

# FREE! RECOVERY

England & Wales · Charity number 1195719

## Details

---

**Other names** FREE!

**Status** Registered

**Legal form** CIO

**Registered** 2021-09-06

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** 33 Brutton Way  
Chard  
TA20 2HB

**Phone** 07703682080

**Email** [johnchildress@free-recovery.org](mailto:johnchildress@free-recovery.org)

## Activities

---

**Objects:** THE OBJECT OF THE CIO IS FOR THE PUBLIC BENEFIT, THE RELIEF OF SICKNESS INCLUDING THE PROMOTION, SAFEGUARDING AND PRESERVATION OF MENTAL AND PHYSICAL HEALTH, BY MEANS INCLUDING BUT NOT LIMITED TO, THE PROVISION OF ACCESSIBLE SUPPORT TO PEOPLE WHO ARE SUFFERING PSYCHOLOGICAL OR EMOTIONAL DISTRESS PRIMARILY (BUT NOT EXCLUSIVELY) THOSE WHO ARE AFFECTED BY ADDICTIVE ISSUES AND OTHER LIFE CONTROLLING BEHAVIOURS. ALL ACTIVITIES WILL BE CONDUCTED PURSUANT TO A CHRISTIAN ETHOS, DEMONSTRATIVE OF THE CHRISTIAN FOUNDATION OF THE CIO.

**Activities:** Free! Recovery is a Christian organisation set up to provide people with relief, hope and freedom from the emotional and mental distress of an addictive issue, which is hurting their everyday life; relationships, walk with God, mental and/or physical health. Free! Recovery has created a 10-week course, workshop, and support groups; trains organisations via a training seminar and consultation.

## Classification

---

- **How:** Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Religious Activities
- **Who:** Other Defined Groups, The General Public/mankind

## Geography

---

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£24,836	£26,664	-	-
2024-03-31	£21,659	£29,125	-	-
2023-03-31	£36,225	£37,019	-	-
2022-03-31	£32,428	£14,533	-	-

## Trustees

---

Name	Role	Appointed
Johannes Theuns		2025-12-16
John Emra		2022-06-03
Kashif Din		2026-03-09
Timothy Archer		2023-10-28

**FREE! RECOVERY**

England & Wales - Charity number 1195719

---

# Accounts

---

# Free! Recovery

Report and Accounts

Year ended 31 March 2025

Stewardship   
*Active generosity*

1 Lamb's Passage, London EC1Y 8AB  
[www.stewardship.org.uk](http://www.stewardship.org.uk)

**FREE! RECOVERY**  
**LEGAL AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

ADDRESS FOR CORRESPONDENCE	33 Brutton Way Chard TA20 2HB
GOVERNING DOCUMENT	CIO Constitution dated 06 September 2021
CHARITY REGISTRATION NUMBER	1195719
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Timothy Archer John Emra Louanne Enns (resigned October 2024) Helen Willcox (resigned December 2024) Amanda Ottaviani (appointed December 2024)
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Sarah Crispin ACA Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

**INDEX**

Page 1	Legal and Administrative Details
Pages 2-8	Trustees' Report
Page 9	Independent Examiner's Report
Page 10	Receipts and Payments Account
Page 11	Statement of Assets & Liabilities
Page 12	Notes to the Accounts

**FREE! RECOVERY**  
**(CIO)**  
**Trustee Report**  
**From April 1, 2024 - March 31, 2025**

The trustees are pleased to present their report for the period for the year ending March 2025

**Objects of the charity**

- To advance the Christian faith in the UK and elsewhere
- To provide accessible support and relief to people, who are suffering psychological or emotional distress due to (primarily but not exclusively) addictive issues and other life-controlling behaviours.

**Review of the charity's main activities and achievements**

To further the above objects and vision, the charity's main activities and achievements were as follows:

- The website continues to be the principal access to our main resources, which accompany either an online or an in person support group. These resources have been made available free of charge, and include our main videos, and

guides, now up to date, with the facilitator guide having had a refreshed edit and print. There is a steadily increasing interest in these resources, both nationally and internationally.

- New resources: A 70-day guide to accompany the themes of the main sessions. This went live at the end of 2024 and is useful for 1-2-1 mentoring and an additional resource for support group work. A weekly guide to accompany the themes of the session had a fresh edit and print. This is now available; online availability in the next year.
- To increase our online presence there is now a weekly BLOG, and facebook posts on a variety of relevant themes. These are for both the leader and participant, including useful help for those accompanying the addicted person.
- The 10 week online support group using the new materials has been presented twice.
- There are 3 fully trained available facilitators for the online men's groups.
- There are 3 fully trained available facilitators for the women's online groups with 2 in training.
- There are now two webinars encouraging support groups in local church venues. Plus a webinar for both leaders and participants encouraging the freedom journey.
- The marketing consultant from the previous year informed the Blog and newsletter aspects of this year's development.
- Continuing training events plus resources, in person or online for those wanting to run Free! Support groups in their local area.
- Consultation and support for leaders and organizations, who have begun support groups or would like to in the near future.
- Networking with local churches and individuals interested in supporting those struggling with addiction issues in their local churches/communities. Added many new connections. Increased geographical reach via radio interviews, and word of mouth.
- Networking with similar organizations to increase the help we can provide.
- Continuing to relate with those needing help, either by signposting or

having conversations/pastoral care, including facilitating support groups.

- The continuation of fundraising and the addition of two new grant making organizations to enable the above work to continue and grow.

In planning the activities the Trustees have applied the guidance on public benefit issued by the Charity Commission.

## **Achievements and Performance**

The charity has completed its third full year since its formation on September 9, 2021. The organization has been able to give hope and continue to help relieve some of the intense isolation that occurs in the lives of those struggling with addictive, life-controlling habits. We are encouraged at new people attending both the webinars and the online support work and courses. These new people have attended due to the wider networking; both via the Website, BLOG, facebook posts plus an email campaign to local church leaders. We are still having a wider geographical impact; Kenya, Egypt, USA and Europe as notable areas, plus a significant wider reach in the UK. This work has continued and grown, with local churches and organizations setting up groups, relieving isolation and struggles in their own local area. In this way, by training others, we have been able to continue with the support of day to day life coping strategies in the lives of our beneficiaries. As beneficiaries gain hope for their lives they pass it on to others and so the wider society is greatly benefitted.

The charity has continued to increase awareness of the benefit of having safe, compassionate places for those struggling with addictive, life-controlling issues, by networking with local churches, organizations, speaking on radio and with individuals.

The new website is continuing to host an increasing number of resources; the material package, with the main video sessions, and the main guides for the facilitators and participants has been completed. We have added a 70 day devotional and one new weekly guide, printed and will be online within the next year. These free resources, now easily available, help the promotion and distribution of essential information to those needing freedom.

Two useful webinars, for those wanting to run their own local support groups, are now created and launched with new contacts attending.

The charity has continued to network with churches/organizations interested in developing a work for addictions using the Free! material. The team has continued to train facilitators in local churches. There are churches signposting back to Free! Online courses, churches and organisations have run the programme in Bucks,

Oxfordshire, London, Scotland. There is future training already being planned for two more London churches.

General fundraising through email newsletters and personal “asks” has grown slightly. We had some success in raising funds via grants; we are encouraged that a local church and a grant agency has doubled their contribution this year. To enable a greater growth, networking has increased our website registrations and sign ups by at least 100.

The objectives of the charity for this year have been reached.

### **Financial Review**

The charity started the period under review with £9,634.30 in hand, and ended it with £7,806.70 in hand.

Income was £24,836.24, classified as follows:

- |   |            |
|---|------------|
| ● Monthly and one-off donations via Stewardship*          | £18,971.24 |
| ● Regular and one-off donations via charity bank account* | £2,365.00  |
| ● Charitable grants                                       | £3,500.00  |

\*Including any Gift Aid

Expenditure was £26,663.84, as summarised in the annual accounts.

During the period under review, there were no restricted funds held by the charity. As of March 31, 2025 the main charity account # 38105535 held £7,806.70 to be used for any charitable purpose.

### *Liabilities*

The Trustees consider that the charity can settle its liabilities when they fall due.

### *Reserves policy*

The charity has a reserve policy: building up a three month operating surplus to cover fluctuations in donation income. This covers three months of employee income, insurance and monthly costs totalling £6,500.

During the period under review, the charity ended the year with this reserve intact.

### *Fundraising*

The charity raises funds through liaison, promotion and correspondence within its own networks and does not use third party or professional fundraisers.

### *Risks*

The charity has a comprehensive risk register under four headings: Governance, Financial, Operational and External. Keeping a continual watchful eye, none are deemed to be significantly high at the moment.

### *Public Benefit*

We, the trustees of Free! Recovery, have sought in all we do to follow the Charity Commission's guidance on public benefit. Our principal aim is, and has been, to help and provide relief for those struggling with addiction issues.

The material and resources produced by Free! Recovery is determined by ministry considerations rather than commercial. Any resource is mainly subsidized from donations. The website is free of charge for anyone desiring to investigate this ministry further, with conversations for further discussion and support made available free of charge.

### *Remuneration of key management personnel*

The charity has two employees, responsible for material development and day to day running of the charity; John and Sally Childress, the co-founders of the charity. The pay of senior staff is reviewed regularly, bearing in mind charities of similar size and activity.

## **Structure, Governance and Management**

The charity is a CIO and has a constitution as its governing document.

The charity was registered on September 9, 2021 as a CIO. It consists of 2 senior employees and began with 4 trustees. At the beginning of 2024/2025 financial year we began with 4 trustees. One trustee ended a three year term in Oct 2024 and resigned. One trustee was added in December, 2024 and one other resigned at the end of December 2024, so we have 3 trustees at present. The trustees and senior staff meet for a minimum of 3 times a year, although at the moment are meeting every 6-8 weeks. The charity works with local churches/church leaders interested in the relief of addictions in their local community.

## **Trustees**

The Charity Trustees select individuals for appointment as Charity Trustees. The Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

### *Induction and training*

Each candidate trustee meets the co-founders/senior employees/present trustees for informal meetings to ascertain mutual suitability. The trustees proceed with a formal interview as to the candidate trustee's skills, knowledge and experience. A new trustee has a DBS check and is required to complete safeguarding training. The new trustee is also required to undertake appropriate trustee training and read through the Charity Commission's expectations of a UK trustee. In addition, the trustee is expected to read the charity's constitution, 5-year business plan, and all current policies. A key person/trustee oversees this induction and training process.

## **Plans for the Future**

The focus in the UK is the continuing development and networking of the Free! main material resource, along with the provision of training and consultation. The addition of webinars and fully trained facilitators for local church/organizations plus the central online course is a continuing goal.

We are looking for people able to work alongside us and continue this work in the future.

We appointed a new trustee this past year with safeguarding experience to take this lead. We are looking to add 2 new trustees within the next few months, especially someone with financial/treasury experience and one with more general overall expertise.

## **Reference and Administrative Detail**

Charity Name: Free! Recovery

Other Name used: Free!

Registered charity number: 1195719

Charity's principal address: 33 Brutton Way, Chard Somerset, TA202HB

Approved and signed on behalf of the Trustees

CT Archer  
CT Archer (Sep 4, 2025 21:53:11 GMT+1)

Sep 4, 2025

Tim Archer

Chair of Trustee Board

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**FREE! RECOVERY**

I report to the trustees on my examination of the accounts of Free! Recovery ('the charity') for the year ended 31 March 2025 on pages 10 to 12 following.

**Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*Sarah Crispin*  
Sarah Crispin (Sep 23, 2025 10:29:30 GMT+1)

Sarah Crispin ACA

Stewardship  
1 Lamb's Passage  
LONDON  
EC1Y 8AB

Date: Sep 23, 2025

**FREE! RECOVERY**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted Funds		Restricted Funds	Total 2025	Total 2024
		General Funds	Designated Funds			
		£	£	£	£	£
<b>Income receipts</b>						
Donations		21,086	-	-	21,086	17,659
Gift aid receipts		250	-	-	250	-
Other grants		3,500	-	-	3,500	4,000
<b>Total receipts</b>		<b>24,836</b>	<b>-</b>	<b>-</b>	<b>24,836</b>	<b>21,659</b>
<b>Payments</b>						
Payments in relation to charitable activities undertaken directly	2	26,664	-	-	26,664	29,125
<b>Total payments</b>		<b>26,664</b>	<b>-</b>	<b>-</b>	<b>26,664</b>	<b>29,125</b>
Net of receipts / (payments) before transfers		(1,828)	-	-	(1,828)	(7,466)
Transfers between funds	4	-	-	-	-	-
<b>Net movement in funds</b>		<b>(1,828)</b>	<b>-</b>	<b>-</b>	<b>(1,828)</b>	<b>(7,466)</b>
Cash funds as at last year end		9,634	-	-	9,634	17,100
<b>Cash funds at this year end</b>	A	<b>7,807</b>	<b>-</b>	<b>-</b>	<b>7,807</b>	<b>9,634</b>

The notes on page 12 form part of these accounts.

**FREE! RECOVERY**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	<u>Unrestricted Funds</u>		Restricted funds £	Total 2025 £	Total 2024 £
	General funds £	Designated funds £			
<b>A Cash funds</b>					
Cash at bank with immediate access	7,807	-	-	7,807	9,634
	<u>7,807</u>	<u>-</u>	<u>-</u>	<u>7,807</u>	<u>9,634</u>
<b>B Liabilities</b>					
<b>Falling due within one year:</b>					
Pension due	-	-	-	-	50
Fee for Independent Examination	624	-	-	624	750
	<u>624</u>	<u>-</u>	<u>-</u>	<u>624</u>	<u>800</u>
<b>C Assets retained for charity's own use</b>					
			Fund to which asset belongs	Value 2025 £	Value 2024 £
Contents and equipment			General	1,500	6,000
				<u>1,500</u>	<u>6,000</u>

The trustees have used the value of insurance cover as the trustees are unable to reliably estimate current values of equipment; insurance values may differ materially from current values.

**D Guarantees and secured debts**

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by CT Archer  
CT Archer (Sep 4, 2025 21:53:11 GMT+1)  
 Tim Archer

date Sep 4, 2025

The notes on page 12 form part of these accounts.

**FREE! RECOVERY**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**1 Accounting policies**

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Total 2025	Total 2024
	General funds	Designated funds			
	£	£	£	£	£
<b>2 Payments in relation to charitable activities undertaken directly</b>					
Employment costs	21,790	-	-	21,790	21,746
Website and networking	361	-	-	361	1,693
Filming project	-	-	-	-	400
Conference and training	868	-	-	868	1,770
Insurance	606	-	-	606	671
Governance	600	-	-	600	914
Administration and support	1,989	-	-	1,989	1,556
Other costs	449	-	-	449	375
	<u>26,664</u>	<u>-</u>	<u>-</u>	<u>26,664</u>	<u>29,125</u>

**3 Transactions with related parties**

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.

**FREE! RECOVERY**

England & Wales - Charity number 1195719

---

# Accounts

---

# Free! Recovery

Report and Accounts

Year ended 31 March 2024

Stewardship   
*Active generosity*

1 Lamb's Passage, London EC1Y 8AB  
[www.stewardship.org.uk](http://www.stewardship.org.uk)

**FREE! RECOVERY**  
**LEGAL AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

ADDRESS FOR CORRESPONDENCE	33 Brutton Way Chard TA20 2HB
GOVERNING DOCUMENT	CIO Constitution dated 06 September 2021
CHARITY REGISTRATION NUMBER	1195719
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Shenara Abraham (resigned December 2023) Timothy Archer (appointed October 2023) Aidan Crook (resigned December 2023) John Emra Louanne Enns Helen Willcox
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

**INDEX**

Page 1	Legal and Administrative Details
Pages 2-8	Trustees' Report
Page 9	Independent Examiner's Report
Page 10	Receipts and Payments Account
Page 11	Statement of Assets & Liabilities
Page 12	Notes to the Accounts



Charity Number: 1195719

**FREE! RECOVERY**  
**(CIO)**  
**Trustee Report**  
**From April 1, 2023 - March 31, 2024**

# **FREE! RECOVERY**

**Trustee Report from April 1, 2023 - March 31, 2024**

## **Legal and Administrative information**

**Registered Charity Number: 1195719**

### **Trustees**

Mrs Shenara Abraham (Resigned Dec 11, 2023)

Mr Tim Archer (Appointed Oct 28, 2023)

Mr Aidan Crook (Resigned Dec 11, 2023)

Mr John Emra

Mrs Louanne Enns

Mrs Helen Willcox

### **Cofounders and Senior Employees**

Mr John Childress

Mrs Sally Childress

### **Bankers**

Nat West

Minehead (A) Branch

9 The Parade

Minehead

Somerset

TA24 5ZD

### **Registered Office**

33 Brutton Way

Chard

Somerset

TA20 2HB

### **Key Management Personnel**

The Trustees

Mr John Childress

Mrs Sally Childress

## **FREE! RECOVERY**

The trustees are pleased to present their report for the period from April 1, 2023 - March 31, 2024

### **Summary of the Purposes of the charity as set out in its governing document.**

- the advancement of the Christian faith in such ways as the Charity Trustees may from time to time decide; and
- the relief of sickness including the promotion, safeguarding and preservation of mental and physical health, by means including but not limited to, by the provision of accessible support to people who are suffering psychological or emotional distress primarily (but not exclusively) those who are affected by addictive issues and other life controlling behaviours.

### **Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.**

- A new website is now live with access to our main resources, which accompany either an online or an in-person support group. These resources have been made available free of charge, and include our main videos, and guides, which have been re-edited and now completed. There is a steadily increasing interest in these resources, both nationally and internationally.
- A new resource has been completed, a 70-day guide to accompany the themes of the main sessions. This will go live at the end of 2024 and will be useful for 1-2-1 mentoring and an additional resource for support group work.
- Our branding is now on all our resources, creating an easily recognisable pathway to the work of Free! Recovery.
- The testing of a live 10-week online support group using the new materials, which resulted in a new support group for women, with fully trained new facilitators.
- We now have 3 fully trained facilitators for the Saturday online group.
- A brand new webinar encouraging support groups in local church venues.
- The addition of temporary marketing help to help with communication, social media and webinar automations.
- Training Events plus resources, in person or online for those wanting to run Free! Support groups in their local area.
- Consultation and support for leaders and organisations, who have begun support groups or would like to in the near future.
- Networking with local churches and individuals interested in supporting those struggling with addiction issues in their local churches/communities. Added many new connections. Increased geographical reach via radio interviews, and word of mouth.

- Networking with similar organisations to increase the help we can provide.
- Continuing to relate with those needing help, either by signposting or having conversations/pastoral care, including facilitating support groups.
- The continuation of fundraising and the addition of two new grant making organisations to enable the above work to continue and grow.

## **Achievements and Performance**

The charity has completed its second full year since its formation on September 9, 2021. The organisation has been able to give hope and continue to help relieve some of the intense isolation that occurs in the lives of those struggling with addictive, life-controlling habits. This work has continued and grown, with local churches and organisations setting up groups, relieving isolation and struggles in their own local area. In this way, by training others, we have been able to continue with the support of day-to-day life coping strategies in the lives of our beneficiaries. As beneficiaries gain hope for their lives, they pass it on to others and so the wider society is greatly benefitted.

The charity has continued to increase awareness of the benefit of having safe, compassionate places for those struggling with addictive, life-controlling issues, by networking with local churches, organisations, speaking on radio and with individuals.

The new website is now live, hosting the resources; the material package, with the main video sessions, and the main guides for the facilitators and participants has been completed. These free resources, now easily available, help the promotion and distribution of essential information to those needing freedom.

A new useful webinar, for those wanting to run their own local support groups, has been created and had a successful launch with new contacts attending.

The charity has continued to network with churches/organisations interested in developing a work for addictions using the Free! material. The team has continued to train facilitators in local churches, two in London, one in Northern Ireland and one in Hampshire. The local church leaders, trained last year in London, continued to run a successful 10-week course on their own, last autumn. The team is also in talks with leaders in other areas of the UK.

General fundraising through email newsletters and personal “asks” has grown slightly. We had some success in raising funds via grants.

The objectives of the charity for this year have been reached.

## **Financial Review**

In the period under review, the charity had an income of £21,659. In the period under review, there were no restricted funds held. At the year end the charity held £9,634, of which £8,494 was unrestricted.

In 2023, the charity received charitable donations of £21,659, including £15,046 given via Stewardship (where eligible gift aid is applied), and £4,000 in grants.

### *Going Concern*

The Trustees consider that there are no material uncertainties relating to whether the charity can continue as a going concern.

### *Reserves policy*

The charity has a reserve policy: building up a three month operating surplus to cover fluctuations in donation income. This covers three months of employee income, insurance and monthly costs, totalling £6,500.

During the period under review, we achieved this reserve.

### *Fundraising*

The charity raises funds through liaison, promotion and correspondence within its own networks and does not use third party or professional fundraisers.

### *Risks*

The charity has a comprehensive risk register under four headings: Governance, Financial, Operational and External. Keeping a continual watchful eye, none are deemed to be significantly high at the moment.

### *Public Benefit*

We, the trustees of Free! Recovery, have sought in all we do to follow the Charity Commission's guidance on public benefit. Our principal aim is, and has been, to help and provide relief for those struggling with addiction issues.

The material and resources produced by Free! Recovery is determined by ministry considerations rather than commercial. Any resource is mainly subsidised from donations. The website is free of charge for anyone desiring to investigate this ministry further, with conversations for further discussion and support made available free of charge.

### *Remuneration of key management personnel*

The charity has two employees, responsible for material development and day-to-day running of the charity: John and Sally Childress, the co-founders of the charity. The pay of senior staff is reviewed annually, bearing in mind charities of similar size and activity.

### **Structure, Governance and Management**

The charity is a CIO and has a constitution as its governing document.

The charity was registered on September 9, 2021 as a CIO. It consists of 2 senior employees and began with 4 trustees. At the beginning of 2023/2024 financial year we began with 5 trustees. We added one trustee in October, 2023 and two resigned in December 2023, so we have 4 trustees at present. The trustees and senior staff meet for a minimum of 3 times a year, although at the moment are meeting every 4-6 weeks. The charity works with local churches/church leaders interested in the relief of addictions in their local community.

### **Trustees**

The Charity Trustees select individuals for appointment as Charity Trustees. The Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

### *Induction and training*

Each new trustee meets the co-founders/senior employees/present trustees for informal meetings of mutual suitability. The trustees proceed with formal interview/talks as to skills/knowledge and experience. A new trustee has a DBS check and is required to do trustee safeguarding training. The new trustee is required to do trustee training and read through the Charity Commission's information on the expectations of a trustee. The trustee is also expected to read the charity's constitution, 5-year business plan and all present policies. A key person/trustee will ensure this has been accomplished.

### **Plans for the Future**

The focus in the UK is the continuing development and networking of the Free! main material resource, along with the provision of training and consultation. The addition of webinars and fully trained facilitators for local church/organisations plus the central online course is a continuing goal.

We are looking for people able to work alongside and continue this work in the future.

We appointed a new trustee this past year with strong business and leadership skills. We are looking to add 2-3 new trustees within the next few months to take over the safeguarding lead and someone with financial/fundraising expertise.

**Reference and Administrative Detail**

Charity Name: Free! Recovery

Other Name used: Free!

Registered charity number: 1195719

Charity's principal address: 33 Brutton Way, Chard Somerset, TA202HB

Approved and signed on the behalf of the Trustees by

*CT Archer*  
CT Archer (Oct 9, 2024 23:01 GMT+1)  
Tim Archer

Date: Oct 9, 2024

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**FREE! RECOVERY**

I report to the trustees on my examination of the accounts of Free! Recovery ('the charity') for the year ended 31 March 2024 on pages 10 to 12 following.

**Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

J. Young  
J. Young (Oct 11, 2024 13:20 GMT+1)

Jaimée Young

Stewardship  
1 Lamb's Passage  
LONDON  
EC1Y 8AB

Date: Oct 11, 2024

**FREE! RECOVERY**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	<u>Unrestricted Funds</u>		Restricted Funds	Total 2024	Total 2023
		General Funds	Designated Funds			
		£	£	£	£	£
<b>Income receipts</b>						
Donations		17,659	-	-	17,659	36,100
Gift aid receipts		-	-	-	-	125
Other grants		4,000	-	-	4,000	-
<b>Total receipts</b>		<u>21,659</u>	<u>-</u>	<u>-</u>	<u>21,659</u>	<u>36,225</u>
<b>Payments</b>						
Payments in relation to charitable activities undertaken directly	2	27,985	-	1,140	29,125	37,019
<b>Total payments</b>		<u>27,985</u>	<u>-</u>	<u>1,140</u>	<u>29,125</u>	<u>37,019</u>
Net of receipts / (payments) before transfers		(6,326)	-	(1,140)	(7,466)	(794)
Transfers between funds	4	-	-	-	-	-
<b>Net movement in funds</b>		<u>(6,326)</u>	<u>-</u>	<u>(1,140)</u>	<u>(7,466)</u>	<u>(794)</u>
Cash funds as at last year end		15,960	-	1,140	17,100	17,895
<b>Cash funds at this year end</b>	A	<u>9,634</u>	<u>-</u>	<u>-</u>	<u>9,634</u>	<u>17,100</u>

The notes on page 12 form part of these accounts.

**FREE! RECOVERY**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

	<u>Unrestricted Funds</u>			Total 2024 £	Total 2023 £
	General funds £	Designated funds £	Restricted funds £		
<b>A Cash funds</b>					
Cash at bank with immediate access	9,634	-	-	9,634	17,100
	<b>9,634</b>	<b>-</b>	<b>-</b>	<b>9,634</b>	<b>17,100</b>
<b>B Other monetary assets</b>	-	-	-	-	-
<b>C Liabilities</b>					
<b>Falling due within one year:</b>					
Pension due	50	-	-	50	25
Fee for Independent Examination	750	-	-	750	750
	<b>800</b>	<b>-</b>	<b>-</b>	<b>800</b>	<b>775</b>
<b>D Assets retained for charity's own use</b>					
			Fund to which asset belongs	Value 2024 £	Value 2023 £
Contents and equipment			General	6,000	6,000
				<b>6,000</b>	<b>6,000</b>

The trustees have used the value of insurance cover as the trustees are unable to reliably estimate current values of equipment; insurance values may differ materially from current values.

**E Guarantees and secured debts**

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by CT Archer date Oct 9, 2024  
CT Archer (Oct 9, 2024 23:01 GMT+1)  
T. Archer

The notes on page 12 form part of these accounts.

**FREE! RECOVERY**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**1 Accounting policies**

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	Unrestricted Funds		Restricted Funds	Total 2024	Total 2023
	General funds	Designated funds			
	£	£	£	£	£
<b>2 Payments in relation to charitable activities undertaken directly</b>					
Employment costs	21,746	-	-	21,746	22,963
Website and networking	953	-	740	1,693	-
Filming project	-	-	400	400	11,548
Conference and training	1,770	-	-	1,770	351
Insurance	671	-	-	671	671
Governance	914	-	-	914	926
Administration and support	1,556	-	-	1,556	560
Other costs	375	-	-	375	-
	<u>27,985</u>	<u>-</u>	<u>1,140</u>	<u>29,125</u>	<u>37,019</u>

**3 Transactions with related parties**

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.

**4 Movement of funds**

	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
General funds	15,960	21,659	(27,985)	-	9,634
	<u>15,960</u>	<u>21,659</u>	<u>(27,985)</u>	<u>-</u>	<u>9,634</u>
Restricted funds					
Filming project	1,140	-	(1,140)	-	-
	<u>1,140</u>	<u>-</u>	<u>(1,140)</u>	<u>-</u>	<u>-</u>
Total funds	<u>17,100</u>	<u>21,659</u>	<u>(29,125)</u>	<u>-</u>	<u>9,634</u>

The Filming project relates to work involved in completing a resource package for churches, including filming all 10 sessions plus stories from our Free! Course and funds were given specifically for this during the previous year.

**FREE! RECOVERY**

England & Wales - Charity number 1195719

---

# Accounts

---

# Free! Recovery

Report and Accounts

Year ended 31 March 2023

Stewardship   
*Active generosity*

1 Lamb's Passage, London EC1Y 8AB  
[www.stewardship.org.uk](http://www.stewardship.org.uk)

**FREE! RECOVERY**  
**LEGAL AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

ADDRESS FOR CORRESPONDENCE	33 Brutton Way Chard TA20 2HB
GOVERNING DOCUMENT	Constitution dated 06 September 2021
CHARITY REGISTRATION NUMBER	1195719
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Shenara Abraham (appointed August 2022) Aidan Crook John Emra (appointed June 2022) Louanne Enns Charles Mugenyi (resigned February 2023) Helen Willcox
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

**INDEX**

Page 1	Legal and Administrative Details
Pages 2-7	Trustees' Report
Page 8	Independent Examiner's Report
Page 9	Receipts and Payments Account
Page 10	Statement of Assets & Liabilities
Page 11	Notes to the Accounts



Charity Number: 1195719

**FREE! RECOVERY**  
**(CIO)**  
**Trustee Report**  
**From April 1, 2022 - March 31, 2023**

# **FREE! RECOVERY**

**Trustee Report from April 1, 2022 - March 31, 2023**

## **Legal and Administrative information**

**Registered Charity Number: 1195719**

### **Trustees**

Mrs Shenara Abraham  
Mr Aidan Crook  
Mr John Emra  
Mrs Louanne Enns  
Revd Charles Mugenyi (retired February 2023)  
Mrs Helen Willcox

### **Cofounders and Senior Employees**

Mr John Childress  
Mrs Sally Childress

### **Bankers**

Nat West  
Minehead (A) Branch  
9 The Parade  
Minehead  
Somerset  
TA24 5ZD

### **Registered Office**

33 Brutton Way  
Chard  
Somerset  
TA20 2HB

### **Key Management Personnel**

The Trustees  
Mr John Childress  
Mrs Sally Childress

## **FREE! RECOVERY**

The trustees are pleased to present their report for the period from April 1, 2022 - March 31, 2023

### **Summary of the Purposes of the charity as set out in its governing document.**

- the advancement of the Christian faith in such ways as the Charity Trustees may from time to time decide; and
- the relief of sickness including the promotion, safeguarding and preservation of mental and physical health, by means including but not limited to, by the provision of accessible support to people who are suffering psychological or emotional distress primarily (but not exclusively) those who are affected by addictive issues and other life controlling behaviours.

### **Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.**

- Prepared, filmed and created a downloadable resource package to accompany the Free! 10 week support group ministry. This includes help for those participating and training for those seeking to help others. This will increase the scope and reach of the help Free! Recovery can provide for those struggling with addictive habits.
- Created fresh branding, having a clear message to make it easier for those struggling to find the help they need.
- Fundraising to achieve the above goals.
- Networking with local churches and individuals interested in supporting those struggling with addiction issues in their local churches/communities.
- Networking with similar organisations to increase the help we can provide.
- Continuing to relate with those needing help, either by signposting or having conversations/pastoral care, including facilitating support groups.

### **Achievements and Performance**

The charity has completed its first full year since its formation on September 9, 2021. The organisation has been able to give hope and continue to help relieve some of the intense isolation that occurs in the lives of those struggling with addictive, life-controlling habits. We were able to continue with the support of day to day life coping strategies in the lives of our beneficiaries. As beneficiaries gain hope for their lives, they pass it on to others and so the wider society is greatly benefitted.

The charity has continued to increase awareness of the benefit of having safe, compassionate places for those struggling with addictive, life-controlling issues, by networking with local churches, organisations and individuals.

The material package, with the filming of the main sessions, and the development of the main guides for the facilitators and participants has been completed. The team is looking forward to the completion of the website refresh, alongside other daily and weekly resource help, to help the promotion and distribution of essential information to those needing freedom.

The charity has continued to network with churches/organisations interested in developing a work for addictions using the Free! material. The team has helped train 10 facilitators in a large London church, both in person and online, which is preparing to begin the Free! Programme in September 2023. This will provide a resource for many in the central London area

General fundraising through email newsletters and personal “asks” is steadily growing, within the objectives set. The specific project fundraising of 2022 was successful, raising the necessary funding for the material and filming package to be completed.

The objectives of the charity for this year have been reached.

### **Financial Review**

In the period under review, the charity had an income of £36,200. In the period under review, there were no restricted funds held. As of March 31, 2022 the charity held £17,100, of which £16,000 was unrestricted.

### *Going Concern*

The Trustees consider that there are no material uncertainties relating to whether the charity can continue as a going concern.

### *Reserves policy*

The charity has a reserve policy: building up a three month operating surplus to cover fluctuations in donation income. This covers three months of employee costs, insurance and monthly costs, totalling £6,500.

During the period under review, we achieved this reserve.

### *Fundraising*

The charity raises funds through liaison, promotion and correspondence within its own networks and does not use third party or professional fundraisers

## *Risks*

The charity has a comprehensive risk register under four headings: Governance, Financial, Operational and External. Keeping a continual watchful eye, none are deemed to be significantly high at the moment.

## *Public Benefit*

We, the trustees of Free! Recovery, have sought in all we do to follow the Charity Commission's guidance on public benefit. Our principal aim is, and has been, to help and provide relief for those struggling with addiction issues.

The material and resources produced by Free! Recovery is determined by ministry considerations rather than commercial. Any resource is mainly subsidised from donations. The website is free of charge for anyone desiring to investigate this ministry further, with conversations for further discussion and support made available free of charge.

## *Remuneration of key management personnel*

The charity has two employees, responsible for material development and day to day running of the charity; John and Sally Childress, the co-founders of the charity. The pay of senior staff is reviewed annually, bearing in mind charities of similar size and activity.

## **Structure, Governance and Management**

The charity is a CIO and has a constitution as its governing document.

The charity was registered on September 9, 2021 as a CIO. It currently consists of 2 senior employees and 5 trustees. The trustees and senior staff meet for a minimum of 3 times a year, although at the moment are meeting every 4-6 weeks. The charity works with local churches/church leaders interested in the relief of addictions in their local community.

## **Trustees**

The Charity Trustees select individuals for appointment as Charity Trustees. The Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

## *Induction and training*

Each new trustee meets the co-founders/senior employees/present trustees for informal meetings of mutual suitability. The trustees proceed with formal interview/talks as to skills/knowledge and experience. A new trustee has a DBS check and is required to do a trustee safeguarding training. The new trustee is required to do trustee training and read through the Charity Commission's

information on the expectations of a trustee. The trustee is also expected to read the charity's constitution, 5-year business plan and all present policies. A key person/trustee will ensure this has been accomplished.

### **Plans for the Future**

The focus in the UK is the ongoing completion and development of the Free! main material resource, along with website refreshment, with the hope of releasing this in 2023. This will encompass and provide teaching and training, including film and guides to be available for use in local churches and communities throughout the UK.

We appointed 2 new trustees in 2022, with financial and fundraising skill sets. We are presently looking for a suitable chairman with vision to move Free! Into the future and also 2 new trustees with possible pastoral and administrative skill sets.

### **Reference and Administrative Detail**

Charity Name: Free! Recovery

Other Name used: Free!

Registered charity number: 1195719

Charity's principal address: 33 Brutton Way, Chard Somerset, TA202HB

### **Approval**

This report was approved by the trustees and signed on their behalf by:



---

SHENARA ABRAHAM

Date: 17 July 2023

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**FREE! RECOVERY**

I report to the trustees on my examination of the accounts of Free! Recovery ('the charity') for the year ended 31 March 2023 on pages 9 to 11 following.

**Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Jaimée Young

Stewardship  
1 Lamb's Passage  
LONDON  
EC1Y 8AB

Date: 26 July 2023

**FREE! RECOVERY**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	<u>Unrestricted Funds</u>		Restricted Funds	Year to 31Mar2023	Period 06Sep2021 to 31Mar2022
		General Funds	Designated Funds			
		£	£	£	£	£
<b>Income receipts</b>						
Donations and grants		23,412	-	12,688	36,100	32,228
Gift aid receipts		125	-	-	125	-
Other		-	-	-	-	200
<b>Total receipts</b>		<b>23,537</b>	<b>-</b>	<b>12,688</b>	<b>36,225</b>	<b>32,428</b>
<b>Payments</b>						
Payments in relation to charitable activities undertaken directly	2	25,471	-	11,548	37,019	14,533
<b>Total payments</b>		<b>25,471</b>	<b>-</b>	<b>11,548</b>	<b>37,019</b>	<b>14,533</b>
Net of receipts / (payments) before transfers		(1,934)	-	1,140	(794)	17,895
Transfers between funds	4	-	-	-	-	-
<b>Net movement in funds</b>		<b>(1,934)</b>	<b>-</b>	<b>1,140</b>	<b>(794)</b>	<b>17,895</b>
Cash funds as at last year end		17,895	-	-	17,895	-
<b>Cash funds at this year end</b>	A	<b>15,960</b>	<b>-</b>	<b>1,140</b>	<b>17,100</b>	<b>17,895</b>

The notes on page 11 form part of these accounts.

**FREE! RECOVERY**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	<u>Unrestricted Funds</u>			Year to 31Mar2023 £	Period 06Sep2021 to 31Mar2022 £
	General funds £	Designated funds £	Restricted funds £		
<b>A Cash funds</b>					
Cash at bank with immediate access	15,960	-	1,140	17,100	6,809
Notice deposits	-	-	-	-	11,086
	<u>15,960</u>	<u>-</u>	<u>1,140</u>	<u>17,100</u>	<u>17,895</u>
<b>B Other monetary assets</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>C Liabilities</b>					
<b>Falling due within one year:</b>					
Pension due	25	-	-	25	-
Fee for Independent Examination	750	-	-	750	660
	<u>775</u>	<u>-</u>	<u>-</u>	<u>775</u>	<u>660</u>
<b>D Assets retained for charity's own use</b>				Insurance 31Mar2023 £	
Contents and equipment				<u>6,000</u>	
				<u>6,000</u>	

The trustees have used the value of insurance cover as the trustees are unable to reliably estimate current values of equipment; insurance values may differ materially from current values.

**F Guarantees and secured debts**

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by  date 17 July 2023  
Shenara Abraham

The notes on page 11 form part of these accounts.

**FREE! RECOVERY**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**1 Accounting policies**

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Year to 31Mar2023	Period 06Sep2021 to 31Mar2022
	General funds	Designated funds			
	£	£	£	£	£
<b>2 Payments in relation to charitable activities undertaken directly</b>					
Employment costs	22,963	-	-	22,963	11,199
Staff expenses	-	-	-	-	2,408
Equipment	-	-	-	-	255
Filming project	-	-	11,548	11,548	-
Conference and training	351	-	-	351	-
Insurance	671	-	-	671	671
Governance	926	-	-	926	-
Administration and support	560	-	-	560	-
	<u>25,471</u>	<u>-</u>	<u>11,548</u>	<u>37,019</u>	<u>14,533</u>

**3 Transactions with related parties**

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.

**4 Movement of funds**

	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
General funds	17,895	23,537	(25,471)	-	15,960
	<u>17,895</u>	<u>23,537</u>	<u>(25,471)</u>	<u>-</u>	<u>15,960</u>
Restricted funds					
Filming project	-	12,688	(11,548)	-	1,140
	<u>-</u>	<u>12,688</u>	<u>(11,548)</u>	<u>-</u>	<u>1,140</u>
Total funds	<u>17,895</u>	<u>36,225</u>	<u>(37,019)</u>	<u>-</u>	<u>17,100</u>

The Filming project relates to work involved in completing a resource package for churches, including filming all 10 sessions plus stories from our Free! Course and funds were given specifically for this during the year.

**FREE! RECOVERY**

England & Wales - Charity number 1195719

---

# Accounts

---

# Free! Recovery

Report and Accounts

Period ended 31 March 2022

**Stewardship**   
*Active generosity*

1 Lamb's Passage, London EC1Y 8AB  
[www.stewardship.org.uk](http://www.stewardship.org.uk)

**FREE! RECOVERY**  
**LEGAL AND ADMINISTRATIVE DETAILS**  
**FOR THE PERIOD ENDED 31 MARCH 2022**

ADDRESS FOR CORRESPONDENCE	33 Brutton Way Chard TA20 2HB
GOVERNING DOCUMENT	Constitution dated 06 September 2021
CHARITY REGISTRATION NUMBER	1195719
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Shenara Abraham (appointed August 2022) Aidan Crook John Emra (appointed June 2022) Louanne Enns Charles Mugenyi Helen Willcox (appointed January 2022) Karen Wren (resigned December 2021)
BANKERS	National Westminster Bank Plc
INDEPENDENT EXAMINER	Jaimée Young Stewardship 1 Lamb's Passage LONDON EC1Y 8AB

**INDEX**

Page 1	Legal and Administrative Details
Pages 2-7	Trustees' Report
Page 8	Independent Examiner's Report
Page 9	Receipts and Payments Account
Page 10	Statement of Assets & Liabilities
Page 11	Notes to the Accounts



Charity Number: 1195719

**FREE! RECOVERY**  
**(CIO)**  
**Trustee Report**  
**From September 6, 2021- March 31, 2022**

## **FREE! RECOVERY**

### **Trustee Report from September 6, 2021 – March 31, 2022**

#### **Legal and Administrative information**

**Registered Charity Number: 1195719**

#### **Trustees**

Mr Aidan Crook  
Mrs Louanne Enns  
Revd Charles Mugenyi  
Miss Karen Wren (retired December 2021)  
Mrs Helen Willcox  
John Emra (appointed June 2022)  
Shenara Abraham (appointed August 2022)

#### **Cofounders and Senior Employees**

Mr John Childress  
Mrs Sally Childress

#### **Bankers**

Nat West  
Minehead (A) Branch  
9 The Parade  
Minehead  
Somerset  
TA24 5ZD

#### **Registered Office**

33 Brutton Way  
Chard  
Somerset  
TA20 2HB

#### **Key Management Personnel**

The Trustees  
Mr John Childress  
Mrs Sally Childress

## **FREE! RECOVERY**

The trustees are pleased to present their report for the first 7 months since the registration of the charity from September 6, 2021 to March 31, 2022.

### **Summary of the Purposes of the charity as set out in its governing document.**

- the advancement of the Christian faith in such ways as the Charity Trustees may from time to time decide; and
- the relief of sickness including the promotion, safeguarding and preservation of mental and physical health, by means including but not limited to, by the provision of accessible support to people who are suffering psychological or emotional distress primarily (but not exclusively) those who are affected by addictive issues and other life controlling behaviours.

### **Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.**

- Preparing a filmed and downloadable resource package to accompany the Free! 10-week support group ministry. This includes help for those participating and training for those seeking to help others. This will increase the scope and reach of the help Free! Recovery can provide for those struggling with addictive habits.
- Working on branding and having a clear message to make it easier for those struggling to find the help they need.
- Fundraising to achieve the above goals.
- Networking with local churches and individuals interested in supporting those struggling with addiction issues in their local churches/communities.
- Networking with similar organisations to increase the help we can provide.
- Continuing to relate with those needing help, either by signposting or having conversations/pastoral care.

### **Achievements and Performance**

The charity has only been officially registered since September 6, 2021. Prior to this we were a ministry under the All Souls Serve the City umbrella running online support groups throughout the Covid -19 crisis, plus from 2014-2020 in -person support groups in central London. Throughout this time, especially the Covid times, the organisation was able to give hope and help relieve some of the intense isolation that occurred. We were able to continue with the support of day-to-day life coping

strategies in the lives of our beneficiaries, which continues to the present day. As beneficiaries gain hope for their lives, they pass it on to others and so the wider society is greatly benefitted.

The charity has continued to increase awareness of the benefit of having safe, compassionate places for those struggling with addictive, life-controlling issues, by networking with local churches, organisations and individuals.

The charity has continued to network with churches/organisations interested in developing a work for addictions using the Free! material. One church has continued in North London in spite of Covid lockdowns (following Covid guidelines for needed support groups).

General fundraising through email newsletters and personal “asks” is steadily growing, within the objectives set. Specific project fundraising is at present in progress so performance against objectives is as yet unknown.

The filming and development of the material resource package is within the objectives set within the first year of the charity.

#### *Going Concern*

The Trustees consider that there are no material uncertainties relating to whether the charity can continue as a going concern.

#### *Reserves policy*

The charity has a reserve policy: building up a three-month operating surplus to cover fluctuations in donation income. This covers three months of employee income, insurance and monthly costs totalling £6,500.

#### *Fundraising*

The charity raises funds through liaison, promotion and correspondence within its own networks and does not use third party or professional fundraisers

#### *Risks*

The charity has a comprehensive risk register under four headings: Governance, Financial, Operational and External. Keeping a continual watchful eye, none are deemed to be significantly high at the moment.

#### *Public Benefit*

We, the trustees of Free! Recovery, have sought in all we do to follow the Charity Commission’s guidance on public benefit. Our principal aim is, and has been, to help and provide relief for those struggling with addiction issues.

The material and resources produced by Free! Recovery is determined by ministry considerations rather than commercial. Any resource is mainly subsidised from donations. The website is free of charge for anyone desiring to investigate this ministry further, with conversations for further discussion and support made available free of charge.

#### *Remuneration of key management personnel*

The charity has two employees, who are also the co founder of the charity. The employees are responsible for material development and day to day running of the charity. The pay of staff is reviewed annually, bearing in mind charities of similar size and activity.

### **Structure, Governance and Management**

The charity is a CIO and has a constitution as its governing document.

The charity was registered on September 6, 2021 as a CIO. It consists of 2 senior employees and began with 4 trustees, 1 resigned in 2021, and 3 new trustees added in 2022, leaving 6 at present. The trustees and senior staff meet for a minimum of 3 times a year, although at the moment are meeting every 4-6 weeks. The charity works with local churches/church leaders interested in the relief of addictions in their local community.

### **Trustees**

The Charity Trustees select individuals for appointment as Charity Trustees. The Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

#### *Induction and training*

Each new trustee meets the co-founders/senior employees for informal meetings of mutual suitability. The trustees proceed with formal interview/talks as to skills/knowledge and experience. A new trustee has a DBS check and is required to do a trustee safeguarding training. The new trustee is required to do trustee training and read through the Charity Commission's information on the expectations of a trustee. The trustee is also expected to read the charity's constitution, 5-year business plan and all present policies. A key person/trustee will ensure this has been accomplished.

### **Plans for the Future**

The focus in the UK is now on preparing the Free! main material resource, along with website refreshment, with the hope of releasing this early in 2023. This will encompass and provide teaching and training, including film and guides to be available for use in local churches and communities throughout the UK.

We are hoping that the appointment of new trustees with much needed skill sets will move the charity into the next phase; from formation to building for the future.

## **Reference and Administrative Detail**

Charity Name: Free! Recovery

Other Name used: Free!

Registered charity number: 1195719

Charity's principal address: 33 Brutton Way, Chard Somerset, TA202HB

Approved and signed on the behalf of the Trustees by:

Charles Mugenyi

Date: 21 November 2022

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**FREE! RECOVERY**

I report to the trustees on my examination of the accounts of Free! Recovery ('the charity') for the year ended 31 March 2022 on pages 9 to 11 following.

**Responsibilities and basis of report**

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Jaimée Young

Stewardship  
1 Lamb's Passage  
LONDON  
EC1Y 8AB

Date: 28 November 2022

**FREE! RECOVERY**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE PERIOD ENDED 31 MARCH 2022**

	Notes	Unrestricted Funds		Restricted Funds	Period 06Sep2021 to 31Mar2022
		General Funds	Designated Funds		
		£	£	£	£
<b>Income receipts</b>					
Donations and grants		32,228	-	-	32,228
Gift aid receipts		-	-	-	-
Other		200	-	-	200
<b>Total receipts</b>		<b>32,428</b>	<b>-</b>	<b>-</b>	<b>32,428</b>
<b>Payments</b>					
Payments in relation to charitable activities undertaken directly	2	14,533	-	-	14,533
<b>Total payments</b>		<b>14,533</b>	<b>-</b>	<b>-</b>	<b>14,533</b>
Net of receipts / (payments) before transfers		17,895	-	-	17,895
Transfers between funds		-	-	-	-
<b>Net movement in funds</b>		<b>17,895</b>	<b>-</b>	<b>-</b>	<b>17,895</b>
Cash funds as at last year end		-	-	-	-
<b>Cash funds at this year end</b>	A	<b>17,895</b>	<b>-</b>	<b>-</b>	<b>17,895</b>

The notes on page 11 form part of these accounts.

**FREE! RECOVERY**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**FOR THE PERIOD ENDED 31 MARCH 2022**

	<u>Unrestricted Funds</u>		Restricted funds £	Period 06Sep2021 to 31Mar2022 £
	General funds £	Designated funds £		
<b>A Cash funds</b>				
Cash at bank with immediate access	6,809	-	-	6,809
Notice deposits	11,086	-	-	11,086
	<u>17,895</u>	<u>-</u>	<u>-</u>	<u>17,895</u>
<b>B Other monetary assets</b>				
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>C Liabilities</b>				
<b>Falling due within one year:</b>				
Fee for Independent Examination	660	-	-	660
	<u>660</u>	<u>-</u>	<u>-</u>	<u>660</u>
<b>D Assets retained for charity's own use</b>				Value to 31Mar2022 £
Contents and equipment				<u>1,000</u>
				<u>1,000</u>

The trustees have used insurance values as the trustees are unable to reliably estimate current values; insurance values may differ materially from current values.

**E Guarantees and secured debts**

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf

by Charles Mugenyi date 21 November 2022

The notes on page 11 form part of these accounts.

**FREE! RECOVERY**  
**NOTES TO THE ACCOUNTS**  
**FOR THE PERIOD ENDED 31 MARCH 2022**

**1 Accounting policies**

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	<u>Unrestricted Funds</u>		Restricted Funds	Period 06Sep2021 to 31Mar2022
	General funds	Designated funds		
	£	£	£	£
<b>2 Payments in relation to charitable activities undertaken directly</b>				
Employment costs	11,199	-	-	11,199
Staff expenses	2,408	-	-	2,408
Equipment	255	-	-	255
Insurance	671	-	-	671
	<u>14,533</u>	<u>-</u>	<u>-</u>	<u>14,533</u>

**3 Transactions with related parties**

No payments were made to trustees or persons related to them, except for reimbursement of expenses paid out on behalf of the charity.