

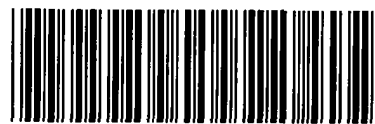
RECOVERY CYMRU COMMUNITY ANNUAL REPORT



APRIL 2021 –
MARCH 2022



FRIDAY



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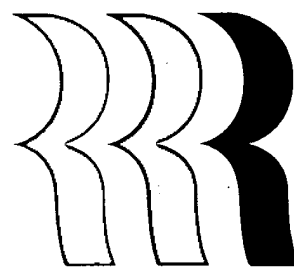
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COMPANIES HOUSE

With sincere thanks and best wishes from everyone at Recovery Cymru Community to all those who have supported us through an incredibly busy and successful year in our community.



Recovery Cymru

• Est. 2010 •

A special thank you to all our members, volunteers, staff, and trustees who give their time, enthusiasm, and skills; and share their lives to create a genuine peer-led recovery community in Cardiff and the Vale of Glamorgan. You continue to make a difference every day, to show recovery is possible, probable and to be enjoyed!



218 Cowbridge Road East
Canton
Cardiff
CF5 1GX



232 Holton Road
Barry
Vale of Glamorgan
CF63 4HS



info@recoverycymru.org.uk



07949069688

Registered Charity Number: 1154530

Registered Company Number: 08520441



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INTRODUCTION

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. We operate recovery centres in Cardiff and Barry, Vale of Glamorgan. We are pioneers of the first commissioned partnership between treatment providers, a recovery community organisation to deliver aftercare, ongoing peer support and are networked into the wider recovery community in Wales and the UK.

OUR RECOVERY VISION

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

OUR VALUES

We believe in the reality of recovery, the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems and our activities are based upon the following principles: hope, choice, empowerment, inclusion, understanding, support, enjoyment and acceptance.

MISSION STATEMENT

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others. Recovery Cymru is also part of a wider recovery movement in Wales and is a champion for the Recovery agenda in the UK.

OUR RECOVERY PHILOSOPHY

- We believe that everyone has the potential to recover
- Together we promote the many different pathways to recovery. We appreciate that each person takes a unique journey. We are here to learn from one another, to support one another and build new relationships
- We support the many different treatment methods and models that can assist individuals in their recovery journey, and we do not promote one method or philosophy over another
- We believe that, where appropriate, medications (e.g. methadone, subutex, naltrexone, antabuse) can aid and assist people on their recovery journey
- We believe that recovery is real and should be celebrated
- We believe that recovery is about quality of life. It is about the person rather than the presence or absence of a substance
- We believe that recovery is self-defined; it develops over time
- We accept that what is right for today, may change tomorrow
- We recognise that a common goal for many people is abstinence from their problem substance
- We recognise that abstinence from all mind-altering substances is a common goal for many people in recovery
- We accept that preventing and managing relapse is a reality of recovery for many people. However, we believe that relapse does not have to be inevitable

STRATEGIC AIMS

- People - Build the recovery community, starting in Cardiff and the Vale of Glamorgan
- Voices - Raise awareness of overcoming problems with substance use, challenging stigma and discrimination
- Partners - Partner with others to create environments for recovery

The annual report outlines:

- The main activity and achievements in 2021-2022
- A reflection on the year
- Plans for the next period



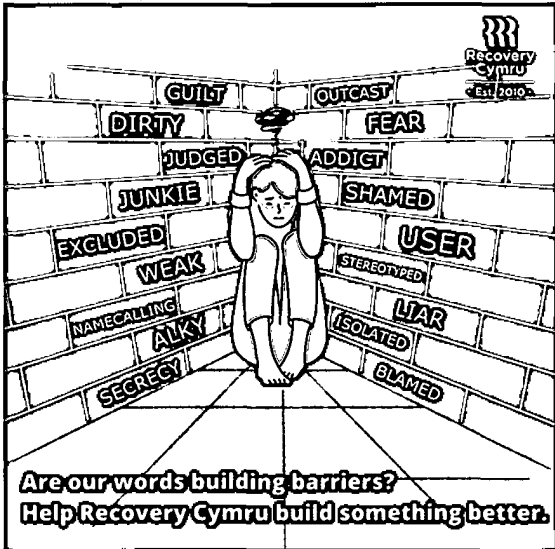
FORWARD FROM SARAH VAILE, FOUNDER & DIRECTOR

Blink and another year has gone by – and what a year it's been! It brings me great pleasure to introduce the RC annual report for 21-22. It has been BUSY (!) and productive which is exciting and shows our passion – but it had also brought challenges. I've personally found it helpful to reflect on our aims, activity, and achievements in this period. Taking time to reflect on who we are and why we do what we do, I think, is as important as being busy doing it!

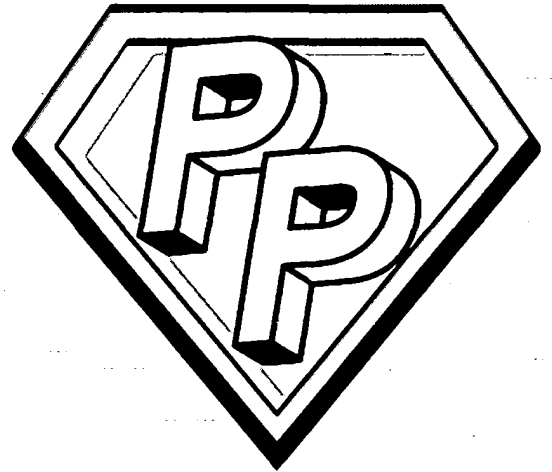
I've been incredibly proud of our members, volunteers, staff and trustees who have ensured that our recovery community has been available throughout the year, despite changing Covid restrictions and concerns or illness. Last year saw us transform the way we ran our support, fully embracing online and distance support. This year has seen us mature in this, making this part of our core offer, alongside tentative steps towards getting our centres back open and increasing in-person support and community activities.

For me this year has been full of words like retender, recommissioning, contracts, specifications, service model, and budgets. We have been very preoccupied with the recommissioning of substance misuse services in Cardiff and Vale which was both a concern as we faced the ending of our Footsteps to Recovery Contract and an exciting opportunity to be part of a winning Alliance working together to transform the way services are designed and run locally. It saw us undertake the equivalent of 'provider partner speed dating' while navigating Covid restrictions to find partners whose values and vision align with ours and to learn a whole new way of bidding for a contract. For a small community organisation like ours, this was a steep learning curve! We're delighted to have successfully partnered with Barod and Kaleidoscope and after a year of hard work to win, now the hard work starts to actually run it!

Although the year has been full of new commissioning vocabulary, the thoughts, values, motivations and vision have remained the same. Why do we do what we do? Because we believe passionately in the power of peer support and lived experience. We believe in each person's value and ability to change. We believe in each person's unique story and the power of joining others with similar experiences to sustain our thriving community. We believe in looking past the shame, stigma and discrimination to inspire and support people to see their true selves – and to be the best they can be. We believe in recovery. Truly, our people are our greatest asset and they have been the driving force behind all our activities – including winning the largest contract RC has ever been involved in. For us, this has been about much more than a contract. It's about our beliefs and passion for recovery. In short, why do we do it? We do it, for, because of and with our people. That will never change!



Our people have driven our #swipeoutstigma campaign, raising awareness about substance use and recovery to challenge negative beliefs and discrimination. For me, a large part of this is shining a light on the self-stigma within our community, empowering people to see themselves as much more than their problems.



We've also been excited to launch our #peerpowercymru campaign to showcase the power of our peer workforce, both paid and voluntary. We aim to increase people's understanding of our work, respect for how we do things and to attract others into our sector.

I hope you enjoy reading about our other activities in this report and if anything inspires you, we'd love to hear from you! As we look to the year ahead, there is much to do as we expand our work within the substance use system, protect our community model and pursue the other areas of work our members have identified as priorities. How will we know if we are doing well? So long as our members have access to quality peer support and we continue to hear the positive impact it has on people's lives.

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"I start my new job on Monday I would never have thought this when I moved to South Wales, much love to all at RC for the belief and support I get to where I am today x" - RC Member

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We will know we are sticking true to who we are and why we do what we do. We hope you'll be a part of this with us 😊

Sr Vaile

Sarah Vaile
September 2022

OVERVIEW OF ANOTHER EXTRAORDINARY BUT FRUITFUL YEAR – ANYONE FOR T



2021/22 proved to be a big year for two Ts – Training and Tendering. Once we had battled through the uncertainty of 2020, it became apparent with the centres closed and delivering support at a distance, that we could continue supporting people 7-days per week while undertaking lots of staff training - not only helping staff wellbeing and cohesion but gave time for staff and volunteers to talk through some of the increased difficulties of supporting people through Covid.

The following training proved particularly useful to staff and volunteers: - Motivational Interviewing, Coaching, Suicide Awareness, and Alcohol Change's Bluelight Manual. The cost for some of the training was supported by our funders Tudor Trust and Lloyds Bank Foundation to whom we are very grateful.

*"It has developed my self-awareness and healthy risk taking in that my universe isn't about "recovery" in a restraining way (ie I can't do that because...) It's about developing ideas; living to principles and taking and acting on opportunities."
-RC Volunteer*

A big part of the Training T this year was also the development of a new peer programme called "Freedom to Flourish" (TBH as much time was spent naming it as developing it 😊) This was codesigned by volunteers, members, and staff. Its aim was to challenge stable members to look forward and determine what they really wanted from their future. The pilot ran online for 6-weeks and we worked with Kinbee Ltd to formalise the online and face-face materials. It proved a great success and will now be run alongside our other structured groups.



We also partnered with Alcohol Change UK to develop an appendix to their BlueLight training manual that included the experience of our peer workers when supporting our First Steps (pre-contemplation of recovery) members



The second T -Tendering – not the most exciting topic in the world to read about, but one that takes up a considerable amount of headspace and resources for a small charity and the commissioning process for the new Cardiff & Vale substance misuse service took up a whole year! But we were successful 😊 and this will prove the most significant and most positive shake up to substance use services since 2014. To read more see the CAVDAS section below.



2021/2022 was a bit of an In and Out year. We Covid risk assessed our centres; changed the layout and established new working guidelines in preparation for face-to-face work to begin in July 2021. One-to-one support began in a small way to start- testing the members' appetite for face-face and ensuring we had sufficient resources to maintain the quality of our distance delivery, but unfortunately, the first Omicron variant arrived in December and all face-to-face work stopped again. However online and telephone support was available across each day of the Christmas and New Year period along with some festive events:- general knowledge quizzes, Name that Tune games, and other musical moments.

In the last quarter of the year, we saw nearly all staff get a bout of Omicron some for weeks on end, but we managed to maintain our 7-day/week delivery support and all staff recovered well.



The main face-to-face activity we were able to continue throughout most of the year was our highly successful and lifesaving "What's Out There" the fortnightly get-togethers were open to all members; to visit new places; meet real people; bring their families; get some fresh air and have fun - visits included Clement Colley walk, Cardiff Bay Barrage, Penarth Pier & railway line and the National Museum of Wales.

Finally, in March 2022 staff and volunteers returned to the centres for booked 1-1s; limited drop-ins, and a structured group that was piloted with an OWL camera, so people could simultaneously access the group online.



The move to 22/23 will see several changes to our delivery due to the new CAVDAS contract, but 21/22 saw us build our foundations and expertise. We are now in a better place to fully embed peer support across substance use services whether face-face or online while preserving and protecting the independent recovery community which we all so passionately believe in - and many of us have recovered in. Big leaps for a small organisation, but a sure sign of the power of our community spirit and model.

"Now it's part of my life and really love it regardless of the activity, it's more than that. There are no masks if you feel like 'shxt' it's ok and vice versa. Families come not as I'm married to an addict it's because we're all human with issues like everybody else and enjoy the day." - RC Member

VOICES ACTION CHANGE (VAC)



VAC was a short, 1-year, service user involvement contract on behalf of the Cardiff and Vale of Glamorgan Area Planning Board to ensure people who use or could use substance misuse services, as well as families/loved ones, were involved at the heart of how services are designed, run and reviewed. The contract has since been extended to July 2022 in recognition of the successes of VAC and its excellent work will be embedded within the new Cardiff & Vale Drug & Alcohol Service.

At the heart of the work was the development and involvement of the VAC Representatives. Nine Reps became actively involved after their Foundation training and further specialist training modules were developed as needed ie attending Area Planning Board meetings, Interview Panels, and how to participate in street outreach.



"It's been really good, this whole thing with VAC. I've felt more energised with some purpose and structure to make it into something."
- VAC Representative



***"[The VAC Rep]
was invaluable
to have on the
panel."
- Local Service
Provider***

***"Seeing VAC on
the streets every
day is so
important, it's a
pick me up."
- Service User***

To formalise a genuine pathway for service user, family and service involvement, regular VAC events were held (15 in this period) covering local trends; the workplans of local services and issues such as the take up of BBV testing. Organisations identified Service User Involvement Leads who worked with us to get a better understanding of existing service user involvement work and how we could assist with this.

The reps have been actively involved in interview panels, participated in local APB subgroups, co-facilitated training and contributed to reviewing and improving processes such as local BBV testing (with the Hepatitis C Trust) and harm reduction messaging for cocaine use. Outreach on the streets of Cardiff and Vale of Glamorgan has been of particular importance in obtaining the views of people not engaged with services.



VOLUNTEERING

A very successful year for our volunteers, with increased opportunities to support our recovery community. We recruited and trained 15 new volunteers, achieving an Agored Cymru Level 1 Voluntary Working Skills. Existing volunteers joined the staff in a variety of the training opportunities available including First Aid, Cultural Competence, Peer Moving on in My Recovery facilitation, and Motivational Interviewing. Volunteers also brought existing skills to the community and we ran Welsh for beginners and Festive art sessions in the run-up to Christmas.



"Volunteer training with Jude and RC was great. A well-designed package that equips you with the tools for the job, builds your confidence and allows you to bond with other volunteers at the same time. It worked well online and I don't think was any less productive than face to face. Then again, I would say that, my best friend for the last two years, has been Alexa..."

As well as facilitating groups, developing new material and sitting on interview panels, volunteers have been active in our outreach work; running awareness workshops for 1st-year medical students; offering peer support to the in-patient detox ward at Llandough hospital and some are participating in the activities of the Voices Action Change project.



"Being able to contribute to RC and help those of us who are earlier in their Recovery journey is a pleasure and an honour. I also get a captive audience for some of my jokes!"

INVESTORS IN PEOPLE

INVESTORSTM IN PEOPLE

We signed up for the Investors in People "We Invest in People" Standard Award in the summer of 2021 and we were assessed over a two-month period with staff, volunteers and trustees being interviewed and completing online questionnaires. We are delighted to say we achieved the Standard level at the very first attempt and we have recently been informed by IIP that we have been ranked within the top 20 employers in this category this year and we will be nominated for an IIP -UK Employer of the Year award 2022 in the Standard category.

It was uplifting to read the report and to be recognised externally for all the excellent work achieved by the community.

"Your learning and development culture is the key to people taking responsibility for their own journey into recovery and also back into contributing to their community and wider society."

"Your Peer Mentoring model not only sets the tone and culture for Recovery Cymru, but it is influencing the language, standards and expectations of other providers. This element of influence could be championed by you more."

THROUGH CARE, AFTER CARE & RECOVERY SUPPORT IN CARDIFF AND THE VALE OF GLAMORGAN – FOOTSTEPS TO RECOVERY

Footsteps
to RecoveryTM
Change, Growth & Moving On

The Footsteps to Recovery programme is commissioned by the Area Planning Board and is a partnership with Pobl. It is now in its eighth year of operation.

Throughout 2021/22 the partnership delivered an online community rehabilitation programme (CRP) with wrap-around peer support, counselling, and volunteering opportunities. The structured CRP is based on Acceptance, Commitment Therapy (ACT) and is being delivered across 10 online sessions. Recovery Cymru is providing ongoing individual and group peer support to those undertaking the programme. Footsteps to Recovery also provides support and training to access community engagement opportunities and accredited volunteering (within and outside of substance use services). This contract runs until July 2022, when it will be superseded by the Cardiff & Vale Drug & Alcohol Service – CAVDAS.

PARTNERSHIP WORK - OUTREACH / COMMUNITY CONNECTIONS

Our outreach links have continued strongly during this year and we have continued our two projects: - First Steps to Recovery offering peer support to people who were in 'pre-recovery / pre-contemplation / contemplation' and Buvidal Support a project providing wrap-around peer support for those taking the Buvidal opiate substitute. These projects run in partnership with our NHS colleagues in the Community Addiction Units and the Heath Hospital. Our combined referrals from these organisations have increased exponentially over the last two years – there were 27 in 2019-2020 and they have now risen to 237, an increase of over 777% a testament to the value of peer support.



We made a concerted effort this year, despite Covid, to link with local community initiatives and open up opportunities for our members to connect with people outside of the substance use field. This was not easy with many organisations only operating online, but the work has started and will only gather pace on 22/23. Joint activities were held with Trees for Cities/Coed Caerdydd; St Luke's Food Pod; Choir with No Name; Keep Wales Tidy and Friends of Victoria Square.



We have recently been approached by several organisations looking to support their organisations in embedding peer support or raising their awareness of substance misuse. This work will be realised in 22/23

- The new Family Drug and Alcohol Court, where our peer workers will work alongside court staff to support families to retain custody of their children
- HMP Cardiff, where we will be training inmates in peer mentoring techniques and providing the trained peers with monthly face-face support
- Cardiff & Vale College staff, raising awareness of substance use within the workplace and amongst the student population

COLLEGE OF LIVED EXPERIENCE ORGANISATION - CLERO

We are a core member of the College of Lived Experience. CLERO started in May 2020, when a group of 10 champions of recovery began to meet on a weekly basis to share their thoughts and support each other in their work. CLERO's objectives are

- To expand the scope beyond a narrow definition of recovery to include all of those damaged by exclusion and marginalisation – and so the term LERO (Lived Experience Recovery Organisation) was born
- To provide a platform for sharing and disseminating the innovations that are central to recovery-oriented organisations
- To agree on a core set of values for Lived Experience Recovery Organisations
- To create an evidence base for recovery organisations to provide credibility and professionalism
- To develop a set of standards for LEROs as a framework for growth and development rather than a cage

We are very proud to be a core member of the CLERO and all staff finds it reinvigorating and inspirational to talk to their peers from across the UK, seeing the common bonds, threads, and challenges this unique work brings to us all.

CARDIFF & VALE DRUG & ALCOHOL SERVICES - CAVDAS

Last but not least, we are very proud to say that we are a core member of the new Alliance CAVDAS that will be taking forward all Cardiff & Vale substance use services from 1st August 2022. Our Alliance partners are Kaleidoscope and Barod with Pobl and G4S being strategic partners.

We are coproducing a transformational system of engagement, support, and wellbeing for people to address their substance use, in order to live fulfilled lives in their communities with peer support embedded throughout. We will work with our CAVDAS colleagues to develop community rehabilitation programmes designed for people at different stages of change and the independent recovery community will support people throughout their CAVDAS journey, while critically offering alternate support and an ad infinitum support for people who exit treatment services.

The CAVDAS model is based on the following principles

- Co-production
- Person-centred
- Trauma-informed
- Continuous challenge and improvement
- Innovation

CAVDAS will provide the template for the delivery of substance use services across Wales and beyond. It will be unique, refreshing, and innovative; with people and their outcomes at the very centre.

STATISTICS

People supported by
1-2-1s = 516 (49% increase)

Total number of support
calls made = 12,739 (25%
increase)

Total number of support
calls connected = 11,030
(17%)

Total number of hours
spent on the phone 3,103
hours (414 days)

617 active members and volunteers
(3 or more interactions)
Active Membership

"Since accessing RC/F2R I have reduced my
using/drinking."

96% out of 92

"I feel I am maintaining positive changes."

92% out of 111

"I feel socially connected."

83% out of 104

"I am engaged in community activities outside of
substance misuse services."

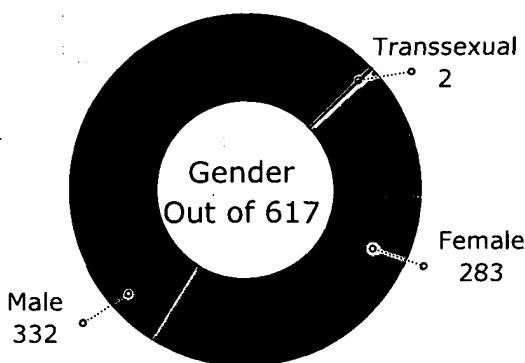
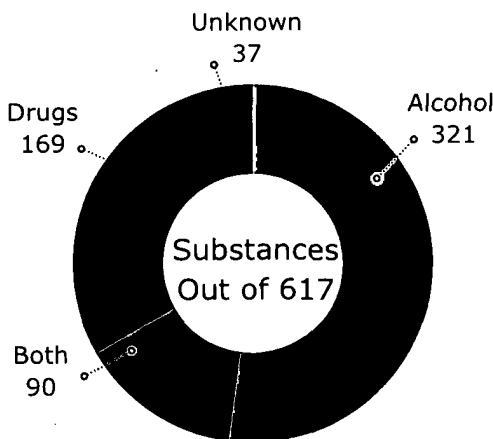
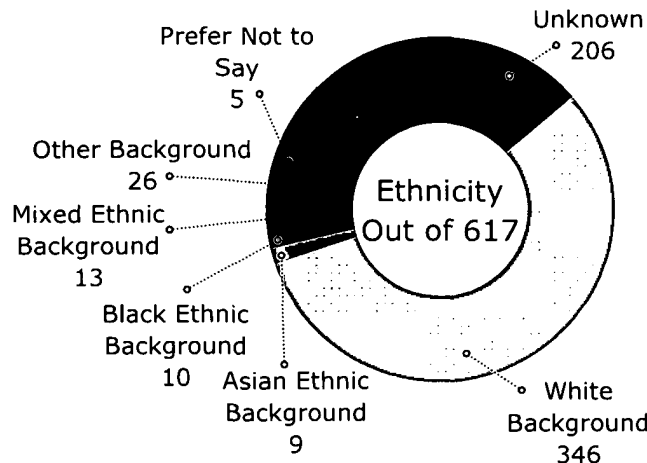
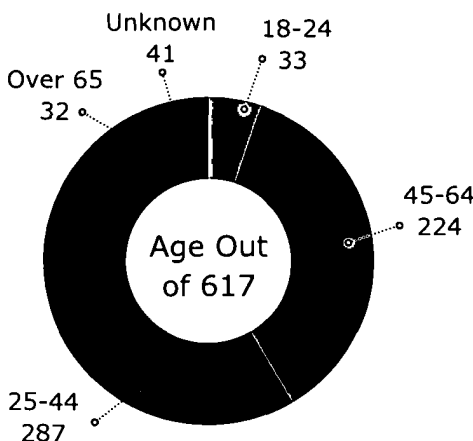
57% out of 108

"I feel that my mental health has improved."

86% out of 90

"I have not lapsed or relapsed in the last 12 months."

59% out of 109



573 people
referred
into us

195 different
people have
attended
groups

5 average
group
attendance

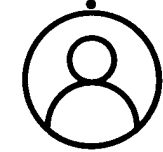
643 groups
ran

Volunteer
hours
1985 (1.2 FT
Equivalent)

Active
volunteers
16

REFLECTIONS ON THE DATA

- It is pleasing to see the rise in the number of volunteer hours again. We have not reached the previous levels of when the centres were fully open, but they have increased by 35% (1.2FTE). This indicates our success in upskilling the volunteers in online distance delivery – all Zoom groups are now facilitated or co-facilitated by a volunteer. They are also very involved in all the outreach work and are supporting us in moving to a hybrid model.
- There is a 25% increase in the number of telephone recovery support calls made this year
- The number of people given one-one support, mainly at a distance, has risen from 354 last year to 516 this year, a 49% increase. This acknowledges the greater level of individual support required, while the centres remained closed to face-face community engagement.
- Our members' gender balance remains on a par with last year and our reporting on gender has improved with us capturing the gender of all 617 members supported in 20-21
- Our penetration within the BAME community still remains low. However, we are reducing our data gap with unknowns dropping from 48% last year to 34% this year. We have decided that the minimum we need to capture for initial contact with a person is their date of birth and gender. Ethnicity is captured at a later date when they sign up to full membership, but work is still needed on ensuring staff capture this data at the correct time. Where we have captured ethnicity, there was a slight increase in non-white up to 16.5% this year from 13% the previous year. We have now signed up to Diverse Cymru's Cultural Competency Scheme and all staff, the majority of Trustees and 6 of our volunteers have received Cultural Awareness Training from Diverse Cymru. An organisational Action Plan to address any barriers individuals may face to accessing our support is being developed
- Referrals again were on a comparison with last year: - 573 people were referred in compared to 523 in 20/21
- The totally new referrals to Recovery Cymru were 486, ie not "re-engagers". Examining the depth of engagement to previous years 53% of new referrals this year engaged on five or more occasions as opposed to 42% in the previous year, which is again a positive reflection on the introduction of the nominated worker system that was started during lockdown
- Percentages for problematic substances stayed on a par with last year 52% stated it was alcohol (20/21 58%), 27% stated drugs (20/21 22%)





FINANCIAL PERFORMANCE

Grant Funding

In the year from April 2021 to March 2022 Recovery Cymru Community received grant or contract funding from the following sources:

-  Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract has been extended to July 2022
-  Cardiff and the Vale of Glamorgan Area Planning Board – Service User Involvement Contract – Voices Action Change (VAC) in partnership with Kaleidoscope was funding to ensure the active involvement of service users, family and friends in the governance and direction of all substance misuse services in Cardiff & the Vale of Glamorgan
-  We successfully reapplied to the Lloyds Bank Foundation for a 2-year grant to fund our on-going development work till 2023
-  Henry Smith Charity. We are in the third year of a three-year grant to support the general running costs of the organisation
-  Tudor Trust Foundation. We are in the second year of a 2-year grant to support the organisation's core costs
-  Track 2000 Covid Response Grant enabled us to increase our frontline workforce during the pandemic
-  Tudor Trust Wellbeing Grant – was funding to support the wellbeing of our staff and volunteers during the work pressures of the pandemic
-  Leathersellers Charitable Foundation we are in the final year of a 4-year grant to support the organisation's core costs
-  Welsh Government Substance Misuse Action Funding – two capital grants to support the cost of the leases of the Barry and Cardiff recovery centres and to re-carpet the Cardiff centre and renew the toilets and sinks in both centres
-  Yorkshire Building Society was a grant to purchase additional IT equipment
-  NHS & Social Care Financial Recognition Scheme – this was a Welsh Government one off payment to recognise and reward the hard work and commitment of our staff during the pandemic
-  Leigh Trust have provided funding for our joint work with Alcohol Change UK on developing a report on the benefits of peer support when working with BlueLight clients

Other Revenue Sources

-  We received nearly £3,000 through fundraising and donations
-  We received £4,500 of earned income through external training. An area we intend to expand next year

RESERVES POLICY

In accordance with recommended practice the charity defines free reserves as the unrestricted funds of the charity excluding those funds which could only be realised by disposing of fixed assets held for charity use. Recovery Cymru Community is aware it currently relies heavily on restricted funds to finance the majority of its work. Without this funding the charity would not be in a position to continue operating at the same level of activity. The Trustees recognise the need to build up free reserves so the charity can develop independently to meet the needs of members. The Trustees also recognise the need of free reserves to aid cash flow and allow the charity to benefit from opportunities as they arise. Unrestricted reserves would also be used to fund our work while we sought alternative restricted funding should we experience gaps in restricted funding. In fact, this year our unrestricted reserves have risen to nearly £221K. The Trustees' current reserves policy is to build up reserves and to maintain the equivalent of at least six months running costs and any surplus to be allocated when necessary, to the costs associated with running the Charity, with Trustee agreement.

We have been successful in re-tendering for our largest contract (60% of current budget) with the Cardiff & Vale Area Planning Board for substance misuse services. However, many of our large multi-year grant funding pots come to an end in September 2022. It is a priority to seek replacement funds for these and increase our revenue funding through training and consultancy. Our Trustees have agreed that if necessary we will use some reserves to maintain delivery in 23-24, but the situation will be reviewed regularly.

YEARBOOK 2022

STAFF *It's been awesome!*

SARAH VAILE



Founder & Director

JUDITH ENTICOTT



Peer Volunteer Coordinator

RACHEL BAYER

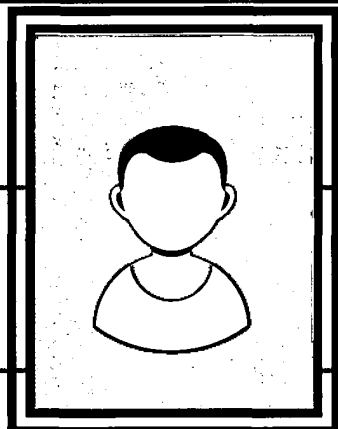


Finance & Head of Operations



Have a brilliant year!

DAVID DRISCOLL



Peer Worker

LAURA DAVIES



Funding & Strategic Support

ANDREW MCCUTCHION



Peer Recovery & Aftercare Worker



THE FUTURE IS BRIGHT

CLAIRE NOVAL



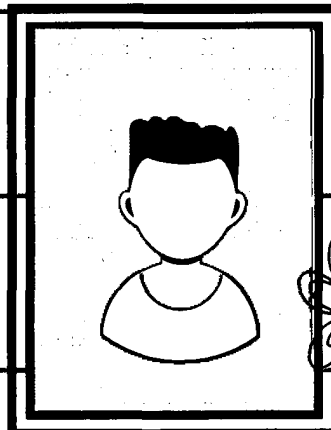
Cleaner & Sessional Worker

TRUDIE MERRY



Administrator

ANTHONY PROSSER



Cleaner





YEARBOOK 2022

*You're
Amazing*

STAFF

TIM NORVAL



MEIRION EVANS



KEELY JONES



Peer Recovery & Aftercare
Worker

Peer Worker

Peer Recovery & Aftercare
Worker

Started November 2021

Let's meet up!



KAYE CHEESEMAN



KIM DAY



REBECCA CASHMAN



Administrator
Started October 2021

Footsteps to Recovery
Peer Worker

Social Media &
Communications Officer

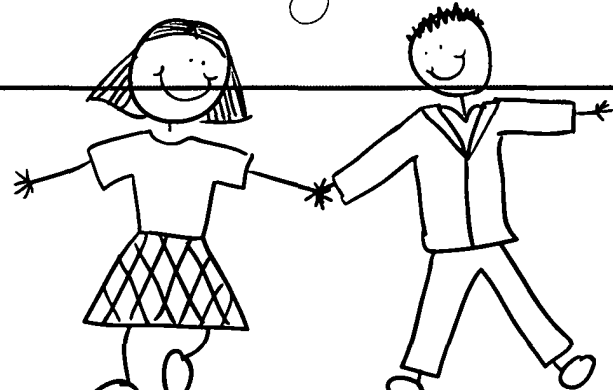
Resigned September 2021

SUSIE BOXALL



Programme Development Worker
Resigned April 2021

*Thanks for the fun times
<3*

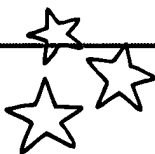


See you soon!

YEARBOOK 2021

TRUSTEES

ROB HEIRENE, PHD



JENNY HARKING



DOMINIC HOULIHAN



Resigned December 2021

Treasurer

Here's to
our future!

GAIL SMITH



What a
great
year!

ANDY HEALY



AMANDA-JANE OLIVER



Gail Smith Chair since April
2022

Secretary until March 2022,
remains a Board member

Good luck
Next year

DARREN ROBINSON



Resigned September 2021

SUSIE BOXALL



Since December 2021
Secretary from April 2022

A massive thank you must
go to Jenny Harking our
outgoing Chair, who has
guided Recovery Cymru
since its very beginnings.
We owe her a great debt
and wish her all the very
best.

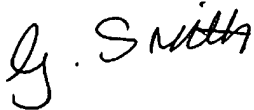


THANK
YOU

THANK YOU

The trustees would like to thank the organisations and individuals who have recognised the potential of the Recovery Cymru Community model and have supported the organisation during this exciting time. Particular thanks to all staff and volunteers for their tremendous effort throughout the pandemic. They quickly responded to the identified new need and delivered the service and support digitally. This proved so successful that we will be keeping the online service as well as our face-to-face contacts. You should all be immensely proud of yourselves. The trustees remain in awe of your resilience, adaptability and professionalism. Thank you

Approved and adopted by a meeting of the Trustees on 11th October 2022 and signed on their behalf.



Gail Smith

Chair



Recovery Cymru Community

Independent Examiner's Report to the trustees of Recovery Cymru Community ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Recovery Cymru Community are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

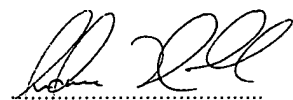
Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA ACA DChA BFP, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Recovery Cymru Community as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Mr Andrew Hill
FCCA ACA DChA BFP

Severn House
Hazell Drive
Newport
South Wales
NP10 8FY

12 October 2022

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	3	2,888	-	2,888
Charitable activities	4	43,416	406,815	450,231
Other trading activities	5	4,445	-	4,445
Total income		<u>50,749</u>	<u>406,815</u>	<u>457,564</u>
Expenditure on:				
Charitable activities	6	<u>(49,309)</u>	<u>(385,286)</u>	<u>(434,595)</u>
Total expenditure		<u>(49,309)</u>	<u>(385,286)</u>	<u>(434,595)</u>
Net income		1,440	21,529	22,969
Transfers between funds		<u>(285)</u>	<u>285</u>	<u>-</u>
Net movement in funds		1,155	21,814	22,969
Reconciliation of funds				
Total funds brought forward		<u>219,820</u>	<u>49,243</u>	<u>269,063</u>
Total funds carried forward	16	<u><u>220,975</u></u>	<u><u>71,057</u></u>	<u><u>292,032</u></u>

The notes on pages 5 to 17 form an integral part of these financial statements.

Recovery Cymru Community

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies	3	29,062	1,000	30,062
Charitable activities	4	25,000	289,141	314,141
Other trading activities	5	10,521	-	10,521
Total income		<u>64,583</u>	<u>290,141</u>	<u>354,724</u>
Expenditure on:				
Charitable activities	6	<u>(57,238)</u>	<u>(286,731)</u>	<u>(343,969)</u>
Total expenditure		<u>(57,238)</u>	<u>(286,731)</u>	<u>(343,969)</u>
Net income		7,345	3,410	10,755
Transfers between funds		<u>297</u>	<u>(297)</u>	<u>-</u>
Net movement in funds		7,642	3,113	10,755
Reconciliation of funds				
Total funds brought forward		<u>191,757</u>	<u>66,551</u>	<u>258,308</u>
Total funds carried forward	16	<u>199,399</u>	<u>69,664</u>	<u>269,063</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 16.

The notes on pages 5 to 17 form an integral part of these financial statements.

Recovery Cymru Community
(Registration number: 08520441)
Balance Sheet as at 31 March 2022


	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	24,319	47,016
Current assets			
Debtors	13	176,276	113,665
Cash at bank and in hand	14	<u>163,928</u>	<u>193,106</u>
		340,204	306,771
Creditors: Amounts falling due within one year	15	<u>(72,491)</u>	<u>(84,724)</u>
Net current assets		<u>267,713</u>	<u>222,047</u>
Net assets		<u>292,032</u>	<u>269,063</u>
Funds of the charity:			
Restricted		71,058	49,243
Unrestricted income funds			
Unrestricted		<u>220,974</u>	<u>219,820</u>
Total funds	16	<u>292,032</u>	<u>269,063</u>

For the financial year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 2 to 17 were approved by the trustees, and authorised for issue on 11 October 2022 and signed on their behalf by:



Mrs G Smith
Trustee

The notes on pages 5 to 17 form an integral part of these financial statements.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Charity status

The charity is limited by share capital, incorporated in England & Wales.

The address of its registered office is:

218 Cowbridge Road East

Canton

Cardiff

CF5 1GX

These financial statements were authorised for issue by the trustees on 11 October 2022.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Recovery Cymru Community meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Departures from the SORP

The charity has elected to depart from sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice to meet the requirements of a principle funder. The requirement states that any expenditure incurred with operating lease commitments due in more than one year should be capitalised as a fixed asset. This represents a departure from the SORP and underlying Financial Reporting Standard (FRS102) as any such items should be classified as a prepayment within current assets. Further details of this are shown in note 12 to the accounts.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	Over term of lease

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

3 Income from donations and legacies

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	-	-	1,000
Donations from individuals	2,888	2,888	5,170
	<u>2,888</u>	<u>2,888</u>	<u>6,170</u>

4 Income from charitable activities

	Unrestricted funds Designated £	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Relief & recovery support	45,000	(1,584)	406,815	450,231	314,141

5 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2021 £
Events income;			
Other events income	4,445	4,445	10,521
	<u>4,445</u>	<u>4,445</u>	<u>10,521</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

6 Expenditure on charitable activities

		Unrestricted funds	Restricted	Total	Total
		Designated	funds	2022	2021
	Note	£	£	£	£
Relief & recovery support		-	88,717	96,046	91,750
Staff costs		26,170	296,569	330,527	247,853
Allocated support costs	7	-	-	8,022	4,366
		<u>26,170</u>	<u>385,286</u>	<u>434,595</u>	<u>343,969</u>

Recovery Cymru Community
Notes to the Financial Statements for the Year Ended 31 March 2022

7 Analysis of support costs

Support costs allocated to charitable activities

	Basis of allocation	Governance costs £	Staff costs £	Total 2022 £	Total 2021 £
Relief & recovery support	A	8,022	-	8,022	4,366
Relief & recovery support	B	-	33,053	33,053	24,785
		<u>8,022</u>	<u>33,053</u>	<u>41,075</u>	<u>29,151</u>

Basis of allocation

Reference	Method of allocation
A	Professional fees allocated directly
B	Accounting estimate of 10% of staff gross salary spend

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

8 Net incoming/outgoing resources

Net incoming resources for the year include:

	2022 £	2021 £
Operating leases - other assets	11,250	12,000
Depreciation of fixed assets	<u>22,697</u>	<u>18,847</u>

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

10 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	300,083	223,464
Social security costs	20,234	13,402
Pension costs	<u>10,210</u>	<u>10,987</u>
	<u>330,527</u>	<u>247,853</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2022 No	2021 No
Management team	3	3
Delivery staff	<u>11</u>	<u>8</u>
	<u>14</u>	<u>11</u>

No employee received emoluments of more than £60,000 during the year.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2021	<u>113,707</u>	<u>113,707</u>
At 31 March 2022	<u>113,707</u>	<u>113,707</u>
Depreciation		
At 1 April 2021	66,691	66,691
Charge for the year	<u>22,697</u>	<u>22,697</u>
At 31 March 2022	<u>89,388</u>	<u>89,388</u>
Net book value		
At 31 March 2022	<u>24,319</u>	<u>24,319</u>
At 31 March 2021	<u>47,016</u>	<u>47,016</u>

The net book value of furniture & equipment includes £24,319 (2021: £47,016) in relation to SMAF prepaid operating lease rent for the charity's premises. This asset is being depreciated in accordance with the standard accounting policies of the charity. This treatment is not in accordance with sections 10.14 and 10.64 of the Accounting and Reporting by Charities: Statement of Recommended Practice at the request of the underlying funding provider.

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

13 Debtors

	2022 £	2021 £
Trade debtors	108,338	113,665
Prepayments	67,938	-
	<u>176,276</u>	<u>113,665</u>

14 Cash and cash equivalents

	2022 £	2021 £
Cash on hand	466	466
Cash at bank	163,462	192,640
	<u>163,928</u>	<u>193,106</u>

15 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	7,716	822
Other taxation and social security	5,164	-
Accruals	1,632	1,552
Deferred income	57,979	82,350
	<u>72,491</u>	<u>84,724</u>
	2022 £	2021 £
Deferred income at 1 April 2021	(82,350)	(30,726)
Resources deferred in the period	(57,979)	(82,350)
Amounts released from previous periods	82,350	30,726
Deferred income at year end	<u>(57,979)</u>	<u>(82,350)</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

16 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted					
<i>General</i>					
General fund	205,773	5,749	(12,360)	(286)	198,876
<i>Designated</i>					
Leather Sellers	12,833	10,000	(10,779)	-	12,054
Tudor Trust	1,214	35,000	(26,170)	-	10,044
	<u>14,047</u>	<u>45,000</u>	<u>(36,949)</u>	<u>-</u>	<u>22,098</u>
Total Unrestricted	<u>219,820</u>	<u>50,749</u>	<u>(49,309)</u>	<u>(286)</u>	<u>220,974</u>
Restricted					
TARS (SMAF revenue) Fund	-	233,310	(233,272)	-	38
Lloyds Foundation	4,562	25,000	(8,547)	-	21,015
SMAF Fund	25,566	41,898	(40,745)	-	26,719
Henry Smith	14,935	25,000	(22,479)	-	17,456
Track 2000	-	15,000	(15,156)	156	-
Yorkshire BS Foundation	1,000	-	(186)	-	814
Lloyds React Fund	1,375	-	(1,375)	-	-
TT Staff Wellbeing	1,805	-	(1,935)	130	-
Leigh Trust	-	5,000	-	-	5,000
Service User Involvement	-	54,143	(54,143)	-	-
Workforce Recognition	-	7,464	(7,448)	-	16
	<u>49,243</u>	<u>406,815</u>	<u>(385,286)</u>	<u>286</u>	<u>71,058</u>
Total restricted	<u>49,243</u>	<u>406,815</u>	<u>(385,286)</u>	<u>286</u>	<u>71,058</u>
Total funds	<u>269,063</u>	<u>457,564</u>	<u>(434,595)</u>	<u>-</u>	<u>292,032</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
<i>General</i>					
General fund	166,592	39,583	(698)	297	205,774
<i>Designated</i>					
Leather Sellers	10,399	10,000	(7,566)	-	12,833
Tudor Trust	14,766	15,000	(28,552)	-	1,214
	<u>25,165</u>	<u>25,000</u>	<u>(36,118)</u>	<u>-</u>	<u>14,047</u>
Total unrestricted funds	<u>191,757</u>	<u>64,583</u>	<u>(36,816)</u>	<u>297</u>	<u>219,821</u>
Restricted					
TARS (SMAF revenue) Fund	3,077	186,368	(189,445)	-	-
Volunteering in Wales	259	-	(259)	-	-
Lloyds Foundation	5,578	24,978	(25,994)	-	4,562
SMAF Fund	39,713	4,700	(18,847)	-	25,566
CAVHC	681	-	-	(681)	-
Henry Smith	-	31,250	(16,315)	-	14,935
Virgin - Heart of the Community Fund	569	-	-	(569)	-
Track 2000	11,849	-	(11,849)	-	-
Yorkshire BS Foundation	-	1,000	-	-	1,000
Lloyds React Fund	-	7,875	(6,500)	-	1,375
Transformation & Growth Fund	4,825	12,463	(17,288)	-	-
Clothmakers	-	4,865	(4,865)	-	-
United Way	-	1,500	(1,500)	-	-
TT Staff Wellbeing	-	2,000	(195)	-	1,805
Buvidal	-	3,143	(4,096)	953	-
Community Foundation Wales Capital Covid Grant	-	10,000	(10,000)	-	-
Total restricted funds	<u>66,551</u>	<u>290,142</u>	<u>(307,153)</u>	<u>(297)</u>	<u>49,243</u>
Total funds	<u>258,308</u>	<u>354,725</u>	<u>(343,969)</u>	<u>-</u>	<u>269,064</u>

Recovery Cymru Community

Notes to the Financial Statements for the Year Ended 31 March 2022

The specific purposes for which the funds are to be applied are as follows:

- Cardiff and the Vale of Glamorgan Area Planning Board - Throughcare, Aftercare & Recovery Support (TARS) Footsteps to Recovery contract, in partnership with Pobl. This contract has been extended to July 2022
- Cardiff and the Vale of Glamorgan Area Planning Board – Service User Involvement Contract – Voices Action Change (VAC) in partnership with Kaleidoscope was funding to ensure the active involvement of service users, family and friends in the governance and direction of all substance misuse services in Cardiff & the Vale of Glamorgan
- We successfully reapplied to the Lloyds Bank Foundation for a 2-year grant to fund our on-going development work till 2023
- Henry Smith Charity. We are in the third year of a three-year grant to support the general running costs of the organisation
- Tudor Trust Foundation. We are in the second year of a 2-year grant to support the organisation's core costs
- Track 2000 Covid Response Grant enabled us to increase our frontline workforce during the pandemic
- Tudor Trust Wellbeing Grant – was funding to support the wellbeing of our staff and volunteers during the work pressures of the pandemic
- Leathersellers Charitable Foundation we are in the final year of a 4-year grant to support the organisation's core costs
- Welsh Government Substance Misuse Action Funding – two capital grants to support the cost of the leases of the Barry and Cardiff recovery centres and to re-carpet the Cardiff centre and renew the toilets and sinks in both centres
- Yorkshire Building Society was a grant to purchase additional IT equipment
- NHS & Social Care Financial recognition Scheme – this was a welsh Government one off payment to recognise and reward the hard work and commitment of our staff during the pandemic
- Leigh Trust have provided funding for our joint work with Alcohol Change UK on developing a report on the benefits of peer support when working with BlueLight clients

17 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 31 March 2022
	General	Designated		
	£	£	£	£
Tangible fixed assets	-	-	24,319	24,319
Current assets	226,606	22,098	91,500	340,204
Current liabilities	(27,730)	-	(44,761)	(72,491)
Total net assets	<u>198,876</u>	<u>22,098</u>	<u>71,058</u>	<u>292,032</u>

	Unrestricted funds		Restricted funds	Total funds at 31 March 2021
	General	Designated		
	£	£	£	£
Tangible fixed assets	47,016	-	-	47,016
Current assets	161,131	14,047	131,593	306,771
Current liabilities	(2,374)	-	(82,350)	(84,724)
Total net assets	<u>205,773</u>	<u>14,047</u>	<u>49,243</u>	<u>269,063</u>