



# ANNUAL REPORT 2010/11

**“Where people and communities count ...  
where alcohol and drugs matter.”**

## Chair's Report

To say that this year has been a challenging one for DASL would be to risk accusations of serious understatement. The harsh financial climate has affected nearly everyone in the voluntary and public sector, this coupled with uncertainty in policy delivery, various new commissioning and tendering processes has produced a near perfect storm. We have already seen some longstanding agencies flounder in these circumstances and it seems inevitable more will follow so against that rather grim backdrop it is important to note that although reduced in terms of overall size DASL remains both sound in terms of its resources, structures and its ability to deliver important services for Londoners.

For this significant achievement I must thank our staff, management and trustees. DASL is very fortunate in attracting able and motivated individuals to work for and with it. Over the course of this year many have made real sacrifices to help DASL adjust to this new climate and without their efforts we would not be in the positive position we are. Like many in the voluntary sector we are having to rediscover the skills to attract funding from other areas. Two of our trustees have led the way on this and we are rapidly developing a more diverse income base. This offers opportunities to connect with the broader community and also allows DASL to continue its very impressive track record of innovation and meeting the needs of groups we identify.

Of course the statutory sector will remain a pivotal partner and funder for DASL and I would like to remind health and local authority colleagues that DASL has a tremendous range of experience, genuine expertise and an impressive track record of achievement in areas ranging from young people and schools, various programmes for those with alcohol and drug problems, domestic violence projects, dealing with issues facing sex workers to the very successful AIR Football project which delivers much more than just sport. DASL has long worked to deliver services for all the communities it serves and has proven itself to be flexible in how, when and where this work is delivered. I extend an invitation for anyone who is interested to come and visit us at Capital House or come along to see our work being delivered elsewhere.

There are some silver linings discernible in the storm clouds. Alcohol problems are now getting the political attention they warrant and London looks to be pressing ahead with some exciting and important developments which DASL are well placed to support. There are also some indications that the serious impacts on young people services in recent years is being recognised, hopefully these will be addressed and again DASL has a great deal to offer in this work. In addition there is an opportunity for DASL to strengthen its links to those it serves; London's communities, to make sure their needs are met and in this Olympic year especially there will be opportunities to create new relationships and proudly show what we as a Service do and offer.

One group I have not mentioned so far is our clients, over this year it has been strongly brought home to me how much they bring to DASL and their support has been greatly appreciated. DASL is itself a community and I am personally grateful to all those who have contributed to our work this year. Thanks to your hard work and commitment we can look to 2012 with confidence and we look forward to maintaining existing partners and working with new.

David MacKintosh



## CEO Report

Whilst it was clear at the time of our last report that the map of services and the commissioning arrangements would be changing, I'm not sure anyone envisaged quite how fast this would happen. We have been warned for some years that things would be tough and now we operate in an environment when the predictions are that next year will be even more difficult.

With competitive tendering a way of life for most voluntary sector projects DASL finds itself in the unenviable position of being a 'small to medium sized' service with a long history – not big enough to compete with the large organisations, not new enough to rebrand itself as all things to all Commissioners. Nonetheless, it's a history we're proud of and one that we believe has a future. What remains important to us is not growth at all costs but continuing to innovate where we can, showcase and pilot projects aimed at our core groups and stability. Our financial projections inform our service delivery and future plans not the other way round.

So what price experience these days? DASL has always prided itself on the expertise and commitment of its staff. In 2010 we built on this to extend the work we do in the field of domestic violence, older people, families and carers. All our commissioned services delivered their contractual requirements and more as this report highlights. Building on the success of the AIR Football project we have raised sufficient funds to fully establish this service for three years, with a 'progressions to work pathway' integral to the project in three London boroughs.

An active Fundraising sub-Committee of DASL's board has been formed and is looking at ways of securing DASL future through different enterprises, fundraising routes and the marketing of new services. We can already report some early successes. Our web-site contains the latest news and we welcome anyone interested in our work to contact us to find out more.

We know it is true to say that our future and our strength lies in the hands of our people – staff, trustees, clients. Now is not the time to be visionary or a risk taker. What is important at DASL is what has always been at our core – doing what we do well, with the best people and in response to our local communities. Oh yes .... and a little bit of luck might not go amiss.

Sue Kenten

## Newham

Services in Newham started off the financial year with a new NHS contract with increased targets and specific outcomes to achieve. The services were being measured on a cost per volume of a 70/30 ratio i.e. 70% block cost and 30% measured against performance.

DASL again successfully integrated and did more than its SLA; we increased access to service users by introducing a Saturday service, successfully hosted an ESOL class for Eastern European service users, funded an Employment service called 'Kinesis'. This acted as a bridge between treatment and employment, to enable and support service users to make the shift to successful employment and training opportunities. DASL provided students with placements to further their careers whilst studying, including a criminal justice NVQ student and a substance misuse Nurse.

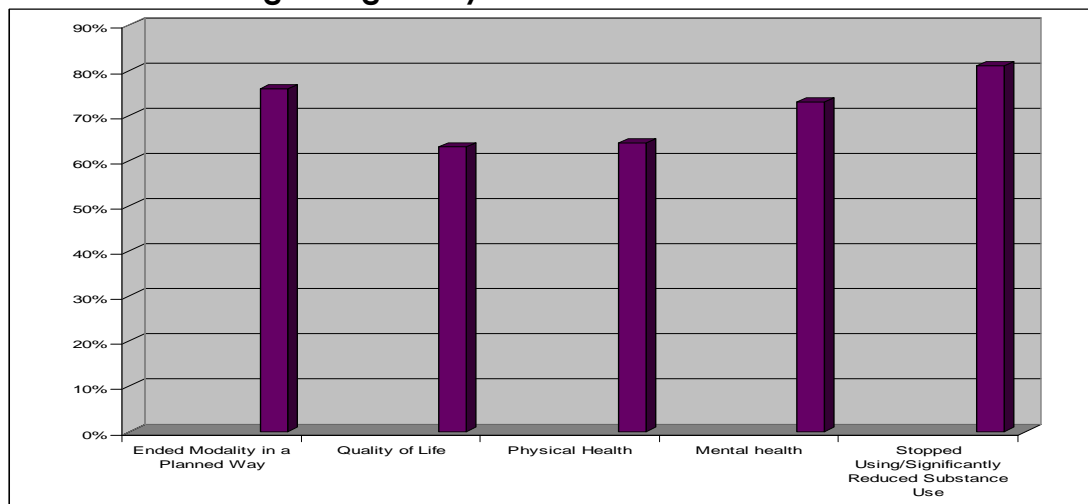
The volunteer scheme started and was opened up to service users successfully completing treatment. The policies and procedures were passed by the Greater London Volunteering service and we recruited our first cohort of volunteers to provide a mentoring and support service to service users.

### The Figures

It was the year of Identification and Brief Advice (IBA). All service users accessing DASL were given IBA and this amounted to staff carrying out a brief assessment of substance use measured against the affects on their lives and of other people close to them. DASL staff carried out 1059 IBA's this year.

Numbers accessing treatment during the year was high, with 1030 attending treatment across the year. This includes some overlap of service users attending across quarters.

### Outcomes were again high this year



## **What a Journey!**

**Service User:** *"I originally came to DASL on a court order, I'd never been in drug treatment before but thought I'd give it a go. I came for my drug use but also found out that I had an alcohol problem too. I never thought alcohol was a problem before, well it's legal."*

**DASL Staff:** Following assessment the above service user had stopped using crack cocaine but had replaced this with an increased level of alcohol use per week. He was drinking 210 units per week. Appropriate services were discussed with the service user and he soon commenced a community based alcohol detoxification with the joint work between the GP and DASL. Of course due to the court order the service user was also tested twice weekly for drugs.

**Service User:** *"I found the staff and the service was so helpful, I got me detox and was also seen by a health professional who gave me a MOT. I finished me detox and carried on in the day programme. This is groups mainly but I also got a keyworker who helped me out with practical things."*

**DASL Staff :** Services are set up so that there is no wait between, so that the support is there straight away. The Detox is the first step, then the hard work begins with exploring the underlying issues leading to substance misuse.

**Service user:** *"Its not easy but then again neither was my life before I stopped using, I had to look at myself and talk through things. It helps that there are other people who have been through the same, some further down the line than you, helps when the going gets tough. I finished my order but decided to carry on going to DASL, I changed programmes and moved into the aftercare. This was good because I felt I was ready to get back to doing more with my life. I attended the employment group a real eye opener and helped me look at possibilities rather than barriers."*

**DASL Staff:** The Day Programme is designed so that once people are ready they move into the Stage 3 Aftercare Programme; this offers more support about reintegrating back into the community and furthering people's recovery.

**Service User:** *I'm at the end of the road now, well as far as treatment is concerned, but I feel that I'm ready to move forward. I'm back at college, who'd have thought. My family are talking to me and some of my old (non using) friends are there to offer me support. But I never forget that, if needed DASL are there, I pop into the evening aftercare group now, it's a good way of checking in and checking things out. It was hard going at times but what a journey, the things I've learnt I can take with me, as they say you can never go back or unlearn things. Thanks DASL, I owe you big time.*

## The Bexley Community Alcohol Service

Sadly this will be the final Bagra Annual Report as the service was tendered later in 2011 with a new provider being successful. Therefore, DASL only delivered the service in 2011 for 2 quarters.

2010-11 was no different to the previous years that DASL had been delivering the community alcohol service in Bexley. The service succeeded in delivering both outputs and outcomes for the treatment of alcohol problems that exceeded all contractual requirements.

The following was achieved:

Referrals received:	310 (70+ contract)
Assessments offered:	234 (34+)
Number of women in treatment:	42% (2%+)
Number of BME clients in treatment:	9%
Number of clients in group programme:	57
Number of clients in counselling:	78 (53+)
Number of successful completions (group programme):	71% (+11%)
Number of successful completions (counselling):	65% (+5%)

Our thanks to all the Bagra staff and volunteer team under Eric Holmes, the Manager over the past 6 plus years. We wish them well.



## Last of the Summer Wine Older People & Alcohol Project

(Supported by The City Bridge Trust)

Richard Cyster and Nicola Schmucker job-shared the final year of this 3 year project based at our Bexley Alcohol Service, kindly supported by The City Bridge Trust to work around reducing the problematic level of alcohol misuse within this population.

The Project over this year saw an increase in the provision of training and consultancy to professionals working with older people to better enable them to support and work with alcohol issues and problems. This included the provision of training to Bexley GP's, Voluntary Sector Mental Health Support Staff and Volunteers at Bexley Mind and a National Event organised by Age Concern England and the Institute of Alcohol Studies. In total over 120 mainly local professionals working with older people benefitted from training.

Throughout the year the Project offered a weekly support group to older people with concerns around their alcohol use at the Welling Office. This was specifically to address the social and therapeutic needs of the group with regards to changing behaviour around the over reliance on alcohol to deal with stress, anxiety and depressive symptoms.

The success of the Project has enabled DASL to successfully bid to Comic Relief to secure future funding to develop Stage 2 of the Project in the direction of a Peer Mentor Lead Service.

You may be interested in seeing what the local paper said about the project and our staff wearing their red noses....

[http://www.edp24.co.uk/news/comic\\_relief\\_money\\_for\\_bexley\\_greenwich\\_alcohol\\_misuse\\_project\\_1\\_830207](http://www.edp24.co.uk/news/comic_relief_money_for_bexley_greenwich_alcohol_misuse_project_1_830207)



## Bright Sparks

One of DASL projects is 'Bright Sparks' which has been commissioned by Tower Hamlets Primary Care Trust to pilot a brief interventions model of smoking cessation in local secondary schools. Utilising therapeutic interventions based on motivational interviewing with a young person centred approach, the programme's flexibility has enhanced its success. In the year to March 2011, the project worked with over 100 young people to reduce smoking with over 40 quits.

Targeting a particularly hard to reach group, and in the context of a borough with one of the highest smoking rates in the country, high levels of deprivation and where English is commonly not the first language, the service draws upon research suggesting quitting is 4 times more likely when accessing a smoking cessation service and using NRT, than trying to quit by oneself. Interventions include appropriate NRT prescribing for young people up to age 18, with a focus on early intervention working predominantly with year 9 - 11 students. Alongside clinical interventions, Bright Sparks delivers 'AIR Football' – a popular diversionary programme of football to incentivise young people and provide alternatives to smoking. The programme delivers small group workshops, 1:1 interventions, and parent and teacher work including inset training for up to 12 weeks. Bright Sparks has also begun exploring the role of new media in its work with young people.



## The Star Project

(Supported by BBC Children in Need)

DASL has just completed the first year of a 3 year project kindly supported by BBC Children in Need to provide counselling support to children and young people aged between 5-18 years old who are impacted upon by domestic violence and/or substance misuse.

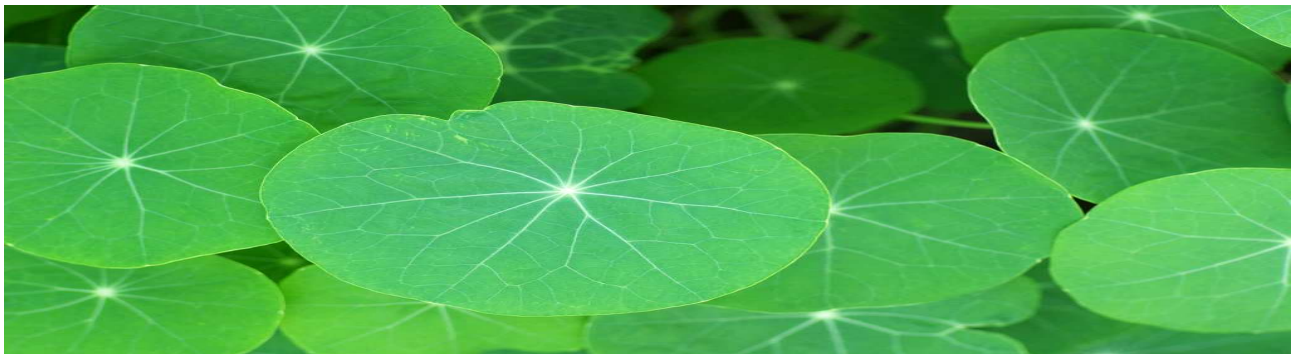
June Delmont, the Star Service Counsellor, has established a flexible and child-centred counselling approach that includes play to engage in some cases quite troubled children and young people to begin to trust and to explore their difficulties. June's approach supports the building of the young person's internal and external resources to be better able to cope with challenging family circumstances. She works closely with the children and young people around the importance of asking for help and that it is okay to do that and to be treated with respect and sensitivity.

Over 2010-11 June worked with the following children and young people;

Young people receiving counselling support:	39
Young people age ranges:	5-9 years (4)
	10-15 years (24)
	16-18 years (10)
	18+ years (1)
Average number of weekly sessions attended:	8-10 sessions
Number of clients having a planned outcome:	100%

It is really helpful to receive feedback from the children and young people who use this service. Here are a few comments when we asked what benefit have you gained from having counselling?

- "Learning to make a safety plan is very helpful."
- "I don't want to self harm anymore."
- "I don't want to end my life now."
- "I realise now that it is not my fault."
- "I now realise what domestic violence actually is."
- "I realise now that it is possible to be angry without being violent."



# Auditor's Statement

## To the Directors of Drug and Alcohol Service for London

We have examined the summarised financial statements set out in these pages.

## Respective Responsibilities of Directors and Auditors

You are responsible as Directors for the preparation of the summary financial statements. We have agreed to report to you our opinion on the summarised statements' consistency with the full financial statements, on which we reported to you on 11<sup>th</sup> August 2011.

## Basis of Opinion

We have carried out the procedures we consider necessary to ascertain whether the summarised financial statements are consistent with the full financial statements from which they have been prepared and on which we reported on 5<sup>th</sup> August 2010.

## Opinion

In our opinion the summarised financial statements are consistent with the full financial statements for the year ended 31<sup>st</sup> March 2011.

Knox Cropper  
Chartered Accountants & Registered Auditor  
8/9 Well Court  
London EC4M 9DN  
September 2011



**DRUG AND ALCOHOL SERVICE FOR LONDON**

**STATEMENT OF FINANCIAL ACTIVITIES**

**FOR THE YEAR ENDED 31 MARCH 2011**

	Unrestricted	Restricted	Total 2011	Total 2010
	£	£	£	£
<b>INCOMING RESOURCES</b>				
Donations	-	125,310	125,310	122,246
Contracts for Services	1,709,233	-	1,709,233	2,209,161
Fees & Sundry Income	23,327	-	23,327	38,272
Bank Interest	1,078	2,400	3,478	2,803
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<b>Total Incoming Resources</b>	<b>1,733,638</b>	<b>127,710</b>	<b>1,861,348</b>	<b>2,372,482</b>
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<b>RESOURCES EXPENDED</b>				
Costs of Generating Voluntary Income	12,321	-	12,321	12,321
Charitable Activities	1,707,731	247,710	1,955,441	2,202,356
Governance Costs	8,099	-	8,099	6,499
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<b>Total Resources Expended</b>	<b>1,728,151</b>	<b>247,710</b>	<b>1,975,861</b>	<b>2,221,176</b>
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<b>Net Incoming Resources (Resources Expended)/ and Surplus/ (Deficit) for the Year</b>	<b>5,487</b>	<b>(120,000)</b>	<b>(114,513)</b>	<b>151,306</b>
<b>Transfers Between Reserves</b>	<b>242,787</b>	<b>(242,787)</b>	<b>-</b>	<b>-</b>
	-----	-----	-----	-----
Net Movement in Funds	248,274	(362,787)	(114,513)	151,306
Fund balance at 1st April 2010	371,644	770,444	1,142,088	990,782
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Fund balance at 31 <sup>st</sup> March 2011	<b>£619,918</b>	<b>£407,657</b>	<b>£1,027,575</b>	<b>£1,142,088</b>
	=====	=====	=====	=====

There were no recognised gains or losses other than those stated above.

## DRUG AND ALCOHOL SERVICE FOR LONDON

### BALANCE SHEET

#### AS AT 31 MARCH 2011

	2011 £	2011 £	2010 £	2010 £
<b>FIXED ASSETS</b>		13,976		18,782
<b>CURRENT ASSETS</b>				
Debtors	111,104		93,776	
Cash in Hand & at Bank	975,950		1,062,064	
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	1,087,054		1,155,840	
<b>LIABILITIES</b>				
Amount falling due within one year	(73,455)		(32,534)	
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<b>NET CURRENT ASSETS</b>		1,013,599		1,123,306
		-----		-----
<b>NET ASSETS</b>		<b>£1,027,575</b>		<b>£1,142,088</b>
		=====		=====
<b>RESTRICTED FUNDS</b>		407,657		770,444
<b>UNRESTRICTED FUNDS</b>				
Designated Reserves	203,336		203,336	
General Fund	416,582		168,308	
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		619,918		371,644
		-----		-----
		<b>£1,027,575</b>		<b>£1,142,088</b>
		=====		=====

The summary accounts shown here have been extracted from the full unqualified audited annual financial statements of Drug and Alcohol Service for London for the year ended 31 March 2011 which were approved by the trustees on 11<sup>th</sup> August 2011 and subsequently submitted to the Charity Commission and the Registrar of Companies. The summary financial information on these pages may not contain sufficient information for a full understanding of the results and state of affairs at Drug and Alcohol Service for London. For further information, the full annual financial statements, the auditor's report on those statements and the trustees' report should be consulted, copies of which can be obtained from:

**The Chief Executive**  
**Drug and Alcohol Service for London**  
**Capital House, 134 –138 Romford Road, London E15 4LD**

Signed by David MacKintosh on behalf of the trustees.

## LIST OF FUNDERS

London Borough of Newham  
Newham PCT  
Tower Hamlets PCT  
London Borough of Bexley  
City DAT  
City Bridge Trust  
Comic Relief  
BBC Children In Need

