



**WALKING  
FREE**

**NI Charity Ref: 107118**

**TRUSTEES ANNUAL REPORT**

**YEAR ENDING MARCH 2023**

## **1.0 Introduction**

This Annual Report relates to the year April 2022 to March 2023 which has been a strong year of operation and delivery for Walking Free. The Receipt and Payment accounts have been presented in the attached documents.

Walking Free was constituted in August 2018 under a Constitution and Governing document which is provided in Appendix 1.

## **2.0 Walking Free Purpose**

WALKING FREE was set up in Northern Ireland UK in August 2018 with a remit across the UK and Ireland to raise awareness of addictions and provide assistance and support to people who are suffering from life controlling issues by helping them detox, get ready for rehabilitation, undertake rehabilitation. We provide a range of resources both online and books as well as one to one personal mentoring to addicts to get free from their addiction.

This leads to the second purpose as Walking Free supports former addicts to stay free from their addiction, to find a job, career, further study or education and to develop skills for life such as managing finance and relationships. Some of this is done directly and some through referrals to other faith based organisations and churches who offer specific courses and training.

The third purpose provides one to one support in an effort to increase the abilities, life skills and self-confidence of such communities in the area of benefit. We work with those affected by life controlling issues such as alcohol and drug addiction, self-harming etc and provides support directly to these individuals on a face to face basis, as well as on live streaming to help them to get free from these addictions and to stay free.

The fourth purpose to raise awareness is primarily carried out through school visits to Schools in Northern Ireland, England, Scotland, Wales and Republic of Ireland) to raise awareness of the distress caused by drugs and alcohol and to share stories of former addicts who are now free to encourage school kids to make great life choices.

## **3.0 Key Achievements**

The charity has had a strong year of delivery of support and training to those in addiction and facing life controlling issues. The charity continued many of its operations online via online Recovery Groups and live streaming. Several hundred individuals were supported remotely via regular phone calls, some were referred to other ministries or rehabilitation centres for specialist support.

In this reporting period, the Trustees took the decision to set Revival Ireland up in its own right with its own Board Of Directors. Walking Free established Revival Ireland as a project of Walking Free and Revival Ireland has now been established as a separate ministry with its own Board of Directors.

Over many years now we have built strong relationships with other like-minded Christians across the island of Ireland.

Walking Free has continued to undertake outreach in West Yorkshire, partnering with Christ Harvest Church in Keighley and providing food parcels to local lonely, hungry and broken people on a weekly basis.

A now Walking Free Radio Station (Recovery Radio International) was launched in December 2022 with work ongoing to develop content. due to go live

A Motorhome was purchased (funded by a donation via Walking Free USA) and it will be used in conjunction with the Radio Station for work across Ireland and UK.

Recovery Retreats have taken place in Scotland in August 2022 with circa 100 attendees, alongside various speaking engagements in Glasgow, London and Ireland. Walking Free is supporting the establishing of churches and leadership teams in Limerick and Tullamore.

John is writing a new book Reflection on Recovery. Walking Free livestreaming on Facebook live and YouTube has proved a great means of reaching more people, thousands are tuning in and it's proving to be a fantastic way of reaching our and helping people all over the world.

#### 4.0 Public Benefit requirement

The Trustees confirm that all activity undertaken in the reporting year fulfilled the obligations as set out in the public benefit statement. Many people have been helped, impacted and supported in a positive and beneficial way in line with the public benefits. Walking Free provided a range of benefits which flow from its charitable purposes which are for all of the public within the area of benefit and all benefits are beneficial. In the case of relieving the needs of people who are lost and hurting, the public benefit was the advancement of health and in some cases saving of lives, individuals becoming well again as a result of the intervention.

#### 5.0 Financial Overview

The Receipts & Payments Accounts for the period set out details of the income and expenditure. As at March 2023, Walking Free generated a net unrestricted surplus of £9724.00

The Trustees agreed at its meeting in September 2023 that it would continue to work towards a reserves policy that equates to a minimum of 3 months operating expenditure of the charity, which would equate to approximately £8000 in the current reporting period.

#### 6.0 Trustees

The following Trustees served as Trustees in the period April 2022 to March 2023.

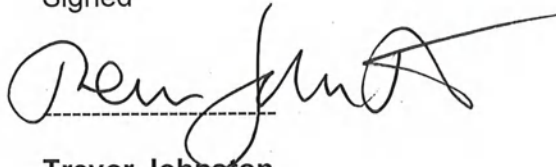
Dr George McIlroy  
Mr Trevor Johnston  
Ms Natalie Clarke  
Mr Greg Turnbull  
Mrs Janet Johnston

No Trustee received any emoluments during the period of this report, nor were there any expenses claimed by Trustees in their capacity as Trustees during this reporting period.

#### 7.0 Confirmation

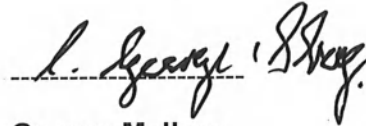
This report was adopted by the Trustees at its annual general meeting on 6  
December 2023

Signed

A handwritten signature in black ink, appearing to read 'Trevor Johnston', written over a horizontal dashed line.

**Trevor Johnston**

**Chair**

A handwritten signature in black ink, appearing to read 'George McIlroy', written over a horizontal dashed line.

**George McIlroy**

**Treasurer**