

Pathways to Health

Annual Report 2024-2025



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Acknowledgments

Pathways to Health would like to thank everyone who has contributed to this service during this year. Our dedicated staff team ran 4 clinics this year with over 3,000 treatments being given. A big 'Thank you' to all our 620 clients who came into clinics during this year.

Funding from Charitable Trusts is critical for our project. We were very grateful to receive financial support from the following Charitable Trusts without whom, year on year, our service could not continue: Brighton District Nursing Association, Chalk Cliff Trust, Ernest Kleinwort Charitable Trust, Albert Hunt Trust, Sussex Community Foundation – Westoute Fund, The Southall Trust and The Rainbow Foundation. This year we were fortunate to receive funding from Brighton & Hove City Council to support our work within the statutory Drug and Alcohol Services. In addition, we would also like to thank every individual from within our community who has donated to this service.

A big thank you to our 'partners' - Cornerstone Community Centre, Oasis, CGL (Change Grow Live) and the Unitarian Church. It is our commitment to working together that enables us to be part of a vibrant, caring and positive recovery community.

And finally! To Baldwins the Herbalist – who supply all our herbs, free of charge, which are mixed to brew our 'de-tox' tea – many thanks.

Front cover image from FreePik

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Introduction

Pathways to Health has been running a community auricular (ear) acupuncture service in Brighton and Hove for 29 years. The service is open to all and specialises in treating people with and/or affected by substance dependency and mental health issues. Underpinning our work is our belief in building and creating positive, sustainable, and supportive recovery communities. We offer affordable group-based treatments following the principles of Traditional Chinese Medicine.

Values and principles:

- We support people at all stages of their recovery journey: from first engagement, during and after structured treatment programmes and then as part of an on-going 'recovery community' building new networks and staying well.
- We believe that supporting people in making positive choices in their health care builds self-esteem, facilitates independence, and promotes a feeling of emotional and physical well-being.
- We are committed to providing open access and inclusive services that respond to individual need and offer a local health resource for all. Treatments are given on a drop-in basis, with no appointment necessary, and people can self-refer.
- We are a community organisation working in partnership with statutory and voluntary agencies to develop both 'open access' and 'closed' group services that are locally based and address local needs.
- Through our Volunteer Programme we offer practical, supportive work experience and training opportunities for individuals to join the staff team, enabling them to 'move on' and make positive life changes.
- We actively encourage service users to participate, take on roles and be involved at all levels throughout the organisation.
- We recognise that our dedicated staff team are central to our successful service delivery, and we are committed to on-going training, support, and supervision to all members of staff, both paid and voluntary.
- Our service is based in Brighton and Hove, but we do receive and respond to enquiries and referrals from both East and West Sussex.

What is acupuncture and how does it work?

During an acupuncture treatment, fine needles are inserted into points along these energy lines to stimulate the body's own 'vital force' to restore balance within it. Ear acupuncture uses only points located in the ear but nevertheless relate directly to the whole-body systems.

Ear acupuncture has been used since the 1970's in the field of substance misuse. It is particularly useful in the early stages of detoxification, reducing cravings and alleviating the emotional symptoms experienced during the withdrawal from alcohol, prescription and street drugs and nicotine.

Ear acupuncture is now also widely used in the treatment of emotional and mental health issues, proving an effective tool for helping clients manage their anxiety, panic, depression, and sleep disturbance.



Services run this year

This year our service was used by over 620 individuals and gave over 3,000 treatments. We ran the following four weekly clinics:

- Tuesday morning 10.30am - 12.30pm at the Unitarian Church
- Tuesday 1pm - 2pm at Oasis Women's Substance Use service for Women registered with CGL.
- Thursday 11am - 1pm at Richmond House (CGL Adult Drug & Alcohol Recovery Service)
- Friday evening 4pm - 7pm at Cornerstone Community Centre

What service users say

I have been coming for many years – initially I came when I was referred to Pavilions for alcohol. It helps my sleep and I come for relaxation in the peaceful environment and because everyone is so friendly.

I come for treatments as it makes me feel better, keeps me stable and keeps my brain clear. As I have schizophrenia it helps keep my brain 'still' – stops the arguing voices.

I have been coming for ear acupuncture for 6-8 months twice a week. It has really helped with my CFS (Chronic Fatigue Syndrome) The treatments energise me in a way I haven't felt in years and help me feel better in general – good for relaxation too.

I really love this service and look forward to coming each week. I experience domestic violence at home and this helps me cope.

Acupuncture is a big part of my recovery and continues to help me with insomnia, anxiety, depression and to manage cravings. It also helps my breathing as I have COPD.

I love this calming safe space. I enjoy watching the benefits to others as much as feeling the improvements in my energy levels myself.

Your treatments are an oasis in the middle of a stressful life. I am caring for a son and grandson with mental health and drug issues and I come for acupuncture to switch off. It is a safety valve, calm and peaceful and very therapeutic.

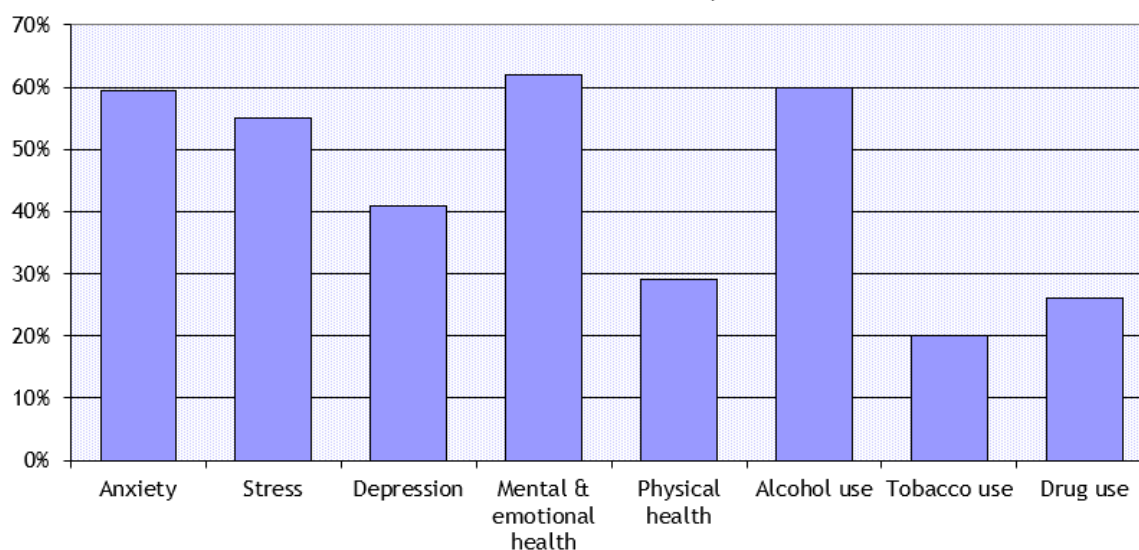
I feel I have a safe haven here. I am so happy and relieved to have been referred to Pathways.

Who comes for ear acupuncture?

- **Gender** 41% male, 57% female, and 2% other.
- **Age** 69% between 25 and 55, and 25% over 56 and 7% under 25.
- **Income** 70% have an income below £15,000 pa.
- **Disability** 30% consider themselves disabled.
- **Ethnicity** 76% White British, 8% White Other and 6% Irish, 4% Black British/African/Caribbean, 4% Asian and 2% Chinese.
- **LGBT** 20% are part of the LGBT community.
- **Registered** 49% registered with CGL (Change Grow Live) Adult Drug & Alcohol Recovery Service.

Reasons for Attending Ear Acupuncture Clinics

information from 331 responses



Client experiences

Everyone who comes to Pathways to Health has their own reasons for attending. Thank you to the following five clients who shared their experience of ear acupuncture.

“The continuity of treatments has been vital to my physical health and lack of sleep. Being part of the group at Oasis makes me feel instantly at ease in a small welcoming and tranquil group. The treatments make me feel rested calm and extraordinarily peaceful. I always have a full night’s sleep after coming here.”

“It’s incredibly helpful to have this to look forward to each week and be surrounded by other sober trans and non-binary people because I feel very lonely in my sobriety otherwise. It’s always a very healing and restorative time during the procedure and really helps ground me and allows me the precious meditative time to be present with my thoughts. It feels like a super very safe space and it’s always a pleasure and a treat to attend & is very cleansing.”

“I was first introduced to ear acupuncture and the Pathways to Health service through Oasis and CGL when my life was at rock bottom. I first started the battle of recovery from alcoholism, addiction, complex PTSD and an eating disorder many years ago. I am a DV (Domestic Violence) survivor and suffer with extreme anxiety. I found that attending regular ear acupuncture sessions has been lifesaving. It has enabled me to get into stable recovery from alcohol and substance misuses for over 4 years without having to self-medicate. Regular ear acupuncture has helped me stabilise my PTSD and has kept me from any further OD attempts and I am in remission from self-harm. Pathways and their kind team provide a life-changing service I wouldn’t have been able to access if it wasn’t low cost. A fantastic service.”

“I first heard about Pathways about 9 months ago – from CGL whilst having treatment for alcohol addiction. I was in a very dark place. I ‘d just recently lost my mum and was going through a lot of guilt due to not being there for her at the end of her life. My health wasn’t good I was depressed, anxious and drinking quite a lot of alcohol. Coming to clinics has helped me – life is still full of challenges, but I no longer turn to alcohol to cope. I feel more content, my health has improved dramatically, and I have a totally different outlook on life and well-being.”

“This has been amazing for me – I feel like it balances all my emotions – and it’s just time for me. I have always had very bad sleep, a lifetime of pills – Valium /heroin which haven’t helped my mental health and have made my physical health bad. I am now in recovery, looking after myself and the acupuncture is a crucial part of that. I really look forward to coming each week and I feel lifted every time I come. I now have much deeper and better sleep, and my digestive system is much better – no burning sensation now. The aches and pains in my body have gone – I wish I’d found this years ago, but I am just so grateful to have it now.”

Our staff team

Our priority is to deliver a frontline, open access service that is welcoming to everyone. Volunteers are an integral part of this project and make up the majority of the staff team. Every week volunteers give over 50 hours of their time, expertise and goodwill to provide this service for the community of Brighton and Hove. We are always very grateful to all of volunteers who contribute so much to this organisation. This year a total of twenty 22 volunteers have worked for us in the clinics and in the office. In addition, four volunteer Trustees served on our Board of Trustees. We positively encourage service users to get involved in all aspects of the organisation. They make up half our staff team and hold Trustee, practitioner and clinic volunteer positions. Young people made up a third of our volunteer team (11) and they use it as a stepping stone into paid work, as work experience whilst at College or University and to help them decide on future career options.

Everyone has their own motivation and benefits in different ways from their involvement in Pathways. Some of the volunteers share their thoughts here:

“Volunteering for Pathways to Health changed the course of my life. I have new skills, new perspective, and a wonderful community around me. Volunteering has led to paid employment for me in a role which gives me a great sense of purpose and meaning. I truly believe that what we do as an organisation directly impacts not just our service users, staff, and volunteers, but also on a much wider scale, the recovery community and in turn, our whole city. Providing this powerful treatment keeps people sober, promotes better wellbeing and helps to alleviate a lot of pain and suffering. I'm very grateful for the opportunities Pathways to Health have provided me. I am honoured to be a part of such a powerful, community focused, holistic organisation.”

“I have been coming to Pathways for about 8 years. And first heard about it through Pavilions. I came because I had alcohol problem and sleep deprivation. The clinics have really helped me my sleep is always better after treatment. And I always feel good after treatment. I started volunteering because I felt I wanted to give something back as it helped me. I enjoy interacting with fellow workers and more importantly chatting with people who use CGL (drugs service) and hopefully making them feel at ease. It is also really helpful for me. I love my time volunteering every week and hope to continue as long as possible. Everyone who is associated with Pathways are great people. Thanks for letting me be part of the team.”

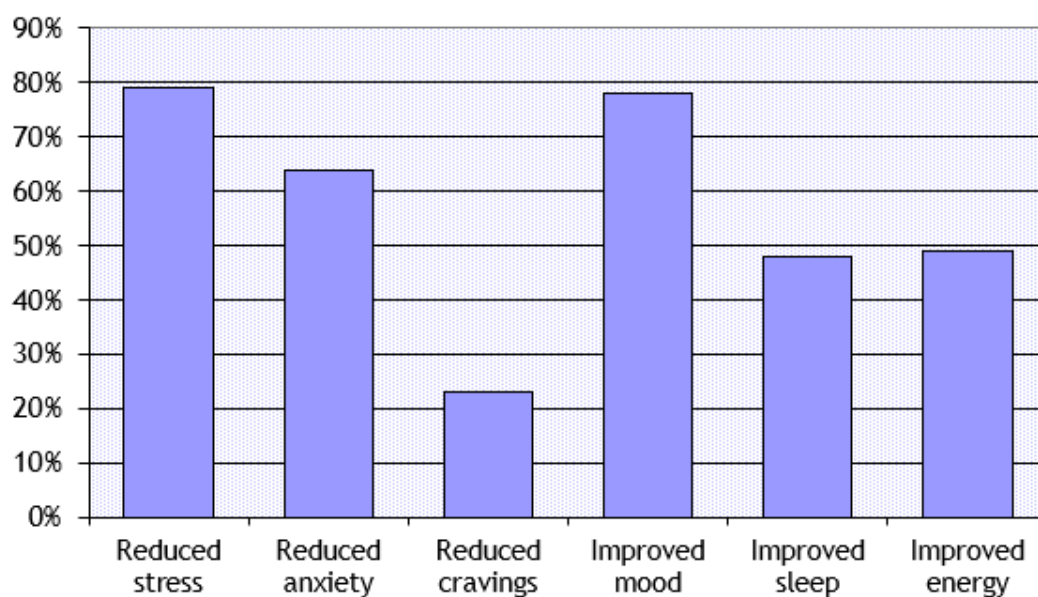
“I have gained first-hand experience of working with and talking to vulnerable groups and service users. I have also come to appreciate how valuable these services are for the community. Everyone is extremely friendly and welcoming. It has also given me a greater interest in mental health and addiction allowing me to now consider the career / education steps needed to specialize in this area. Overall, it's been an excellent opportunity.”

“The environment at Pathways is very welcoming – volunteers and practitioners. Thanks to PTH I am hoping to expand on my knowledge of mental health and use this opportunity to continue looking for other work experience whilst continuing working at PTH.”

Monitoring outcomes

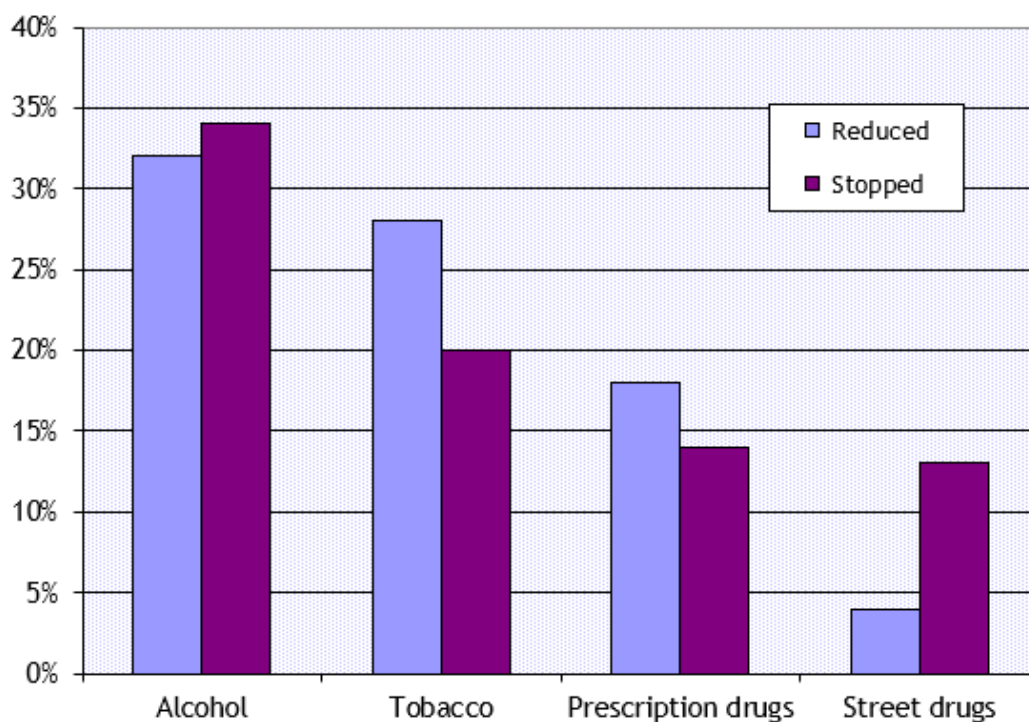
Reported health outcomes

Information from 124 responses



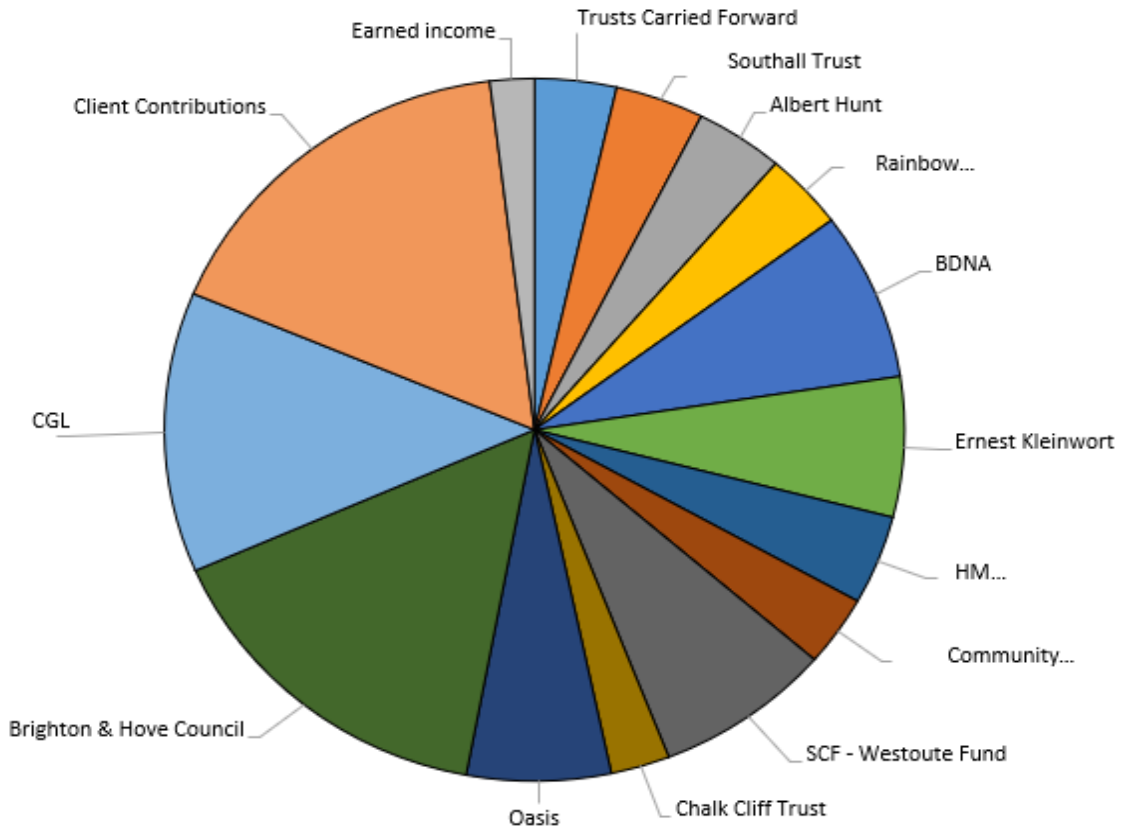
Substance use outcomes

Information from 50 responses



Funding details

Sources of funding



Pathways to Health had a project income of £78,329 this year. This came from the following sources:

- Charitable Trusts 49%
- Statutory funding - Brighton & Hove City Council 15%
- Service contracts with Oasis and CGL (Change Grow Live) 19%
- Client Contributions 17%

Project staff

Management Committee Members

Corrie Quinell
Joan Marks
Keith Iordache
Dave Mac Namara

Jane Healey (Company Secretary)

Project Co-ordinator

Jane Healey

Technical Support Volunteer

Keith Iordache

Finance Worker

Christian Jane-Heidsiek

Volunteer Clinic Assistants

Robert Parker
Neil Campbell
Lynne Moore
Haysie Lopes
Sam Bailey
Ophelia Gann
Geraldene Frampton
Enya Cannon
Alema Morelli
Callum Thomas
Jim Burt
Eden Pavey
Kirsty Zeineh
Sabrina Erywan
Margaret Gossage
Ruki Dafiaghor
Robert Carson
Belinda Schrek
Alice Quinn
Elaine Mathieson
Macie Beaney
Joe Donnelly

Acupuncture Practitioners

Deborah Taylor
Polly Skeet
Petra Mak
Tania Woodgate
Raj Nayee
Sam Bailey

Office Volunteers

Lynne Moore

Financial statements

Year ending 31st March 2025

The accounts have been audited and independently examined by
Chris Tyler, Chris Tyler Accounting, Brighton BN1 6TD

PATHWAYS TO HEALTH

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	6,433	-	6,433	8,544
Charitable activities					
Holistic health care	5	17,870	52,192	70,062	63,838
Other trading activities	3	567	-	567	539
Investment income	4	1,267	-	1,267	939
Total		<u>26,137</u>	<u>52,192</u>	<u>78,329</u>	<u>73,860</u>
EXPENDITURE ON					
Raising funds	6	460	-	460	444
Charitable activities					
Holistic health care	7	17,200	52,192	69,392	72,491
Support costs		1,453	-	1,453	1,168
Total		<u>19,113</u>	<u>52,192</u>	<u>71,305</u>	<u>74,103</u>
NET INCOME/(EXPENDITURE)		7,024	-	7,024	(243)
RECONCILIATION OF FUNDS					
Total funds brought forward		36,595	-	36,595	36,838
TOTAL FUNDS CARRIED FORWARD		<u>43,619</u>	<u>-</u>	<u>43,619</u>	<u>36,595</u>

PATHWAYS TO HEALTH (REGISTERED NUMBER: 03710277)

BALANCE SHEET
31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Debtors	14	209	-	209	760
Cash at bank and in hand		46,235	-	46,235	47,996
		<u>46,444</u>	<u>-</u>	<u>46,444</u>	<u>48,756</u>
CREDITORS					
Amounts falling due within one year	15	(2,825)	-	(2,825)	(12,161)
		<u>43,619</u>	<u>-</u>	<u>43,619</u>	<u>36,595</u>
NET CURRENT ASSETS					
		<u>43,619</u>	<u>-</u>	<u>43,619</u>	<u>36,595</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>43,619</u>	<u>-</u>	<u>43,619</u>	<u>36,595</u>
NET ASSETS					
		<u>43,619</u>	<u>-</u>	<u>43,619</u>	<u>36,595</u>
FUNDS	16				
Unrestricted funds				<u>43,619</u>	<u>36,595</u>
TOTAL FUNDS				<u>43,619</u>	<u>36,595</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on30/4/25..... and were signed on its behalf by:


J Marks - Trustee