement of assets and liabilities
as at 31 December 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	23,768	24,293	48,061	16,619
Cash in hand	21	-	21	-
Total cash funds	<u>23,789</u>	<u>24,293</u>	<u>48,082</u>	<u>16,619</u>

Debtors and prepayments

	2022
	£
Debtors	10
Prepayments	112
	<u>122</u>

Liabilities

	2022
	£
Amounts received on account for contracts	21,667
Accruals	900
Taxation and social security	1,695
Other creditors	226
	<u>24,488</u>

The financial statements were approved by the board of trustees on 14/10/2023

Gabriel Stoltz (Trustee)

Create Strength Group CIO

Notes to the accounts

for the year ended 31 December 2022

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Create Strength Group CIO
Notes to the accounts continued
for the year ended 31 December 2022

2 Grants and donations	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
City of Bradford Met. Dist. Council (CBMDC)	-	-	-	6,275
Coalfields Regeneration Trust	-	8,850	8,850	-
National Lottery Community Fund (NLCF)	-	67,995	67,995	37,155
Bradford VCS Alliance	-	-	-	1,533
Other donations	296	-	296	67
	<u>296</u>	<u>76,845</u>	<u>77,141</u>	<u>45,030</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
NLCF Covid 19	306	-	-	(306)	-
NLCF Reaching Communities	12,675	67,995	58,781	-	21,889
CBMDC MH project	291	-	38	(253)	-
CBMDC Cleaner streets	2,000	-	1,543	-	457
Coalfields Regeneration Trust	-	8,850	6,903	-	1,947
Bradford VCS Alliance	1,056	-	-	(1,056)	-
	<u>16,328</u>	<u>76,845</u>	<u>67,265</u>	<u>(1,615)</u>	<u>24,293</u>

Fund name	Purpose of restriction
NLCF Covid 19	To support delivery due to the extension of the lockdown. The transfer was to reallocate the unspent balance at the end of the grant to unrestricted funds (with funders permission).
NLCF Reaching Communities	Towards the ongoing Create Strength Foundation Project.
CBMDC MH project	Towards the costs of mental health workshops and social events. The transfer was to reallocate the unspent balance at the end of the grant to unrestricted funds (with funders permission).
CBMDC Cleaner streets	Towards the costs of the nitrous oxide project, litter picking and awareness raising.
Coalfields Regeneration Trust	To deliver a range of health and wellbeing, skills and employment focused activities, workshops, groups and services for homeless adults.
Bradford VCS Alliance	Towards the costs of taster sessions. The transfer was to reallocate the unspent balance at the end of the grant to unrestricted funds (with funders permission).

Create Strength Group CIO

Notes to the accounts continued

for the year ended 31 December 2022

4 Related party transactions

Trustee expenses

During the year 1 trustee was paid a total of £201 in respect of travel (previous year: nil).

Trustee remuneration and benefits

Details of remuneration and benefits

	2022	2021
	£	£
Patrick Gallagher	506	-
	<u>506</u>	<u>-</u>

Reason for remuneration

The trustee received the payments in respect of sessional delivery work.

Legal authority for the payment

The legal authority for the payment is via a provision within the charity's governing document.