



**Aberdeen**  
in Recovery

# Annual Review

## 24/25

A look over the past year with AiR, from exciting trips to a closer look at how we help our community members in all aspects of life.



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# 1. Reference and Administration Details

**Charity name:**

Aberdeen in Recovery

**Other names charity is known by:**

AiR



**Charity number:**  
SC049125





# Structure, Governance & Management

**Type of Governing Document:**  
Constitution

**Trustee Recruitment and Appointment:**  
Trustees are recruited by advertising through ACVO, SCVO, Volunteer Scotland, NHS Grampian and other service provider networks.

Trustees are rotated and appointed at the Annual General Meeting.



# Objectives and Activities

## Charitable Purposes:

The organisation's vision, mission and objectives are:

**4.1 VISION:** A society which celebrates visible recovery and accepts its responsibility to participate by identifying solutions to the conditions in which addiction thrives

**4.2 MISSION:** To be a bridge between 'dependence' to 'independence' for the individual seeking recovery from problematic substance use and addictive behaviour

The organisation's purposes are:

**4.3 OBJECTIVES:** The relief of the needs of those seeking to recover from addiction, their family and friends, and in the furtherance of this by;

**4.3.1** Promoting the availability of support and resources of all kinds

**4.3.2** Working in partnership with other bodies to achieve these purposes

## Our Partners:

- |  |                                  |  |
|--|----------------------------------|--|
| • Aberdeen City ADP                              | • Community Outreach Group (COG) | • Aberdeen Football Club Community Trust |
| • Corra Foundation                               | • Scottish Families (SFAD)       | • NESCol                                 |
| • Alcohol & Drugs Action                         | • DWP                            | • RGU                                    |
| • Aberdeen City Health & Social Care Partnership | • CFINE                          | • Aberdeen University                    |
| • NHS Grampian                                   | • Advocacy Services Aberdeen     | • ABZworks                               |

# Objectives and Activities

cont.

## Summary of the main activities in relation to these objects:

Aberdeen in Recovery continued to offer a variety of peer support including groups, one-to-one sessions and training opportunities throughout the year.

AiR was busy with an events schedule including the Recovery Connects festival, International Overdose Awareness Day, and the popular Recovery Walk Scotland which was held in Greenock this year.

All this in addition to hosting their own events including a quiz night, Halloween and Christmas parties and open days.

AiR also continues to work with a variety of local partners including but not limited to Alcohol & Drugs Action, NHS Grampian and the Aberdeen City ADP to ensure we can provide the best support for our members on a case-by-case basis.

We have strengthened existing relationships and started new ones, ranging from strategic level where our input has been valuable to inform governance and service design as well as tackling the important topic of stigma.

We also played a big role in the development of the pan-grampian charter of rights for people affected by substance use.

Operationally we facilitate drop-in sessions by DWP, Safe Team (CFINE) at our premises – this has helped remove a lot of barriers for our community and helped them address issues on benefits and housing making massive differences to people.

We are always looking for new ways to improve and refine how we do things, and going forward we promise to make our group sessions, training opportunities and other experiences as exciting as possible for our community members while still being beneficial towards their recovery journeys and life as a whole. If you have any suggestions or feedback on how we could improve be sure to let a member of the team know or through one of our contact lines.

# Achievements & Performance

## Happy Birthday to Us



The 22nd May 2024 marked one year since we got the keys to our new place, and what a journey it has been.

Starting with a blank canvas we've created a brilliant community space, and grown busier and busier as word has spread and the momentum has built.

So, we decided to celebrate the year's accomplishments with two open days and an anniversary party! Our community space was bustling with folk over the three days – thanks to everyone who came along and made it such a wonderful time – and a special thanks to our members and volunteers for making AiR the amazing community it is!

## Alcohol and Drugs Poem (Family member, Age 13)

"Alcohol makes you feel warm, and numbs your mind when thoughts begin to swarm.

BUT it can poison your heart, I've seen it create hate, tearing friends and family apart.

I've seen it take love, I've seen it imprison spirits that were once free as a dove.

Don't get me wrong, it's ok to have a drink once in a while, but when it's every night it's a concerning lifestyle.

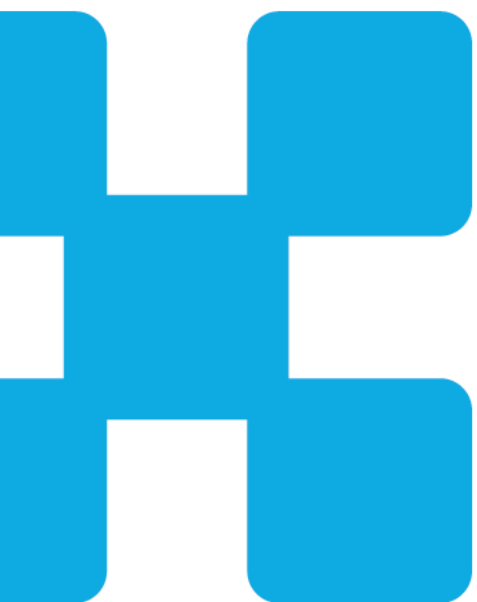
It's ok to have a beer or a shot of whisky. But don't let it replace the warmth of a hug, let hope and love be your drug.

It's ok to lean on someone's shoulder and shed a tear or two. It's ok to have someone help you.

So, I'm begging you please take my hand, let me pull you from the quicksand.

Because as your faithful friend I won't let the bottom of a bottle be your end.

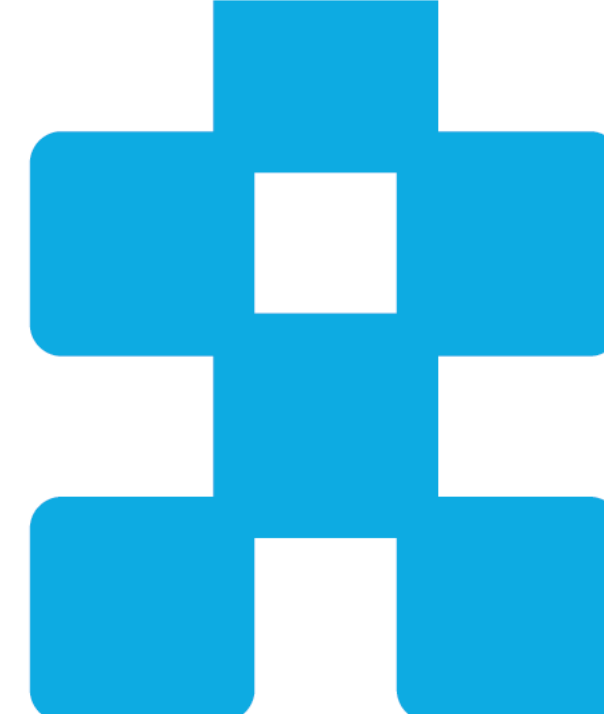
For anyone who needs to hear it."




# Remembering Our Friend



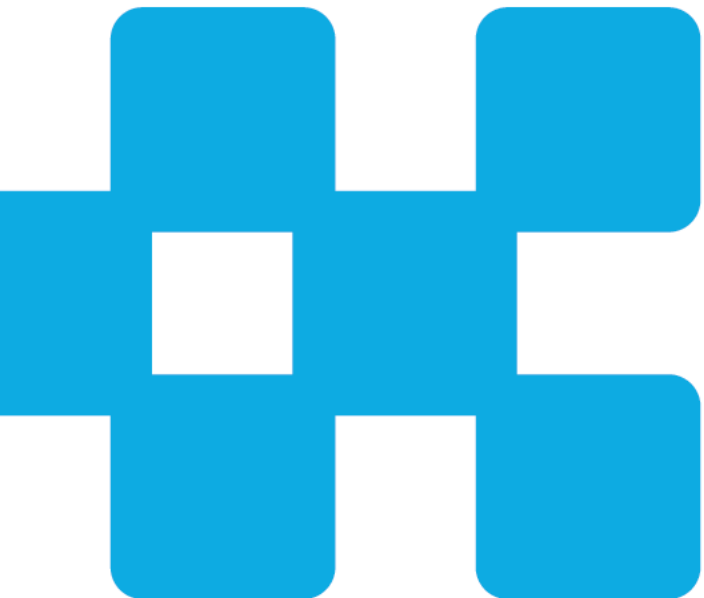
1963- 2025



AiR lost an important part of  
our community this year.  
Hear the impact  had  
on our members.







# Recovery as a Family

A look at how we created  
our own recovery family  
from one lonely stall.

Aberdeen in Recovery, often known as AiR, is a peer-led charity based in Aberdeen that supports people affected by addiction.

The organisation is built around the principle of lived experience, with many of its volunteers, ambassadors, and members having personal journeys of recovery themselves. This creates a welcoming environment where individuals can connect, share their stories, and find strength in community.

The charity's mission is to act as a bridge from dependence to independence. To achieve this, it offers a wide range of supports such as group sessions, one-to-one peer mentoring, conversation cafés, workshops, and recovery-focused events.

AiR also embraces creative approaches, running podcasts and radio programmes that give people in recovery a voice and help reduce stigma around addiction.

Membership is open to anyone who has experienced addiction personally or through a loved one, and who is on their own path of recovery.

Within that membership, people can take on different roles such as volunteer, activist, or ambassador contributing to activities, outreach, and the charity's overall development.

This creates opportunities for empowerment and leadership while strengthening the recovery community.

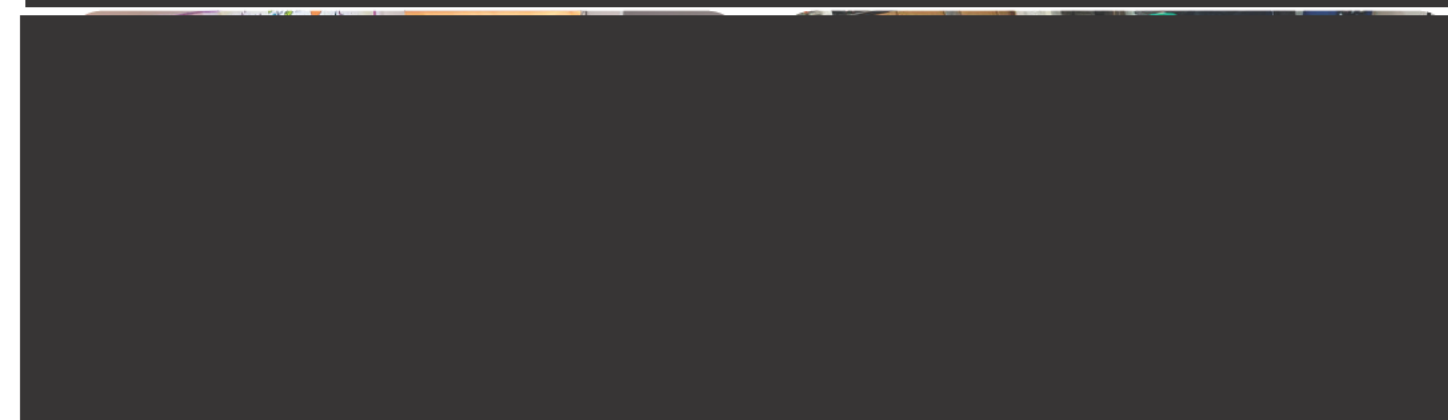
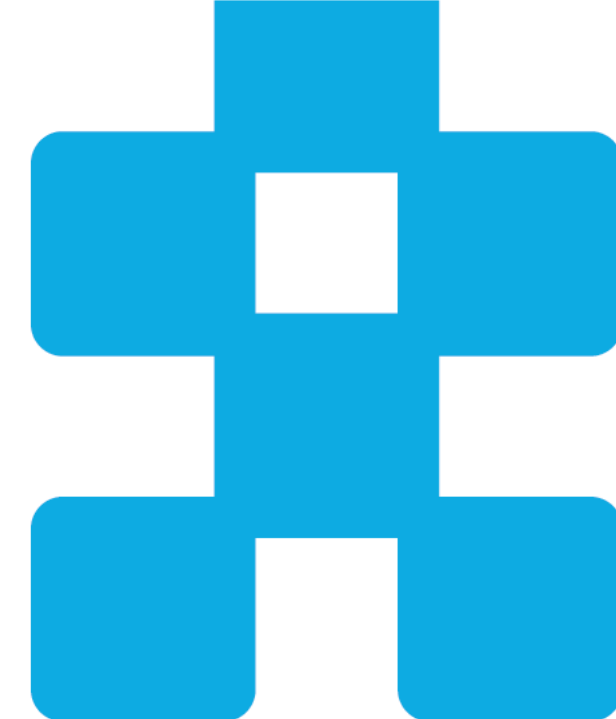
AiR also places a strong emphasis on inclusivity and accessibility. It works to ensure everyone feels welcome and supported, whether engaging online, at events, or in its city centre space.

By creating safe, supportive, and inspiring opportunities, Aberdeen in Recovery continues to play a vital role in helping people rebuild their lives and supporting recovery across the community.

By working alongside other recovery based organisations in Aberdeen and the Shire we can offer a wide range of helpful workshops for those who would like to get more involved.

We also offer training to use Naloxone, for more information get in touch.

**We tackle Recovery  
through the lens of  
having experience  
with addiction.**





# Making a Difference

We go above and beyond to provide the necessary support for our community members.

## Case Study 1 - Mr J

Mr J was introduced to AiR through a friend who attended. In addition to being in early recovery from drugs and alcohol, his main issue was housing. He had been placed in a temporary property but had received a letter from the council informing him they were going to take back the flat and he had 21 days notice.

They decided he had made himself homeless and therefore was not entitled to support. On speaking to Mr J, this was clearly causing him a huge amount of stress and anxiety and was putting his recovery at risk.

We wrote a letter to his housing officer to

review the decision and made them aware of the Charter of Rights for People who use Substances, highlighting specific rights relevant to Mr J's circumstances. The council reviewed their decision, and based on the appeal letter we wrote, overturned this.

Thankfully Mr J had not (re)lapsed as a result of the stress this caused him and the decision came, obviously, as a huge relief. He has been able to continue on his journey and is now finally able to settle down and lay some good foundations for which he will build on. We wish him the best of luck with a (now) bright future ahead.

## Case Study 2 - Ms P

Ms P has been attending AiR for almost a year now. At the start, Ms P was very nervous about coming in as she did not want 'other people' knowing she had a 'problem'.

After attending for a period, Ms P had a significant relapse. She had made commitments to attend appointments etc and was unable to fulfil these. Initially she contacted us asking if we were able to cancel these appointments for her.

We needed to have a very open and frank discussion with her, and as peers we were able to do so, letting her know that is not what we are there for and she knew where we were when she was ready.

A short time later she re-engaged and really

stuck in. She got a number of months under her belt and when she felt she was stable again she started applying for jobs.

Gaining employment was one of her main goals and I am happy to say she was successful in one of her applications which is amazing.

Although she is still reluctant, through self-stigma, to say she is in recovery, she has made healthy boundaries and said to her employer she needs one day off through the week as she has other commitments.

We know that it is to attend AiR to keep in touch with her community and continue getting the moral support and friendship she gets from here.

# A look at how we have made an impact in our members lives.

## Case Study 3 - Mr M

Mr M is a community member who started coming along to AiR through ADA. His recovery was well established and he was at the stage he needed more. He was ready to become a volunteer and take on that extra responsibility.

Whilst completing a PVG application for him, he disclosed he had some issues in the past, as most of us can relate to. During the process, Disclosure contacted me as part of their due diligence

that they were under consideration for listing.

I wrote back to them answering their questions and was sure to highlight the hard work he had put into his recovery.

With this reassurance, his PVG was granted. Mr M was then able to start his own recovery group where he is thriving. On receipt of his AiR t-shirt he said "Yes, I finally belong to someone!".

## Case Study 4 - Mr P

Mr P has been attending AiR for around a year. He has multiple complex needs including drug and alcohol use, mental health challenges, housing and benefits. All of these are closely interconnected and we seen the knock on effects of one challenge to the next.

After months of speaking to Mr P, it was clear the root of the issues was the insecurity of accommodation. He was in the homeless system and as a result was not able to access the required psychiatric treatment to address his mental health challenges.

We then went on to contact someone in the

housing department of the Council and explained the situation and that we would continue going round this 'revolving door' with Mr P whilst he was living where he was.

We also contacted our person in the DWP to look at his benefits and arranged an appointment to get him on to the correct rates which he was entitled to.

Within a month, Mr P was offered a permanent flat and has since flourished. He has been able to access the primary care he requires and in turn has remained abstinent from substances for almost 3 weeks now which is amazing!



# What have we been up to?

A look back over the memories  
we've made this year together  
while out and about.

## Creating positive memories together through our own recovery journeys.



We have been fortunate enough to have a summer filled with sunshine this year and this has allowed us to be able to expand the amount of outdoor activities and trips that we could offer to our community.

Community members planned locations together like Potarch, Perth's Kinnoull Hill and many more. We also had some members at this year's Tall Ships event which was a blast!

Of course we had our usual annual events starting with the Recovery Connects festival in Glasgow's Queens Park where people come together to celebrate recovery and enjoy the fantastic music, stalls and other entertainment.

Then there was the Recovery Walk which was held in Greenock this year. We had a great turnout again and everyone really enjoyed themselves as always when we participate in the walk.

We also hosted a variety of events at our own location including a Quiz Night, two Open Days, as well as a Halloween and Christmas party.

We hosted again for part of International Overdose Awareness Day where we had great fun doing crafts, playing games and other activities.

This was capped off with the community congregating at Marischal College for a small ceremony as the building was illuminated in purple to commemorate IOAD which was incredibly touching and amazing to be a part of.

As we as a community grow and bridges continue to be formed we will be able to offer more activities and experiences for our members to enjoy.

Whether this is through bettering our already exciting list of events through the year, or by hopefully bringing some larger events to the local area AiR is committed to growing recovery in Aberdeen and beyond.

Be sure to keep your eyes and ears open on all channels so you don't miss any exciting news on upcoming events and opportunities for you to attend, you'll be kicking yourself if you do!

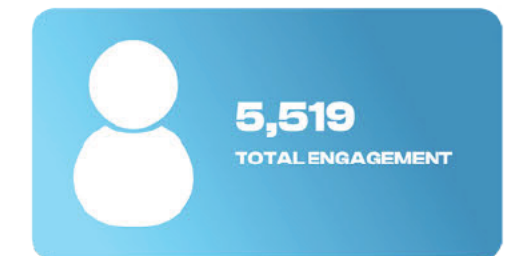
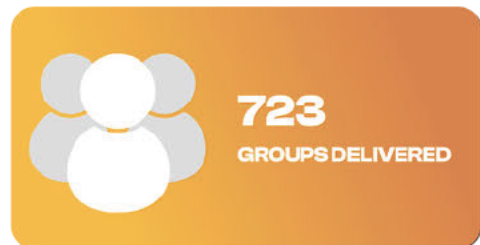
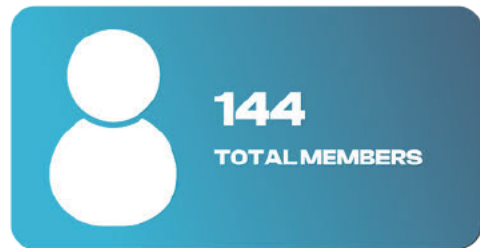




# Our Year in Numbers

The positivity shown by our members in the case studies are reflected across statistics.

Numbers don't tell the whole story, but they can paint a picture.



## Key Point 1

Our total membership has seen a 22% increase this year showing that we are continuing to grow at a steady speed.

## Key Point 2

We delivered an increase of 68% more groups this year than last year in accordance with the increased membership.

## Key Point 3

Our promotional reach was nearly 200% of what we achieved last year showing we are raising our profile and becoming more visible.

## Key Point 4

Our SAFE Hours provided has seen a near 3x increase over last years numbers showing we are succeeding in providing a safe environment.

# Declaration

The trustees declare that they have approved the trustee report.

Signed on behalf of the charity's trustees:

Signature(s)		
Full name(s)		
Position (eg. Chair)	BOARD	BOARD TRUSTEE
	13/10/2025	13/10/2025

# Thank You!

From everybody at AiR for being a part of our amazing journey.

Whether you've been with us from the start or have only joined us this year, we couldn't do any of this without your continued support and engagement.

We can't wait to see what the future brings and the people we will meet along the way, so please do continue to join us as things will only continue to get bigger and better from here.

We would also like to thank all of our partners which we work alongside to reach our common goal of a safer, friendlier, and more effective recovery community in Aberdeen City and beyond.

## Our Partners:





**Aberdeen**  
in Recovery

## CONTACT US



Scottish Charity number SC049125



Aberdeen in Recovery (AiR)

SC049125

## Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

### Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
<b>A1 Receipts</b>						
ADP Core funding					-	112,873
Corra funding		50,000			50,000	52,500
NHS					-	2,000
Donations	3,479				3,479	6,015
Bank Interest received	430				430	405
ACVO					-	9,702
Trades Widows Fund	5,000				5,000	
					-	
<b>A1 Sub total</b>	<b>8,909</b>	<b>50,000</b>	<b>-</b>	<b>-</b>	<b>58,909</b>	<b>183,495</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	65,079	56,275			121,354	113,142
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>65,179</b>	<b>56,275</b>	<b>-</b>	<b>-</b>	<b>121,454</b>	<b>113,142</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>65,179</b>	<b>56,275</b>	<b>-</b>	<b>-</b>	<b>121,454</b>	<b>113,142</b>
<b>Net receipts / (payments)</b>	<b>(56,270)</b>	<b>(6,275)</b>	<b>-</b>	<b>-</b>	<b>(62,546)</b>	<b>70,353</b>
<b>A5 Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>(56,270)</b>	<b>(6,275)</b>	<b>-</b>	<b>-</b>	<b>(62,546)</b>	<b>70,353</b>



## Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	120,305	54,987			175,292	104,939
	Surplus / (deficit) shown on receipts and payments account	(56,270)	(6,275)	-		(62,546)	70,353
						-	
						-	
	Cash and bank balances at end of year	64,035	48,712	-	-	112,746	175,292
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
			-	
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees  
on behalf of all the trustees

Signature

Print Name

Date of approval

			10 December 2025
			10 December 2025

## Section C Notes to the Accounts

**C1 Nature and purpose of funds** (may be stated on analysis of funds worksheets)

--

**C2 Grants**

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

**C3a Trustee remuneration**

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	
--	--

**C3b Trustee remuneration - details**

Authority under which paid	£
employed under section 79 & 80 of the constitution	X

**C4a Trustee expenses**

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	X
---	---

**C4b Trustee expenses - details**

	Number of trustees	£

**C5 Transactions with trustees and connected persons**

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

**C6 Other information**

<p>Restricted and unrestricted balances have been restated for the prior year. Restricted income and expenditure were incorrectly allocated to unrestricted and have been reallocated this year, this is reflected in this years balances</p>
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## Aberdeen in Recovery (AiR)

SC049125

**Additional analysis (1)**

## Analysis of receipts and payments

## 1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Donation	3,479				3,479	6,015
					-	
					-	
					-	
<b>Total</b>	<b>3,479</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,479</b>	<b>6,015</b>
	-	-	-	-	-	-

## 2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
ADP	-				-	112,873
RPP		-			-	2,000
ACVO		-			-	9,702
Corra	-	50,000			50,000	52,500
Other unrestricted						
<b>Total</b>	<b>-</b>	<b>50,000</b>			<b>50,000</b>	<b>177,075</b>
	-	-			-	

## 3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Bank Interest received	430				430	405
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>430</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>430</b>	<b>405</b>
	-	-	-	-	-	-

## 4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Payments relating directly to charitable activities	65,079	56,275	-		121,354	113,142
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>65,079</b>	<b>56,275</b>	<b>-</b>	<b>-</b>	<b>121,354</b>	<b>113,142</b>
	-	-	-	-	-	-

# APPENDIX 3



		Independent examiner's report on the accounts v2					
Report to the trustees/members of	Charity name	Aberdeen In Recovery					
Registered charity number		SC049125					
On the accounts of the charity for the period	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	1	April	2024	to	31	March	2025
Set out on pages	1 - 15						(remember to include the page numbers of additional sheets)
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
Independent examiner's statement	In the course of my examination, no matter has come to my attention						
	<ol style="list-style-type: none"> <li>which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> </li> </ol> <p>have not been met, or</p> <ol style="list-style-type: none"> <li>to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</li> </ol>						
Signe Nam	[Redacted]			Date:	10/12/2025		
Relevant profession qualification(s) or body (if any):	MA (Hons) Accounting and Legal Studies						
Address:	ACVO						
	38 Castle Street						
	Aberdeen						
	AB11 5YU						

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.



## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of  
any items that the  
examiner wishes to  
disclose