

Free! Recovery

Report and Accounts

Period ended 31 March 2022

Stewardship 
Active generosity

1 Lamb's Passage, London EC1Y 8AB
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

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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

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

The notes on page 11 form part of these accounts.

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

	Unrestricted Funds		Restricted funds	Period 06Sep2021 to 31Mar2022
	General funds	Designated funds	funds	
	£	£	£	£
A Cash funds				
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 Other monetary assets				
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
C Liabilities				
Falling due within one year:				
Fee for Independent Examination	660	-	-	660
	<u>660</u>	<u>-</u>	<u>-</u>	<u>660</u>
D Assets retained for charity's own use				Value to 31Mar2022
				£
Contents and equipment				1,000
				<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		
	£	£	£	£
2 Payments in relation to charitable activities undertaken directly				
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.