



CREATE STRENGTH
RECOVERY SOLUTIONS

Group Report

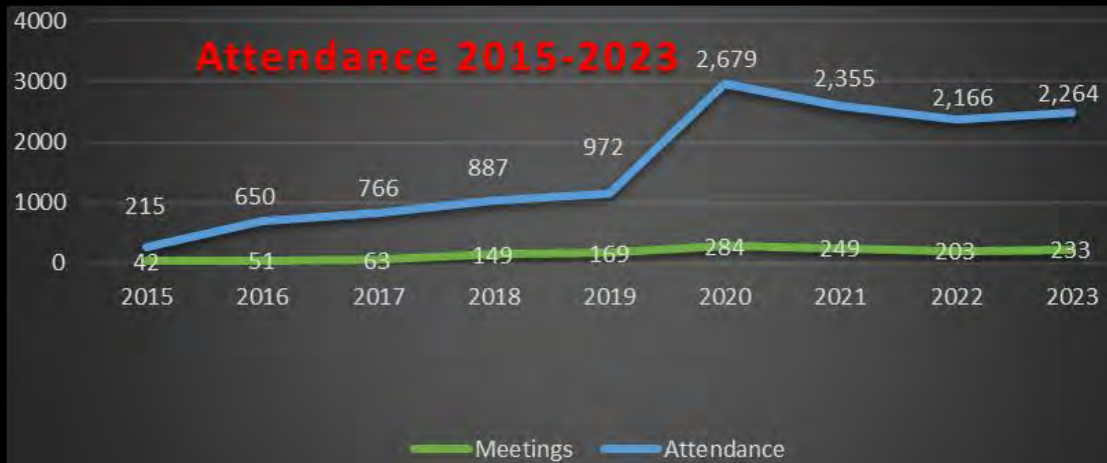
www.createstrengthgroup.org
info@createstrengthgroup.org
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20
23



CREATE STRENGTH GROUP
RECOVERY SOLUTIONS

GROUP REPORT 2023





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.

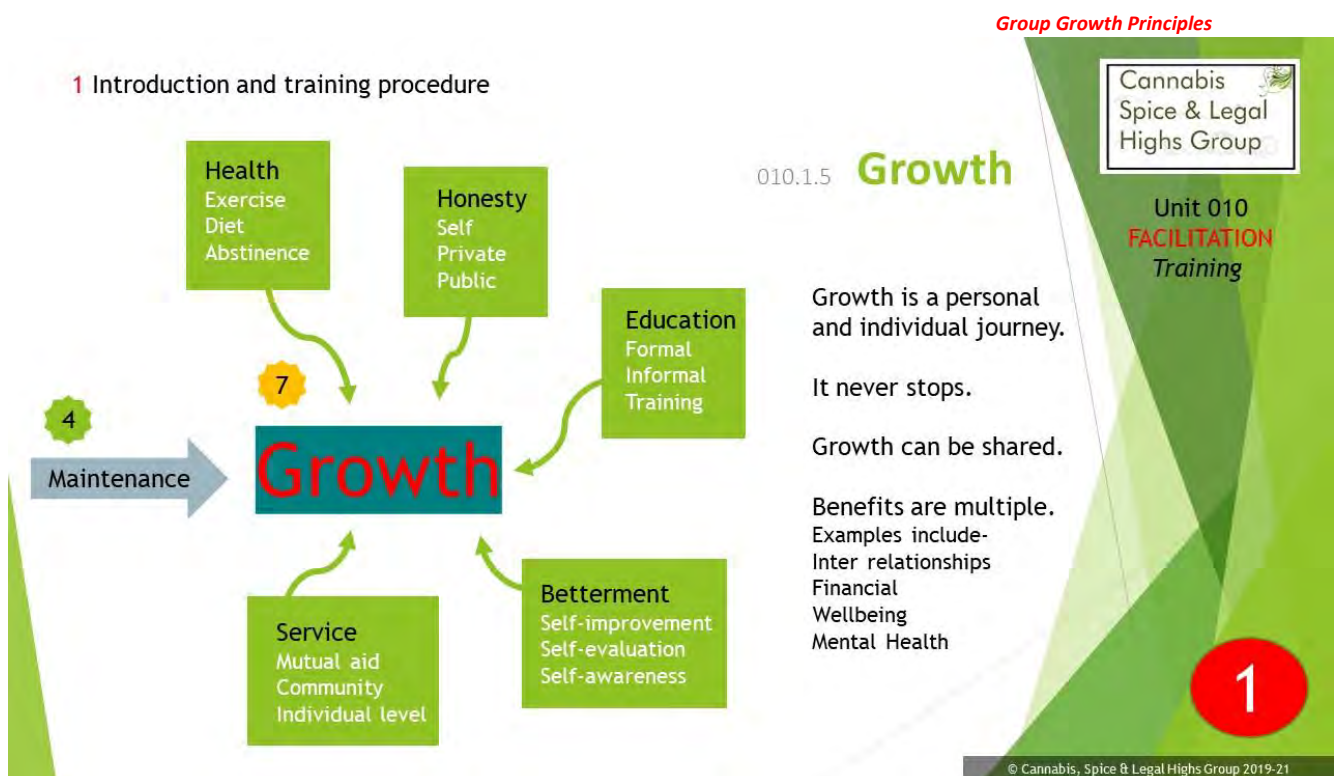
We believe all drug users have the ability to turn their lives around and make positive, sustainable changes to their personal circumstances and the communities they live in.

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 psychosocial interventions, web, social media, and emerging technologies to promote our proven delivery model.

The serious issues we address include anxiety and depression, unemployment, homelessness, and poverty, in addition to 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.



Create Strength Group CIO

Charity number: 1193551

- Report 2023 -



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Group meetings

Online Family Support Group
Do you have a family member, partner or friend who you believe has let their substance use spiral out of control?
ALL WELCOME
FIRST MONDAY OF EVERY MONTH - 6PM - 8PM
CREATESTRENGTHGROUP.ORG/CONTACT/ TO REGISTER

Hybrid Support Group
Help with Cannabis, Spice, Legal Highs and all addictive behaviours
ALL WELCOME
TUESDAYS - 6PM - 8PM
CREATESTRENGTHGROUP.ORG/CONTACT/ TO REGISTER

Face-to-face Support Group
Help with Cannabis, Spice, Legal Highs and all addictive behaviours
ALL WELCOME
FRIDAYS - 12PM
TRAFALGAR STREET, BRADFORD, BD1 3ED
CREATESTRENGTHGROUP.ORG/CONTACT/ TO REGISTER

Online Support Group
Help with Cannabis, Spice, Legal Highs and all addictive behaviours
ALL WELCOME
SUNDAYS - 6PM - 8PM
CREATESTRENGTHGROUP.ORG/CONTACT/ TO REGISTER

ONLINE **HYBRID** **FACE-to-FACE** **ONLINE**

More details at <https://createstrengthgroup.org/meetings/>





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 March 2023

- 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, 7.6% (7.4% in 2022) of people aged 16 to 59 years and 15.4% (16.2 in 2022) of people aged 16 to 24 years reported having used the drug in the last year. There was no change for those aged 16 to 59 years when compared with the year ending March 2020, but levels were 18% lower for those aged 16 to 24 years.

SOURCE: <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/drugmisuseinenglandandwales/yearendingmarch2023>

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://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsrelatedtodrugpoisoningenglandandwales/2021registrations>

Sample from our substance awareness training

6 The evolution and development of cannabis

010.6.6 Significant Research

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. Fraietta, 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



2.0 Overview 2023

CSG has continued the promising trajectory of the preceding year showing positive growth and strong potential development opportunities. 2023 was our first year as part of treatment services and memorable also for completing our first commissioned service year successfully. The year ended with a compliment of **4 full-time staff, 6 contracted sessional workers** supporting development and delivery. In addition we have introduced **the CSG Recovery Academy** a volunteer plus scheme that supports associates into work by providing supported introduction into paid employment with CSG in meaningful roles below the threshold of universal credit rules.

As a project-based organisation, CSG executed **9 projects** with the administration of a further 3 schemes allied to core funds in 2023. With projects ranging from mental health to adversity & trauma and nitrous oxide to lived experience, CSG is tackling a wide range of underlying issues contributing to and affecting causation within our cohort.

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. This was enhanced by the addition of a contractor trauma therapist and facilitator dedicating 2 days per week to CSG delivery.

Income has continued to rise in 2023 with expenditure proportional to revenue, with signs of cost controls and more favourable contributions to reserves. Specialised personnel with accounting experience have become involved with fiscal planning and financial control with clear measurable outcomes reported.

CSG has continued to focus efforts into **the development** and **the winning of new business**. 2023 saw the commencement of the **New Vision Bradford (NVB)** drug & alcohol treatment contract. Awarded through Bradford Metropolitan District Council's (BMDC) Public Health (PH) commissioning team, NVB is a partnership led by Humankind as the contract holder and 3 local subcontractor charities- The Bridge Project, Project 6 and ourselves. The contract has the potential to run for a duration of 10 years and puts CSG at the heart of the treatment sector. In addition to this treatment contract CSG delivered the first year of a BDMC PH **commissioned service**, the Lived Experience Evaluation Project's (**LEEP**) remit is to seek the views of those with lived and living experience. This commission included a variation to run a **nitrous oxide project** including the development of a mobile app. Furthermore, CSG received a series of associated grants to run a project raising awareness and to seek the community views of issues surrounding adversity, trauma and resilience (**ATR**). CSG continued our work to support and raise awareness of **mental health** issues with the execution of 2 projects in 2023. As part of the final year of our core **National Lottery Reaching Communities (NLRC) Foundation Project** we are performing-to-plan and on-budget with performance KPIs on-target. Our intention is to seek further funding to continue or replace this vital project.



**MENTAL
HEALTH
MATTERS**
CREATE STRENGTH



2023 Milestones include:

- Exceeding the hosting of 1,440 support meetings since our formation
- The execution of our first year delivering as part of statutory treatment
- The execution of our first year delivering a Local Authority commission
- Increasing membership to 596
- Attracting 116 newcomers in the period
- Achieving 2,264 instances of attendances in 2023
- Offering 142 1-2-1 sessions to 25 individuals
- Increasing income by 210%
- Reducing expenditure to 58.9% of income
- Increasing workforce to 4 x full-time, 7 x part-time
- Maintaining 100% Lived Experience (LE) workforce



 **Lived Experience**
Evaluation Project

**Want to help
shape the future of
treatment & recovery
in Bradford?**

Do you have
experience of
substance use?

We need your
help with the
lived experience
evaluation project.



 **CREATE STRENGTH GROUP**
RECOVERY SOLUTIONS

 **City of
BRADFORD**
METROPOLITAN DISTRICT COUNCIL



3.0 Support and Statistics

Since our formation in March 2015, over **596 members** and their families have benefitted from our services. We have for example, hosted over **1,440 regular meetings** in 6 different venues including **874 held online**. We regularly host face-to-face (f2f) physical and hybrid meetings in addition to **192 one-to-one** (1-2-1) sessions.



The **active cohort statistic (ACS)** is a statistical analysis metric based on the associates who regularly engage with us, this parameter is currently set to 5 or more unique attendances. This is now our third year of recording the ACS and as such we have greater insight into comparing year on year outcomes. The current trend shows we are attracting more newcomers, creating greater regular engagement, and achieving increased retention. Associates who achieve this status will be encouraged to become more involved with the group, volunteering and seeking upcoming opportunities.

ACS	
2023	58
2022	50
2021	39

Our reported first choice substance remains dominated by **cannabis** used by 34.5% of our active cohort, this mirrors national and international trends in data. As a group with lived experience (LE) of cannabis use we have noted the increasing presence of **THC vapes, THC edibles and THC infused drinks** beginning to appear in the local supply chain. This has been incorporated in our unit 1012 CASANOVA training (Cannabis and Spice and Nitrous Oxide Awareness). Individuals presenting with **alcohol issues** now represent the second most significant substance of choice for our cohort (up from 3rd most significant in the previous year) 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 38% (36% increase compared with 2022) We still have much further to go in our diversity aims with the misrepresentation of the South Asian and LGBTQ+ communities identified as also been underrepresented.

(i) 2023 Cohort Drug of choice Statistics	(ii) 2023 Gender Breakdown										
<p>1ST DRUG OF CHOICE**</p> <table border="1"> <tbody> <tr> <td>CAN</td> <td>34.5%</td> </tr> <tr> <td>ALC</td> <td>27.6%</td> </tr> <tr> <td>CRK</td> <td>13.8%</td> </tr> </tbody> </table>	CAN	34.5%	ALC	27.6%	CRK	13.8%	<p>ACTIVE COHORT ATTENDANCE MIX</p> <table border="1"> <tbody> <tr> <td>MALE</td> <td>67.2%</td> </tr> <tr> <td>FEMALE</td> <td>32.8%</td> </tr> </tbody> </table>	MALE	67.2%	FEMALE	32.8%
CAN	34.5%										
ALC	27.6%										
CRK	13.8%										
MALE	67.2%										
FEMALE	32.8%										
<p>All figures based on ACS adherence.</p> <p>** Family members and visitors not included in calculation. All data correct at 31/12/2023</p> <p>CAN-Cannabis, ALC-Alcohol, CRK- Crack Cocaine</p>											



CREATE UNDERSTANDING
CREATE KNOWLEDGE
CREATE STRENGTH

CSG RESEARCH

3.1 2023 Attendance data

Confidential data is recorded using individual attendance over the year. Figures included cover online, F2F and hybrid meetings with recorded 1-to-1 outcomes and workshop and event attendances.

Snapshot of attendance register 2023

NVB		EMMOTIONAL		WELLBEING		FLOURISH		UNIT 101		FLOURISH		WELLBEING		EMMOTIONAL		NVB	
MH-2023		MH-2023		FLOURISH		FLOURISH		FLOURISH		FLOURISH		FLOURISH		FLOURISH		FLOURISH	
w4		SHIMLA		w4		SHIMLA		w4		SHIMLA		w4		SHIMLA		w4	
THU	FRI	THU	W/E-SAT	SUN	SUN	MON	TUE	TUE	THU	THU	W/E-SAT	THU	FRI	THU	W/E-SAT	THU	FRI
13:30	13:30	10:00	10:00	10:00	18:00	18:00	10:00	18:00	13:30	13:30	13:30	13:30	13:30	13:30	13:30	13:30	13:30
PELICAN	EWB	WORKSHOP	ONE-TO-ONE	WALK & TALK	ONLINE	FAMILY	WORKSHOP	SHIPLEY	PELICAN	EWB	ONE-TO-ONE	PELICAN	EWB	ONE-TO-ONE	PELICAN	EWB	ONE-TO-ONE
208	209	210	210	211	212	213	214	215	216	217	217	218	219	220	221	222	223
REF:11		REF:8		REF:11		REF:8		REF:11		REF:8		REF:11		REF:8		REF:11	
2010	2010	2013	2018	2026	2042	2034	2050	2059	2068	2073	2081	2010	2010	2013	2018	2026	2042
12664	12664	12667	12672	12680	12696	12688	12704	12713	12722	12727	12735	12664	12664	12667	12672	12680	12696
244	244	244	244	244	244	244	244	244	244	244	244	244	244	244	244	244	244
11	0	3	5	8	8	8	16	9	9	5	8	11	0	3	5	8	8
30/11/2023	01/12/2023	01/12/2023	02/12/2023	03/12/2023	03/12/2023	04/12/2023	05/12/2023	05/12/2023	07/12/2023	07/12/2023	09/12/2023	30/11/2023	01/12/2023	01/12/2023	02/12/2023	03/12/2023	03/12/2023
Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date

Support meetings figures since lockdown had followed a gentle trend of reducing attendance which 2023 saw a turning of the curve, showing increasing attendance numbers. Meeting yields are reflecting a positive move confirming the ACS data of improved engagement traction. 1-2-1 figures too are mirroring increased resourcing with the addition of Michael Ritchie as a qualified trauma counsellor contributing part-time hours to this provision.



SCAN ME



The table below illustrates historic attendance from 2015-2023.

Historic Meeting Data

TOTAL	Meetings	Attendance	Ratio		Attendance
2015	42	215	5.12		215
2016	51	650	12.75		650
2017	63	766	12.16		766
2018	149	887	5.95		887
2019	169	972	5.75		972
2020	284	2,679	9.43		2,679
2021	249	2,355	9.46		2,355
2022	203	2,166	10.67		2,166
2023	233	2,264	9.72		2,264
TOTAL	1,443	12,954	8.98		12,954

ONE-TO-ONES	
2023 TOTAL	142
INDIVIDUALS	25

Ongoing **facilitation training development** is a vital part to our expansion plans. In 2023 we ran 2 facilitation courses for associates with 5 associates and 1 staff member completing training, with 1 associate going on to deliver a popular weekly meeting with good traction and engagement.

2023's attendance figures when mapped against the previous year show an overall increase. The table below lists the respective month attendance figures showing negative balances in March, July, August, September and October.

2023 Monthly Mutual Aid Meeting Statistics Compared to 2022			
2022	TOTAL	2023	TOTAL
January	144	January	217
February	143	February	168
March	170	March	163
April	129	April	233
May	146	May	196
June	131	June	143
July	210	July	103
August	265	August	224
September	247	September	139
October	224	October	180
November	206	November	244
December	151	December	254
	2,166.00		2,264.00

It is noted however that **August and September of 2022 returned record attendance** even surpassing lockdown figures. Furthermore 2023 finished strongly with November and December returning the best attendance figures of the year.

Create Strength Group CIO

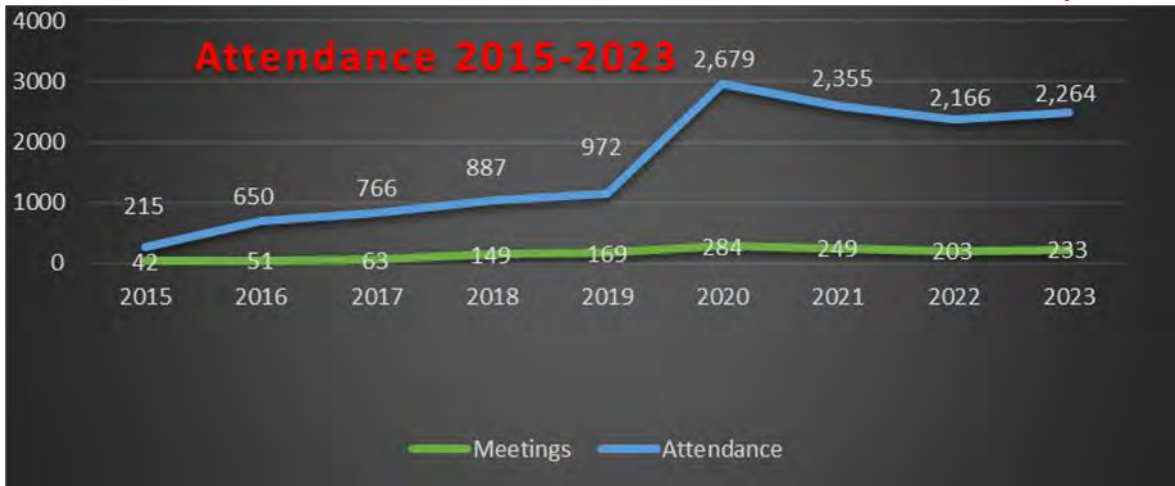
Charity number: 1193551

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The overall attendance trend is broadly in line with expectations, with the **post Covid environment** returning to stability and increased growth. As such, 2023 has set the scene for continued development of our support network.

2023 Instances of Attendance



Samples of email request

- Create Strength Group Website** email@createstrengthgroup.org via srv967.main-hosting.eu Fri, Dec 15, 2023, 4:17 PM 27, 2023, 6:22 PM
- Name: [Redacted]
Phone: [Redacted]
Email: [Redacted]
- Message: I need help getting off cannabis I smoked cannabis for years and can't find away to come off the cannabis I definitely need help getting off it I can't do that on my own as I need help I am with [Redacted] at the moment but I can't go to the group sessions as I am in work till 6 o'clock my only days off are Tuesday and Friday and [Redacted] has given me some help with support groups online with yourselves
-
- Create Strength Group Website** email@createstrengthgroup.org via srv962.main-hosting.eu Mon, Nov 27, 2023, 6:22 PM
- Name: [Redacted]
Phone: [Redacted]
Email: [Redacted]
- Message: Hi I am currently 70 days clean from Cannabis but at the moment I am currently struggling and need a bit of help and support
-
- Create Strength Group Website** via srv962.main-hosting.eu Tue, Jan 2, 9:53 AM
- Name: [Redacted]
Phone: [Redacted]
Email: [Redacted]
- Message: Hi there , I had a chat with Dave before christmas and he mentioned the group support meetings. Our son [Redacted] is a heavy marijuana user and he suggested the group might help us get started with helping him.



4.0 Active Projects in 2023

In 2023, the group actively worked on various projects supporting our key themes of addiction and the underlying causes such as trauma, mental health and suicide prevention within a supportive environment specialising in lived/living experience (LE) and community engagement.

4.1 Development Overview

CSG have developed into a project-led organisation incorporating an ADPE methodology (Analysis, Design, Production, and Evaluation). This allows us the flexibility to bid for grants and awards and then rapidly develop recovery solutions.

The following projects are all the fruit of this approach. A brief overview of each follows-

4.1.1 Bradford Alcohol & Drug Treatment Service (New Vision Bradford- NVB)



In Bradford the adult Alcohol & Drug treatment contract came up for tender to begin service in April 2023. With our consortium (NVB) partners- Humankind, The Bridge Project, and Project 6 we submitted a winning bid with CSG fulfilling a role as the local LERO (Lived Experience Recovery Organisation) providing recovery and aftercare through a series of educational courses geared towards an awareness of addiction and recovery. The funding for our part in this contract includes 2 posts (working exclusively on this service) CSG intends to increase our share of revenue on this contract by pitching for further service delivery.

4.1.2 Lived Experience Evaluation Project Commission (LEEP)



The Lived Experience Evaluation Project (LEEP)

(<https://createstrengthgroup.org/leep/>) is a Bradford District Metropolitan Council (BDMC) commission to seek the views of

those with lived experience (LE) of addiction in the Bradford district.

This project is being executed using 2 main vehicles of an online questionnaire conducted by volunteers with LE and by self-referrals and an LE forum that meets monthly to listen to views and comments in the presence of representatives from the treatment sector. This is CSG's first experience with a commissioned service and we are keen to shine in its execution.

In addition this positions CSG's role within the NVB consortium as the main service user representative which is a key part of the contract in terms of both representation and co-design.



Recommendations and insights were provided that will feed into the treatment sector plans for delivery.



The project completed its first year in December 2023 with good feedback from participants and commissioners, the contract has been extended a further year with much planned for future developments.

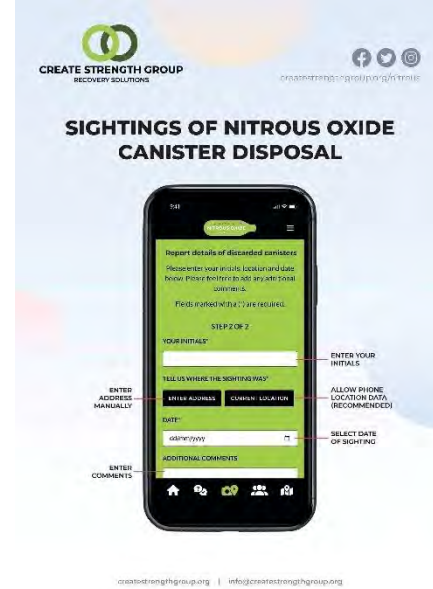
4.1.3 Nitrous Oxide Commission (NOP2324)



In early lockdown, CSG were asked to investigate the use of nitrous oxide (N₂O) by BDMC councillors who we had working relationships with and local community groups. We developed a mapping and scoping exercise to map disposal sites of N₂O canister disposal across the district. This in turn led to a commission to produce an awareness campaign including the development of a reporting app.

Again this is an example of CSG being chosen to develop innovative solutions to contemporary issues around substance use.

We are building up an increasing expertise with the development of mobile applications in the substance use field. We have tentative plans to develop a recovery app in the future.



4.1.4 CSG Mental Health Project 2024 (CHMH)



Create Strength Group Mental Health Project

Throughout our addiction support work, certain themes are

close to the surface. Trauma, particularly childhood trauma, debt, lack of social and employment skills but none so much as mental health issues, particularly anxiety, depression, and psychosis. For many years CSG have been running mental health projects delivered around, skills workshops, social and walk and talk events. We managed to secure some funding from our local authority to tackle some of these MH issues.





4.1.5 Suicide Prevention Project 2023 (SPP)



Included in the issues relevant to addiction support outlined above such as mental health and trauma, suicide and self-harm are firmly ingrained in the mitigating issues.

In January 2023 we took advantage of some funding available from BDMC and developed a project around suicide prevention. Incorporating strengths learned from other projects, such as the therapeutic value of walk and talks we contracted in some specialist suicide prevention training for our staff, volunteers, and associates. This has radically changed the way as a group we handle the subject. The confidence to address such issues has led us to consider developing our own training as an offering alongside our substance awareness courses.

4.1.6 Adverse Childhood Experiences, Trauma & Resilience (ATR) Grant



CSG have recently (June 2023) been awarded a grant to investigate and deliver reporting and consultation on- Community Awareness Raising Community Insight, Awareness Raising Campaign, and Safe Spaces provision.

Again this project feeds directly from CSG's ability to research, design and execute project-led solutions in a short lifecycle under a limited budget.

This project runs until February 2024 and compliments our core specialisms around the causes of addiction and recovery.

4.1.7 National Lottery (NLRC) Foundation Project

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. In addition to funding 2 full-time posts, the NLRC Foundation Project also funds our sessional workers and the Recovery Academy. We have built a good working relationship with our funding officer and the regional team, and we hope to continue our involvement in a continuation bid designed to carry forward our development.



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 minimum of 5 instances.



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
(M1) Returning attendance to pre-Covid attendance	1,200 attendances* 1,800 attendances* 2,400 attendances*	31 st December 2021 31 st December 2022 31 st December 2023	2355 +1155 2156 +356 2264 -136
(M2) Returning newcomer referrals to pre-Covid attendance levels	45 new members 55 new members	31 st May 2022/3 31 st May 2024	64 + 19 116 +61
(M3) Assisting our associates in gaining employment	10% of associates 15% of associates 25% of associates	31 st December 2021 31 st December 2022 31 st December 2023	15.38% +5.38% 46% +31% 41.4% +16.4%
(M4) Increasing the number of our associates who become involved with volunteering	15 associates 20 associates 30 associates	31 st December 2021 31 st December 2022 31 st December 2023	16 +1 20 +\ - 22 -7
(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 31 st December 2022 31 st December 2023	7.69% +2.69% 20% +10% 31% + 16%
(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 31 st December 2022 31 st December 2023	167 +142 46 +21 232 +102
(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 31 st December 2022 31 st December 2023	17 +7 3 -12 21 +1
(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 31 st December 2022 31 st December 2023	25.6% +20.6% 64% +54% 75.9 +60.9%



4.1.2 2021 NLRC KPI Outcomes

M1 attendance 2264 -136 ●●●

This KPI, although lower than forecast the trend still remains comfortably ahead with a confident expectation that 2024 will return a much more positive outcome.

M2 newcomers 116 +61 ●●●

This KPI is not due till May of 2024, however the total number of newcomers in 2023 was 116, with the contributing figure since June 2023 being 66. This is 13 higher than the corresponding figure to May 22 to June 2023 and surpassing the figure required for 2024.

M3 employment 41.4% +16.4% ●●●

Associates in employment in 2023 reached a record 24 (41.4% of the ACS) Since this is a cumulative figure it also demonstrates the stability of our active cohort to remain in employment.

M4 volunteering 22 -7 ●●●

In 2023 we increased our volunteer base to 22 with a further 2 associates volunteering elsewhere within the sector.

M5 formal education 31% + 16% ●●●

18 of our associates embarked on formal education courses at level 2 or higher and increase of 8 on the previous year.

M6 informal learning 232 +102 ●●●

In 2023 we facilitated 25 workshops running over several weeks covering mindfulness, trauma, suicide prevention, mental health, debt management and facilitation skills sessions. In all 232 instances of attendance was achieved.

M7 reduction plan 21 +1 ●●●

CSG incorporate reduction plans where appropriate on a course to lasting abstinence. 2023 saw 21 successful plans completed (success is determined by achieving abstinence)

M8 abstinent lifestyle 64% +54% ●●●

This KPI communicates a wealth of information beyond the impressive headline figure. Abstinence must last a minimum of 3 months and to be included in this metric, the associate must also be abstinent of their substance of choice on 31/12. 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/>



5.0 Finances



In 2023, Create Strength Group surpassed the previous year's record performance as **our strongest financial growth** year.

NVB monies coming onstream and continued LEEP funding contributed hugely to this growth, with increasing NLRC contributions and over £98,00 in grant income saw 2023 saw increasing our income by over 210% to record numbers. Further funding and revenue will be sought within the coming years to build a sustainable delivery model.

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 2022](#)

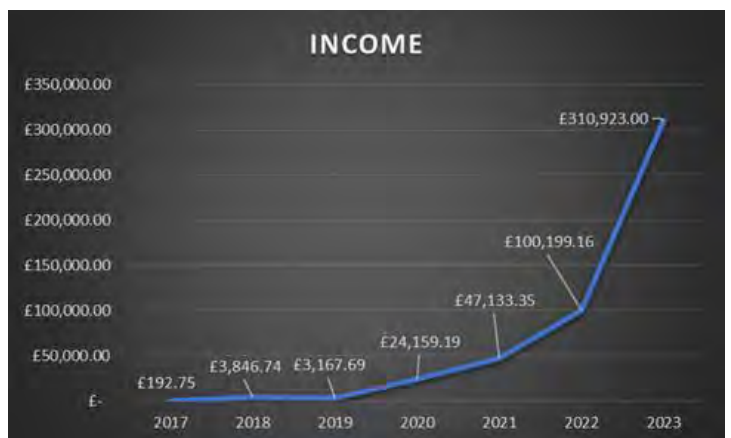
5.1 Income 2023

Ref		Income (£)
(i)	Grants/Bids	202,818
(ii)	Commissions	63,353
(iii)	Contracts	43,848
(iv)	Training	250
(v)	Additional income	654
	Total	£ 310,923

6.1 Notes 310,00 or 311,000

(i)	Grants/Bids	
	NLRC Foundation	£ 104,293
	BDMC ATR Project	£ 73,000
	BDMC SPP Project	£ 15,000
	BDMC MH Project	£ 5,750
	CH-MH Project	£ 4,775
		£ 202,818
(ii)	Commissions	
	LEEP	£ 63,353
(iii)	Contracts	
	NVB	£ 43,848
(iv)	Training	
	Unit 1012	£ 250
(v)	Additional income	
	Refunds/interest/donations	£ 654

Total £ 310,923



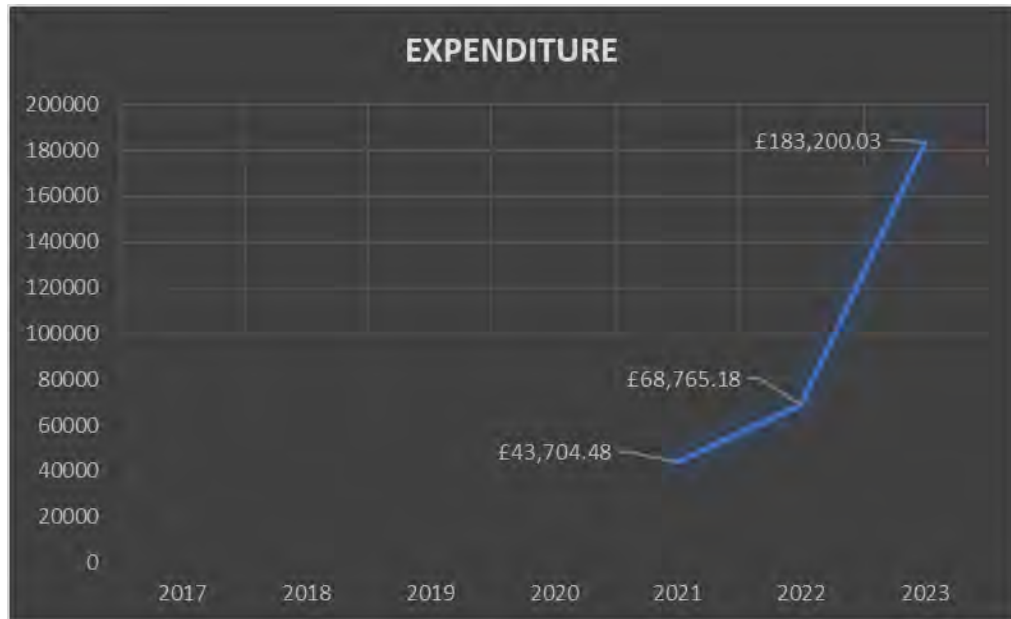


5.2 Expenditure 2023

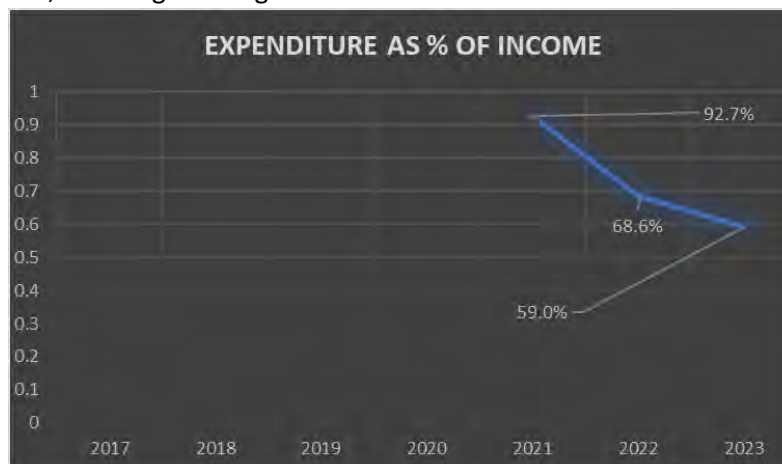
Ref		Outgoings (£)
(i)	Employment costs	£65,000
(ii)	Project Expenses (minus salaries)	£117,985
(iii)	Bank charges	£60
(iv)	Additional expenditure	£155
	Total	£ 183,200

5.2 Notes

- (vi) **Project Expenses**
All completed projects were delivered to budget within the timescale. Current projects are within budget.
- (vii) **Additional expenditure**
Spending from reserves- non project related costs.



2023 Expenditure figures demonstrate greater cost control returning more favourable yields of expenditure vs income, reducing 2023 figures to below 60%





6.0 2023 Future Plans

2023 was our **busiest year for development** since our formation. Our plans for 2024 however are more ambitious. Our intention is to maximise our involvement with **New Vision Bradford** and increase our **training provision** to a broader market. Furthermore we expect to deliver a new criminal justice contract around cannabis interventions. The CSG **D&R (Dependency & Recovery) Probation Cannabis Provision project** will be funded with 2 x cannabis workers at its core. The **National Lottery** have been central to the last 3-years of growth and our plans are to continue this successful partnership for another 3-years, funding our core activities and capacity development. Another successful partnership is being forged with **BDMC Public Health and Commissioning** teams, with projects such as LEEP, Nitrous Oxide and ATR we are keen to develop this relationship further.

We have plans for a **Bradford Recovery App** that will transform the treatment & recovery community of Bradford. Further investment is planned to address our organisational structure. Formally introducing a pathway at a **senior leadership** level to address operational management and business and commercial roles. Allied to this will be the canvassing of a **Team Leader role for our NVB staff**.

CSG has developed 2 internal pilots that we hope to attract funding and expand. The **Recovery Academy Scheme** has provided 5 associates with part-time employment while assisting CSG and learning new skills while gaining sector experience. The popular **Gym Buddying Scheme** has guided 6 associates through a fitness programme at a local gym, coached by a CSG volunteer.

Finally, CSG are keen to **acquire property** as part of our drive to self-sufficiency and operational stability. We are keen to seek investment and expertise within this area and happy to hear from interested parties and supporters.





7.0 Contact Details



Voice mail: 07759 053 653



Email: createstrengthgroup@gmail.com



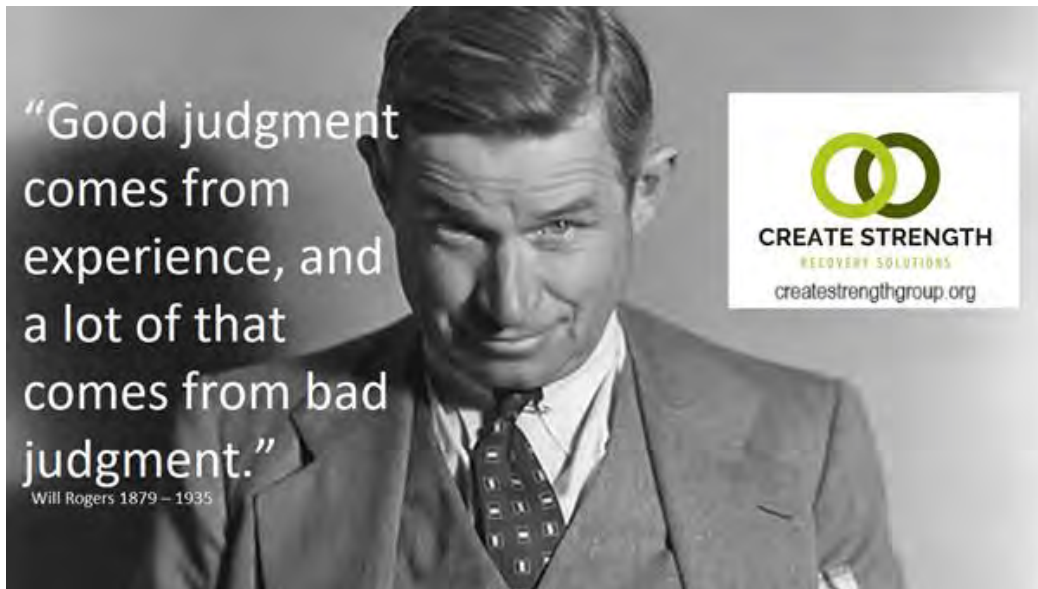
Web: <https://www.createstrengthgroup.org>



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, Wayne Redmond, Jenny Brown, Tanis Hodgson-Kirtley** and **David Calcott** of The Bridge Project. **Colin Stansbie, Liz Barry** and **Joe Kean** of BDMC PH and commissioning team. **Sue Northcott** and **Suzanne Redmond** of HumanKind. **Gabriel Stoltz, Melva Burton, Rosemary Philips, Paddy Galagher, and Donald Unsworth.** **Alex Ferrier & Beth Maguire** of the National Lottery. **Safoora Uddin, Yaseen Baz, Arfan Naseer** and **Michael Ritchie**

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) **Giving while shopping** Retailers will donate a percentage of your purchases at no extra cost to you. (<https://www.giveasyoulive.com/charity/create-strength-group>)
- (iii) **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.
- (iv) **Recycling**- you may wish to support one of our campaigns by donating mobile phones and IT (<https://www.cslhg.org/mobile-donations>)
- (v) **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 cslhinfo@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:**



Online & Face-To-Face Support Groups



Help with Cannabis, Spice, Legal Highs and all Addictive Behaviours.

Create Strength Group is an organisation which runs support groups for like-minded people to share their experiences. Hosted by people who have recovered from problematic drug use.

FOR MORE DETAILS OR INFORMATION

Email: info@createstrengthgroup.org

Call/Text: 07759 053653

It's not about what we do, it's what we do next.



Create Strength Group CIO

Charity number: 1193551

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