

Pathways to Health

Annual Report 2022-2023

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Acknowledgments

Pathways to Health would like to thank everyone who has continued to attend and support this service during this year.

Our small, dedicated staff team ran 6 clinics this year with 670 people attending and over 2,750 treatments being given.

As a project that receives no statutory funding, we acknowledge the critical role that Charitable Trusts play year on year to keep us going. We were very grateful to receive financial support from the following Charitable Trusts: Brighton District Nursing Association, Chalk Cliff Trust, Ernest Kleinwort Charitable Trust, The National Lottery (Awards for All), Albert Hunt Trust, Lawson Trust (via Sussex Community Foundation) and The Peoples Postcode Community Trust. 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, Cascade Creative Recovery, Oasis, TransSober, 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 27 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 we continued to run our much-needed face-to-face service that was used by over 670 individuals and gave over 2,750 treatments.

We ran the following clinics:

- Tuesday morning two-hour session at the Unitarian Church
- Wednesday afternoon two-hour session at Cascade Creative Recovery (The Brighthelm Centre)
- Friday evening three-hour session at Cornerstone Community Centre
- Tuesday lunchtime - group at Oasis Women's Substance Use service
- Tuesdays & Fridays - weekly group at ADDER - East Sussex Recovery Service
- Tuesday Evenings - weekly group working with TransSober for Trans and non-binary people. (January - March 2023)

What service users and volunteers say

"This has been the highlight of my week – such a well-held space, incredibly friendly and lovely to be able to relax and meet other people in the community."

"I have had a long history of addiction and PTSD – and this has helped me massively with my anxiety. A big part of it is feeling cared for and being part of a community has made me feel like I matter."

"I come regularly – once or twice a week since my long covid diagnosis. I find it essential to help maintain my mental health and manage my pain. I have found ear acupuncture the thing that helps me the most – and its so important that it is affordable."

"I love coming for ear acupuncture. It clears my head – helps my mood and gives me the space to think things through which makes my mental health better and more stable – it helps me sleep too!"

"I have been coming over 10 years. Originally I came because of alcohol abuse – but also for depression and anxiety which I had from childhood. Having regular acupuncture helped me stop drinking & feel much happier and positive. My health is fantastic now!"

"This is something positive I can do for myself that helps me avoid picking up a bottle!"

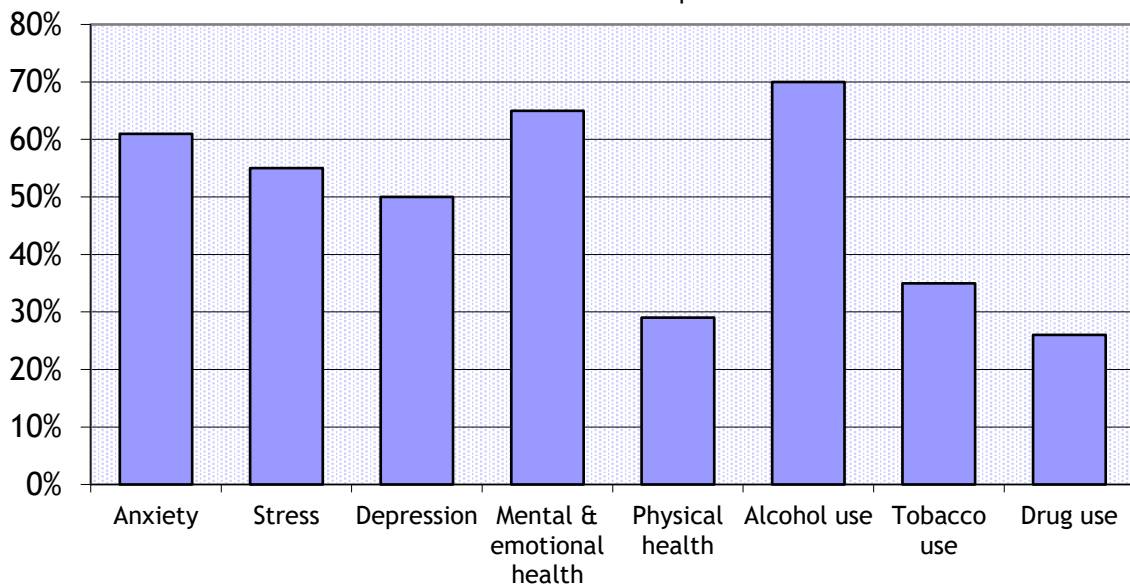
"I am very grateful for this service – it has helped with my addictions & anxiety. It calms me down before my anxiety becomes overwhelming."

"I have managed to cut down on my cannabis and MDMA. I feel so much better – and have even managed to conquer the washing up!"

Monitoring outcomes

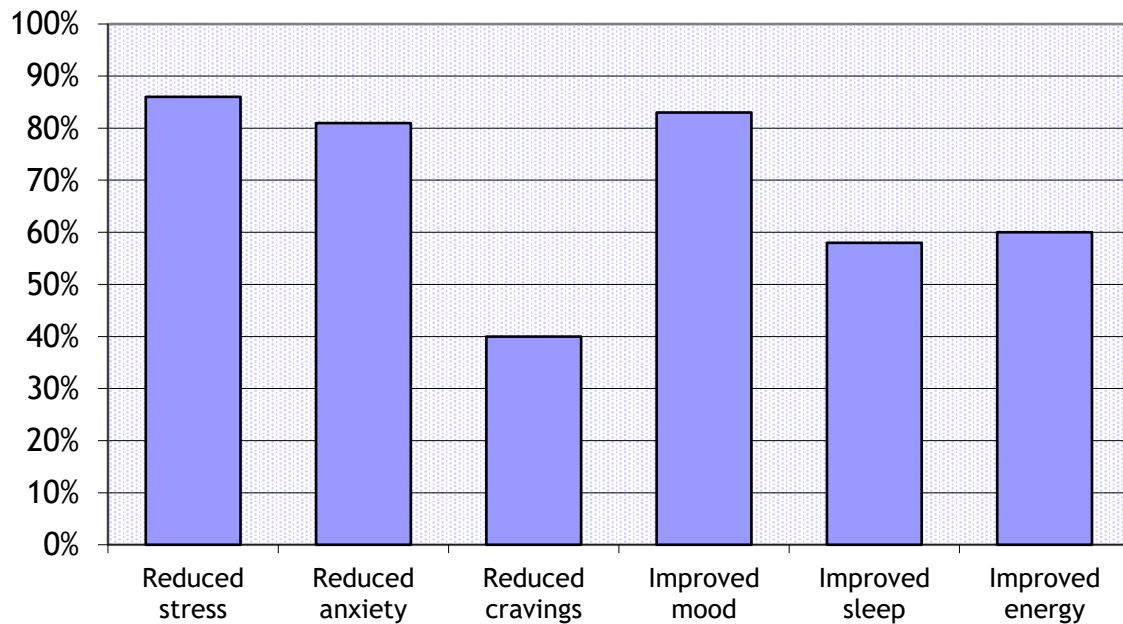
Reasons for Attending Ear Acupuncture Clinics

information from 348 responses

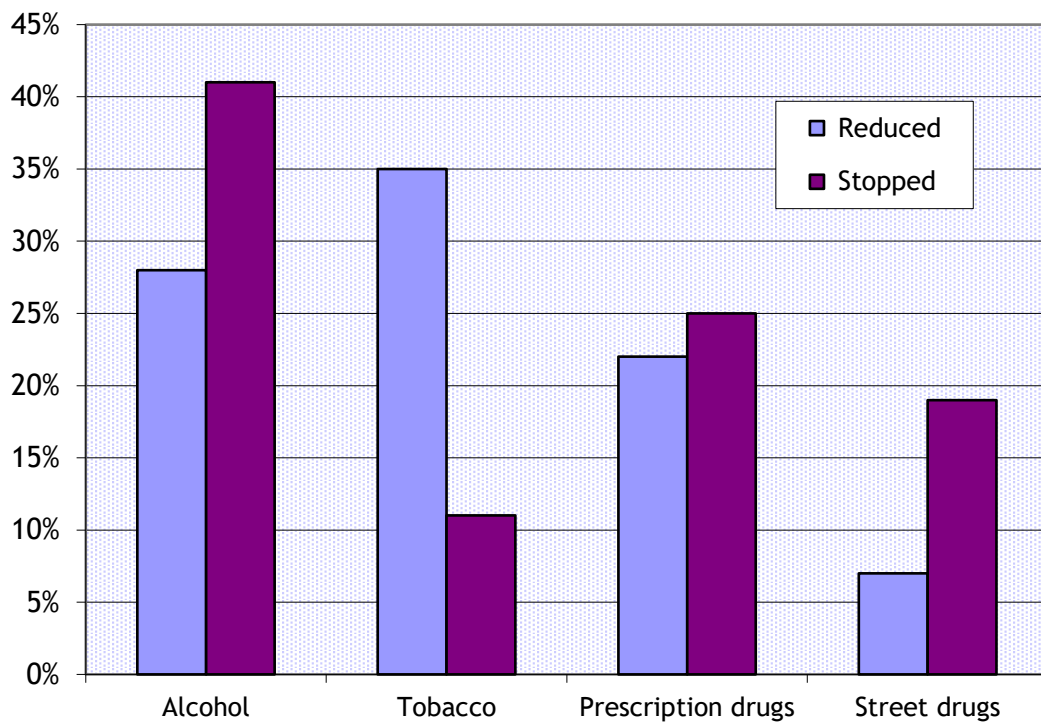


Reported health outcomes

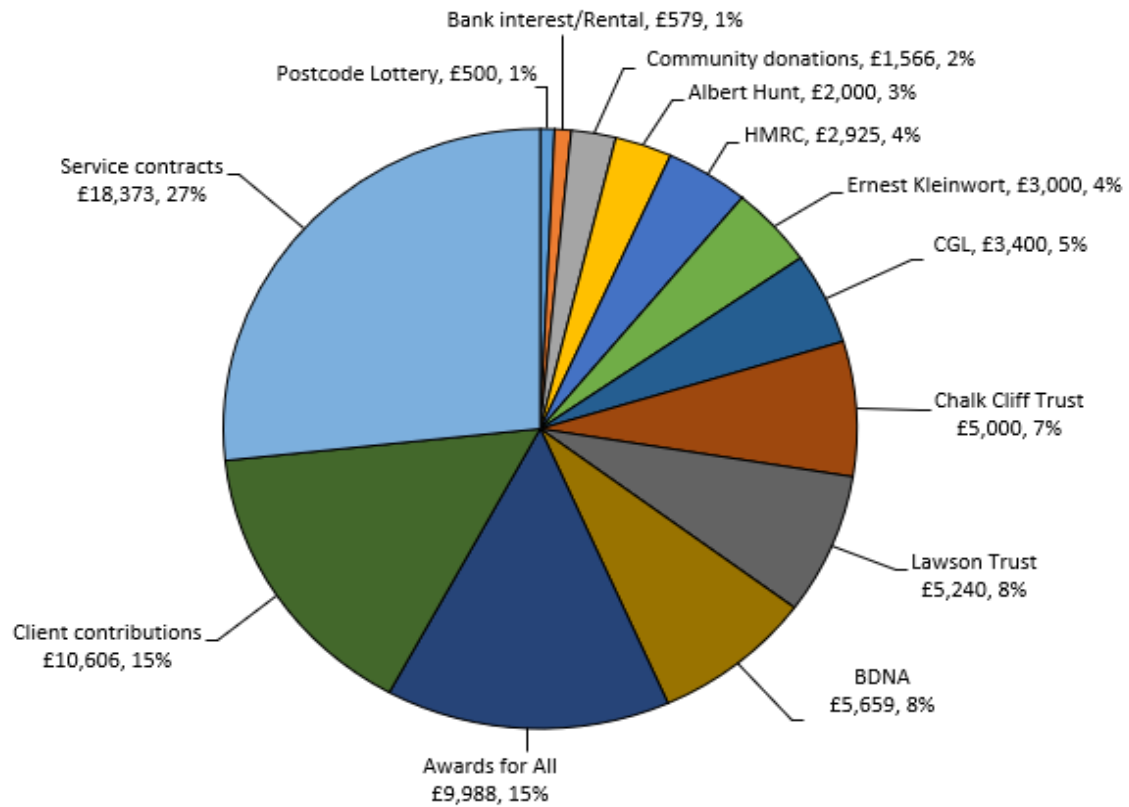
Information from 65 responses



Substance use outcomes
Information from 46 responses



Funding details



Pathways to Health receives no statutory funding and each year faces the challenging task of fundraising its entire project costs for the year ahead. This year our total project income was £68,836 and total expenditure was £68,365.

Project staff

Management Committee Members

Corrie Quinell
Joan Marks
Keith lordache
Agnes Munday (Resigned November 2022)
Dave Mac Namara

Dr Rebecca Jarvis GP (Advisor)
John Tindall (Advisor)
Jane Healey (Company Secretary)

Project Co-ordinator

Jane Healey

Technical Support Volunteer

Keith lordache

Finance Worker

Christian Jane-Heidsiek

Volunteer Clinic Assistants

Robert Parker
Neil Campbell
Lynne Moore
Miriam Al Ansari
Haysie Lopes
Carmen Gossage
Sam Bailey
Ophelia Gann
Geraldene Frampton
Brenda Wardrop
Shelly Jago-Osman
Holly Coelho
Lucy Calvert
Mia Carter
Malak Djellouli
Lisa Saunders
Enya Cannon
John Puente Rivera
Iris Madariaga

Acupuncture Practitioners

Deborah Taylor
Nina Oates
Polly Skeet
Petra Mak
Tania Woodgate
Evette Caplan

Office Volunteer

Lynne Moore

Financial statements

Year ending 31st March 2023

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 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	4,992	-	4,992	8,589
Charitable activities					
Holistic health care		32,379	30,887	63,266	49,018
Other trading activities	3	500	-	500	407
Investment income	4	79	-	79	-
Total		<u>37,950</u>	<u>30,887</u>	<u>68,837</u>	<u>58,014</u>
EXPENDITURE ON					
Raising funds	6	310	-	310	285
Charitable activities					
Holistic health care	7	35,860	30,887	66,747	58,546
Support costs		1,420	-	1,420	696
Total		<u>37,590</u>	<u>30,887</u>	<u>68,477</u>	<u>59,527</u>
NET INCOME/(EXPENDITURE)		360	-	360	(1,513)
RECONCILIATION OF FUNDS					
Total funds brought forward		36,478	-	36,478	37,991
TOTAL FUNDS CARRIED FORWARD		<u><u>36,838</u></u>	<u><u>-</u></u>	<u><u>36,838</u></u>	<u><u>36,478</u></u>

PATHWAYS TO HEALTH (REGISTERED NUMBER: 03710277)

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Debtors	14	209	-	209	578
Cash at bank and in hand		46,949	-	46,949	45,397
		<u>47,158</u>	<u>-</u>	<u>47,158</u>	<u>45,975</u>
CREDITORS					
Amounts falling due within one year	15	(10,320)	-	(10,320)	(9,497)
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET CURRENT ASSETS		<u>36,838</u>	<u>-</u>	<u>36,838</u>	<u>36,478</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>36,838</u>	<u>-</u>	<u>36,838</u>	<u>36,478</u>
NET ASSETS		<u>36,838</u>	<u>-</u>	<u>36,838</u>	<u>36,478</u>
FUNDS	16				
Unrestricted funds				36,838	36,478
TOTAL FUNDS				<u>36,838</u>	<u>36,478</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 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 on 20.1.6.23 and were signed on its behalf by:


J Marks - Trustee