

Section A. Reference and administration details of the charity

Trustees Report and Accounts for the period starting 01.04.2020 ending 31.03.2021 which also comprises the Directors' Report required by the Companies Act 2006.

The legal name of the charity is Change Birmingham Brief Therapy

The charity operates in England & Wales and is registered with the Charity Commission with number 1037463

The Charity has had a successful year financially and has retained our hard working and effective admin staff, volunteers, trustees and counsellors. Our work has been dominated by the need to respond to the requirements of COVID 19 and the resulting increased demand for brief therapy.

Change has continued to adapt its procedures and working practices in response to the urgent needs of the community during the COVID 19 pandemic. We have provided telephone and video counselling throughout the last year and are working towards reintroducing our face to face work as soon as it is safe to do so, while maintaining our high standards of service delivery, health and safety, safeguarding, confidentiality and data protection.

The Trustees have continued to meet regularly by Zoom, including a successful AGM and the Chair has joined meetings of the Directors of the Company, to facilitate communication and joint working. The Trustee Group was successful in running a comprehensive recruitment campaign, which resulted in the appointment of three new highly qualified and experienced Trustees who will complement the work of the existing team.

Monthly clinical supervision has been provided by Zoom, giving counsellors much needed de-briefing, peer support and expert advice. Online training opportunities have also been fully utilised.

As a result of an effective collaboration with Birmingham Mind and the Mental Health Trust, Change has continued to provide immediate brief therapy to Birmingham citizens aged 16 plus, who have identified as experiencing mental health crisis. We have worked with our partners, to develop and adapt our services to respond to the increasing need for counselling services by Birmingham citizens who have been adversely affected by COVID 19. For those who are actively distressed and traumatised by their experiences relating to the virus, the option of our speedy and effective counselling interventions continues to help them to; develop coping strategies, recognise strengths and inner resilience, enabling them to respond more positively to their circumstances. The funding for this service was renewed for the 20/21 financial year and we are optimistic that this will be continued.

Change was also successful in securing a 9 month grant from the Community Trust COVID 19 fund. This enabled us to provide brief therapy for clients aged 16 plus who, although they weren't eligible for the crisis support service, were in urgent need of short-term support to help to relieve their distress and make changes/move forward in their lives, avoiding the need for them to use other mental health services.

Change has retained involvement in delivering counselling services to young people aged 11 plus, through arrangements with specific schools. A generous grant from the Grimitt Trust, has enabled us to continue supporting students whose parents are often desperate for help, as other services for young people are oversubscribed or have long waiting lists. Our fundraising strategy for the coming year, includes a commitment to seek funds to continue and further develop our counselling services to young people.

Change has continued its active membership of the Living Well Consortium, providing brief therapy to clients through the consortium's COVID counselling project. We are also participating in the consortium's Kickstart scheme, which will provide us with a trainee admin assistant to work with our existing admin team on a six month placement. Our proposal for a pilot project to provide solution focussed therapy for clients referred from the Eating Disorder services, has been postponed.

Change Birmingham Brief Therapy has continued to successfully deliver two types of training online during the continuing COVID 19 restrictions. We offer courses for individual professionals in the form of the Foundation, Certificate and Diploma in Solution Focused Brief Therapy (SFBT) and bespoke Solution Focused training for organisations. This training enables a wide range of individuals and teams to adopt a SFBT approach, which can be tailored to achieve positive change for clients, staff teams and managers. This initiative generates income for the business, which supports the running costs of the Charity. We have retained BPS approval of our Foundation course and continue to engage in best practice discussions with the wider SFBT community.

Following our previous practice-based research, Change has been building on this evidenced based work, which validates the benefits of the approach for clients, helping us to expand and secure funding for our work, raise awareness of the advantages for clients and contribute to the knowledge base and improved practice within SFBT. A new research project has now been approved. Naturally occurring data collected by Change SFBT practitioners, will be used to evaluate the effectiveness of the service that is provided over a 12-month period from July 2021. Findings from analysis of this data will be used to further inform and help support the effectiveness of the service that is offered by Change.

Our growing team of committed, enthusiastic and diverse counsellors, continue to contribute new perspectives and ideas for the development of our services. After a previous refresh, we are now working on a specification for a total re-design of our website, to ensure that it is as accessible, interactive and informative as possible, promoting maximum use of our counselling and training services to everyone in the Birmingham area. Linked to this, is the ongoing

development of our use of Social Media, improving access to our services and communications with clients, potential commissioners and funders.

I would like to take this opportunity to thank trustees, counsellors, volunteers and staff for their continued dedication and hard work over the last year and look forward to another stimulating and successful year, working with partners to develop and improve our offer to fellow professionals, the young people and citizens of Birmingham.

Fiona Taylor

Chair of Trustees

The charity is constituted as a Charitable Incorporated Organisation, registered under the Charity Commission in England & Wales and its governing document is a written constitution. The Governing Document is dated 28 September 2018.

The Charity Trustees who are all individuals are:

Fiona Taylor – Chair

Emily Christopher – Secretary

Sonia Parveen – Treasurer

Myrle Blaine

The principal operating address of the charity is - Unit 208b, The Big Peg, 120 Vyse Street, Hockley, Birmingham, B18 6NF

Telephone: 0121 638 0670

Website: www.changebrieftherapy.org

Trustees in office on the date the report was approved were:

Fiona Taylor – Chair

Emily Christopher – Secretary

Sonia Parveen – Treasurer

Myrle Blaine

The trustees who served as a trustee in the reporting period were as shown above. One trustee, Lina Acharya left during the year. Between the year end and the approval of the accounts, three new trustees were appointed Teresa Byrne, Amanda Brumely and Ginny Cullen.

Signed by the Chair

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Fiona Taylor

Date

.....

**CHANGE BIRMINGHAM BRIEF THERAPY
TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	F Taylor E Christopher S Parveen M Blaine
Charity number	1037463
Principal address	Unit 208b The Big Peg 120 Vyse Street Birmingham West Midlands B18 6NF
Independent examiner	KEW Accountants & Tax Specialists Ltd Granville Suite, Business Development Centre Stafford Park 4 Telford Shropshire TF3 3BA United Kingdom

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TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and accounts for the year ended 31 March 2021.

The accounts have been prepared in accordance with the accounting policies set out in note pages 6-7 to the accounts and comply with the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

Structure, governance and management

The organisation registered under the Charity Commission in England & Wales, number 1037463, registered on 11th May 1994. The association established under a Consitution, which sets out the objects and the powers of the organisation.

The registered address is Unit 208b, The Big Peg, 120 Vyse Street, Hockley, Birmingham, B18 6NF

The trustees who served during the year were:

F Taylor
E Christopher
S Parveen
M Blaine

No new trustees have been appointed or recruited.

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

The trustees has assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Objectives and activities

Mission Statement

- a) To provide relief to individuals who are experiencing emotional or psychological concerns, in particular by the provision of a therapy and counselling service.
- b) To advance the education and training in the practice and uses of that therapy amongst its counsellors and the general public.

Vision Statement

For solution focused practice to be utilised throughout the support sector, recognised as a NICE approved therapy and for the public to be well informed of the methodology, in order to make an informed choice about their psychological support.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

Change has continued to provide Brief Solution Focused Therapy to Birmingham citizens aged 16 plus, who have identified as experiencing mental health concerns. The Charity also continues to provide counselling services to young people aged 11 plus, through arrangements through specific schools and funding granted by a local Trust Fund.

We have introduced the new Charity Log Database, which has been invaluable in streamlining our operational and administrative processes, as well as keeping all information secure in line with GDPR requirements and producing reports for evaluation and monitoring purposes.

We have enhanced our established reputation for providing high quality and effective training in Solution

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance

Change has continued its active membership of the Living Well Consortium. We successfully prepared for the implementation of our proposal to provide Solution Focused Therapy for clients referred from The Eating Disorder services, agreeing referral and operational protocols with the NHS and providing specialist training for our staff. The project has been delayed due to restructuring within the NHS, but we hope it will be able to go ahead in the near future.

We adapted our procedures and working practices immediately in response to the urgent needs of the community during the COVID 19 pandemic, to provide telephone and video counselling, as well as delivering our training courses remotely, using Zoom. We continue to keep these arrangements under review and to plan for a safe transition back to face to face working whenever it is safe to do so.

Our effective working partnership with Birmingham Mind continues, with Change providing immediate brief therapy to Birmingham citizens, to divert those in mental health crisis away from Accident and Emergency services, funded by NHS Winter Pressures monies. Referrals to our service have increased with the additional calls to the Mind Helpline from people experiencing emotional crisis exacerbated by the Lockdown and COVID 19 restrictions. As a result of further successful outcomes delivered by this service, Change hopes to secure continued funding through the Mental Health Trust in the 21/22 financial year.

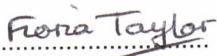
Change was also successful in securing 6 months specialist COVID 19 funding from the Community Trust. This enabled us to provide a much needed brief therapy service to people who were not in mental health crisis, but who were able to benefit significantly from support to address issues resulting from matters relating to the pandemic, such as social isolation, health concerns, money worries, relationship and employment issues etc.

Financial review

The results for the year are summarised in the Statement of Financial Activities (income and expenditure account) on page 4 and the balance sheet on page 5. The figures show income for the year of £38,083 and expenditure of £32,599, leaving a surplus for the year of £5,484 and a fund balance of £9,571.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

On behalf of the board of trustees



F Taylor

Trustee

Dated: 26th October 2021

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF CHANGE BIRMINGHAM BRIEF THERAPY

I report on the accounts of the Charity for the year ended 31 March 2021, which are set out on pages 4 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's 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.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) 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:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act;have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

KEW Accountants & Tax Specialists Ltd

Chartered Certified
Granville Suite, Business Development Centre
Stafford Park 4
Telford
Shropshire
TF3 3BA
United Kingdom

Dated:

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
<u>Incoming resources from generated funds</u>					
Donations and legacies	2	10,083	-	10,083	228
Incoming resources from charitable activities	3	1,500	26,500	28,000	7,450
Total incoming resources		<u>11,583</u>	<u>26,500</u>	<u>38,083</u>	<u>7,678</u>
<u>Resources expended</u>	4				
Charitable activities					
Community Trust Expenses		-	16,812	16,812	-
Grimmit Expenses		-	600	600	-
Supervision Expenses		2,833	-	2,833	-
Other Counselling Services		510	-	510	-
Total charitable expenditure		<u>3,343</u>	<u>17,412</u>	<u>20,755</u>	<u>-</u>
Governance costs		11,844	-	11,844	15,366
Total resources expended		<u>15,187</u>	<u>17,412</u>	<u>32,599</u>	<u>15,366</u>
Net (expenditure)/income for the year/ Net movement in funds		<u>(3,604)</u>	<u>9,088</u>	<u>5,484</u>	<u>(7,688)</u>
Fund balances at 1 April 2020		4,087	-	4,087	11,775
Fund balances at 31 March 2021		<u>483</u>	<u>9,088</u>	<u>9,571</u>	<u>4,087</u>

BALANCE SHEET
AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	7		3,194		2,730
Current assets					
Debtors	8	180		160	
Cash at bank and in hand		6,662		1,599	
		<u>6,842</u>		<u>1,759</u>	
Creditors: amounts falling due within one year	9	(465)		(402)	
Net current assets			6,377		1,357
Total assets less current liabilities			<u>9,571</u>		<u>4,087</u>
Income funds					
Restricted funds			9,088		-
Unrestricted funds			483		4,087
			<u>9,571</u>		<u>4,087</u>

The accounts were approved by the Trustees on 27th September 2021

Fiona Taylor
 F Taylor
 Trustee

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Charities Act 2011.

1.2 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Fixtures, fittings & equipment	20% Reducing Balance
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2 Donations and legacies

	2021 £	2020 £
Donations and gifts	10,083	228

3 Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Grants received	1,500	26,500	28,000	7,450

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

4 Total resources expended	2021 £	2020 £
Charitable activities		
<u>Community Trust Expenses</u>	16,812	-
Activities undertaken directly		
 <u>Grimmit Expenses</u>	 600	 -
Activities undertaken directly		
 <u>Supervision Expenses</u>	 2,833	 -
Activities undertaken directly		
 Other Counselling Services	 510	 -
Activities undertaken directly		
	<hr/> 20,755	<hr/> -
 Governance costs	 <hr/> 11,844	 <hr/> 15,366
	<hr/> <hr/> 32,599	<hr/> <hr/> 15,366

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year.

6 Employees

There were no employees during the year.

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

7 Tangible fixed assets

**Fixtures,
fittings &
equipment
£**

Cost

At 1 April 2020

2,730

Additions

1,263

3,993

At 31 March 2021

Depreciation

At 1 April 2020

-

Charge for the year

799

799

At 31 March 2021

Net book value

At 31 March 2021

3,194

At 31 March 2020

2,730

8 Debtors

**2021
£**

**2020
£**

Prepayments and accrued income

180

160

9 Creditors: amounts falling due within one year

**2021
£**

**2020
£**

Trade creditors

80

-

Accruals

385

402

465

402

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

10 Analysis of net assets between funds

	£	£	Total £
Fund balances at 31 March 2021 are represented by:			
Tangible fixed assets	3,194	-	3,194
Current assets	6,842	-	6,842
Creditors: amounts falling due within one year	(465)	-	(465)
	<u>9,571</u>	<u>-</u>	<u>9,571</u>
	<u><u>9,571</u></u>	<u><u>-</u></u>	<u><u>9,571</u></u>

**CHANGE BIRMINGHAM BRIEF THERAPY
TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

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M Blaine

No new trustees have been appointed or recruited.

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The trustees has assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

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Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

On behalf of the board of trustees

Fiona Taylor

F Taylor

Trustee

Dated: *26th October 2021*

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF CHANGE BIRMINGHAM BRIEF THERAPY

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Basis of independent examiner's report

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- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

KEW Accountants & Tax Specialists Ltd

Chartered Certified
Granville Suite, Business Development Centre
Stafford Park 4
Telford
Shropshire
TF3 3BA
United Kingdom

Dated:

**STATEMENT OF FINANCIAL ACTIVITIES
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Supervision Expenses		2,833	-	2,833	-
Other Counselling Services		510	-	510	-
Total charitable expenditure		<u>3,343</u>	<u>17,412</u>	<u>20,755</u>	<u>-</u>
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Fund balances at 1 April 2020		4,087	-	4,087	11,775
Fund balances at 31 March 2021		<u>483</u>	<u>9,088</u>	<u>9,571</u>	<u>4,087</u>

BALANCE SHEET
AS AT 31 MARCH 2021

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		<u>6,842</u>		<u>1,759</u>	
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Net current assets			6,377		1,357
Total assets less current liabilities			<u>9,571</u>		<u>4,087</u>
Income funds					
Restricted funds			9,088		-
Unrestricted funds			483		4,087
			<u>9,571</u>		<u>4,087</u>

The accounts were approved by the Trustees on 27th September 2021

Fiona Taylor
 F Taylor
 Trustee

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Charities Act 2011.

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2 Donations and legacies

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Donations and gifts	10,083	228

3 Incoming resources from charitable activities

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NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

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 Governance costs	 <hr/> 11,844	 <hr/> 15,366
	<hr/> <hr/> 32,599	<hr/> <hr/> 15,366

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year.

6 Employees

There were no employees during the year.

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

7 Tangible fixed assets

**Fixtures,
fittings &
equipment
£**

Cost

At 1 April 2020

2,730

Additions

1,263

3,993

At 31 March 2021

Depreciation

At 1 April 2020

-

Charge for the year

799

799

At 31 March 2021

Net book value

At 31 March 2021

3,194

At 31 March 2020

2,730

8 Debtors

**2021
£**

**2020
£**

Prepayments and accrued income

180

160

9 Creditors: amounts falling due within one year

**2021
£**

**2020
£**

Trade creditors

80

-

Accruals

385

402

465

402

NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

10 Analysis of net assets between funds

	£	£	Total £
Fund balances at 31 March 2021 are represented by:			
Tangible fixed assets	3,194	-	3,194
Current assets	6,842	-	6,842
Creditors: amounts falling due within one year	(465)	-	(465)
	<u>9,571</u>	<u>-</u>	<u>9,571</u>
	<u><u>9,571</u></u>	<u><u>-</u></u>	<u><u>9,571</u></u>