

Aberdeenshire Community Recovery SCIO-SC052487

Trustees' Annual Report

05/04/24 – 04/04/25



Aberdeenshire Community Recovery SCIO

Scottish Charity Number: **SC052487**

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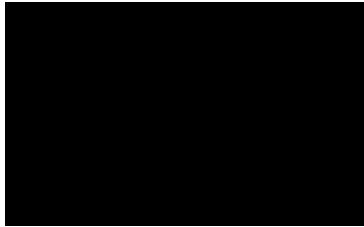
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Charity Trustees





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Executive Summary

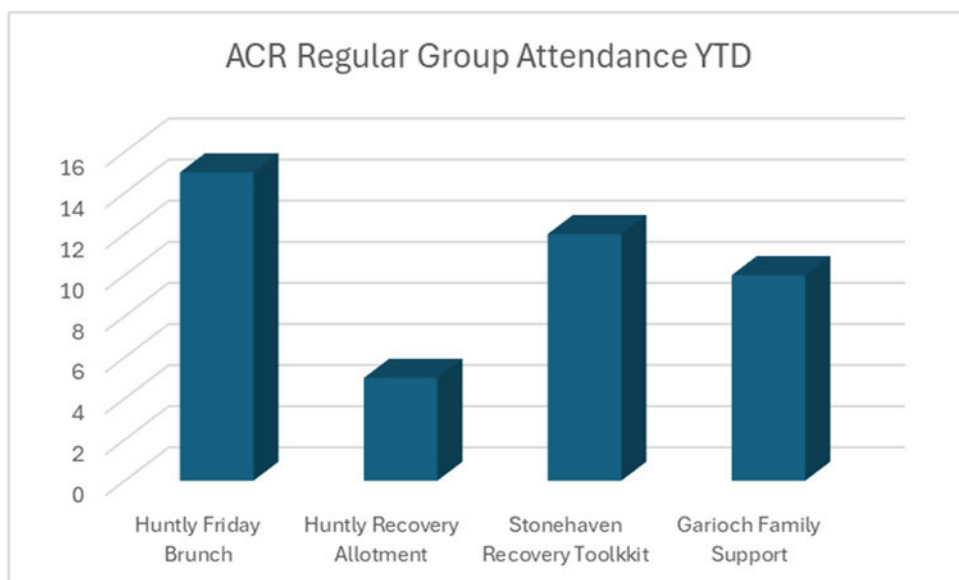
During 2024-25, ACR have worked to:

- promote of recovery from substance use and associated social and mental health issues for people with lived experience either in themselves or as family members.
- provide alcohol & drug free cafes and activities at which people can experience recovery and build confidence in a welcoming, safe and supportive environment.

This has been achieved by:

- Securing funding for infrastructure and staffing
- Securing the lease of a 'hub' premises in Huntly, Aberdeenshire to host groups and act as a centre for our operations
- Launching new Recovery groups and cafes in Aberdeenshire
- Establishing and extending our membership, online presence and communications.

At the end of this period ACR supported 4 groups in Aberdeenshire, positively affecting the recovery and wellbeing of around 40 individuals and their friends and families.



ACR have also organised and facilitated delivery of 3 training courses with further training scheduled in 2025-26.





Underpinning this achievement is the generous support and funding of organisations including

- The National Lottery Community Fund
- Clashindarroch Community Fund (Vattenfall)
- Aberdeenshire Central Community Forum
- Aberdeenshire South Community Forum



Objectives and activities

The Aberdeenshire Community Recovery (ACR) adopts a grassroots approach to create safe environments that promote healthier behaviours and support recovery with a person centre and strength-based approach.



Recovery is Possible

As a Lived Experience Recovery Organisation (LERO), we acknowledge the social determinants of problematic substance use and mental health issues and collaborate with other community members to community members to build shared knowledge and understanding of what is required to develop and grow.

ACR is aimed at anyone in Aberdeenshire who is or has been directly or indirectly affected by problematic substance use or considers their use of drugs and/or alcohol or their mental health to be impacting on their everyday life.

Aberdeenshire Community Recovery is a registered Scottish Charity.



Aberdeenshire Community Recovery SCIO was established to:

- promote of recovery from substance use and associated social and mental health issues for people with lived experience either in themselves or as family members.
- provide alcohol & drug free cafes and activities at which people can experience recovery and build confidence in a welcoming, safe and supportive environment.

During the past year, Aberdeenshire Community Recovery SCIO have:

During our second year of operation (2024-2025) our focus has been on supporting and encouraging recovery in the Garioch and Marr areas of Aberdeenshire, especially in Huntly, Stonehaven & Inverurie. This has been achieved by:

- Securing funding for infrastructure and staffing
- Securing the lease of a 'hub' premises in Huntly, Aberdeenshire to host groups and act as a centre for our operations
- Launching new Recovery groups and cafes in Aberdeenshire
- Establishing and extending our membership, online presence and communications.





Structure, Governance and Management

ACR is a 2-tier organisation comprising a board of Trustees and a membership.

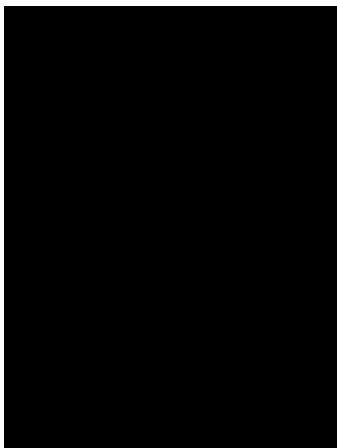
Our Development Officer reports directly to the Board of Trustees.

Type of governing document

Aberdeenshire Community Recovery SCIO (ACR) is governed by the Constitution submitted and approved by OSCR in the first quarter of 2023. ACR was registered as a charity on 18/04/23. This document refers to ACR's second year of operation.

Trustee recruitment and appointment

The board of trustees of ACR remain the 4 founding trustees listed above. It is our hope to extend the number and skills of trustees at our next AGM during fourth quarter 2025.



██████ has spent over 35 years working within the Health and Social Care sector, statutory and third sector. Having been a key figure and a well recognised face within the recovery communities in Aberdeenshire for over 15 years.

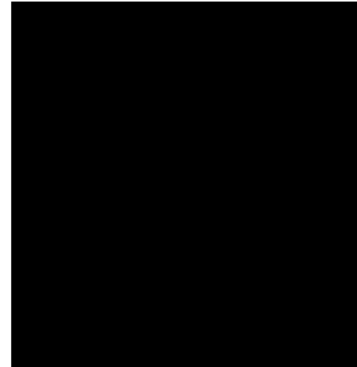
██████ graduated with an MSc Substance Use for the University of Stirling. This was to gain further knowledge and the understanding behind a grassroots organisation

such as ACR is.





██████ is a well-known figure within Aberdeenshire's recovery community. A dedicated and enthusiastic volunteer and supporter. ██████ has been instrumental in getting ACR off the ground and continues to bring her energy and wisdom to the groups especially within our Aberdeenshire Wellbeing Hub.



██████ has been active in the Aberdeenshire Recovery Community for over a decade, facilitating groups and helping to steer developments through active involvement in community forums and the Aberdeenshire ADP. She has facilitated MRM groups in Inverurie and Kemnay as well as supporting recovery in Inch and Strathbogie.



██████ has been a passionate recovery activist and organiser in Aberdeenshire for many years and was Vice Chair of Aberdeenshire's ADP between 2022-2024. With extensive experience in management, planning and organisational development gained through three decades in the oil & gas industry, ██████ offers his organisational, business management and communication skills to the charity.





ACR Membership

In the course of our second year of operations we have increased our membership, and continue to encourage active participation within our community in ACR's activities and operations.

Achievements and Performance

Over the period, ACR have supported recovery groups in Huntly, Stonehaven and Inverurie as well as providing a therapeutic allotment facility in Huntly.

During this time, ACR have also been engaged in developing innovative and peer-led models of support for recovery and prevention in the context of chronic and progressive defunding of support for individuals and families harmed by problematic substance use.

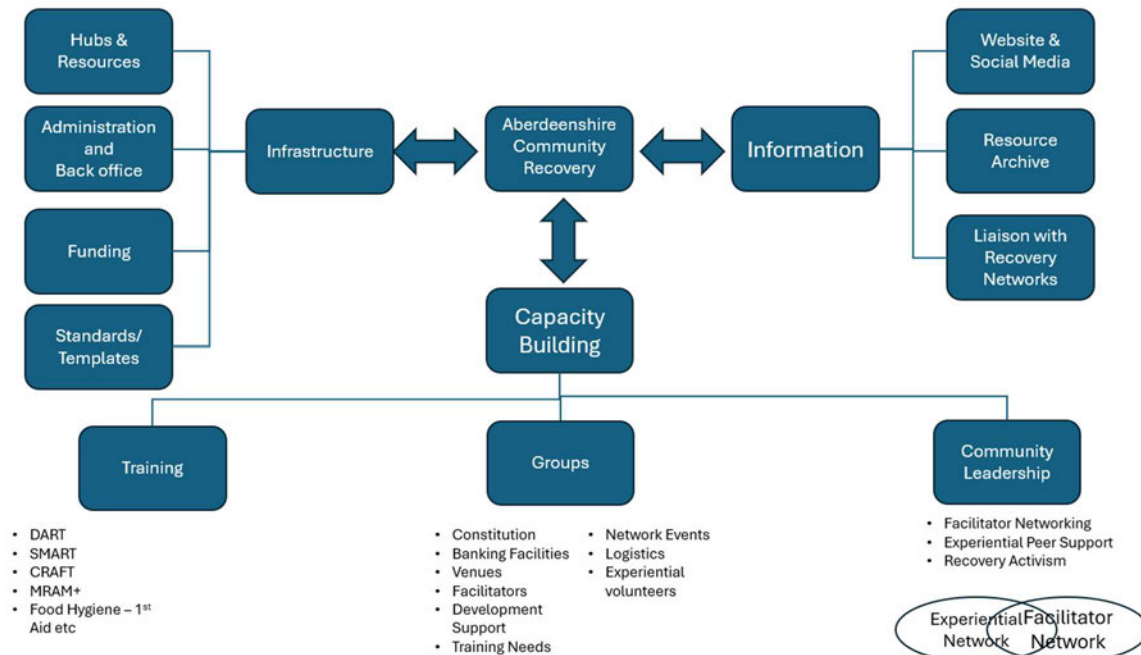
We underpin our approach by application of the C-CHIME model based on research undertaken by Prof. Mike Slade et al. [REFOCUS - Research Into Recovery](#)

The C-CHIME model builds upon the established CHIME framework by incorporating creativity:

- Connection: The feeling of being linked to other people and communities.
- Hope: A belief in a positive future and the possibility of things getting better.
- Identity: Developing a positive sense of self, distinct from one's substance use and/or mental health condition.
- Meaning: Finding purpose and a sense of significance in life.
- Empowerment: Gaining control over one's life and making choices that support well-being.
- Creativity (C-CHIME): The added element of fostering creativity to support recovery.



In support of this delivery, ACR are working to establish grass-roots lived experience recovery groups whilst creating the infrastructure and information groups and individuals need to realise sustained recovery in the North East of Scotland.

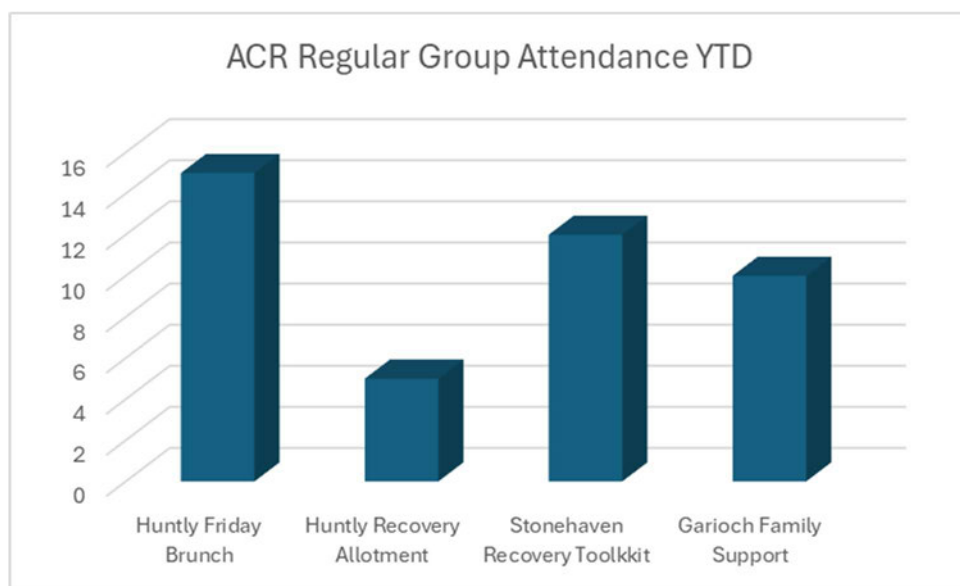




Local Recovery Groups (within ACR and Partnered).

ACR supported 4 regular groups in Aberdeenshire, meeting in Huntly, Inverurie and Stonehaven. This is a network we have active plans to expand through volunteer training (see below) and the efforts of our Community Development Officer funded by the National Lottery Community Fund.

The figure below documents current regular attendance at our recovery cafes and support groups.





Friday Brunch

Every Friday 10.30-12.30am, Huntly.

The Friday Brunch is a volunteer led group that offers connection, friendship and space to speak freely in a warm, safe, non-judgemental environment.



A range of fruit, toast and a choice of cereals and fresh juice and plenty tea and coffee on offer. Yum!



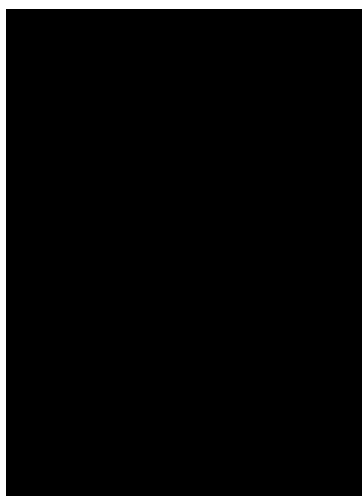


We have free food & toiletries to distribute to those who require.

| Regular attendees | Frequency | Leadership | Features |
|-------------------|-----------|---------------|---|
| 12-15 | Weekly | Volunteer led | <ul style="list-style-type: none">• Social hub & recovery cafe• Signposting• Free food and toiletries |

Huntly Allotment peer group meet up

The Allotment is based on King St, in Huntly just round the corner from our main base. This is large outdoor growing space with a wooden shelter structure that allows space for coffee and chat. Over the years we have produced potatoes, veg, fruit berries and herbs that have been used to make stovies, soups and jams.



| Regular attendees | Frequency | Leadership | Features |
|-------------------|-----------|---------------|---|
| 5 | Weekly | Volunteer Led | <ul style="list-style-type: none"> • Our door Activity • Mindfulness and Wellbeing • Free food |



Stonehaven Recovery Toolkit (Soon to change to SMART Recovery UK)

A hybrid meeting which is offered both in-person and online. Recovery Peer Toolbox, Wednesdays, Stonehaven Community Education Centre, alternate weeks online. 6.30pm – 8pm

Most regular members have had several years sobriety under their belt, and their stability has a positive impact on other members who come through for support.

Younger members have brought along a friend who has issues with substance and alcohol use. They have found the group and format beneficial in their recovery journey, so wanting to share experience with friend.

Direct quotes from group members,

- “Ankles not swollen anymore, blood pressure down, no heartburn and indigestion, and no longer having to take Omeprazole as a result of the support of this group”.
- “Being attacked on the street for Granda cuddles by my wee grandson who is the reason I became sober. The reason I remain sober is largely down to a fine bunch of people supporting each other in a sea of government cutbacks”.
- “We can talk about everything that is not necessarily substance related, but can be a trigger, which in turn aids our recovery”.
- “COPD gone, no bad cough anymore, and two years alcohol and nicotine free as of October”.
- “I have started writing again, I have the motivation as a result of the group”.

| Regular attendees | Frequency | Leadership | Features |
|-------------------|-----------|------------|--|
| 12 | Weekly | Worker led | <ul style="list-style-type: none">• Social hub & recovery cafe• Signposting |



Partnership Groups

GSFG (Garioch Family Support Group)

GSFG meet fortnightly on Wednesday evenings 7.30pm – 9.30pm.

GFSG has been operating for over 20 years.

The support workers are available from 7pm if you would like to speak to them on a one-to-one basis and then decide whether you will stay for the group.

The family support group provides confidential support for parents/family members who are concerned about a relative's drug or alcohol use. It provides opportunities for families to gain information and share experiences in an informal and safe setting. The group is open to anyone living in Aberdeenshire and is facilitated by two workers who help people look at different ways of coping. Discussions tend to focus on issues raised that evening by group members and speakers are invited in once a term.

"The group is small and friendly, and we hope that, by coming along, you will feel better able to cope with this difficult situation".

ACR provide 'behind the scenes' support for GFSG in the form of banking and administrative services and integration of GFSG support workers into ACR's wider Facilitator Support Network to gain further experience and aid the continuous personal development.

| Regular attendees | Frequency | Leadership | Features |
|-------------------|-----------|---------------------|---|
| 8-10 | Bi-Weekly | Sessional staff led | <ul style="list-style-type: none">• Social hub & recovery café• Family Support• Signposting |

Building Capacity





Community Development Officer

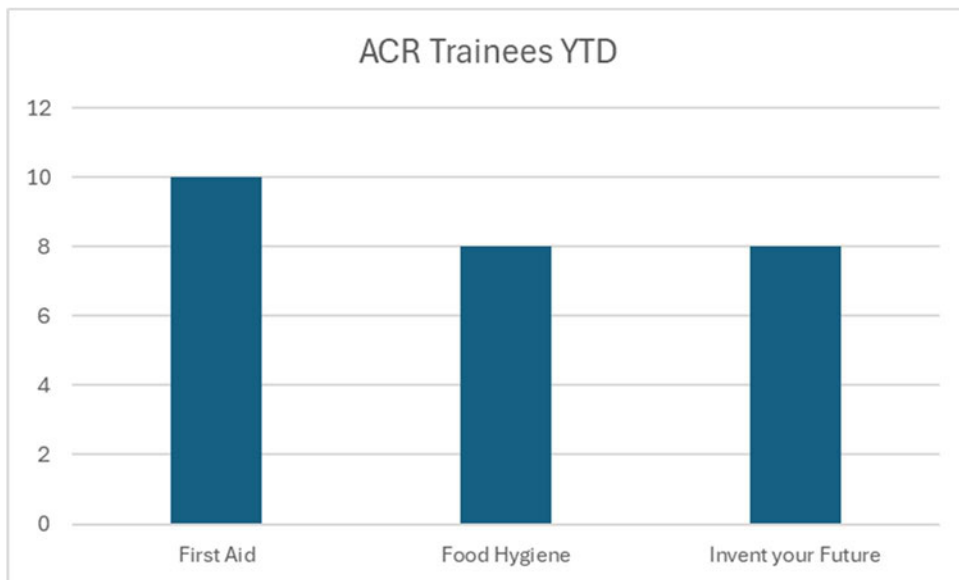
Through our partnership with Alcohol & Drugs Action (ADA), ACR plan to appointed a Community Development Officer in 1Q 2025-26.

Training

ACR plan, organise and deliver regular training events for members of Aberdeenshire's Recovery Community. Our training is delivered in partnership with subject matter experts and, in some cases, enables trainees to attain accreditation.

Training content covers a range of relevant areas from family support and confidence building to support group leadership and facilitation.

The figure below summarises the number of trainees for 2024-25 for the various courses scheduled.





Invent Your Future

Aberdeenshire Community Recovery, the Central Forum and Aberdeenshire Community Learning and Development are partnering to deliver an ***'Invent Your Future Course'*** in 2025-26.

A small group learning programme delivered by trained facilitators. Invent Your Future is a highly acclaimed personal development programme designed by The Pacific Institute ®

- Create new solutions
- Set and achieve your goals
- Deal with change and stress
- Strengthen relationships
- Build your self-belief

This is a structured 8-week, 2-hourly session course, to understand the nature of change, how your mind works through learning and using the tools of change, you can make your life more exciting, rewarding and fulfilling.

First Aid

The Aberdeenshire Central Forum, Aberdeenshire Community Recovery and the Banffshire Partnership Ltd have partnered up to deliver First Aid Training.

10 people completed the First Aid Training for the first course that we hosted.

| Trainees YTD | Frequency | Leadership | Features |
|--------------|------------------|------------|------------------------|
| 10 | Scheduled Course | Staff led | Basic first aid skills |





Food Hygiene



ACR organised and hosted this course in partnership with the Garioch Community Kitchen to ensure that food safety was adhered too and any risks of foodborne illnesses that bacterial contamination or spoilage can be avoided. Food hygiene is one of the courses that all our facilitators should complete for their continuous personal development.

| Trainees YTD | Frequency | Leadership | Features |
|--------------|------------------|------------|-------------------------------|
| 8 | Scheduled Course | Staff led | Food hygiene Accreditation |

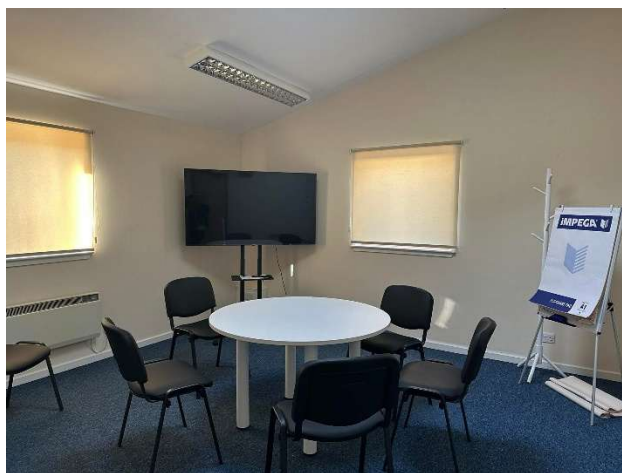
Aberdeenshire Wellbeing Hub



Aberdeenshire Community Recovery has established the first of a network of local, place-based recovery hubs at the Huntly Business Centre in Huntly. Generously funded by the Vattenfall's Clashindarroch Community Fund, the hub provides a safe and engaging space for group activities, training and special events as well as providing a focus for our team planning and reaching out across Aberdeenshire.

At the hub we have access to training suites for the courses that we deliver and space for group circle discussions and meetings.





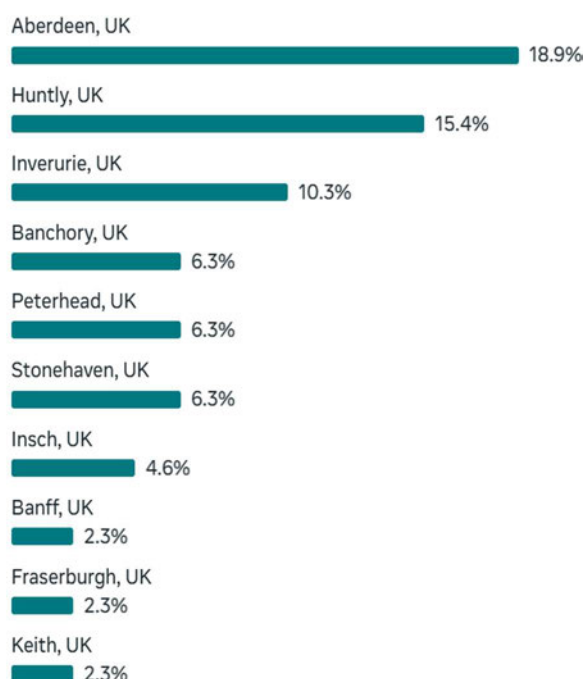


Connecting Recovery

Social Media and Internet Presence

ACR have established a website (ACR.Scot) and social media presence () to share news and information relating to our activities and wider substance use issues of interest to our communities.

With 175 followers, our social media followership is growing though we recognised there is still considerable work in increasing community awareness and extending our reach.



Affiliations

ACR actively pursue opportunities for connection and partnership locally, regionally and nationally. In the course of this year we have established or deepened working relationships with the following organisations whilst actively exploring opportunities for collaboration and partnerships.

- Huntly Development Trust (HDT)
- Deveron Arts Project (Huntly)
- Scottish Recovery Consortium (SRC)
- Scottish Drugs Forum (SDF)
- Scottish Families Affected by Drugs (SFAD)
- Aberdeenshire Recovery Forum





- Aberdeenshire Voluntary Action
- Youth Music Initiative (YMI, Aberdeenshire Council)
- Your Voice Recovery (Greenock)
- Grow Free
- Community Learning & Development (CL&D, Aberdeenshire Council)
- Banffshire Partnership Ltd (BPL)
- Community Matters (Banchory)
- The Community Collective (Stonehaven)
-

Aberdeenshire Recovery Forums

ACR remains an active member of Aberdeenshire's Community Recovery Forum, committed to engaging with the wider community in understanding and shaping a Recovery Oriented System of Care in Aberdeenshire in the context of a shifting social and policy landscape.





Financial review

Income

2024--25 saw the receipt of a number of funding applications specifically aimed at enabling us to:

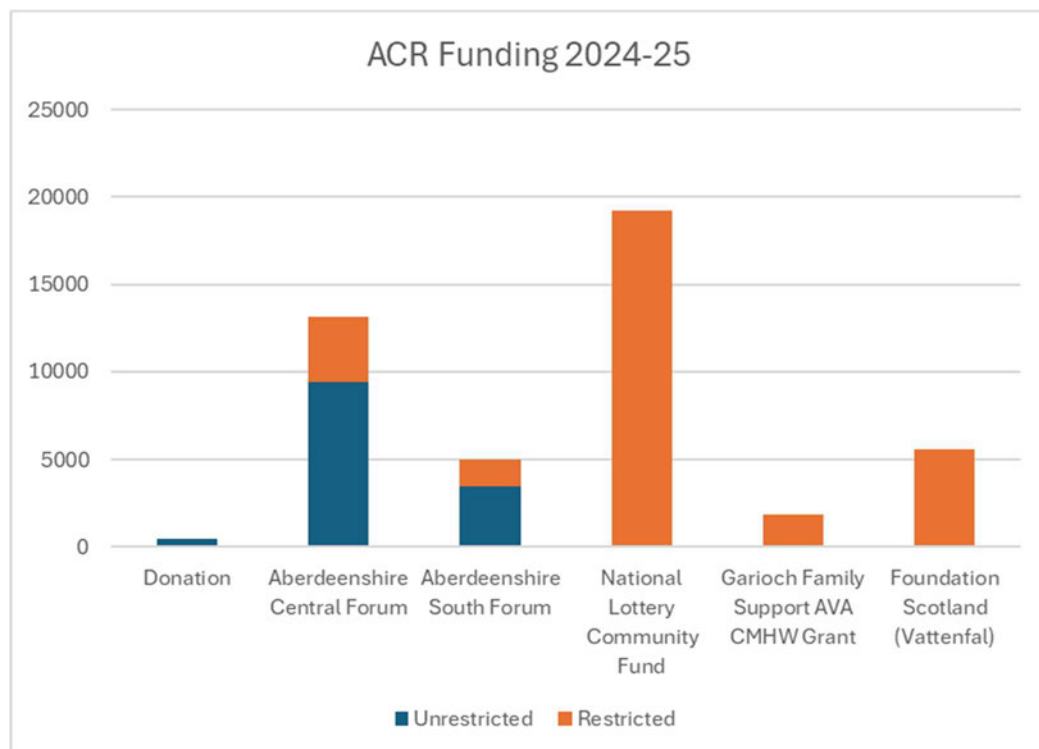
Secure rental and utilities for the Aberdeenshire Wellbeing Hub

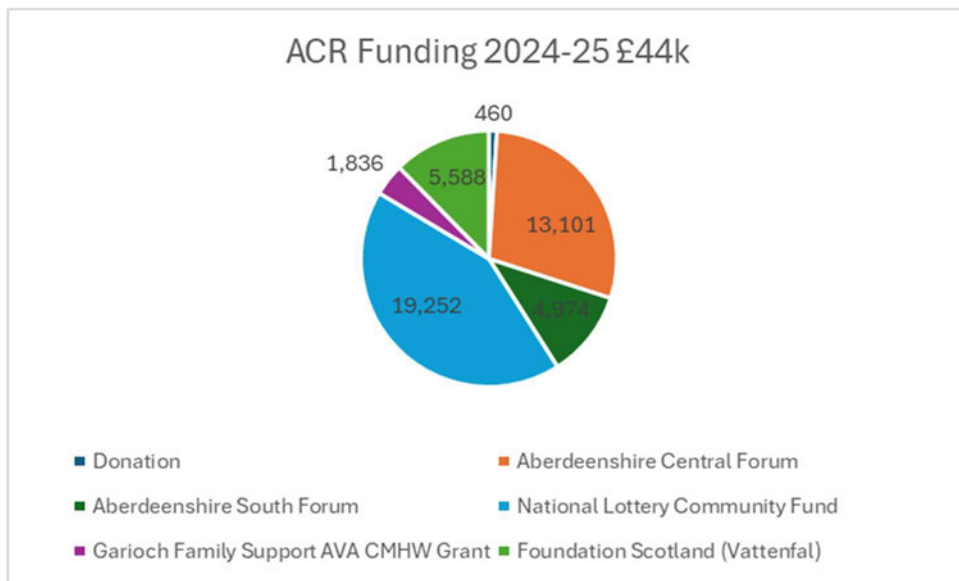
Onboard of Community Development Officer in partnership with ADA.

This funding was in addition to less restricted start-up funding from 2 of Aberdeenshire's community recovery forums.

The funding for rental and utilities secured from Vattenfall via Foundation Scotland is multi-year and should secure our hub facility until 2028.

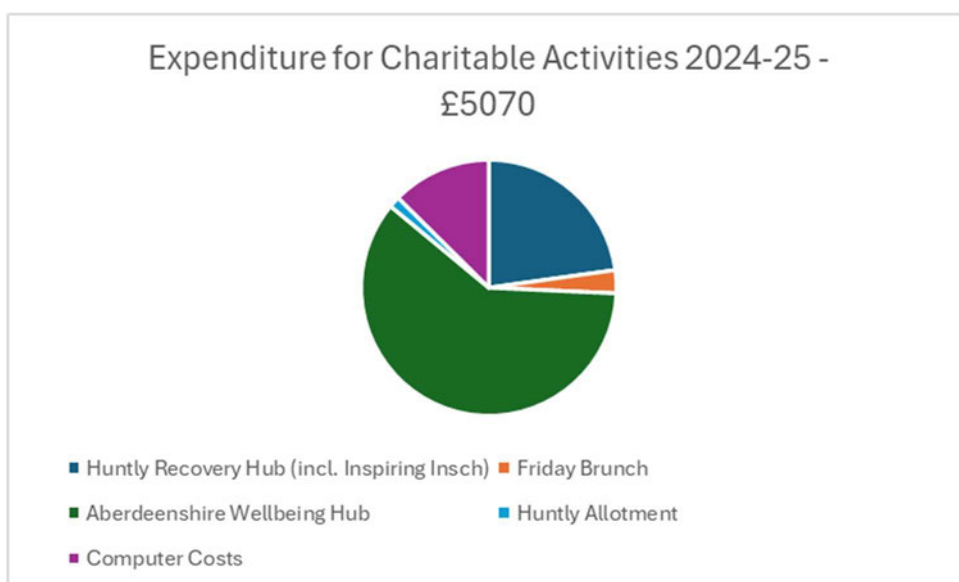
The National Lottery Community Fund grant are funding ar development officer for a 9-month period as well as travel and some sessional worker hours.





Expenditures

Expenditures to date primary split between hub rental and utilities and other expenditure wholly attributable to groups and training.



The table on the next page summarises income and expenditures for the period.



Statement of Activity
Aberdeenshire Community Recovery SCIO (incl. HRH Account)
April 5, 2024-April 4, 2025

| Distribution account | Total |
|--|-------------------|
| Income | |
| Grant | |
| Donations and legacies | 15,886.00 |
| Foundation Scotland (Vattenfall) | 5,588.00 |
| Garioch Family Support Group | 1,836.00 |
| National Lottery | 19,252.00 |
| SMART TRaining | 2,200.00 |
| Total for Donations and legacies | £44,762.00 |
| Total for Grant | £44,762.00 |
| Total for Income | £44,762.00 |
| Cost of Sales | |
| Gross Profit | £44,762.00 |
| Expenses | |
| Gross Trading Payments | |
| Advertising/Promotional | 162.45 |
| Equipment Purchase | 402.59 |
| Office/General Administrative Expenses | 29.50 |
| Total for Gross Trading Payments | £594.54 |
| Payments Relating Directly to Charitable Activity | |
| Aberdeenshire Wellbeing Hub | |
| Hub Electricity | 259.47 |
| Hub Rental | 2,797.60 |
| Total for Aberdeenshire Wellbeing Hub | £3,057.07 |
| Allotment | |
| Allotment Rental | 72.24 |
| Total for Allotment | £72.24 |
| Computer Costs | 638.10 |
| Recovery Groups | |
| Huntly Friday Brunch | 147.71 |
| Huntly Recovery Hub | 1,155.35 |
| Total for Recovery Groups | £1,303.06 |
| Total for Payments Relating Directly to Charitable Activity | £5,070.47 |
| Total for Expenses | £5,665.01 |





Net Operating Income

£39,096.99

Other Income

Other Expenses

Net Other Income

Net Income

£39,096.99

Accrual Basis Friday, October 03, 2025 09:59 AM GMTZ





Statement of the charity's policy on reserves

ACR, in common with many other Scottish Charities, is attempting to sustain vital services in the community in the face of local Government's withdrawal of funding from the community and third sector and diverse demands on charitable and other funding streams.

As a relatively new organisation, ACR would like to hold 10% of annual turnover (around £5k) as reserve moving forward. This would be based on retention of some of the unrestricted funding originally invested by community forums.

The trustees will maintain active surveillance of this position in the coming months in the face of continuing cost pressures.

Sources of Funding

During the period, ACR were supported by grants from

- a) the ADP funded Aberdeenshire Central Recovery Forum
- b) The National Lottery
- c) Vattenfall via Foundation Scotland
- d) The Community Mental Health and Wellbeing fund Round 4 (on behalf of Garioch Family Support)

These arrangements still constrain our ability to offer sustainable long-term support to individuals and families. The trustees continue to seek sustainable longer-term funding to enable the geographical and temporal extension of effective support.





Future plans

Next year ACR will shift gear from a reactive support for existing groups in Garioch and areas of Mar to a wider offering, intending to nourish support across rural Aberdeenshire.

Significant limitations in public investment in health, especially for individuals and families harmed by problematic substance use, have resulted in an increasing centralisation and contraction of support, especially in rural areas.

Around 50% of Aberdeenshire settlements have no or extremely restricted public transport links. ACR aims to create a network of local, rural groups supported to access social and therapeutic support away from the town-based nodes (Banff, Peterhead, Fraserburgh, Stonehaven and Inverurie_ which are in some cases 20-50 miles from local need.

In 2024-25 we consolidated on previous work, securing significant funding to enable us to pursue our goals.

In 2025-26, our aim is to further extend the network of recovery groups and facilitators, doubling the number of groups and offering opportunities for recovery in other settlement within Aberdeenshire.





Declaration

Signed on behalf of the charity trustees:



Print name: 

Designation: Trustee

Date: 22.9.25

