



CREATE STRENGTH
RECOVERY SOLUTIONS

Group Report

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20
22



CREATE STRENGTH

RECOVERY SOLUTIONS

GROUP REPORT 2022





Principles, Values and Objectives

Create Strength Group (CSG): Founded in March 2015, provides 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.

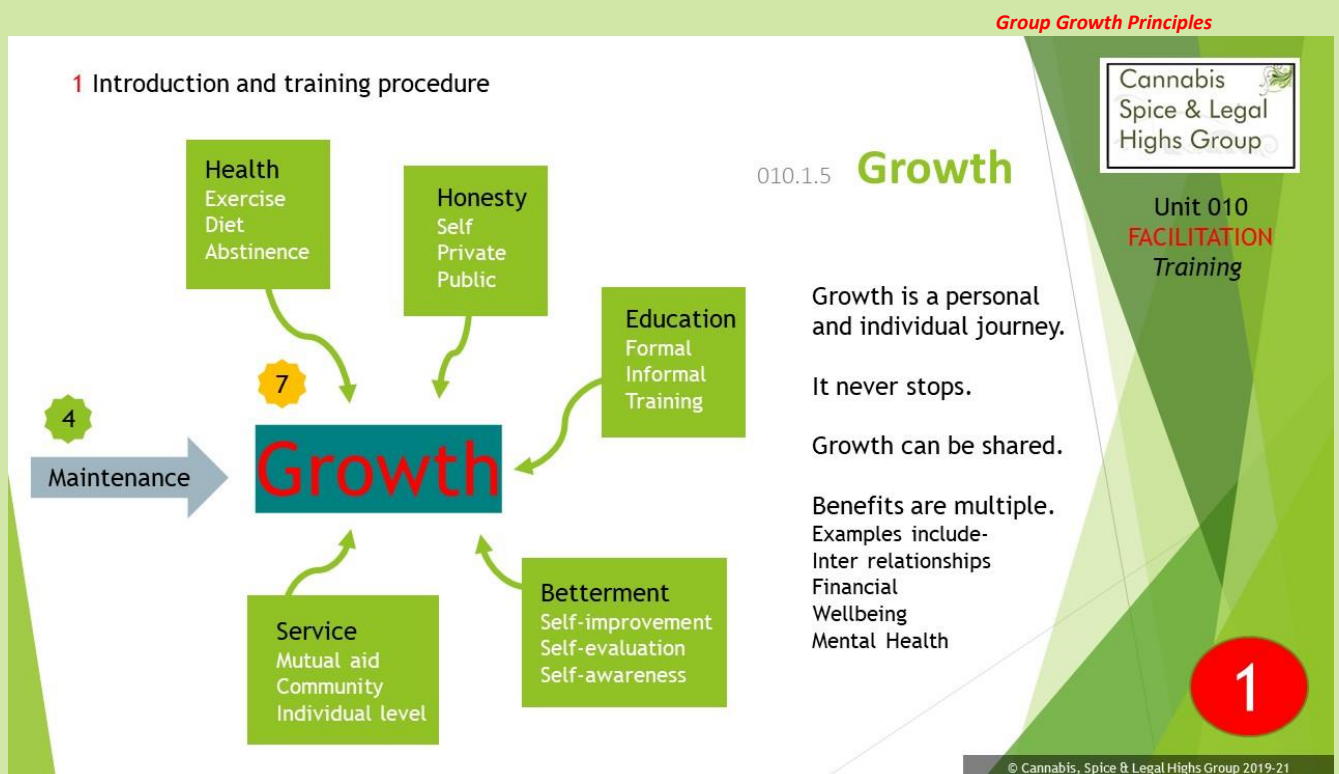
We believe all drug users have the ability to turn their lives around and make positive, sustainable changes to their personal circumstances and the communities they live in.

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.





CONTENTS

1.0	Context	5
2.0	Overview 2022	6
3.0	Support and Statistics	8
4.0	Active Projects in 2022	12
5.0	Future Plans	18
6.0	Finances	21
7.0	Contact Details	23
8.0	Acknowledgements	24
9.0	How You Can Help	24
10.0	Notes	25

Group Testimonials

027#M0278

Group Member Testimonials

The cannabis, spice and legal highs group was one of my first experiences of recovery 3 years ago and I've been engaging with them ever since. I've tried other forms of recovery, but this group has helped me the most.

I've learnt a lot about how my brain works, how chemicals within substances effect the body and gathered many tools that I implement on a daily basis to help me stay clean.

Above all, I've met people that I can relate to, share similar experiences and formed friendships within this group.

Tom Support Group Member since 31/05/2019 – **Bradford**



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.





1.0 Context

Latest statistics from ONS Drug misuse in England and Wales: year ending June 2022

- Cannabis:** Since estimates began in the year ending December 1995, cannabis has consistently been the most used drug in England and Wales; in the latest year, 7.4% and 16.2% of adults aged 16 to 59 years and 16 to 24 years, respectively, reported having used the drug in the last year; a similar level to the year ending March 2020 and the year ending March 2012; however, levels are much lower compared with the year ending December 1995.

SOURCE:

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/drugmisuseinenglandandwales/yearendingmarch2020#frequency-of-drug-use-in-the-last-year>

Despite the fact that cannabis is still illegal in the UK, with limited availability for medical use, the United Kingdom is the world's largest exporter of legal cannabis

Significant increase in deaths involving new psychoactive substances (NPS) in 2021

There were 258 deaths involving new psychoactive substances registered in 2021, which is 88.3% higher than the previous year (137 deaths) and a statistically significantly higher rate than the previous year (4.5 deaths per million people in 2021 compared with 2.4 in 2020). This rise was driven by an increase in the number of deaths involving benzodiazepine analogues (primarily flubromazolam and etizolam) from 62 deaths in 2020 to 171 deaths in 2021.


There have been increasing numbers of deaths involving benzodiazepines (a rise of 13.0% when compared with 2020, from 476 to 538 deaths), pregabalin (a rise of 18.9%, from 344 to 409 deaths) and gabapentin (a rise of 12.7%, from 118 to 133 deaths).

SOURCE:

<https://recoveryreview.blog/2022/10/21/addiction-the-whole-family-gets-to-play/>

Sample from our substance awareness training

6 The evolution and development of cannabis



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Significant Research

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Research found that those who had used mostly 'Skunk'-like (high potency THC) cannabis were **twice as likely to be diagnosed with a psychotic disorder** if they had used it less than once per week, nearly **three times more likely if they used it at weekends**, and **five times more likely if they used it every day**. The same was not true for Hash, which did not appear to increase the risk regardless of the amount smoked.

"Proportion of patients in south London with first-episode psychosis attributable to use of high potency cannabis: a case control study" Lancet Psychiatry. 2015.

Di Forti, M. Marconi, A. Carra, E. Fraitetta, S. Trotta, A. Bonomo, M. Bianconi, F. Gardner-Sood, P. O'Connor, J. Russo, M. Stilo, S. Marques, T. Mondelli, V. Dazzan, P. Pariente, C. David, A. Gaughran, F. Atakan, Z. Iyegbe, C. Powell, J. Morgan, C. Lynskey, M. Murray, R

Cannabis Spice & Legal Highs Group

Unit 010
FACILITATION
Training

6

© Cannabis, Spice & Legal Highs Group 2019

Create Strength Group CIO

Charity number: 1193551

- Report 2022 -



2.0 Overview 2022

2022 has proved CSG's best year to date in terms of developmental growth. The current political and sector climate is creating unprecedented opportunities for Create Strength Group to deliver our unique, innovative, and much needed programmes.

As part of our ongoing **National Lottery Reaching Communities (NLRC) Foundation Project** we are performing to plan and on-budget with performance KPIs on-target. In October we filed our first set of **financial accounts** to the Charity Commission, completing a development Plan milestone necessary in order for us to participate in wider revenue streams.

In July we began delivery of our first project outside Bradford. As part of the **Queen Street Resilience Project**, we began to support beneficiaries with complex needs in Rotherham, South Yorkshire. With support from the Coalfields Regeneration Trust and Target Housing we delivered a programme of interventions supporting people who had largely been marginalised and had slipped through the net of traditional support networks. 2022 also saw the completion of the Cleaner Streets Campaign phase of our **Nitrous Oxide Project**. This ongoing mapping, and scoping exercise also includes awareness and training offering in addition to environmentally sound and community-based liaison.

Our core **support networks** of face-to-face (f2f) online, physical and hybrid meetings were complemented by offering one-to-one (1-2-1) appointments both online and f2f in our dedicated room at 29 Salem Street. Attendances are returning to a stable state far in excess of pre-pandemic numbers.

Sample of meeting posters

The image displays four sample meeting posters for Create Strength Group, arranged in a row. Each poster features the organization's logo and a central image of people. The posters are:

- Online Family Support Group:** Focuses on family support. Meeting time: First Monday of every month, 6PM - 8PM. Location: Online. Contact: createstrengthgroup.org/contact/ to register.
- Hybrid Support Group:** Focuses on help with Cannabis, Spice, Legal Highs, and all addictive behaviours. Meeting time: Tuesdays, 6PM - 8PM. Location: Hybrid. Contact: createstrengthgroup.org/contact/ to register.
- Face-to-face Support Group:** Focuses on help with Cannabis, Spice, Legal Highs, and all addictive behaviours. Meeting time: Fridays, 1:00PM - 3:00PM. Location: Trafalgar Street, Bradford, BD1 3ED. Contact: createstrengthgroup.org/contact/ to register.
- Online Support Group:** Focuses on help with Cannabis, Spice, Legal Highs, and all addictive behaviours. Meeting time: Sundays, 6PM - 8PM. Location: Online. Contact: createstrengthgroup.org/contact/ to register.

Each poster also includes a QR code and contact information for more details or information. Below the posters, there are logos for partner organizations: Adfam, Zoom, Community First, and Create Strength Group. The text 'ONLINE', 'HYBRID', 'FACE-to-FACE', and 'ONLINE' is placed under each respective poster. At the bottom, a QR code and the text 'More details at <https://createstrengthgroup.org/meetings/>' are provided.

As an organisation with a remit for independence and self-sufficiency we have continued to follow a path of diversity in terms of securing financial input. 2022 saw a turning point by not only securing our first **Local Authority Commission**, but by being part of a winning consortium to deliver **Drug & Alcohol Treatment Services** across the Bradford District.



Despite our recent success, **the winning of new business** still remains a priority. We always have concurrent applications in progress to fund our core projects and services. We are following the path set out in our development plan to transition to submitting applications from mid-range funders to the approximate value of circa £50,000. As part of this process it will become increasingly necessary to recruit team members with a proven track record of procuring funds within the sector.

As part of our ongoing development plan we undertook an **internal review**, investigating the performance and impact of the organisation with emphasis on Resources and Infrastructure, Training and education, Social Enterprise and Self-Funding, the Mutual Aid Network and the area of Research, Publication, and Information Advocacy. In addition to reporting their findings, the report authors included a number of recommendations that we intend to explore and develop.

In addition CSG became a registered partner of the **Prisons and Probation Service** in managing Community Service Order placements. This benefits our associates who have been placed on such orders and it bolsters our volunteer programme. In addition it strengthens our associates' bond with the group and reinforces rehabilitation and recovery.

2022 Milestones include:

- Exceeding the hosting of 1,200 support meetings since our formation
- The winning of our first treatment contract
- The winning of our first Local Authority commission
- Increasing membership to 479
- Achieving 2,166 instances of attendances in 2022
- Securing core funding to 2028 and beyond
- Increasing income by 213%
- The execution of our first project out of West Yorkshire





3.0 Support and Statistics



Since our formation in March 2015, over **479 members** and their families have benefitted from our services. We have for example, hosted over **1,200 regular meetings** in 6 different venues including **705 held online**. We now provide face-to-face (f2f) physical and hybrid meetings in addition to over **150 one-to-one** (1-2-1) sessions

Since the introduction of the **active cohort statistic (ACS)** we perform statistical analysis based on the associates who regularly engage with us. We set this parameter at 5 unique attendances. This does of course have implications when comparing year on year metrics but does produce a more realistic picture of impact.

Our reported first choice substance remains dominated by **cannabis** used by 43% of our active cohort. This mirrors national and international trends in data. The demand for **spice** support has dropped off significantly and this figure reflects a change in supply lines caused by a legislative change in China, the main producer of synthetic cannabinoid receptor agonists (SCRAs). Legal highs, analogues and **synthetics** continue to hold traction in emerging drug scenes with chemsex, party drugs and experimental chemicals not far behind. This area of **future trends** is important to CSG as our intention is to be fully prepared for developing supply and demand drugscapes.

Our commitment to attract more **women** into our support network is beginning to bear fruit. We now have an engagement rate of 28% (1% increase compared with 2021) We still have much further to go in our diversity aims.

(i) 2022 Cohort Drug of choice Statistics	(ii) 2022 Gender Breakdown																	
<p style="text-align: center;">1ST DRUG OF CHOICE**</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="background-color: #FFD700;">%</th> </tr> </thead> <tbody> <tr> <td style="background-color: #2E8B57; color: white;">CAN</td> <td style="background-color: #FFD700;">43</td> </tr> <tr> <td style="background-color: #FFD700;">CRK</td> <td style="background-color: #FFD700;">26</td> </tr> <tr> <td style="background-color: #FFD700;">ALC</td> <td style="background-color: #FFD700;">17</td> </tr> </tbody> </table>		%	CAN	43	CRK	26	ALC	17	<p style="text-align: center;">ACTIVE COHORT ATTENDANCE MIX</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th colspan="2" style="background-color: #FFD700;">%</th> </tr> </thead> <tbody> <tr> <td>MEN</td> <td style="background-color: #FFD700;">36</td> <td style="background-color: #FFD700;">72</td> </tr> <tr> <td>FEMALE</td> <td style="background-color: #FFD700;">14</td> <td style="background-color: #FFD700;">28</td> </tr> </tbody> </table>		%		MEN	36	72	FEMALE	14	28
	%																	
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CRK	26																	
ALC	17																	
	%																	
MEN	36	72																
FEMALE	14	28																
<p>** Family members and visitors not included in calculation. All data correct at 31/12/2022</p> <p>CAN-Cannabis, CRK- Crack Cocaine, ALC-Alcohol</p>																		



CREATE UNDERSTANDING
CREATE KNOWLEDGE
CREATE STRENGTH

CSG RESEARCH

3.1 2022 Attendance data

Confidential data is recorded using individual attendance over the year. Figures included cover online meetings with recorded 1-to-1 outcomes since 23/09/2022.

We recently had an [external review of our data capture and representation techniques](#) (independently of our internal review) [CSG Review of meeting data capture_V3.xls](#) available on request

Snapshot of attendance register

										122				129			
										SHIMLA							
FRI	W/E-SAT	SUN	TUE	WED	FRI	W/E-SAT	SUN	TUE	WED	FRI	W/E-SAT	SUN	MON				
13:30		14:00	18:00	ROTHERHAM	13:30		14:00	18:00	ROTHERHAM	13:30		14:00	18:00				
VAULT	ONE-TO-ONE	ONLINE	SHIPLEY	QS PROJECT	VAULT	ONE-TO-ONE	ONLINE	SHIPLEY	QS PROJECT	VAULT	ONE-TO-ONE	ONLINE	FAMILY				
179		180	181	182	183		184	185	186	187		188	189				
8120	8121	8129	8135	8141	8157	8158	8169	8183	8190	8205	8208	8218	8225				
1945	1946	1954	1960	1966	1982	1983	1994	2008	2015	2030	2033	2043	2050				
														Nov			
														206			
10	1	8	6	6	16	1	11	14	7	15	3	10	7				
18/11/2022	19/11/2022	20/11/2022	22/11/2022	23/11/2022	25/11/2022	26/11/2022	27/11/2022	29/11/2022	30/11/2022	02/12/2022	03/12/2022	04/12/2022	05/12/2022				

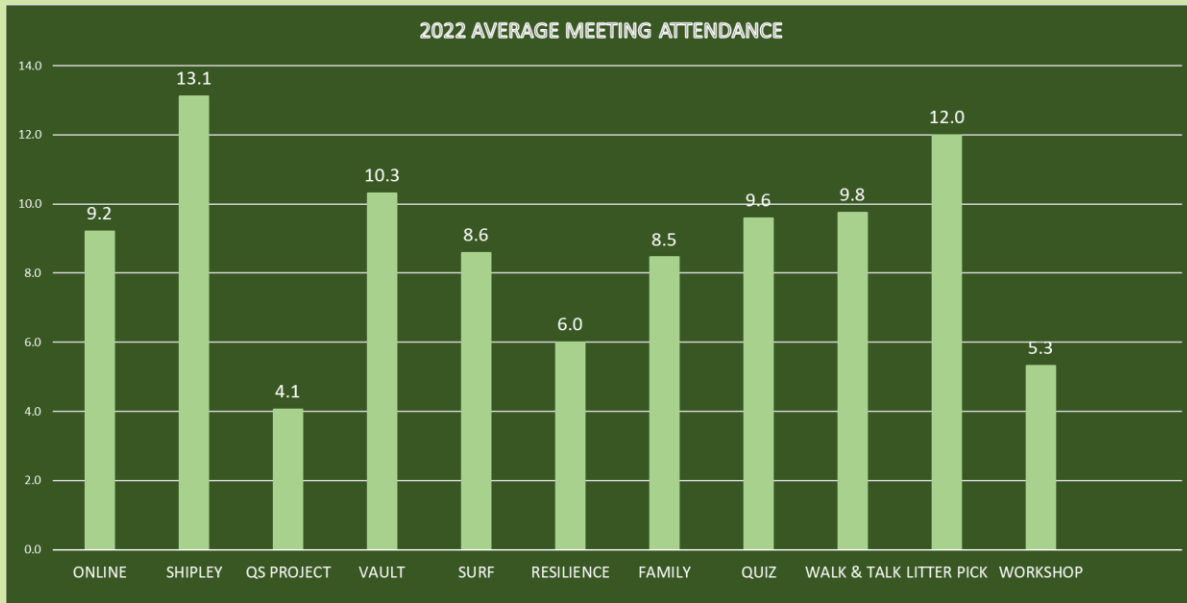
Support meetings attendance figures in 2022 followed a trend since lockdown of reducing meetings, and therefore overall attendance but with **increasing yields**. The table below illustrates this showing attendance far above pre-lockdown outcomes.

Meeting Yield

Create Strength Group CIO

Charity number: 1193551

- Report 2022 -



Sunday Tuesday Wednesday Friday Saturday Thursday Monday Thursday < Sunday > Tuesday

Historic Meeting Data

TOTAL	Meetings	Attendance	Ratio
2015	42	215	5.12
2016	51	650	12.75
2017	63	766	12.16
2018	149	887	5.95
2019	169	972	5.75
2020	284	2,679	9.43
2021	249	2,355	9.46
2022	203	2,166	10.67
TOTAL	1,210	10,690	8.83

2022 was a ground-breaking year for us as we launched **our first ever hybrid meeting** on 05/07/2022. As Covid restrictions were lifted from venues we began to offer more f2f meetings. We quickly picked up the skills and infrastructure needed to operate this new way of working and the Tuesday Fire Station meeting returns the highest attendance figure of all our support groups.

Ongoing facilitation **training development** is a vital part to our expansion plans. We have introduced Facilitation taster sessions to introduce our associates to new roles and opportunities. Furthermore we are looking to develop our recovery training as part of our meeting support plans.

2022's attendance figures were mapped against the 2 previous years showing a like-for-like comparison. The table below lists the respective month attendance figures showing the positive/negative balance.



2022 Monthly Mutual Aid Meeting Statistics Compared to 2021 and 2020

Attendance	2022	2021	2020
	TOTAL	BALANCE	BALANCE
2022			
January	144	-151	22
February	143	-157	7
March	170	-127	38
April	129	-122	-62
May	146	-17	-78
June	131	27	-127
July	210	42	-68
August	RECORD>	265	41
September	RECORD>	247	122
October		224	79
November		206	66
December		151	8

It is noted how **August and September returned record attendance figures** even surpassing lockdown figures. September also recorded the **record weekly total** of 97 instances of attendance.

2022 Weekly record

WEEK 125	97
NLRC-WK-60	RECORD WEEK
W/E	10/09/2022

The overall attendance trend is broadly in line with expectations. The **post Covid environment** has dictated less scheduled meetings resulting in a stabilised yet healthy engagement pattern. Our mix of f2f, online and hybrid meetings appear to be striking a balance with current demand.

Create Strength Group CIO

Charity number: 1193551

- Report 2022 -



2022 Instances of Attendance



Sample of email request

Help External Inbox x

Katie <[redacted]@hotmail.com> to cslhginfo@gmail.com Jan 15, 2023, 9:12 PM (12 hours ago)

Hi I am looking for some help with my partner. He is drinking and sniffing glue every other day. This is seriously getting out of hand and we don't know what to do. He is wanting help and wants to stop please can you help us

Get [Outlook for Android](#)

Dave Memery <dave.memery@cslhg.org> to Katie, Spice 3:38 AM (6 hours ago)

Hi Katie

Thanks for reaching out to our group. We realise how difficult this can be and understand the chaos and hurt addiction can bring. We are a group of current and ex-addicts who support the recovery journey to users and their loved ones.

Our principle way of doing this is through peer-led support groups in face-to-face venues and online. A list of our meetings can be found at createstrengthgroup.org/meetings

We can offer your partner 1-2-1 sessions and signpost him in to treatment services but we would expect him to attend a couple of meetings to show some commitment first.

We also have a family support group that you may benefit from.

Please let me know your thoughts.

Regards
Dave

4.0 Active Projects in 2022

In 2022, the group actively worked on 3 key projects in addition to working on 3 successful proposals that will contribute to delivery in 2023 and beyond. The value of the active projects in 2022 resulted in **£76,844.52 of funding received during the period.**



4.1 National Lottery (NLRC) Foundation Project

July 2021- June 2024 Total Revenue £235,231

Income received in the accounting period: £67,995

Expenditure within the accounting period: £59,082



The NLRC Project remains our core driver and will remain so until July of 2024. It is closely allied to our Development Plan that was designed to lead us through the first 3-years of charity status in order to build a strong foundation to grow and further develop.

Performance is monitored by progress meetings annually and a set of KPIs jointly agreed during the application process. For the purpose of NLRC Foundation Project and in order to substantiate the data we introduced a metric that only counts associates who attend our support groups for a minimum of 5 instances. The ACS records active associates used in KPI calculations and saw an increase in 2022 when compared with the previous year.

Active Cohort Statistic (ACS)

2021	39
2022	50

Associate Employment Status

2022		%
23	EMPLOYED	46
22	UNEMPLOYED	44
2	VOLUNTEERING*	4
1	RETIRED	2

* volunteering solely outside CSG

Associates leading an abstinent lifestyle

ABS	%
32	64

* Includes family members

4.1.2 2022 NLRC KPIs (M) Mutual Aid Outcomes:

Change indicators	What amount of change do you expect to see?	When will this amount of change happen by?	Current Outcomes
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Create Strength Group CIO

Charity number: 1193551

- Report 2022 -



(M1) Returning attendance to pre-Covid attendance	1,200 attendances* 1,800 attendances* 2,400 attendances*	31 st December 2021 31st December 2022 31 st December 2023	2355 +1155 2156 + 356
(M2) Returning newcomer referrals to pre-Covid attendance levels	45 new members 55 new members	31 st May 2022/3 31 st May 2024	n/a [64 in 2022]
(M3) Assisting our associates in gaining employment	10% of associates 15% of associates 25% of associates	31 st December 2021 31st December 2022 31 st December 2023	15.38% + 5.38% 46% + 31%
(M4) Increasing the number of our associates who become involved with volunteering	15 associates 20 associates 30 associates	31 st December 2021 31st December 2022 31 st December 2023	16 +1 20
(M5) Encourage and support our associates into formal education Level 2/3	Target 5% of learners into level 2 and 3 learning 10% of associates 15% of associates	31 st December 2021 31st December 2022 31 st December 2023	7.69% +2.69% 20% +10%
(M6) Provide workshops/short [skills] courses and encourage informal learning to our cohort	Offer 25 places in skills workshops 25 associates 30 associates	31 st December 2021 31st December 2022 31 st December 2023	167-+142 27 sessions 46+21
(M7) Encourage and support our associates into a formal reduction plan	Minimum 10 associates actively reducing with a view to abstinence. Minimum 15 associates Minimum 20 associates	31 st December 2021 31st December 2022 31 st December 2023	17 +7 3 -12
(M8) Encourage and support our associates into an abstinent lifestyle	Help 5% of associates to reach and maintain the group goal of abstinence. 10% of associates 15% of associates	31 st December 2021 31st December 2022 31 st December 2023	25.6% +20.6% 64% +54%

4.1.2 2021 NLRC KPI Outcomes

M1 attendance **2156 + 356** ● ●

This KPI, although lower than 2021 (by 189) it still remains comfortably ahead of expectations.





M2 newcomers [64 in entirety of 2022] (n/a)

This KPI is not due till May of 2023, however the total number of newcomers in 2022 was 64, with the contributing figure since June 2022 being 53. This is 8 higher than the figure required in May 2023 and 2 short of the figure required for 2024.

M3 employment 46% + 31%

Associates in employment in 2022 reached a record 23 (46%) Since this is a cumulative figure it also demonstrates the stability of our active cohort to hold down a job.

M4 volunteering 20

In 2022 20 of our associates regularly volunteered with us and a further 2 associates volunteered elsewhere within the sector.

M5 formal education 20% +10%

10 associates embarked on formal education courses at level 2 or higher

M6 informal learning 46+21

In 2022 we facilitated 3 workshop s running over several weeks covering mindfulness, trauma and facilitation skills taster sessions. In all 46 associates took advantage of these free workshops.

M7 reduction plan 3 -12

At first glance, this KPI shows a figure below expectations, this is however mitigated by the high M8 KPI (associates achieving an abstinent lifestyle) with a certain proportion achieving abstinence via reduction.

M8 abstinent lifestyle 64% +54%

This KPI communicates a wealth of information beyond the impressive headline figure. As an abstinent-based support we group we expect a high proportion of ex-addicts, but this high figure not only demonstrates resilience in recovery but the willingness of our abstinent cohort to remain engaged with our groups and providing continued assistance to their peers.

 RAG indicators show outcome/prospect



<https://createstrengthgroup.org/meetings/>



4.2 Queen Street Project

June 2022 – December 2023 Total Revenue £8,850

This project is 100% funded by the Coalfields Regeneration Trust (CRT) <https://www.coalfields-regen.org.uk> as part of their remit to support former mining towns and villages throughout the UK. Queen Street Hostel lies in the Rotherham East ward that is eligible for CRT funding. This project has been developed to address the needs of individuals who do not traditionally engage with treatment services. The project lifecycle ran for 26 weeks, running from,



15/06– 14/12 2022. Agreed outcomes are listed below-

No. of beneficiaries	45
No. of people regularly volunteering	15
No. of adults gaining relief from depression	20
No. of people assisted in skills development	25

We extended the project by 1 week to accommodate our delivery commitments and included an end of project event.

The outcomes from the Queen Street Project were mixed. In terms of KPIs, the expectations were perhaps set too high. The chaotic nature of the user group was underestimated when setting the ambitions of delivery. It was a mistake to rely so much on a delivery model built around group work when, in reality issues surrounding concentration, past history with inter-relationships and consequences of offending, severe mental health and addiction dominated engagement. However the Project is still considered a success. Despite being limited to 1-2-1 engagements we still managed to produce **139 instances of attendance to 21 residents**. 1 staff member from CSG was assigned to delivery of this project, supported by 5 hostel staff from Target Housing with 2 external workers seconded to specialist support.

sick and tired of being sick and tired?



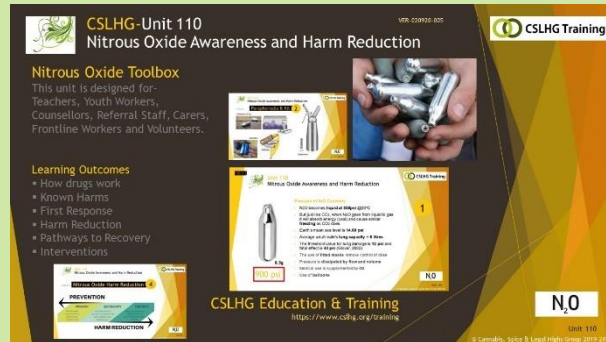


4.3 Nitrous Oxide Project

December 2021-November 2022 Total Revenue £2,000

This Bradford Council funded award is part of the Cleaner Streets Campaign. We targeted 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



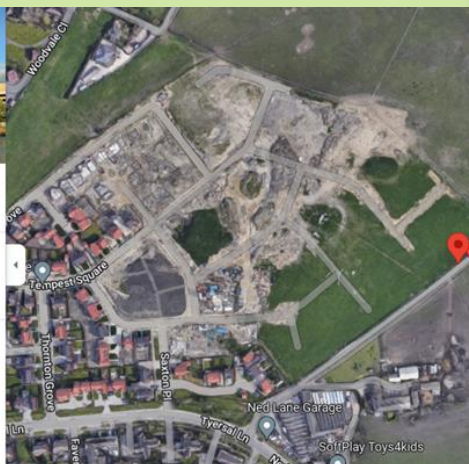
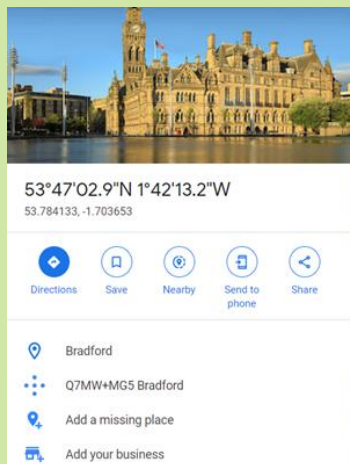
fully developed awareness training package which will be delivered to stakeholders and front line workers.

We are currently pursuing an extension and enhancement of this project via BDMC commissioners as nitrous oxide use has gained traction particularly within youth culture.

The CSG is an example of how CSG's project-

based development works.

1. We notice a trend within substance use that has not yet been picked up by the commissioning and treatment sector.
2. We rapidly develop a prototyping model to design and test approaches and attract partners.
3. Using our experience we propose solutions when the market conditions allow.





5.0 2023 Future Plans

2023 will be our **busiest year for development** since our formation. The advent of being part of the winning Bradford & District Drug & Alcohol Treatment Contract and the awarding of our first ever LA commission was supplemented by receiving funding for 2 additional projects to tackle suicide prevention and mental health.

Despite this our future plans still revolve around our 3-year Development Plan published in March 2021*.

Phase 2 - Consolidation Initial development -	Months 4-15 October 2021 to September 2022
Phase 3 - Review -	Month 16 October 2022
Phase 4 - Main development -	Months 17-28 November 2022 to September 2023
Phase 5 - Capacity	Month 29 October 2023
Phase 6 - Internal/External Review	Months 30 November 2023
Phase 7 - Transition	Month 31-33 December 2023 to February 2024

The bulk of development in 2023 will follow **phase 4**. Designed to address main development alpha to beta version transition (this is evident in our mental health and nitrous oxide projects) In addition further development will concentrate on the following areas-

- * Funding mid-range projects-[Henry Smith, Lloyds](#)
- * Contracting scoping
- * Training Review
- * Networking Review
- * Volunteering Review
- * Funding Review
- * Key area review – Mutual aid, training, research
- * [3-year Development Plan plan document available on request](#)

Sample of email request

Nick just submitted your form: Contact on [cslbg](#)

Message Details:

Name: Nick

Email: [\[redacted\]@gmail.com](#)

Phone: [\[redacted\]](#)

Message: Hi, I have struggled with cannabis addiction for a number of years and I have been able to stop using on several occasions however I have been unable to sustain abstinence indefinitely and I would like some support doing so.

Many thanks

Nick

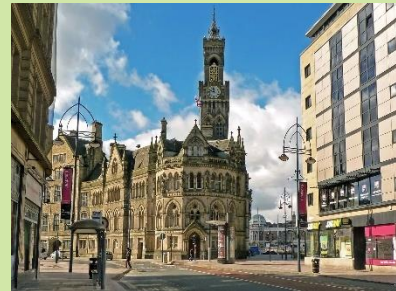


5.1 Bradford & District Drug & Alcohol Treatment

Service- *New Vision Bradford*

April 2023-May 2028 Total Revenue circa £80,000 pa

Towards the middle of 2022 CSG became involved with a **consortium of treatment providers** (Humankind, The Bridge Project and Project 6). Our role within the partnership will be to deliver recovery services to clients successfully exiting the treatment system. We will do this by delivering to our strengths running 3 rolling training courses of 4-week duration and hosting and facilitating support groups. This contract comes with funding for 2 x substance support workers working exclusively on this contract. Further details available in the document [CSG-SMS-Bradford-August 2022-v3.pdf](#)



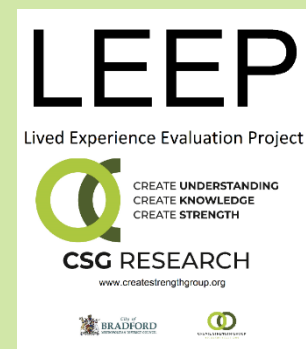
The contract has a **guaranteed funding cycle** of 5 years with the option to extend a further 2 years + 2 years + 1. We expect our share of revenue and sphere of involvement to increase over time. In addition we expect and are actively pursuing further opportunities allied to this partnership.

5.2 Lived Experience Evaluation Project

December 2022-December 2023 Total Revenue circa £65,000 pa

CSG's status as a LERO has placed us in a strong position to claim this Bradford District Metropolitan Council (BDMC) funded commission to **seek the views of those with lived experience** of substance use across the district. The document [CSG-LEEP-OVERVIEW-November 2022-v6.pdf](#) provides more information about this project that uses interviews, observations and questionnaires to gather feedback. The sample group is a wide ranging and diverse group requiring sensitivity, coordination, and tact. Furthermore, this dynamic development will evolve to fit the recovery environment and will produce several updates throughout the year.

This pilot project is funded for 12 months, however we feel there is scope for a legacy approach to this particular project in addition to supplemental funding available under the remit. The commission specification has scope to carry out specific, **separately funded projects** (Cannabis, Spice and Nitrous Oxide) We are currently proposing approaches to the commissioners.





5.3 City Hub Mental Project

February 2023-June 2023 Total Revenue £4,775

CSG deal with mental health issues in every aspect of engagement in our delivery model. We have perfected a mental health project centred around **walk and talks, workshops, and social visits**. In this instance, we took advantage of funding available via the Bridge Project’s City Hub to fund this offering.

The delivery plan will follow our proven MH Project of 2021 incorporating lessons learned.



5.4 CNET Suicide Prevention Project

March 2023-May 2023 Total Revenue £15,000

As an extension of the work we do with the mental health aspect of our cohort, this project dovetails nicely into our delivery model. In addition it provides funding for **staff and volunteer training** in a much-needed subject area.



This project also feeds into our resilience model **enhancing maintenance and growth in recovery**. This in turn will complement our delivery offering as part of the New Vision Bradford Service.

“Good judgment comes from experience, and a lot of that comes from bad judgment.”

Will Rogers 1879 – 1935



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6.0 Finances



In 2022, Create Strength Group surpassed the previous year's record performance as **our strongest financial growth** year. 2022 saw us increasing our income by over 200%. Furthermore this trend is set to continue with increasing NLRC contributions in addition to contract and commissioning revenue. 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 decreased in this period reflecting increased development in other areas, however **training** remains our largest source of income beyond bids and grants and as a result we must further develop our resourcing and commitment to exposure, marketing and promotion in this area.

We are currently exploring trading and merchandising possibilities (£60.00) to enhance **fundraising** and to replace the cessation of the Amazon Smile Charitable Giving Programme which contributed £41.00. Finally we run a now annual Facebook fundraiser (Feb/Mar) that last year contributed £178.44.

Our 2022 submitted accounts are available via the Charity Commission website at [Charity Commission - CSG Annual Report & Financial Statements 2021](#)

6.1 Income 2022

Ref		Income (£)
(i)	Grants	£98,511
(ii)	Training	£500
(iii)	Additional income	£1,187
	Total	£ 100,198

6.1 Notes

(i)	Grants	
	NLRC Foundation	£ 67,994
	Coal Fields Regeneration Trust	£ 8,850
	BDMC LEEP Project	£ 21,667
		£ 98,411
(iii)	Additional income	
	Refunds/transfers/donations	£ 1,187

£47,133	£100,199
INCOME 2021	INCOME 2022



6.2 Expenditure 2022

Ref		Outgoings (£)
(i)	Employment costs	£40,444
(ii)	Project Expenses (minus salaries)	£26,875
(iii)	Bank charges	£81.00
(iv)	Additional expenditure	£1,365
	Total	£ 68,765

6.2 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- non project related costs.

£43,704	£68,765
EXPENDITURE 2021	EXPENDITURE 2022

6.3 Balance 2021

Ref		Debit (£)	Credit (£)
(i)	Opening Balance 01-01-2022		16,562.13
(ii)	6.2 Income 2022		100,199.16
(iii)	6.3 Expenses 2022	68,765.18	
	Balance/Cash in bank 31-12-2022		£ 48,060.73

OPENING BAL	£ 16,562.13	01/01/2022
CLOSING BAL	£ 48,060.73	31/12/2022
LEDGER BAL	£ 31,498.60	31/12/2022
PETTY CASH	£ 50.00	19/01/2022
PETTY CASH BAL.	£ 21.00	31/12/2022
Debit	£ 68,765.18	
Credit	£100,199.16	



6.4 *Financial Position*

Opening Balance 1 st January 2022	£16,562.13
Closing Balance 31 st December 2022	£48,060.73
Ledger balance	£31,498.60

Create Strength Group began the year with financial stability assured until 2024, we ended the year with **guaranteed funding** in place to 2028 and beyond.

The majority of our funds are ringfenced and restricted to project requirements. By the nature of the sector we operate in, we are constantly seeking **new funding opportunities** particularly the pursual of unrestricted funds, and this trend is set to continue for the foreseeable future.



7.0 *Contact Details*



Voice mail: 07379 915 190



Email: cslhginfo@gmail.com



Web: <https://www.createstrengthgroup.org>



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



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





8.0 Acknowledgements

The group is immensely grateful for the continuing support we receive from the community. We owe a sincere debt of gratitude to **Gordon Roscoe, Tracey Hogan, Jon Royle, Martin Brook, Jenny Brown, Shelley Pawson, John Robinson, Wayne Redmond, Safoora Uddin, Tanis Hodgson-Kirtley and Michael Ritchie** of The Bridge Project. **Joe Kean** and **Suzanne Redmond** of CGL. **Gabriel Stoltz, Melva Burton, Rosemary Philips, Paddy Galagher, and Donald Unsworth.** **Vie Clerc** of Rotherham Council, **Nikki Wainwright** of Target Housing, **Lincoln Oakley** of CABAD, **Thelma Vinnicombe** of Healthy Lifestyle Solutions CIC. **Alex Ferrier & Beth Maguire** of the National Lottery.

Thank You

9.0 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.

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



10.0 **Notes:**



Create Strength Group



- Report 2022 -