

# Write to Freedom

Your Life • Your Story • Your Choice



## Annual Report 2017/18

Write to Freedom

Registered Charity Number 1141288

Company Number 7143510

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# An Introduction to Write to Freedom

We believe that each of us experiences life as an ongoing narrative or story. The things that really matter to us, or have deeply wounded us, stand out as chapters in that story. They affect everything that happens in later chapters of our lives, sometimes in a destructive way if they haven't been resolved.

For people that become engaged in destructive cycles of addiction, seeking community support can be emotionally and psychologically challenging.

However, such support is often invaluable in helping people understand their past and present, and turn their lives around toward a more positive future.

Write to Freedom aims to act as a bridge for those seeking support; to help them reconnect to natural environments in their local areas, and to their deeper selves through mentoring and group work; the self beyond trauma, abuse or addiction.

Our staff are passionate about using wilderness and creativity as routes to finding a new way to live and be in the world, and to pass this enthusiasm on to those we work with. Previous participants are invited to become trainee staff and next generation leaders. This is a powerful healing and self empowerment journey.

Our courses use myth as a mirror to

our inner lives. This provides a narrative tool used in our courses to fuel discussion around a variety of themes including the internal and external relationship between the masculine and feminine, wider family issues, addiction, community life, mentoring, rehabilitation and redemption. These themes are also brought to life through activities and rites of passage out in wild nature.

We prioritise work with people in recovery from addiction of all genders from the age of 18 years and up.

We increasingly find that the benefits reported by our project participants are profound and far-reaching. Ongoing engagement increases day to day, month to month.

W2F is a bridge to normal living travelled through the lens of each of our stories. As healing is found, we cross the bridge to a more compassionate, authentic connection to the wider world.



## Creative Director's report: Caspar Walsh

**The last year of delivery for Write to Freedom (W2F) has built solidly and successfully** on the strength of the last. This has been our most successful year since the charity formed in 2009. Following two pilots programmes between 2013 and 2016 we are now delivering a highly respected and expanding addiction recovery programme, currently covering Devon. This offers participants from all areas of the addiction recovery community, introductory days, a residential on Dartmoor, monthly follow on mentoring and staff training and development for previous participants.

**We've completed our fourth and final year of funding from Edwina Grosvenor** for which we are deeply grateful. Edwina's support has provided a stability within the organisation that has allowed us to make the big shift from youth only delivery to adult provision within the addiction recovery field. We are also in year six of our support from the Fredrick Mulder Foundation, again we are hugely grateful for the core support over these years and for the development, growth and stability we have been able to sustain as a result.

**W2F are in the process of evaluating data collected over the last 12 months** using the Warwick and Edinburgh Well Being Scale. On first glance, it's clear our developing

delivery programme and strategy are heading in the right direction. Statistics gathered will be posted on the website.

**We welcomed Jo McGain to our team in December of 2016.** Jo has taken over from Ben Ford as our new admin support. Jo has already proven to be a real asset to the day to day running and has taken over the management of the website, marketing and day to day office duties. She has begun shadowing Ben Ford as project co-ordinator support.

**Ben Ford's role now covers project co-ordination** for all residentials as well as fundraising support and our delivery strategy. Ben is a highly valued staff member who has been able to adapt to the changing needs and demands of the charity and has helped us stabilise and grow considerably in the last year.

**Our website is very much a live, organic process that reflects the growth** of the organisation, the participants, trainees and staff. It is now the first stop for anyone interested in getting involved in our work. This has greatly streamlined our recruitment and application process. The site reflects the eco arts focus of our work and we rely on participants and staff to create content including journals, blogs, V-Logs poetry, photos.

**Our ethos has always focused working directly with feedback and input from participants and staff.** As more of our previous participants gain experience in mentoring, staffing and course delivery their input in the development of our work becomes more and more central. There is now at least one new staff volunteer at our trustee meetings giving feedback and ideas for how to move forward. We are in the process of forming a steering group to bring together participant and new staff input as part of our development strategy. A number of previous participants are now trainee leaders in delivering mentoring days and on the residentials. Ali Chapman (who joined us in May 2016) is our first trainee nature connection facilitator, realising our long held vision for participants to be delivering our work. Time to celebrate that!

**We feel that at the heart of most addicted lives lies some element of trauma,** PTSD or abandonment, usually a mixture of one or more. My own work with my childhood trauma has led to me wanting to offer more support to those recovering from trauma. Sensitive to the needs of all involved, we adjust the depth of delivery for both individuals and the wider group. We now employ specialists trained in supporting any form of trauma. We feel it is essential and already proving an invaluable addition to an already solid programme of delivery.



**We ran four addiction recovery residentials in partnership with RISE through 2017.** This has enabled us to consolidate our programme of delivery. We are deeply grateful to RISE Recovery of their support on many levels. We created introductory days in response to RISE's invitation for us to offer a motivational day to those wanting to get clean so that they can qualify in clean-time for our residential programme. This has greatly increased our reach within the community and aided our residential recruitment. EDP won the recovery provision contract for Devon and we are looking forward to continuing our strong partnership work with them in the coming years. We are also looking forward to continuing to strengthen our work with Addaction.

**With the growing popularity of our residentials, we recognised the need to diversify income streams** to enable us to offer residentials on a quarterly basis. We are now working with partner agencies, offering a fixed number of places for each agency along with spaces held open for those willing and able to pay for part or all of their place. Our ethos is that each residential is fully funded before delivery. We ask each participant to consider a 'gifting it forward' donation based on what they can afford and the value they place on the work. This is also a value we invite them to place on themselves. No pressure is put on to pay for a place. This is already beginning to generate income.

**At the heart of what we do is seeding new leaders in the community.** By leader we mean leading on any aspect of our programme. It could be in logistics, nature connection, storytelling or facilitation. The Jon Young Acorn Leadership model we adopted last year has allowed the weight of the work to be spread among many. This requires close attention and care and makes us much more healthy and democratic as an organisation and as individuals. Our trained facilitators are here to serve the next generation of leaders, to help the work grow from the ground up. From acorns do great oaks arise.

**Big gratitude to all our trustees, Nicki, Chris, Freddy and Amanda, to all our volunteers, Ali, Melissa, Amanda B, Amanda P, Peter, Mick and all the attenders and new participants.** You can see photos and blogs of staff and participants on our website. It is so inspiring to see all in W2F grow and develop, build confidence, learn new skills, lay out new plans and dreams. That includes me. May we continue to go from strength to strength, slow, steady and mindful. We are indeed a fine Recovery Tribe.



A handwritten signature in black ink, appearing to read 'C. W. ...', is written on a white background. The signature is fluid and cursive.

## Write to Freedom's Vision and Aims

**Our vision** is of a society where people's actions (for example crime, substance abuse) are understood as being an expression of dysfunctional families, communities and societies when healthy means of expression have not been modelled or available.

Write to Freedom believes that all human beings should have equal access to supportive communities; to learning healthy ways of expressing and untangling confusing pasts and behaviours; to accessing natural environments; and to exciting, creative and inspirational experiences.

### Statement of public benefit

Write to Freedom exists in order to positively impact on the lives of under-privileged and socially excluded people through offering creative writing, personal development and nature-based courses.

Programmes are offered free of charge to participants, and priority is always given to socially excluded groups.

In 2015 to 2016, approximately 60 people directly benefited from our programmes, with far ranging knock-on effects due to reductions in crime and addictive behaviours.

### Our aims:

- To promote values of respect, equality, authenticity and trust, and create spaces where healthy communication and sharing can occur
- To increase access to, and deepen people's connection with, natural environments
- To promote meaningful self-expression through the written and spoken word
- To provide positive, authentic role models
- To offer contemporary 'rites of passage'
- To demonstrate the use of story and narrative as a means of transformation
- To increase participants' self-awareness, self-belief and self-compassion
- To build stronger communities through inter-generational sharing and mentoring

- To shift attitudes away from 'labels' and towards 'stories'
- To prioritise engaging with people who are

socially excluded and would otherwise be unlikely to access similar interventions.



**WRITE TO FREEDOM  
STATEMENT OF FINANCIAL ACTIVITIES  
for the year ended 28 FEBRUARY 2018**

	Unrestricted funds £	Restricted funds £	2018 total £	2017 total £
<b>Incoming resources:</b>				
Donations and grants	18,670	-	62,539	59,520
Incoming resources from charitable activities	1,139	-	1,139	165
Investments	-	-	-	17
<b>Total</b>	<b>19,809</b>	<b>29,265</b>	<b>19,809</b>	<b>59,702</b>
<b>Expenditure on:</b>				
Charitable activities	(23,703)	(11,655)	(35,358)	(54,518)
<b>Total</b>	<b>(23,703)</b>	<b>(11,655)</b>	<b>(35,358)</b>	<b>(54,518)</b>
<b>Net income/ expenditure</b>	<b>(3,894)</b>	<b>(11,655)</b>	<b>(15,549)</b>	<b>5,184</b>
<b>Reconciliation of funds</b>				
Total funds brought forward	36,136	12,041	48,177	42,993
<b>Total funds carried forward</b>	<b>32,242</b>	<b>386</b>	<b>32,628</b>	<b>48,177</b>

For the period ended 28 February 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

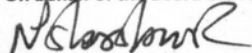
The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved and authorised for issue by the Board and signed

On behalf of the Board of Trustees



Nicola Glassbrook

Dated 18 20.10.18



Christopher Lomas

16/10/18

# Independent examiner's report for year ended 28 February 2018

## **Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

## **Independent examiner's statement**

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in, any material respect, the requirements to keep accounting records in accordance with section 130 of the Charities Act or to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met.



## **MAP Accountants & Business Advisors**

2 Bridge Farm Offices  
Harbert  
on  
Totnes  
Devon  
TQ9  
7PP

# Balance Sheet as at 28th February 2018

	2018 £	2017 £
<b>Fixed Assets</b>		
Tangible Assets	328	436
<b>Current assets</b>		
Debtors	-	-
Cash at bank and in hand	33,271	49,014
	<u>33,271</u>	<u>49,014</u>
Creditors: amounts falling due within 1 year	(971)	(1,273)
	<u>32,300</u>	<u>47,741</u>
<b>Net current assets</b>		
<b>Net assets</b>	<u>32,628</u>	<u>48,177</u>
<b>The Funds of the Charity</b>		
Restricted income funds	386	12,041
Unrestricted funds	32,242	36,136
	<u>32,628</u>	<u>48,177</u>
<b>Total Funds</b>	<u>32,628</u>	<u>48,177</u>

## Income 2017/2018

We would like to thank the following funders for their support this year:

Frederick Mulder Foundation	£18,000
Awards for All	£9,920
Devon Community Foundation Crime-beat	£3,500
Persimmon	£1,000
Elmgrant	£750

# Legal and Administrative

**Name of the charity:**

Write to Freedom

**Registered charity number:**

1141288

**Company Registration number:**

7143510

**Registered address:**

Meadow Barn  
Dodbrooke Farm  
Michelcombe  
Dartmoor  
Devon  
TQ13 7SP

**Trustees during 2017-2018:**

Ian Blackwell

*(resigned 14 March 2017)*

Dr Clive Britten

*(resigned 14 March 2017)*

Nicola Glassbrook, Chair

Christopher Lomas

Amanda Player

*(appointed 14 March 2017)*

Amber Ponton

*(resigned 29 January 2018)*

Freddy Weaver

*(appointed 14 March 2017)*

**Chief executive officer:**

Caspar Walsh

**Independent Examiner:**

Melanie Pierce MAP Accountants  
2 Bridge Farm Offices  
Harberton  
Totnes Devon  
TQ9 7PP

**Organisation and Constitution:**

Write to Freedom is a company limited by guarantee governed by its Memorandum and Articles of Association and was incorporated on 2 February 2010. It became registered as a charity with the Charity Commission on 11 April 2011. The liability of the Members is limited. In the event of the Company being wound up every Member of the Company undertakes to contribute such amount as may be required (not exceeding £10) to the Company's assets.

The directors of the company form its Committee of Management and Governing Body and are empowered to act as necessary in order for the company to fulfil its objectives.

**Appointment of trustees:** Trustees can be appointed at any general meeting, provided the conditions outlined in the charity's governing document are met.

**Risk management:**

The Trustees assess the risk to which Write to Freedom is exposed on a continuous basis. This includes the on-going monitoring of core reserves.

# Contact

For more information about Write to Freedom please visit our website:

**[www.writetofreedom.org.uk](http://www.writetofreedom.org.uk)**

You can email us at: **[info@writetofreedom.org.uk](mailto:info@writetofreedom.org.uk)**

or telephone: **01364 631088**

Our office address is: **Write to Freedom  
Meadow Barn  
Michelcombe  
Dartmoor  
Devon  
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