

2019-2020 ANNUAL REPORT

GRACE



**'BUILDING CONFIDENCE
IN YOUR FUTURE'**



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OVERVIEW

Group Recovery Aftercare Community Enterprise (GRACE) is a local Peer Led membership based enterprise and a Scottish Charitable Incorporated Organisation (SCIO). GRACE manages and operates a Recovery Aftercare projects in Kirkintilloch and Auchinairn, serving the whole of East Dunbartonshire.

Established in May 2012, the group has already harnessed the commitment of local residents, East Dunbartonshire Council, and the voluntary sector to provide a weekly programme of activities in various local venues and continue to work to develop projects in the area.

GRACE provides aftercare for people who have completed or who are established in a recovery programme from addiction to alcohol, drugs or gambling, Mental Health issues, homelessness problems, but also from any other life trauma. The group aims to benefit not only the individual but also other family members. The group provides learning, training, health and well-being activities, personal development, and physical pursuits for those in need of support, enabling them to become a positive, useful member of their family and community, and also encourages members to engage in training or volunteering, which may lead to employment through increased confidence and enhanced skills.

Since 2012, the project has grown exponentially. From the initial provision of a small range of services, GRACE now offers 30 different programmes each week and engages with more than 290 people. The project has recently expanded to facilitate the provision of services in two locations in East Dunbartonshire – Hillhead in Kirkintilloch and Auchinairn in Bishopbriggs, another deprived area of the local authority. It accepts referrals from other agencies in East Dunbartonshire, as well as from other parts of Scotland and access to services is extended to the immediate families of GRACE members.

GRACE AIMS AND OBJECTIVES

GRACE supports individuals that have experienced substance misuse issues, mental health issues, bereavement and loss and loneliness and isolation, through a peer-led aftercare social enterprise, offering advice, support, fellowship, volunteering opportunities, social activities and educational courses. GRACE aims to support individuals that have experienced life trauma into a brighter future.

The ethos of GRACE is to create a community of passionate people who not only provide support to the project but also create a supportive learning environment within the project. The charity's core values include supporting individuals to enhance their wellbeing and providing training and support for the community as a whole. GRACE consistently and continuously trains volunteers who in turn train more members to become volunteers. These volunteers are GRACE's main – and an essential - resource and the charity is confident of receiving the same level of support from them in future. Not only do they support the day to day operation of GRACE, they also recognise the many benefits that being a part of GRACE bring on a personal level.

By offering a pathway between recovery and social inclusion, the main objective of GRACE is to assist members in building confidence to overcome trauma and avoid relapse.



STRUCTURE

TRUSTEES

GRACE is governed by a Board of Trustees and the project is delivered on a day to day basis by the CEO.

The Board provides governance and accountability for GRACE. The CEO is required to present a management report to the Board at its six-weekly Board meeting. This report is scrutinised for its compliance with core outcomes, member engagement, alignment with budgetary projections and evaluation of activities. The Board invites key volunteers and advisers to attend Board meetings to share ideas and information with the Board, thereby ensuring that information being received is not from one sole source within the organisation. In addition to their supervisory role, Board members actively contribute to the running of the project, being involved as volunteers in various capacities. This culture of integration between Board supervision and ‘hands-on’ participation alongside members and volunteers has been integral to the establishment of a sense of togetherness across the organisation as a whole.

The CEO delivers some services, sources specialist tutors on a sessional basis to deliver other services and supports volunteers in the delivery of the remaining provision.

There are currently eight trustees on GRACE’s board. Grace is very proud to have a vibrant and extremely skilful board. As an organisation we don’t enforce any gender barriers, and we are delighted to see more women moving forward into these types of role.

Name	Profession	Role
Indira Pole	Doctor (Retired)	Chair
William Devine	Financial Broker Manager	Treasurer
Annette McConnell	Family Support Worker	Secretary
Ivor McClure	Mental Health Nurse (retired)	Vice Chair
Linsey Anderson	Psychology and Counselling Student	Minute Secretary
Claire Taylor	Mental Health Nurse (retired)	Board Member
David Aldridge	IT Consultant	Board Member
Valerie Letham	Customer Service Manager	Board Member

EMPLOYED STAFF

Robert Smith is currently the only paid member of staff, holding the post of CEO. Robert was the founder of GRACE and has a huge wealth of knowledge and experience in recovery and aftercare settings. Robert is trained in a variety of practical elements pivotal to GRACE core delivery, ranging from COSCA Counselling to Alcohol Brief Intervention furthermore, he has also completed intensive training on Psychology, HNC Social Care (grade A), Mental Health First Aid, Money Mentoring and SMART facilitating.

The wide variety of professional managerial skills honed during his business and volunteering experiences have given Robert the skills to analyse problems and identify solutions to achieve a favourable outcome for all concerned. One of the main areas where all these skills are transferable to the GRACE vision is the aspiration to assist individuals to live independent lives as they move forward.





GRACE employs external sessional staff to run specific activities and courses. This reflects the group peer model approach where members collectively identify activities, training courses, or opportunities they deem relevant for them as individuals, but also for their peers. The Board and staff do all within their capacity to facilitate these requests. This often means we are only able to address some of our members' aspirations, due to limitations in funding. Examples would include, but are not limited to, drama workshops, gardening training, first aid, sign language, Digital Café, YOGA, etc.

VOLUNTEERS

In the past year over 20% of registered members have participated actively in volunteering. Volunteers have contributed approximately 9608 hours to GRACE, without which the structure of the organisation would not be sustainable. These in-kind hours would have been a cost to GRACE of £84,070 based on the Scottish Living Wage rate of £8.75 per hour.

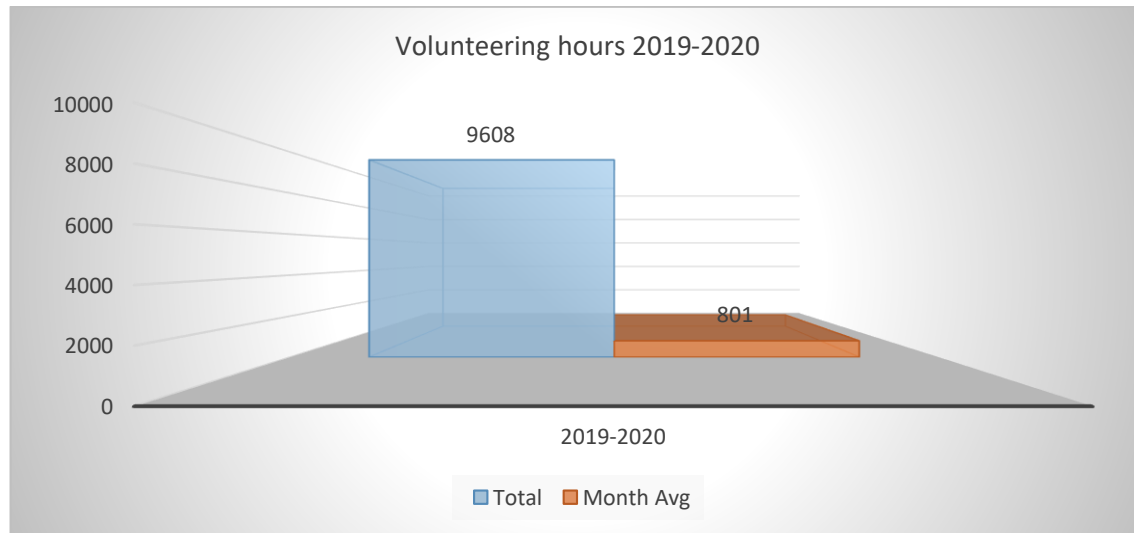


Figure 1: Volunteering hours 2019-2020

Since being established seven years ago, GRACE has encouraged members to volunteer where possible. During this time approximately 40% of total registered members have participated in volunteering activities. This represents over 100 Volunteers in 5 years.

GRACE has 59 registered volunteers, supporting the organisation in diverse roles such as the board of trustees, admin and social media, facilitators, peer support and fundraising. Of those, GRACE has 48 members registered for volunteering. 38 volunteers were active throughout 2019-2020. GRACE has 11 volunteers who are not members of GRACE and for 2020-2021 the expectation is to see volunteering grow at a fast pace with new projects and partnerships.

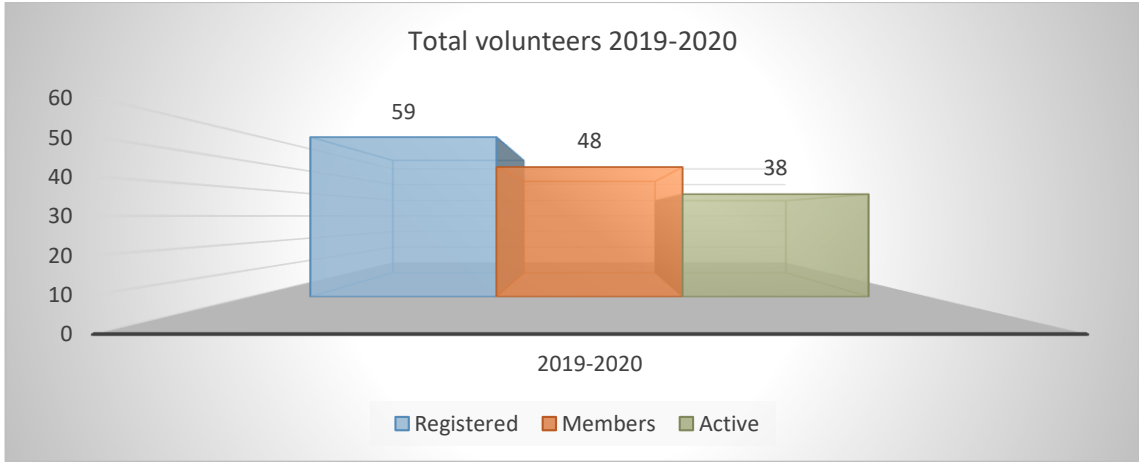


Figure 2: Total volunteers 2019-2020

MEMBERS

GRACE is a member led charity, and this is at the core of our existence. GRACE membership is open to any person who has recently overcome one of many life traumas and members come from many walks of life, people who have completed or who are established in a recovery programme from addiction to alcohol, drugs or gambling, Mental Health issues, Homeless problems, but also recovering from any other life trauma which led them to a spiral of social isolation, poor mental health and a total lack of confidence, quite frequently due to stigma from society.

GRACE is still growing our membership base, and although some come and do stay for long periods of time (we have members volunteering almost since our first year), others just need a helping hand to steer them in the right direction. We currently have 336 members. The future is looking challenging, and at the same time exciting as we reach people further and further afield.

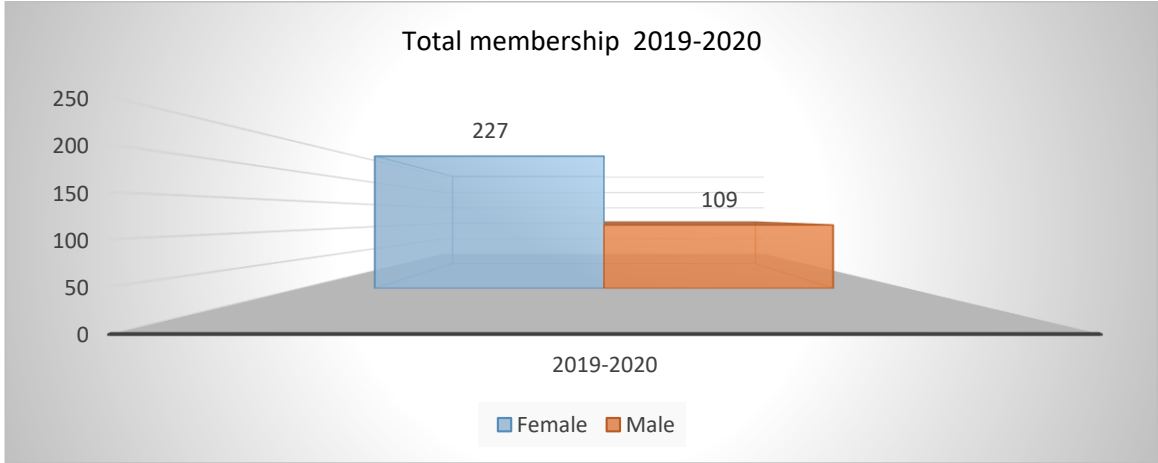


Figure 3: Total membership by gender 2019-2020



Of the 336 registered members at the end of 2019-2020, 227 (68%) were female and 109 (32%) were male. There is still a clear majority of women engaging in GRACE’s services, this is nothing we planned for, it’s just the nature of our society. Nonetheless, and because we are clear that there are still plenty of men out there who can benefit from GRACE’s Peer Model of delivery, we will pave the way to open our services to increasingly more men.

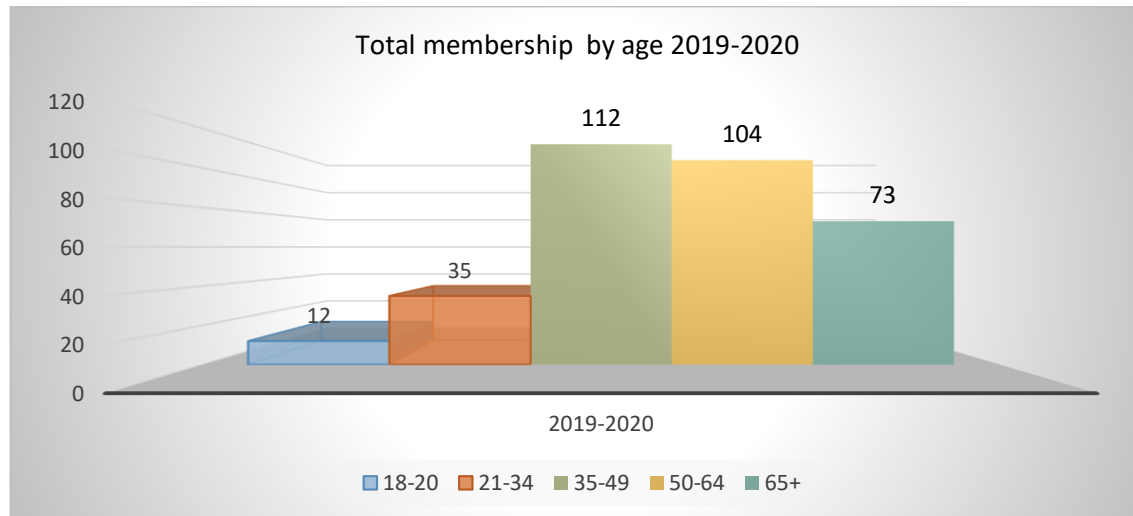


Figure 4: Total membership by age 2019-2020

GRACE's vision is to take its services to every community that can benefit from them, and with this outreach vision in mind, in 2018-2019 GRACE put plan and resources in place to start its outreach delivery. GRACE’s main area of operation is Hillhead, situated in Kirkintilloch. This was the birth place for GRACE, therefore there are still strong links with the local community. GRACE is now established in Auchinairn, Bishopbriggs. As GRACE continues its outreach strategy for 2020-2021, the membership will certainly increase in the other localities within East Dunbartonshire

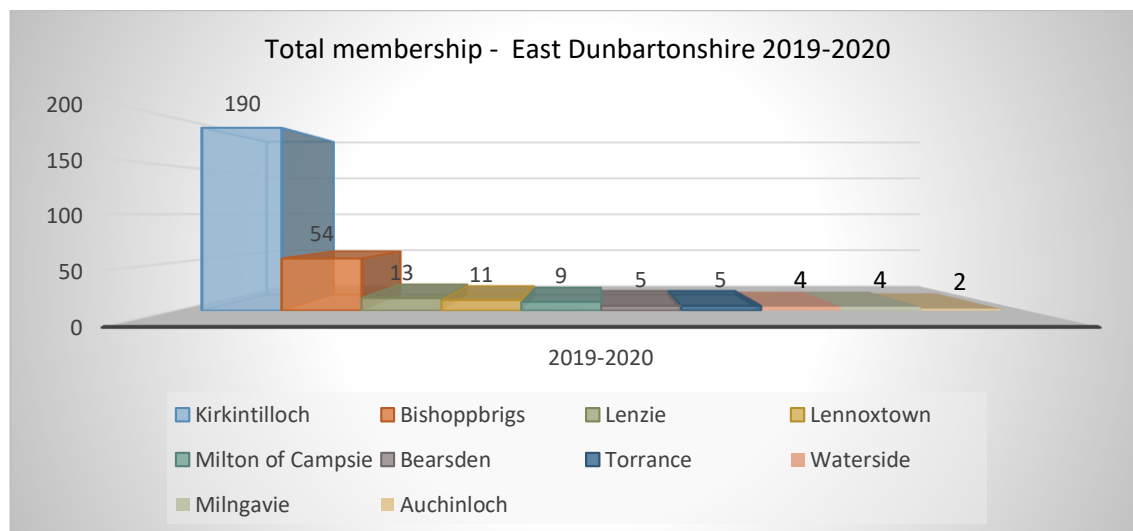


Figure 5: Total membership – East Dunbartonshire 2019-2020



OPERATING HOURS

GRACE operates organised activities for members 10am to 2pm Monday to Friday and from 11am to 12pm on Saturdays all year-round (excluding January 1st and 2nd, Good Friday, Easter Monday, Christmas Day, Boxing Day) at Hillhead Community Centre in Kirkintilloch.

Outreach is in Auchinairn Community Centre in Bishopbriggs from 10am to 3pm, Monday to Thursday.

GRACE also operates from its office within the East Dunbartonshire Voluntary Action (EDVA) building 9am to 5pm Monday to Friday.

GRACE members take part in local events representing the organisation in the wider community:

- Canal Festival (Annual)
 - 20 volunteers participated in this event in 2019
- Kirkintilloch Gala (Annual)
 - 26 volunteers participated in the 2019 Gala Day
- Kirkintilloch Gala parade
 - 18 members participated
- Waterside Gala
 - 14 volunteers participated
- Auchinairn Community Centre open day
 - 22 members participated
- ARTS Festival
 - 23 members participated

BENEFICIARIES

GRACE main beneficiaries are not limited to the membership of the group:

- Individual members
- Members family and friends
- The local community
- Volunteers

ACTIVITY BREAKDOWN

The group continues to develop a service that ensures access to a range of opportunities and services, through the close work with local and national partners. This is essential to connect with the progress made by members so they can begin to tackle poverty and social exclusion in the local community.

As a trained counsellor, Robert uses his knowledge and network contacts to facilitate projects, source external facilitators to deliver content or, where feasible, encourage members to facilitate their own sessions in line with the peer-led objectives of GRACE, the members decide on the types of activities that become part of the programme at GRACE.

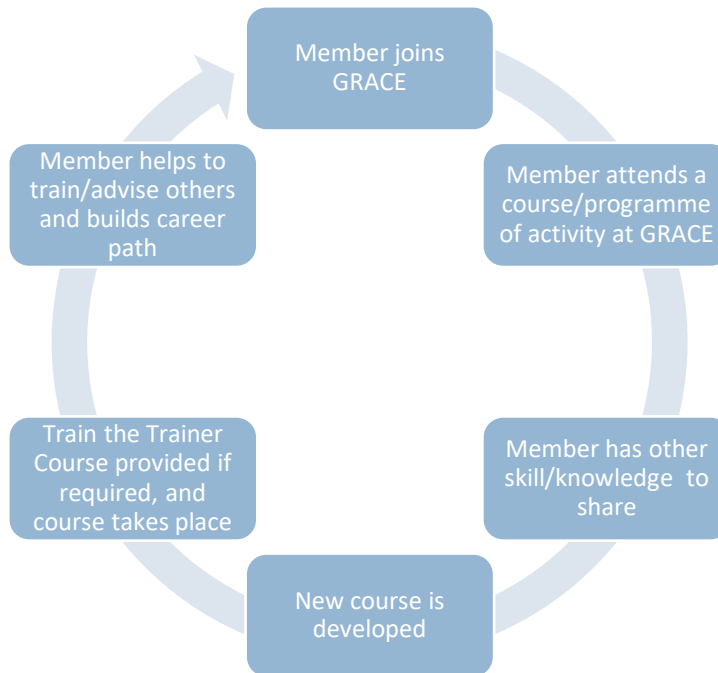


Figure 6: GRACE peer led model approach

A programme of projects has driven the delivery, including some of the following:

- British Sign Language (Level 1)
- Heart Start First Aid Training
- Self Awareness - Wellbeing units
- Self Directed Support Training
- Your Own Group Aftercare – YOGA for Mind and Body
- Money Mentoring
- Digital Arts Café
- Creative Productions – Arts and Crafts
- Drama
- Serenity Gardening - Gardening Skills
- Pins and Needles Intergenerational Workshops
- Gentle Yoga
- Volunteer Training



CORE AREAS OF DELIVERY

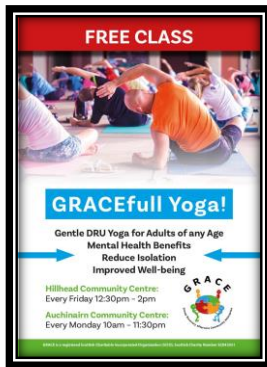
HEALTH AND WELLBEING

WELLBEING



The majority of activities undertaken by GRACE fall in the Health and Wellbeing category. Since its inception GRACE has strived to improve the outcomes for its members and much of this relates to the health and wellbeing of themselves and others.

YOGA



Yoga has proven physical and mental health benefits including improved sleep, increased energy levels, improvements in respiration, better general health, increased awareness and mindfulness.

Classes are held in Hillhead Community Centre every Friday and Auchinairn Community Centre every Monday, with 15-20 members attending each class.

BOXERCISE



Boxercise® is a branded, non-contact exercise programme, in which 5 million people participate per year across 128 countries. This safe, effective & fun activity used straight-forward boxing-based techniques and is predominantly a partner exercise, using gloves (in various sizes) and pads supplied by All In Fitness. Classes started in the New Year at Hillhead on Saturday mornings, followed two months later by Auchinairn classes on Friday evenings. There is an average attendance of 16 per week which continues to grow.



OTHER PROJECTS

SERENITY GARDEN



The therapeutic benefits of gardening are well known. Our gardening training programme is free, and a great way to learn more about the serenity garden, which is situated in Hillhead Community Centre, and become more actively involved in helping it grow.

PINS AND NEEDLES



The pursuit of purposeful, meaningful creative activities has been proven to have benefits for mental and physical health and well-being.

In a survey of 695 Scottish knitters, sewers, weavers and embroiderers by the Campaign for Creativity, more than half (53.1%) say that crafting helps alleviate stress. Nearly eight in ten (79.6%) feel relaxed and calm when knitting or sewing, and over a quarter (26.5%) say their hobby has helped them cope with anxiety. 52.9% feel uplifted and energised when they knit or sew, and a quarter (25.5%) say their craft hobby has helped them deal with depression. Craft's therapeutic benefits are social too. Two thirds (66.9%) of Scottish textile crafters have made new friends through their hobby and half (49.4%) say crafting has helped boost their confidence. Nearly six in ten (57.0%) have joined a craft-related club. According to mental health charity MIND, one in four people experience a mental health problem each year.

SIGN LANGUAGE



These internally facilitated sessions aim to provide members with an improved understanding of Sign Language. The learning is done in a friendly, safe and joyful environment.

The group are working on activities that will see them combine sign language with other skills they have been involved in within GRACE.

JEWELLERY MAKING

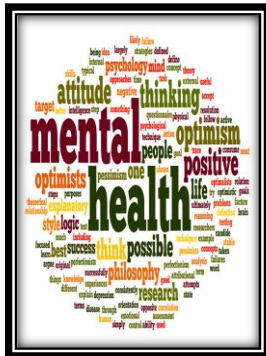


The art of Jewellery making and learning a new skill supports members to build confidence.

Projects vary from 4 – 6 weeks and members can learn to make items such as:

- Necklaces
- Earrings
- Decorations
- Dream Catchers

MENTAL HEALTH AWARENESS



GRACE secured six therapists to deliver two hour long awareness sessions on *Depression, Anxiety, Addictions, Phobias & Panic Attacks, Bereavement & Self Esteem and Coping Mechanisms* at both Hillhead and Auchinairn.

Each session was attended by between 16 and 20 members.

DAISY FOUNDATION PARTNERSHIP



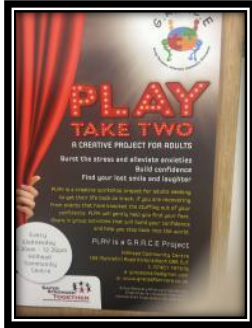
We believe all mums and babies should be supported in their own informed choices unconditionally. This is the vision of the Daisy Foundation, and one much aligned with our peer support model.

Based on these similar visions, GRACE and the Daisy Foundation have established a partnership to allow members and relatives within our communities to benefit from this outstanding therapy for both mum and baby.

Daisy Baby™ is a unique, all-inclusive combination of positive touch, movement, education, and support.

ARTS AND TECHNOLOGY

PLAY DRAMA WORKSHOPS



Delivered by Rikki Traynor (experienced arts and technology consultant) the current 10-week cycle of workshops has involved participants working with language to build confidence. As well as playing word games and discussing the use of language, a book of poetry, film making and performances have been achieved by the members. This is a popular workshop with 13 members attending on average per week.

CREATIVE PRODUCTIONS



Running each Monday, these drop-in sessions are one of the most popular sessions in GRACE core delivery and are facilitated by the GRACE artist in residence, Rachel. The workshops encourage members to express themselves through artistic mediums. Activities are chosen by members participating and have included:

- Adult art class
- Life drawing (facilitated)
- Collaborative group murals
- Animation filming from set and model making

Average weekly attendance is 14 members which add up to approximately 3000 hours of support provided through this project per year.

The participants also make crafts to be sold at community events.

DIGITAL ARTS CAFE



Running in 10 week blocks, this workshop makes GRACE a partner in the delivery of the Digital Scotland Agenda. The café runs at Hillhead each Friday and Auchinairn each Thursday, and helps members develop their computer skills at whatever level they access.

Areas covered have included:

- Internet security
- Power Point presentations
- Social media awareness
- DORA -Digital Orchestra for Recovery and Aftercare

12 members attend on average per week.

OTHER ACTIVITIES

COMMUNITY AWARENESS

In addition to the regular sessions, workshops and courses already listed, GRACE has also collaborated with other groups within the local community to raise awareness of issues affecting the community as a whole:

- CAB – Benefits
- CEARTAS – Advocacy
- SFAAD – Scottish families affected by alcohol and drugs
- ED Library – Local heritage
- Smoking Cessation Team – Help to stop smoking
- ED Literacy Team – Literacy support for members
- EDHSCP – Health
- Glasgow Council in Alcohol
- Scottish Drugs Forum
- Scottish Community Development Centre

CITIZEN JOURNALISM



In July of 2019 the Forth and Clyde Canal Society partnered with GRACE through their Canal Craft project and the National Lottery Heritage Fund to bring citizen journalism to members. Participants took video footage of life along the canal, edited this and added voiceovers to produce short films based around the canal. This was followed up by a lovely boat trip along the canal for participants and their families on the 1st of August, and an exhibition of work in the Kirkintilloch Town Hall on the 26th of October where well deserved certificates of achievement were presented to the filmmakers.



LOCAL FESTIVALS



GRACE members were out in force this year at both the Kirkintilloch Gala and the Canal festival which were held in the summer of 2019. The weather was good and GRACE participated in the Gala parade. All GRACE stalls were packed, especially the ever popular Pins and Needles handiwork stalls.

CHRISTMAS PARTIES



This year's Christmas parties were held on the 19th and 20th of December at the Hillhead and Auchinairn Community Centres. Members and their families were invited. Santa had presents for the children and there were buffets and discos with dancing and party games and a great time was had by all.

KILT WALK

 **kiltwalk**
GLASGOW · 28 APRIL 2019

 Royal Bank of Scotland

 Arnold Clark

 THE HUNTER FOUNDATION



Thanks to everyone who took part in this year's Kiltwalk, Team GRACE comprised seven walkers and raised a total of £4755.80.



PROJECTS SUMMARY

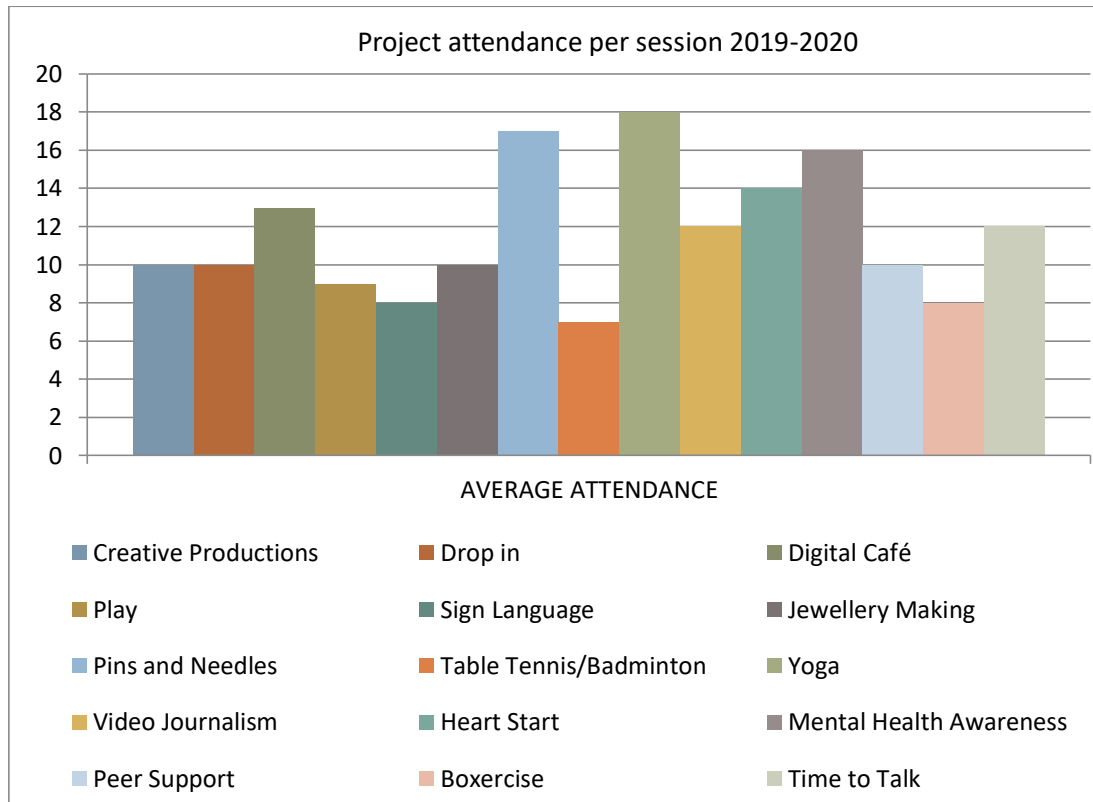


Figure 7: Project attendance 2019-2020

GRACE has grown to provide service delivery in two key areas. Currently there are 15 main activities and several events and short term activities. Some of the activities were replaced by similar ones, e.g. Self-Awareness and Safe Talk by Steps to Excellence, this activity combines previous two in a more structured and effective delivery. On average 120 vulnerable individuals access GRACE services every week in Hillhead and Auchinairn, equating to 6,000 active engagements over 50 weeks each year. GRACE has runs training courses such as Heart Start, Mental Health Awareness and has introduced more physical exercise with Boxercise and Table Tennis/Badminton sessions. GRACE's offers most of these activities in both areas. For 2020-2021 GRACE aims to increase the services it offers and the average attendance.



PARTNERSHIP WORKING AND COMMUNITY ENGAGEMENT

SHARING TIME

GRACE has been paving the way in the sharing of resources, knowledge and learning. We pioneered the 'Sharing Time' platform which began in March 2017, where various community organisations and statutory partners meet on a monthly basis held on the first Wednesday of each month at GRACE HQ in the EDVA offices. Each meeting is sponsored by one of the participating organisations to use it as a platform for giving presentations and sharing new and vital information on all aspects of recovery and wellbeing, debating on how best to support the community and users we are involved with, informing on best practices at local and national level, outlining a calendar of activities to avoid duplication and allow for groups to extend their indirect offering. GRACE, at the forefront of this, plays a central role for the dissemination of information due to our large membership. During 2019/2020, 45 individual organisations and various community activists have participated in the Sharing Time meetings which have an average monthly attendance of 29. There are currently 160 contacts on the Sharing Time mailing list.

<i>East Dunbartonshire Foodbank</i>	<i>EDVA Befriending</i>	<i>Glasgow Council on Alcohol</i>
<i>Street League</i>	<i>Community Safety</i>	<i>Flourish</i>
<i>East Dunbartonshire Voluntary Action</i>	<i>Department for Work and Pensions</i>	<i>Scottish Community Development Centre</i>
<i>Scottish Drugs Forum</i>	<i>The Social Work Department</i>	<i>Eden Project</i>
<i>GRACE</i>	<i>Health Improvement Services</i>	<i>Business Gateway</i>
<i>SAMH Foundry</i>	<i>Carers Link</i>	<i>Take Control</i>
<i>Addaction (WE ARE WITH YOU)</i>	<i>Skills for Learning, Life and Work</i>	<i>Enterprise Mentoring Wise Group</i>
<i>SAMH Sorted</i>	<i>Carr Gomm</i>	<i>Scottish Fire and Rescue Service</i>
<i>East Dunbartonshire Council</i>	<i>Twechar Community Action</i>	<i>Criminal Justice</i>
<i>Ceartas</i>	<i>SMART Recovery</i>	<i>Community Justice</i>
<i>Scottish Families Affected by Drugs and Alcohol</i>	<i>Glasgow and Clyde Rape Crisis Centre</i>	<i>East Dunbartonshire Alcohol and Drugs Recovery Service</i>
<i>Christians Against Poverty</i>	<i>Families Outside</i>	<i>Simon Community Scotland</i>
<i>Recovery Life Café</i>	<i>Community Police Scotland</i>	<i>Project 101</i>
<i>The Lennox Partnership</i>	<i>Citizens Advice Bureau</i>	<i>Skills Development Scotland</i>
<i>East Dunbartonshire Recovery Community</i>	<i>NHS Health Improvement Team</i>	<i>Health and Social Care Partnership</i>

GRACE works very closely with East Dunbartonshire Voluntary Action and has its head office within their premises in an effort to minimise the impact on local third sector interface budgets relating to accommodation of projects whilst maximising our connectivity to other organisations delivering in our field. GRACE has received several referrals from them in the capacity of volunteers and members alike.

As a member of EDVA, GRACE hires the meeting room for £30 per month, which gives an annual cost of £360. Each meeting requires 2 staff hours for administration and 2 staff hours for facilitation, giving an annual cost of 48 staff hours. The cost of refreshments for the meetings is £20 pounds per month, £240 annually.



FEEDBACK

MEMBERS

As part of GRACE's peer led objective participants are encouraged to provide feedback on any activities they take part in. Some examples of feedback given over the last year:

GRACE...

"has given me more confidence"

"has opened up my mind to options available"

"has definitely been a positive experience, meeting new people, dealing with challenging situations, opening my eyes to the bigger picture"

"doing courses, I wouldn't normally consider before"



Volunteering

"Volunteering has given me the confidence to think about getting back to work"

"my self-esteem has come on leaps and bounds"

"doing stuff now I never thought I could"

"it's brilliant to be able to give something back"



Creative Productions

"didn't think I could draw or paint"

"I can't remember the last time I did anything like this"

"I've found my creative side"

"we really enjoyed getting messy with paint and glue"



PROFESSIONAL

GRACE often receives feedback from partners and other professionals. Examples of these are shown below:

Rona Mackay MSP Strathkelvin and Bearsden



TO WHOM IT MAY CONCERN

I have been working to support G.R.A.C.E. since my election in 2016 and I cannot commend them highly enough. This organisation provides a vital service to residents throughout East Dunbartonshire and have a hugely positive effect on vulnerable people's lives.

It is a peer-led aftercare organisation that supports individuals who have experienced life trauma in a variety of ways and leads them into a brighter future by holistic and caring activities. For the last two years, digital work has proved to be a wonderful avenue to help enhance the skills and confidence of service users. The charity is forging ahead with innovative, ground-breaking work in this area and is achieving fantastic results.

An international delegation-touring unit recently visited their facility and were very impressed at their use of digital connectivity to improve mental health outcomes. Indeed, they are now using GRACE and their use of digital devices as a model of best practice in mental health care in their own countries

I can attest to the fantastic work that they do in my constituency, at every level, and the positive impact they have had on vulnerable people's lives.

They are looking to build on this success by widening their business options for service users, through holistic and technological means, and would appreciate as much financial and general support as possible.

Kind Regards,

MSP for Strathkelvin and Bearsden constituency

Constituency Office, 18A Townhead, Kirkintilloch, G66 1NL
Tel: 0141 776 1561 Email: rona.mackay.msp@parliament.scot Web: www.ronamackay.scot



Stuart McDonald MP

Working for the people of
Cumbernauld, Kilsyth
& Kirkintilloch East

12th April 2019

To Whom It May Concern

Dear Sir/Madam,

I am only too happy to take this opportunity to write a letter of recommendation regarding GRACE (Group Recovery Aftercare Enterprise). This is an organisation I have been in regular contact with since very shortly after my election in May 2015. Through that contact I have been impressed with the ideas and principles that underpin the work that GRACE does. Even more so, I have been thoroughly impressed with the practical work that GRACE undertakes to try and build confidence and turn lives around in the communities that I represent and across the East Dunbartonshire Council area. I know it is held in high esteem by those who have benefited from its services, and by the wider community.

As may have been explained to you, GRACE seeks to fill a crucial gap where too often those who had undergone a recovery programme or treatment for a significantly traumatic life event were left without the support required to make the transition back to normal day-to-day life in their community. So instead of a fresh start, too often the end of treatment course or the conclusion of a recovery programme meant a return to the same old routines and problems.

I have visited Grace on a number of occasions to witness various projects such as; IT and sound recording lessons, cooking classes, a sensory garden and arts and crafts workshops. I can see first-hand that it has a hugely influential and positive impact on the lives of those who it supports. Participants regain their confidence from learning new skills and building new friendships which provides them with the opportunity for a fresh start in life free from the traumas that had befallen them before.

GRACE encourages peer support amongst its participants which results in many of those who originally contacted GRACE for support subsequently going on to become trainers or course organisers. Being able to combine what they learn through training with their own first-hand experience of trauma puts these individuals in a fantastic place to help and support others that have followed their

Stuart McDonald
MP for Cumbernauld, Kilsyth & Kirkintilloch East
Reply to: Constituency Office
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Stuart.mcdonald.mp@parliament.uk
Tel: 01236 453969



FUTURE PLANS 2020/2021

Over the coming year GRACE intends to concentrate on the further development of current and new programmes, improve links with partners, grow membership and volunteer opportunities, expand funding sources and maximise promotion opportunities for the organisation.

Since the vast majority of beneficiaries of the service are low-income individuals and families it is not feasible to plan for major revenues to be sourced directly from client groups, so alternative sources of ongoing funding are required. Looking to the future a more diverse spread of funders is needed, from major donors through statutory bodies, to trust funders and other grant-making bodies.

Whilst it is clear there is a desire to move GRACE forward and become a strong partner at local level, there are perceived barriers that can undermine this aspiration. It is therefore essential that internal developments start to happen quickly, always dependent on support from our key stakeholders and partners.

It is pivotal to this strategy revision that there is a strong focus on the development of income generation capacity, secure funding procedures that are robust and adequate to the growth aspirations and increase the online presence of the group.

The subject of resource allocation is outside GRACE grasp at the moment. It is essential that discussions start at a local level to clarify on how the future of the sector and most importantly of the support available for the organisations within the Recovery and Aftercare Network will be delivered. Who is and will be responsible for local budgets, and what will be the fit for GRACE in those.

This is vital for GRACE at a moment that the Group is receiving increased referrals and appeals from East Dunbartonshire and beyond. This is a central point and unanimously agreed by the members as key for the success of the Group.



FINANCE



Enter charity name below

Enter SC No.
below

Group Recovery Aftercare Community Enterprise

SC043551

For the period from	Receipts and payments accounts						
	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	06	04	2019		05	04	2020

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Grant Funding	40,100	61,149			101,249	35,417
Donations	4,105				4,105	9,948
Charitable fundraising	4,756				4,756	7,276
Interest	-				0	-
Miscellaneous	-				0	419
					0	-
					0	-
					0	-
					0	-
A1 Sub total	48,961	61,149	-	-	110,110	53,060
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					0	-
Proceeds from sale of investments					0	-
A2 Sub total	-	-	-	-	0	-
Total receipts	48,961	61,149	-	-	110,110	53,060
A3 Payments						
BUILDING RENT	9,461	4,173			13,634	10,648
INSURANCE	341	-			341	341
LEGAL & PROFESSIONAL	1,331	447			1,778	2,213
MARKETING	377	345			722	930
MATERIALS & EQUIPMENT	58	22,161			22,219	1,442
MISCELLANEOUS	835	-			835	20
REFRESHMENTS	203	-			203	1,889
STATIONERY & OFFICE	-	-			0	537
TELEPHONE, FAX & POSTAGE	108	-			108	505
TRAVEL & SUBSISTANCE	255	-			255	848
STAFF SESSIONAL	5,100	27,119			32,219	21,148
STAFF SALARY	27,169	-			27,169	23,972
STAFF TAXES	9,995	-			9,995	12,530
STAFF PENSION	3,300	-			3,300	3,352
A3 Sub total	58,532	54,245	-	-	112,777	80,374
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					0	-
Purchase of investments					0	-
A4 Sub total	-	-	-	-	0	-
Total payments	58,532	54,245	-	-	112,777	80,374
Net receipts / (payments)	48,961	61,149	-	-	110,110	53,060
A5 Transfers to / (from) funds					0	-
Surplus / (deficit) for year	(9,572)	6,904	-	-	(2,668)	(27,314)

Figure 8: Statement of receipts and payments 2019-2020



Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	38,745				38,745	66,059
	Surplus / (deficit) shown on receipts and payments account	(2,668)				(2,668)	(27,314)
						-	-
						-	-
	Cash and bank balances at end of year	36,077	-	-	-	36,077	38,745
	(Agree balances with receipts and payments account(s))						36,077

Figure 8: Statement of balances 2019-2020



EPILOGUE

In conclusion, it has been a very exciting and progressive year. GRACE growth continues monthly with more and more individuals who are seeking the support GRACE offers. It is our vision to sustain the progress of our members whilst welcoming new ones.

GRACE supports around 120 members weekly at the two locations.

Volunteers are essential and have contributed approximately 9608 hours to GRACE without which the structure of the organisation would not be sustainable. These in-kind hours would have been a cost to GRACE of £84,070 based on the Scottish Living Wage rate of £8.75 per hour.

GRACE needs continuous volunteers, most volunteers started as members, we must continue to progress. The great year has only been possible through the support from the GRACE board, volunteers, and funders and partners. It is expected that this will indeed continue, but we strongly hope it grows in 2020-2021 and beyond.

With having such a year of recognition, it is anticipated that GRACE will continually grow and support more of the most vulnerable in our community. We understand with growth comes a pressure on our aftercare services, having only one employee may stunt our continued development.

We are extremely grateful for the funding support we received this year and recognize that funding is high on our agenda for next year, to sustain and build on what we have achieved.

As the work of GRACE continues to be vital for the communities it serves, and as the needs and numbers of people connecting with the charity's services increase, it is crucial that GRACE secures long term funding. This is important not only to ensure continuity of service but also to enable the charity to work towards gaining a more secure and diverse financial foundation to reduce future dependence on major grant funding.

Indira Pole (Chair)

At the time of completing this report, the world is in the midst of the COVID-19 pandemic. This puts GRACE and the communities we work with in uncharted waters due to support needs and the uncertainty of service provision.