RECOVERY DEVON

ANNUAL REPORT

2023-2024

Recovery Devon Team

Sami Goulding: Managing Director
Jody Coyle: Community Development Worker

Board Members

Russ Drayton
Marie Ash
Debbie Williams
Viv Goodings
Sarah McFloof
Stephen Ball

Recovery Devon CIC
Company No: 08107189
Registered Address: Bradninch Place, Gandy Street, Exeter, EX4 3LS

Foreword

The 2023-2024 period marked a significant milestone for Recovery Devon as we celebrated our 20th anniversary—a remarkable achievement for our small but powerful community-based organisation.

Our Celebration Day highlighted the inspiring individuals and organisations that continue to champion recovery values and principles in Devon. By showcasing the work of those who understand recovery on a deeply personal level, we offer powerful hope to those just beginning their own recovery journeys.

As an organisation, we are deeply honoured to support these pioneers who are discovering new, radical ways to ensure that support beyond traditional services is accessible, providing hope, opportunity, and choice.

This year also brought important leadership changes. Sami and Jody stepped into the roles of Co-Managing Directors from Sept 2023-Feb 2024, guiding Recovery Devon forward as we reconnect with partners and communities.

We are also delighted to welcome three new board members: Sarah McFloof, Viv Goodings, and Stephen Ball. Their addition strengthens our organisation, and we look forward to their encouragement, inspiration, and support in the months and years ahead.

We extend our deepest gratitude to our Directors, Marie Ash, Debbie Williams, and Russ Drayton. Your unwavering support has been invaluable, and Recovery Devon would not be where it is today without your wisdom and dedication.

A special thank you to Julia Whitchurch, our former administrative support. Julia moved on to new ventures early last year, and her skills and wonderful personality are greatly missed. We hope our paths will cross again in the future.

The 2023/2024 period has been one of significant change and uncertainty, but it has also demonstrated the incredible strength and resilience of our communities. In these past months, we have found it important to pause and collectively embrace the uncertainty, all while acknowledging the active, passionate, and resilient nature of the recovery community. As we move further into 2024, we carry with us the understanding that while we may not have all the answers, by working together and asking the right questions, we can navigate challenges and find a way forward together.

Specifically for Recovery Devon in 2024/2025:

- We have Sami stepping into her new permanent position as Managing Director
- We will soon be welcoming a new Community Development Worker for Mid Devon, to join the team alongside Jody Coyle (North Devon CDW)
- A new podcast in collaboration with WellRaver
- Continuing to partner with City West Country to provide Recovery Training to staff and managers, raising awareness of mental wellbeing and recovery in the work place.
- A new partnership with St Sidwells and Rekindle Recovery to facilitate and support the continuation on the Exeter Recovery peer to peer drop ins.
- Continued engagement with events such as Mental Health Awareness Week, Drop ins, Community Development Fund, Recovery Training, creating resources in partnership with thos with lived experiance and many more

Sami

2023/24 in review

• We continue to be a point of contact for people with lived experience who are unsure where they "fit" within mental health services. People are signposted to a number of services including, aDoddle, Devon Connect, Kwell and community services, via phone, email and our website.

• Recovery training: Our Recovery Training has expanded this year with the addition of our Eating Disorder Recovery Training. We have also partnered with City West Country to offer Recovery Training to the Aspiring Managers Teams. This training facilitates conversations around recovery in the workplace, supporting someone's recovery as their line manager and looking after your own wellbeing. We have facilitated 1 training so far with 3 more booked in for 2024.

• We have attended a variety of events within communities across Devon, some of highlights included Like Mind's Networking Events, Devon Mental Health Alliance Health and Wellbeing Launch, Barnstaple Library Wellbeing Wednesdays, WayMakers Networking Event, Ask for Jake, St Sidwells AGM and many more.

• Our 2023 Mental Health Awareness Week event at Exeter Library was a great success with 17 incredible community organisations attending, a Positivity Pebbles workshop and 2 live podcast recordings. On a day were the library had over 2000 visitors we also recorded over 600 meaningful conversations and connections were made with the incredible organizations that joined us.

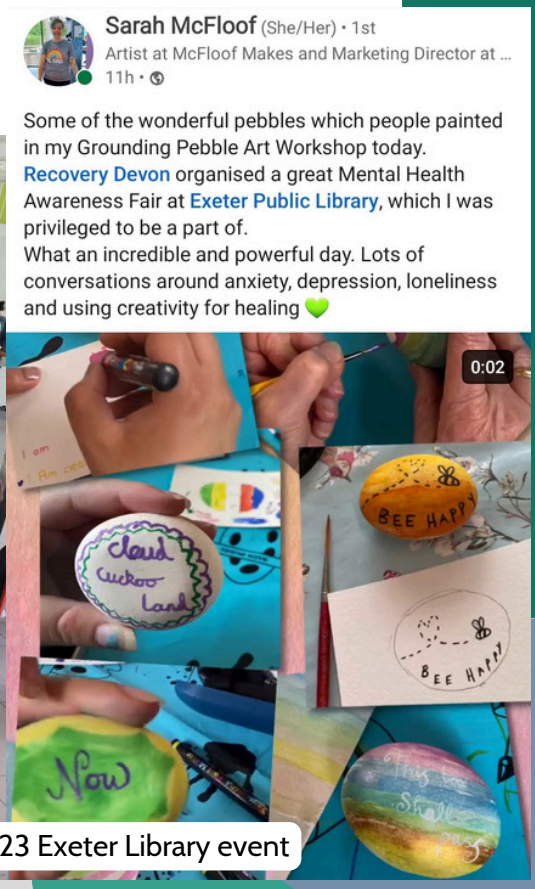

Photo taken at the 2023 Exeter Library event

• In 2023 we also celebrated our 20th year Anniversary. To mark the occasion we held our Annual Recovery day at Newton Community Association in Belmont Park. We heard from our wonderful past community development fund winners, Iola Weir, Washing Machine of Destiny, Healthscape, Mark Duckworth, MoMENtum and Wellraver. We also had stands facilitated by Magic Carpet and Petes Dragon and the opportunity to try out cold water immersion with Healthscapes Lumi Pods. The catering was also incredible and provided by St Sidwells Bakehouse with left overs donated to homeless charities in Exeter.

Photo at the Recovery Day in Belmont Park

2023 Fund Winners

Project Name	Area	Impact
Survivors Alliance CIC	North Devon	Joint funded, Recovery Devon and the Devon Mental Health Alliance funded a project to help provide a therapeutic support group for 13 women who have survived sexual violence, for six weeks.
WayMakers	North Devon	Recovery Devon and the Devon Mental Health Alliance jointly funded a weekly peer support and social group for teenage autistic girls, and those assigned a female gender at birth. These groups included activities such as a session at Hakeford Woods (firelighting, whittling, campfire cooking, and creativity in nature); a visit to Skern Lodge (archery and an obstacle course); a team 'escape room' experience at 'Escape Down the Rabbit Hole,' and paddle boarding.
Creative Communities CIC	Devon	Recovery Devon funded some mental health craft sessions that covered a variety of different crafting opportunities, such as journaling, slow stitching, mixed media artwork, and more.

Healthscape CIC	Torbay	Recovery Devon funded the purchase of six Lumi cold water immersion pods so that more people could access and try cold water immersion therapy. This was also complemented with breathwork sessions.
Colab Men's Group	Exeter	Recovery Devon funded the running of a Men's Group to help improve self-esteem. This took place in the atrium and included bringing in other organizations to provide a barber service, debt advice, literacy support, and a GP surgery.
MoMENtum CIC	Devon	MoMENtum is a mutual support group for male survivors of childhood sexual abuse. Recovery Devon have funded for resources to be distributed to men that may not be ready to access in person support.

The Washing Machine of Destiny	Devon-wide	Recovery Devon funded Philip and Luca to purchase some ear defenders to ensure that their show was more accessible to those on the autistic spectrum.
Parental Minds CIC	Honiton	Recovery Devon funded the Parental Minds team to produce a resource video to help support the families of children and young people who were struggling with their mental health.
Esteem Team CIC	Exmouth	Esteem Team was a Community Interest Company that worked with children and young people who had additional needs and/or struggled with their mental health. Recovery Devon funded Esteem Team to provide summer holiday sessions, groups, and events that enabled, empowered, and equipped children and young people who did not have funding or any support during the holidays.

Tuesday 10 October is...
WORLD MENTAL HEALTH DAY
2023
mentalhealth.org.uk
Mental Health Foundation

20th Anniversary
RECOVERYDEVON.CO.UK
Recovery Day Agenda
10.30am - Doors Open
10.45am - Welcome from Recovery Devon
11am - Iola Weir - Exploring Recovery through Creativity
Mark Duckworth - Colab Mens Group
11.20am- Break
11.30am - In conversation with The Washing Machine of Destiny
11.50am - Break
12 - Healthscape - Recovery Talk
12.20pm - Free Lunch and Lumi Pod Workshop
13.20pm - Stephen Ball - WellRaver
13.35pm - Closing Words

RECOVERY DAY
Celebrating 20 Years of Recovery within Devon
Free Cold Water Lumi Pod Experience
Booking Essential
WED 11TH OCT 2023
12.30-1.30PM
NEWTOWN COMMUNITY CENTRE, BELMONT PARK, EXETER EX1 2HQ
20th Anniversary
Email sami@recoverydevon.co.uk or get tickets via Eventbrite

Recovery Day - A free Recovery talk with The Washing Machine of Destiny!
Philip, Luca and the show's director Pippa Marriott will talk about the show and how both the performance and the creative process of developing it have been important in recovering confidence, connection and finding a voice, not only for the performers but for audiences too.
19th October 2023, 10.30am-2pm, Newton Community Centre, Exeter
20th Anniversary

20th Anniversary
RECOVERYDEVON.CO.UK
Celebrating 20 Years
Please share your memories of Recovery Devon with us!

You are enough.
You are precious. You are loved. You matter. Never give up.
Our Recovery Devon team are sharing a positive message everywhere they go, just in time for Recovery Month and Suicide Awareness Month'
20th Anniversary

Letter of Hope
It's safe to talk about suicide
Letter for Tomorrow
It's safe to talk about suicide

Social Media Outreach

Platform	December 2020	July 2023	March 2024
Mailchimp subscribers	156		349
Buzzsprout downloads	419	2088	2,242
Facebook likes/followers	2339	2.7k/3.1k	2.7/3.1k
Twitter followers	1065	1260	1258
Instagram followers	260	707	755

*NB - Compilation of these statistics started Dec 2020

- In March 2024 our reach across all our social media platforms had increased.
- We now have 3 Series on our Podcast with 26 episodes and nealry 2.5k downloads.

Image taken from our Instagram page

Finance

RECOVERY DEVON COMMUNITY INTEREST COMPANY
DETAILED INCOME AND EXPENDITURE ACCOUNT
For the year ended 31st March 2024

	2023-2024			2022-2023
	Unrestricted	Restricted	Total	
	£	£	£	£
Income				
Core Grants	27,000	-	27,000	27,000
Other grants	950	-	950	-
Community Development Grant	-	25,000	25,000	25,250
Donations	248	-	-	-
Bank Interest	210	-	210	105
Total Income	28,408	25,000	53,408	52,355
Restricted Expenditure				
Development Fund payments	-	5,232	5,232	3,691
Community Development Project				
Salaries	-	25,840	25,840	19,692
Office Support & Telephone	-	203	203	572
Travel & Subsistence	-	1,224	1,224	754
Training	-	-	-	246
Projects	-	364	364	536
Suicide Prevention	-	4,449	-	-
Happy to Share	-	1,050	1,050	500
	-	38,363	38,363	25,991
Core Expenditure				
Salaries	19,822	-	19,822	23,123
Accountancy	1,755	-	1,755	1,376
Adminstration	5,011	-	5,011	-
Attendance	911	-	911	1,233
HR consultancy	1,051	-	1,051	-
Governance	-	-	-	433
Insurance	535	-	535	509
Postage & Stationery	1,231	-	1,231	518
Marketing	830	-	830	1,008
Recovery Day	725	-	725	0
Room Hire	239	-	239	559
Telephone	76	-	76	168
Travel & Subsistence	784	-	784	1,405
Training	-	-	-	119
Projects	-	-	-	3,000
Software/social Media	809	-	809	-
Website	-	-	-	537
	33,778	-	33,778	33,989
Total Expenditure	33,778	38,363	72,141	60,569
Transfers	3,411	(3,411)		
NET PROFIT/LOSS	(1,960)	(16,774)	(18,734)	(9,675)

RECOVERY DEVON COMMUNITY INTEREST COMPANY

BALANCE SHEET

As at 31st March 2024

	2023-2024 £	2023-2024 £	2022-2023 £	2022-2023 £
FIXED ASSETS				
Tangible assets	0	0	0	0
CURRENT ASSETS				
Cash at bank and in hand	39,607		58,340	
Debtors	-		-	
				58,340
CURRENT LIABILITIES				
Creditors: amounts falling due within one year	600		600	
Other creditors and accruals	0		0	
				600
TOTAL ASSETS LESS CURRENT LIABILITIES		39,007		57,740
CAPITAL AND RESERVES				
Funds B/forward				
Unrestricted Funds	24,446			34,183
Restricted Funds	33,294			31,180
Unrestricted Funds	(1,960)			(3,883)
Restricted Funds	(16,774)			(3,740)
TOTAL FUNDS		39,007		57,740

Directors' Statement

The company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31st March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2024 in accordance with section 476 of the Companies Act 2006.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

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 and

(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 on 23.08.2024

Date

Signed on behalf of the board of directors.

M.Ash

Chair

Marie Ash

Name

RECOVERY DEVON COMMUNITY INTEREST COMPANY
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31st March 2024

Income & Expenditure by Fund	Core Funding	Community Development	Suicide Prevention Trust	Happy to share	Total
Income					
Grants	27,950	25,000			52,950
Fundraising	6	242			248
Bank Interest	210	-			210
Total Income	**28,166**	**25,242**	-	-	**53,408**
Expenditure					
Salaries	24,834	25,840			50,674
Other Activities	725	5,596	4449	1,050	11,820
Governance	-	-			-
Operational costs	8,220	1,428			9,648
Total Expenditure	**33,779**	**32,864**	**4,449**	**1,050**	**72,141**
Transfers	3,411	(3,000)	(411)	-	-
Surplus/Deficit for the year	**(2,201)**	**(10,622)**	**(4,860)**	**(1,050)**	**(18,733)**
Balance b/f 01.04.2023	24,446	25,370	4,860	3,064	57,740
Balance c/forward 31.3.2024	**22,245**	**14,748**	-	**2,014**	**39,007**