

Free! Recovery

Report and Accounts

Year ended 31 March 2024

Stewardship 
Active generosity

1 Lamb's Passage, London EC1Y 8AB
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

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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			
		£	£	£	£	£
<i>Income receipts</i>						
Donations		17,659	-	-	17,659	36,100
Gift aid receipts		-	-	-	-	125
Other grants		4,000	-	-	4,000	-
<i>Total receipts</i>		<u>21,659</u>	<u>-</u>	<u>-</u>	<u>21,659</u>	<u>36,225</u>
<i>Payments</i>						
Payments in relation to charitable activities undertaken directly	2	27,985	-	1,140	29,125	37,019
<i>Total payments</i>		<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	-	-	-	-	-
Net movement in funds		<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
Cash funds at this year end	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>		Restricted funds	Total 2024	Total 2023
	General funds	Designated funds			
	£	£	£	£	£
A Cash funds					
Cash at bank with immediate access	9,634	-	-	9,634	17,100
	9,634	-	-	9,634	17,100
B Other monetary assets					
	-	-	-	-	-
C Liabilities					
Falling due within one year:					
Pension due	50	-	-	50	25
Fee for Independent Examination	750	-	-	750	750
	800	-	-	800	775
D Assets retained for charity's own use					
			Fund to which asset belongs	Value 2024	Value 2023
				£	£
Contents and equipment			General	6,000	6,000
				6,000	6,000

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.

	<u>Unrestricted Funds</u>		<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Total 2023</u>
	<u>General funds</u>	<u>Designated funds</u>			
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
2 Payments in relation to charitable activities undertaken directly					
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	<u>Opening balance</u>	<u>Receipts</u>	<u>Payments</u>	<u>Transfers</u>	<u>Closing balance</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
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.