



# Visible Vocal Valuable

Annual Report 2017/18



# Faces & Voice of Recovery UK

## ANNUAL REPORT 2017/18

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To find out more about the UK Recovery Walk, to register for it, to see what's on during Recovery Month, or simply find out more about how to get involved, please visit:

[www.facesandvoicesofrecoveryuk.org](http://www.facesandvoicesofrecoveryuk.org)

# A Message from our Chair of Trustees

**W**e were recently asked by a large treatment provider “Why should we sponsor the UK Recovery Walk?”

It’s a good question. Our environment is driven by continuous programme reform, challenging economics and inconsistent commissioning and procurement methodology. Treatment providers are required to deliver sustainable, effective services that improve outcomes for people with increasingly complex needs and it has never been more important for them to demonstrate value for money. Yet treatment alone is not enough to tackle something as complex and pervading as addiction. We also need to ensure that our community has a voice, that we challenge policy and stigma and that people who love recovery can come together and celebrate the joy, purpose and transformation that is at the heart of our recovery journey. That is the purpose of Faces and Voices of Recovery UK and why it is vital that we continue to exist.

For these reasons, I appeal to new and existing sponsors to reach out to us this year, as we have lost some of the traditional funding we have relied on and meeting the costs of sustaining our charity is becoming increasingly challenging.

What reinforces my belief in our work is the thousands of individuals who join us on the walk

each year. At the Blackpool walk I talked to people in recovery, chief executives of treatment services, commissioners and providers who had travelled hundreds of miles to celebrate the biggest and most important event on the recovery calendar.

It reminds us of our shared conviction, values, aspirations and hopes for the people who continue to suffer the ill effects of addiction and those who have turned their lives around in recovery.

In this report you will hear about our work and its important impact. This includes the landmark UK Recovery Declaration of Rights, a consensus statement made between mutual aid, treatment, family, service user and recovery groups; the product of extensive collaboration, consultation and sheer hard work.

None of the achievements you will read about would be possible without the commitment of all our supporters, volunteers and the devotion of our Chief Executive Annemarie Ward. On behalf of my fellow Trustees, I would like to thank each and every one of you for your continued support.

Jon Royle  
Chief Executive  
Bridge

# CEO Report

On behalf of the board, I am proud to present the Trustees' Annual Report, which sets out, for our supporters, members and the general public, what we have achieved and to give sight and opportunity for our members to influence our work going forward over the next year.

2017/18 has been a phenomenal year for our little charity. Our membership has continued to grow and we have been delighted with the level of input from members contributing to our work and development. It is your ideas encouragement and continuous support that keep us going & focused on the work that we need to continue to do.

Our influence and authority are growing. We have seen a marked rise in our coverage in local press & radio that we haven't seen before in previous years. We were asked to contribute nationally to several consultations and also been requested to speak on both regional and national radio & television. This obviously gave a boost to our profile as a national charity and to as a result also to the ranks of our membership.

Recent years have seen unprecedented increases in the number of drug related deaths across the UK, with rates now higher than deaths from road traffic accidents. We know that the single biggest factor is the poor physical and mental health of an aging cohort of people who have been using heroin for several

decades, while other insidious contributory factors include poverty, poly-substance use and chronic use of alcohol and tobacco, the entrenched socio-economic deprivation resulting from decades of "austerity" and changes to drug treatment and commissioning. This has led to many commentators in the field claiming that "recovery" is a failed policy and should no longer be the guiding principle for the commissioning and delivery of services. FAVORUK rejects this argument for a number of reasons.

Firstly, the term "recovery" was hijacked by politicians a decade ago and redefined to support the welfare reform agenda. Recovery is an individual journey and has to be defined by the individual themselves.

Secondly, while national strategies and policies are now focused on recovery as the guiding principle, very little has actually changed on the ground in professional services apart from decreased funding and increased workloads. The majority of support for individuals in long term recovery continues to come from mutual aid and community recovery organisations, though some professional services now recognise the benefits of positive social networks in recovery and facilitate their clients joining them.

We do sometimes receive reports of appalling practices by services trying to improve their "successful completion" rates and these practices are contrary to

clinical guidance and the evidence base and result from ignorance of what “recovery” is.

FAVORUK’s position is very clear: recovery is a lived reality for thousands of people and services must be aspirational for the people who use them. At the same time, recovery will be a long and winding road for many people due to chronic ill health, entrenched trauma and the lack of any social capital. The primary response of services must be to keep these people alive and support them to improve their health and wellbeing.

A continuum of evidence-based interventions exists, from needle exchange and heroin assisted treatment to 12-step facilitation, and all of them will benefit different individuals at different times. Let us not throw

out the baby with the bathwater – recovery must be the guiding principle of treatment services but the road to recovery often begins with safer injecting advice and clean needles and may or may not lead to long term abstinence recovery.

It is time for the recovery community to reclaim the word “recovery” from politicians and policy makers and ensure that the road to recovery is an inclusive and broad highway.

Recovery will continue to happen round kitchen tables, coffee shops, church basements, gyms, educational establishments and many other places that our healing and restoration takes us - as it always has and as it always will.

#### FAVOR UK Trustees



John Royle



Annemarie Ward



Dot Turton



Mark Gilman

We are always looking for more guidance and support, if you think you have something to offer the board please get in touch.

# The UK Recovery Declaration of Rights

The Declaration of rights has proven to be an exemplary piece of work. The UK Recovery DOR was inspired by a real need to have a tool that focused on the rights of individuals and families seeking, entering and living beyond treatment. As we all know there is a lack of professional advocacy for those of us with or who previously have had substance use problems.

We spent a year travelling through England, Northern Ireland, Scotland and Wales, holding consultations with many varied groups. Those in treatment, Harm Reduction and Mutual Aid communities, professionals and families, people who currently and formerly used substances; together we created the Declaration of Rights.

In response to funding restrictions and increasing drug related deaths we feel a need to step forward and to make our voices heard. Our collective hope is that this Declaration of Rights will galvanise all concerned and contribute to improving the lives and health of those with Substance Use Disorder.

During the consultation period we asked the people who took part what was important to them, what they felt was missing and what they felt they needed. We went to all 4 counties including Northern Ireland.

We know that overall people tend to approach services when they are at their lowest point when most of us are not in a position to advocate for ourselves. As I'm sure you know addiction strips away so much of one's own worth and by the time we reach treatment most of us can be crippled with guilt & shame, so much so that

the thought of asking for anything from a service or holding a service accountable would often never occur to us.

We wanted to create a document that would assert our rights and to offer as a tool that people could use if they felt that their care/treatment was being limited in any way (it can be). We also wanted to create a tool that services could use to remind themselves of why they do what they do and that they could also use when arguing for treatment funding.

It's based on the testimonies of individuals and also draws upon several things the Geneva convention of Human Rights, the ORANGE & NICE guidelines. This work was also made possible by my participation in the first addiction advocacy qualification piloted course developed by Reach Advocacy and supported and accredited by the Scottish Qualification Authority. Their course which we also hope at the time of writing will be funded and made available not just in Scotland but also across the UK.

We also wanted to create a tool that everyone could rally round and use to help the different people in the field in a variety of ways. The take up of endorsement's and support for this piece of work is unrepresented, at the time of writing 101 organisations across the UK have signed up. There is also interest from Scottish MPs to raise a motion to debate it in parliament. It is also at the time of writing in the process of being distributed to MPs across the UK to endorse and uphold in their constituencies. To say that this is an incredible achievement and a much-needed piece of work is an understatement.

**FACES AND VOICES OF RECOVERY UK** spent a year travelling through England, Northern Ireland, Scotland and Wales, holding consultations with many varied groups. Those in treatment, Harm Reduction and Mutual Aid communities, professionals and families, people who currently and formerly used substances; together we created this Declaration of Rights.

In response to funding restrictions and increasing drug related deaths we feel a need to step forward and to make our voices heard. Our collective hope is that this Declaration of Rights will galvanise all concerned, and contribute to improving the lives and health of those with Substance Use Disorder.

To add your organisation or name to the Declaration of Rights please email: [annemarie@facesandvoicesofrecoveryuk.org](mailto:annemarie@facesandvoicesofrecoveryuk.org)

## FREE FROM STIGMA

We have the right to be **free from the social stigma** imposed upon us, which we experience within the healthcare system and wider community, fuelled by media stereotypes and a lack of understanding of the root causes of addiction.

Stigma attached to substance use disorder makes it harder to seek help and to recover. We call for a **public awareness campaign** on stigma reduction for those of us with substance use disorder, as has been successfully seen with mental health.

## ACCESS TO CARE

We have the right to fully resourced, **easily accessible effective and specialist care**; entry into which is non-punitive and non-discriminatory.

Assertive outreach, out-of-hours support and provision of family-friendly and culturally appropriate services, will increase engagement and outcomes.

## INFORMED CHOICE

We have the right to be given clear, objective and up to date information on all evidence-based pathways; their advantages and disadvantages and suitability for us as autonomous competent individuals at different stages of our recovery and with differing lifestyles and needs. The **principle of informed choice and consent** empowers us to participate fully in our own health and care.

## QUALITY OF CARE

We have the right to investment in the **highest standards of effective, and specialist care**, delivered by a fully trained and competent workforce. We have the right to individualised, patient-centred care. We call for collaborative and integrated physical, mental and social healthcare pathways which are associated with better cost effectiveness and improved outcomes. Best practice treatment, consistency of care, a non-punitive approach and to be treated with respect are vital to our recovery.

## PRISON

We have the right to **health and recovery within the criminal justice system**; to have the same access to quality specialist care and informed choice of pathways as in the community. Continuity of care prior to and on leaving the criminal justice system is an essential part of our recovery.

## POLITICAL REPRESENTATION

We have a right to **meaningful political representation**. People with Substance Use Disorder and their families are a constituency of consequence, deserving of support, commitment to positive change and accountability from our elected representatives. We invite policy-makers to work together with us to actively promote the removal of all barriers to treatment, educational, housing and employment opportunities.

## FAMILIES

We have the right for our families to be recognised as stakeholders in our recovery journey, and to be involved in our path where appropriate.

**Families, including children, also need independent professional support in their own right.**

## AFTERCARE

We have the right to access a comprehensive range of aftercare options so that we may nurture our recovery, lessen the chance of relapse and maintain a healthy and fulfilling life. The ongoing building of connections and recovery capital are important to our survival and wellbeing, and enable us to transition from **dependence to independence**.

## SERVICE USER INVOLVEMENT

We have the right as individuals with lived experience to inform the development, delivery and review of policies and services that affect us. Barriers to effective service user involvement must be addressed. Putting the **service user perspective** at the heart of the decision-making process has been shown to enhance the quality of healthcare, improve patient satisfaction, working relationships and outcomes.

## HUMAN RIGHT TO HEALTH

We have the right to health. 'The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. When people are marginalised or face stigma or discrimination, their physical and mental health suffers. **Discrimination in healthcare is unacceptable** and is a major barrier to development.'

World Health Organisation

Endorsed by: • Abbeycare • Adlam • Alcohol Concern • Alcohol Research UK • APPG • Blenheim • Bridge • Camurus • CGL • CSARS Group • Disc • Discovering Health • DrugFAM • DrugWise • Federation of Drug & Alcohol Practitioners • Get into Recovery • The Hepatitis Trust • Indivior • Lancashire User Forum • The National Association for Children of Alcoholics • National Needle Exchange Forum • Reach Advocacy • Recovery Cymru • Recovery Connections • Red Rose Recovery • Scottish Families Affected by Alcohol & Drugs • Scottish Recovery Consortium • SMMGP.  
Visit our website [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org) and see who else has endorsed the UK Recovery Declaration of Rights.

# SMMGP Partnership

2017 saw us join in an official partnership with SMMGP (Substance Misuse Management Good Practice) – An organisation made up of Doctors, keyworkers, psychiatrists, psychologists, nurses, pharmacist, peer mentors & expert patients. Our work so far has involved a variety of discussions around how better to inform those offering and seeking help. We have plans for the future to create some patient information leaflets potentially covering a variety of addictive substances & behaviours. As with everything these things take time and we want to offer the best quality and most up to date information available – in particular with regards to treatment in the area of treatment choices available, including pharmacology and other evidence-based pathways to health.

We were asked to present and speak at 15 conferences both in the UK & Europe over the year most of which we honoured. It was however difficult to attend some of them because of the costs involved and the effort that has to go into finding funding to present our work can feel at times excruciating when our instinct is to move on a create and develop new tools for others to use freely. This area of capacity building and supporting development is definitely our weak point as we spend so much of our valuable time just simply surviving. The financial and political environment has had at times both negative and positive impact on our desire for change motivation and ability to influence and make

changes. At an organisational level, our financial constraints continue to frustrate and force us to not just work innovatively and at times without pay but also delay our development and progress.

We still find this difficult to accept when we continue to fail to attract core funding despite being one of the very few authentic autonomous genuine examples of co- production and peer led organisations in the UK.

We have delivered over 170 live presentations about the charity and its aims to a range of key stakeholders including, Public Health England, Scottish Government, regional and national strategic bodies and organisations, service users, recovery groups, networks & individuals totalling a conservative estimate of upwards of 10000 people who have had direct access and engagement during these to the trustee/ trustees. We are happy to say that addiction recovery has never been more visible within the UK culture.



# We are you the affected

Our film: We are you the affected: focusing on the stigma busting idea of what a person with a substance use disorder looks like continues to go from strength. The film translated into Portuguese & now Spanish has been viewed over million times across the world over several different social media platforms. To say again that this is a remarkable achievement for such a small charity is an understatement.

It is my pleasure again this year to thank our Chairperson, Jon Royle, for his commitment, drive and enduring support and to our Board members who work so hard behind the scenes and give up so much of their personal time and effort in supporting the charity's work on a voluntary basis. This year saw several long-standing board members step down due to other commitments and has left vacancies on the board that we hope will be filled with equally as dedicated candidates. If you are interested in serving on our board please get in touch.

Faces & Voices of Recovery UK has always placed a very strong emphasis on governance and transparency. It has always had its annual accounts independently audited and made them publicly available. We understand that when a donation is made, we are being entrusted to use funds responsibly. Faces

& Voices of Recovery UK takes this responsibility seriously. The board and staff are committed to being open, transparent and accountable.

This year was no exception in that our loyal individual and corporate supporters and donors, step us alongside our volunteers to continue to support & develop our little charity. Their work at our various events and activities throughout the year, all go a very long way to helping the general public see that recovery is indeed a reality in our lives. Our heartfelt thanks go to each and every one of them and to all those who took part in the many imaginative fundraising events. We certainly couldn't do our work without each and every penny and person who willingly and freely gives us their time energy and support. I would also like to share my deep appreciation of the hard work and loyalty that our volunteers have shown throughout the busy year. It never ceases to amaze me how such a small team can achieve so much. We cannot say thank you enough for the effort that's go on here and to acknowledge that we would not survive without it.

This annual report contains a full review of the projects and events run by the charity during 2017, as well as a breakdown of how donations were spent, overheads, salaries, and a list of board members.

## About Us

### FACES & VOICES OF RECOVERY UK

We are a national charity, made up of individuals in recovery, their friends and families and Community Recovery Organisations. We are a policy advocacy movement that is taking on issues of discrimination, social justice and service access. A public and professional education movement, intent on challenging stigma.

### OUR MISSION

Faces & Voices of Recovery UK is dedicated to organising and mobilising:

- the recovery community in recovery from addiction to alcohol and other drugs
- our families, friends and allies into recovery community organisations and networks.

To promote the right to recovery through advocacy and education, demonstrating the power and proof of long-term recovery.



### OUR GOALS

1. Mobilise and organise to raise the profile of the organised recovery community.
2. Help more people find recovery by demonstrating that millions of people from all walks of life have found recovery.
3. Promote widespread understanding that long-term recovery is a reality and a process that takes time and support.
4. Build the capacity of recovery community organisations to thrive and participate in local, regional and national policy arenas, support and encourage the development of peer recovery support services; and mobilise the local recovery community.
5. Address public policy to reduce the discrimination that keeps people from seeking recovery or moving on to better lives; and support recovery-oriented policies and programs.

What we show via the walks and The Charity Faces & Voices of Recovery UK is;

1. There are viable and varied recovery solutions for alcohol and other drug problems.
2. We are examples of real people who illustrate the diversity of those recovery solutions.
3. We can challenge any public attempt to dehumanise, objectify and demonise those with alcohol and other drug problems.
4. Advocate for variety, availability, and quality of local/ regional treatment and recovery support services.
5. Advocate for barriers to recovery, including the promotion of laws and social policies that reduce alcohol and other drug problems and support recovery for those suffering from alcohol and other drug problems.

# Find Recovery

# Love Recovery

# Be Recovery

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5. Advocate for barriers to recovery, including the promotion of laws and social policies that reduce alcohol and other drug problems and support recovery for those suffering from alcohol and other drug problems.



# Shape Our Future

We are a membership charity!  
What does that mean?



Well, it means we need you as members as it's our membership that makes us who we are! We want our members both individuals and organisations to help:

1. Keep the charity's trustee board up-to-date with the needs of beneficiaries, providing feedback and diversity of opinion;
2. Keep the trustee board fresh and accountable, and help ensure probity and transparency;
3. Improve the charity's ability to influence the social or political environment in which the charity operates; and act as a pool of volunteers and potential trustees.

If you are using your story to talk with different groups of people about addiction, recovery, stigma and discrimination there is a useful toolkit available at the link below:

<http://www.facesandvoicesofrecoveryuk.org/wp-content/uploads/2015/04/Using-Your-Story-Booklet-Updated-2015.pdf>

Here are two examples of powerful statements that are now being used by people in recovery in different countries:

## For a person in recovery

I'm [Your name] and I am in long-term recovery, which means that I have not used [Insert alcohol or drugs or the name of the drugs that you used] for more than [Insert the number of years that you are in recovery] years. I am committed to recovery because it has given me and my family new purpose and hope for the future, while helping me gain stability in my life. I am now speaking out because long-term recovery has helped me change my life for the better, and I want to make it possible for others to do the same.

## For a family member or a friend of a person in recovery

I'm [Your name]. My [Insert son, daughter, mum, dad, friend] is in long-term recovery, which means that [Insert he/she] has not used [Insert alcohol or drugs or the name of the drugs that he or she used] for more than [Insert the number of years] years. I am committed to recovery because it has given me and my family new purpose and hope for the future. I am now speaking out because long-term recovery helped us change our lives for the better and I want to make it possible for others to do the same.

# The UK Recovery Walk Shrewsbury 2018

The UK Recovery Walk which takes place on September 8th, raises awareness of substance use disorders and RECOVERY from addiction. The point of The UK Recovery Walk is to celebrate the achievements of individuals in recovery, and acknowledges the work of prevention, treatment, and recovery service providers. Each September, and throughout the year, Recovery Month encourages recovery communities worldwide to spread the message that prevention works, treatment is effective, and Recovery from addiction is a lived reality in millions of people's lives. We are a policy advocacy movement that is taking on issues of discrimination, social justice and service access. We are also a public and professional education movement, intent on challenging stigma. We do this by delivering messages of hope to the cultures of addiction within our systems and treatment.

## Our Purpose

To promote the saving of lives and advancement of health by encouraging, empowering and educating people in recovery from addiction as well as those

affected by addiction. To provide relief to those in recovery whose sustained recovery may be affected by reason of age, ill-health, disability, financial hardship or other disadvantage and strive to alleviate these.

And in furtherance thereof: To raise funds to support the above. To promote, plan and deliver a national UK Recovery Walk/Event in each year. To give a voice & face to recovering people and provide support and information on where to get support to help people enter recovery and progress their lives, free from addiction. Promote other recovery activities to take place each year. To engage in activities year round that promote the annual UK walk throughout the UK and further afield where appropriate. To work with appropriate local, regional and national organisations, services, political and governmental bodies to highlight and promote recovery

The Walks are an opportunity for us to announce our presence and, mobilise and organise our community. Join Us

Join Us 12 noon Quarry Town Park 8th September



# Resources

Free for you to use

Resources that have been developed and download for free include the ([Advocacy with Anonymity Leaflet](#)) and our in depth ([Advocacy with Anonymity Guide](#)). If you are or work with members of the 12 step fellowships, these are vital resources to take our movement forward whilst keeping us out of external controversies and guiding us on where advocacy fits with the traditions of that particular pathway.

These documents are also welcome accompanying documents to the [mutual aid guidance documents produced by PHE](#) and soon to be released by mutual aid guidance by the Scottish Government in 2018 which we are pleased to have influenced their decision to include this vital strategic and operation guidance fulfilling one of influencing policy intentions.

Regardless of your recovery pathway, though, if you are using your story to talk with different groups of people about addiction, recovery, stigma and discrimination, please see our ([Using Your Story Booklet](#)) which will also offer invaluable advice on staying safe. Speaking with or want to speak with the media, see our ([Top Tips For Media Booklet](#)) as it will be extremely useful in helping you discern the difference between sharing our story & recovery messaging. We are also delighted to offer guidance on how to set up and use that influence in our ([Recovery Community Organisations toolkit](#)) inside you will find a wealth of suggestions that can offer assistance & support on developing and building the recovery community in your area.

We were also able to offer two training courses this year helping train over 200 people and give away manuals and booklets to accompany them, again freely the first being ([Our Stories have power](#)) training with accompanying booklet ([Questions and Answers](#)

[Booklet](#)) and ([The UK Recovery Coach Manual](#)) - complete with suggested training exercises and service specifications.

We have been widely acclaimed for producing the definitive guide and toolkit to help you set up events for ([UK Recovery Month](#)) Please download it this guide to get you started and help build you confidence on putting on an event.

Our ([toolkit for advocates in England](#)) has also been widely appreciated, as they have downloaded many hundreds of times over and we are grateful to have had the opportunity to work with some very dedicated and inspiring people to produce them.

Fundraising - Our general fundraising is still going slowly; small events and donations are coming in and we are delighted that more and more people are becoming aware of how to do this via the website. [My BT donate](#) is our main general donation fundraising structure. Please take the time to review our [My BT donate page](#) where you also can raise or encourage others to create events and get fundraising.

[Recovery Month](#) during September each year is also an opportunity for us all to honour the work of the many people and agencies who work hard every day in the area of both prevention and treatment. One of the we can do this is by wearing our Courage and Bravery badge with Pride.

[The Purple Heart of Recovery](#) represents the bravery and courage displayed every day by people, professionals and families in their service to others.

It's also a great way for us to raise awareness and a little money. Please click on the link here to get your

courage and bravery badge.

<https://mydonate.bt.com/events/braverycourage/109609>

Last but not least the annual UK Recovery Walk comes back to the West Midlands. This year it will be held in Shrewsbury on Saturday 8th September and will be followed by an afternoon of celebrations, music and family activities at Quarry park. The UK Recovery Walk has become the premier national event for celebrating recovery and this year we expect over 5000 people to join us in Shrewsbury in 2018. Participants report feeling inspired and motivated through connecting with others during this annual demonstration of visible recovery in action. No other recovery event in Europe comes even close in generating such passion and commitment from so many members of the UK recovery community and we hope that your organisation will be well represented on the day.

Finally, it is our wish to see thousands of people turn out for recovery across the nation as part of September's recovery month, in walks, projects and celebrations all over the UK. We hope to that you will join us this year in Shrewsbury on the 8th of September at the largest gathering of recovering people in Europe everywhere we will celebrate with people in recovery, their families, friends and allies, who are now healthy and well, taking

part again in all aspects of life and helping each other to celebrate their growing visibility and sustain their recovery.

As we have each year until now and again in years to come I'm sure we will be joined by a vast array of elected officials, celebrities, public officials, and allies. We hope you will join us in Shrewsbury for the 10th UK recovery walk or be participants in your local events, raising the national profile of the growing recovery movement.

## Useful links

See 2017 walk brochure here

<http://www.facesandvoicesofrecoveryuk.org/wp-content/uploads/2017/08/Blackpool-2017-final-Brochure-ONLINE.pdf>

You can also catch up with all our news including our partnership with the SMMGP and download our recovery month toolkit by clicking here.

<http://www.facesandvoicesofrecoveryuk.org/news/>

We produced a compendium of stories from previous walks that you can see here

<http://www.facesandvoicesofrecoveryuk.org/wp-content/uploads/2017/07/Compendium.pdf>



# Many Paths

There are many pathways to Recovery & all are a cause for celebration.

**R**egardless of your recovery pathway, though, if you are using your story to talk with different groups of people about addiction, recovery, stigma and discrimination, please see our (Using Your Story Booklet) which will also offer invaluable advice on staying safe. Speaking with or want to speak with the media, see our (Top Tips For Media Booklet ) as it will be extremely useful in helping you discern the difference between sharing our story & recovery messaging. We are also delighted to offer guidance on how to set up and use that influence in our (Recovery Community Organisations toolkit) inside you will find a wealth of suggestions that can offer assistance & support on developing and building the recovery community in your area.

We were also able to develop two training courses, manuals and booklets to accompany them, again offered freely the first being (Our Stories have power) training with accompanying booklet (Questions and Answers Booklet) and (The UK Recovery Coach Manual) - complete with suggested training exercises and service specifications.

We have been widely acclaimed for producing the definitive guide and toolkit to help you set up events for (UK Recovery Month)

Our (toolkit for advocates in England) has also been widely appreciated, as they have downloaded many hundreds of times over and we are grateful to have had the opportunity to work with some very dedicated and inspiring people to produce them.

We continue to encourage membership of the (Association of Recovery Communities

Organisations (ACRO) whereby organisations groups and associations can claim authentic and genuine recovery status dependent on the suggested criteria. We now have several full members, & several organisations & groups interested in working towards membership. General feedback tells us that most feel supported and strengthened by the guidelines presented in it. We are confident also that ACRO is being viewed as a step towards maturation of the potential recovery movement overall and we would very much welcome your applications for membership.





# Give it Back

## Fundraising

The (Give it back' campaign) has gone from strength to strength each year with more people tapping into our media resources and seeking guidance on potential local campaigns. Give it Back takes place every September's Recovery Month is a national and regional media campaign whereby we support members with their own local media campaigns to showcase examples of individuals and groups of people in long term recovery, voluntarily giving something back to their local communities. Actions speak louder than words and this "advocacy in action" gives a powerful message that recovery gifts us a new sense of self, purpose and the opportunity of a lifelong process of development and growth. It will also promote the powerful message that people in long term recovery from addiction to alcohol and other drugs are one of the greatest assets local communities have and when organised into local recovery community organisations can be a powerful force improving the lives of people around them.

Fundraising - Our general fundraising is going slowly, small events and donations are coming in and we are delighted that more and more people are becoming aware of how to do this via the website. We have achieved confirmation and service from My BT donate as our main general donation fundraising structure. Please take the time to review our My BT donate page where you also can raise or encourage others to create events and get fundraising

Recovery Month during September each year is also an opportunity for us all to honour the work of the many people and agencies who work hard every day in the area of both prevention and treatment. One of the we can do this is by wearing our Courage and Bravery badge with Pride.

The Purple Heart of Recovery represents the bravery and courage displayed every day by people, professionals and families in their service to others.

It's also a great way for us to raise awareness and a little money. Please click on the link here to get your courage and bravery badge.

This year Recovery Month gives recovery service providers and individuals in recovery the opportunity to celebrate and congratulate the hard work that goes into making recovery possible. Month will be uploaded and found on your Recovery Event Calendar so if you are planning something let us know know and we will spread the word.



# Using the Media

## Recovery Month

The charity is regularly asked to be involved in events across the UK. Whilst it is not always possible or appropriate for us to attend, we do when and where possible. We also offer to share these responsibilities/ engagements with the members of the years Host Committee. These speaking engagements are an excellent way to raise the profile of our own organisation but also to help spread the message of development from other social enterprises and fledgling recovery community organisations. It is also an opportunity to spend time with the individuals, groups, networks, speaking to people who are working and receiving services in the area. These events are a great opportunity for teams/groups/individuals on the front line to get to know us, as well as share any successes, concerns and general information. They're also a chance for us to ask questions and find out what's happening around the country.

We think you will agree that our review and achievements of the last 5 years has been outstanding in terms of our profile raising, campaigning and advocacy work. Of course, none of our achievements would have been possible without our loyal and generous supporters, individuals who have dedicated their time and of course the financial contributions of our sponsors.

On behalf of the trustees and our members we would like to thank our staff and our excellent volunteers for their continuing hard work and dedication. In addition, we are exceptionally fortunate that we have so many long standing supporters, individuals and organisations who support, attend and promote the UK Recovery walk each and year who's continued

good will and positive encouragement is invaluable.

We believe and actively promote that our knowledge of addiction as a brain disease significantly increased through neuroscience over the past 25 years, it is now necessary for everyone to change our language and approaches in line with this new information.

We increasingly recognize and challenge that certain terms used in the addiction field may actually undermine our nation's clinical and public health efforts to more effectively address this current crisis. More information on this can be found in our Advocacy language training.



# Involving local decision makers

We increasingly recognize and challenge that certain terms used in the addiction field may actually undermine our nation's clinical and public health efforts to more effectively address this current crisis. More information on this can be found in our Advocacy language training.

In particular we would like to draw particular attention to word choice. This terminology implies that suffering from a substance-related condition is a moral failure, or is a character flaw of the individual. It is an attempt to replace antiquated and stigmatised terminology with evidence-based medical terminology that reflects the biological, psychological, and social attributes of the condition.

Finally, it is our wish to see thousands of people turn out for recovery across the nation as part of Septembers recovery month, in walks, projects and celebrations all over the UK. We hope to that you will join us this year in Shrewsbury on the 8th of September at the largest gathering of recovering people in Europe everywhere we will celebrate with people in recovery, their families, friends and allies, who are now healthy and well, taking part again in all aspects of life and helping each other to celebrate their growing visibility and sustain their recovery.

As we have each year until now and again in years to come I'm sure we will be joined by a vast array of elected officials, celebrities, public officials, and allies. We hope you will join us in Shrewsbury on the 8th of September UK recovery walk or be participants in your local events, raising the national profile of the growing recovery movement.



# Trustee's Annual Report

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 30 April 2018.

## REFERENCE AND ADMINISTRATIVE DETAILS

Company No.

Charity No. SC043961

Registered Office

3 Kelvinside Grove  
Glasgow  
G20 6PL

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

Dot Turton

John Elford

Jon Royle

Louise Smith

Simon Jenkins

Accountants

GN Accounting Services Ltd  
272 Bath Street  
Glasgow  
G2 4JR

## OBJECTIVES AND ACTIVITIES

The principal purpose of the charity in the year under review was to promote the advancement of education, the advancement of health, the saving of lives, the relief of those in need by reason of age, ill health, disability and financial hardship or other disadvantage

## STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity was registered on 24 April 2013 as UK Recovery Walk Charity. The name of the charity was changed to Faces & Voices of Recovery UK on 1 May 2015. The charity became active on 24 April 2013.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

Louise Smith  
Trustee  
19 June 2018

# Independent Examiner's Report

I report on the accounts of Faces & Voices of Recovery UK for the year ended 30 April 2018 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

## Respective responsibilities of trustees and examiner

The trustees (who are also directors of the charitable company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under s.145 of the 2011 Act;
- to follow procedures laid down in the general Directions given by the Charity Commission under s.145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

## Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with the Companies Act 2006, s.386 and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice: Accounting and Reporting by Charities,have not been met: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

John Kerr  
Institute of Chartered Accountants Scotland  
9 Haining Wynd  
19 June 2018

# Statement of Financial Activities

for the year ended 30 April 2018

	Note	Unrestricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Income and endowments from:				
Donations and legacies	3	3,717	3,717	1,308
Charitable activities	4	1,870	1,870	5,601
Investments	5	7	7	4
Other	6	61,493	61,493	76,659
<b>Total</b>		<b>67,087</b>	<b>67,087</b>	<b>83,572</b>
Expenditure on:				
Other	7	64,146	64,146	78,051
<b>Total</b>		<b>64,146</b>	<b>64,146</b>	<b>78,051</b>
Net gains on investments		-	-	-
<b>Net income</b>	<b>8</b>	<b>2,941</b>	<b>2,941</b>	<b>5,521</b>
Net income before other gains/(losses)		2,941	2,941	5,521
Other gains and losses:				
Net movement in funds		2,941	2,941	5,521
Reconciliation of funds:				
Total funds brought forward		9,100	9,100	3,579
<b>Total funds carried forward</b>		<b>12,041</b>	<b>12,041</b>	<b>9,100</b>

# Summary Income and Expenditure Account

for the year ended 30 April 2018

	2018 £	2017 £
Income	67,080	83,568
Interest and investment income	7	4
Gross income for the year	<u>67,087</u>	<u>83,572</u>
Expenditure	64,071	77,976
Depreciation and charges for impairment of fixed assets	75	75
Total expenditure for the year	<u>64,146</u>	<u>78,051</u>
Net income before tax for the year	2,941	5,521
Net income for the year	<u>2,941</u>	<u>5,521</u>

# Balance Sheet

at 30 April 2018

Company No.	Notes	2018 £	2017 £
Fixed assets			
Tangible assets	11	- <u>-</u>	75 <u>75</u>
Current assets			
Cash at bank and in hand		12,041 <u>12,041</u>	9,025 <u>9,025</u>
Net current assets		12,041	9,025
Total assets less current liabilities		12,041	9,100
Net assets excluding pension asset or liability		12,041	9,100
Total net assets		<u>12,041</u>	<u>9,100</u>
The funds of the charity			
Restricted funds	12		
Unrestricted funds	12		
General funds		12,041 <u>12,041</u>	9,100 <u>9,100</u>
Reserves	12		
Total funds		<u>12,041</u>	<u>9,100</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 April 2018 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 19 June 2018

And signed on its behalf by:

Louise Smith  
Trustee  
19 June 2018



# Notes to the Accounts

for the year ended 30 April 2018

## 1 Accounting policies

### Basis of preparation

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) - Charities SORP (FRS 102) (effective 1 January 2015) - the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

### Fund accounting

- Unrestricted funds** These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
- Designated funds** These are unrestricted funds earmarked by the trustees for particular purposes.
- Revaluation funds** These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
- Restricted funds** These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

### Income

- Recognition of income** Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
- Income with related expenditure** Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
- Donations and legacies** Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
- Tax reclaims on donations and gifts** Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
- Donated services and facilities** These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
- Volunteer help** The value of any volunteer help received is not included in the accounts.
- Investment income** This is included in the accounts when receivable.
- Gains/(losses) on revaluation of fixed assets** This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
- Gains/(losses) on investment assets** This includes any gain or loss on the sale of investments.

# Notes to the Accounts

Expenditure	
Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

## Taxation

The charity is exempt from corporation tax on its charitable activities.

## Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Fixture and Equipment            25%% Straight Line

## Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

## 2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

## 3 Income from donations and legacies

	Unrestricted	Total 2018	Total 2017
	£	£	£
Donations	3,717	3,717	1,308
	<u>3,717</u>	<u>3,717</u>	<u>1,308</u>

# Notes to the Accounts

## 4 Income from charitable activities

	Unrestricted	Total 2018	Total 2017
	£	£	£
Training	1,870	1,870	5,601
	<u>1,870</u>	<u>1,870</u>	<u>5,601</u>

## 5 Income from investments

	Unrestricted	Total 2018	Total 2017
	£	£	£
Bank Interest	7	7	4
	<u>7</u>	<u>7</u>	<u>4</u>

## 6 Other income

	Unrestricted	Total 2018	Total 2017
	£	£	£
Grants	61,493	61,493	39,700
Sponsorship	-	-	36,959
	<u>61,493</u>	<u>61,493</u>	<u>76,659</u>

## 7 Other expenditure

	Unrestricted	Total 2018	Total 2017
	£	£	£
Employee costs	26,258	26,258	20,526
Motor and travel costs	6,141	6,141	10,216
Premises costs	5,266	5,266	1,825
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	75	75	75
General administrative costs	23,337	23,337	33,099
Legal and professional costs	3,069	3,069	12,310
	<u>64,146</u>	<u>64,146</u>	<u>78,051</u>

## 8 Net income before transfers

	2018	2017
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	75	75

# Notes to the Accounts

## 9 Trustee remuneration and expenses

One or more of the trustees has been paid expenses in the current or prior periods.

	2018 Number	2017 Number
Number of trustees paid expenses	-	1
	£	£
Total expenses reimbursed to trustees	-	340

## 10 Staff costs

Salaries and wages	24,857	16,523
	<u>24,857</u>	<u>16,523</u>

No employee received emoluments in excess of £60,000.

The average monthly number of full time equivalent employees during the year was as follows:

	2018 Number	2017 Number
	1	1
	<u>1</u>	<u>1</u>

## 11 Tangible fixed assets

	TFA 2 £	TFA 3 £	Fixture and Equipment £	Total £
Cost or revaluation				
At 1 May 2017	-	-	300	300
At 30 April 2018	<u>-</u>	<u>-</u>	<u>300</u>	<u>300</u>
Depreciation and impairment				
At 1 May 2017	-	-	225	225
Depreciation charge for the year	-	-	75	75
At 30 April 2018	<u>-</u>	<u>-</u>	<u>300</u>	<u>300</u>
Net book values				
At 30 April 2018	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
At 30 April 2017	<u>-</u>	<u>-</u>	<u>75</u>	<u>75</u>

# Notes to the Accounts

## 12 Movement in funds

	At 1 May 2017	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 30 April 2018 £
Restricted funds:					
Unrestricted funds:					
General funds	9,100	67,087	(64,146)	-	12,041
Revaluation Reserves:					
Total funds	<u>9,100</u>	<u>67,087</u>	<u>(64,146)</u>	<u>-</u>	<u>12,041</u>

## 13 Analysis of net assets between funds

	Unrestricted funds £	Total £
Net current assets	12,041	12,041
	<u>12,041</u>	<u>12,041</u>

## 14 Related party disclosures

### *Controlling party*

The company is limited by guarantee and has no share capital; thus no single party controls the company.

# Detailed Statement of Financial Activities

for the year ended 30 April 2018

	Unrestricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Income and endowments from:			
Donations and legacies			
Donations	3,717	3,717	1,308
	<u>3,717</u>	<u>3,717</u>	<u>1,308</u>
Charitable activities			
Training	1,870	1,870	5,601
	<u>1,870</u>	<u>1,870</u>	<u>5,601</u>
Investments			
Bank Interest	7	7	4
	<u>7</u>	<u>7</u>	<u>4</u>
Other			
Grants	61,493	61,493	39,700
Sponsorship	-	-	36,959
	<u>61,493</u>	<u>61,493</u>	<u>76,659</u>
Total income and endowments	67,087	67,087	83,572
Expenditure on:			
Employee costs			
Salaries/wages	24,857	24,857	16,523
Staff entertainment	444	444	3,287
Temporary staff	957	957	716
	<u>26,258</u>	<u>26,258</u>	<u>20,526</u>
Motor and travel costs			
Travel and subsistence	4,221	4,221	7,477
Fares	1,920	1,920	2,739
	<u>6,141</u>	<u>6,141</u>	<u>10,216</u>
Premises costs			
Rent	5,266	5,266	1,825
	<u>5,266</u>	<u>5,266</u>	<u>1,825</u>

# Detailed Statement of Financial Activities

General administrative costs, including depreciation and amortisation	75	75	75
Depreciation of Fixture and Equipment	-	-	-
Bank charges	11	11	79
Equipment leasing and hire charges	7,829	7,829	2,797
General insurances	618	618	573
Software, IT support and related costs	8,800	8,800	25,550
Stationery and printing	360	360	25
Subscriptions	4,870	4,870	3,341
Sundry expenses	849	849	734
	<u>23,412</u>	<u>23,412</u>	<u>33,174</u>
Legal and professional costs			
Accountancy and bookkeeping	420	420	720
Consultancy fees	2,649	2,649	11,590
	<u>3,069</u>	<u>3,069</u>	<u>12,310</u>
Total of expenditure of other costs	<u>64,146</u>	<u>64,146</u>	<u>78,051</u>
Total expenditure	64,146	64,146	78,051
Net gains on investments	-	-	-
	<u>2,941</u>	<u>2,941</u>	<u>5,521</u>
Net income			
Net income before other gains/(losses)	2,941	2,941	5,521
Other Gains	-	-	-
	<u>2,941</u>	<u>2,941</u>	<u>5,521</u>
Net movement in funds	<u>2,941</u>	<u>2,941</u>	<u>5,521</u>

