



The Recovery Foundation
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21st August 2025

Dear Trustees,

RE: Report – Funding from The Beer-Harris Memorial Trust.

I hope you are having a great week so far.

We are delighted to include below a summary of the impact of the generous grant of £1000 you gave to The Recovery Foundation.

2025 marks the 5th Anniversary for The Recovery Foundation and our work as a charity continues to be in high demand. We are expanding and we are delighted to be able to use the feedback we receive from those who attend our groups to adapt and improve our offering.

Our Hope Community (the project your grant supported) has had another successful year, with us able to offer monthly socials and workshops teaching new skills and hobbies. Some of the workshops we have been able to deliver include: Natural Tie-Dye, Macrame, Furniture Upcycling and Blackberry Pick and Pie Making (to name a few examples). Participants have also enjoyed socials such as a picnic in the park, local guided walks and café meet-ups.

All of the workshops and social events have been at the request of our participants who are involved with the co-design of the Hope Community.

Our Hope Community has supported a total of 63 local participants and outcomes for this project include:

- Offering an inclusive, safe and non-judgmental space to those we support.
- Improvement in recovery outcomes and reduced relapse (see below for quantitative data to support this)
- Demonstrating hope and supporting participants to find hope for themselves, as well as other tools to support their mental health recovery.
- Confidence and self-esteem have been raised (we can evidence this from our feedback forms and also case studies).
- Increased access to social support and increased connection through our groups, socials and workshops. This has led to friendship groups evolving and off-shoot support groups.
- Learning new skills and hobbies to support mental wellbeing. We have had the opportunity to offer workshops like Macrame and Natural Tie Dye, for example, which were requested by participants.
- Signposting to local and national organisations. We have been able to signpost more this last 12 months than we ever have, thanks to some very committed staff putting together our 'Local Links' folders that are now available at each group.

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- Volunteering opportunities. We have been able to offer more volunteering opportunities with The Recovery Foundation and also signpost to opportunities locally with other charities and organisations we have links to.

We have data to support improvements in recovering quality of life and mental wellbeing as a result of attending our Hope Community:

- On average we have seen an 8 point difference between pre and post group sessions for the ReQoI Questionnaires, showing reliable clinical significance in recovering quality of life as a result of attending our peer support groups.
- We have seen an average 12 point difference (pre and post) for the WEBWMS Questionnaires, again, showing significant clinical improvements for wellbeing as a result of attending our peer support groups.

Please see below for some feedback from a participants who have attended various workshops and socials:

'I loved and enjoyed everything about this group. Enjoying learning new skills each month in a safe space where we share others life experiences, including my own, was precious, and has nourished my psychological wellbeing. I would definitely recommend this to someone. I have already recommended this with family and friends.'

'Coming together to meet and talk about our struggles has really helped me. I left each week feeling great and thinking positively'

'I have learnt not to catastrophise things, to be kind to myself and to be more hopeful.'

We continue to receive referrals from GP Social Prescribers or NHS Mental Health Services although the majority of referrals are self-referrals through word of mouth. We have expanded our signposting to other local support groups, charities and organisations and continue to have good networks and a strong local reputation.

It is an honour and privilege to be able to use our lived experience to support others and ultimately to know we can demonstrate hope through our own recovery.

We would like to thank all involved with The Beer-Harris Memorial Trust for their generous funding. This has made significant and lasting impact, improving recovery outcomes and helping those who felt hopeless to find, grow and sustain their hope.

We would like to extend an open invitation to the Trustees to come along and meet our participants and see the impact their funding has had. If this is something you would like to arrange please do not hesitate to contact me on 07969 564893.

Yours faithfully,



Emma Sithole
CEO

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