



# 22-23

## ANNUAL TRUSTEE REPORT

**LIFE SAVING  
INTERVENTIONS**

[www.phoenixcharity.co.uk](http://www.phoenixcharity.co.uk)



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# Introduction

Phoenix Charitable Incorporated Organisation

## **REPORT OF THE TRUSTEES PERIOD FROM 19 AUGUST 2022 TO 31 AUGUST 2023**

The trustees present their report and the audited financial statements of the charity for the period ended 31 August 2023.

Written by Phoenix Trustees Reference

**ADMINISTRATIVE DETAILS REGISTERED CHARITY NAME:** Phoenix

**CHARITY REGISTRATION NUMBER:** 1195566

Principle registered office: Phoenix, 71 Fore Street, Hertford, SG14 1AL.

### **THE TRUSTEES**

1. Paris Emmanuel Pilgrim served from 07/03/2022
2. Tina Johnson served from 01/01/2023
3. Daniel Mallia served since 07/03/2022

### **THE ACCOUNTS**

The charity accounts have been audited. The accounts have been prepared by Heartwood Chartered Accountants  
Riverside House, 3 Place Farm, Wheathampstead, Hertfordshire AL4 8SB

# Structure, governance, and management

## GOVERNING DOCUMENT

The charitable Incorporated Organisation is constituted as a UK registered charity CIO a charity registered for charitable purposes with the Charity Commission (Charity Registration No.1195566). The charity is governed by its Constitution, dated on the 10/08/2021.

## RECRUITING AND APPOINTMENT OF NEW TRUSTEES

New Trustees are appointed by the current trustees.

## INDUCTION AND TRAINING OF NEW TRUSTEES

New Trustees are inducted by the current trustees.

## OBJECTIVES AND ACTIVITIES

### THE OBJECT OF THE CHARITY IS:

THE RELIEF OF NEED BY REASON OF ILL-HEALTH, DISABILITY, FINANCIAL OR OTHER DISADVANTAGE, BROUGHT ABOUT BY DEPENDENCE OR ADDICTION TO DRUGS, ALCOHOL OR OTHER SUBSTANCES, BY MAKING GRANTS AND PROVIDING INFORMATION OR ASSISTING IN THE PROVISION OF EQUIPMENT, FACILITIES AND SERVICES, NOT NORMALLY PROVIDED BY THE STATUTORY AUTHORITIES.

# Activities

Phoenix (charity no. 1195566) is a charity that offers practical and financial support to individuals who are struggling with drug and/or alcohol addiction. The charity aims to provide life-saving intervention to individuals who have fallen through the gaps and are at risk of ending up in prison, mental health institutions, or even death. Phoenix is equipped to provide effective support to others struggling with addiction. Addiction affects every area of an individual's life; we ensure our beneficiaries receive the right support for each area as they rebuild their lives.





# Activities Phoenix have offered between 2022-2023 include:



## THE WILDERNESS PROGRAM

The Wilderness Program took place on a remote island in Scotland. There were twelve beneficiaries. The beneficiaries took part in survival activities. The aim of the program was to connect individuals in recovery, build confidence and esteem, and inspire and equip individuals in recovery. As a result of the feedback, we have developed the program further, taking beneficiaries feedback into account. One beneficiary said that the wilderness program saved her life.

After evaluating the program, we are currently recruiting individuals for the next wilderness program.

We have developed it further in to a therapeutic 12-step based 5-day retreat based in Wales UK. The program is for individuals with addiction disorders and is scheduled to take place between Monday 4th September 2023 – Friday 8th September 2023.

The Wilderness Program combines outdoor activities such as white-water rafting and abseiling with therapeutic 12-step based workshops, process groups, and meditation.

## Aftercare

The Aftercare Wilderness Program is a 6-month therapeutic 12-step based program consisting of one-to-one therapy sessions, as well as group therapy sessions for beneficiaries.



## ADVOCACY

Phoenix directed 20 beneficiaries to other organisations, including Mind, Citizens Advice, and domestic violence organisations, to name a few. We believe that alcoholism and/or drug addiction are only symptoms, and that it takes a variety of supports to help people who are battling addiction reclaim their lives. We cultivate trusting relationships to put the right supports in place.

We also advocate for the right housing, benefits, mental health care, debt relief orders, and other services by referring. We helped one beneficiary claim backdated Personal Independent Payment and she received a backdated payment of £12,000. Our experience shows us that our beneficiaries often do not know about all the free support they can access. Every aspect of a person's life is impacted by addiction; while they rebuild their lives, we make sure they get the specialist help in each area.



## SAFE SPACE

Phoenix ran a weekly safe space throughout 2022-2023. This was a safe, creative, and supported environment for those attempting to rebuild their lives. This safe space helped us build relationships and refer and advocate, giving individuals a real chance at recovery.

Sessions included meditation, advocacy, creative activities, workshops, and group discussions. It was an opportunity for beneficiaries to connect instead of isolating. The safe space is enjoyable, informative, and social, and re-opening in October.

## Referrals

Phoenix sign-posted beneficiaries to day-rehab programs that are free of charge such as The Living Room, therapy sessions, detox providers, inpatient rehabilitation centres, and secondary treatment.



## Achievements

Phoenix has a core of volunteers with lived-experience passionate about making a difference. Some are from the wilderness course. They got so much from it, they wanted to give back.

Our Scotland Wilderness program was a huge success with beneficiaries coming back signing up to jump 13,000 feet as a sponsored event keen to raise money for the charity, to allow others to have the experience.

Our advocacy has seen individuals moved in to appropriate housing, claim and backdate benefits, get the specialist support they need to make changes in their lives.

The Safe Space has given individuals in long-term recovery leadership roles, including leading yoga classes, meditation, 12-step meetings and advocacy available at the space.

We were successful raising funds. We received a £2,000 grant from The Albert Hunt Trust. We obtained a grant from The National Lottery for the wilderness program for £9700. In the area of unrestricted income, we raised over £6,700 on Just Giving Campaigns supporting the charity.

# Financial Review

**FINANCIAL POSITION**

Statement of Financial Activities (including income and expenditure account) Period 19/08/2022 to 31/08/2023.

**Income:** £24,004

**Expenditure:** £23,931

The trustees’ annual report was approved on 01/09/2023 and signed on behalf of the board of trustees by:

**Paris Emmanuel Pilgrim**  
Chair of the Board of Trustee

# Trustee’s Responsibilities

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of trustees and authorised for issue on 01/09/2023, and are signed on behalf of the board by:

**Paris Emmanuel Pilgrim**  
Chair of the Board of Trustee







**PHOENIX**

**LIFE SAVING  
INTERVENTIONS**

[www.phoenixcharity.co.uk](http://www.phoenixcharity.co.uk)

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**SUPPORTED BY:**



**FUNDED BY:**







CHARITY COMMISSION  
FOR ENGLAND AND WALES

No (if any)

## Receipts and payments accounts

CC16a

For the period from	Period start date 01/09/2022	To	Period end date 31/08/2023
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Lottery Grant	-	9,700	-	9,700	10,000
Other grants	-	3,050	-	3,050	-
Donations & fundraising	11,054	-	-	11,054	5,600
Other income	200	-	-	200	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	11,254	12,750	-	24,004	15,600
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	11,254	12,750	-	24,004	15,600
<b>A3 Payments</b>					
Charitable Events	3,800	18,896	-	22,696	8,127
Fundraising costs	216	-	-	216	273
General Admin expenses in Accountant	1,019	-	-	1,019	628
Website & Marketing	-	-	-	-	1,150
Salaries	-	-	-	-	5,407
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	5,035	18,896	-	23,931	15,585
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	5,035	18,896	-	23,931	15,585
<b>Net of receipts/(payments)</b>	73	-	-	73	15
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	73	-	-	73	15

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank current account	88	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	88	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Accruals - Accountancy		1,020	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	