



SPARC

Stockport Progress And Recovery Centre

2017/18 REPORT & ACCOUNTS

Mission Statement

Stockport Progress and Recovery Centre (SPARC) aims to provide a safe and supportive environment for adults in the local area who are experiencing or recovering from mental health problems.

We offer a range of leisure, therapeutic and social activities, developed in consultation with our members, in order to promote integration and social well-being and activities, and by supporting individuals to make use of local resources.

Chair's Report

It has been a positive year for SPARC despite the ongoing economic and political situation. The SPARC/Stockport Mind Alliance contract was renewed for the current financial year which offered us some stability. SPARC awaits details from our commissioners about the tendering process for 2019–20. Whether this is a continuation of the status quo or a new vision, we are ready and waiting to face the challenge.

SPARC is planning ahead as usual, and actively pursuing external sources funding to supplement the block grant. Initiatives such as SPARC4ME which provides one to one support to people in the community are proceeding positively.

The staff and volunteers are continuing with their dedicated service to the members of SPARC. The many groups such as Art, Music, IT, Gym, Day Trippers and Football at SPARC are thriving, as are the numerous programmes such as Stepping Hill Hospital Inreach and James' horticultural activities at Runnymede Court.

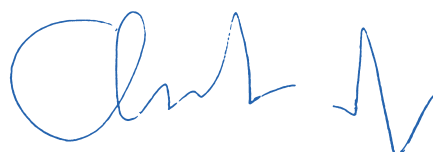
Counselling and CBT sessions are very beneficial for members.

SPARC is a very special organisation for members, volunteers and staff, and we hope that it continues to develop and adapt to a constantly changing environment.

Members, staff, volunteers and members of the management committee are committed to developing and sustaining the organisation now and the future.

We are living in "interesting times", but we are forward facing and resilient, and will address the future with hope and innovation.

Andy Jones
Acting Chair/Vice Chair SPARC



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Facts & Figures

286
Active members



800
Visits per month



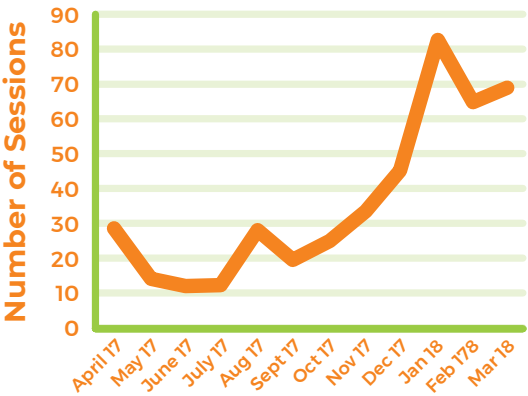
25
Different activities

6
Days a week

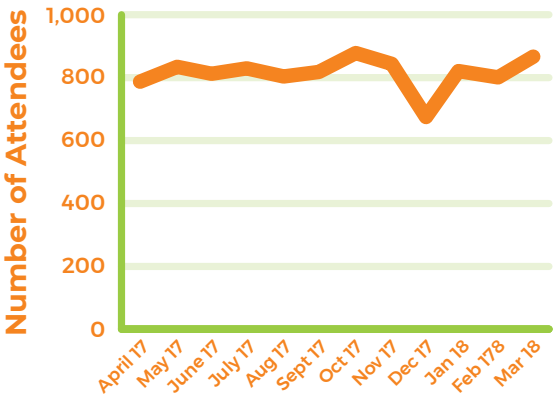




**Alliance
Counselling
Sessions**



Attendances

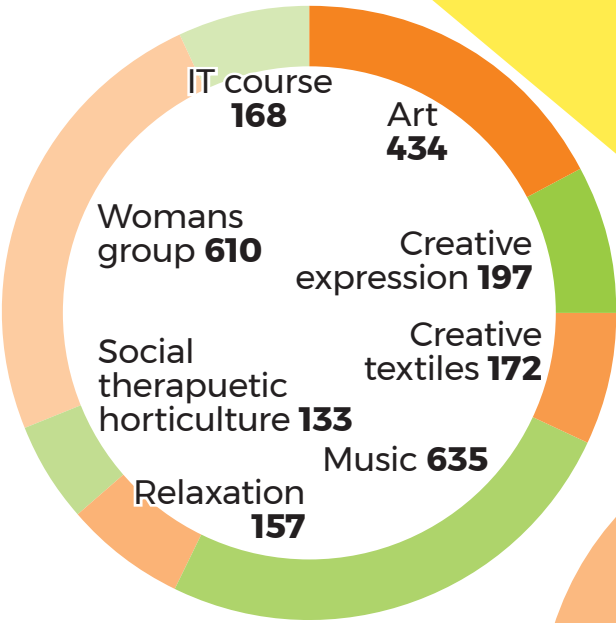


Within the year
our members
made use of
our activities
15,147 times

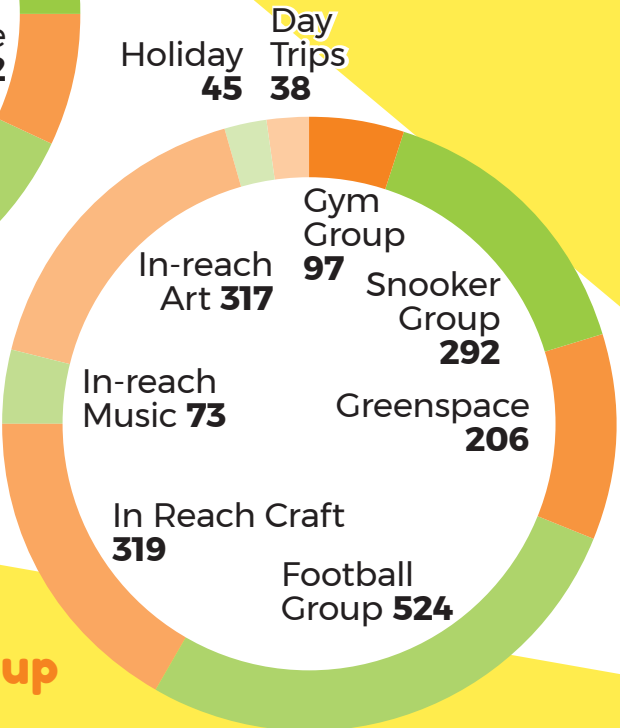
External
activities were
accessed
1,911 times



Hospital In-reach
sessions were accessed
709 times within wards



**In the centre: Group
Attendances**



**External Group
Attendance**

Managers' Report

Welcome to this year's annual report which I am pleased to say illustrates all the great and positive benefits that SPARC has achieved over the past year. I would like to thank all of the contributors who have collectively created a fantastic record of a year in SPARC.

This year I would firstly like to pay tribute to ALL the staff and volunteer team members who give so much of their selves so selflessly each and every day. It is a real pleasure to lead such a dedicated group of people and to observe the positive difference their contributions make to our members and the organisation as a whole.

We have been fortunate over the past 9 months to have hosted the placement of Morenike Bako (known to us all as Renny) a Manchester University psychology student who has taken on the task of assessing the value of SPARC to our members and the wider community. Based on all of Renny's acquired knowledge an evaluation report has been created that demonstrates the impact of SPARC. This information will now contribute to the future development of our charity and I would like to thank Renny for the work that she has achieved and thanks also go to the representatives of her university course for their support in enabling this project to go ahead.

Other pieces of work that have gone on behind the scenes are the creation of both the SPARC Business Plan and Trustee Pack which I am pleased to say are now both complete. Many people have contributed to these processes and I would particularly like to give my personal thanks to Rita Evans, Lawrence Gill, and Janette Lee for their support. I would also like to thank David Richards for his help in reviewing and updating the policies and procedures that provide the guidance and structure to our work. This is no easy task and having another person to share the load has provided me with much help and support.

There have been so many positive developments over the past year that it is difficult to include them all and most of the

highlights are recorded in the main body of this report, however, there are a few that I would like to particularly mention;

- **The Alliance Counselling Service** – has grown from strength to strength in terms of the number of therapists and therefore the number of clients. We were successful in acquiring funding from the Awards for All Lottery Fund which enabled us to employ the skills of a qualified therapist which in turn helped us to be able to take on additional student/volunteers. I would like to thank all of the therapists for their massive contribution to this development particularly Andrew Murray who has shown such commitment to SPARC that it is so hard to quantify.
- **SPARC United** – it has been a pleasure to observe from afar the growth of this aspect of our football activities. The team has worked hard to build their own team and to engage in competitions and then gone on to achieve great success. Congratulations to each and every one of you.
- **Creative Textiles** – this is another group that delivers a range of benefits to our members and although I'm not around on a Monday when the group takes place I have had pleasure in reading the reports of the group and in particular the level of peer support that takes place within the session. It is always a write up that makes me smile on a Tuesday morning and I would like to thank Nicola and Sharon, the two volunteers who facilitate the group, for their ongoing enthusiasm, support, and commitment to SPARC and the group members.

As an organisation we have many hopes, dreams and wishes for the future of SPARC, some of which I am glad to say have already started and will be reported upon next

year, for example, Man About A Dog project and expanding on the SPARC4me project. We also want to explore the possibilities of developing partnerships and acquiring resources to address gaps in services, for example, younger people and those with dual diagnosis. Whilst looking at new ways of working we also want to ensure that our current service is maintained to a high standard of quality providing our service users with as much flexibility and choice as meets their individual wants and needs. I am proud of the range of groups and activities that already exist at SPARC all of which are provided and facilitated to a high standard by all those who lead the groups, most of whom are volunteers, and this is certainly something that is often pointed out when we have visitors to the centre.

The landscape within health and social care is constantly changing and I am pleased that SPARC along with our Alliance members have been able to continue and adapt. It has been a pleasure working with all our extended colleagues whose skills and expertise enhance the service that we provide so uniquely. We all strive to ensure that our work goes on and that our service users continue to benefit from the range of options available.

Finally, I would like to pay tribute to Paul Lake Jones who unfortunately had to resign from his post as Chair due to personal reasons earlier this year. I would like to thank him on behalf of SPARC for his loyal commitment over many years and wish him every success for the future; and I would like to thank Andy Jones for stepping into the breach and agreeing to be the Chair for the foreseeable future. Andy has been a real anchor for SPARC over the years, providing his advice and expertise when needed. On behalf of SPARC, I would like to thank him for his continued support and say how much I look forward to his leadership over the next 12 months.

Lynn Barrett, Manager



Members Meetings

The Members Meetings take place on the second Monday of the month at 12noon and provide a means for members and staff to meet and highlight news and information of interest. The meetings are also a forum for members to debate any issues that may need to be voted upon. The meetings also have the facility for guest speakers to address the members in person. The meetings take place in the main lounge so when attendance is good the room is full which is always good to see. The main Lounge is the location of SPARC's 2 main notice boards so I find this is the ideal time to draw

the member's attention to the many posters displaying SPARC's activities and information on activities in the community. The meetings are minuted by 2 of SPARC's members. 1 set of minutes are printed off and distributed at the next meeting whilst the 2nd set is taken by a member who is also a member of the Management Committee. These minutes will be presented by them to the Management Committee which meets on average every 6 weeks.

James Campbell,
Senior Support Worker

Alliance Link Worker

It is hard for me to articulate how passionate I am about my job and SPARC. People that come to SPARC are able to receive support in almost any conceivable way. SPARC is uniquely populated by staff with different perspectives and experiences of mental health enabling any member to benefit from the knowledge of the whole team.

Everyone that works or volunteers here wants to help people. It's this simple undiluted belief that makes SPARC the absolute best at what it does. Supporting people can be lengthy, difficult unpredictable and complicated for everyone involved. However, the holistic and empathic approach of this organisation means that more than anywhere else we have the flexibility and will to see it through.

Working with colleagues at the PPS (Personalisation and Prevention Service) drop in allows me to work with people who have recently been discharged from services. People in this situation can greatly benefit from support in many different ways. For some it is

just knowing that there is support there should they become unwell again. Unfortunately for some people, leaving a community mental health team can be a jarring event and the PPS is there to help in any way they can with this. The PPS (Personalisation and Prevention Service) has an excellent link with SPARC and any members of the drop in who may benefit from any of SPARC's services are given the chance to do so.

Personally, I feel that SPARC has changed my desire to help people into an ability to do so. Without the guidance, passion and open-mindedness of both staff and members, I doubt very much that I would have so much pride and enthusiasm for my work.

In a time of such uncertainty in the wider mental health system SPARC does what it always has which is provide consistency and support for the betterment of people's lives.

Peter Wooldridge,
Alliance Link Worker

Art

The Art Group has been very busy with lots of good attendances this year. The aim is to provide a peaceful and supportive atmosphere in the art group where members can create artworks and develop their skills and self-confidence.

Starting at stage one each new member (if having no art experience) is provided with a piece of work that can be easily accomplished in one or two sessions. The members are supportive of each other and encourage each other and therefore become noticeably less

anxious as the sessions progress. I tailor the work to the member and provide instruction in drawing and using watercolour so that they can start to explore with their own work. From then on they will be provided with materials to further their skills. The corridor wall at SPARC is a veritable gallery to the talents of the art group over the years.

The Art session is bi-weekly with sessions from 12.30-2.30pm Monday and Friday.

Marc Murphy, Creative Facilitator

Crafty Crew

The Crafty Crew meet on Tuesday morning usually in the art room

This group has continued to prove popular over the past year, so much so that on several occasions the group has outgrown their home in the art room and had to transfer to the cafe area. We major on card making in the group but also include small gift items and decorative pieces.

Many of the members of the group attend every week and enjoy the social aspect of the group as well as the practical processes of making their own artwork for special occasions

We try to accommodate all levels of ability ensuring that even new member achieve a good result, and are proud of their efforts.

"You Can do it, Try"

Robert Hart, Craft Facilitator



Volunteers Report

SPARC has the luxury of having a fantastic team of volunteers. The team consists of people whose commitment to SPARC and its members is completely overwhelming. Each volunteer gives as much of themselves as they can whether it is providing a listening ear or sharing their own unique skills in the facilitation of the activity groups.

All of our volunteers are kind, caring and willing to help. I consider the most important role of a volunteer is a willingness to listen as many of our members need the social contact and for people to not only listen but to know how and when to respond. I know from feedback from members and staff members alike how important our volunteers are in fulfilling this role.

From a team point of view, the volunteers bring another dimension to the dynamics of our team. As a team, our aim is to include our volunteers in the review and monitoring of our service and

they are a vital part of us being able to deliver on our future plans. They bring their personalities to the table each time they are in and never cease to make me smile and provide me with a brew which is an essential part of volunteer training!

Unfortunately, our staff member Louise has been on long-term sickness so Andy Jones from our Management Committee has kindly stepped up and volunteered to fulfil some of the roles of Volunteer Coordinator in her absence. I would like to take the opportunity to thank Andy for his contribution this past year. He has certainly made my life a little easier.

I would like to thank all of our volunteers, especially Robert Hart who has represented the volunteers on our Management Committee for a number of years, for the help and support that they give so freely to SPARC. You are all amazing in all you do.

Lynn Barrett, Manager

Sparc4music

Music Groups held on a Tuesday and Friday 11.30am to 3.30pm

We have been busy in the music group, discovering new songs to sing and work through... from the slightly easier three-chord tricks to a smidgen of Beethoven and Mike Oldfield, arranged in our own SPARC4music way. We have such a wealth of songs to choose from, all chosen by the members that attend regularly and newcomers alike. From songs from bands as diverse as Mansun to Viola Beach, Pink to Sinatra, Viola Beach to Patti Smith. The list is a real eclectic mixture.

We have wonderful group regulars who are always flexible and adapt to all sorts of musical tastes, willing to try new songs and genres and always a keenness to help each other and welcoming of new members too. I have been able to facilitate both groups once again in the last 12 months, with the great help, enthusiasm and caring of Mark Coffey. We've many ideas of ways to develop the group. But for the last 12 months, we have focussed mainly on an evolving setlist.

It is always a pleasure and heart-warming to hear members work through their chosen songs and then perform them so well. I am often left opened mouthed from the performances in the room, hearing such talent

and determination and eagerness to work together. And see confidences and friendships build. It is a privilege to be a part of such creativity, commitment and talent. And most importantly to know that the music and being part of the group helps the members in so many different ways.

As ever, everyone is welcome to the group and we do try and make room for people to come in and listen. However, it isn't always possible due to space restraints and health and safety requirements due to all the equipment in the room.

On a note of sadness, we were all shocked and saddened by the sudden loss of Robert Mullarkey, Rob was a regular member of the group and had been for many years. Always keen to play his bass which he brought with him every week, on the bus, in the biggest instrument gig bag I have ever seen! Rob would always try some of the songs and join in. He particularly liked the Beatles and Pinball Wizard by The Who. A real gentleman and gentle giant, who we all miss dearly.

Thoughts for the next 12 months will I'm sure focus on more songs for our set list, in the hope that we can perform for everyone at SPARC and maybe another venue soon. But also, to perhaps record members' performances as a keepsake and for use by the centre and also to write some songs of our own. We just need a band name!

Kim Roberts, Music Facilitator

SPARC4ME

This is a new project that both myself and Sue have recently started here at SPARC. It is tailor-made to support individuals, empowering people to make their own choices and promoting enablement, recovery and independence in all aspects of daily living.

This can be funded as an SDS package... Self Directed Support and can help our Members and other service users to regain control of their lives. Support can range from a small shopping trip, budgeting, travel training all the way through to financial support and advice.

Amanda McClenaghan & Sue Heaps Support Workers



In-Reach Music at Stepping Hill

Arden and Norbury Wards on Monday Morning.

The music groups at the hospital are very different to the groups at SPARC. More of a snapshot into the percussion side of music and songs to sing using only percussion. The groups continue to provide a link between the hospital and the centre that can often lead to patients becoming members and really benefiting from the services that SPARC provides.

The last 12 months have again been filled with songs, some chosen by patients, and some oldies that will always be in the bulging lever arch files at the hospital. I take along a box of hand percussion instruments, a Djembe and see where each group wants to go. We always start with some hand percussion, warm up rhythms and dance styles to play along to.

Patients are always invited to join in, but some just like to listen, some play the instruments, sing or both. There is a lot of hidden talent in the hospital... the staff too. Who are always a great help and who also enjoy joining in too.

The groups are always flexible and the emphasis is to have fun and raise the spirit and confidence and a chance to socialise with other patients as a group either playing percussion or singing. We really do raise the roof sometimes. There can be a real party atmosphere and plenty of fun, smiles and music. Playing simple rhythms on the percussion can sometimes feel meditative for some of the patients and a real sense of achievement when tackling slightly more complicated rhythms.

Depending on who is in the group, determines whether we stick with playing percussion, or if we then go onto sing songs and combine the two; and I know and watch and listen with great pleasure when I see patients beginning to gain confidence and join in more and start to sing and take a real interest in the instruments they are playing.

Kim Roberts, Music Facilitator



Horizons

There is an old saying "if it ain't broke, don't fix it".

This saying comes to mind regarding Horizons; it is the oldest, longest running group based at SPARC. I firmly believe this longevity is due to its core value and belief of placing its member's wishes and needs above the constant changing fads of the day. These wishes and needs are simple - a listening ear, a safe place to be, warmth, compassion, friendliness, support and encouragement and of course, not forgetting "a cup of tea".

I believe this is due to its "no frills, what you see is what you get" approach it is a social based client centred group; in a world of constant change, computers, modification and updating, Horizons has kept its deep-rooted values, standards and ethics and puts its members first.

Horizons is a place where people belong, a space for people to meet, share and socialise to feel safe, talk openly, no judgements and basically unload the world for a couple of hours.

Horizons social group still held on Wednesday evening from 7pm till 9:30pm

There is a great emphasis on peer support and encouragement within the group members, we have seen many members being motivated into action with many of the activities on offer these range from very competitive table tennis, darts and quizzes to more leisurely pursuits such as the ever-popular weekly bingo to meal evenings; these include but (not limited to) BBQ, jacket potatoes, beans on toast and even pancakes. Added to this we have the quarterly meal out to local restaurants.

Due to our limited funding, some members have kindly contributed gifts which have gone towards making up bingo and quiz prizes; this has not only supplemented our purchasing but has proven how much value our brilliant Horizons members have for the group which is a great comfort in their appreciation.

Every week at Horizons we continually supply beverages and snacks throughout the evening, very much like the old-fashioned "tuck shop" at school, the staff and volunteers happily serve our members at very competitive prices, 20p for a cup of tea... what more can I say!!

We do charge a small entrance fee, which helps keep the group going and adds value to the group; however, this modest membership charge has been the same for a considerable time.

We are continually looking for new and innovative activities one that has created some interest as a recent addition is a karaoke evening we hope that it will encourage some members hidden talents!

Ken and I seem to complement each other in running Horizons, we have a good balance structure to enhance the service and encourage old and newer members to participate in a variety of personal leisure pursuits.

Due to Horizons laid-back stance, our members don't feel compelled to attend every week; this is a great strength of Horizons in the fact people can come and go as they wish. Our membership has increased steadily over the last few years, with long-standing members popping in for a catch-up. New members have attended stating they feel welcomed by all other members; I feel this is a testament to the strength and magnitude of Horizons and its informality.

Furthermore, our members have given us feedback on their thoughts and how Horizons has contributed to their mental wellbeing, it has stimulated their minds and interest with meeting their friends and engaging in activities, it has helped successfully to contribute to interactive leisurely pursuits and in addition members contribute with ideas for future events both internal and external.

It's fair to say in an ever-changing world Horizons will always remain steady, safe and consistent.

Here are some photos and as well as some of our member's comments, feedback and views.

Here are some more of our member's comments, feedback and views.

"I really like Horizons, I am made to feel very welcome."

Gordon

"There are a mixture of people to socialise with and always someone to chat to, I enjoy the variety of quizzes."

Chris

"It's a great place to meet people and have a chat."

Diane

David Richards & Ken Hazeldine



Snooker

The snooker group meet every Wednesday from 12noon till 2pm. It is held at the Crucible Snooker Club on Edward Street. As SPARC subsidises the cost the price remains at £3 per person a session.

As of late, the number of members turning up for snooker/pool has risen to around 12-16 turning up each week. Not only is there Snooker but Pool and American Pool is available if preferred. The Snooker Group is open to all abilities thus helping members to learn and develop their skills. The group promotes socialising and peer

support in the wider community. There are also video games, wide screen television and an excellent jukebox. A variety of reasonably priced food and drinks are also on offer.

SPARC and I would like to thank Colin, Janet and all the staff at the Crucible for their hospitality, help and support. They have always made us feel welcome and comfortable.

Carl Thorp, Support Worker

Football

The power of physical activity namely football and its effect on mental and physical well-being have been proven here without a shadow of a doubt.

We currently hold 24 players on the books for the football group, we support these exceptional people who have and 'still are' experiencing acute mental health problems to achieve their hopes, dreams and wishes. There is a mixture of ages and abilities all with their own individual aims and objectives, they all attend the group for their own individual reasons and come back again and again.

Over the last few years, I have noticed a change in the culture of the group and have seen an overwhelming spirit of support, empathy, warmth and genuineness the guys show each other. This has only added to our players' enjoyment stating that they also benefit from both physical and mental health the session provides along with the comradeship and social activity.

The stimulus has helped build their confidence, communication and social skills. The physical exercise helps free the mind from stress, anxiety and other worries for a few hours. Which has given rise to confidence and self-esteem to such an extent some of the guys are more able to enter very competitive football tournaments. This sense of confidence, support and autonomy was overwhelmingly evident at the FA People's Cup final and its lead up.

Every Friday the football group meet (barring Christmas and New Year) at 1:45pm till 4pm come rain or shine down at Power League off Didsbury Road, the guys turn up for a friendly game of football – don't get me wrong, it's competitive in a friendly (with the emphasis on friendly) and safe manner.



SPARC United

In 2016 after feedback and discussions from some of the players 'SPARC United' was formed for competitive football. In our second season, SPARC United have surpassed last season's remarkable record.

Last June after winning the East Cheshire Ability Counts league SPARC United went on to win the Cheshire Ability Counts Cup playing teams from the West Cheshire Ability Counts league beating in the final West Cheshire champions.

SPARC United entered the FA People's Cup Premier Disabilities there were around 700 teams from all parts of England took part. Winning the local area competition in February then in March SPARC United won the Northern Area Competition beating Sheffield Knights 4-1 and Burnley 3-2 in the group games. In the semi-finals, we met Sheffield Knights again. After leading 1-0 for most the game Sheffield Knights equalised in the last minutes taking the game to penalties. SPARC United winning 3-2 with DMC scoring the winner, which was seen by over 25,000, hits on a Twitter feed.

The finals were held at St Georges Park on 29th April in a group of 6 teams SPARC United won the first game only to lose the next 2 (the first loss of the season) great character was shown by SPARC United in winning the next 2 games and thus qualifying for the semi-finals especially after some comical incident with the officials e.g. referee losing his spectacles during SPARC United scoring from a corner only for the goal to be disallowed.

In the semi-finals, SPARC United met West Cliff, whom we lost to in the group, (the less said the better). West Cliff's goalkeeper was in inspired form as SPARC United managed to score early on but were denied by a succession of saves and the woodwork. West Cliff broke away to equalise. SPARC United pressurised West Cliff to no avail. The game going to penalties West Cliff coming out on top 4-3, again their goalkeeper saved well. This was a tremendous achievement and a great day out even if it was somewhat cold.

SPARC United also achieved success in winning the Burton Albion tournament, the Huddersfield Tournament and then more recently over in Leeds winning all games.

SPARC United have been a credit to the centre playing football in a sporting positive manner. SPARC United can be proud of what they have achieved this season and have acquainted themselves extremely well. Their achievements will be very difficult to surpass, I'm sure they'll give it everything next season.



This season in the East Cheshire Ability Counts League SPARC United stormed to the top and stayed there ever since winning the league by March. Currently with one round of games to be played SPARC United are undefeated and have qualified to play in the Cheshire AC Finals. League table below.

Adult Ability Counts – East Division Season 2017/18						
Premiership League Table	P	W	D	L	GD	PTS
1 SPARC United	22	18	4	0	47	58
2 Manchester City Amps	22	7	6	9	-12	27
3 Stockport County	22	6	5	11	-14	23
4 Reddish North End Yellows	22	4	5	13	-14	17
5 Reddish North End Blues	4	1	0	3	-7	3

Our Impact – feedback from some of our players

"I can honestly say that SPARC's football group has changed my life. I was diagnosed with Bipolar 15 years ago and have been hospitalised 3 times. Since joining SPARC I have not had another admission and I am feeling more positive about the future. The group allows me to be myself and not to worry about what people may think. It's a very relaxed environment. No matter what struggles I have faced during the week I know

that I can play 2 hours of football with people who have similar problems. Some of these people are now very good friends of mine."

Nick Leese

"The football group has been extremely beneficial to me since I started it around 18 months ago. The group frees my mind of worries I have in my day to day life. It's a good way to socialise and relate to other members who also experience mental ill-health issues. The group helps me keep active and I have gained confidence since joining the group."

Nick Hutton

"Football is my life. It keeps me fit and physically well. I make loads of friends. I feel good scoring goals; 10 years ago I played in a division 11 a-sides; I've been playing since I was 5 years old; I even played for a school team."

Dean McDonough

"Before I joined the football group I hadn't played football for years. I joined two years ago and since then I have found my passion for football again on all levels. My physical and mental health has improved I have met and made new friends and we have won trophies with SPARC United. I look forward to football on Fridays it's a great group to attend. Everything about it is great"

Dan Connelly

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"I have been going to SPARC's weekly Football Group for many years & find it beneficial both for fitness & for my mental health! It helps ease my depression! Also, the tournaments we enter are a good challenge. We have done very well in them which is also very beneficial to mine & the others mental health!"

Dave Martin

Our sincere thanks go to

A heartfelt thank you goes to lots of people and organisation who put so much time and effort to make this all possible, without which the inconceivable becomes achievable.

A huge thank you goes to our stalwart and dependable volunteers these guys turn up regardless of the weather and give their time and services to enable to group to become what it is today, thank you very much to Steve Delahunt, Mark Issacs, Danny Farnworth and to you too Jamie.

Massive thanks to Paul Kirkham who has been with us for a considerable amount of time who now support one particular

member to attend the group. Paul has told us he 'supports a service user to attend the football group and the differences are incredible. Somebody who is a very withdrawn and quiet person opens up and engages with his peers. He has gone from solitary conversations to having a laugh with the group as a whole. The encouragement he receives from other players and staff has really opened him up'.

Huge thanks go to Motiv8ed for supplying our brilliant green/yellow kit, they look great.

More thank you goes to Stockport County in the Community and of course Adrian Rigby-Bates for his tireless works in organising the East Cheshire League and the County in the Community Pennine Care Monday session at Heathfield.

Thanks to the FA and the Cheshire FA for organising and facilitating events, to all who participate the teams /help organisers the referees, the East Cheshire League and FC United for all their help.

Our recent trip to St George's Park was made all the more possible by the very kind financial donation from Dave Thurston for the hire of the minibus.

David Richards, Social Worker & Carl Thorp, Support Worker

Reviews

I have had a great year doing the reviews with the members, it has given me great insight into the many positives that have been achieved whilst working with them individually.

Reviews are a great way of catching up with a member to discuss what we may have put to action from our previous meet, and also to see the overall growth in many as far as confidence and stability since attending and involving themselves in the different activities that SPARC has to offer.

Also, to see the growing trust that they have in me is very rewarding for myself and by achieving this we can create a very beneficial

line of communication enabling us to easily identify HOPES, DREAMS and WISHES and sustain a workable action plan.

Each time we do a review, not only do we vocally discuss, but a form is filled named WEMWBS (The Warwick Edinburgh Mental Well-Being Scale) It represents positive attributes of well-being and covers both feeling and functioning. This also is a very positive visual aid for the individual member as it shows their progress in an easy to understand format.

Amanda McClenaghan, Review Support Worker

Creative Textiles

The Creative Textiles group here at SPARC is facilitated by two volunteers; Nicola and Sharon. Between them, they have a wealth of knowledge and experience in many aspects of creative textiles and design and, they are always looking for interesting and fun new projects to bring to the group.

Attendance in the group can vary and, often we have as many as nine or ten members around the table. We have a few long-term members who attend week after week and their dedication can be seen in the wonderful items they create.

As well as learning new skills, many of our members contribute by sharing skills they already have with the rest of the group. Peer support such as this sees members' confidence grow and this, in turn, is beneficial to the whole group, both members and volunteers.

Creative Textiles is a very open and welcoming group. The social aspect is as important as the crafting element, and there is always a lot of chatter and laughter. The atmosphere is very relaxed and, with our favourite music playing in the background, we often have a 'sing-along' too, which only adds to the fun.

Comments from members

"I come to socialise, for friendship, support when needed and to learn new things"

Janice

"For me, the sewing group is a safe and relaxing group. Where I can sew, knit, crochet and chat, with tutors and other service users without fear of confrontation or aggression"

Suzi

"I like coming to the group because I like making different things. Like my ragdoll and Snoopy"

Diane

Sharon Ollerenshaw & Nicola Burdon Kirby, Craft Facilitators



Dual Diagnosis Group

I would firstly like to say many thanks to all the members that came along to the group for their own beneficial reasons but also provided great peer support for others. The group ran for the first half of the year, which we ran on a fortnightly basis which we also included the occasional relaxation session. All members enjoyed the check-in, where thoughts and feelings could be exchanged. Sadly the group is on the back burner at this present time due to

no current demand but may resume sometime in the future if numbers increase. Members are always welcome to come and see me on a one to one basis for support. I have also made these members aware of other services within Stockport, such as...ADL, ADS and lifeline that can give advice and support.

Amanda McClenaghan, Group Facilitator

Day Trippers

The 'Day Trippers' is a well-established very productive group of service users; they meet each month to plan day trips, fundraising activities and holidays for all SPARC members.

Organising these events take a lot of responsibility. The group takes into account the wishes and needs of all the members and balancing the health and safety along with policy and procedures.

All decisions are discussed and taken by the group as a whole. Tasks involved in planning an activity might include finding out train and/or bus times, identifying coach services, finding out opening times and entrance fees, arranging accommodation, managing deposits and arranging when and where to meet.

All the members involved in the group work very hard to make sure activities are as accessible as possible for people who might otherwise struggle to enjoy trips out and holidays. This includes organising fundraising events, raising money to subsidise activities thus making them more financially accessible to all SPARC members.

Our annual highlight of the Day Trippers' group is the holiday. In previous years we have visited Blackpool, Scotland, Llandudno and York.

This year's holiday our lucky members went to Scarborough; the group had a fantastic time and the feedback was overwhelmingly positive.

In 2017/18 we visited a wide variety of places which have broadened our member's horizons and have re-energised their vitality and renewed their interest in meeting people. These trips have included: Liverpool Albert Docks and art museum, the Trafford Centre, Southport, Chester, Chesterfield, Manchester markets, Bakewell, a Canal boat trip, Bury market and a wonderful day out experiencing Concorde.

Feedback again was very positive with statements such as: "I enjoyed every minute", "it would be lovely to have one every month" and "great to be out and about with friendly people".

The Day Trippers group is open to all SPARC members and this year we have welcomed a few new faces. Getting involved gives people the opportunity to gain experience of working in an orderly and creative manner to develop and improve skills such as minute taking, budgeting and fundraising, computer literacy, organisational and networking talents, developing creativity and team working.

We hope that joining the group will also give people a sense of autonomy and purpose – improving peer support and empowerment and helping them advocate for themselves and others. Other benefits include broadening horizons and experiences, meeting new people and visiting new places.

Members of the group are asked to attend regular group meetings to choose and plan day trips and holidays; organise and participate in collections; generate fundraising ideas and help raise the profile of the group.

The general public can help in a number of ways, e.g. by advertising our fundraising events by word of mouth and networking, raising funds, offering sponsorship and providing a venue if we need one.

Last but not least I would like to thank all the current and new Day Trippers' members who have put a huge amount of time and effort into making not only the group a success but the day trips and holiday. Here is a quick word about them:

Chair – John F has been the Day Trippers' chair for quite some time, he manages to keep everyone on their toes and remain a true stalwart within his job of Chairperson

Vice Chair – Jo P joined us and enjoys thinking up new ideas for places for our members to visit, she also helps organise our Day Trippers members.

Secretary – Anthony C still enjoys his role as secretary, the job of minute taker and typing them up keeps him very busy. Sometimes he feels overwhelmed by the amount of work; however, he still manages to rise to the challenge – God willing

Chris Ackerley - likes to find new places to visit and picks up leaflets and general information on his travels and does his best to support the Day Trippers.

"The Day Trippers' group is a ray of sunshine, it's opened my eyes to all the possibilities there are of places to visit. It makes me think of just not the places I'd like to visit but where other people would like to go as well. Lots of things have to be taken into consideration when booking a trip e.g. disabled access, mental health, suitability and of course the budget limit, to name but a few. Keep up the good work Day Trippers'."

Mary W

"I like joining in the Day Trippers meetings, gathering information on day trips and coming up with ideas for fundraising for the centre. It is a fun and active group which I enjoy taking part in each month"

Eloise P

Special thanks and thoughts go to Barrie H who is still a member of the Day Trippers but due to ill health has not been able to attend as much as he would like.

Lastly, we must not forget the staff, students and volunteers who support the group and enable it to continue.

David Richards, Social Worker

Computer Courses

SPARC provided an 11-week computer course in each of the summer, autumn and spring terms, with places for five students in each. It meets on Tuesday mornings. Each student has their own personally-tailored learning plan and works at their own pace. The main point is to have some fun and gain confidence, in order to make better use of computers in SPARC, at home, or possibly in paid or voluntary work.

Some students begin with no keyboard or mouse experience at all. Others may already be quite experienced – but want to revise their skills or add new ones. Members who find reading and writing hard work (e.g. through visual impairment or so-called "dyslexia") are very welcome – with equipment, computer setup, and worksheets able to accommodate their needs.

Skills taught can include basic mouse and keyboard use, word processing (introductory through to advanced), internet, email, spreadsheets, "PowerPoint", an introduction to desktop publishing, or file management.

If a member is interested they need to tell SPARC staff. Then I meet them for a chat. Demand fluctuates, but we often need to make difficult choices about who to select. Priority is given to members who need introductory teaching, although it is quite often possible for a student to return for one or more subsequent courses.

I received crucial assistance in the lessons, usually from Aled, as well as excellent administrative backup from SPARC staff.

This is a small selection of students' written comments at the end of their computer courses: "explained everything in simple terms" ... "enjoyed using the computer" ... "challenged me so much" ... "Phil and Aled have been very helpful and patient" ... "encouraged to explore new techniques".

Phil Hounsell, Course Teacher



Practice Educator

In UK social work education, Practice Educator's supervise and assess students while they are on placement. Practice placements are the most important element of social work degree courses, accounting for half of the overall programme for undergraduates. Which makes the role of the Practice Educator ever-growing? My responsibility is to make sure the practice setting i.e. SPARC, is viable for all parties concerned namely student, staff, the university and most importantly members.

SPARC provides students with the appropriate work and learning opportunities to comply with the universities course criteria, I oversee the student's placement academic work whilst directly observe their practice with a view to enable them to understand legislation underpinning practice and facilitate knowledge and application of theory/methods in to practice and finally assess the student's competence to practice; all this within adherence to SPARC's policies and procedures.

Over the years this has all been worthwhile, I am privileged seeing talent and determination succeed; I am in the blessed situation of seeing someone blossom and bloom into an outstanding, creative person who brings their own unique abilities to their work and the centre which has benefited our members immensely.

I personally benefit from learning new ways of thinking and working which keeps me on my toes.

Welcome, Morenike 'Renny' Bako. This year we have the pleasure of hosting a 32-week psychology placement. This placement is something we have never done before which is an exciting new venture which I am sure will prove incredibly valuable and worthwhile.

The overall purpose of this placement is to capture, record, review and report the overall value and discover SPARC's uniqueness with one overall question "what if SPARC didn't exist".

Renny's role is quite a difficult one to achieve, basically, she has to prove something that hasn't happened and try to measure the result.

Her job description covers many aspects which include but not limited to creating and implement systems to prove the overall public benefit of SPARC and its related services

Her objectives are to engage with all Stakeholders to establish; who benefits from the organisations' activities Service Users, Carers, locality, society, health service, social care services. Create a variety of ways to acquire quantitative and qualitative research. What is the unfulfilled need in areas for example crisis support, community support, advocacy, and green space and community/social inclusion? Process and analyse data and present it in a concise and accessible way. What similar services are currently available with an underpinning question "Is SPARC Unique?" How and where to promote our activities/service, what are our Key Performance Indicators and how do we measure and report? And finally, to establish a 'What if SPARC didn't exist' action plan.

All students have excelled in their work; here are some of the things that they have been involved with: supported the Day Tripper's to help organised day trips, referral interviews, reviews, support planning, supporting the wide array of groups and activities within the centre such as the Women's group, Allotment, Art, Creative Expression, Football Group to name a few. Their main body of work is to support all our members which they have done on many difficult and personal issues. I can honestly say our students are always ready, willing and able to offer a helping hand to all who ask; who could ask for more?

I would like to personally thank previous social work students Evelyn Orobato and Charlotte Sewell.

We also have social care students who are based here for a short amount of time, however; their work and commitments are still something to shout about, so thank you to Abby Hannah, Shannon Storan, Melissa Watson and Jennifer Snaith.

Add to this we also support psychology students, they are with us only a short time, however, their input is extremely valued, so again a big thank you to Caitlin Wiltshire, Meghan Davies and Anna Garstka.

Thank you all for your commitment, genuineness, time, patience and understanding – it has been a real pleasure working with you all.

David Richards,
Social Worker & Practice Educator

SPARC'S Annual Holiday 2017

This year's holiday was to Scarborough. The holiday ran from May 8th-12th and was the second year in a row that SPARC has holidayed there. The week was very enjoyable and after a cold, overcast start the weather picked up and was glorious by the middle of the week. We stayed at the Grand Hotel which supplied faded Victorian opulence by the bucket load. Sue Heaps and I were the staff on duty this year and had our work cut out logistically as we and the members were spread over many of the 10 floors which make up the huge building-great exercise if you're into doing 100,000 steps a day. Breakfast and an evening meal were provided as well as bingo and live entertainment in the evenings. The annual holiday is something that SPARC (Stockport Day Centre as was) has provided since its inception in

1985 and is a way for people who may lack the means or confidence to undertake a holiday by themselves to have a Summer break. It's also a great way to spend quality time with some of our members. During the week, members could explore the town and do their own thing or join trips further afield. We paid a trip to Peasholm Park which is lovely and on the Wednesday we had a day trip to Whitby via Goathland which was the picturesque setting for Heartbeat, the popular TV programme. A grand day out was had in Whitby which proved to be the highlight of a great holiday.

James Campbell,
Senior Support Worker



Women's Group

The Women's Group continues to run each Wednesday and is still facilitated by Sue and Amanda and of course our volunteer Scotty Anne, who has kindly given her services for more than 20 years.

The aim of the group is to promote peer support and to achieve and develop friendships in a safe and welcoming environment.

As ever it's been a busy year with a lot going on. In March we celebrated 'International Women's Day' and the ladies enjoyed a delicious feast of cakes, scones and sandwiches. At Easter, we held a raffle with lots of great prizes on offer to raise money for the group. Later in the year, we managed to secure the services of Ailsa who came back to deliver one to one therapeutic dance sessions to which the ladies thoroughly enjoyed the time. We also had a visit from Kate Ogden from Stockport Mind who came to deliver a couple of sessions on healthy lifestyles and healthy choices which were very informative and useful.

Always a very popular activity is the prize Bingo, which is played and enjoyed regularly by all the ladies in the group. During the year we have

celebrated lots of the ladies individual birthdays that often Naheed has kindly taken the time to shop for birthday cards and suitable presents. So many thanks to Naheed for her thoughtfulness. As ever the popular Christmas lunch at the Puss in Boots took place and the women also enjoyed a party here at SPARC which was fun and enjoyed by all.

We would like to take this opportunity to thank our Community Support Police Officers for coming to give the ladies a chat about keeping safe.

Finally, we hope we have not missed anyone out please read some of the comments from some of the ladies who attend the group.

"I enjoy coming and it gets me out of the house"

"I like to socialize and catch up with my female friends"

"When the ladies are upset/down the other ladies will rally around to help and support"

**Sue Heaps & Amanda McClenaghan,
Support Workers**

Beacon Counselling

NEXUS Project

I joined Beacon Counselling in March 2017 as a Counsellor working on the Nexus Project which is a suicide prevention initiative. Part of the work is located at SPARC and I see several clients at Progress House each week. I have found being based at SPARC very rewarding. The staff, volunteers and members are all very welcoming and I enjoy being part of the team. I have learnt a great deal which has helped me both personally and professionally which has informed my work with clients.

Beacon and SPARC have a long-standing working relationship and this closer working has developed and furthered these links. It has enabled us to provide an even easier and more straightforward referral process for SPARC members to come to Beacon for counselling and the NEXUS project in particular.

For many people coming to therapy via the Nexus Project is their first experience of counselling and they have put off seeking support until life becomes unbearable and they

have either made a suicide attempt or they are suffering from frequent suicidal thoughts and impulses. Typically they are living life with severe depression with some moderate to severe anxiety which makes every day functioning difficult to impossible. They may also have isolated themselves to such a degree that I might be the only person they speak to in any given week. Clients tell me that it is a relief to be able to talk openly about their suicidal thought and experience of depression and anxiety. They say that it is helpful to be able to talk to someone who appears to understand their thoughts and feeling when they themselves do not.

Several of my clients have commented on their positive experiences of being at SPARC and they have enjoyed meeting SPARC members and also hearing the songs from the music group through the walls of the room we use for counselling.

**Rosie Clark, Counsellor
Beacon Counselling**

Stop Smoking Clinic

The Stop Smoking Clinic meets on Friday afternoon from 2-4pm. A typical session sees Michelle do monoxide tests on the participants to ascertain how their smoking reduction during the week was showing up on their breath. Support from Michelle and even more importantly, peer support was a major force for change in the sessions. The session would with some Tai Chi with the option that at some point a health walk would be introduced. The following report is from Michelle Howarth.

ABL and SPARC began joint working in 2017. It was decided that a stop smoking clinic would be offered for SPARC users in-house. It was decided this would be more convenient and sustainable as service users were attending each Friday at SPARC. The sessions were initially a pilot with the aim of promoting healthier lifestyles. The success of the of the sessions of the sessions was overwhelming and the service users really enjoyed the interaction. They gained more knowledge of

the dangers of smoking and the benefits of quitting and also the help available. The group maintained its members and service users were very keen to be involved. From the success, I added some relaxation (Tia Chi) which also was very well attended.

**Michelle Howarth, Project Lead,
Wellness Service ABL**

Due to the Monday health checks, I decided to make Monday's at SPARC a physical health day which would see the health checks take place every fortnight at 12noon, Relaxation and Wellbeing at 1.30pm and finally the Complimentary Therapies Session from 2.30pm.

(The Tai Chi during the Smoking Clinic session proved so popular that Michelle Howarth offered to come in on Monday's and carry out a couple of sessions, one of which would cover the Relaxation and Wellbeing session.)

**James Campbell,
Senior Support Worker**



Relaxation & Wellbeing

The Relaxation session has been running for many years and has proved to be a much needed and popular group with a regular number of participants. The session is currently facilitated by Sue Heaps and myself. The sessions are usually structured around basic stretching exercises followed by a guided visualisation on DVD.

At the time of writing the session has seen a big change to its format with the introduction of Tai Chi by ABL which has proved to be very popular.

**James Campbell,
Senior Support Worker**





Café

Beginnings

SPARC's Café has been running in many guises' over the years, we had the famous 'Coach House Community Cafe' project which was a brilliant starting place which we have greatly built on to a fully operational service user-led café.

Its aim is to give positive volunteering opportunities and experience in a catering environment and to enable people to develop skills and achievements which could lead to future employment for any volunteers who may be interested in taking this pathway.

The cafe is set within an old Victorian coach house, which is very in keeping with the surrounding area and style of the service. The café is also a nice place for members to enjoy a snack or lunch together in comfortable relaxed familiar surroundings.

We have a new café gardening volunteer Michael who has kindly offered his services to take care of our plants and flowers. Michael and the café team have taken time to create a warm welcoming environment with lovely flowering plants in the outside café canopy area. Last year we were given a few tomatoes plants we thought when ready we could harvest and use in the café. This is not only fun to do but also very self-sufficient.

The main indoor café is a multi-use room with warm welcoming décor, even the curtains are homemade by members of our Creative Textile group which sets off the whole warm feel of the room.

At present the café opening days and times are - Monday, Thursday and Friday - 11am until 1:30pm, if our success continues we may be able to open for longer and on other days.

Our café volunteers & feedback

We have a great team of café volunteers who are the backbone of the café; they are going from strength to strength, we really can't thank them enough for their continual enthusiasm, energy and reliability.

All the café volunteers have a working agreement which they have signed, agreed and adhered to; we are in the process of creating a handbook to help support and reinforce the great work they do. At the moment we are looking for another one or two café volunteers.

As you can imagine working in a café can be challenging as well as rewarding, our volunteers are faced with many new, exciting and interesting situations. The skills needed

and gained are varied and many for example cooking a wide choice of food, cleaning, serving, money handling, compiling a shopping list, stock control, adherence to health and safety standards and food handling criterion.

Let's hear a bit of feedback from our fabulous café volunteers.

"I am a volunteer on Monday I love working in the kitchen it helps me a lot with managing my own stuff. I have made loads of friends everyone is lovely and we make a great team working together. I just want to say thank you for giving me this opportunity to work in the café."

Nicky

"Love the café and working in the café, I mainly cook, but have also served at the counter. I enjoy talking with the rest of the café volunteers and customers. Without the café, I'd be out of work and unemployed. I now have confidence and experience for another job in catering. I could happily work here for the rest of my life."

Dean

"I enjoy myself, very good job, it keeps me busy and my mind and body occupied, and doing something instead of nothing really helps me and is very important. Learning new stuff such as hygiene and food handling; I like meeting and working with people especially my fellow café volunteers."

Chris

"I really enjoy working in the café, I serve the customers and take their orders. I like meeting people and working in the café helps me."

Caroline

"The café gives me a sense of stability and meaning, I feel it gives me a sense of direction to focus my abilities into cooking and general café duties. It has made me realise that I can adapt and do, e.g. there are times the café can get really busy and orders come flying in, I am able to manage all the orders and timings to a high standard which can be extremely challenging and stressful at times (in a good way), it gives me a strong sense of achievement and accomplishment."

Dan

"I enjoy helping in the café and feel like I'm giving back which gives me a sense of achievement, I enjoy socialising with the customer and café volunteers."

Mark

"I really enjoy my time in SPARC's café; I have made some good friends, it's a real pleasure working here."

Norma

"I like working in the café."

Nameer

"I've had a really good time working in the café"

Chris H

Events

Last Christmas our wonderful volunteers cooked a full Christmas dinner, for 18 people, this included starter of soup, full roast turkey dinner with all the trimmings, followed by a dessert of Christmas pudding ended with a coffee all for the amazing price of £7 per person. What a great positive experience we all found this to be, everyone enjoyed their time. The feedback we received from our customer was overwhelming so much so they all clubbed together and gave a generous monetary tip, which as you can imagine was well received by our café volunteers. On a personal note, after we served and cleaned up after the customers we all sat and had our Christmas meal together, the food and atmosphere was brilliant, such a great feeling of shared value and worth. We hope to repeat this whole experience again this coming Christmas.

Menu

Our menu has been created in consultation with the members and of course café volunteers; here is a small taste of what we serve: a variety of

drinks such as tea, coffee, hot chocolate and fruit juices plus we have our own mini Barista's serving a selection of ground coffees, our main food menu is quite various for a small service user-led café we have a mixture of sandwiches, soups and toasties, plus our famous big breakfast with all the trimmings and very tasty omelettes.

We are always open to new ideas and proposal to update and improve our menu if you are interested you are more than welcome to see what we do.

Future

We hope to develop the café back to a community café and welcome the local public, (who are let's 'face it' missing out on our great food and wonderful atmosphere), we would also like to expand the opening times and possibly open longer on Thursdays maybe 2:00pm till 4:00pm and serve teas and cakes. Links with other catering organisations and broaden our café volunteer's opportunities.

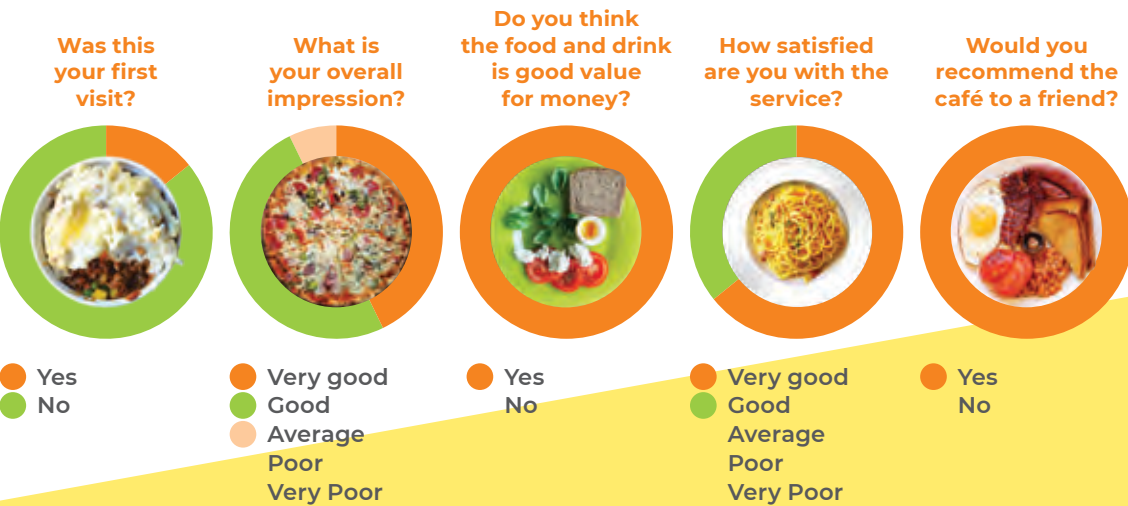
If we could employ a full-time café support worker to build on all the work we have done and give the service the full endorsement it needs and deserves.

Our café volunteers have spoken about wanting to cater for an external event which is something we could offer also the possibility of creating links with organisations who work with employment and the chance of pathways onto paid jobs.

Our impact – Feedback

Over the year we have asked for feedback from our customers; below are the findings

David Richards, Social Worker & Sue Heaps, Support Worker



2017/18 REPORT & ACCOUNTS

SPARC and Greenspace

Runnymede Court In-Reach

The Runnymede Court in reach session takes place on Thursday afternoon from 3-4 at Runnymede Court which is an Equity Housing Extra Care residential home in Edgeley. SPARC'S involvement at Runnymede originated from the Natural Progressions Project a few years ago. Runnymede Court was 1 of 7 community green space project I set up when funded for 2 years by The Peoples Health Trust.

The gardening sessions at Runnymede proved so popular that when the project ended we applied for a small grant to the Equity Foundation. That first grant enabled me to do 40 gardening sessions on Wednesday mornings and we named the group the 'Table Top Gardeners'. When this came to end in April 2017 we made another application to the Equity Foundation and in November 2017 the first of a further 40 sessions started.

At the time of writing these are going strong with good attendances.

Throughout SPARC's involvement at Runnymede Court, the Scheme manager Lynda Bradshawe has been a great support. The following is from Lynda.

James Campbell,
Senior Support Worker

Our customers look forward to James coming every Thursday afternoon. James has become really good friends with the group. Not only do they do their flower arranging but they also enjoy the calm and relaxing atmosphere with a little banter and smiles plus a cup of tea.

Social and Therapeutic Horticulture Group

SPARC is lucky to have its home at Progress House which is set in some beautiful grounds. There is a wonderful air of seclusion that adds to the welcoming and relaxed atmosphere. The grounds are maintained by the members of the Social and Therapeutic Horticulture group which meet once on a week on Thursday from 11.30-1.45. Each session sees the gardeners work on a different part of the garden and jobs range from weeding and lawn mowing to the interesting stuff such as seed sowing and nurturing seedlings and plants in the Poly Tunnel. The garden also boasts a Kitchen Garden in which various salad crops are grown.

3 years ago James created a lovely patch in our rear garden (as part of the Natural Progressions project funded by the Peoples Health Trust) with flowers and herbs which our customers grew themselves.

This year he will be working with them to create a lovely rose garden on this patch full of colour and will also be planting and growing flowers from seed for it. James has become an asset to Runnymede Court and would be sadly missed if his services came to an end.

Hopefully, he will be with us for the foreseeable future and that Equity Housing continues to support him.

Thank you SPARC and James for your patience and help and making such a big difference to our scheme.

Lynda Bradshawe,
Retirement Living Co-ordinator

"Most enjoyable weekly event where we participate with flowers in vases and planting seeds for putting outside. We hope that this activity will carry on for many weeks to come."

Anne Ward

"Just a note to say how much I enjoy doing Table Top Gardening. I find it relaxing and look forward each week to joining in and getting to mix with other residents. Thank you."

Mary

"An afternoon of fun, meeting and chatting. 10 out of 10 to James."

Margaret

I've been facilitating the group since SPARC relocated to Progress House in 2003 (I can't believe it's that long ago) and the grounds at that time left a lot to be desired. It's a credit to the many gardeners who've been involved with the development of the garden during the intervening period that it looks as amazing as it does today.

I've found that the facilitation of Social and Therapeutic Horticulture Group has been a great preparation for subsequent greenspace developments undertaken by SPARC.

James Campbell,
Senior Support Worker

Heathfield House Rehabilitation Unit, Gardening In-Reach

Occupational Therapy at Heathfield House commissioned SPARC to provide a series of weekly gardening session for its residents.

12 sessions took place during the Summer of 2017 and these were centred around the cultivation of herbs, micro greens and salad crops. An area of the patio was given over to making a herb garden which were grown in pots and troughs. Each session saw a variety of salad seeds sown so we'd have a succession of crops throughout the Summer. During the course of the project, we harvested and then prepared micro greens, feta with salad

dressing and made up some very impressive looking baguettes which went down well with the participants and staff. Microgreens are a great way to engage with first-time gardeners as they grow quickly and taste fantastic which is rewarding.

It was good to be able to show the residents the fun and satisfaction of growing your own. Some of the residents even grew some salad on their window sills. Hopefully, the sessions can be repeated during the Summer of 2018 and I can implement the plan I had last year to cut out an area of lawn and lay out a permanent herb garden so we can plant straight into the soil.

James Campbell,
Senior Support Worker

Feedback from the Heathfield Gardening Sessions.

Dear James,

I felt I needed to drop you a line to say how much the patients at Heathfield thoroughly enjoyed the gardening club with you. We have a Community Meeting each week and everyone asks when the group will be restarting. It really did help to alleviate their symptoms and gave them the motivation to engage without prompts. Staff found our patients built up better relationships with their peers and staff. They found preparing and eating the items they had grown extremely enjoyable and beneficial.

Unfortunately we have no Occupational Therapist at the moment but as the Unit Administrator of Heathfield I felt the need to acknowledge and thank you for all the hard work and commitment undertaken by you in providing us with such an enjoyable and beneficial group.

Kind Regards,

Lesley Gibb, Unit Administrator

Growing Together Project

The Growing Together Project has entered its tenth year in partnership with the Recovery and Inclusion Team. It has provided sessions every Wednesday (during the growing season) from 12noon to 2pm.

The last part of the year 2017 we had a good harvest of all the different crops that had been sown, the members were able to take the produce home with them and many used them in their meals. The members benefit from the continuity of the project and there are regular attendees that have been present for many years, they all benefit from the fresh air, companionship and physical exercise that the group provides.

The Allotment has been lovely at the start of the 2018 season with lots of sunshine. New benches in the greenhouse and the new cold frame have been well utilized with lots of seed sowing and plant propagation. New infrastructure built last season by Phil, Sam from the Recovery and Inclusion Team

and their respective spouses have made the work of seed sowing much easier this year, giving everyone lots of activities. There have been squashes, sweetcorn, courgettes, radish, kale, onions and leeks alongside companion planting of marigold and lots of flowers.

There have been new members joining us this year who've put in a lot of hard work to make the plot look even better, trim and tidy, helped and encouraged by Volunteer Bob who makes a tremendous effort with digging and weeding the plot. All the familiar members who have contributed over the years have continued attending and enjoying the therapeutic benefit that horticulture has to offer.

As the year progressed the crops were being planted and tended, watering has been an issue this year because of the heat and Phil and Sam have been on the plot working tirelessly in their own time to ensure that all the plants are watered regularly so everything ticks over nicely.

Marc Murphy, Facilitator

2017/18 REPORT & ACCOUNTS

The Kindling Trust at Woodbank Memorial Park

At the end of 2017, I met with Corrina Low from The Kindling Trust about the possibility of the Social and Therapeutic Horticulture group visiting its Woodbank Community Food Hub scheme in the New Year.

The Kindling Trust works to promote social change, self-sufficiency and food awareness. At Woodbank Park Kindling run an organic community garden as well as events around Beekeeping, Bird watching, Bat watching and foraging.

After our meeting, it was agreed that the Social and Therapeutic Gardening Group would visit on the 3rd Monday of the month from 2-4pm.

At the time of writing 2 sessions have taken place which saw the participants carry out tasks such as seed sowing and potting-on in the polytunnel. As the weather improves we will help manage the outdoor crops. It is hoped that the visits will carry on throughout the year.

James Campbell,
Senior Support Worker

Kindling works in an innovative way to create practical solutions needed to create a fairer, healthier and more sustainable local food system for all. One that looks after people and the environment, creates livelihoods to grow the food we need, and crucially prioritises good, healthy, fresh food as a right for all and not a privilege. We do this in ways that are inspiring, engaging and enjoyable and that bring communities together. Since 2016 we have been working to turn the old plant nursery site in Woodbank Memorial Park-now Woodbank Community Food Hub into a thriving food hub that will benefit the health and well-being of the communities of Stockport through providing opportunities to connect with local food and the natural environment. We are keen to work with local groups to achieve this. It's a pleasure to be working in partnership with SPARC and hope this is a relationship we can continue to build on.

Corrina Low, Community Engagement Worker
– The Kindling Trust

Growing Outside

Last summer Mandy Morrison from Growing Outside (external greenspace organisation) dropped in after seeing SPARC's polytunnel from Bramhall Lane. Mandy has been doing some gardening sessions at St Georges School and was enquiring about the use of the tunnel by the school as they haven't got that facility. As the polytunnel is only in use on a Thursday during the Social and Therapeutic Horticulture session I told her she was more than welcome

to make use of it. She put me in touch with her colleague Louise Gerard-Jones and a trial run was arranged for the 29th September. Louise facilitated a nature study session with 2 groups of children. As the weather was very wet the polytunnel really came into its own as an outdoor classroom. Unfortunately, the sessions were unable to continue at this stage however we are hopeful that connections can be maintained for the future.

James Campbell,
Senior Support Worker

SPARC4Health

SPARC has always promoted physical health whether through activities such as the Football Group, Walking Group and facilities such as our Gym. In addition to this, we have always had a Relaxation session and the Women's Group has occasional pampering sessions and armchair exercises with the aim of promoting wellbeing.

In October last year, I had a meeting with Penny Harvey and Michelle Howarth from ABL Health in which we set out a plan for them to provide some health interventions which SPARC'S members with the aim of raising health awareness. The meeting was very productive and it was agreed that starting in the New Year, Penny would provide fortnightly health checks on Monday's and Michelle would run a Smoking Clinic on Friday afternoons.

Health Checks: The health checks raised our members aware of how to improve their lifestyle and the need to reduce the levels of sugar, salt and fat in their diet. Practical information and advice were also given by Katie Platt who is ABL's Lifestyle Coach about healthy options, portion size, how to read the nutritional information on food packaging. Regular weigh-in's and BMI's were done which proved very popular. I think one of the key reasons for the success of the sessions (together with the motivational skills of Penny and Michelle) was that they took place in the main lounge where most of the

members gather so access to the ABL sessions was easy. The sessions had a great vibe about them which was good to see with the members showing a genuine interest in learning how to live a healthier life. The following report is from Penny Harvey.

ABL has been visiting SPARC once a fortnight for 3 months to weigh and give healthy lifestyle advice. The first few sessions that were delivered focused on teaching SPARC service users how to read food labels, what was a high /fat /salt product and what would be a healthier alternative. They were then asked to bring their own food packages in to check and given a food labelling card for them to use in the supermarket. Following sessions have included sugars in drinks and food portions. Service users are encouraged to get weighed privately and to have a chat with our lifestyle coaches about current eating behaviours and routines. Helpful advice can then be tailored to each individual. A number of the SPARC service users have been successful in losing weight, with one service user losing just under 9lb so far.

Penny Harvey, Project Lead Stockport Specialist Weight Management Service – ABL

James Campbell,
Senior Support Worker

Complimentary Therapies

The Massage session has been running for about eighteen Months and has proved to be very popular. Initially starting out on Thursdays but then transferring to Monday to tie in with the Relaxation/Tai Chi group which runs directly before. The session lasts for two hours and consists of Six – Seven Fifteen Minute Treatments of a Clients choice. These are Indian head massage which

includes upper back, shoulders, scalp and face (Optional), hand massage and reflexology. however, each treatment can be tailored to an individual's needs. The benefits of massage include stimulation and relaxation to muscles, increased blood and lymphatic flow and energy. The sessions are 2:30-4:30 each Monday.

Jim Whittaker,
Complementary Therapist



Alliance Counselling Service

Over the last three years the Alliance Counselling Service has grown and developed out of all expectations, I jokingly say "it is a victim of its own success". However, this is a banner I hold with great applause. We have seen people change, grow and manage through the use of counselling and therapy.

Every week we work with an average client group of 27 people all of whom present with a range of situations, our therapists are on hand to support people in a holistic manner. They offer up to date models/theories, skills and knowledge to enable the root cause of problems to be attended to; we work towards long-lasting self-sufficient change as appose to a quick fix.

Facts, Figures and Statics

The Alliance Counselling Service help and support on average 27 people each week.

Weekly = 12 sessions

Monthly = 50 session per month

Yearly = 67 clients over the year

Therapist & Comments

We now have eight wonderful therapists who have brought their skills, knowledge and abilities to the service, most of all they have brought their compassion and integrity and their genuine desire to help and enable people to achieve and/or at least enable their goals and self-fulfilment.

These eight dedicated therapists are Andrew, John, Emma, Moya, Jennifer, Lawrence, Jonathon and Annalisa.

I would like to give me sincere thanks and appreciation to them and for all their hard work, dedication and commitment, without which we would not have a counselling service.

Let's Hear From Some of our Therapists

"Overall, I have had a rewarding experience in working both as staff and client. Due to therapy being 'open-ended' I have found this valuable in being able to adapt and diversify from not only Cognitive Behavioural Therapy but incorporating other therapeutic modalities such as Cognitive Behavioural Therapy, Schema therapy and elements of psychodynamic."
Andrew

"I have been warmly welcomed into the fold here and am very grateful to have the opportunity to work with a diverse array of clients with varying problems and needs. I feel incredibly proud to be part of the Alliance Counselling Service with its caring and insightful therapists."
Jennifer

"Working within the counselling alliance has been so fulfilling not only as a therapist but as a person. Being a part of the client's personal journey is such an honour and my clients inspire me every day in so many different ways. The staff here is amazing as well; they are positive, kind and have a such a huge amount of passion to help others. I am so happy that I get to be a part of this wonderful team of people that make a huge difference in people's lives."
Emma

"My experience as a qualified counsellor and trainee Cognitive Behavioural Therapist has taught me that individuals are all different and they all need diverse and tailored approaches. I find that SPARC (dissimilar to IAPT services which working on an economic-based model offer mainly a CBT approach that is specifically time-limited) recognise this need and adopting a holistic perspective of the individuals accessing the centre, offers its service users different therapeutic approaches enabling them to choose the one that they feel it is most appropriate for them."
Annalisa

What is Counselling?

Counselling allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment. The term can mean different things to different people, but in general, it is a process people seek when they want to change something in their lives or simply explore their thoughts and feelings in more depth.

A counsellor/therapist is not there to sit you down and tell you what to do - instead, they will encourage you to talk about what's bothering you in order to uncover any root causes

and identify your specific ways of thinking. The counsellor/therapist may then look to create a plan of action to either help you reconcile your issues or help you to find ways of coping.

Our unique service

The Alliance Counselling service is free to change, adapt and morph to the ever growing needs and demands of our clients.

Towards the end of therapy, we can (in full consent of the client) invite a friend or worker to join the session as a means of continuing the support once therapy has ended. This means the worker or friend can use information gained to continue the support element of therapy.

We can refer clients from one specialised therapist to another therapist. Clients often come with multiple

Unlike the NHS bodies and Improving Access to Psychological Therapies service who offer a fixed number of therapy sessions, service users accessing the Alliance Counselling service are allowed an unlimited amount of sessions are assessed and given in essence an 'unlimited' amount of sessions which are reviewed; however, these are not finite.

This has proven effective so far when working with clients with more complex mental health presentation where accessing talking treatments is notoriously poor e.g. schizophrenia, bipolar and personality disorders.

Furthermore, through offering these amount of sessions, give a greater opportunity to fully understand the clients' work which will work positively in fostering hope and empowering marginalised clients whose needs are often unmet due to limited service provision both locally and nationally.

Who is our service for?

All members of the Stockport Mental Health Partnership can access this service i.e. (SPARC, Stockport & District Mind and Prevention and Personalization Service) and their groups e.g. Rendezvous, Thursday at One and Horizons.

Areas we cover

Topics, issues, problems and concerns covered by the Alliance Counselling Service are wide,

complex and far-reaching. Due to the service being open to multiple models we can offer support with a variety of experiences; such as: anger, abuse, addictions/substance abuse, anxiety and panic attacks, behaviour (changing), bereavement and loss, depression, domestic violence, eating disorders, family issues, ill health/long-term sickness, mental ill health, obsessive-compulsive disorder and similar, panic, phobia, relationship issues/breakdown etc. self-esteem issues/low self-esteem, sexual issues, sleep issues, stress, suicide/self-harm, trauma, post-trauma and Post Traumatic Stress Disorder and work-related issues

How to refer

Referral forms for this service can be found within the Stockport Mental Health Alliance, we have both electronic version and paper versions; all Alliance partners have access to; once completed these forms will be sent to the Counselling Co-ordinator. He will contact the referred person and begin the referral process. This will consist of an initial assessment to determine suitability. Once assessed, they will be placed on the waiting list in order of priority. Once space becomes available they will be allocated a therapist who will contact them directly.

Future

We would like to expand the service and employ counsellors/therapists and include more varied modalities, we would like to expand into couples counselling, group work therapy and home visits.

It is hoped in the near future we can accept referrals from Community Mental Health Teams, Early Intervention Team and Recovery and Inclusion Team and beyond.

Our Impact - Feedback

"Invaluable"
"Changed my life"
"I feel like a different person"

David Richards
Counselling Co-ordinator



Comments from members

“SPARC has helped me with my mental health, but mostly makes me happy as much as possible.

It helps me have a circle of friends .I also do activities, such as the card making group.

I also have interesting conversations, with the group and other service users and staff.

It gives me a structure to my life and some meaning to my week I feel I have a purpose again and this helps my creativity.”

Duncan

“I started at SPARC nearly six years` ago! When I first came here I was lacking in confidence the first person I met was Naheed, who really looked after me.

As I got to spend more time here I joined in with more activities, my confidence grew. I have also made new friends.

Coming to SPARC has totally changed my attitude to life. I am lot more patient and caring towards others. I am in the best place i have been in for years!

I used to really hate my life, now I love it, and look forward to every new day making the most of my life.

Sandra Buffey

“I like SPARC because of the activities, art, creative textiles and music. SPARC has given me confidence in myself, and has helped me to make new friends. The staff help me and give me advice. People understand me because, we've all been through illness. I can be myself and everyone accepts me.”

Ruth Halligan

“I have been coming to SPARC for three and half years. I have found the centre invaluable to me. It has helped with my mental health.

All the staff are very friendly and approachable, and I always feel I can turn to them with any problems I have.

I have enjoyed singing in the music group. It is great to be at the centre, where all members have empathy and sympathy for each other. As we understand or appreciate their problems.

It is somewhere I can go when I feel low and get help with my mood.”

M.Wilde

“I have been coming to SPARC for Three years', and I find that the centre provides me with company.

The staff are very supportive, especially my support worker Sue. Who has helped me to attend appointments, and when I have been really down she has been tremendous!

The massage sessions on a Monday has helped me to trust again!

The centre provides a social circle which I would not have otherwise .I just want to say how grateful I am to all the staff, they are very approachable.

When you have problems you can talk in private.

There are classes which also help me such as creative textiles and having access to the computer's.

I would not like the centre to close because of all the support given to me!

It gives me a place to attend and socialise with other members as I live on my own, and also I like the massage therapy from Jim.”

Maria Minero

“I really enjoy coming to SPARC, I have been coming for about five years, and is best thing I have ever done.

Before I came to SPARC I was very lonely and had no confidence, but now I do one day a week volunteering in the café at SPARC! The rest of the week I sit in the lounge socialising, and taking part in anything going!

SPARC has been a great help for my confidence and wellbeing. I am recovering alcoholic and have an eating disorder. The advice and comfort I have been given has been brilliant. Thank you to all the staff at SPARC, YOU HAVE CHANGED MY LIFE AROUND!”

Anonymous

“SPARC makes me feel welcome no matter how my mood is. The staff are very supportive, and treat me as an individual. I attend the music group, which gives me a focus and a reason to get up and get out.

I have made new friends here. It is amazing that SPARC is here for all the members, who rely on this service .It has had a positive effect on my life”

Anonymous

“I have been coming to SPARC for fourteen years and would like it to stay open. I meet friends there and I can do computer work. The help from friends and David Richards, and the staff help me with day to day anxieties. I also use the facilities at SPARC and also they provide me with hot meals twice a week. I am also in involved with the day trippers committee, where I help to plan and record the minutes. I am also a member of the management committee, SPARC continue to help and support with all my problems.”

Anthony Crowther.

“Without SPARC it would be a case of climbing the walls at home (all four walls) which would be thoroughly demoralising.

I'd also miss my friends.”

D. E. Boon

“SPARC has been and continues to be a life line. I look forward to socialising,

Receiving support and have learn new skills, such as music and I.T. computing.

It is great to have a place to mix with like-minded people, who accept you for what you are, and are non-judgemental.

SPARC offers a wide range of activities, including day trips and holiday's.

Jennifer Loynes

“I have been coming to SPARC for twenty two years, it allowed me to meet new friends. It has help with my boredom issue by creating a social circle, it is now part of my social life, and gives me somewhere to go.”

Julian Peck

“I have been coming to SPARC for Seven years` it has been a godsend to me for all this time! Meeting lots of different people who understand how hard it is to live with mental illness.

There are lots of different activities going on each day. There is a café that sells drinks and snacks, SPARC provide two hot meals a week.

The staff are always on hand to help with any problems you might have.

As mental health problems continue to rise in this competitive world places like this are vital to peoples lives.”

Anonymous

“I enjoy all the groups it gets you up and out. Also SPARC is helping me to get motivated. The staff are always nice and I also like all the other members.

I have made new Friends and they support me. Also Pete gives me one-to-one support.”

Diane Hodgkinson

Staff 2017 - 2018

Lynn Barrett
Louise Leavy
James Campbell David Richards
Sue Heaps
Pete Wooldridge
Amanda McClenaghan
Dave Roberts
Ria Richardson

Carl Thorp
Marc Murphy
Rob Hart
Jill Kirton
Malcolm Harding
Ken Hazeldine
Chris Platt

Volunteers 2017 - 2018

Rob Hart
Kim Roberts
Aled Evans
Andrew Murray
Andrew Jones
Anne Traille
Chris Flynn
Danny Farnsworth
Jim Whittaker

Sean Freeman
Nicola Burdon - Kirby
Phil Hounsell
Sharon Ollerenshaw
Sheila Gott
Steve Delahunt
Chris Platt
Mark Coffey

Trustees 2017 - 2018

Philip Davies
Paul Lake-Jones
Andrew Jones
Robert Hart
Rita Evans
John Fox
Peter Evans
Chris Ackerley

Joanna Parfitt
Danny Dowling
Paul Browne
Jackie Sanderson
Kevin Brosnahan
Eloise Pearsall
Lawrence Gill

A Huge Thank You Goes To

SMBC Social Services Pennine Care NHS
Trust Crucible Snooker Club Pure Innovations
Denise Britch - SMBC Stockport and District
Mind Essential Learning Company Occupational
Therapy Team – Mental Health Unit,
Stepping Hill Hospital Community Mental Health
Team, Councillor Lane Stockport Recovery &
Inclusion Team Gravitas Whitehill Allotment
Society Chris Reeves Care Knowledge
Cheshire Datasystems Limited Big Lottery Fund
Equity Foundation Dave Thurston and the
team at North West Digital Lee Wolstenholme
Shinnys Gym APH Computers Stuart Barlow
Offizone St Georges Church Victoria Morris -
Manchester Metropolitan University University of
Manchester Mark Isaacs/Motiv8ed Support
Stockport Rotary Club The Blossoms & Tom Hingley
Nick Leese Peter Jacobs Kevin Fleming Aquarium
Stockport Ukelele Players Sharon Ollerenshaw
Barry Tildesley & Rashida Bhim (PPS) Mark Coffey
Adrian Rigby-Bates – Stockport County in
the Community Foundation Morenike Bako
Staff Team at Arden & Norbury Wards
Cat Liu (Heathfield)

Everyone that donates to SPARC in any way whether it be their time, professional abilities or financially helps make what SPARC is – again we thank you as you make us what we are.

STOCKPORT PROGRESS AND RECOVERY CENTRE

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2018

Registered Charity No. 515832
Company Registration No. 1862257

STOCKPORT PROGRESS AND RECOVERY CENTRE

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STOCKPORT PROGRESS AND RECOVERY CENTRE

Report of the trustees for the year ended 31st March 2018

The trustees present their annual directors' report and financial statements of the charity for the year ended 31st March 2018 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Objectives and activities

The purposes of the charity are as listed below and the main activities are as listed below.

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives, in planning future activities, and setting the policies for the year.

Purposes and Aims

~ to reduce the likelihood of relapse by offering support to individuals with mental health needs living in the community or preparing to discharge from hospital.

~ to encourage individuals to feel a valued part of their community based service and activities, and by supporting individuals to make use of local resources.

~ to provide social, leisure and educational opportunities to help overcome the loneliness and isolation often associated with having a mental health problem.

~ to promote the active involvement of members in achieving the above through a combination of regular members meetings and member representation on the Management Committee, and through the provision of an environment of support and acceptance aimed at encouraging individuals to express their needs and interests.

Ensuring our work delivers our aims:

This is achieved through the implementation of effective monitoring systems throughout all aspects of our work. We give valuable knowledge from having open communication with service users and other stakeholders to ensure a high quality of service provision.

The charity furthers its charitable purposes for the public benefit through enabling people to live full and active lives and thereby contribute to public benefit. By responding to the expressed needs of local stakeholders and working in partnership with other services from both the private/voluntary sector and statutory services we are able to provide a holistic and creative approach to supporting the needs of those people in society whom are most vulnerable.

The main aspect of the charities activities, funded by Stockport Metropolitan Borough Council via the Stockport Mental Health Alliance contract, is providing support and meaningful activities for our service users who are in the main residents in Stockport who are experiencing mental health problems. A variety of groups are provided aimed at supporting recovery through the participation of therapeutic activity. We now have a team of Alliance Link Workers who are able to support people on a 1-1 basis both within the centre and out in the community.

We provide voluntary work opportunities and also placements for social work students for which we receive a daily monetary rate for the duration of the placement. This work enhances the main activities provided by the charity.

STOCKPORT PROGRESS AND RECOVERY CENTRE

We have continued to provide some greenspace activity for a group of residents living in the community and also facilitated a gardening activity at a local mental health unit.

We continue to provide access for our service users to Information and Technology equipment supported by the implementation of a number of courses providing educational opportunities.

SPARC have continued to maintain our partnership working with Pennine Care Trust in the provision of therapeutic activities with the Mental Health Unit at the local hospital.

A review of our achievements and performance

The main achievements during the year were the continued development of the Stockport Mental Health Alliance and finding new ways of working across the Alliance and also with colleagues working within Pennine Care Trust to establish recovery pathways for our service users. We have continued to support volunteers to compliment the service provision and also to maintain the involvement of service users in the planning and delivery of the service. Our group activities have contributed to the benefits and positive changes for our service users with a high level of participation and recorded positive outcomes. We have engaged effectively with other like-minded organisations in supporting the local voluntary sector during difficult times of austerity and have been able to draw on the skills and experience within the management and staff teams to maintain a high standard of service. We are also pleased to report that we have maintained our position working with Occupational Therapy staff at the local hospital by providing therapeutic activities for patients during their stay in hospital. Our CBT/Counselling service has grown in terms of the range of psychological therapies available to service users who access the Alliance services. This has been enhanced by Awards For All funding which has enabled us to employ the services of a qualified CBT therapist who has delivered one to one therapy, staff and volunteer training and also facilitated small group sessions. There have been excellent outcomes from this aspect of our work which we hope will provide a springboard to more development in the future. Complimentary to our service we have also worked in partnership with Beacon Counselling in the delivery of counselling sessions for people who are experiencing a high level of distress. This is part of our partnership work in developing a Suicide Prevention project which we hope to improve over the next year. We have developed a new Trustee Pack and both Trustees and staff members have been involved in holding Vision Events to look at the future development and social value that is delivered by SPARC. We have also continued to provide the SPARC4me support service where individuals are provided 1-1 'paid for' service based within their own home or in the community.

Financial review

The finances for SPARC have been consistent over the past 12months monitored closely by Trustees and Management. We have continued to manage the funding under the ERS Contract and have met the standards required in partnership with the other members of the Alliance. We have been able to show added value by increasing the range of our activities in response to gaps in service provision and the identified needs of our service users. We have continued to employ a manager, social worker, support workers, administration and domestic staff enhanced by the recruitment of volunteers together with a range of student placements. We have also employed a CBT Therapist with funding from Awards For All and we have continued to provide a range of therapeutic activities within hospital in patient facilities.

STOCKPORT PROGRESS AND RECOVERY CENTRE

Investment powers and policy

Aside from retaining a prudent amount in reserves each year, most of the charity's funds are to be spent in the short term so there are few funds for any longer term investment.

Reserves policy and going concern

The balance held in unrestricted reserves at 31st March 2018 was £24,845 of which £19,958 are free reserves, after allowing for funds tied up in tangible fixed assets.

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately three months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that support and governance costs are covered.

The company's main source of income is grant funding and member's income. The directors consider that it is appropriate to prepare the accounts on a going concern basis and, consequently, the accounts do not include any adjustments that would be necessary if the funding should cease.

Risk management

The Management Committee has conducted a review of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Procedures are in place to ensure compliance with health and safety of staff, volunteers, parents, children and visitors.

Plans for Future Periods

The Management Committee in partnership with the staff team strive to develop the organisation to meet the needs of its service users and stakeholders. We will continue to work within the Stockport Mental Health Alliance alongside colleagues within Stockport & District Mind and Pennine Care Trust in the delivery of the Enablement and Recovery Service. We also plan to work with other partners in identifying gaps in service provision and ensuring efficiencies wherever possible. Possible developments include expanding the CBT/Counselling provision across the Alliance, working with partners on a Suicide Prevention Project and developing our 1-1 support service. We have created a robust business plan identifying areas where we want to improve and develop over the next 5 years.

Structure, governance and management

Stockport Progress and Recovery Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 8th November 1984. It is registered as a charity with the Charity Commission and is constituted under a trust deed dated 26th November 1984.

Appointment of trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association, members of the Management Committee shall hold office until the end of the Annual General Meeting next following their election appointment or co-option and shall be eligible for re-election or re-co-option.

STOCKPORT PROGRESS AND RECOVERY CENTRE

Trustee induction and training

Most trustees are already familiar with the work of the charity as a result of longstanding connection with the organisation. Additionally, new trustees are invited and encouraged to attend the meetings and activities of the service to familiarise themselves with the work of the charity and the context within which it operates. The organisation has now produced a trustee induction pack in order to support and inform Trustees in their role.

Organisation

The board of trustees administers the charity. The board normally meets every 6 weeks. A Centre Manager is appointed by the trustees to manage the day-to-day operations of the charity.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager with any service providers must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Reference and administrative information

Charity Name: Stockport Progress and Recovery Centre formerly known as Stockport Day Centre.

Charity Number: 515832

Company Registration Number: 1862257 (England and Wales)

Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year-end were as follows:

Key management personnel: Trustees and Directors

Paul Lake-Jones	Chair of Trustees		
Andrew Jones	Acting Chair	(trustee only)	
Danny Dowling		(trustee only)	
Peter Evans		(trustee only)	
Kevin Brosnahan	Stockport Mind Representative		
Robert Hart	Volunteers Representative		
Jackie Sanderson		(trustee only)	
Philip Davies	Secretary		
John Fox	Director		
Paul Browne		(trustee only)	
Joanna Parfitt	Members Representative	(trustee only)	
Rita Evans		(trustee only)	
Christopher Ackerley		(trustee only)	(appointed September 2017)
Lawrence Gill	Co-opted Treasurer	(trustee only)	(appointed October 2017)
Eloise Pearsall	Dep Members Representative	(trustee only)	(appointed September 2017)

Senior managers

Lynn Barrett

Registered Office

Progress House,
35A Adswood Lane East,
STOCKPORT,
SK2 6RE

Independent Examiners

Community Accountancy Service Limited
The Grange
Pilgrim Drive
Beswick
Manchester
M11 3TQ

Bankers

Royal Bank of Scotland
Stockport Great Underbank Branch
27 Great Underbank
Stockport
SK1 1LN

Solicitors

Philip Davies & Company

Trustees responsibilities in relation to the financial statements

The charity trustees (who are also the directors of Stockport Progress and Recovery Centre for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting principles and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the board of trustees

Andrew Jones
Acting Chair



Date: 3rd August 2018

Independent examiner's report to the trustees of Stockport Progress and Recovery Centre

I report on the accounts of the company for the year ended 31st March 2018, which are set out on pages 8 to 17.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of The Association of Chartered Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act ;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

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 charity 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 you as 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:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006, and
 - with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

AM King FCCA
Community Accountancy Service Ltd
The Grange, Pilgrim Drive
Beswick, Manchester, M11 3TQ

Date: 3rd August 2018

STOCKPORT PROGRESS AND RECOVERY CENTRE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2018

		Unrestricted Funds	Restricted Funds	Total Funds Year Ended 31st March 2018	Total Funds Year Ended 31st March 2017
Further Details	£	£	£	£	
Income from:					
Donations and legacies	(3)	5,178	-	5,178	3,511
Charitable Activities	(4)	9,033	342,912	351,945	331,347
Other Trading Activities	(5)	20,724	10,521	31,245	46,778
Investment Income		25	-	25	27
Other		1,541	-	1,541	238
Total		36,501	353,433	389,934	381,901
Expenditure on:					
Raising Funds	(6)	7,541	-	7,541	8,913
Charitable Activities	(6)	49,516	322,015	371,531	369,414
Other	(6)	1,455	-	1,455	1,051
Total		58,512	322,015	380,527	379,378
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)		(22,011)	31,418	9,407	2,523
Transfers between funds	(17)	(1,110)	1,110	-	-
Other recognised gains/(losses):					
Gains/(losses) on revaluation of fixed assets		-	-	-	-
Actuarial gains/(losses) on defined benefit pension schemes		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds		(23,121)	32,528	9,407	2,523
Reconciliation of funds					
Total funds brought forward	(17)	47,966	46,408	94,374	91,851
Total funds carried forward	(17)	24,845	78,936	103,781	94,374

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 11 to 17 form part of these accounts

STOCKPORT PROGRESS AND RECOVERY CENTRE

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BALANCE SHEET AS AT 31 MARCH 2018

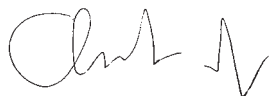
	Notes	2018 £	2017 £
Fixed assets:			
Tangible assets	(11)	23,775	26,006
Total fixed assets		<u>23,775</u>	<u>26,006</u>
Current assets:			
Stocks	(12)	-	-
Debtors	(13)	89,802	93,988
Cash at Bank & in Hand		80,559	63,194
Total current assets		<u>170,361</u>	<u>157,182</u>
Liabilities:			
Creditors: Amounts falling due within one year	(15)	90,355	88,814
Net current assets or liabilities		<u>80,006</u>	<u>68,368</u>
Total assets less current liabilities		103,781	94,374
Creditors: Amounts falling due after more than one year	(16)	-	-
Provisions for liabilities		-	-
Total net assets or liabilities		<u>103,781</u>	<u>94,374</u>
The funds of the charity:			
Restricted income funds	(17)	78,936	46,408
Unrestricted income funds	(17)	24,845	47,966
Total charity funds		<u>103,781</u>	<u>94,374</u>

For the year in question the company was entitled to the 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 directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Approved by the trustees on 3rd August 2018

Andrew Jones Acting Chair



The notes on pages 11 to 17 form part of these accounts

STOCKPORT PROGRESS AND RECOVERY CENTRE

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Statement of Cash Flows for the year ending 31 March 2018

	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Net cash used in operating activities	17,340	(5,229)
Cash flows from investment activities:		
Interest	25	27
Purchase of fixed assets	-	-
Net cash provided by investing activities	<u>25</u>	<u>27</u>
Increase/(decrease) in cash and cash equivalents during the year	17,365	(5,202)
Cash and cash equivalents brought forward	63,194	68,396
Cash and cash equivalents carried forward	<u>80,559</u>	<u>63,194</u>

Notes to the accounts

1. Accounting policies**(a) Basis of preparation and assessment of going concern**

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16th July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

(b) Funds structure

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed. There are 16 restricted funds.

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Further details of each fund are disclosed in note 17.

(c) Income recognition

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank. Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

(d) Expenditure Recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings. For more information on this attribution refer to note (g) below.

(e) Irrecoverable VAT

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(f) Allocation of support and governance costs

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to independent examination and legal fees together with an apportionment of overhead and support costs.

Governance costs and support costs relating to charitable activities have been apportioned based on type of expense. The allocation of support and governance costs is analysed in note 8.

(g) Costs of raising funds

The costs of raising funds consists of costs required to generate income.

(h) Charitable Activities

Costs of charitable activities include governance costs and an apportionment of support costs as shown in note 7.

(i) Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised and valued at historical cost. Depreciation is charged on the following basis:

Fixtures, Fitting s and Equipment 10% straight line

(j) Realised gains and losses

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their varying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

(k) Pensions

The charity currently administers contributions to an auto enrolment pension scheme on behalf of individuals. The charity has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

2. Related party transactions and trustees' expenses and remuneration

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2017: £nil). Expenses paid for the trustees in the year totalled £nil (2017: £148).

3. Donations and Legacies

	Unrestricted Year Ended 31st March 2018 £	Restricted Year Ended 31st March 2018 £	Total Funds Year Ended 31st March 2018 £	Total Funds Year Ended 31st March 2017 £
Donations	5,178	-	5,178	3,511
	<u>5,178</u>	<u>-</u>	<u>5,178</u>	<u>3,511</u>

4. Income from charitable activities

	Unrestricted Year Ended 31st March 2018 £	Restricted Year Ended 31st March 2018 £	Total Funds Year Ended 31st March 2018 £	Total Funds Year Ended 31st March 2017 £
Alliance Fundraising	9,033	-	9,033	-
Restricted grants:				
Peoples' Health Trust (Natural Progressions)	-	-	-	(653)
Stockport MBC Alliance Funding	-	332,000	332,000	332,000
Equity Foundation - Table Top Gardeners	-	1,000	1,000	-
Equity Foundation - Suicide Prevention	-	9,912	9,912	-
	<u>9,033</u>	<u>342,912</u>	<u>351,945</u>	<u>331,347</u>

STOCKPORT PROGRESS AND RECOVERY CENTRE

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5. Income from other trading activities

	Unrestricted Year Ended 31st March 2018 £	Restricted Year Ended 31st March 2018 £	Total Funds Year Ended 31st March 2018 £	Total Funds Year Ended 31st March 2017 £
Student Placement Fees	2,800	-	2,800	4,830
Alliance Admin Worker	-	-	-	12,869
Activities and Events	17,924	10,521	28,445	28,839
Rental income	-	-	-	240
	<u>20,724</u>	<u>10,521</u>	<u>31,245</u>	<u>46,778</u>

6. Expenditure

	Activities £	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Expenditure on raising funds:			
Food and Drink	7,276	7,276	8,523
Student Expenses	-	-	131
Licences	265	265	259
	<u>7,541</u>	<u>7,541</u>	<u>8,913</u>

Expenditure on charitable activities:

Employment Costs	154,921	154,921	168,055
Training	1,101	1,101	1,328
Pensions	492	492	492
DBS Checks	276	276	50
Payroll Bureau Fees	1,661	1,661	1,741
Alliance ERS	158,000	158,000	158,000
Sessional Workers	11,947	11,947	124
Equipment Leasing	3,192	3,192	3,170
Staff Supervision	531	531	4
Staff and Volunteer Expenses	1,768	1,768	2,317
Group Activities and Equipment	8,752	8,752	6,917
Growing Together Expenses	1,252	1,252	1,066
Inreach Sessions	6,514	6,514	6,697
Heat, Light & Water	7,734	7,734	5,743
Subscriptions	323	323	223
Equipment and Maintenance	539	539	1,296
Cleaning	-	-	131
Telephone	2,311	2,311	1,994
Computer Costs	808	808	721
Domestic Supplies	988	988	784
Website	148	148	226
Insurance	1,331	1,331	1,015
Governance and Support Costs	1,895	1,895	2,475
Post, Printing & Stationery	2,816	2,816	2,614
Depreciation	2,231	2,231	2,231
	<u>371,531</u>	<u>371,531</u>	<u>369,414</u>

Other expenditure:

Sundry Expenses	1,455	1,455	1,051
	<u>1,455</u>	<u>1,455</u>	<u>1,051</u>
	<u>380,527</u>	<u>380,527</u>	<u>379,378</u>

STOCKPORT PROGRESS AND RECOVERY CENTRE

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7. Analysis of expenditure on charitable activities

	ERS £	Natural Progressions	Total 2017 £
Food and Drink	7,276	-	7,276
Student Expenses	-	-	-
Licences	265	-	265
Employment Costs	154,921	-	154,921
Training	1,101	-	1,101
Pensions	492	-	492
DBS Checks	276	-	276
Payroll Bureau Fees	1,661	-	1,661
Alliance ERS	158,000	-	158,000
Sessional Workers	11,947	-	11,947
Equipment Leasing	3,192	-	3,192
Staff Supervision	531	-	531
Staff and Volunteer Expenses	1,768	-	1,768
Group Activities and Equipment	8,752	-	8,752
Growing Together Expenses	1,252	-	1,252
Inreach Sessions	6,514	-	6,514
Heat, Light & Water	7,734	-	7,734
Subscriptions	323	-	323
Equipment and Maintenance	539	-	539
Cleaning	-	-	-
Telephone	2,311	-	2,311
Computer Costs	808	-	808
Domestic Supplies	988	-	988
Website	148	-	148
Insurance	1,331	-	1,331
Governance and Support Costs	1,770	125	1,895
Post, Printing & Stationery	2,816	-	2,816
Depreciation	2,231	-	2,231
Sundry Expenses	1,455	-	1,455
	<u>380,402</u>	<u>125</u>	<u>380,527</u>

8. Allocation of governance and support costs

The breakdown of support costs and how these were allocated between governance and other support costs is shown below:

	General Support	Governance	Total	Basis of apportionment
Professional Services	1,247	-	1,247	type of expense
Management Committee Expenses	-	-	-	type of expense
Accountancy Fees	-	648	648	type of expense
	<u>1,247</u>	<u>648</u>	<u>1,895</u>	

9. Analysis of staff costs

	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Wages and Salaries	149,080	161,201
Redundancy	-	-
Social Security Costs	5,122	6,263
Pension Costs	719	591
	<u>154,921</u>	<u>168,055</u>

The average number of employees during the year was 15 (previous year: 18).

The charity considers its key management personnel comprises the trustees and Senior Manager. The total employment benefits, including employer pension contributions of the key management personnel were £28,155 (previous year: £27,786). No employees has benefits in excess of £60,000 (previous year: none).

STOCKPORT PROGRESS AND RECOVERY CENTRE

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7. Analysis of expenditure on charitable activities

	ERS	Natural Progressions	Total 2017
	£		£
Food and Drink	7,276	-	7,276
Student Expenses	-	-	-
Licences	265	-	265
Employment Costs	154,921	-	154,921
Training	1,101	-	1,101
Pensions	492	-	492
DBS Checks	276	-	276
Payroll Bureau Fees	1,661	-	1,661
Alliance ERS	158,000	-	158,000
Sessional Workers	11,947	-	11,947
Equipment Leasing	3,192	-	3,192
Staff Supervision	531	-	531
Staff and Volunteer Expenses	1,768	-	1,768
Group Activities and Equipment	8,752	-	8,752
Growing Together Expenses	1,252	-	1,252
Inreach Sessions	6,514	-	6,514
Heat, Light & Water	7,734	-	7,734
Subscriptions	323	-	323
Equipment and Maintenance	539	-	539
Cleaning	-	-	-
Telephone	2,311	-	2,311
Computer Costs	808	-	808
Domestic Supplies	988	-	988
Website	148	-	148
Insurance	1,331	-	1,331
Governance and Support Costs	1,770	125	1,895
Post, Printing & Stationery	2,816	-	2,816
Depreciation	2,231	-	2,231
Sundry Expenses	1,455	-	1,455
	<u>380,402</u>	<u>125</u>	<u>380,527</u>

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Professional Services	1,247	-	1,247	type of expense
Management Committee Expenses	-	-	-	type of expense
Accountancy Fees	-	648	648	type of expense
	<u>1,247</u>	<u>648</u>	<u>1,895</u>	

9. Analysis of staff costs

	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Wages and Salaries	149,080	161,201
Redundancy	-	-
Social Security Costs	5,122	6,263
Pension Costs	<u>719</u>	<u>591</u>
	<u>154,921</u>	<u>168,055</u>

The average number of employees during the year was 15 (previous year: 18).

The charity considers its key management personnel comprises the trustees and Senior Manager. The total employment benefits, including employer pension contributions of the key management personnel were £28,155 (previous year: £27,786). No employees has benefits in excess of £60,000 (previous year: none).

STOCKPORT PROGRESS AND RECOVERY CENTRE

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10. Independent Examiner Fees

	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Independent examination fees	648	630
	<u>648</u>	<u>630</u>

11. Tangible Fixed Assets

	Furniture & Office Equipment £	Total £
Cost		
At 1st April 2017	75,138	75,138
Additions	-	-
At 31st March 2018	<u>75,138</u>	<u>75,138</u>
Depreciation		
At 1st April 2017	49,132	49,132
Charge for Year	2,231	2,231
At 31st March 2018	<u>51,363</u>	<u>51,363</u>
NET BOOK VALUE		
At 31st March 2018	<u>23,775</u>	<u>23,775</u>
At 31st March 2017	<u>26,006</u>	<u>26,006</u>

12. Stocks

The charity did not hold any stocks at the year end.

13. Analysis of debtors

	2018 £	2017 £
Debtors	87,153	90,613
Prepayments	2,649	2,894
Other debtors	-	481
	<u>89,802</u>	<u>93,988</u>

Debtors and prepayments comprise £nil restricted funds and £89,802 unrestricted funds (2017: £2,139/£91,849).

14. Creditors: amounts falling due within one year

	2018 £	2017 £
Creditors	3,853	954
Short-term compensated absences (holiday pay)	-	-
Other creditors and accruals	1,506	2,867
Deferred income	83,000	83,000
Taxation and social security costs	<u>1,996</u>	<u>1,993</u>
	<u>90,355</u>	<u>88,814</u>

15. Deferred income

Deferred income comprises SMBC Alliance Funding for April to June 2018 invoiced in advance in March 2018.

Balance as at 1st April 2017	83,000
Amount released to income earned from charitable activities	(83,000)
Amount deferred in year	<u>83,000</u>
Balance at 31st March 2018	<u>83,000</u>

16. Creditors: amounts falling due after more than one year

	2018 £	2017 £
Provisions for liabilities	-	-
	<u>-</u>	<u>-</u>

STOCKPORT PROGRESS AND RECOVERY CENTRE

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17. Analysis of charitable funds

Analysis of movements in unrestricted funds

	Balance at 1st April 2017	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2018
	£	£	£	£	£
General Fund	47,966	36,501	(58,512)	(1,110)	24,845
	47,966	36,501	(58,512)	(1,110)	24,845

Name of unrestricted fund:

General Fund

Description, nature and purpose of the fund

The "free reserves"

Analysis of movements in restricted funds

	Balance at 1st April 2017	Incoming Resources	Resources Expended	Transfers	Balance at 31st March 2018
	£	£	£	£	£
Daytrippers (Member's Forum)	4,953	1,827	(1,410)	102	5,472
Horizons	1,710	696	(211)	-	2,195
Growing Together	521	1,182	(1,237)	-	466
Greggs Foundation	244	-	(60)	-	184
Stockport MBC - Refurbishment	13,002	-	(244)	-	12,758
Peoples' Health Trust - Natural Progressions	450	-	(125)	943	1,268
Big Lottery Fund (1)	1,850	-	(309)	-	1,541
Big Lottery Fund (2)	3,716	-	(464)	-	3,252
Manchester Airport Fund	145	-	(74)	-	71
Reablement Funding	288	-	(48)	-	240
Stockport MBC Alliance Funding	18,638	332,000	(310,020)	-	40,618
Towpath Fund	225	-	(75)	-	150
Equity Foundation - Equity Fit	324	-	(828)	65	(439)
Equity Foundation - Table Top Gardeners	231	1,000	(572)	-	659
Equity Foundation - Suicide Prevention	-	9,912	-	-	9,912
Pennine Care NHS Trust (Inreach Sessions)	111	6,816	(6,338)	-	589
	46,408	353,433	(322,015)	1,110	78,936

Name of restricted fund:

Daytrippers (Member's Forum)

Horizons

Growing Together

Greggs Foundation

Stockport MBC - Refurbishment

Peoples' Health Trust - Natural Progressions

Big Lottery Fund (1)

Big Lottery Fund (2)

Manchester Airport Fund

Reablement Funding

Stockport MBC Alliance Funding

Towpath Fund

Equity Foundation - Equity Fit

Equity Foundation - Table Top Gardeners

Equity Foundation - Suicide Prevention

Pennine Care NHS Trust (Inreach Sessions)

Description, nature and purpose of the fund

to facilitate activities of the member's forum

for the purchase of equipment and sundry items for the Horizons group

to facilitate the activities of the Growing Together Project

to purchase a polytunnel

for purchase of equipment and sundry items for refurbishment of building

to facilitate the activities of the Natural Progressions Project

for the purchase of equipment

for the purchase of musical equipment and provision of workshops

for SPARC Music Project

recycling project

to provide additional organisational support for the development of an Enablement and Recovery Service

to provide an Enablement and Recovery Service in alliance with Stockport and District Mind

to purchase equipment and provide essential training activities for the Coach House Community Café

for purchase of audio/visual equipment

for the Table Top gardeners

for the Suicide Prevention project

to provide therapeutic activities to patients in the Mental Health Unit at Stepping Hill Hospital

STOCKPORT PROGRESS AND RECOVERY CENTRE

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18. Analysis of net assets between funds

	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	4,887	-	18,888	23,775
Cash at bank and in hand	21,995	-	58,564	80,559
Other net current assets/(liabilities)	(2,037)	-	1,484	(553)
Creditors of more than one year	-	-	-	-
Total	24,845	-	78,936	104,334

19. Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised on a transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at an amortised cost using the effective interest method.

20. Reconciliation of net movement in funds to net cash flow from operating activities

	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Net movement in funds	9,407	2,523
Add back depreciation	2,231	2,231
Deduct investment income	(25)	(27)
Deduct gains/add back losses on investments	-	-
Decrease/(increase) in stocks	-	-
Decrease/(increase) in debtors	4,186	(3,458)
Increase/(decrease) in creditors	1,541	(6,498)
Net cash used in operating activities	17,340	(5,229)

STOCKPORT PROGRESS AND RECOVERY CENTRE

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Income and Expenditure Account

	Year Ended 31st March 2018 £	Year Ended 31st March 2017 £
Income		
Donations	5,178	3,511
Alliance Fundraising	9,033	-
Restricted grants:		
Peoples' Health Trust (Natural Progressions)	-	(653)
Stockport MBC Alliance Funding	332,000	332,000
Equity Foundation - Table Top Gardeners	1,000	-
Equity Foundation - Suicide Prevention	9,912	-
Student Placement Fees	2,800	4,830
Alliance Admin Worker	-	12,869
Activities and Events	28,445	28,839
Rental income	-	240
Investment Income	25	27
Other	1,541	238
Total Income	389,934	381,901
Expenditure		
Food and Drink	7,276	8,523
Student Expenses	-	131
Licences	265	259
Employment Costs	154,921	168,055
Training	1,101	1,328
Pensions	492	492
DBS Checks	276	50
Payroll Bureau Fees	1,661	1,741
Alliance ERS	158,000	158,000
Sessional Workers	11,947	124
Equipment Leasing	3,192	3,170
Staff Supervision	531	4
Staff and Volunteer Expenses	1,768	2,317
Group Activities and Equipment	8,752	6,917
Growing Together Expenses	1,252	1,066
Inreach Sessions	6,514	6,697
Heat, Light & Water	7,734	5,743
Subscriptions	323	223
Equipment and Maintenance	539	1,296
Cleaning	-	131
Telephone	2,311	1,994
Computer Costs	808	721
Domestic Supplies	988	784
Website	148	226
Insurance	1331	1015
Governance and Support Costs	1895	2475
Post, Printing & Stationery	2816	2614
Depreciation	2231	2231
Sundry Expenses	1455	1051
Total Expenditure	380,527	379,378
Surolus/(Deficit) for the Year	9,407	2,523

Progress House,
35A Adswood Lane East,
Stockport SK2 6RE

Tel: 0161 429 9744 Fax: 0161 476 6429
Email: info@sparc4me.org.uk

ALLIANCE

PART OF THE STOCKPORT
MENTAL HEALTH ALLIANCE

Stockport Progress and Recovery Centre
(SPARC) is a company limited by guarantee.

Charity No: 515832
Registered Company: 1862257