

Charity registration number 1093883

Company registration number 04404093 (England and Wales)

**CHANGING OUR LIVES LTD**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

# CHANGING OUR LIVES LTD

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	J Baker R Harding A Middleton
<b>Charlty number</b>	1093883
<b>Company number</b>	04404093
<b>Registered office</b>	C/O Irwin Mitchell LLP Riverside East 2 Millsands Sheffield S3 8DT
<b>Independent examiner</b>	Neal and Co Business Services Limited Shakespeare Buildings 26 Cradley Road Cradley Heath West Midlands B64 6AG

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# CHANGING OUR LIVES LTD

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# **CHANGING OUR LIVES LTD**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)**

***FOR THE YEAR ENDED 31 MARCH 2023***

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The Trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements 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)" (effective 1 January 2019).

### **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 LTD

### TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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#### Achievements and performance

##### *Who we are*

Changing Our Lives works with people with learning disabilities and autistic people, as well as people with lived experience of mental health difficulties of all ages. However, in many areas of our work we choose to target three specific groups of people who find themselves particularly disadvantaged:

People with the label of profound and multiple learning disabilities

People from minority ethnic communities

People who are trapped within the locked hospital system

Since we were established in 2002 we have used a coproduced approach, working in partnership with disabled people and people with lived experience of mental health difficulties to shape and deliver projects. In 2022-2023 we continue to be committed to this approach.

In 2022-2023 we paid 20 disabled people which included 5 people with physical disabilities, 9 autistic people, 4 people with learning disabilities and 6 individuals with lived experience of mental health difficulties. 45% of these individuals came from minority ethnic communities. Creating paid opportunities for disabled people is something we have done since the charity was established in 2002 because we know that working with and investing in people close to the issue is the best way to bring about meaningful and sustained outcomes.

##### *Our Vision and Values*

Our vision is of a society in which disabled people and people with lived experience of mental health difficulties of all ages are afforded universal human rights, resulting in them being in control of their own lives as equal citizens.

Our values guide all of us at Changing Our Lives, as they shape the culture of the organisation, the way we behave and the way we work to challenge social injustice and develop solutions based on equality and an improved quality of life.

##### *Equal Rights*

All people are citizens in their own right and have the same human, legal and civil rights as each other.

##### *People First*

All people should be seen as people first. We should not be seen simply in relation to impairment or a mental health difficulty. These labels should not be used to define us as a person, segregate us or remove us from society, or limit us in any way.

##### *Independence*

We are all inter-dependent; we all need to connect with others in our lives. No one is too disabled or too affected by mental health difficulties to lead an independent life. Being independent means having choice and control over your own life with as much or as little support as you need. It does not mean being on your own and doing everything for yourself.

##### *An ordinary life*

All of our work is rooted in the belief that no one is too disabled and no one's mental health is too complex to lead an 'ordinary life'. Whatever our area of work, the drive for people to lead ordinary lives is at the heart of our approach. An ordinary life, first coined by the King's Fund in their seminal report *An Ordinary Life* (Kings Fund (1980) *An Ordinary Life: Comprehensive locally based residential services for mentally handicapped people*, London: Kings Fund), promoted the concept that people with learning disabilities should live in ordinary houses, in ordinary streets and be part of ordinary communities.

## CHANGING OUR LIVES LTD

### TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

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#### *Social model of disability*

Our values are rooted in the social model of disability, which guides our approach. The social model of disability recognises that the person is disabled by society and the way it is organised, as opposed to the medical model which views the person as disabled by their condition and therefore a problem to be fixed. As such, we don't believe people's lives should be limited or defined by labels and diagnoses and are committed to reframing how society views mental health and disability.

#### *Recovery model*

We are committed to the recovery model in mental health and non-pathologising perspectives. Just as we all have physical health, so we have mental health. The recovery model does not focus on symptoms and conditions but champions:

- building resilience of people
- supporting self-development and self-esteem
- a strength-based approach
- a personalised approach and aims for each individual to gain more control over their life
- social recovery where relationships and community connections are strengthened
- the journey, not the destination
- building a meaningful life, as defined by the person themselves.

Non-pathologising perspectives of emotional distress acknowledge the causal role of social and relational conflicts, abuses, difficult life experiences and adversities, social inequalities, oppression and injustices. Consequently, individual solutions are not enough. Wide ranging and sustainable improvements in mental health will only come from social change that strives for equity, social justice and a fairer society.

For the purposes of this report, we have chosen to highlight the following areas of work:

#### **Our work 2022-2023**

##### *Colour Between the Lines*

Drawing on oral history approaches and funded by the Heritage Lottery, Colour Between the Lines charts the individual development and successes of 7 disabled individuals from minority ethnic communities who, in spite of societal prejudices and discrimination towards race and disability, have established successful and thriving lives.

The project emerged from an awareness of the relative invisibility of disabled people from minority ethnic communities in society and in oral histories, and the need to challenge these gaps in the narrative.

As the individuals involved with this project sit at the intersection between disability discrimination and racism, they were able to provide a unique vantage point on the role ethnicity plays in disability and self-advocacy movements.

Working alongside these 7 individuals, we produced a written publication, a short film and a series of portraits, which were launched in July 2022 at the Black Cultural Archives in Brixton as one of a series of events marking the 20 year anniversary of Changing Our Lives.

##### *Working with people trapped in locked hospitals*

A key area of our work and our passion as a team is the plight of people with learning disabilities and autistic people living trapped in long stay hospitals across the country. It is 12 years since Winterbourne View, the abuse scandal that led to the creation of the Transforming Care programme. The programme aims to improve care and services for people with learning disabilities and autistic people and reduce inappropriate admissions and length of stay for people in Assessment and Treatment Units (ATUs) and secure hospital settings.

Despite Transforming Care, numerous reports, reviews, additional funding and some high profile media cases there remain over 2000 people with learning disabilities and autistic people in long-stay settings. The average length of stay is 5 years, however many of the individuals we work with have been in hospital 15, 20 and in some cases 40+ years.

## CHANGING OUR LIVES LTD

### TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

#### FOR THE YEAR ENDED 31 MARCH 2023

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We aim to work at both a strategic and individual level to challenge these injustices. Our Why are We Stuck in Hospital? research project tackles the issues on a strategic view level, whereas our Future Planning work champions the rights of individuals to leave hospital and lead ordinary lives, in ordinary homes, in ordinary streets.

#### *Why Are We Stuck in Hospital?*

Over the last two years we have worked alongside The University of Birmingham on a two year NIHR-funded research study to explore why people spend so much time in hospital. The aim of the study was to try and understand the issues from the point of view of people themselves, families, hospital staff, commissioners, social workers, advocates and social care providers who support people when they leave hospital. We spoke to 27 people with learning disabilities or autistic people in three different long-stay hospitals across the country to try to understand their often lengthy journeys through 'the system', what they thought would help them move out of hospital quicker and what they wanted their life to look like in the future. We went back to see people one year after first meeting them to see if their lives had changed and if they were any closer to living the life they want.

We used what people told us to create a guide that has been sent out to all heads of adult social care and health trusts in the country. We produced an accessible film version of the guide as well as an easy read version for people and families. We also produced a training film for social care professionals. All of these resources are hosted on the SCIE website as well on those of Changing Our Lives and The University of Birmingham.

In order to maximise the impact of the work and to ensure that conversations around the scandal of people being stuck in hospital took place outside of the world of health and social care we worked with The Ikon Gallery. They commissioned local artist Foka Wolf to create a gallery installation, highlighting the issue, that coincided with the launch of the guide as well as promoting the research and exhibition on billboards across Birmingham with the help of creative advertising specialists Jack Arts. Jack Arts estimate that footfall across the billboard sites over the two weeks was in excess of 350,000.

Two launch events were held, one to launch the policy and practice guide to an audience of health and social care professionals and one to launch the exhibition to the public, to discuss issues from the research and the collaboration between the research and the Ikon. The exhibition ran for ten days attracting 3397 visitors. We created an accessible guide to the installation as well as a display based on Matthew's story hosted by the Ikon in their resource room. We created this display using photographs and text from Matthew's story to further educate the gallery audience on the issue. Both the research and the exhibition attracted a lot of publicity with pieces appearing on the BBC News website and in The Guardian online as well as many articles in local media publications. To date the research team have presented the work to multiple audiences including:

Royal College of Psychiatrists network meetings,

BASW 'Homes not Hospital' campaign,

BASW Black Country branch,

Skills for Care (exploring commissioning competencies on behalf of a Ministerial Working Group)

National Commissioning Conference

They are also due to present at a number of national and international conferences:

BASW national conference

Health Services Research UK conference

International Conference on Integrated Care (ICIC23), Antwerp

Building the Right Support Community of Practice (via LGA)

Mental Diversity Law Network: 'Why haven't we Transformed Care yet?'

Making Research Count/King's College London

Asia Pacific Conference on Integrated Care, Australia

National Advocacy Conference

#### Quotes from visitors to the exhibition:

*"Great and powerful project, highlighting an important issue I wasn't aware of. Excellent use of space as well."*

*"This was an eye-opening exhibition. I learnt a lot about the subject and it made me think about how other people live."*

*"The exhibition is incredibly powerful and the event is useful in bringing together the voices and contribution of people with lived experience, research and sector partners. Your next step is to push for real change at pace."*

## CHANGING OUR LIVES LTD

### TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

**FOR THE YEAR ENDED 31 MARCH 2023**

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#### Future Planning

Over the last year, Changing Our Lives has worked with 9 people who are or have been trapped in hospital settings around the UK. Typically, when people are trapped in in-patient units, there are multiple professionals involved in their lives. On paper, they all have the same goal of moving the person out of hospital, but despite this, the average length of hospital stay is around five years with some having been in hospital for over twenty years.

Our approach, firmly rooted in the social model of disability and the principles of coproduction rather than the restrictive requirements of professional roles, is unique. When we work with individuals the question we ask is: what do I need to do to make a difference to the person's current life and to support the person to move closer to and achieve their version of an ordinary life? Through a combination of person centred planning, rights based advocacy, facilitation and problem solving we work flexibly to do just that. For one person, this might involve creating a person centred plan and ensuring they have a committed team around them working towards shared outcomes. For someone else, we may be involved for several years, with various changes and transitions en route.

#### *Improving quality of life in hospital*

Although our sights are always set on the ultimate aim of the person moving into a home of their own in the community, we also look to immediate and short term improvements that make a difference to the person in their current environment. Some of the outcomes achieved over the past year include: ensuring one person had reasonable access to community leave, supporting one person to expedite their dental appointment on the basis of the negative impact on their dysphagia and wellbeing, challenging the rationale behind delaying home visits for one person, linking one person to an opportunity in the community after twenty years in hospital and securing expertise from an outside organisation for another person in hospital that will ensure appropriate positive behavioural support throughout their transition into the community. For one person, there was a significant shift in the attitude of the wider multi-disciplinary team from seeing discharge as highly unlikely for the person to recognising that this was a real possibility with the right support. This had a positive impact on the person and *their own sense of hope and optimism for the future*.

#### *Moving out of hospital*

Our work with individuals is exemplified by B, who moved out of hospital into their own home a few months ago after being in and out of hospitals for over twenty years. B was in long term segregation when Changing Our Lives got involved. Our first priority was relationship building. In practice, this meant spending time with B getting to know them as a person, rather than purely as a list of labels, diagnoses and problem behaviours. Getting out of inpatient units is rarely quick or straightforward so an important part of the relationship was to be someone who consistently reflected the belief that they could and would move out of hospital.

We also spent time talking to the people in B's life, forging alliances with key players and those with influence and power to make change happen. Further down the line, we worked closely with the identified provider, ensuring that B's transition into their own home was planned with their needs at the centre. A key part of this was facilitating a training day for the new staff team with B's social worker, previous hospital advocate and B's Mum.

Part and parcel of working in co-production is being ready to be flexible, creative and responsive to what is in front of you. Working with B often meant picking up a range of tasks to make sure that they moved closer to, and eventually out of hospital. That could mean anything from coordinating visits for B to see their new home and the local area to creating social stories to support B to understand the journey out of hospital.

Having acquired the 'complex' label, B was someone who generated a lot of meetings, none of which they were part of in any way. In contrast, we used a bespoke approach to person centred planning. For B, this meant facilitating small informal workshops, where B was in control: deciding who to invite, what to talk about and setting the pace of the conversations that happened. In practice, this often meant flitting between talking about B's life and future to watching snippets of favourite police dramas or song. This worked for B, who chose to stay for 2 - 3 hours each time, unheard of at any other meeting. A wealth of information was generated which was used to develop a person centred plan in written and film format.

After many twists and turns and half a lifetime spent in institutions, B has now moved in to their own home with their own staff team and is beginning to live the ordinary life we are all entitled to.



## CHANGING OUR LIVES LTD

### TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

**FOR THE YEAR ENDED 31 MARCH 2023**

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#### Equal Treatment

This NHS England and NHS Improvement funded project was hosted by Learning Disability England in partnership with the Race Equality Foundation. It sits within a wider programme of work that Race Equality Foundation is leading on, finding evidence and examples of what will help stop racism or unequal treatment.

The Changing Our Lives strand of Equal Treatment focused on enabling the self-advocacy movement, which is led by people with learning disabilities speaking out for the rights of their peers, to be more aware of racism and how to proactively tackle it.

Changing Our Lives' philosophy is underpinned by a commitment to anti-racist practice, so this opportunity very much appealed to our core values and approach. Tackling racism head on, we needed to take into account the systematic and structural factors that perpetuate inequalities and we challenged these as part of this programme.

Before starting the work, we expected the sessions to prompt people within self-advocacy organisations to begin thinking about racism in a critical way. However, we found that most people had never been exposed to conversations around racism and this was a starting point for those conversations.

*"Thank you for these sessions. If there is any take away for you I hope it is that what you have delivered has been exactly the catalyst we needed."*

The training programme was aimed at not only self-advocates with learning disabilities but also management structures within their organisations. It included a historical perspective, discussed how racism impacts attitudes and behaviour, explored real stories and considered the challenges and solutions. A core element was the recognition that people need to be seen and understood as a whole – not simply as a disabled person, but a person whose ethnicity and experience of race will inevitably shape their life experiences.

Feedback from self-advocates, support staff and management following the workshops indicated that not only did they feel they had a better understanding of racism and anti-racism, but they felt more confident in speaking up about and challenging racism. There was increased motivation and determination to engage individually and as part of their organisation in anti-racist actions.

The project resulted in the coproduction of a whole range of resources being made available on our website to the wider public. They include films on racism and anti-racism, a series of mobile phone diaries, 'keys to anti-racism' postcards and easy read documents on reporting racism and being an ally.

*"Not everything that is faced can be changed,  
but nothing can be changed until it is faced."*

James Baldwin (American writer)

#### Short Black n Sides

Short Black n Sides is a stream of our work that encompasses a growing range of community based projects that focus on the mental health of men from Black communities.

A positive sense of identity is fundamental to good mental health. Social identification influences how we see ourselves and how we interact with others. If we have a positive view of our identity we are more likely to relate well to others and feel positive emotions about ourselves.

Within the Short Black n Sides work stream, we developed Barbershop Stories which is a series of 7 video diaries where Black men reflect on identity, racism, inequality, career and what can bring about positive change. These videos are a window into the lives of Black men striving to make their mark in the world. They tell the stories of how these men see themselves, how they have experienced and navigated different paths, and the impact that society's age old narratives about Black men have imposed on them.

*"I've found the conversations therapeutic, what I've taken from them is at times we may feel things we go through are exclusive to us as an individual, but surprisingly many have experienced the same, sometimes worse. This brings a level of reassurance that you are not alone and it's ok to display a certain level of vulnerability and still be masculine."*

*"I have found the conversations truly inspirational and up-lifting. From a personal point of view the connection I've gained from everyone within the project has pushed me to do more to provide positive solutions to the issues we face as minoritised communities."*

Alongside the series of conversations, the men took part in accompanying work with local youth groups using play and further conversations as a means to role model. They used the basis of their own conversations to further explore young people's thoughts and experiences around identity, mental health, racism and the aspirations they have for themselves.

*"It was a privilege to see the maturity and intelligence shown by the young men I met today. As a parent of a 14 year old son this gives me so much joy and hope for the future with these young men surely breaking barriers we never got to."*

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## CHANGING OUR LIVES LTD

### TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

**FOR THE YEAR ENDED 31 MARCH 2023**

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#### **200 Lives Report published**

Throughout 2020 - 22 Changing Our Lives worked with Manchester Metropolitan University, the National Development Team for Inclusion and London School of Economics to examine the quality and costs of supported living and residential care for 107 adults with learning disabilities aged 18-64 years. The research aimed to get good, up-to-date evidence on the quality and costs of supported living and residential care services. Our role in the research was both as partners in the design of the whole project and as reviewers of people's lives using our Quality of Life Review approach. The full report for this work was published in spring of 2023.

Some of the key findings from the research were that:

Both supported living and residential care can support people with a wide range of needs. Sometimes residential care was more restrictive, whereas on average, people in supported living had significantly more housing rights such as having their own front door key. However, only a quarter of participants in supported living had all of the housing rights they were entitled to, according to the Real Tenancy Test.

When accommodation costs are included, residential care is more expensive than supported living.

Who people live with is more important to them than the building. For lots of people, the company of their housemates and staff was one of their favourite things about where they lived.

What people want from a house might change throughout their life, as their goals and dreams change. However, most people only move if there is a problem with their current home.

People found it important to feel part of the local neighbourhood and said that knowing people in the local community helped them to feel safe. Supported living households were more a part of their local community.

Many people did not have a job, or only worked a few hours. Issues with their benefits could stop people from getting a paid job. Some people in residential care were paid for their work in vouchers.

People's social networks (the amount of friends and people they know) were quite small in supported living and residential care.

Much of what was found in the research echoes what we have seen in Quality of Life Reviews over the years. We have seen that supported living can give people more choice and control than residential care when done well, but this does not always happen. Further to this, we often see that even where people have 'nice' lives whether in residential or supported living, they are rarely living what could be termed an ordinary life.

The 200 Lives research team has produced a series of messages for commissioners, service providers, housing providers, regulators and policy-makers to consider, which aim to drive improvements in the way services are delivered and people are supported so that their right to an ordinary life is finally realised.

For all the reports from 200 Lives go to:

<https://www.ndti.org.uk/resources/research-project/resources-from-200-lives-project-evaluating-supported-living-and-residential-care-for-adults>

#### **Postural care checklist for learning disability nurses**

For several years the Learning Disabilities Mortality Review (LeDeR) has emphasised the importance of good postural care in reducing the risk of premature death for all people with learning disabilities, but particularly for those with limited mobility. Changing Our Lives know from working alongside countless people with the label of profound and multiple learning disabilities and their families that good postural care alleviates discomfort, opens up communication and positively impacts on quality of life. Building on the success of our previous postural care work, Changing Our Lives are currently developing a postural care checklist tool for use by learning disability nurses.

Learning disability nurses across clinical and community settings are often at the heart of a person's care. The best learning disability nurses that we have worked alongside are fearless advocates for a person's rights, liaising between people, families and other health and care professionals to improve a person's health and life chances. For this reason, Changing Our Lives believe that learning disability nurses have a valuable role to play in ensuring a person's postural care needs are woven into all areas of their lives.

Building on our work in previous years, which aimed to increase understanding of postural care in learning disability nurses, Changing Our Lives have been working with Simple Stuff Works and Piers Baker, a physiotherapist at Leonard Cheshire to develop a postural care checklist tool for learning disability nurses. Based on the Mansfield Checklist, an accredited tool for identifying postural care needs, and on a document written by Piers for his own work with disabled adults, our postural care checklist will enable learning disability nurses to quickly identify when a person requires input around their postural care, and who is the best professional in their local network to signpost to. It also allows learning disability nurses to review changes over time and has a strong focus on what is important to the person to enable them to lead an ordinary life.

A focus group of learning disability nurses have had input into the tool and will be consulted on the final draft before it is launched nationally to learning disability nurses at a webinar.

## **CHANGING OUR LIVES LTD**

### **TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)**

**FOR THE YEAR ENDED 31 MARCH 2023**

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#### **Opening Doors: Learning disability nursing in forensic hospitals**

By definition, the work of forensic nurses in secure settings takes place behind closed doors. Most people, including health and social care professionals in other parts of the system, often know very little about the role of the nurse in these closed settings. When it is highlighted, it is very often in a negative context, linked to a scandal and adverse media reporting. Whilst it is right that poor practice is exposed and condemned, it is also important that good practice is celebrated as it would be in any other setting.

Opening Doors aims to do just that, shining a light on the practice of learning disability nurses working in secure settings. To do this, Changing Our Lives spent time in four different secure hospitals around the country, meeting primarily with nurses, but also with families and patients. During these conversations, nurses discussed how they saw their role, highlighted the challenges they face when trying to implement the improvement standards in secure care and shared examples of practice that had led to real outcomes for the people they support.

Our report, due to be published in 2023, centres around 5 stories of people with learning disabilities, their families and the learning disability nurses who have been instrumental to unlocking an ordinary life in environments that are far from ordinary. These stories are varied in their focus, but all reflect the key qualities that we identified through this work, which would make an effective, compassionate and ambitious learning disability nurse in any team, but which are crucial within the forensic setting.

As a rights based organisation that works alongside autistic individuals and individuals with learning disabilities, often for years at a time, to painstakingly extract them from inpatient settings where their humanity has been eroded, we are well aware that the system which keeps them there is broken. However, we hope that by showing what is possible when good nurses do their job well - using not just the knowledge and skills they have acquired through their training but through their own personal values and attributes - we can contribute in a positive way to the conversation, and showcase the art of the possible.

#### **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 have 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 and up to the date of signature of the financial statements were:

J Baker

R Harding

A Middleton

R Seabright

(Resigned 1 November 2023)

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: 20 December 2023

# CHANGING OUR LIVES LTD

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

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I report on the financial statements of the charity for the year ended 31 March 2023, which are set out on pages 10 to 18.

### Respective responsibilities of Trustees and examiner

The charity's Trustees, who are also the directors of Changing Our Lives Ltd for the purposes of company law, are responsible for the preparation of the financial statements. 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 financial statements 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, 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 financial statements 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 financial statements 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 financial statements to be reached.

Robert Chance FCCA  
Neal and Co Business Services Limited

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

Dated: 20 December 2023

## CHANGING OUR LIVES LTD

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2023 £	2023 £	2023 £	2023 £	2022 £
<b><u>Income and endowments from:</u></b>						
<b><u>Charitable activities</u></b>						
Co-produced equal rights based projects	2	312,340	-	4,999	317,339	354,453
Investments	3	1,783	-	-	1,783	166
Other income	4	-	-	-	-	104
<b>Total income</b>		<b>314,123</b>	<b>-</b>	<b>4,999</b>	<b>319,122</b>	<b>354,723</b>
<b><u>Expenditure on:</u></b>						
Charitable activities	5	322,542	-	5,170	327,712	339,938
<b>Net (outgoing)/incoming resources before transfers</b>		<b>(8,419)</b>	<b>-</b>	<b>(171)</b>	<b>(8,590)</b>	<b>14,785</b>
Gross transfers between funds		326	(326)	-	-	-
<b>Net (expenditure)/income for the year/ Net movement in funds</b>		<b>(8,093)</b>	<b>(326)</b>	<b>(171)</b>	<b>(8,590)</b>	<b>14,785</b>
Fund balances at 1 April 2022		315,336	326	171	315,833	301,047
<b>Fund balances at 31 March 2023</b>		<b>307,243</b>	<b>-</b>	<b>-</b>	<b>307,243</b>	<b>315,832</b>

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 LTD

## BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
<b>Fixed assets</b>					
Tangible assets	8		7,197		11,648
<b>Current assets</b>					
Debtors	9	49,136		52,876	
Cash at bank and in hand		373,305		310,840	
		422,443		363,716	
<b>Creditors: amounts falling due within one year</b>	10	(122,397)		(59,532)	
Net current assets			300,046		304,184
<b>Total assets less current liabilities</b>			307,243		315,832
<b>Income funds</b>					
Restricted funds	12		-		171
Endowment funds - designated			-		326
Unrestricted funds			307,243		315,335
			307,243		315,832

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 2023. 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 their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements 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 financial statements, so far as applicable to the company.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 20 December 2023

J Baker  
Trustee

Company registration number 04404093

# CHANGING OUR LIVES LTD

## NOTES TO THE FINANCIAL STATEMENTS

**FOR THE YEAR ENDED 31 MARCH 2023**

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### **1 Accounting policies**

#### **Charity information**

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

#### **1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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)" (effective 1 January 2019). 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 not to prepare a Statement of Cash Flows.

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

The financial statements 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 financial statements, 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 financial statements.

#### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

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.

#### **1.5 Resources expended**

# CHANGING OUR LIVES LTD

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

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### 1 Accounting policies

(Continued)

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

#### 1.6 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:

Computers	Depreciated over 4 years
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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 the statement of financial activities.

#### 1.7 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).

#### 1.8 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.

#### 1.9 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.

#### 1.10 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.

#### 1.11 Retirement benefits

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



# CHANGING OUR LIVES LTD

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

### 2 Charitable activities

	2023 £	2022 £
Co-produced equal rights based projects	317,339	354,453
Analysis by fund		
Unrestricted funds	312,340	
Restricted funds	4,999	
	317,339	
<b>For the year ended 31 March 2022</b>		
Unrestricted funds		349,528
Restricted funds		4,925
		354,453

### 3 Investments

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Interest receivable	1,783	166

### 4 Other income

	Total	Unrestricted funds
	2023 £	2022 £
Net gain on disposal of tangible fixed assets	-	104

# CHANGING OUR LIVES LTD

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

### 5 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Staff costs	258,777	258,112
Co-produced equal rights based projects	68,935	81,826
	<u>327,712</u>	<u>339,938</u>
	<u>327,712</u>	<u>339,938</u>
<b>Analysis by fund</b>		
Unrestricted funds	322,542	331,995
Designated funds	-	1,805
Restricted funds	5,170	6,138
	<u>327,712</u>	<u>339,938</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

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	<u>6</u>	<u>8</u>
<b>Employment costs</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Wages and salaries	218,515	221,190
Social security costs	18,963	17,786
Other pension costs	21,299	19,136
	<u>258,777</u>	<u>258,112</u>

There were no employees whose annual remuneration was more than £60,000.

# CHANGING OUR LIVES LTD

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

### 8 Tangible fixed assets

	Computers £
<b>Cost</b>	
At 1 April 2022	21,885
At 31 March 2023	21,885
<b>Depreciation and impairment</b>	
At 1 April 2022	10,236
Depreciation charged in the year	4,452
At 31 March 2023	14,688
<b>Carrying amount</b>	
At 31 March 2023	7,197
At 31 March 2022	11,648

### 9 Debtors

	2023 £	2022 £
<b>Amounts falling due within one year:</b>		
Accrued income	48,805	50,645
Prepayments	333	2,231
	49,138	52,876

### 10 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Other taxation and social security		13,809	5,571
Deferred income	11	100,620	50,000
Other creditors		5,335	1,328
Accruals and deferred income		2,633	2,633
		122,397	59,532

# CHANGING OUR LIVES LTD

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

### 11 Deferred income

	2023 £	2022 £
Other deferred income	100,620	50,000

Deferred income is included in the financial statements as follows:

	2023 £	2022 £
NHSE Future planning	-	47,000
LDE Equal treatment	-	3,000
East Leicester & Rutland	7,000	-
NHS England	9,870	-
Health Education	56,250	-
Learning Disability England	3,500	-
Sandwell MBC	24,000	-
	100,620	50,000

### 12 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:

	Balance at 1 April 2021 £	Movement In funds		Balance at 1 April 2022 £	Movement In funds		Balance at 31 March 2023 £
		Incoming resources £	Resources expended £		Incoming resources £	Resources expended £	
SCVO Grant	1,384	4,925	(6,138)	171	-	(171)	-
Healthy Lifestyles	-	-	-	-	4,999	(4,999)	-
	1,384	4,925	(6,138)	171	4,999	(5,170)	-

## CHANGING OUR LIVES LTD

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

#### 13 Analysis of net assets between funds

	Unrestricted 2023	Designated 2023	Restricted 2023	Total 2023	Unrestricted 2022	Designated 2022	Restricted 2022	Total 2022
	£	£	£	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:								
Tangible assets	7,197	-	-	7,197	11,648	-	-	11,648
Current assets/(liabilities)	300,046	-	-	300,046	303,687	326	171	304,184
	<u>307,243</u>	<u>-</u>	<u>-</u>	<u>307,243</u>	<u>315,335</u>	<u>326</u>	<u>171</u>	<u>315,832</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.