

2016-2017

G.R.A.C.E



**'BUILDING CONFIDENCE
IN YOUR FUTURE'**

2016-2017



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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). The group manage and operate a Recovery Aftercare group in the town of Kirkintilloch, 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, Homeless 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, community, and also encourages members to engage in training or volunteering, which may lead to employment, through increased confidence, and enhanced skills.

GRACE AIMS & 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.

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 relapsing.

STRUCTURE

TRUSTEES

There are currently nine trustees in GRACE's board. Grace is very proud to have a vibrant and extremely skillful board. As an organisation we don't enforce any gender barriers, and we are delighted to see more women moving forward into those type of roles.

Dr Indira Pole is a retired NHS GP and our current Chairperson. From school age Dr Indira has taken part in voluntary work with Red Cross in India and in the community to help school children in the slums of Mumbai. Later went on to mentor school pupils in the subjects she felt more confident about. As an NHS GP Dr Indira has taken a special interest in dealing with patients suffering from addiction, long term mental health issues, prevention of teenage pregnancy, and several chronic health conditions with the holistic approach to support patients and empowering them to cope and live purpose full life. Since retiring in 2012 Dr Indira has been engaged in voluntary service of mentoring in community to improve the life chances of disadvantaged group such as for the secondary school pupils in Springburn and Easterhouse area through Strathclyde university, long term re-offenders from Barlinnie Prison through The Wise Group, Health walks in community through Paths for All and Neighborhood watch scheme.

Lynne Hales has been involved in G.R.A.C.E. since its foundation. She was originally the Secretary of G.R.A.C.E and now is the Vice Chair. Lynne background is mainly in administration, having worked for North Lanarkshire Council as a Secretary to a Head of Service, moving, after gaining qualifications in computing, to their IT Department. Lynne moved to Glasgow City Council to work in the Chief Executives Department as a Secretary to a Head of Service. Lynne was heavily involved in the FRG – Family



Readiness Group, on a voluntary role as their secretary, helping families deal with military life, deployments to war zones, death and maiming of soldiers and families moving from the States to Germany and Italy. Lynne has a COSCA Certificate in Counselling Skills.

Ivor McClure our Secretary has vast experience with working with vulnerable adults. Ivor was employed as a Mental Health nurse for many years and has volunteered in numerous support organisations. He is very much a community activist, with a close relation to Hillhead and East Dunbartonshire. Ivor is also a Community Council member and former Chair for the Hillhead Community Forum, his knowledge of the area, and the sector is vital for GRACE's future. Being a very thorough, communicative and methodic person makes Ivor the perfect secretary for GRACE.

Valerie Letham has worked in Retail Banking for the last 36 years. Roles included Values-looking after Staff Issues, Service Quality-looking after and resolving customers concerns and queries and Customer Service. Valerie Focus has always been Customer Service driven. Has a Volunteer Valerie spent four years in Radio Lollipop at Yorkhill hospital for sick children, spending time on the wards with long stay patients or those that were far from home with no regular visitors. Valerie has also spent six years volunteering on a local committee for Childline, where she organised and managed fund-raising events.

William Devine is our Treasurer and at a stage in his life where he wants to give something back to the community and support the incredible collaborative effort that has already gone in to making GRACE what it is today. He sees it as an incredibly valued resource in the community that is an open door for people to come in and be part of a thriving group of people all contributing in their own individual ways to fantastic group ethic. His background has been in sales for many years mainly in the financial arena where he is currently employed as a Regional Director with a globally owned asset finance business. H feels his financial and commercial expertise as well as my negotiating skills and extensive business network UK wide will be an asset to GRACE as it continues the excellent work and implements the outreach programme moving forward. He fully shares the common philosophy with fellow board members about the purpose of GRACE and what we to achieve as an organisation. William's commitment to GRACE will be longstanding and he looks forward to seeing what we can achieve as a board in the coming years.

Linsey Anderson completed a HND Beauty Therapy course at Moray College while working in her local Pharmacy for 15 years doing various jobs from serving the public until latterly training to be a Pharmacy technician until she left to look after my family. During the role of homemaker she was heavily involved in volunteering at Cullen Play Centre, which she became Chairperson of the committee for 3 years. This involved arranging staff, funding and general running of the establishment that was a much sought after community in childcare in the local area. GRACE has become a huge part of her life not just for peer support and friendship but she now also want to give back and heavily support the community. She believes the whole ethos of Grace is quite frankly widely needed and to be part of the vision of the Board of what GRACE can achieve is huge, not just for the members but to all involved.

Liz McVey is our member representative within the GRACE board .Liz loves living and working within the Hillhead community. She has mostly worked within the childcare sector and has been employed as a nursery nurse, classroom assistant, child minder and presently as a part-time play leader. She has been part of G.R.A.C.E. for almost two years as a member and a volunteer and said she has enjoyed being part of something so worthwhile. Quoting her words "G.R.A.C.E. offered me support at a time in my life when I felt physically and emotionally drained." Liz has gained so much from being part of G.R.A.C.E. that she now has taken another step in her journey within G.R.A.C.E. Being a member of the board she relishes her role in representing the membership , utilizing her experience and being able to give something back



Claire Taylor qualified as a teacher but changed her career to spend 20 years as a registered nurse. Claire has a wealth of health and wellbeing knowledge that she brings to the board. Claire lives locally and has volunteered within the community for nearly 30 years. Claire is currently the secretary of the Strathkelvin Credit Union, member of the Kirkintilloch Community Council and involved with various Health Board initiatives. Furthermore Claire was instrumental in the formation and management of Hillhead Housing Association 2000 which she is currently the Chair. Claire has supported GRACE for many years personally and professionally and supports the concept of peer support and that in her professional experience believes it can be very successful.

EMPLOYED STAFF

Robert Smith, is currently the only paid member of staff, holding the post of CEO and a member of the Board. Robert was the founder of GRACE, and has a huge wealth of knowledge and experience in recovery and after care settings. Robert is trained in a variety of practical elements pivotal to GRACE core delivery, including COSCA Counselling, HNC Social Care (grade A), First Aid, Food Hygiene, Moving & Handling, Health and Safety, Alcohol Brief Intervention, Customer Care and National Care Standards and ASIST training. Furthermore, he has also completed intensive training on Psychology, Mental Health First Aid, Money Mentoring and SMART facilitating.

Robert also has years of experience supporting vulnerable individuals through his volunteering work with the Citizens Advice Bureau, with a local Glasgow Resettlement Centre supporting people to overcome addiction issues, has been previous charity founder locally and has been an active fundraiser for Enable Scotland, Yorkhill Hospital, Erskine Hospital, and currently has Committee Membership of the Hillhead Housing Association, Hillhead Community centre users group, third sector interface managers network and previously Hillhead Community Forum. The wide variety of professional managerial skills in his previous 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 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, therefore, when members collectively identify activities, training courses, or opportunities they deem relevant for them as individuals, but also for their peers, GRACE Board and staff do all within their capacity to facilitate those to happen. 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.

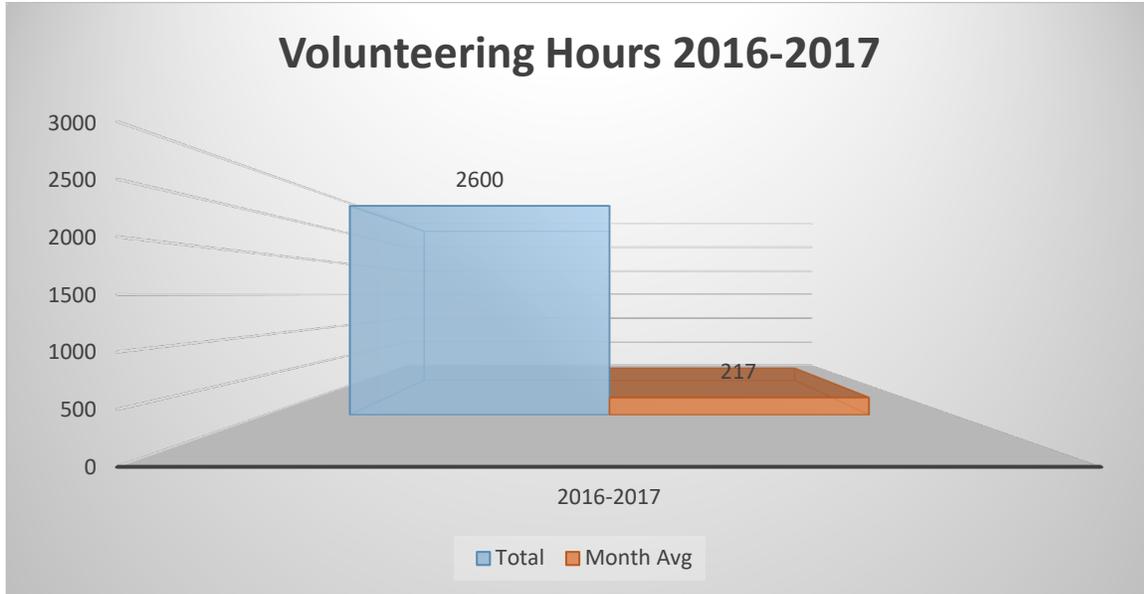
VOLUNTEERS

In the past year over 15% of registered members have participated actively in volunteering (i.e. have volunteered in last six months). Volunteers have contributed approximately 2600 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 £21,970 based on the Scottish Living Wage rate £8.45.



Since being established five 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.

VOLUNTEERING SUMMARY



GRACE volunteers have completed an outstanding total of 2,600 hours of volunteering with GRACE, there is the intention to increase this total in 2017-2018, and to facilitate more volunteering with partner organisations.



GRACE has 58 registered volunteers, supporting the organisation in diverse roles as Board Members, Admin Support, Peer Ambassadors, and Bookkeeping. GRACE has 49 members registered for



volunteering, from whom 27 were active throughout 2016-2017. GRACE has 9 volunteers who are not members of GRACE and for 2017-2018 the expectation is to see volunteering grow at a fast pace with new projects and partnerships.

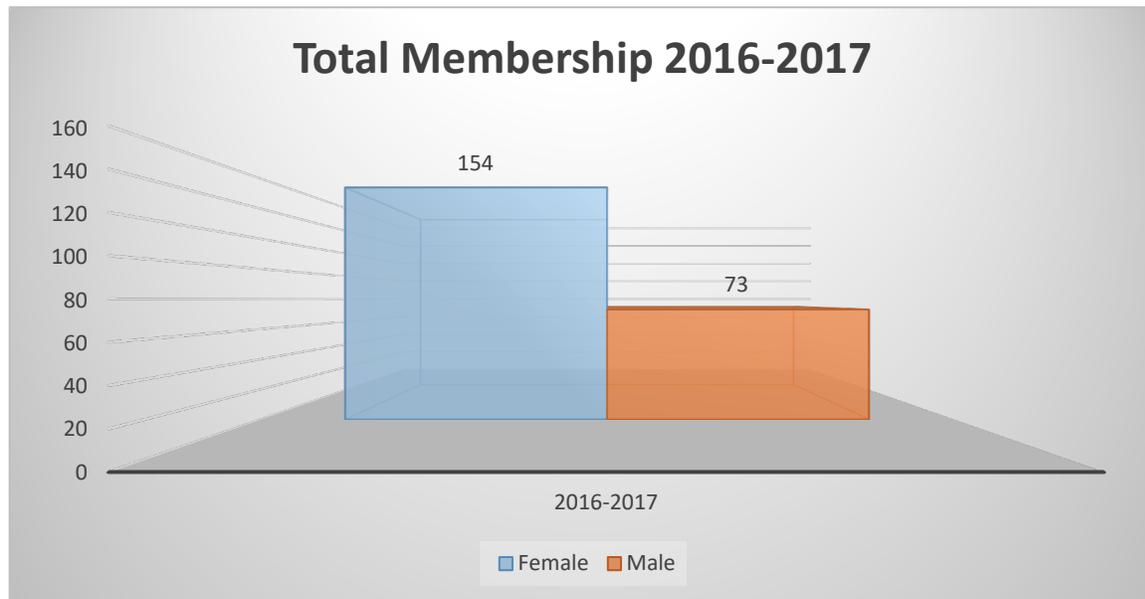
MEMBERS

GRACE is a member led charity, and this is at the core of our existence. Members are vital for our progress, not that we want to have more people going through any life trauma, but we do want to see more of existing members supporting others overcome their own life traumas.

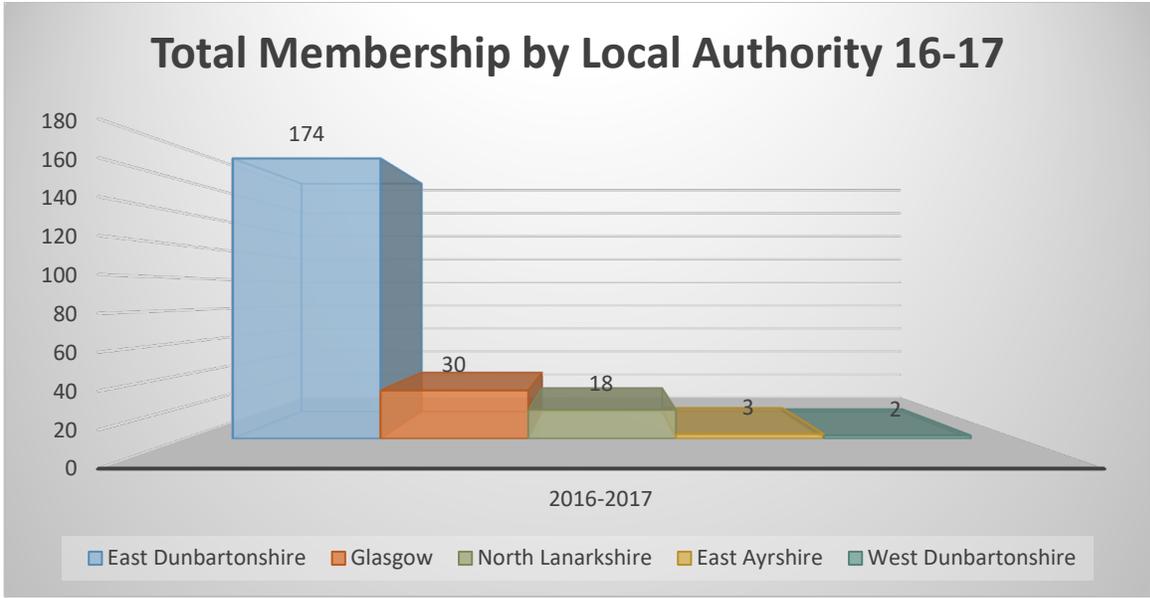
GRACE is still growing our membership base, and although some come and do stay for long periods of time, we have members volunteering almost since our first year, other just need a helping hand to steer them in the right direction. We currently have over 220 members. This is a growth of almost 10% on last year, and we haven't started to have a permanent presence in other parts of East Dunbartonshire.

The future is looking challenging, and at the same time exciting as we reach people further and further afield.

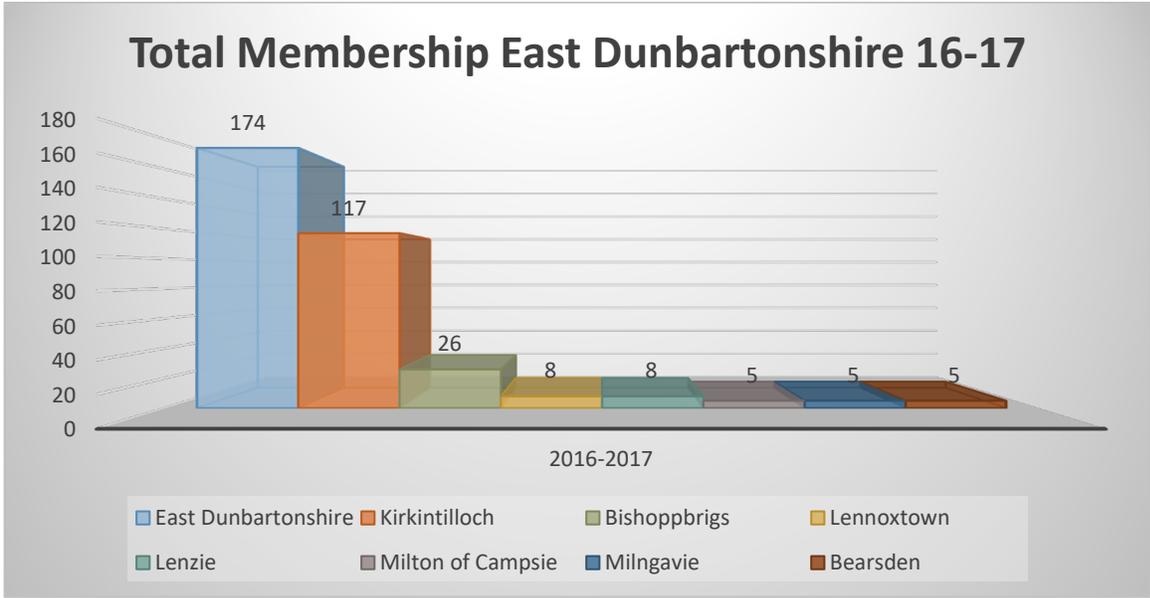
MEMBERSHIP SUMMARY



GRACE had 227 registered members at the end of 2016-2017. Of those, 154 (68%) were Female and 73 (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. The Smart meetings are a prime example of this, but there are potential opportunities to look into joint work with projects such as the East Dunbartonshire Men Shed.



GRACE's main area of operation is Hillhead, situated in East Dunbartonshire Council. In 2016-17 GRACE started to receive considerable enquiries and referrals from other local authorities, e.g. Glasgow, North Lanarkshire. East Ayrshire, and West Dunbartonshire. GRACE's vision is to take its services to every community that can benefit from them, and with this outreach vision in mind, in 2017-2018 GRACE is putting 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, with its service delivery base being solely situated at the Hillhead Community Centre. As GRACE deploys its outreach strategy for 2017-2018, the membership will certainly increase in the other localities within East Dunbartonshire.



CURRENT OPERATING HOURS

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

There is also a SMART recovery meeting each Monday evening 7pm – 9pm.

Out-with these hours extended support is also provided through:

- 1-2-1 Therapy
 - Therapist secured for 1 year
 - 16 members have benefited from this service to date
- 1-2-1 Support
 - Voluntarily runned by GRACE Chair Dr Indira Pole, who is a former GP.

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

- Canal Festival (Annual)
 - 16 volunteers participated in this event in 2016
- Recovery Walk (Annual)
 - 46 members and families attend the walk in 2016
- Kirkintilloch Gala (Annual)
 - 10 volunteers participated in the 2016 Gala Day
- Lenzie Gala (Annual)
 - 8 volunteers participated in the 2016 Gala Day

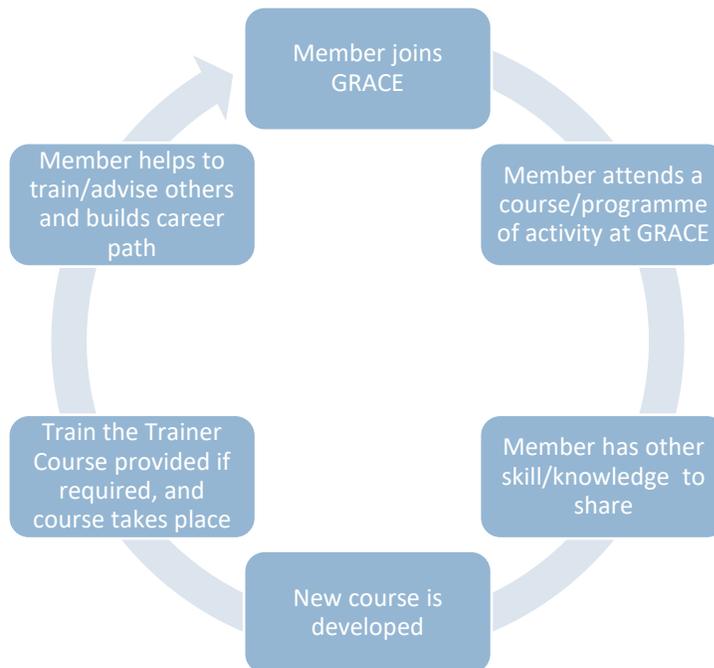


ACTIVITY BREAKDOWN

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 activities, 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 1 – GRACE PEER LED MODEL APPROACH



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

- Introduction to Psychology (SQA unit), Mental Health Awareness Sessions
- British Sign Language (Level 1)
- First Aid Training, Food hygiene, Health & Safety (All Externally Certified)
- Self Awareness - Well-Being units (SQA award)
- Welfare Reform Training
- Be Healthy on a Budget
- Your Own Group Aftercare – YOGA for Mind & Body
- Money Wise
- Digital Arts Café - Digital Orchestra for Recovery & Aftercare - DORA
- Creative Productions – Arts and Crafts
- Drama
- Serenity Gardening - Gardening Skills
- Pins and Needles

CORE AREAS OF DELIVERY

HEALTH & WELLBEING

BE HEALTHY ON A BUDGET



These internally facilitated sessions aim to provide members with an improved understanding on how to eat well and keep fit on modest means. Since the start of 2016 15 members have successfully gained a certificate of completion, and throughout the several courses delivered, a total of 80 members were recorded as attendees in at least 4 sessions.

This is a key training programme in our core delivery, and was recently object of a review and report by Jennifer Urqhart from the National Health Services.

The course aim is to increase awareness and demonstrate the practical skills required to produce healthy food, while saving money, and reducing waste, using simple measuring utensils in the production of food with no waste. This will also enhance vital budgeting skills in our most deprived communities.

WELBEING COURSE



The majority of activities undertaken by GRACE fall mainly in the Health & 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.

Average daily attendance is between 10 and 12 members, one session a week which is between 2080 to 2496 hours of support a year.

Three courses have been provided in the last year that have a certification/qualification attached:

EMERGENCY TRAINING COURSES

All courses facilitated by Effective Solutions Training.

CPR, FIRST AID & PEDIATRIC FIRST AID



10 members were successful in gaining these qualifications.



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 is preparing a very special activity that will see them combining sign language with other skills they have been involved within GRACE.

AWARENESS SERIES



STEPS TO EXCELLENCE

Running for 10 weeks and facilitated by Effective Solutions Training, this annual workshop explores issues surrounding suicide. 10 members attended each week.

DRUG AWARENESS

A bi-annually workshop run by EDC in an effort to raise awareness on issues relating to drug use. 11 members attended each workshop.

ALCOHOL AWARENESS

A bi-annually workshop run by EDC in an effort to raise awareness on issues relating to alcohol use. 10 members attended.

STRESS MANAGEMENT

Facilitated by Robert this recurring workshop aims to support members in developing improved strategies for the management of stress. An average of 8 members attended each workshop.

MENTAL HEALTH AWARENESS



Led by GRACE volunteers and run in 4 week blocks, these workshops cover a number of issues relating to mental health such as: depression, panic attacks and anxiety. 10 – 12 members attend each week.

MUSIC THERAPY



Running each Thursday, these workshops aim to encourage participants to explore emotions through music. Recent sessions have seen members play songs that mean something to them emotionally, then talking about what it is about the song that means something to them, and then playing the song to the group again. These sessions are regularly attended by 12 – 14 members.

RECOVERY WALK



Recovery Walk Scotland 2016 happened in Falkirk on Saturday September 17th.

We celebrated recovery from addiction in the town of Falkirk, and during the afternoon the Walk itself to Callendar Park took place.

The Walk left from the Kelpies and took a 3-mile route through Falkirk that included making recovery visible in the town center, finishing in the scenic and beautiful Callendar Park where the Recovery Village hosted all types of celebrations and activities.

25 members attended the Walk in 2016. For 2017 the goal is to pass this.

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 mom & baby.

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

ARTS & 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 written by the members was printed in 2016.

12 members attend on average per block which is approximately 60 people attending per year.

CREATIVE PRODUCTIONS



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

- Adult coloring for stress relief
- Life drawing (facilitated)

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

The participants are currently making a few crafts to be sold at upcoming community events:

- Decorated shopping bags
- Knitted baby clothes
- Card making

DIGITAL ARTS CAFE



Running in 10 week blocks, funding for the café has been secured for the next 2 years, making GRACE a partner in the delivery of the Digital Scotland Agenda.

The café runs each Friday 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 block which is approximately 60 people attending per year



RECOVERY, AFTERCARE & SAFETY

SAFETY TALK

A one off talk facilitated by EDC on the issue of suicide. 14 members attended this talk.

FIRE SAFETY TALK

A quarterly talk facilitated by SFRS discussing home fire safety issues. Home fire safety visits are also arranged by SFRS for members as a part of these talks. 8 members attended and subsequently had home visits.

RECOVERY

Running each Monday evening between 7pm and 9pm and facilitated by Robert and Indira, this is a drop-in recovery group offering both group and individual counselling. There is an average of 9 members attending these sessions in any one week.

OTHER ACTIVITIES

CHRISTMAS PARTY

GRACE facilitated a Christmas party for the members and families providing:

- Food
- Activities
- Presents
- Entertainment

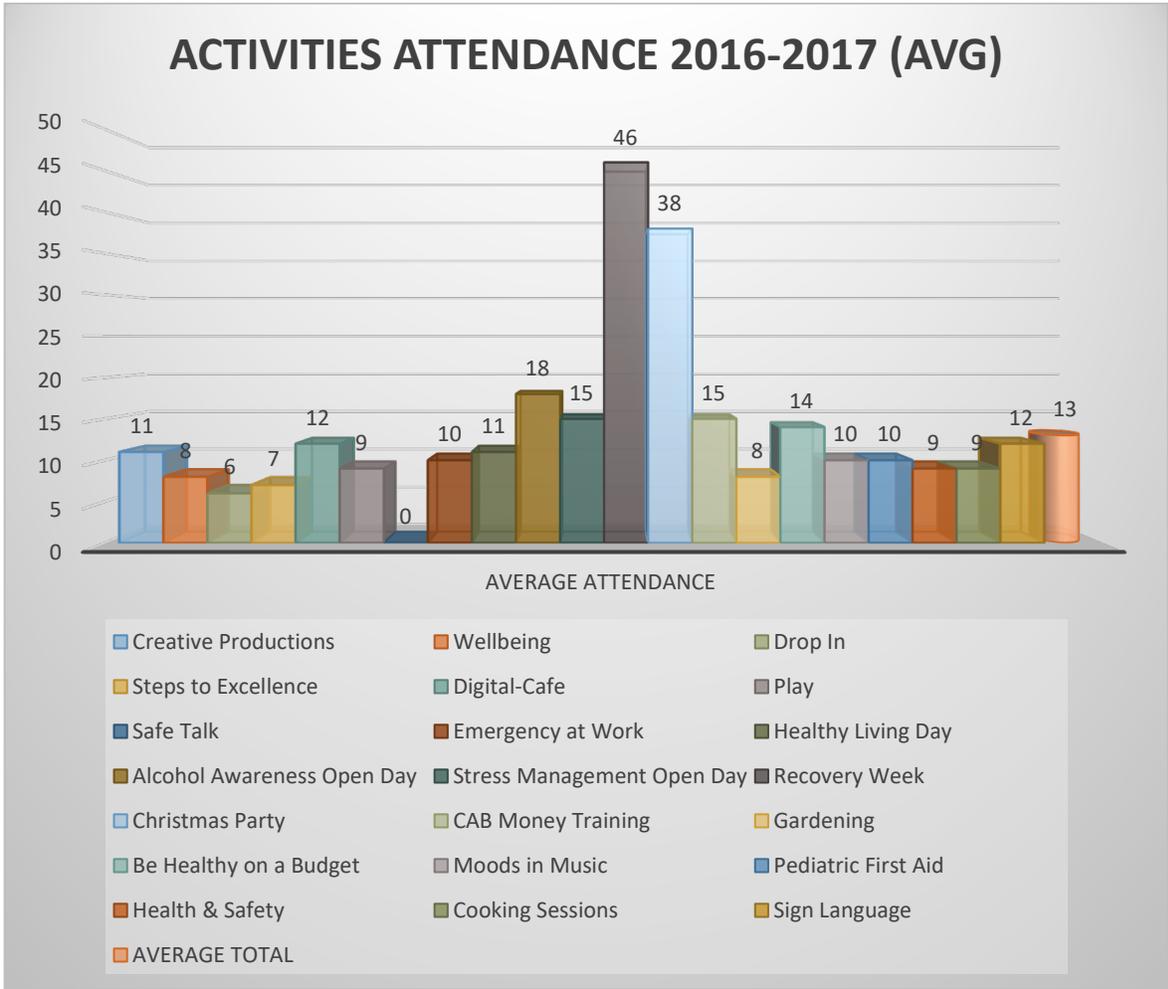
COMMUNITY AWARENESS

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 & drugs
- ED Library – Local heritage
- Smoking Cessation Team – Help to stop smoking
- ED Literacy Team – Literacy support for members
- EDHSCP – Health



ACTIVITIES SUMMARY



In 2016-2017, GRACE has grown the service delivery from 12 activities in 2015-2016 to currently 21 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. Based on the average attendance there were 278 single engagements in Activities, a growth of over 100% when compared to 2015-16 with 129. There was an average of 12 individuals attending GRACE activities in 2015-2016, and in 2016-2017, albeit the duplication of activities, there was an average of 13. GRACE has introduced Key training courses, e.g. Be Healthy on A Budget, Health & Safety, Moods in Music, Sign Language, First Aid at Work and Paediatric First Aid. GRACE's Play and Digital Cafe are part of its core delivery and funding from Scottish Government has been secured for the next 2 years. For 2017-2018, it is expected that this growth rate may decrease, but GRACE aims to increase the services it offers and the average attendance.



BENEFICIARIES

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

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

STAKEHOLDER PARTNERSHIPS

The group continuously builds positive working relationships with agencies and other organisations to deliver high quality services which are vital to organisational growth, and sustainability plans. GRACE has strong working relationships with the following key funders and service delivery partners:

- Scottish Government
- Department for Work and Pensions (DWP) – Welfare Reform Group
- East Dunbartonshire Council
 - Employability Services
 - Community and Learning Development
- East Dunbartonshire Health & Social Care Partnership
 - Alcohol and Drugs Partnership
 - Community Mental Health Team
 - Health Improvement Team
 - Social Work
- East Dunbartonshire Community Alcohol and Drugs Service (EDADS)
- East Dunbartonshire Recovery Network
- East Dunbartonshire Voluntary Action
- East Dunbartonshire Citizens Advice Bureau
- Hillhead Housing Association 2000
- Scottish Families Affected by Alcohol and Drugs
- Addaction
- Addiction Recovery Centre (ARC)
- Strathkelvin Credit Union
- Police Scotland
- Strathclyde Fire Brigade
- North Lanarkshire College
- City of Glasgow College
- Scottish Council for Voluntary Action (SCVO)
- Robertson Trust
- Big Lottery
- Sainsbury's
- Tesco
- Asda



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 (sic)...

"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"

Mental Health Wellbeing

"James (volunteer) presentation was informative and explained many aspects about mental illness"

"brilliant, taught me more...about my symptoms"

"good for people to talk and share"

"excellent, really educating and fun"



Be Healthy On A Budget

"I will cook more home made food"

"more aware of how to prep properly"

"it has given me a bit more than a certificate"

"I will use it to help me prepare food for myself and others"



TESTIMONIALS

Members are keen to tell their stories about how GRACE has helped them. To facilitate this Testimonials are often completed. An example is attached below:

MEMBER TESTEMONIAL EXAMPLE

You're Background	Life wasn't the same until I came to grace. Was doing nothing but sitting in the house, drinking alcohol more. I wasn't dealing with my bipolar the right way because I was fed up from alcohol.
Your lifestyle before attending GRACE (mental, social, physical, emotional)	Drinking alcohol more, not getting anywhere. Emotionally I wasn't what I am now. I'm alive again.
Your lifestyle whilst attending GRACE	Much more positive. Outlook on life is far better now, so I have proper inner peace.
What difference has attending GRACE made to your life	Basically am functioning better. It feels great. Grace is exciting when you see what you are achieving.
What are the key elements within GRACE that benefited you	The courses have been very interesting, learning is fun again and interesting. Meeting all the new people has been very beneficial.
How do you feel about yourself and your life at present	Positive most of the time. The confidence just leaves me sometimes, but grace is helping me build it up.

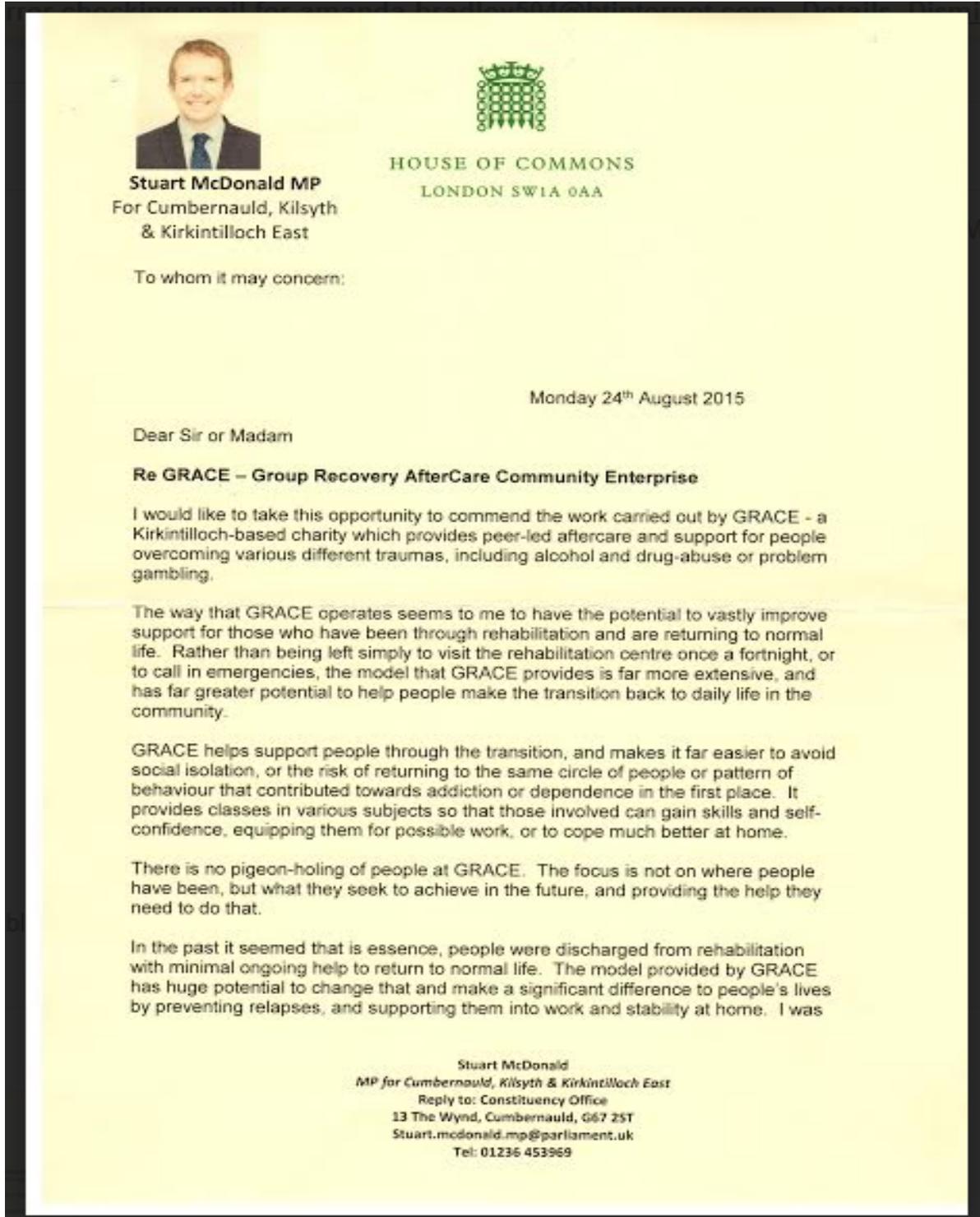
GRACE is a recognised Scottish Charity number SC043551
GRACE is a Scottish Charitable Incorporated Organisation (SCIO)

How do you feel about your future	That it's very exciting to see what else is in store. Very positive but embracing it, and taking it in my stride, each day is different, I'm moving forward.
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PROFESSIONAL

GRACE often receives feedback from partners and other professionals. An example of this is attached below:





HOUSE OF COMMONS
LONDON SW1A 0AA

very impressed with what I saw when I visited GRACE, and look forward to returning to see them again.

I hope this information is helpful to you.

Yours sincerely,

Stuart McDonald MP
Cumbernauld, Kilsyth & Kirkintilloch East

Stuart McDonald
MP for Cumbernauld, Kilsyth & Kirkintilloch East
Reply to: Constituency Office
13 The Wynd, Cumbernauld, G67 2ST
Stuart.mcdonald.mp@parliament.uk
Tel: 01236 453969



FUTURE PLANS 2016/17

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 maximizing promotion opportunities for the organisation.

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.

These are some of the actions that will take place in the near future or that are expectable to be deployed as soon as feasible in the current scenario:

- Completion of a series of funding applications to secure Core funding for the next 3 Years.

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

It is estimated that the project will be concluded by the end of the first quarter of August.

- Internships and Work Placements.

The recruitment process for an Admin and a Social Media Placement is to be completed in June and both candidates selected will come from an unemployment status, and will have additional barriers to employment. They will be introduced to the new GRACE board and members at some point between mid-June and beginning of July.

This is likely to be achieved through a partnership with SCVO and their Community Jobs Scotland scheme.

- Need for dedicated resources.

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 of 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

OSCR Office of the Scottish Charity Regulator		Enter charity name below Group Recovery Aftercare Community Enterprise					Enter SC No. SC043551	
Receipts and payments accounts								
For the period from	Period start date			to	Period end date			
	Day	Month	Year		Day	Month	Year	
	01	04	2016		31	03	2017	
Section A Statement of receipts and payments								
	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period		
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £		
A1 Receipts								
Grant Funding	35,000	35,077			70,077	63,055		
Donations	648				648	3,470		
Charitable fundraising	1,138				1,138	554		
Interest					0			
					0			
					0			
					0			
					0			
A1 Sub total	36,785	35,077	-	-	71,862	67,079		
A2 Receipts from asset & investment sales								
assets					0			
investments					0			
A2 Sub total	-	-	-	-	0	-		
Total receipts	36,785	35,077	-	-	71,862	67,079		
A3 Payments								
BUILDING RENT	4,356	2,438			6,794	-		
EXPENSES	73	-			73	-		
LEGAL & PROFESSIONAL	1,748	-			1,748	1,573		
MARKETING	1,288	-			1,288	989		
MATERIALS & MISCELLANEOUS	-	11,073			11,073	1,643		
REFRESHMENTS	2,479	-			2,479	244		
STATIONERY & OFFICE	1,175	-			1,175	2,093		
TELEPHONE, FAX & TRAVEL & SUBSISTANCE	605	-			605	-		
STAFF SESSIONAL	891	-			891	817		
STAFF SALARY	453	-			453	-		
STAFF HMRC	12,097	6,771			18,868	6,240		
PAYROLL	17,065	7,000			24,065	19,917		
	3,492	4,889			8,381	5,504		
	527	111			638	-		
A3 Sub total	46,249	32,282	-	-	78,531	39,020		
A4 Payments relating to asset and investment movements								
Purchases of fixed assets					0			
Purchase of investments					0			
A4 Sub total	-	-	-	-	0	-		
Total payments	46,249	32,282	-	-	78,531	39,020		
Net receipts / (payments)	36,785	35,077	-	-	71,862	67,079		
A5 Transfers to / (from) funds					0			
Surplus / (deficit) for year	(9,464)	2,795	-	-	-6,669	28,059		



Group Recovery Aftercare Community Enterprise						SC043551	
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	60,796				60,796	32,737
	Surplus / (deficit) shown on receipts and payments account	(6,669)				(6,669)	28,059
						-	-
						-	-
	Cash and bank balances at end of year	54,127	-	-	-	54,127	60,796
	(Agree balances with receipts and payments account(s))						54,127

From the values carried forward as unrestricted reserves (£36,848.61) the following must be ring fenced: Robert Smith (manager) pension scheme costs (£2677), £5,244 to project specific (digital orchestra), and finally £17,172,61 to manager wages (salary+tax+pension), total of £25093,61. This leaves the group with a working balance of £11,765 of unrestricted reserves. There are also restricted Reserves worth (£17,278.39) allocated to Project based activity. Since an agreement for office space is secured the amount in reserves should be kept as a security for any drop of income or loss of support from any of the key funders\partners.

FUNDING SECURED 2017/18

GRACE has secure funding from the following sources for the coming year:

- The Robertson Trust - £12,000 - Wages
- ADP - £35,000 - Core
- Scottish Government - £ 21,5000 – Digital Cafe

CURRENT AND FUTURE PROGRAMMES

In line with GRACE's aim to improve the health and wellbeing of members, and the wider community, the Be Healthy On A Budget Course will continue in 2017/18. There is also consideration being given to a proposed community outreach project involving volunteers who qualified from the course, making the use of the skills they learn. If future funding is accessed a once weekly soup kitchen may be possible.

Throughout 2016/17 members have been developing their skills presenting Mental Health Awareness sessions. It is intended that this is developed into a full course with members developing content based on their own personal experience and further research into a range of mental health issues. The development of this course will also encourage those involved to improve skills in communication, presentation and public speaking.

The presentation in its original form was made to and well received by MacKinnon House at Stobhill Hospital, a center for rehabilitation and the Community Mental Health Team. The presentation will now be developed into a full course designed specifically for GRACE by GRACE members.

The Digital Café will continue until December 2018. GRACE will also develop our **Digital Orchestra of Recovery & Aftercare (DORA)** using tablets in music production.

Another major partnership is the development of **Your Own Group Aftercare – YOGA** for the Mind & Body, a collaboration between GRACE and Scottish Families Affected by Alcohol & Drugs (SFAAD).



MAXIMISING GRACE PROFILE

Through contacts with local and national organisations, sitting on a wide variety of local community committees and engaging with the local press, GRACE will continue to raise the profile of the organisation to a wider base.



An example of the success year to date is the engagement with local MSP Rona Mackay. Ms. Mackay has been so impressed with the organisation and all that the members have achieved and added to the community that in July 2016 she nominated Robert for a Local Hero Award, which he received at the Scottish Parliament.

GRACE has also spent time building a profile in social media and online with a new website, Twitter and Facebook profiles continually being utilised.

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 40 – 60 members weekly and these years 12 have gained employment.

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.

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 2017-2018 and beyond.

ROBERT SMITH