

Section A. Reference and administration details of the cha

Trustees Report and Accounts for the period starting 01.04.2023 ending 31.03.2024 which also comprises the Directors' Report required by the Companies Act 2006.

The legal name of the charity up until (insert date) was Change Birmingham Brief Therapy (Change). The charity has now become a CIO under the legal name of Change Birmingham Brief Therapy (Change) wherein we incorporated with our partner company Change Brief Therapy Ltd. The Charity's relatively modest financial footprint has posed challenges in securing additional funding to meet the growing demand for our services, resulting from increased success and visibility. The transition into a CIO involved the limited company directors contributing their shares to the Charity. This merger streamlined operations and it is hoped will demonstrate to stakeholders that those within Change possess the financial acumen and due diligence required to manage larger grants, as reflected in the financial history of the company.

The CIO operates in England & Wales and is registered with the Charity Commission with number 1207126.

We continue to be very grateful for the hard work of our admin staff, volunteers, trustees and counsellors. Our work has been focussed on the need to respond to the requirements of Birmingham Citizens who are still being affected by the aftermath of COVID 19, the current Cost of Living Crisis and the resulting increased demand for brief therapy.

Change has continued to respond to the wishes of our clients, offering the options of Face to Face, Video and Telephone counselling, which accommodates the needs of clients who are working, have caring responsibilities, or have difficulties in travelling. We have maintained our high standards of service delivery, health and safety, safeguarding, confidentiality, and data protection, while delivering our range of services throughout the last year.

The Trustees have continued to meet more regularly (often twice a month) by video and in person meetings, including a successful AGM. The Trustee and Director Team meet regularly to facilitate good communication and joint working. The Chair of Trustees stepped down after years of important leadership at the AGM in October 2023 and two Trustees agreed to co-Chair in her stead. We very much appreciated the outgoing Chair's successful time in the role and the offer to remain an active Trustee for the foreseeable. The Trustee acting as Treasurer since January 2023 left to take up a full time position elsewhere and Change continues to search for a replacement for the Trustee and Treasurer role as yet unfilled. A further Trustee has had to withdraw from active service for the foreseeable future due to ill-health. It is hoped that they will return to an active

role in the future. The Trustees continue to review the skill mix within the team and plan to advertise for new Trustees in the near future.

Monthly, mandatory clinical supervision has been provided by video and in person to all counsellors, giving them much needed de-briefing, peer support and expert advice. External training opportunities have also been fully utilised, including mandatory Safeguarding Training for all staff, in May 2023.

Change has retained involvement in delivering counselling services to young people aged 11 plus, through arrangements with specific schools. Another grant from the Grimmitt 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 and has been fully involved in the development of and participation in the Mental Health Collective, which is instrumental in representing the views of Third Sector Mental Health Service Providers in the future strategy and delivery of Mental Health Support Services in Birmingham and Solihull. The Trustee team have also been proactive in identifying opportunities for networking with community based groups and agencies, to raise the profile of Change and the services that we offer.

Change has continued to successfully deliver its full Training Programme both by in person and by video. 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 other Third Sector organisations and Housing Associations. 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 organisation, 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. Our research project in partnership with Newman University continues, with naturally occurring data collected by Change SFBT practitioners, being used to evaluate the effectiveness of the service that is provided. 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 has remained committed, enthusiastic and diverse counsellors, continue to contribute new perspectives and ideas for the development of our services. We have also recruited a Volunteer Social Media

member of staff whose work is 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, staff and supporters 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.

Amanda Morris & Teresa Byrne

Trustee Co-Chairs

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:

Amanda Morris – Co-Chair

Teresa Byrne – Secretary & Co-Chair

Fiona Taylor

Kyle Sunn

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:

Amanda Morris – Co-Chair

Teresa Byrne – Secretary & Co-Chair

Fiona Taylor

Kyle Sunn

The trustees who served as a trustee in the reporting period were as shown above.

Signed by the Chair

Amanda Morris & Teresa Byrne

AMANDA MORRIS & TERESA BYRNE

Date: 5th July 2024

Charity Registration No. 1037463

CHANGE BIRMINGHAM BRIEF THERAPY

**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

CHANGE BIRMINGHAM BRIEF THERAPY

LEGAL AND ADMINISTRATIVE INFORMATION

| | |
|----------------------|--|
| Trustees | F Taylor A Morris T Byrne K Sunn |
| Charity number | 1207126 |
| Principal address | Unit 208b JQ Modern 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 |

CHANGE BIRMINGHAM BRIEF THERAPY

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CHANGE BIRMINGHAM BRIEF THERAPY

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report and accounts for the year ended 31 March 2024.

The accounts have been prepared in accordance with the accounting policies set out in note pages 6-10 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 Constitution, which sets out the objects and the powers of the organisation.

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

The trustees who served during the year were:

F Taylor

A Morris

T Byrne

K Sunn

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 BIRMINGHAM BRIEF THERAPY

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

Achievements and performance

The legal name of the charity is Change Birmingham Brief Therapy (Change). The charity has now become a CIO under the legal name of Change Birmingham Brief Therapy (Change) wherein we incorporated with our partner company Change Brief Therapy Ltd. The Charity's relatively modest financial footprint has posed challenges in securing additional funding to meet the growing demand for our services, resulting from increased success and visibility. The transition into a CIO involved the limited company directors contributing their shares to the Charity. The merger streamlined operations, and it is hoped will demonstrate to stakeholders that those within Change possess the financial acumen and due diligence required to manage larger grants, as reflected in the financial history of the company. The CIO operates in England & Wales and is registered with the Charity Commission with number in 1207126

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Change has continued to respond to the wishes of our clients, offering the options of Face to Face, Video and Telephone counselling, which accommodates the needs of clients who are working, have caring responsibilities, or have difficulties in travelling. We have maintained our high standards of service delivery, health and safety, safeguarding, confidentiality, and data protection, while delivering our range of services throughout the year.

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Change has retained involvement in delivering counselling services to young people aged 11 plus, through arrangements with specific schools. Another 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.

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CHANGE BIRMINGHAM BRIEF THERAPY

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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I would like to take this opportunity to thank trustees, counsellors, volunteers, staff and supporters 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.

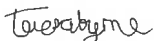
The charity is constituted as a Charitable Incorporated Organisation, registered under the Charity Commission in England & Wales and its governing document is a written constitution. The Governing Document is dated 28 September 2018.

Financial review

The results for the year are summarised in the Statement of Financial Activities (income and expenditure account) on page 5 and the balance sheet on page 6. The figures show income for the year of £38,936 and expenditure of £22,459, leaving a surplus for the year of £16,477 and a fund balance of £20,354.

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



Terry Byrnes (Oct 17, 2024, 9:23pm)

Trustee

Dated: 17 Oct 2024

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CHANGE BIRMINGHAM BRIEF THERAPY

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 2024 which are set out on pages 5 to 11.

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.
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 Accountants

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

Signed:

K. Whitehead

Dated:

30/10/2024

CHANGE BIRMINGHAM BRIEF THERAPY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE FOR THE YEAR ENDED 31 MARCH 2024

| | Notes | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|---|-------|----------------------------|--------------------------|--------------------|--------------------|
| <u>Incoming resources from generated funds</u> | | | | | |
| Donations and legacies | 2 | 26,936 | - | 26,936 | 18,439 |
| Incoming resources from charitable activities | 3 | - | 12,000 | 12,000 | 3,000 |
| Other Counselling Services | | - | - | - | - |
| Total incoming resources | | 26,936 | 12,000 | 38,936 | 21,439 |
| <u>Resources expended</u> | | | | | |
| Charitable activities | | | | | |
| Community Trust Expenses | 4 | - | - | - | 70 |
| Grimmit Expenses | | - | 1,050 | 1,050 | 1,680 |
| Supervision Expenses | | 4,821 | - | 4,821 | 4,536 |
| Fairer Futures Expenses | | - | 3,663 | 3,663 | - |
| Total charitable expenditure | | 4,821 | 4,713 | 9,534 | 6,286 |
| Other resources expended | | 12,925 | - | 12,925 | 17,694 |
| Total resources expended | | 17,746 | 4,713 | 22,459 | 23,980 |
| Net (expenditure)/income for the year/ Net movement in funds | | 9,190 | 7,288 | 16,477 | (2,541) |
| Fund balances at 1 April 2023 | | (5,171) | 9,048 | 3,877 | 6,418 |
| Fund balances at 31 March 2024 | | 4,019 | 16,336 | 20,354 | 3,877 |

CHANGE BIRMINGHAM BRIEF THERAPY

BALANCE SHEET AS AT 31 MARCH 2024

| | | 2024 | | 2023 | |
|---|-------|---------------|---------------|--------------|--------------|
| | Notes | £ | £ | £ | £ |
| Fixed assets | | | | | |
| Tangible assets | 6 | | 1,635 | | 2,044 |
| | | | <u>1,635</u> | | <u>2,044</u> |
| | | | 1,635 | | 2,044 |
| Current assets | | | | | |
| Debtors | 7 | 911 | | 728 | |
| Cash at bank and in hand | | 18,715 | | 6,677 | |
| | | <u>19,626</u> | | <u>7,405</u> | |
| Creditors: amounts falling due within one year | | | | | |
| | 8 | (907) | | (5,572) | |
| | | <u></u> | | <u></u> | |
| Net current assets | | | 18,719 | | 1,833 |
| | | | <u>18,719</u> | | <u>1,833</u> |
| Total assets less current liabilities | | | <u>20,354</u> | | <u>3,877</u> |
| | | | <u>20,354</u> | | <u>3,877</u> |
| Income funds | | | | | |
| Restricted funds | | | 16,336 | | 9,048 |
| Unrestricted funds | | | 4,019 | | (5,171) |
| | | | <u>20,354</u> | | <u>3,877</u> |
| | | | <u>20,354</u> | | <u>3,877</u> |

The accounts were approved by the Trustees on 17 Oct 2024

Teresa Byrne

Teresa Byrne (Oct 17, 2024, 9:23pm)
Trustee

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard of Smaller Entities (effective January 2015), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when the funds are raised for particular restricted purposes.

1.2 Resources expended

Recognition of other resources expended;

| | | |
|---|-------------------------|----------|
| • | Rent | 9,900.00 |
| • | Travel | 257.29 |
| • | Light and heat | 517.36 |
| • | Computer expenses | 137.42 |
| • | Legal and professional | 1,337.68 |
| • | Insurance | 25.43 |
| • | Administration expenses | 45.00 |
| • | Subscriptions | 251.00 |
| • | Depreciation | 408.85 |
| • | Bank charges | 45.17 |

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1.3 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 |
|--------------------------------|----------------------|

2 Donations and legacies

| | 2024 | 2023 |
|---------------------|--------|--------|
| | £ | £ |
| Donations and gifts | 26,936 | 18,439 |

3 Incoming resources from charitable activities

| | Unrestricted funds | Restricted funds | Total 2024 | Total 2023 |
|--------------------|-----------------------|---------------------|---------------|---------------|
| | £ | £ | £ | £ |
| Grants received | - | 12,000 | 12,000 | 3,000 |

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Total resources expended

| | 2024 £ | 2023 £ |
|-----------------------------------|---------------|---------------|
| Charitable activities | | |
| <u>Community Trust Expenses</u> | | |
| Activities undertaken directly | - | 70 |
| <u>Grimmit Expenses</u> | | |
| Activities undertaken directly | 1,050 | 1,680 |
| <u>Fairer Futures Expenses</u> | | |
| Activities undertaken directly | 3,663 | |
| <u>Supervision Expenses</u> | | |
| Activities undertaken directly | 4,821 | 4,536 |
| <u>Other Counselling Services</u> | | |
| Activities undertaken directly | - | - |
| | 9,534 | 6,286 |
| Other resources expended | 12,925 | 17,694 |
| | 22,459 | 23,980 |

5 Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 (2023: Nil).

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31 March 2024 (2023: Nil).

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Tangible fixed assets

Fixtures, fittings & equipment £

Cost

At 1 April 2023 and at 31 March 2024

3,993

Depreciation

At 1 April 2023

1,948

Charge for the year

409

At 31 March 2024

2,357

Net book value

At 31 March 2024

1,635

At 31 March 2023

2,044

7 Debtors

2024

2023

£

£

Trade Debtors

94

550.00

Prepayments and accrued income

817

178

911

728

8 Creditors: amounts falling due within one year

2024

2023

£

£

Trade creditors

425

5,104

Accruals

482

468

907

5,572

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

9 Analysis of net assets between funds

| | £ | £ | Total £ |
|--|---------------|----------|----------------------|
| Fund balances at 31 March 2024 are represented by: | | | |
| Tangible fixed assets | 1,635 | - | 1,635 |
| Current assets | 19,626 | - | 19,626 |
| Creditors: amounts falling due within one year | (907) | - | (907) |
| | <u>20,354</u> | <u>-</u> | <u>20,354</u> |



Issuer

Change Brief Therapy

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Thu, 17th Oct 2024 12:40:07 BST

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| Document processed | Party + Fingerprint |
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| Thu, 17th Oct 2024 21:23:47 BST | Teresa Byrne - Signer (d37898f0ec5393eaa0407c36faf7f564) |

Audit history log

| Date | Action |
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| Thu, 17th Oct 2024 12:40:08 BST | Document generated with fingerprint d59407a266d2d1b1d50bd59d2bd92abc91.142.42.216 |
| Thu, 17th Oct 2024 12:42:55 BST | Document emailed to Teresabyrne@changebrieftherapy.org13.41.56.254 |
| Thu, 17th Oct 2024 12:42:55 BST | Sent the envelope to Teresa Byrne (Teresabyrne@changebrieftherapy.org) for signing91.142.42.216 |
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| Thu, 17th Oct 2024 21:21:35 BST | Teresa Byrne viewed the envelope51.148.153.191 |
| Thu, 17th Oct 2024 21:21:37 BST | Teresa Byrne viewed the envelope20.90.17.67 |
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| Thu, 17th Oct 2024 21:23:47 BST | This envelope has been signed by all parties51.148.153.191 |
| Thu, 17th Oct 2024 21:23:48 BST | Teresa Byrne viewed the envelope51.148.153.191 |

Charity Registration No. 1037463

CHANGE BIRMINGHAM BRIEF THERAPY

**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

CHANGE BIRMINGHAM BRIEF THERAPY

LEGAL AND ADMINISTRATIVE INFORMATION

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| Trustees | F Taylor A Morris T Byrne K Sunn |
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| Principal address | Unit 208b JQ Modern 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 |

CHANGE BIRMINGHAM BRIEF THERAPY

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CHANGE BIRMINGHAM BRIEF THERAPY

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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.

Achievements and performance

The legal name of the charity is Change Birmingham Brief Therapy (Change). The charity has now become a CIO under the legal name of Change Birmingham Brief Therapy (Change) wherein we incorporated with our partner company Change Brief Therapy Ltd. The Charity's relatively modest financial footprint has posed challenges in securing additional funding to meet the growing demand for our services, resulting from increased success and visibility. The transition into a CIO involved the limited company directors contributing their shares to the Charity. The merger streamlined operations, and it is hoped will demonstrate to stakeholders that those within Change possess the financial acumen and due diligence required to manage larger grants, as reflected in the financial history of the company. The CIO operates in England & Wales and is registered with the Charity Commission with number in 1207126

We continue to be very grateful for the hard work of our admin staff, volunteers, trustees and counsellors. Our work has been focussed on the need to respond to the requirements of Birmingham Citizens who are still being affected by the aftermath of COVID 19, the current Cost of Living Crisis and the resulting increased demand for brief therapy.

Change has continued to respond to the wishes of our clients, offering the options of Face to Face, Video and Telephone counselling, which accommodates the needs of clients who are working, have caring responsibilities, or have difficulties in travelling. We have maintained our high standards of service delivery, health and safety, safeguarding, confidentiality, and data protection, while delivering our range of services throughout the year.

The Trustees have continued to meet more regularly (often twice a month) by video and in person meetings, including a successful AGM. The Trustee and Director Team meet regularly to facilitate good communication and joint working. The Chair of Trustees stepped down after years of important leadership at the AGM in October 2023 and two Trustees agreed to co-Chair in her stead. We very much appreciated the outgoing Chair's successful time in the role and the offer to remain an active Trustee for the foreseeable. The Trustee acting as Treasurer since January 2023 left to take up a full-time position elsewhere and Change continues to search for a replacement for the Trustee and Treasurer role as yet unfilled. A further Trustee has had to withdraw from active service for the foreseeable future due to ill-health. It is hoped that they will return to an active role in the future. The Trustees continue to review the skill mix within the team and plan to advertise for new Trustees in the near future.

Monthly, mandatory clinical supervision has been provided by video and in person to all counsellors, giving them much needed de-briefing, peer support and expert advice. External training opportunities have also been fully utilised, including mandatory Safeguarding Training for all staff, in May 2023.

Change has retained involvement in delivering counselling services to young people aged 11 plus, through arrangements with specific schools. Another generous grant from the Grimmitt 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 and has been fully involved in the development of and participation in the Mental Health Collective, which is instrumental in representing the views of Third Sector Mental Health Service Providers in the future strategy and delivery of Mental Health Support Services in Birmingham and Solihull. The Trustee team have also been proactive in identifying opportunities for networking with community-based groups and agencies, to raise the profile of Change and the services that we offer.

CHANGE BIRMINGHAM BRIEF THERAPY

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Change has continued to successfully deliver its full Training Programme both by in person and by video. 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 other Third Sector organisations and Housing Associations. 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 organisation, 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. Our research project in partnership with Newman University continues, with naturally occurring data collected by Change SFBT practitioners, being used to evaluate the effectiveness of the service that is provided. 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 has remained committed, enthusiastic and diverse counsellors, continue to contribute new perspectives and ideas for the development of our services. We have also recruited a Volunteer Social Media member of staff whose work is 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, staff and supporters 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.

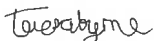
The charity is constituted as a Charitable Incorporated Organisation, registered under the Charity Commission in England & Wales and its governing document is a written constitution. The Governing Document is dated 28 September 2018.

Financial review

The results for the year are summarised in the Statement of Financial Activities (income and expenditure account) on page 5 and the balance sheet on page 6. The figures show income for the year of £38,936 and expenditure of £22,459, leaving a surplus for the year of £16,477 and a fund balance of £20,354.

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



Terry Byrnes (Oct 17, 2024, 9:23pm)

Trustee

Dated: 17 Oct 2024

.....

CHANGE BIRMINGHAM BRIEF THERAPY

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 2024 which are set out on pages 5 to 11.

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.
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 Accountants

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

Signed:

K. Whitehead

Dated:

30/10/2024

CHANGE BIRMINGHAM BRIEF THERAPY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE FOR THE YEAR ENDED 31 MARCH 2024

| | Notes | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|---|-------|----------------------------|--------------------------|--------------------|--------------------|
| <u>Incoming resources from generated funds</u> | | | | | |
| Donations and legacies | 2 | 26,936 | - | 26,936 | 18,439 |
| Incoming resources from charitable activities | 3 | - | 12,000 | 12,000 | 3,000 |
| Other Counselling Services | | - | - | - | - |
| Total incoming resources | | 26,936 | 12,000 | 38,936 | 21,439 |
| <u>Resources expended</u> | | | | | |
| Charitable activities | | | | | |
| Community Trust Expenses | 4 | - | - | - | 70 |
| Grimmit Expenses | | - | 1,050 | 1,050 | 1,680 |
| Supervision Expenses | | 4,821 | - | 4,821 | 4,536 |
| Fairer Futures Expenses | | - | 3,663 | 3,663 | - |
| Total charitable expenditure | | 4,821 | 4,713 | 9,534 | 6,286 |
| Other resources expended | | 12,925 | - | 12,925 | 17,694 |
| Total resources expended | | 17,746 | 4,713 | 22,459 | 23,980 |
| Net (expenditure)/income for the year/ Net movement in funds | | 9,190 | 7,288 | 16,477 | (2,541) |
| Fund balances at 1 April 2023 | | (5,171) | 9,048 | 3,877 | 6,418 |
| Fund balances at 31 March 2024 | | 4,019 | 16,336 | 20,354 | 3,877 |

CHANGE BIRMINGHAM BRIEF THERAPY

BALANCE SHEET AS AT 31 MARCH 2024

| | | 2024 | | 2023 | |
|---|-------|---------------|---------------|--------------|--------------|
| | Notes | £ | £ | £ | £ |
| Fixed assets | | | | | |
| Tangible assets | 6 | | 1,635 | | 2,044 |
| | | | <u>1,635</u> | | <u>2,044</u> |
| Current assets | | | | | |
| Debtors | 7 | 911 | | 728 | |
| Cash at bank and in hand | | 18,715 | | 6,677 | |
| | | <u>19,626</u> | | <u>7,405</u> | |
| Creditors: amounts falling due within one year | | | | | |
| | 8 | (907) | | (5,572) | |
| Net current assets | | | <u>18,719</u> | | <u>1,833</u> |
| Total assets less current liabilities | | | <u>20,354</u> | | <u>3,877</u> |
| Income funds | | | | | |
| Restricted funds | | | 16,336 | | 9,048 |
| Unrestricted funds | | | 4,019 | | (5,171) |
| | | | <u>20,354</u> | | <u>3,877</u> |

The accounts were approved by the Trustees on 17 Oct 2024

Teresa Byrne

Teresa Byrne (Oct 17, 2024, 9:23pm)
Trustee

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard of Smaller Entities (effective January 2015), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The Charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when the funds are raised for particular restricted purposes.

1.2 Resources expended

Recognition of other resources expended;

| | | |
|---|-------------------------|----------|
| • | Rent | 9,900.00 |
| • | Travel | 257.29 |
| • | Light and heat | 517.36 |
| • | Computer expenses | 137.42 |
| • | Legal and professional | 1,337.68 |
| • | Insurance | 25.43 |
| • | Administration expenses | 45.00 |
| • | Subscriptions | 251.00 |
| • | Depreciation | 408.85 |
| • | Bank charges | 45.17 |

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1.3 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 |
|--------------------------------|----------------------|

2 Donations and legacies

| | 2024 | 2023 |
|---------------------|--------|--------|
| | £ | £ |
| Donations and gifts | 26,936 | 18,439 |

3 Incoming resources from charitable activities

| | Unrestricted funds | Restricted funds | Total 2024 | Total 2023 |
|--------------------|-----------------------|---------------------|---------------|---------------|
| | £ | £ | £ | £ |
| Grants received | - | 12,000 | 12,000 | 3,000 |

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Total resources expended

| | 2024 £ | 2023 £ |
|-----------------------------------|---------------|---------------|
| Charitable activities | | |
| <u>Community Trust Expenses</u> | | |
| Activities undertaken directly | - | 70 |
| <u>Grimmit Expenses</u> | | |
| Activities undertaken directly | 1,050 | 1,680 |
| <u>Fairer Futures Expenses</u> | | |
| Activities undertaken directly | 3,663 | |
| <u>Supervision Expenses</u> | | |
| Activities undertaken directly | 4,821 | 4,536 |
| <u>Other Counselling Services</u> | | |
| Activities undertaken directly | - | - |
| | 9,534 | 6,286 |
| Other resources expended | 12,925 | 17,694 |
| | 22,459 | 23,980 |

5 Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 (2023: Nil).

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31 March 2024 (2023: Nil).

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Tangible fixed assets

Fixtures, fittings & equipment £

Cost

At 1 April 2023 and at 31 March 2024

3,993

Depreciation

At 1 April 2023

1,948

Charge for the year

409

At 31 March 2024

2,357

Net book value

At 31 March 2024

1,635

At 31 March 2023

2,044

7 Debtors

2024

2023

£

£

Trade Debtors

94

550.00

Prepayments and accrued income

817

178

911

728

8 Creditors: amounts falling due within one year

2024

2023

£

£

Trade creditors

425

5,104

Accruals

482

468

907

5,572

CHANGE BIRMINGHAM BRIEF THERAPY

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

9 Analysis of net assets between funds

| | £ | £ | Total £ |
|--|---------------|----------|----------------------|
| Fund balances at 31 March 2024 are represented by: | | | |
| Tangible fixed assets | 1,635 | - | 1,635 |
| Current assets | 19,626 | - | 19,626 |
| Creditors: amounts falling due within one year | (907) | - | (907) |
| | <u>20,354</u> | <u>-</u> | <u>20,354</u> |



Issuer

Change Brief Therapy

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