RECOVERY DEVON

ANNUAL REPORT 2019/20

Recovery Devon

Management Board Members

Russ Drayton

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What a difference a year makes!

A word from our CEO

Remember 2019, when furlough was a word known only to scrabble aficionados, when social distancing was limited to avoiding certain relatives at Christmas and when facemasks were only worn at Halloween?

This annual report covers the year from April 2019 up to the end of March 2020 and no one could have predicted the events we were to experience as a global community, not to mention the effects on our collective health and wellbeing.

Over the years I've always started our annual report with a big thank you to all my colleagues on the Recovery Devon board and once again, I am hugely grateful for their ongoing support and guidance. One particular board member is deserving of special praise and although she stepped away to look after her family as the virus was taking hold, we are all thankful for everything Judith Belam contributed to Recovery Devon. Judith's eye for detail and dedication to making sure our policies and procedures were up to date in addition to her wise counsel and help with the finances, has left Recovery Devon in a secure position as we move forwards.

LEAP

Although 2019 saw our highly successful Lived Experience Advisory Panel (LEAP) come to an end, we were pleased to see Ian Henwood, the LEAP coordinator, move into a new role with Devon Partnership Trust (DPT) as Together Lead. In many ways, Recovery Devon's LEAP project paved the way for Together and we at Recovery Devon will always be grateful to Dr Helen Smith who had the initial idea for an independent panel to act as a 'critical friend' to DPT. We are also hugely thankful for Ian's hard work in taking the project from a single idea into a highly valued contribution to DPT's involvement and engagement programme, embracing the principles of co-production throughout.

Ian & LEAP's Farewell

James Wooldridge

Community Development

When the LEAP project came to an end, we were grateful to Devon Partnership Trust for allowing us to repurpose their funding which led to the creation of two new part-time community development worker roles. Later in this report you'll hear from Em who, along with new colleague Sami, have helped Recovery Devon reach out to our community in many new and creative ways. I'd also like to take this opportunity to thank Ella Sadler from Wellbeing Exeter who helped out by providing independent oversight throughout the recruitment process.

From a personal perspective, Em and Sami have definitely reinvigorated our community outreach work and it's been an absolute pleasure to work with these two highly talented and enthusiastic individuals.

Development Fund

We were fortunate to be able to offer another round of Recovery Development Fund opportunities to Devon-based recovery projects during 2019 and below are some brief details of the projects we supported. It's also worth mentioning we received an incredible 52 applications for 2019 and we would like to thank each and every applicant for taking the time to submit a project idea.

Horsemanship For Health

- In collaboration with Donna Poade, a university researcher, and Jo and Belinda of 'Horsemanship For Health', we supported the development and publication of a study into the benefits of Equine Facilitated Learning.
- Working with members of the LGBTQI+ community, we supported a project called 'Out Of The Box' and despite this project having to review its original aims, it nevertheless produced valuable work and insights that will help our work with this community in the future.
- We worked with Bianca Flood, an award-winning and accredited Life Coach, who delivered a six-week wellbeing course of coaching classes in the Ivybridge and South Hams area using skills she has developed over many years.
- Building on the strong relationship we already have with Organic Arts, we supported the formation of a self-help arts and crafts group, later to be called 'The Maker's Group'. You can view much of their work on Organic Arts' social media pages with thanks to Summer Varley who leads this project.

- The Peer Support group 'Open Arms' based in Honiton were supported to enlist the services of an arts tutor and then showcase the group's brilliant artworks at an exhibition that took place at the Thelma Hulbert Gallery.
- 'Sporting Memories' is a project that uses sport as a way of bringing people together, and provides a rare opportunity for men to gather in a safe space where their shared love of sport can be a gateway into conversations about their mental wellbeing. Recovery Devon are grateful to Ali Haggett for facilitating the local groups and to all the men who took part.

Mothers In Mind

- 'Standing Together' is a peer support group based in North Devon and ably led by Claire Crook. We at Recovery Devon are always keen to support peer-led organisations and in a relatively short space of time, Claire has created a welcoming and supportive group that takes part in a range of indoor and outdoor activities.
- In the past we've not worked closely with young mothers so we were delighted to support Homestart Exeter's 'Mothers in Mind' project where the focus was on facilitating safe and welcoming groups for young mothers to share their experiences.
- We also supported Torbay Eating Disorder Support Group, set up in 2017 and providing local people with a space to meet others with similar struggles where they can share their experiences of living with, or caring for someone with, an eating disorder.

Two of our chosen projects were unable to proceed due to work commitments and health reasons but one of these has been identified as having great potential so watch this space...

Happy To Share

You may recall our 'Happy to Share My Table' cards which were inspired by Caron Sprake's brilliant idea and were one of our first recipients of funding in 2015. Well we always believed this initiative to bring people together could have national potential and we were delighted when Awards for All provided funding for 50,000 cards to be printed and distributed. We received enquiries from all over the country and Happy to Share cards started appearing in cafes from Cornwall to Sheffield. However, the project was naturally affected by the national lockdown and guidance to socially distance, although we are hopeful the remaining cards will one day start to reappear on tables and help reduce the social isolation felt by so many over this challenging period.

We are incredibly thankful to a team of researchers at University of Exeter who created a survey to help measure the cards' effectiveness and despite the survey being sent out at possibly one of the most difficult times for many businesses, we are grateful to all those who responded and look forward to sharing the results.

RECOVERY RISING

Recovery Rising

Having spent much of the year planning our major conference/festival, 'Recovery Rising', we were hugely disappointed that covid-19 restrictions meant postponing until 2021. Our revised date is June 26th at the University of Exeter and we'll be posting regular updates throughout the year. Rest assured we are keeping the situation under close review and our desire to celebrate the creative and innovative recovery work taking place across Devon and beyond, remains as strong as ever.

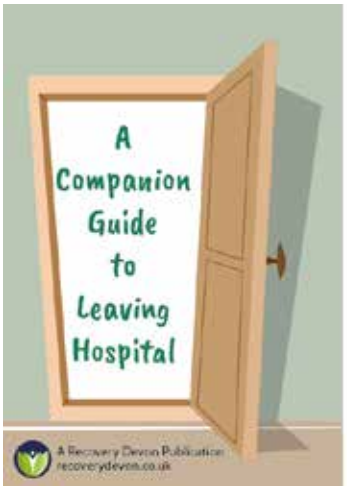
Phoenix Nights

Sadly, due to coronavirus and the temporary closure of Exeter's Phoenix Theatre, we had to postpone our series of monthly talks and discussion evenings, cunningly titled; 'Phoenix Nights'.

We plan to resume this winter series of talks on what it means to be fully human in a changing world, via an online platform, later in the year so keep an eye on our website and social media channels for the latest news. We remain incredibly grateful to the speakers who have offered to share their knowledge and experience and I do hope you'll be able to join us for at least one of the evenings.

Riding The Storms

Many of you will be familiar with the two Recovery Devon books: Beyond The Storms and Riding The Storms. Both have proved very popular and are currently available to order for postage costs only from our website. Well we are delighted to report that plans are underway for a third in the Storms Trilogy. We have commissioned Rebekah Horton, a Devon-based creative writer and film-maker, to gather stories and artistic content from people who care for and support individuals who have previously, or are currently experiencing mental health challenges. Work has already started and we are hopeful that it won't be too long before the book is in people's hands. And yes, it will be made freely available, as with both existing books.



Companion Guide

The team at Recovery Devon were pleased to add yet another helpful leaflet to our list of resources this year when, drawing on personal experience, several board members collaborated to produce 'The Companion Guide to Leaving Hospital'. As the name suggests, this guide is designed to be a friendly and accessible resource for those making the step from hospital care back into their communities. We know this can be a daunting time that brings many challenges and if you feel this guide might be of help to you please ask us for a copy or download a digital version from our resource library. Devon Partnership Trust have been provided with the companion guides and they are being made available throughout their inpatient wards.

Peer Support

Recovery Devon continues to work closely with Devon Partnership Trust's Peer Support Workers and several recovery training sessions have been delivered to the Peer Support Team. These are always well-received by the PSWs and form part of the important recovery dialogue between lived-experience and service provision.

That was a quick round up of our activity over the twelve months from the end of March 2019 to April 2020 and now it's time to look forwards.

Future Plans

Regarding our plans for the future I've listed a few of our priorities below, although in this ever-changing landscape, our need to be flexible and responsive to changing needs will be as important as ever.

- To maintain our financial security and continue to explore external funding options with new partners
- To continue to be the 'go to' place for resources and information on Recovery in Devon and beyond
- To build on our close ties with the Devon Recovery Learning Community and help establish new opportunities for people across Devon - particularly in Torbay and South Hams
- To build upon the success of our Recovery Development Fund and look for new and creative ways to support innovative Recovery projects in the county
- To successfully host our major event; 'Recovery Rising'
- To co-create and publish new Recovery content alongside new and existing partners via our podcasts, talks, vlogs, and social media channels
- To strengthen the Recovery Devon board with fresh voices, skills and experience
- To ensure we are not only reaching diverse and minority communities, but working alongside people from those communities to make sure everyone's voices can be heard and part of the Recovery conversation/movement
- To publish our third book in the Storms Trilogy

Thank you for continuing to support Recovery Devon and now, a little about our new Community Development team.

Community Development Workers

This year saw the induction of our two Community Development Workers, Sami Goulding and Em Flint. As well as their own lived experience of recovery, each new employee brought new skills to the team. Sami, as a tutor for the Devon Recovery Learning Community and group facilitator, is also a Dance Movement Psychotherapist. Em has worked for a number of allied charities and community interest companies, including Rethink Mental Illness, in the county and beyond. The field of applications for the post was strong, and several applicants have since continued to work with Recovery Devon, showing the appetite for collaborative work around mental health recovery in the county.

Recruited in November 2019, our CDWs were off to a flying start with our Development Day in December, which attracted dozens of community members old and new to talk about the recovery movement in the county. The ideas generated at this session formed their 2020 project plan, which included visits to community cafes across the county to take recovery education right to the heart of communities. Throughout January and February, 8 cafes were held across Exeter, East Devon, Teignbridge, and Torbay. Each hosted one or both of our team with a stand and recovery resources, often with a craft activity running alongside. These proved an excellent way to talk about mental health informally, without pressure and outside of a "medicalised" environment, and community café owners welcomed us in every case, often helping

us to find the optimum time to visit and placing us front and centre at the venue. We found that one café would lead to another, as word spread within each town.

In early spring, just as our CDWs were beginning to wonder how they would cover the all the wonderful invitations coming their way, COVID struck, and as we've all experienced, face to face work was cancelled across the board. However, as diaries emptied, a surge in online demand meant that work very much continued. The team noticed a couple of weeks before lockdown that those in recovery were particularly vulnerable due to the relentless, alarmist messaging around COVID, and sweeping societal changes. We resolved that mental health needed care and protection more than ever, and since there was no shortage of official advice on guarding our physical health, we declared our online presence a "safe space"

in which COVID would not be mentioned. We also noted that, as the days became ever more confusing, people needed some sense of routine and reliability in all the chaos. And so we began to share a daily message at noon on our social media feeds. These "dailies," as they came to be known, featured no mention of COVID symptoms, panic buying, or social isolation. At first they featured just the team, but other collaborators accepted our invitation to join. We were overwhelmed by the response, and during the last two weeks of March 2020, our emerging dailies project reached 5,700 views.

Community Development Work continues to be flexible to the changing demands of on and offline communities in 2020, and we look forward to presenting the full lockdown story in our next annual report.

Recovery Online

Alas, due to some technical nonsense, we have no stats for our website. However, based on the number of people downloading resources, our numbers continue to grow. As of time of writing, a new system has been put in place to track visits, so hopefully better detail next year!

Speaking of resources, we have built a new library. It means people can search through more easily and there's a nice visual preview of the documents. Our hope is to extend it to include all the videos, art, poems and other art - making it an academic, personal and creative resource.

For our social sites, we now have:

Facebook: 2,275 likes 2,461 follows

Twitter: 1,028 Followers

Instagram: 200 Followers

We were already considering how to improve online, and the Covid situation has meant a lot of work and development. There will be lots to talk about in next years report.

Balance Sheet as at 31/03/2020	2019-20	2019-20	2018-19	2018-19
Current Assets	£	£	£	£
Cash at bank and in hand	63,650		36,267	
Debtors	-		13,500	
		63,650		**49767**
Current Liabilities				
Creditors: due within one year	500		500	
Total Assets less Liabilities		**63,150**		**49,267**
Capital and Reserves				
B/F Unrestricted Funds		18,985		22,882
B/F Restricted Funds		30,282		16,183
Unrestricted Funds		289		(3,897)
Restricted Funds		13,594		14,099
Total Funds		**63,150**		**49,267**

Balance Sheet as at 31/03/2020	2019-20			2018-19
Income	(U) £	(R) £	Total £	£
Core	27,000.00		27,000.00	27,500.00
Community Dev Works		25,000	25,000	26,000
Suicide Prevention		0	0	3,400
Riding the Storms			0	4,021
Development Fund		5,000	5,000	500
Happy To Share		7,450	7,450	0
Peer Support		595	595	0
Donations	506		506	0
Bank Interest	58		58	2
Total Income	**27,564**	**38,045**	**65,609**	**61,423**
Restricted Expenditure				
Development Fund Payments		5,599	5,599	4,450
Community Dev Proj Salaries		9,735	9,735	11,017
Community Dev Proj Office Support		265	265	0
Community Dev Proj Travel & Subs		795	795	389
Community Dev Proj DBS Checks		46	46	
Suicide Prevention		632	632	0
Peer Support		450	450	4,533
Riding the Storms		9	9	4,934
Happy To Share		3,886	3,886	
Total RE	**0**	**21,417**	**21,417**	**25,323**
Core Expenditure				
Salaries CEO	13,535		13,535	12,612
Accountancy	1,204		1,204	1,278
Admin	167		167	100
Attendance	790		790	982
Governance	105		105	13
Insurance	491		491	486
Print & Stationery	165		165	389
Room Hire	1,857		1,857	1,818
Telephone	74		74	111
Travel & Subs	3,792		3,792	3,987
Training	191		191	
Website	4,403		4,403	2,759
Recovery Rising	3,535		3,535	1,366
Total CE	**30,308**	**0**	**30,308**	**25,899**
Total Expenditure	**30,308**		**30,308**	**51,222**
Transfers	**3,034**	**-3,034**		
Net Profit	**289**	**13,594**	**13,884**	**10,202**

The company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31st March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2017 in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements were approved by the board.

Signed on behalf of the board of directors