



Recovery Devon

ANNUAL REPORT 2020/21



Recovery Devon

Management Board Members

Russ Drayton

James Wooldridge

David Hess

Debbie Williams

Tom Cant

Max Cohen

Em Connick

Marie Ash

Mike Smith

Recovery Devon CIC

Company No: 08107189

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Words from our MD

Let's take a collective deep breath, make ourselves comfortable, and reflect on a year like no other.

Our reporting year had barely started when a global pandemic led to changes on a scale, and at a speed, not even the most expert of experts could have predicted.

The Recovery Devon team had recently grown to include Em Flint and Sami Goulding, two new community development workers. We were all thrust into a very different and often frightening world and needed to adapt quickly. This report will cover much of the efforts we made to continue to offer opportunities for recovery in the light of a worldwide health crisis. We hope you will feel we made the best of a very challenging situation.

Much-loved and hugely respected co-founder and long-time advisor, Glenn Roberts, retired from the board to embrace the next stage of his life. Ashley Callaghan also made the decision to step away and we will miss their valuable contributions.

We welcomed new faces to our board; Dr Tom Cant, consultant psychiatrist with Devon Partnership NHS Trust, Max Cohen, founder and director of 'It's All About You Wellbeing' and Dr Donna Poade, senior researcher at Falmouth University. We also added a third community development worker to our growing team, Jody Coyle.

Throughout the year we made good progress on strengthening our administration procedures, policies, supervision processes as well as developing our offer to members, including those from often-marginalised communities.

The board decided to make some changes to the way we administer our popular Recovery Development Fund. Although many applications couldn't be followed through due to lockdown restrictions, we supported a number of online projects as well as giving the community development workers more of a free rein on how our funding is invested.

Sadly, our plans for a grand Recovery Festival at The University of Exeter, 'Recovery Rising', had to be postponed, then cancelled altogether. A decision was made to repurpose the funds and an additional investment was made in our community work. Part of this reallocation enabled Em to be given some extra hours in a bridging role between Recovery Devon and our partner, The Devon Recovery Learning Community (DRLC).



Having spent much of our time honing our online offer in the form of podcasts, Recovery Daily Videos and online cafes, we are now preparing for an increased 'in-person' presence across Devon. Please keep an eye out for news of where we'll be and when and we'd be delighted to have a chat.

Every year I endeavour to thank those who have contributed to making our work possible. This particular year, that list has grown to include many who will be mentioned elsewhere in this report so I'll concentrate my expressions of thanks on; our funders at Devon Partnership NHS Trust, Devon Community Foundation for some additional funding towards our community online offer, the Recovery Devon management team for their ongoing commitment and dedication, our new team of community development workers, who have brought both vital energy and their many skills to our work across Devon, and a special note of thanks to Mike Smith, who supports our online presence enabling our work to be shared across many platforms.

A final note of thanks goes to you, and every single person who has joined us along our journey. We are, and always will be, a community organisation, led by those with lived experience of mental health challenges: our sole purpose is always to support communities and individuals across Devon. Our 2020 AGM and Celebration needed to be online, but I would like to take this opportunity to extend a warm invitation to our AGM and Celebration Day on October 18th, 2021. It will be held in the picturesque surroundings of West Town Farm, Ide, Exeter and there'll be the usual free lunch!

I hope you enjoy reading this report and, as always, welcome any feedback you may have.

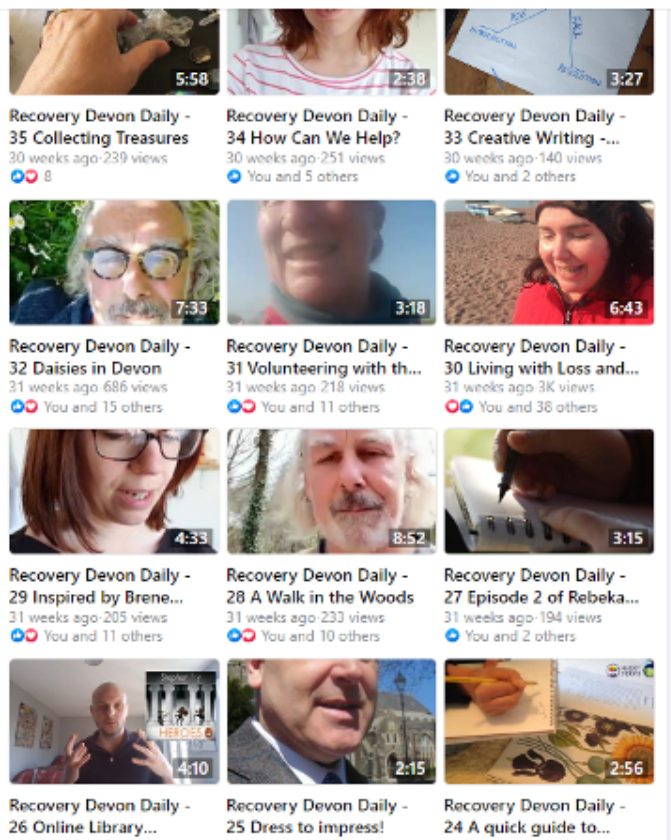
It now only leaves me to place you in the capable hands of my colleagues who will outline the work we carried out across Devon, promoting, supporting and enabling opportunities for Recovery and mental wellbeing.

Community Development Workers

Our community team has become the driving force for Recovery Devon. Having connected so well with communities in the real world, they were now agile and quick to find ways of connecting online as lockdowns and restrictions changed life for everyone.

Daily and Weekly Inspiration

During early lockdown we produced Dailies - these were short videos about various topics designed to offer hope and ways of coping as the worst of the pandemic hit our communities.



Dailies ranged across so many subjects, writing, routine, loss, grief, nature, movement and more. Each daily was a simple, home-made clip which anyone could make and contribute. These slowly became Weeklies, as the need lessened.

85 Dailies were produced in total with guest contributions from Reboot The Roots, Organic Arts, Horsemanship for Health, Bex Rushton of LOSS and many others.



Phoenix Nights

A total of 154 participants attended across the 5 talks for this reporting period:

- “Without Prejudice – Healing Through Authenticity” with Dr Nathan Babcock
- “Peer Supported Open Dialogue” with Dr Tom Cant
- “Experiencing Magic” with Dr Brian Rappert
- “Who Cares? A Carer’s Perspective of Mental Health Services” with Debbie Frances*
- “Kindness Before Judgement” with Jacqui Footman



*As part of our commitment to accessibility and inclusion, we secured a small grant from NSUN (National Survivors Users Network) to employ BSL interpreters for this event and were able to turn it into a signed and subtitled video.

Our Phoenix Night events continued to take place online as an adaptation from our face to face events at the Phoenix Theatre. These evenings consisted of talks around the subject of what it means to be fully human. We were honoured to have a wide variety of subjects spoken about including, EFT (emotional freedom technique), Body Positivity, Open Dialogue and many more. We are currently pulling together our first set of speakers for when we return to this after a summer break.



Recovery Devon Podcast

Members of our community have requested a Recovery Podcast a few times in recent years. We thought it was a great idea, but lacked the time or equipment to do it justice; 2020 gave us a perfect opportunity. Starting in May with a few episodes by the team, word quickly spread; by April 2021 we had 14 episodes "in the can" and plenty more in the pipeline.

We learned how to edit, add jingles, and publish to bigger audiences via Spotify and iTunes. Subjects were chosen by the community and each podcast became a small community event of its own, connecting people with a shared passion, and bringing hope and choice to listeners. It's been gratifying to see podcast contributors staying connected for their work or personal recovery.

"I want to reiterate my gratitude for how trauma-aware, sensitive, and safe the whole process felt" – (Courageous Conversations About Self-Harm)

Topics included 'Recovery Through Dreams', 'Exploring Psychosis', LGBTQ+, Self Harm, Recovery and Humour and many others. At the time of writing these had a total of 1053 downloads.

Podcasts were much in demand through the pandemic. They may play a less central role in our future, but the results were so good that they'll remain an essential tool for recovery education.

"It is one of the best things I've ever done.. life-changing" (Men Reclaiming Recovery After Sexual Abuse)

Visit our dedicated podcast page at www.recoverydevon.co.uk/podcast

Recovery Training and Peer Support Training

Recovery Devon have always been passionate about being able to provide Recovery Training

to organisations and Peer Support Workers. With the help of Debbie Williams (huge thank you!) and the CDW team we now have a solid Recovery Training pack/presentation and PSW Training pack/presentation to offer. Having these training resources available means that we are able to reach more people and train more of those working in the mental health field about the Recovery principles, aims and objectives. Spreading Recovery knowledge to those that need it the most.

Recovery Cafes & Xmas Chat

Following a trial period in summer 2020, we offered a fortnightly Friday space online for our community to gather and chat, addressing loneliness through the winter months.



Each of the 11 sessions offered a topic based on "Five Ways to Wellbeing in Isolation," co-written with Devon Partnership Trust by our board member and Senior Peer Support Worker, Marie Ash. There was also general chat and signposting. Attendance ranged from a dozen to a handful, and our regulars helped decide when to bring the group to a natural end as Spring returned.

"Thoroughly enjoyed yesterday evening's get-together. I think I was still smiling when I went to bed and woke up this morning. Sincere thanks to you both." – RD Café member



For the second year running, we also offered our drop-in "Christmas Day Chat" on 25th December via Facebook, with community members sharing good wishes, pictures of dog walks and messages in the sand! We supplemented this with

a promotion of our free resources for Christmas, resulting in hundreds of free books going out for the festive season.

"even though I'm proper sad with life at moment just saying hi made difference today thanks you" – Christmas Day Chat member

Self Defence Workshop

In April 2021 Recovery Devon partnered with The Karate Academy to offer an inclusive free self-defence class. This was in response to community concerns following the tragic news stories at the time. When we are surrounded by such hard hitting news it can have a huge impact on our mental health, which can be really debilitating.

We felt that it was important to offer the community something that could help ease those anxieties. Recovery Devon wanted people to have a chance to do something empowering and, hopefully, ease the feeling of vulnerability.

During a period of relaxed restrictions, Sami organised the class to take place in Newton Abbot, and feedback from attendees was overwhelmingly positive.

Mental Health Awareness Week 2021

This year the theme for MHAW was Nature. Recovery Devon took part in the Bloom Festival at Exeter Phoenix, collaborating with Colab and Essence of Exeter to co-facilitate an event called 'The Magical Connection'. Our CDW team, Em, Jody and Sami also posted nature inspired wellbeing groups, organisations and events across our social media pages. Our CDW, Sami Goulding, held a stall in Princesshay, Exeter, giving out our free resources, books and free daisy seeds to raise awareness. We used the tagline #seedimentalhealthrecovery



Weathering The Storms

Submissions of art, prose, and poetry continue to roll in for our third anthology of carers' stories, Weathering The Storms. We hosted 2 writers' workshops to support the delicate process of sharing these. Thanks are also due to Writewell

who approached us in March 2021 to offer our members 50 free 6 month memberships to their platform.

Online Activity

Obviously the internet has been vital in connecting to people this year. We have worked hard to maintain a meaningful presence on social media, and to provide resources on our website.

Our resource library has been tricky, with the options available always feeling a bit clunky or difficult for people to use. This year we hope to have found a really easy system, and have transferred our library into it. Since then, downloads have massively increased, so it looks like we've got it right!

In numbers

Website

Averages 980 visits per month.

5941 Resources downloaded from Jan-Apr 21

Podcasts

1053 total downloads.

Facebook

18,900 minutes of video viewed

2,437 Likes, 2,780 followers.

83,764 people reached (up from 36,467 last year)

367 New followers , 1,601 shares, 5665 reactions.

Twitter

1,145 followers

Instagram

456 Followers

Development Fund

Part of our response to new conditions was to change how the Development Fund worked. We already had plans to place the CDW team in charge of allocating funds. With them going into communities, they could connect directly with the needs arising - and help support people in making

applications to the fund. Applications could be year-round, instead of only once, making them more flexible.

This change made even more sense now we were mostly online, with the CDW team co-ordinating the majority of online events.

Awards to date include:

Photographer Vanessa Miles – Well Image CIC

aDoddle – Community Mapping - financial and partnership support

Parental Minds – software and early mentoring support

ROC (Recovering Our Communities) Dawlish – Family Mentoring project (deferred to later in 2021)

We will be supporting further projects as things open up again. You can keep up to date through our website year round.

RD/DRLC Bridging role

A team strategy day in July 2020 identified a need for more structured links with the Devon Recovery Learning Community, to whom we often signpost. We decided that 10 extra hours per week could be dedicated to this during 2021; Em Flint expressed an interest to the board, and was accepted. The “bridging role” went live in January 2021 and work that winter included:

- Beginners and Advanced Zoom training to all DRLC tutors
- Zoom training to DRLC students
- Engaging in and consulting on the tutor enrolment process
- Research into student attrition
- Introducing prospective students and tutors to the DRLC

The bridging hours are due for board review in October 2021.



Celebration Day 2020

November 2020 brought a new lockdown, preventing our usual in-person celebration day. Undeterred, we hosted our AGM online and made it open to the public. 32 supporters joined us for the presentation of our annual report, enjoy a highlights reel of our year, and hear how they could help to shape our future.

A Closing Acknowledgement

This has been a year of unprecedented difficulties and changes. We have witnessed people and organisations struggle, and have faced our share of battles.

Some board members are currently off due to ill-health, others have had to take time out at some point. While there are certainly other factors, we feel like the pandemic, and our determination to provide support through it, have taken a toll.

We wanted to just acknowledge this, and to offer a thought to individuals and groups who perhaps also feel exhausted after a long and troubling year. If you're weary and worn out, you are not failing and you are not alone. If you need support in making a recovery - we are here.

Recovery Devon have survived by acting as a family, supporting each other, and being flexible with who takes on which role as various of us have felt in need of rest. This is by way of thanks to all of those we have worked with, for their remarkable efforts in the face of adversity - and to offer hope that we can, and will, recover from all of this too.

**RECOVERY DEVON - CORE FUNDING
MANAGEMENT ACCOUNTS 2020-2021**

	NOTES / QUESTIONS	
	Actual	RE VARIANCE
	April - March 21	
INCOME	£	
Devon County Council	27,000.00	
Management Fee (Com Dev)	3,000.00	
Other Grants	950.00	DCF/BSL
Donations	350.00	
Other income	160.00	DPT Training
Exeter University refund	2,500.00	
Bank Interest	35.93	
Total Income	33,995.93	

EXPENDITURE		
Salaries JW	16,275	
Administration		
Attendance- Directors	1,110	
Telephone	95	
Travel & Subs	294	
Stationery & Postage	320	
Room Hire	114	
Marketing & Publicity	247	
Web/Social Media	1,049	
Governance	68	
Insurance	491	
Accounting	1,147	
Projects	2,419	
Total Expenditure	23,629.67	

B/F previous year 19,275.00

Net Profit / (Loss) 10,366.26

Bank Ac #1 @ 31/03/21 61,474.01

Bank Ac #2 @31/03/21 16,625.59

Designated Fund (Com Dev Worker) 15,000.00

Redundancy JW @ 31/3/21 2,607.00

**RECOVERY DEVON -COMMUNITY DEVELOPMENT
2020-2021**

	NOTES / QUESTIONS	
	Actual	RE VARIANCE
	April -March 21	
INCOME	£	
DPT	25,000.00	
Total Income	25,000.00	
EXPENDITURE		
Salaries EF/SG	17,236	
Travel & Subs	100	
Stationery & Postage		
Telephone	191	
Other expenses		
Development Fund	3,322	see breakdown
Management Fee @ 20%	3,000.00	
Total Expenditure	23,847.80	



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

J. Woodidge