

# 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

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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:



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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><i>Income receipts</i></b>						
Donations and grants		23,412	-	12,688	36,100	32,228
Gift aid receipts		125	-	-	125	-
Other		-	-	-	-	200
<b><i>Total receipts</i></b>		<b>23,537</b>	<b>-</b>	<b>12,688</b>	<b>36,225</b>	<b>32,428</b>
<b><i>Payments</i></b>						
Payments in relation to charitable activities undertaken directly	2	25,471	-	11,548	37,019	14,533
<b><i>Total payments</i></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	Period 06Sep2021
	General	Designated	Restricted	31Mar2023	to 31Mar2022
	funds	funds	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				6,000	
				<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.