

Charity Registration No. 1093883

Company Registration No. 04404093 (England and Wales)

CHANGING OUR LIVES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

CHANGING OUR LIVES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	J Baker R Harding A Middleton R Seabright
Charity number	1093883
Company number	04404093
Registered office	Belmont House Station Way Crawley West Sussex RH10 1JA
Independent examiner	Neal and Co Business Services Limited Shakespeare Buildings 26 Cradley Road Cradley Heath West Midlands B64 6AG

CHANGING OUR LIVES

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CHANGING OUR LIVES

TRUSTEES' REPORT (INCLUDING DIRECTORS' 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 1 to the accounts and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The charity is a rights-based organisation that works in co-production with people with disabilities of all ages to achieve equality, good health and social inclusion.

Public benefit

The trustees have had due regard to the Charity Commission's guidance on Public Benefit Reporting when planning its future activities and also during delivery of its activities.

CHANGING OUR LIVES

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

Achievements and performance

Speakeasy

In 2020 Changing Our Lives began work on our Speakeasy project in Sandwell, which aims to build social connections and promote digital inclusion for people with learning disabilities, autistic people and their families. The Covid-19 pandemic has magnified the isolation and digital exclusion that people with learning disabilities and autistic people experience in their everyday lives. With the majority of the community shut and many people being told to shield, people's lives have been completely disrupted. ONS data found three in four people (74.6 per cent) with a learning disability believe their wellbeing has been affected by the impact of coronavirus, compared with 37 per cent of non-disabled people (ONS, 2021).

Using Zoom, we have facilitated a series of virtual "Speakeasies". Each Speakeasy is totally unique and to date we have hosted a variety of virtual get-togethers including a Christmas Cabaret, Valentines Cabaret, Pub Quiz, Pamper Night and Drag Bingo. Each person that attends has a personalised "Speakeasy Parcel" delivered to their doorstep to add to the atmosphere of the night. This may be their favourite food or drink. Amongst the fun and entertainment, people chat and share their stories. Some of these stories have been captured through song and we will be developing an album of these songs as part of the project.

We have supported people with developing their digital skills to take part in Speakeasy nights and in some cases are supporting people to use Zoom for the first time through 1:1 support. Additionally, we have developed a tablet loan scheme, through which a number of tablets are available to those who don't have the required technology to take part in the project.

We have connected old friends, who in some cases are seeing each other for the first time since lockdown began. We have also brought people together who would otherwise not have known each other. Friendships and community connections are being established and as time progresses these will develop naturally outside of the project.

Statistics:

In 2017, 56% of adult internet non-users were disabled, much higher than the proportion of disabled adults in the UK population as a whole, which in 2016 to 2017 was estimated to be 22%. For internet non-users aged between 16 and 24 years, 60% were disabled in 2017, a proportion that is the same as for those aged 75 years and older.

ONS, 2019

"Research conducted prior to the pandemic [shows] that whilst many people with learning disabilities are highly motivated to use technology, they are often unable to effectively or meaningfully do so. [...] Several researchers have argued that a major reason that people with learning disabilities are excluded from the benefits that using technology can offer them is that supporters (e.g. parents, carers and other professionals) are often unable or unwilling to facilitate access and support sustained use of technology."

Seale, 2014; Sorbring, Molin & Löfgren Mårtenson, 2017). Keeping Connected and Staying Well, The Open University 2020

Quotes:

"It was just great as I haven't seen her since about 12 months ago. And it was fantastic that I actually saw her."

"I love meeting new people. It's nice to get to know them better on Zoom."

"I really enjoyed the cabaret. It was fun. I really enjoyed the dancing and singing."

"Huge thank you to Changing Our Lives for a brilliant night and for fantastic Christmas gifts for Dave. Amazing band, fab Fizzogs, great Drag Artist."

"I loved the care, the humour and the sense of community that came across even through the Zoom format."

CHANGING OUR LIVES

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

Common Ground

Community Connecting

Since 2017, we have been working with the Co-op Foundation on Common Ground, which uses 'Community Connecting' as an approach to tackle youth loneliness and build connections between young disabled people and their local community. Too often the social isolation and loneliness that young disabled people experience is defined by their disability, which can be all the more isolating. For 2019 - 2021 our aim was to continue to build on what we've learnt so far, developing a range of works to connect and motivate young people to start a conversation around youth loneliness.

Human Rights training

Between 2019 - 2021, Changing Our Lives partnered with the Law School from the University of Birmingham (UoB) to design and develop a bespoke Human Rights training session aimed at young people in Wolverhampton.

In 2019, 27 pupils from mainstream schools took part in face-to-face training that was created and delivered by 6 UoB students alongside Changing Our Lives staff and 2 young disabled people from the city of Wolverhampton. In light of the Covid-19 pandemic, in 2020 a virtual form of this training was developed by UoB law students with support from the Changing Our Lives team. In 2021, this online session was delivered by UoB students alongside Changing Our Lives staff to young members from youth forums facilitated by the City of Wolverhampton Council.

"Your new normal. My normal." social media campaign

Throughout the course of the Covid-19 pandemic, people from all walks of life have expressed their feelings of loneliness and isolation, donning the phrase "the new normal". However, for some young people, these feelings of loneliness are the everyday normal. We sought to raise awareness of this by capturing the stories of young disabled people and their non-disabled peers through the arts. Changing Our Lives use the arts as a vehicle to highlight and challenge societal prejudices and perceptions. By creatively opening up the conversation on youth loneliness, we wanted young people to feel powerful and confident to share their stories.

The range of artworks featured on our social media channels throughout the course of the campaign. The campaign also resulted in an online exhibition with Wolverhampton Art Gallery, (<https://www.wolverhamptonart.org.uk/changingourlives/>) featuring the original artworks of young people whose work was selected by a judging panel. To view the full collection of artwork produced for the "Your New Normal. My normal." campaign, click here: [LINK ARTS BROCHURE](#) and [Common Ground book](#)

"Because you are vulnerable you are not disposable, you are not any less valuable, and you are not any less deserving. This pandemic has taught the world a lot of what it's like to live with some conditions, but only the small part of it. Being able to deal with things and carry on as the vulnerable people in this world do, is amazing, it takes courage and strength to fight everyday just for a tomorrow. I enjoy educating people and being open and sharing my life. I want people to appreciate their lives more and I think when people see how much some people have to do every day, they start to realise."

"If someone shares their story it might make others reach out and share theirs too and this way, the more people share, the more they feel connected and the more future connections and support they create for others."

CHANGING OUR LIVES

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

What I wish people knew about autism...

"I am accepted as who I am within my local community. People and organisations in my community have opportunities to raise their awareness and acceptance of autism."

Promise 1: Sandwell Autism Strategy

Living an ordinary life is often challenging for autistic people because of systemic barriers, negative attitudes and exclusion by society (purposely or inadvertently). Misunderstandings and judgmental attitudes based on misinformed stereotypes creates an unwelcoming community and can be one of the biggest barriers to autistic people living life the way they want. More needs to be done to tackle them which is why the first promise of the Sandwell Autism Strategy, which Changing Our Lives coproduced with autistic people in 2019.

A better understanding of autism would improve every part of autistic people's lives, increasing the chances of an early diagnosis and appropriate support, lowering incidents of bullying at school and in society, making communities more welcoming and accepting, and improving employment opportunities.

Autistic people themselves are in the best position to inform and educate non-autistic people about autism, which is why Changing Our Lives ran the "What I wish people knew about autism..." project during the pandemic. This project was about autistic people themselves using their own experiences and creativity to produce pieces of art to encourage more awareness, understanding and acceptance of autism in Sandwell.

Autistic people were invited to create pieces of art work using any medium around the themes of:

My world – exploring ways in which autistic people can experience the world differently to non-autistic people

Acceptance and respect – exploring issues around respect and acceptance of neurodiversity

Change – exploring what the neurotypical world needs to do to become more inclusive of autistic people

Contributors were free to create work that was celebratory, highlighting the gifts, talents and strengths that can come with autism; or challenging, focussing on the barriers, struggles and difficulties that autistic people face; or to simply express their day to day experience living in a world not built for autistic people.

There were some very powerful, insightful and expressive submissions and three pieces were chosen for a prize.

CHANGING OUR LIVES

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

A Springboard to Tackling Health Inequalities in Sandwell

Challenging the injustice of health inequalities has always been a high priority for Changing Our Lives. Having good health is fundamental to living an ordinary life.

The disturbing levels of health inequalities experienced by people with a learning disability and autistic people have been well documented in the last twenty years: people with a learning disability and autistic people have poorer health and die earlier than the general population. Shockingly, many of these deaths could be prevented by public health interventions or better access to high quality care.

The COVID-19 pandemic has amplified the everyday discrimination experienced by people with a learning disability, including around health inequalities. In February 2021 Mencap reported that Covid-19 accounted for 80% of deaths of people with a learning disability in the week ending 22 January, a disproportionately high number compared to the general population in England and Wales, where 45% of deaths were COVID related

With these alarming statistics in mind, Changing Our Lives worked with Sandwell Council to plan and carry out a Quality of Life Review to explore how well people in supported living are supported to maintain good health and wellbeing in general, and throughout the pandemic.

The Health Charter for Social Care Providers 2017 (the Health Charter) was used as a basis for the review. This charter was developed with people with learning disabilities and their families and aims to support social care providers to improve the overall health and wellbeing of people with learning disabilities. The review took place over a six-month period and involved 9 social care providers; the review team spoke to 82 people overall, including people with a learning disability, managers, support staff and family members.

In general, the review team found that the support people get to maintain their health and wellbeing is good enough and there were some great examples of innovative and creative practice. However, there was also evidence of shortcomings in practice in some areas and an inconsistent awareness and understanding of health inequalities and people's rights.

The findings and recommendations from this review will be presented to Sandwell Health and Wellbeing Board in June 2021 where strategic backing will be sought to take forward key actions and developments. Changing Our Lives will host a Health Inequalities Conference in the autumn aimed at providers to raise awareness and understanding of key health inequalities and secure sign up to the Health Charter and begin to close the health inequalities gap in Sandwell.

State of Sandwell

Building upon the findings of the State of Sandwell 2019, in 2020 Changing Our Lives set out to have conversations with Sandwell residents about their mental health. This year, the focus was the impact of COVID-19 on the mental health of people from minority ethnic communities in Sandwell. At the time of designing the research methodology, evidence was emerging to suggest that COVID-19 was having a disproportionate impact on some minority ethnic communities in the UK and that the pandemic was linked to various social and economic outcomes that were likely to have a negative impact on people's mental health.

Reaching people by videoconferencing and phone calls, Changing Our Lives spoke to Sandwell residents from Black and Asian backgrounds. Many of these people had additional risk factors of disadvantage from COVID-19 including disabled people, women (including those with caring responsibilities) and frontline workers. After the conversations, a core group of residents who had participated came back to analyse the data with Changing Our Lives staff and identify key themes.

As with the State of Sandwell 2019, people spoke about their mental health as being interwoven with all other aspects of their everyday lives and described positive, self-directed activities as important for maintaining their mental health and wellbeing. Cultural identity and heritage was identified as an important factor for many people in how they understood their own mental health, but this was deeply personal and individual, and blanket assumptions about ethnicity or culture were seen as particularly unhelpful.

In 2021, Changing Our Lives will present the findings from this work to a range of relevant stakeholders and will coproduce an action plan that will inform the work of the Mental Health People's Parliament.

CHANGING OUR LIVES

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

Got My Back: Young people and families putting themselves in control of postural care

Changing Our Lives has a long history of working with disabled people to raise awareness of health inequalities, challenge the systems that perpetuate them and remove barriers to healthcare. Our vision is that no-one is too disabled to live an ordinary life, and this includes having equal access to good health outcomes.

A healthy posture is important for us all, but for people with reduced mobility, it is more difficult to maintain a healthy posture. This means that over time, some people develop body shape distortions. These changes are not inevitable. Postural care is any intervention which protects a person's body shape and reduces their risk of health complications associated with distortion.

In 2019, NHS England and Improvement commissioned Changing Our Lives to write the stories of 6 people who demonstrate the benefits of good postural care. We worked with young people and family carers to build a picture of their experiences with postural care. Despite being of critical importance to a person's physical health outcomes, what really shone out of the 6 stories we gathered was the way that good postural care acts as the cornerstone of a full, connected and ordinary life. Whether scaling a climbing wall, visiting the beach with family or taking those first strides into independence as a young adult, maintaining a healthy body shape freed people up to achieve what they wanted to.

However, a theme throughout all the stories was a need for more information and awareness among people, families and healthcare professionals. Localised pockets of great practice work for those people who are lucky enough to come across them, but a consistent level of understanding and access to postural care is needed wherever disabled people are. Changing Our Lives will share the 'Got My Back' stories in Summer 2021 and will use them as a springboard for our upcoming Postural Care Twitter Chats and for a learning and sharing event in September 2021 aimed at learning disability nurses.

Best practice in Learning Disability Nursing and Resetting the Narrative

In December 2020 Changing Our Lives published two books about learning disability nursing. 'Best practice and challenges in learning disability nursing' was commissioned by NHS England and Improvement, and illustrated how nurses in a variety of settings had put the 'Learning Disability Improvement Standards for NHS Trusts' into practice. 'Resetting the Narrative' was commissioned by Health Education England and told the stories of people with learning disabilities, autistic people and their families reflecting on the importance of Learning Disability Nurses in their own lives. The stories spanned more than 20 NHS Trusts, a learning disabilities regional network and a handful of voluntary sector organisations and they demonstrated the creativity, tenacity and warmth that are the hallmarks of great learning disability nursing.

Changing Our Lives presented the two books at The 2nd National Learning Disability Nurse Symposium, sharing some of the stories featured. After the Symposium, connections were forged between the Trusts mentioned and other delegates over Twitter, including Respiratory Charge Nurse Justin Wyatt who was invited to speak to Learning Disability Students at Teesside University about his innovative pathway for patients with the label of profound and multiple learning disabilities (PMLD).

Changing Our Lives are continuing to work with some of the NHS Trusts on some social media spotlights around particular pieces of best practice, and many of the individual people, families and nurses that were featured in 'Resetting the Narrative' have returned in 2021 to collaborate with us on awareness raising or our new digital inclusion work, and some are also undertaking paid roles on one of our national research projects.

CHANGING OUR LIVES

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

Digital Postural Care Passport

"Our vision is of a world where people's body shape is protected, so that we can enjoy our lives free from pain, exercising our basic human rights and living our lives to the full."

Changing Our Lives, 2018

This is the vision from our postural care strategy which was written with disabled people, family members, healthcare professionals, academics and equipment providers in 2018.

In 2020, Changing Our Lives was commissioned by NHSE to produce and pilot a digital passport for young people with the label of profound and multiple learning disabilities. The passport focuses on communication and postural care and is a way of families sharing the knowledge and expertise they have about their child or young person with others who may work with them.

"Postural care is everything to us as a family. If my son is not supported to have good posture then everything else fails – he can't stand in his standing frame if he's not in a good position, he can't sit in his wheelchair if he is not comfortable. He can't have a good quality of life."

Changing Our Lives, 2018

Changing Our Lives have worked in coproduction with family carers and experts in the field of postural care to produce the draft passport. The passport is accompanied by a series of short films created by Sarah Clayton (Simple Stuff Works) and Sharon Sutherland (www.posturedmobility.com) which will help families to consider what to include in the postural care sections of the passport.

At the time of writing the passport is being piloted by families at a local special school in Staffordshire. Their input and expertise will shape the final passport.

The long term aim is that the passport will be freely available via our website and will result in outcomes for those with communication and postural care needs across the country. We aim to establish a network of family carers who will champion the passport through their networks.

Hospital to Home

Over 20 years since the Human Rights Act became law in the UK and nearly 10 years since the shocking human rights violations at Winterbourne View hit the headlines, pledges to make sure that people with a learning disability and autistic people were no longer locked away in inpatient units have not materialised. Alarming there are still around 2000 people with a learning disability and autistic people currently stuck in inpatient units being denied a life in the community. Changing Our Lives has a strong and proud history of working with people who find themselves stripped of the most basic human rights, often those people with a learning disability and/or autistic people in inpatient units.

Our work is shaped by a recognition that people themselves are in the best position to know what works for them. So, in 2020 we published 'From Hospital to Home' a collection of stories that describes three people's unique journey from inpatient units to ordinary lives in the community. The stories honour the courage of each person and celebrate their achievements. They highlight the essence of what has helped them along the way and show what is possible when people are put centre stage of their own lives. Their real experiences show first hand that no one is too disabled or too affected by mental health problems to live an ordinary life.

Since publishing the stories, one person from the book has gone on to move out of his flat in a shared building, to his new home with a new provider where he will be taking on even more independence and control over his own life. Another person from the book is working with Changing Our Lives on research that aims to identify and challenge the barriers that other autistic people and people with learning disabilities face on their journeys from hospital to home.

CHANGING OUR LIVES

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

Coproduction leading to paid work

Changing Our Lives is committed to ensuring that disabled people are paid for the co-produced work they carry out across the organisation. In 2020 to 2021 we paid 15 disabled people for a range of work including being part of the State of Sandwell advisory group, playing leading roles in the Quality of Life programme, producing an awareness raising film around autism and being part of a reference group for a joint project with the University of Birmingham looking at why people with learning disabilities and autistic people find themselves stuck in locked hospitals.

Some of these individuals are Associates of the organisation and some are individuals who may work with us on a one-off basis but nevertheless contribute their skills and expertise.

We also paid family members to work with us on the development of the digital postural care passport as their 24/7 commitment to facilitating postural care for their sons and daughters put them in a unique position to shape and guide this work moving forwards.

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to at least nine month's expenditure. The Trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

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.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

J Baker
R Harding
A Middleton
R Seabright

Trustees are appointed as necessary by the continuing trustees.

New trustees receive information and training on their responsibilities as trustees.

The Trustees' report was approved by the Board of Trustees.

J Baker

Trustee

Dated: 7 December 2021

CHANGING OUR LIVES

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHANGING OUR LIVES

I report on the accounts of the charity for the year ended 31 March 2021, which are set out on pages 10 to 17.

Respective responsibilities of Trustees and examiner

The charity's Trustees, who are also the directors of Changing Our Lives for the purposes of company law, are responsible for the preparation of the accounts. The 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. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of ACCA.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, 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 next statement.

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 386 of the Companies Act 2006; and
 - (ii) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;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.

Robert Chance FCCA
Neal and Co Business Services Limited

Shakespeare Buildings
26 Cradley Road
Cradley Heath
West Midlands
B64 6AG

Dated: 7 December 2021

CHANGING OUR LIVES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2021 £	2021 £	2021 £	2021 £	2020 £
<u>Income and endowments from:</u>						
Charitable activities						
Co-produced equal rights based projects	2	246,426	13,100	38,998	298,524	312,699
Investments	3	183	-	-	183	730
Other income	4	-	-	-	-	484
Total income		<u>246,609</u>	<u>13,100</u>	<u>38,998</u>	<u>298,707</u>	<u>313,913</u>
<u>Expenditure on:</u>						
Charitable activities	5	<u>276,426</u>	<u>13,033</u>	<u>38,748</u>	<u>328,207</u>	<u>283,273</u>
Net (outgoing)/incoming resources before transfers		(29,817)	67	250	(29,500)	30,640
Gross transfers between funds		<u>38,073</u>	<u>(13,585)</u>	<u>(24,488)</u>	<u>-</u>	<u>-</u>
Net income/(expenditure) for the year/ Net movement in funds		8,256	(13,518)	(24,238)	(29,500)	30,640
Fund balances at 1 April 2020		<u>289,276</u>	<u>15,647</u>	<u>25,623</u>	<u>330,546</u>	<u>299,907</u>
Fund balances at 31 March 2021		<u><u>297,532</u></u>	<u><u>2,129</u></u>	<u><u>1,385</u></u>	<u><u>301,046</u></u>	<u><u>330,547</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

CHANGING OUR LIVES

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	8		11,215		10,837
Current assets					
Debtors	9	112,137		87,372	
Cash at bank and in hand		187,653		244,139	
		<u>299,790</u>		<u>331,511</u>	
Creditors: amounts falling due within one year	10	<u>(9,959)</u>		<u>(11,801)</u>	
Net current assets			289,831		319,710
Total assets less current liabilities			<u>301,046</u>		<u>330,547</u>
Income funds					
Restricted funds	11		1,385		25,623
Designated funds			2,129		15,648
Unrestricted funds			297,532		289,276
			<u>301,046</u>		<u>330,547</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021. The members have not required the company to obtain an audit. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The Trustees' acknowledge responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Trustees on 7 December 2021

J Baker
Trustee

Company Registration No. 04404093

CHANGING OUR LIVES

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Changing Our Lives is a private company limited by guarantee incorporated in England and Wales. The registered office is .

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used.

Designated funds represent monies set aside by the Trustees for particular projects.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

CHANGING OUR LIVES

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

1 Accounting policies

(Continued)

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	Depreciated over 4 years
Computers	Depreciated over 4 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Intangible assets with indefinite useful lives and intangible assets not yet available for use are tested for impairment annually, and whenever there is an indication that the asset may be impaired.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The following assets and liabilities are classified as financial instruments – trade debtors, trade creditors and bank loans.

Bank loans are initially measured at the present value of future payments, discounted at a market rate of interest, and subsequently at amortised costs using the effective interest method.

Trade debtors and trade creditors are measured at the undiscounted amount of cash or other consideration expected to be paid or received.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

CHANGING OUR LIVES

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

2 Charitable activities

	2021 £	2020 £
Co-produced equal rights based projects	298,524	312,699
Analysis by fund		
Unrestricted funds	246,426	
Designated funds	13,100	
Restricted funds	38,998	
	298,524	
For the year ended 31 March 2020		
Unrestricted funds		215,011
Designated funds		50,700
Restricted funds		46,988
		312,699

3 Investments

	2021 £	2020 £
Interest receivable	183	730

4 Other income

	2021 £	2020 £
Net gain on disposal of tangible fixed assets	-	484

CHANGING OUR LIVES

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

5 Charitable activities

	2021 £	2020 £
Staff costs	259,795	212,101
Co-produced equal rights based projects	68,412	71,172
	<u>328,207</u>	<u>283,273</u>
	<u>328,207</u>	<u>283,273</u>

6 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

Number of employees

The average monthly number employees during the year was:

	2021 Number	2020 Number
	9	9
	<u>9</u>	<u>9</u>

Employment costs

	2021 £	2020 £
Wages and salaries	222,136	186,823
Social security costs	16,714	21,258
Other pension costs	20,945	4,020
	<u>259,795</u>	<u>212,101</u>

CHANGING OUR LIVES

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

8 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 April 2020	1,322	12,337	13,659
Additions	-	4,662	4,662
Disposals	(1,322)	-	(1,322)
	<hr/>	<hr/>	<hr/>
At 31 March 2021	-	16,999	16,999
	<hr/>	<hr/>	<hr/>
Depreciation and impairment			
At 1 April 2020	511	2,311	2,822
Depreciation charged in the year	-	3,473	3,473
Eliminated in respect of disposals	(511)	-	(511)
	<hr/>	<hr/>	<hr/>
At 31 March 2021	-	5,784	5,784
	<hr/>	<hr/>	<hr/>
Carrying amount			
At 31 March 2021	-	11,215	11,215
	<hr/>	<hr/>	<hr/>
At 31 March 2020	811	10,026	10,837
	<hr/>	<hr/>	<hr/>

9 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Accrued income	108,602	82,727
Prepayments	3,535	4,645
	<hr/>	<hr/>
	112,137	87,372
	<hr/>	<hr/>

10 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	6,025	5,581
Other creditors	1,189	2,509
Accruals and deferred income	2,745	3,711
	<hr/>	<hr/>
	9,959	11,801
	<hr/>	<hr/>

CHANGING OUR LIVES

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

11 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers
	£	£	£	£
Halley Stewart	-	14,588	(15,663)	1,075
Safe Places	9,837	-	-	(9,837)
Sandwell 2020 Vision	-	4,800	(4,860)	60
SMBC Co-Production Development Project	6,391	-	-	(6,391)
SCVO Grant	-	19,610	(18,225)	-
Co-op Loneliness	9,395	-	-	(9,395)
	<u>25,623</u>	<u>38,998</u>	<u>(38,748)</u>	<u>(24,488)</u>
				<u>1,385</u>

12 Analysis of net assets between funds

	Unrestricted £	Designated £	Restricted £	Total £
Fund balances at 31 March 2021 are represented by:				
Tangible assets	11,215	-	-	11,215
Current assets/(liabilities)	286,317	2,129	1,385	289,831
	<u>297,532</u>	<u>2,129</u>	<u>1,385</u>	<u>301,046</u>