



CREATE STRENGTH
RECOVERY SOLUTIONS

Group Report

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Principles, Values and Objectives

Create Strength Group (CSG): Founded in March 2015, provide support to long-term chronic users of cannabis, spice, and legal highs, CSG has quickly evolved beyond this core focus and now delivers essential information, advice, assistance, and support to anyone whose life is affected by their own, addictive behaviour or that of someone close to them.

We believe all drug users have the ability to turn their lives around and make positive, sustainable changes to their personal circumstances and the communities they live in.

We host dynamic mutual aid support groups in local venues and online where experience and advice are shared in a safe non-judgmental abstinence-based user led environment. We use web, social media, and emerging technologies to promote our proven delivery model.

The serious issues we address include anxiety and depression, sleep and insomnia, unemployment, homelessness, and poverty, offending, and child custody issues. Our associates might be living isolated, anxious, and unfit for work or social activity.

We have consistently achieved transformative improvements in our hard to reach and seldom heard diverse cohort, supporting members with serious lifelong addictions, and have helped them grow and develop into volunteering, employment and general health and wellbeing.

The group's services include-peer-led support, training, and research.





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020#M0384

Group Member Testimonials

I joined this group in November/December of 2020 as I was smoking weed. I had reduced some when I joined but think without the support from the group and everyone who is in it, I would probably be still smoking weed or smoking more than I was.

I have not smoked any since 14th December 2020 and by going to meetings regularly I have managed to stay clean and stopped smoking cigs and tobacco as well since January.

Everyone in the group is very supportive of everyone else and I think if it wasn't for this support, I would have gone back on to smoking weed. I am so glad to be part of the group.

Becky M Online Group member **Bradford**



1.0 Context

Latest statistics from ONS Drug misuse in England and Wales: year ending March 2020

Cannabis

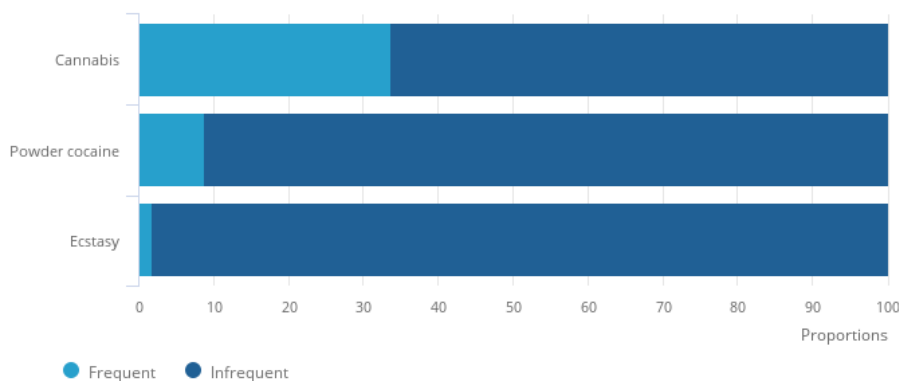
Since the year ending December 1995, cannabis has consistently been the most-used drug in England and Wales. In the latest year, 7.8% of adults aged 16 to 59 years (around 2.6 million) reported using cannabis in the last year. This is a substantially greater proportion of individuals than the next most prevalent drug, powder cocaine at 2.6% (around 873,000). Cannabis was also the most common drug used by young adults, 18.7% of those aged 16 to 24 years old (around 1.2 million) had reported using the drug in the last year.

There was no change in the prevalence of cannabis use in the last year compared with the previous year. However, there has been a long-term decline compared with year ending December 1995 from 9.5% for adults aged 16 to 59 years and 26% for adults aged 16 to 24 years (see Figure 3).

More recently, cannabis use in the last year has seen small annual increases. Compared with the year ending March 2013, there has been a 1.5 percentage point increase among 16- to 59-year-olds and a five-percentage point increase for 16- to 24-year-olds.

Figure 6: A third of those who used cannabis in the last year were frequent users

Proportion of adults aged 16 to 59 years who had taken cannabis, powder cocaine or ecstasy in the last year by frequency of use, England and Wales, year ending March 2020



Source: Office for National Statistics - Crime Survey for England and Wales

SOURCE:

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/drugmisuseinenglandandwales/yearendingmarch2020>



1.1 Potency

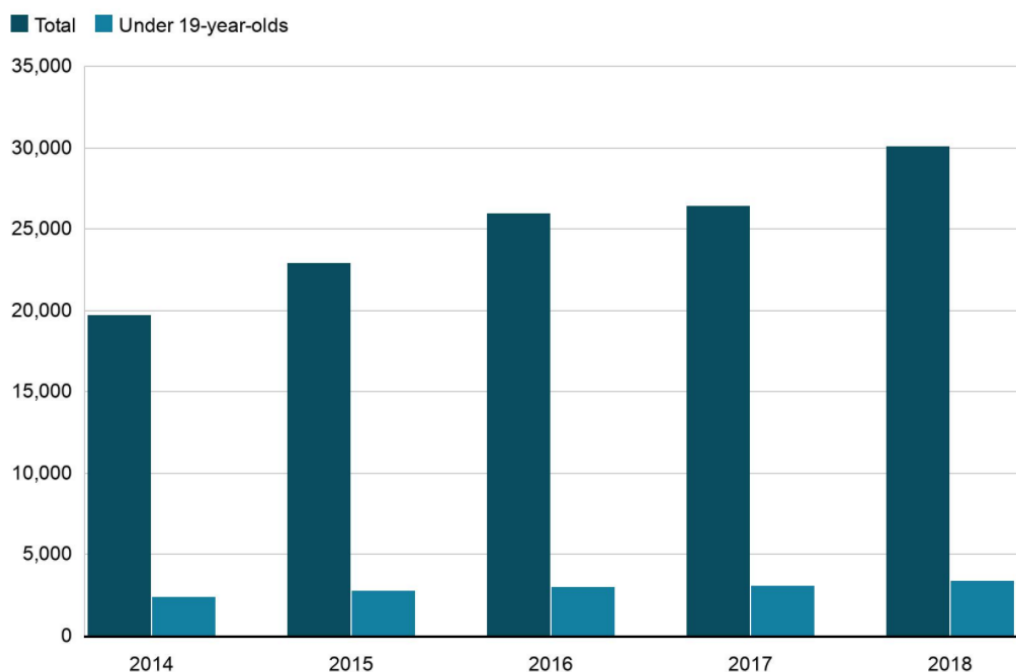
Our body of anecdotal evidence has been building since our formation to confirm the link between increased potency and psychotic disorders. Furthermore empirical evidence also supports this view

(Proportion of patients in south London with first-episode psychosis attributable to use of high potency cannabis: a case-control study. Marta Di Forti, MD et al. – The Lancet VOLUME 2, ISSUE 3, P233-238, MARCH 01, 2015- [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(14\)00117-5/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(14)00117-5/fulltext))

In our experience, serious mental health conditions have increasingly been presented within our groups including psychotic episodes, paranoia, and extreme anxiety. Between June-October 2021 the group ran a Mental Health project to address some of these issues.

A&E admissions due to cannabis

Admissions due to mental or behavioural disorders linked to cannabis, England



Source: NHS Digital

BBC

Despite increasing THC:CBD ratios in herbal cannabis (48:1 since 1987) the extreme instances of THC potency are mainly found in synthetic cannabinoid receptor agonists (SCRAs-[spice]) this trend has resulted in an increase in our spice provision to an all-time high. In 2015 the percentage of our associates citing spice as their first drug of choice was 2%, this figure on 31 December 2021 stands at 11%.

As a group we have responded to this increase in demand by increasing our 1:1 provision for spice users (spice users typically do not respond well to group therapy treatments and require personalised interventions) and by continuing to promote our Unit 101 Cannabis and Spice Awareness training to front line workers.



1.2 Local Scene

Our geographical focus is the Bradford metropolitan district; however, pre-covid, some group members, in the absence of appropriate local support, regularly travelled to our meetings from as far afield as Leeds, Huddersfield and Preston.



Historically Bradford has suffered from severe under investment for several years. Addiction services budgets have halved and inevitably treatment provision has suffered. As a result, CSG has emerged as an essential part of the local response. We have developed solid partnerships with New Directions, the local drug and alcohol recovery provider and particularly with The Bridge Project a trusted sounding board upon who we rely on for support and strategic advice, safeguarding services, staff supervision & mentoring, two-way referrals, and governance. As a result, Bradford now has a far healthier range of provision for individuals needing support.

Our tenancy at Bridge's headquarters at 35 Salem Street has seen increased referrals from the Bridge services that operate from this location, with spice interventions and consultation filling the majority of demand.

1.2.1 COVID-19

The impact of Covid-19 has continued far into 2021. The biggest impact for us as a group has been the absence of face-to-face meetings and the restrictions associated with social distancing and self-isolation as a result of contact with positive cases. Across the entire organisation, only 2 confirmed cases of covid-19 were recorded in 2021.



At our offices at Salem Street, we are currently following government guidelines with the use of face masks, hand sanitiser and regular clean downs coupled with social distancing. Staff regularly conduct antigen rapid testing and are currently triple vaccinated.

025#M0364

Group Member Testimonials

I have found the family support group invaluable at times. It is such a relief to know I am not the only person affected by a family members addiction and to be able to talk to recovered addicts and be able to understand things from another perspective really helps.

The group are really friendly and easy to talk to. I have managed to get to a better place with my own health and wellbeing since I started receiving family support.

CL Family Group Member – Manchester



2.0 Overview 2021

Despite the pandemic dominated pressures of the previous year, 2021 proved to be our year of greatest change. The transition from a constituted community group to a **registered charity** and the securing of **National Lottery Reaching Communities (NLRC) funding** are two stand out milestones of



29 Salem St. Main Office

the year. A third milestone was the **appointment of a second staff member**. The NLRC funding allowed us to employ a Project Assistant to help with the development and consolidation of our organisational evolution, doubling our workforce and strengthening our diversity. Finally a fourth major milestone saw the occupation of **office space at 29 Salem Street**. This move allowed us a physical base to store, plan and manage our resources from in addition to hosting 1-to-1 support sessions.

29 Salem St. 1-2-1 Room

Far from over, the **pandemic** still dominates our operations, forward planning, and our exposure to risk. Our online program continued throughout 2021 and is likely to continue into 2022. However, we decreased our group provision to 2 regular weekly meetings with the family group, meeting monthly. Whilst the frequency of group meetings fell, our **1-to-1 provision** went up, the reason for this was threefold. Firstly the availability of a physical space afforded us the possibility to offer intensive face-to-face sessions. Secondly, it has long since been noted that spice users particularly do not respond well to group dynamics and as such short 1-to-1 interventions are the most efficient way of engagement. This is coupled with an **increase in complex referrals** (predominantly from Bridge staff as a direct result of sharing office location). Thirdly inevitably, pandemic fatigue and lack of physical meetings has produced unprecedented demand from our associates for a personal approach through 1-to-1 sessions.



2021 also saw the consolidation of our **project-based model**. This year saw the successful completion of the **National Lottery Covid-19 project** (26 weeks £23,740) in addition to **National Lottery variation funding** (extending the project a further 8 weeks £5,480) We also delivered the **ABCD C9 Project** (1 week £500) and completed the CNET administered **Mental Health Project** (14 weeks £3,650). We are currently in the advanced planning stage of our **Nitrous Oxide Project**, funded by the Bradford Council Cleaner Streets Campaign (16 weeks £2,000) and will deliver our **ABCD CP8 project** in early 2022 (2 weeks £1032).



The decision to develop commercial **training** some years ago is beginning to reap rewards. Our unit 101 Cannabis and Spice Awareness course is proving particularly popular with front line workers throughout the Bradford district and beyond. Enquiries are at an all-time high with training income accounting for the majority of non-grant revenue.



Milestones include:

- Exceeding the hosting of 1,000 support meetings since our formation
- Transforming from a constituted community group to a registered charity
- Increasing membership to 414
- Securing 2,355 instances of attendances in 2021
- Securing core funding to 2024
- Increasing income by 95%
- Consolidating our substance awareness training programme

018#M0377

Group Member Testimonials

I have been addicted to many psychoactive substances in my life starting with Petrol Huffing when I was in my teens, alcohol became a big problem in my 20's and early 30's which I managed to attend another group to gain some sobriety.

I have always had problems with self-confidence and have always been seeking some substance to deal with social anxiety. And following alcohol I turned to cannabis and other "legal" variants that were around at the time which culminated in a major relapse on alcohol in 2017 which very nearly killed me.

Throughout the last three years I have struggled with my cannabis addiction and also an addiction to prescription medication for depression among other less well-known substances such as phennibut.

Someone suggested I should try this group in October 2020 and with a great deal of trepidation I logged in to a zoom meeting, (if it had been face-to-face, I doubt I would have had the courage to attend) and was immediately made to feel very welcome, despite my severe social anxiety.

Over the last four months I have managed to completely give up cannabis, quit the prescription meds and finally for the first time be free of any mind-altering substances, with the fantastic support of other members of my little family.

Because unlike my other self-help group, CSLHG is facilitated I have found the ability to speak out more about my problems rather than just sit quiet building up resentments about my lack of confidence.

It's still early days yet, and often I feel like a crab without its shell but slowly with the support of the group I am starting to feel better about myself, though I still find it difficult to speak up and offer advice to others unless I am prompted.

Michael S 06/02/2021 Huddersfield



2.1 Governance, Services and Direction

As a Charitable Incorporated Organisation (CIO) we have adopted the Foundation Model, making the trustees, who are also directors of the charity responsible for the governance of the organisation and answerable to the charity commission.

The objects of the CIO are-

The relief of the physical and mental sickness of persons in need by reason of addiction to Cannabis, Spice, Novel Psychoactive Substances (NPS – previously referred to as ‘legal highs’) and other substances and to promote their rehabilitation in particular but not exclusively by:-

- (1) The provision of mutual aid group support and the distribution of information, guidance and assistance to those close to or with an interest in such addictions, their families and concerned others;
- (2) Delivering a series of local meetings to promote abstinence from drug use, share best practise and provide support information and advice;
- (3) Working with groups of a similar nature and exchange information, advice and knowledge with them, including cooperation with other voluntary bodies, charities, statutory and non-statutory organisations to achieve our objects;
- (4) Supporting social interaction / inclusion and awareness of; the reasons, symptoms and consequences of contemporary drug use, particularly regarding the three main specialist knowledge bases found within our membership; namely cannabis, spice and legal highs;
- (5) Promoting a range of transferable skills within our membership and the community, such as; employability skills, confidence and social skills, IT and media skills and responsibility and organisational skills. To encourage, develop and support the pursuit of education and training within our membership.





The organisation is broadly divided into three services-

Mutual Aid Group Support The provision of mutual aid group support and the distribution of information, guidance, and assistance to those close to or with an interest in such addictions, their families and concerned others. Delivering a series of local meetings to promote abstinence from drug use, share best practice and provide support, information, and advice.



Training Using our technical knowledge and experience, we have developed a comprehensive package of training programmes. The demand for our expertise is growing in the community from a diverse range of sources such as health professionals and front-line workers.



Future training will be dictated by requests from the community, training partners and the emerging future market.

Research Our specialism comes in part from being experts by experience. The increasingly rich body of knowledge held within the group - coupled with the adoption of best practice models and an awareness of published research and a growing number of case studies which can be used to trigger further study - puts us in a strong position to develop research opportunities.



Future Plans

The group intend to remain as a project-based organisation, flexibly responding to the needs and demands of the recovery community, supporting the treatment sector and associated services. Seeking funding to support this work we will concentrate on group support, recovery intervention, the acquisition of knowledge, research, and information. In addition we will be identifying and committing to emerging addictive trends and new technologies employing novel approaches to treatment and recovery.

Our intention is clear, to maximise our impact in a crowded, underfunded sector as a unique entity focusing on cannabinoid recovery and support. We are working towards a self-funding model employing commercial practices and techniques. To do this, we shall continue to develop and promote our commercial training and rollout our franchise and associate member model. Furthermore traditional fundraising, sponsorship, trading, and donations will become more dominant via our staff and volunteer recruiting policies.

022#M0381

Group Member Testimonials

When my partner was going through a rough patch with addiction to cannabis, this was a really tough time for me. Ever since I've joined the family group, I feel like I've been able to share my story with others who have gone through similar experiences, and I feel more involved in my partner's recovery journey too. It's a safe space to support each other and I'm grateful that this group exists.

I've also learned much from listening to others in recovery about their journey dealing with addiction.

MT Family Group member - West Yorkshire



3.0 Support and Statistics




Since our formation in March 2015, over 414 members and their families have benefitted from our services. We have for example, hosted over 1,000 regular meetings in 6 different venues including 502 held online, producing an aggregate of 11,800 unique session attendances.

Our reported first choice substance remains dominated by cannabis used by around three quarters of our cohort. This mirrors national and international trends in data. The demand for spice support remains high at 11% which is however, over 5 times the national average. This figure reflects the specialist nature of our work rather than a local spike. The diversity of our support provision continues with users of other substances accessing our services with alcohol overuse continuing to show strong demand across all 3 choices of substance use.

Our policy of increasing engagement with female addicts has produced higher diversity levels with a record 27%. This we believe strengthens the group's effectiveness whilst helping to balance out the many barriers to recovery that women face.

We have begun to capture data of 1-to-1 interventions since September 2021. Accommodating a caseload of 10 associates resulting in 87 individual interventions carried out by phone, via zoom and face-to-face.

(i) 2020 Cohort Drug of choice Statistics		(ii) 2020 Gender Breakdown																																				
<div>1ST DRUG OF CHOICE</div> <table><tr><td>CAN</td><td>112</td></tr><tr><td>SPC</td><td>20</td></tr><tr><td>LGH</td><td>3</td></tr></table> <table><tr><td>ALC</td><td>22</td></tr><tr><td>COC</td><td>10</td></tr><tr><td>CRK</td><td>12</td></tr><tr><td>Sample</td><td>179</td></tr></table> <table><tr><td>CAN</td><td>63%</td></tr><tr><td>SPC</td><td>11%</td></tr><tr><td>LGH</td><td>2%</td></tr><tr><td>ALC</td><td>12%</td></tr><tr><td>COC</td><td>6%</td></tr><tr><td>CRK</td><td>7%</td></tr></table>		CAN	112	SPC	20	LGH	3	ALC	22	COC	10	CRK	12	Sample	179	CAN	63%	SPC	11%	LGH	2%	ALC	12%	COC	6%	CRK	7%	<table><tr><td>MALES</td><td>302</td><td>72.95%</td></tr><tr><td>FEMALES</td><td>112</td><td>27.05%</td></tr><tr><td>TOTAL</td><td>414</td><td></td></tr></table> <div><ul style="list-style-type: none">Data correct at 31/12/2021, includes members only, visitors excluded.</div> <div></div>		MALES	302	72.95%	FEMALES	112	27.05%	TOTAL	414	
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3.1 2021 Attendance data

Confidential data is recorded using individual attendance over the year. Figures included cover online meetings with recorded 1-to-1 outcomes since 23/09.

13	10	8	15	8	6	9
13	10	8	15	8	6	9
	WEEK 85	31		WEEK 86		38
	NLRC-WK-20			NLRC-WK-21		
SUN	TUE	W/E-SAT	SUN	TUE	SAT	W/E-SAT
18:00	18:00		18:00	18:00	18:00	
ONLINE	SHIPLEY	ONE-TO-ONE	ONLINE	SHIPLEY	SURF	ONE-TO-ONE
460	461	461	462	463	464	464
975	976	974	975	976	977	977
21/11/2021	23/11/2021	27/11/2021	28/11/2021	30/11/2021	04/12/2021	04/12/2021

Snapshot of attendance register

Support meetings attendance figures in 2021 are broadly similar to the previous year with 100% of our meetings delivered online via zoom. Online meetings come with advantages and limitations, and we are now detecting a desire from our associates to return to physical face-to-face meetings at the earliest opportunity. Safety remains our priority however, we will continue to closely follow Government and NHS guidelines. One legacy of the pandemic will be the adoption of online and hybrid meetings.

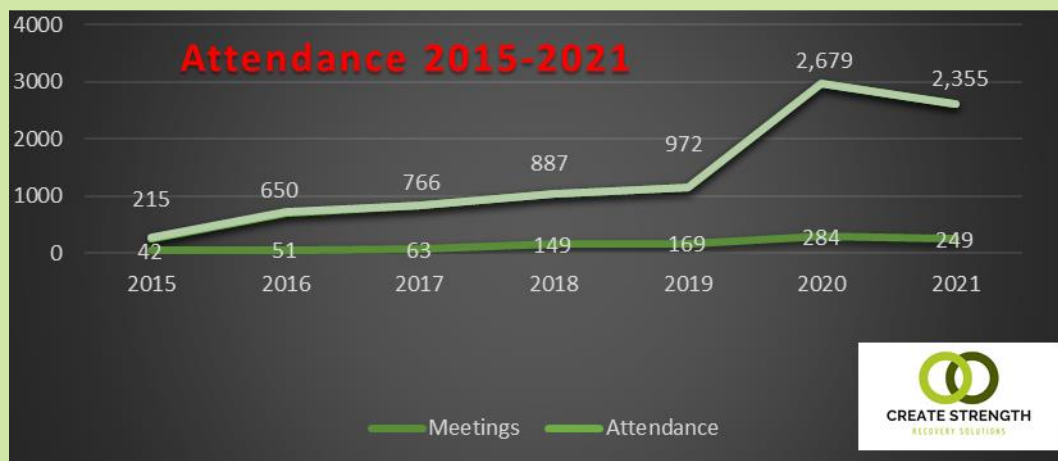
Ongoing facilitation training development is a vital part to our expansion plans. Furthermore we are looking to develop our recovery training as part of our meeting support plans.





(i) Annual Mutual Aid Meeting Statistics

TOTAL	Meetings	Attendance	Ratio
Attendance 2015	42	215	5.12
Attendance 2016	51	650	12.75
Attendance 2017	63	766	12.16
Attendance 2018	149	887	5.95
Attendance 2019	169	972	5.75
Attendance 2020	284	2,679	9.43
Attendance 2021	249	2,355	9.46
TOTALS	1,007	6,169	6.13



(ii) 2021 Monthly Mutual Aid Meeting Statistics

Attendance	
2021	
January	295
February	300
March	297
April	251
May	163
June	104
July	168
August	224
September	125
October	145
November	140
December	143

Despite a drop in attendance outcomes, the figures for 2021 remain buoyant. Firstly our meetings provision was reduced in May from 6 weekly meetings to 2. This reduction was a natural response to the easing of lockdown rules and a prioritisation of group services following governance and resource requirements. Finally the meetings provision in lockdown reflected a lack of services elsewhere which has now balanced locally. This allowed us to concentrate on our project-based delivery model.

In addition to the inclusion of 1-to-1 figures since September we have also included recorded outcomes from our successful Mental Health project (Walk and Talks, social visits, and workshops)

2,355.00

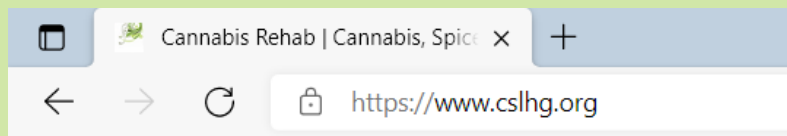


4.0 Media Technology & Promotion

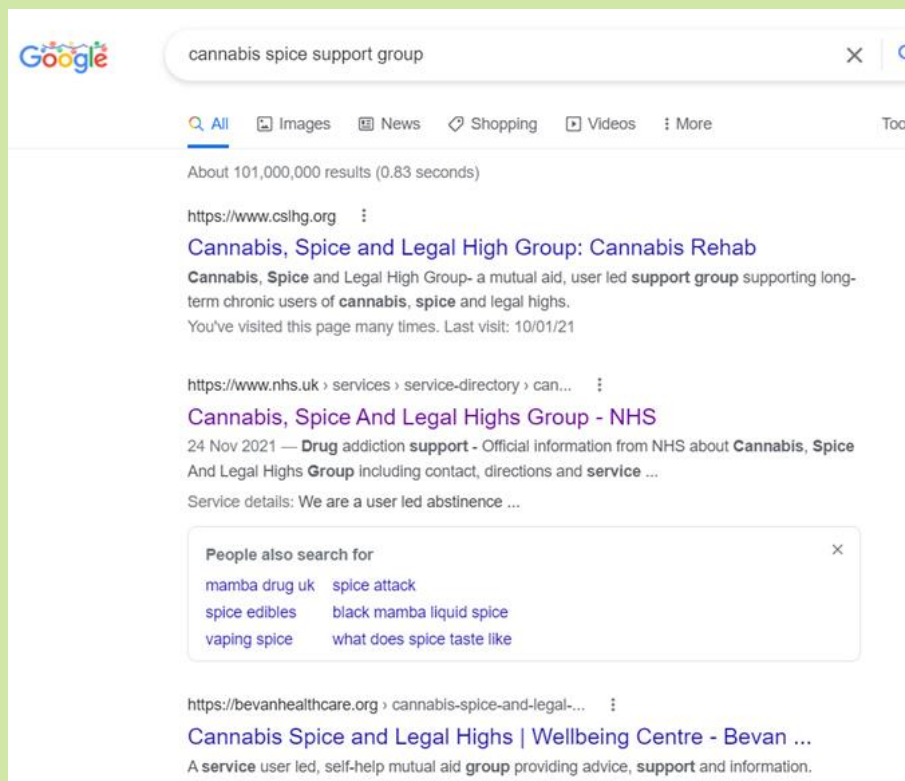
With the exception of our walk and talk events, all our support meetings in 2021 were hosted on the zoom platform.

Furthermore we ran 6 online training sessions and a number of 1-to-1 interventions. Zoom has now been established as a proven delivery tool for our organisation and moving forward into 2022 it is likely to be implemented further in meetings, hybrid working and interventions.

The appointment of a part-time Project Administrator in September (turning full-time in May 2022) has provided us with a dedicated social media moderator. Direct control of Facebook and Twitter will be the remit of this role with increased engagement planned.



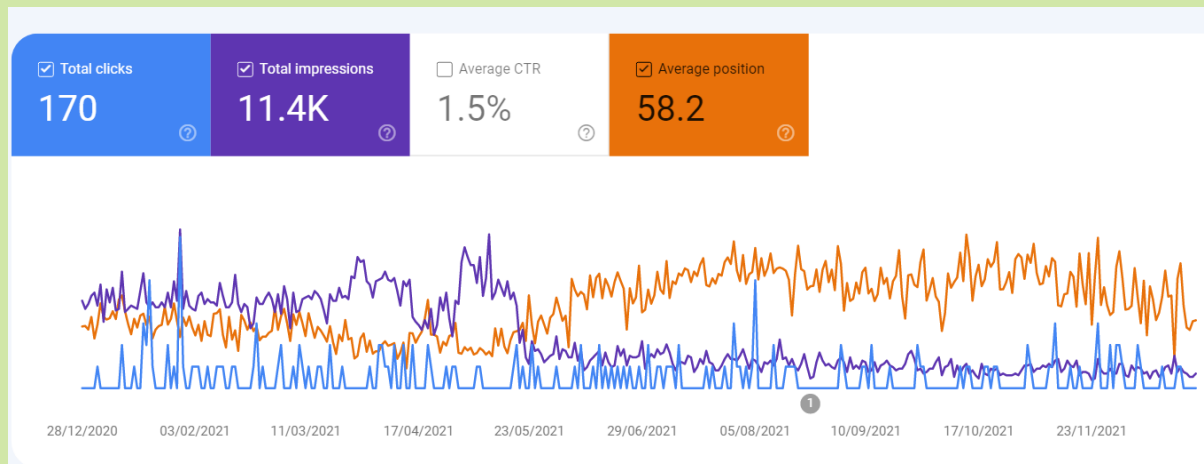
Google Search Appearance





4.1 Website (<https://www.cslhg.org/>)

Our website is due to be redesigned in the coming year with priority given to mobile access and increasing exposure, lead generation and resource distribution.



Google Search Analytics

A clear correlation between paid promotions and web enquires has been noted, particularly in May. We are also seeing an escalation in rankings as a direct result of established presence. This has been achieved without any dedicated SEO (search engine optimisation) or regular promotion. The website redesign is expected to address this issue.

4.2 Facebook (<https://www.facebook.com/cslhg>)

facebook

197 total likes

207 total follows

We currently host a public Facebook Page which is managed by the Project Administrator and is designed to allow contact, information enquiries and networking outside of normal support hours.

Throughout the year, we have continued to update our Facebook Page and keep in regular contact with those who follow us.

4.3 Twitter (<https://twitter.com/cslhginfo>)



154 Following 228 Followers

The Project Administrator also manages and maintains our Twitter account. We use this account to promote our meetings and to engage in conversations that are relevant to the group. There is a strict non-political policy associated with this account.



5.0 Active Projects in 2021

In 2021, the group actively worked on 4 key projects netting a total of almost £42,000.

Commissioners included the National Lottery and Bradford Council with administrative partnerships formed with CNET and the CP8 and CP9 Community Partnership Anchors. Themes included Covid-19, Mental Health support, Cannabis & Spice Awareness training in addition to the core funding provided by the Reaching Communities bid.

In addition to the 4 listed projects, a further 2 are in the planning stage (Nitrous Oxide and CP8 awareness webinar) providing a further £3,000

In addition to National Lottery variation funding (extending the project a further 8 weeks £5,480) We also delivered the ABCD C9 Project (1 week £500) and completed the CNET administered Mental Health Project (14 weeks £3,650). We are currently in the advanced planning stage of our Nitrous Oxide Project, funded by the Bradford Council Cleaner Streets Campaign (16 weeks £2,000) and will deliver our ABCD CP8 project in early 2022 (2 weeks £1032)

5.1 National Lottery C-19 Response Project

September 2021- May 2022 Total Revenue £29,220



May 2021 saw the successful completion of the National Lottery Covid-19 project which allowed us to respond to the online support requirement needed as a direct result of the covid-19 crisis. Furthermore it allowed us to develop and establish our commercial training suite under the umbrella of a Charitable Incorporated Organisation.

021#M0357

Group Member Testimonials

In 2019 our 19-year-old son was dismissed by his employer for taking drugs onto work premises.

Bewildered, frightened, and very much out of our depth, my husband and I struggled to cope with the trauma. We turned to CSLHG for support and were welcomed with open arms. The support our son, and our family received was second to none and transformed our lives. Our son received one on one and group support, educating him to understand the precipice on which he stood and helped him to realise how he could take control of his life.

As parents, we too received practical advice and support - the family member group is certainly a powerful force!

Two years on, our son is in a wonderful place, happy, healthy, and climbing the career ladder. We owe so much to CSLHG.

RAP-CJM Family Group member - Preston Lancashire



5.2 National Lottery (NLRC) Foundation Project

July 2021- June 2024 Total Revenue £235,231

The National Lottery Reaching Communities Foundation Project is by far the single most important contribution to date. Culminating in an application process that began in 2018, this award secures delivery for the next 3 years, allowing us to establish our model and develop our brand. By the end of the project we will have 3 full-time staff members, a consolidated training arm and will see the publication and collaboration of research information and knowledge.

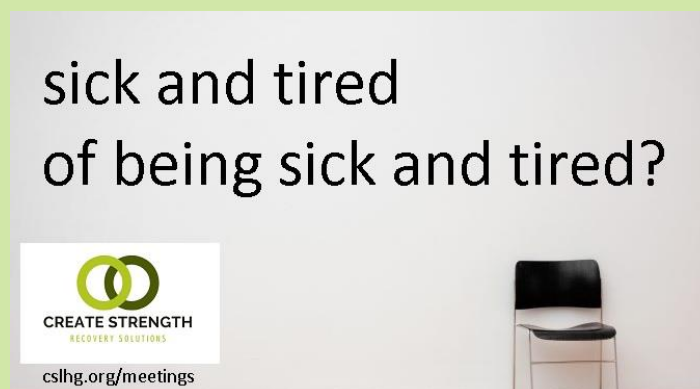


5.2.1 2021 NLRC KPIs

- (M1) Returning **attendance** to pre-Covid attendance
- (M2) Returning **newcomer referrals** to pre-Covid attendance levels
- (M3) Assisting our associates in gaining **employment**
- (M4) Increasing the number of our associates who become involved with **volunteering**
- (M5) Encourage and support our associates into **formal education** Level 2/3
- (M6) Provide workshops/short [skills] courses and encourage **informal learning** to our cohort
- (M7) Encourage and support our associates into a formal **reduction plan**
- (M8) Encourage and support our associates into an **abstinent lifestyle**

5.2.2 2021 NLRC KPI Outcomes

KPI	(M1)	(M2)	(M3)	(M4)	(M5)	(M6)	(M7)	(M8)
Current Outcomes	2355 +1155	n/a	15.38% + 5.38%	16 +1	7.69% +2.69%	167-+142 27 sessions	17 +7	25.6% +20.6%





5.3 ABCD CP8 Project

August 2021 Total Revenue £600

The Community Practice 8 area includes BD4 and the Holmewood Estate where prolific cannabis use has historically been reported. In August 2021 we offered 5 subsidised training seats, 2 internal seats in addition to 3 paid seats from housing charities in Nottinghamshire and South Yorkshire.



5.4 CNET MH Project

July-October 2021 Total Revenue £4,275

The CNET Mental Health award was the first time the group had received revenue for providing mental health support we'd been delivering since 2015. Mental health issues are so tightly associated with cannabis use that our mental health support has increased to reflect demand. Covid highlighted this need and demand is set to continue in the future at an increasing pace.



023#M0358

Group Member Testimonials

My son had been addicted to cannabis for over ten years and I quite often felt helpless when it came to understanding him. He began his recovery with CSLHG in February 2020 and it changed his life. When he asked me to be part of the family support group I was so happy.

I attend the Monday night family support group every week now and I have learned so much. Not only about how to support my son, but I've also learned about addiction and how it affects the user and their family. I know I am not alone now I have support from other family members and from recovering addicts too. The family group is unique because it is a mixture of recovering addicts and family members who help each other.

Most importantly it is something that makes me feel connected to my son again.

Ann chambers Grateful Mum - Bradford



6.0 2022 Future Plans

Two further projects are due to be delivered in 2022 (6.1 Nitrous Oxide Project and 6.2 ABCD CP8 Webinar Project) in addition our future plans involve adhering to the 3-year Development Plan published in March 2021*.

Phase 2 - Consolidation Initial development - [Months 4-15 October 2021-September 2022](#)

Phase 3 - Review - [Month 16 October 2022](#)

Phase 4 - Main development - [Months 17-28 November 2022-September 2023](#)

The bulk of development in 2022 will follow phase 2. Designed to consolidate our position, including the following areas-

* *Organisational review*

* *Pilots & Prototyping*

* *Funding priorities*

* *Project initiations-*

This phase will be followed by an internal review before main development commences towards the end of the year where beta versions, contracting scoping before full; training, Networking, volunteering, and funding Reviews are carried out.

* [3-year Development Plan plan document available on request](#)

6.1 Nitrous Oxide Project

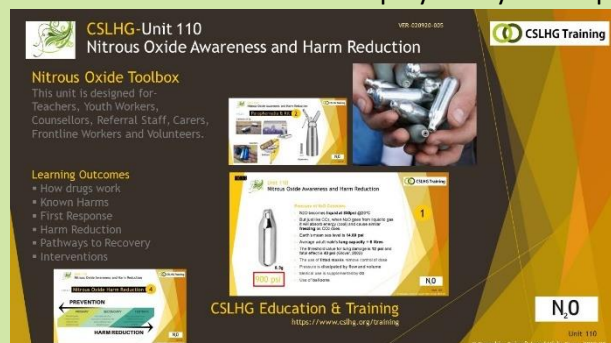
[December 2021-March 2022 Total Revenue £2,000](#)

This Bradford Council funded award is part of the Cleaner Streets Campaign. We will target areas in the Holmewood and Great Horton neighbourhoods of Bradford under the terms of the award.

The **Nitrous Oxide Project** was initiated as a response to requests for information from local community groups, parents, youth workers and individuals in addition to self reporting of incidents by users directly involved in the practice. A comprehensive mapping exercise is currently underway identifying areas and quantities of the substance for recreational purposes across the district. This in turn is backed up by a fully developed awareness training package which will be

delivered to stakeholders and front line workers. We are currently implementing phase one; teaming up with interested parties in the Holmewood area in the planning stage of this project.

The second phase of this award will map the Great Horton area of the district in spring of 2022.

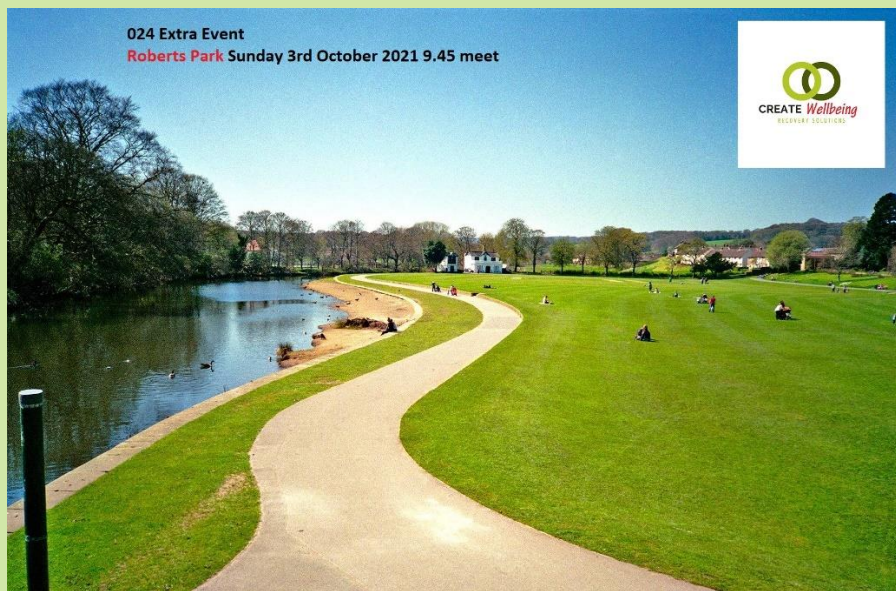




6.2 ABCE CP8 Project

Spring 2022 Total Revenue £1,032

This project has allowed us to develop a taster presentation that showcases our group, highlighting our history, background, and services. The remit of this award dictates an audience to groups and organisations within the CP8 area. However this presentation will form the basis for our background presentation to promote our organisation. We have already presented this approach to the Lived Experience Recovery Organisation (LERO) and other groups and partners.



MH Project event

024#M0362

Group Member Testimonials

I started attending the family groups as a family member of a person addicted to cannabis in June 2020. It has been an eye opener on how my behaviours were also affecting his recovery as well as teaching myself to self-care to be a better person for myself and better support for my loved one.

The group is really friendly and the fact that we share our experiences as well as get to listen to ex addicts sharing their journey, is extremely helpful. The group has become like family, and I still look forward to every Monday session!

Vie Family Group Member – South Yorkshire



7.0 Finances

In 2021, Create Strength Group saw our strongest financial growth year, furthermore this trend is set to continue at least until 2024. Further funding and revenue will be sought within the coming years to build a sustainable delivery model.

As shown in the table below, the bulk of our revenue derives from bids and grants sourced from local and national bodies. Training revenue has increased in this period, and it remains our largest source of income beyond bids and grants. 2021 also saw the consolidation of our bank accounts. The organisation now uses CAF Bank as our sole provider for banking services.

We are currently exploring, trading, franchising, contracts & tendering in addition to traditional fundraising, legacies, and donations. The group also is now part of the Amazon Smile Charitable Giving Programme where we accept 0.5% of participant sales. [\(Please see Section 10.1 Donations & Contributions\)](#)

This year's submitted accounts will be available via the Charity Commission website in Q1.

7.1 Income 2021

Ref		Income (£)
(i)	Grants	£44,962
(ii)	Training	£999
(iii)	Additional income	£1,172
	Total	£ 47,133

7.1 Notes

(i)	Grants	
	VCS ALLIANCE CP8	£ 1,032
	NLRC-C19-VAR	£ 5,480
	BDMC MH Project	£ 4,275
	VCS ALLIANCE CP9	£ 500
	NLRC Foundation	£ 31,675
	BDMC NOS Project	£ 2,000
		£ 44,962
(iii)	Additional income	
	Refunds/transfers/donations	£ 1,172



7.2 Expenditure 2021

Ref		Outgoings (£)
(i)	Employment costs	£24,782
(ii)	Project Expenses (minus salaries)	£18,281
(iii)	Bank charges	£96.00
(iv)	Additional expenditure	£545
	Total	£ 43,704

7.2 Notes

- (ii) **Project Expenses**
All completed projects were delivered to budget within the timescale. Current projects are within budget.
- (iii) **Additional expenditure**
Spending from reserves.

7.3 Balance 2021

Ref		Debit (£)	Credit (£)
(i)	Opening Balance 01-01-2021		13,190.26
(ii)	7.2 Income 2021		47,133.35
(iii)	7.3 Expenses 2021	43,704.48	
	Balance/Cash in bank 31-12-2021		£ 16,619.13

7.4 Financial Position

Opening Balance 1 st January 2021	£13,190.26
Closing Balance 31 st December 2021	£16,619.13
Operational surplus	£ 3,428.87

Create Strength Group currently operates with the luxury of secure funding for the next two and a half years. Budgets are set and adhered to, and we are working with our principal funders to monitor and streamline our delivery and development.

We intend to increase core funding and our reserve provision in the coming years.

The appointment of charity accountancy services is currently being scoped.

“The best way to predict the future is to create it.”

Peter F Drucker





8.0 Contact Details



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Facebook: <https://www.facebook.com/cslhg/>



Twitter: <https://twitter.com/cslhginfo>



9.0 Acknowledgements

The group is immensely grateful for the continuing support we receive from The Bridge Project. We owe a sincere debt of gratitude to **Sue Knowles, Melissa Dorey, Michael Ritchie, Gary Joseph, Melva Burton, Gordon Roscoe, Tracey Hogan, Jon Royle, Martin Brook, Jenny Brown, John Robinson, Tracy Bostock, Wayne Redmond, and Paul Hassan** of The Bridge Project. **Joe Kean** and **Suzanne Redmond** of CGL, **Gabriel Stoltz, Melva Burton, Adele Craig, Norman Fontaine, Craig Chambers and Donald Unsworth**. **Ashley Peter Ryan** of Bespoke Care & Support Services, **Richard Jarvis** of Response UK, **John Fox** of The Hepatitis C Trust, **Lincoln Oakley** of CABAD, **Julie Wakefield** and **Thelma Vinnicombe** of Healthy Lifestyle Solutions CIC. **Alex Ferrier & Beth Maguire** of the National Lottery. **Ann Chambers, Vie Clerc, Matt Taylor, Rosemary Phillips** and **Caroline Lomax** of CSLHG Family Support Group.

Thank You



10.0 How you can help

Our group is an independent, self-managing user led organisation born from a need to support abstinence and empower individuals to beat addiction through sustained recovery. We believe all drug users have the ability to turn their lives around and make a positive contribution to the communities they live. If you are like minded and feel you want to contribute your support, we welcome contributions in many forms.

- (i) **Financial contributions** can be made in various ways. Section 10.1 Donations & Contributions outlines ways to do this.
- (ii) **In Kind contributions** such as office supplies, help with printing, photocopying, laminating etc or you can donate warm clothing, sleeping bags and food in support of our homeless outreach campaign.
- (iii) **Recycling**- you may wish to support one of our campaigns by donating mobile phones and IT (<https://www.cslhg.org/mobile-donations>)
- (iv) **Giving your precious time**- We always need capable volunteers with the mix of skills and experience to help us with our important work. Please send an email to cslhginfo@gmail.com for more information.

019#M0370

Group Member Testimonials

I joined the group back in July of 2020 whilst fighting for custody of my kids through the family courts after my family broke apart due to me having problems with cocaine and cannabis.

I managed to overcome the cocaine problems myself along with the drink, but the weed I always really struggled with. Since joining the group they have helped me in leaps and bounds, supporting me and teaching me tools I can put in place to overcome my urges of using cannabis. They also helped me think about things a lot more before I act up on them.

Attending the meetings has made me a lot calmer within myself and look at things in a different perspective but most of all I am now several months abstinent and still engaging with the group to give back to others what they give to me.

I couldn't thank this group enough as they have been the backbone of my recovery through all the court cases, arrests and the rest of it they have been part of my journey every step of the way and I truly couldn't thank the group enough.

Sean Weston Proud father of two - BD4



10.1 Donations & Contributions

Donations are welcome

Create Strength Group happily accepts donations from associated organisations, family members, businesses, and the general public.

Amazon Smile

Please use this link Amazon Smile Donations when buying with Amazon to have them donate 0.5% to us at no extra cost to you. Please help us by distributing this link. Thank you



https://smile.amazon.co.uk/charity/select/search?_encoding=UTF8&orig=%2F&q=CREATE%20STRENGTH%20GROUP

Paypal Donations

PayPal donations can be made via our website or directly via the link below.



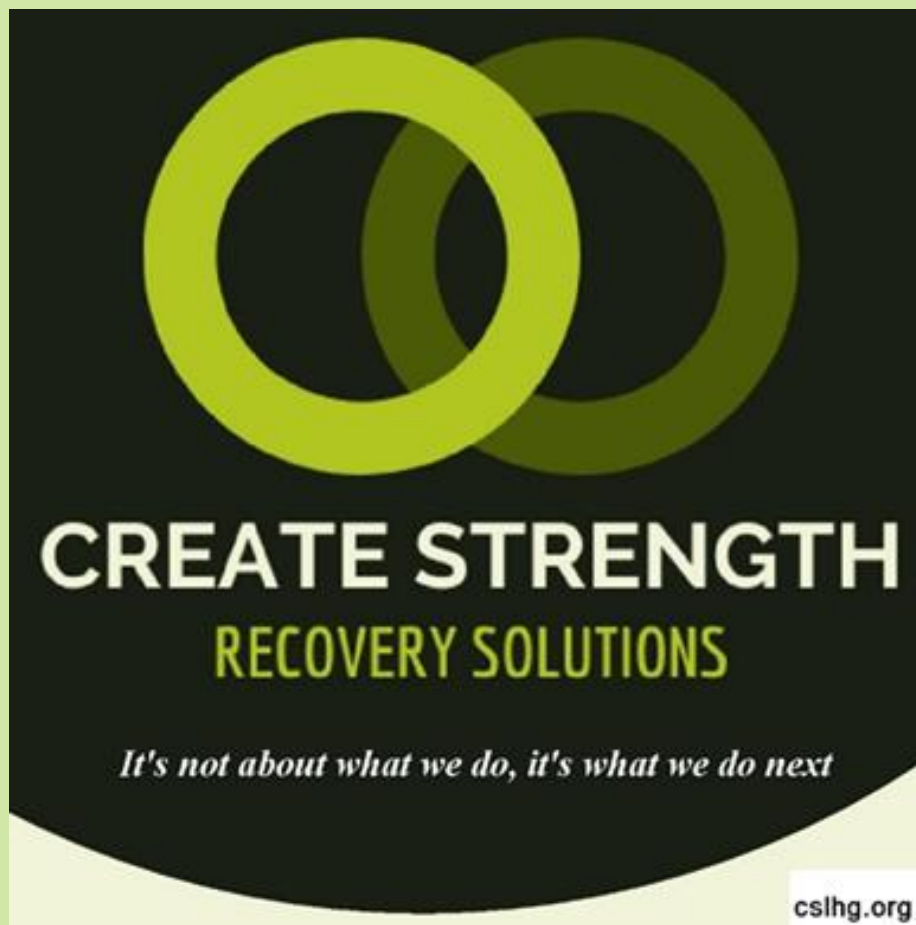
https://www.paypal.com/donate?token=0QvoOERcDA4ckUV3IM9MEOQunqmdrpcZOFBmFI6pvdJOIb_YIkBwtasghqnr8u9VYw0HleQAttcUymv

Direct Donations

Direct donations can be made by BACS transfer by using the details below. *REF: DONATIONS*



A/C Name:	Create Strength Group
Sort Code:	405240
Account Number:	00033929





Create Strength Group



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