

Charity registration number 1144940

Company registration number 07761177 (England and Wales)

CHANGES HEALTH & WELLBEING
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

CHANGES HEALTH & WELLBEING

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees	John Irons (Chair)	
	Catherine Denise Roberts	
	Alison Ratcliffe	(Resigned 17 November 2022)
	Clair Davis	
	Stephen Sharrock	
	Stephen Unwin	(Resigned 17 November 2022)
	Christopher Wilton	(Resigned 17 November 2022)
	Jax Pickerill	
	Dave Dale	

Senior Management Team

Chief Executive Officer	Dave Wheat
Finance Manager	Kendele Brookes
Operations Manager	Jackie Williamson
Finance Administrator	Pauline Cocker
HR and IT Manager	Kris Kinsella

Charity number 1144940

Company number 07761177

**Registered office and
Operational address** Changes Wellbeing Centre
Victoria Court
Booth Street
Stoke on Trent
ST4 4AL

Auditor Geens Limited
Graphic House
124 City Road
Stoke on Trent
ST4 2PH

Bankers The Co-Operative Bank PLC
P O Box 250
Delf House
Skelmersdale
Lancashire
WN8 6WT

CHANGES HEALTH & WELLBEING

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CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also directors for the purposes of company law, present their 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 charitable company'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)". The trustees comply with their duty to have due regard to the guidance on public benefit published by the Charities Commission in exercising their powers or duties.

Objectives and activities

Changes Mission Statement: 'Changes aims to promote wellness, recovery and social inclusion'.

The charitable company's principal objects are defined in its Articles Of Association are as follows:

- (i) To assist in relieving and rehabilitating vulnerable persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment;
- (ii) To promote and protect physical and mental health within the community by the advancement of education and the provision of facilities and services promoting health, social welfare, personal development, work and recreation, and social inclusion; and
- (iii) The promotion of research therein and the publication of the useful results of such research.

The aims of the charity are:

- Promoting recovery and mental wellbeing
- Enabling user involvement
- Influencing local and national policy and practise
- Promoting a more positive and accurate view of mental distress

The charitable company's objectives for the year continued to be shaped and driven by these strategic aims and to ensure maximum public benefit – focusing on sustaining and developing existing services, and the rapid development and establishment of additional Changes wellbeing and recovery programmes – both locally and nationally.

Whilst the period saw an easing of COVID-19 related restrictions and a steady increase in demand for face-to-face service provision, in response to fluctuations in infection rates and user preference, Changes continued to flex service provision between on-line, telephone and face-to-face.

Stoke on Trent

In Stoke on Trent, the charitable company continued to provide weekly peer-support groups, one-to-one support and a range of psycho-educational programmes for young people, adults of working age, and older people residing within the City. Provision included opportunities for training and volunteering, recovery-focused activities - promoting the recovery, wellbeing and social inclusion of those in mental distress.

Services included:

- *Weekly Peer-support Groups* – where adults experiencing mental distress can join together to follow Changes 12-steps, share insights and support each other's recovery;
- *Foundation Recovery Programme* - offering Changes 12-steps as a self-management tool for those experiencing mental distress;
- *Wellbeing Programme* – a self-management programme for stress, anxiety, and depression (provided as part of the wider Staffordshire Community IAPT Service);

CHANGES HEALTH & WELLBEING

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

- *Making Changes Programme* – a light touch psycho-educational programme designed to promote wellbeing within the local population;
- *Staffordshire & Stoke on Trent Community Wellbeing IAPT Service* – (under contract with North Staffordshire Combined Healthcare NHS Trust), Changes continued to employ Psychological Wellbeing Practitioners to provide Step 2 clinical one-to-one interventions i.e. to meet the needs of those experiencing mild to moderate mental distress;
- *Stay Well CYP* – Changes continued to work with North Staffs Mind and the Dove Service to provide a range of one-to-one and group interventions to children and young people experiencing or at risk of mental distress;
- *Destination:Home* – Changes continued to deliver services within a homelessness service contract with Concrete, (part of the Honeycomb Housing Group) to provide mental health support and volunteering opportunities for those working towards settled accommodation;
- *Peer-Support Workers* – working with ex-offenders engaged with the North Staffordshire Combined Healthcare NHS Trust's Stoke on Trent and North Staffordshire Liaison & Diversion service;
- *Peer Recovery Coach service* – (under contract with North Staffordshire Combined Healthcare NHS Trust) a one-to-one support service integrated within NSCHT's Stoke on Trent based Community Mental Health Teams (CMHTs) to support the recovery and social inclusion of those experiencing severe mental illness;
- *Future Focus Support Service* – (a contract with North Staffordshire Combined Healthcare NHS Trust) to work within its CMHTs to provide group support to those experiencing severe mental illness.

Staffordshire:

The charitable company's Staffordshire service menu included:

- *Adult Peer-support Groups and psycho-educational programmes* – weekly recovery-focused support groups within Newcastle under Lyme and the Staffordshire Moorlands for adults in mental distress;
- *Peer-Support Workers* – working with ex-offenders engaged with the Midlands Partnership Foundation Trust's South Staffordshire Liaison & Diversion services;
- *Adult and Young Carers Service* - delivering mental health support within N-Compass' Staffordshire Carers Service

The beginning of the period saw Changes mobilise a service with the Midlands Partnership Foundation Trust to provide individual and group support within its West Staffordshire Integrated Mental Health Teams (IMHTs), i.e. to support the recovery and social inclusion of those experiencing severe mental illness.

Other Areas of the UK:

- *Peer-Support Workers* - working with ex-offenders engaged with the Midlands Partnership Foundation Trust's Shropshire, Kidderminster, Worcester and Herefordshire Liaison & Diversion services;
- *Ingeus, (formerly APM)* - The period also the continued and successful delivery of a range of AIM-accredited psycho-educational programmes, i.e. Positive Mental Health; Peer Mentoring Skills; Positive Changes; Introduction to Volunteering; Effects of Crime etc within His Majesty's Prison Service (HMPS) and Probation services in the East Midlands, Yorks & Humberside and North East Regions;

At the end of the period, Changes secured a contract extension with Ingenus to continue to provide services within East Midlands, Yorks & Humberside and North East Regions, (i.e. prior to current CFP 3 funding ending and the start of the new CFO Evolution contract).

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

Volunteers

As a user-led organisation, Changes relies heavily on volunteer involvement in the organisation's management, administration and service delivery.

All of Changes Board of Directors are service users. During 2022/23 there was a pool of approximately 70 volunteers who were involved in managing the organisation and delivering Changes weekly peer-support groups, psycho-educational programmes and recovery-focused activities – and assisting the organisation's fundraising, promotional work, and partnership and networking initiatives. This represented approximately 7,500 volunteer-hours, (i.e. approximately 150 hours per week) worked in assisting Changes in achieving its outcomes. Whilst the primary focus is on the impact of such activities on individual recovery and social inclusion, based on an average value of £11 per hour, this represents an in-kind contribution of approximately £82,500 per annum.

Achievements and performance

Charitable activities continued to focus on providing public benefit, i.e. in promoting recovery, wellbeing and social inclusion of those experiencing or at risk of mental distress. Service delivery throughout Stoke on Trent and Staffordshire included - the provision of recovery focused peer-support groups for young people, adults and older people in mental distress and a range of psycho-educational programmes and recovery-focused activities – delivered within primary and secondary mental health services under contract with the Staffordshire & Stoke on Trent Integrated Care Board (Staffs&SoT ICB), Stoke on Trent City Council, North Staffordshire Combined Healthcare NHS Trust; the Midlands Partnership Foundation Trust; Honeycomb Housing; and N-Compass.

Importantly, out of recognition of the efficacy of Changes services and their place in supporting statutory mental health services, the CCGs extended Changes contracts with a view to the organisation providing wrap-around services for the IAPT service and continuing to provide essential support to those experiencing a wide range of mental health conditions.

NB During the period, in order to provide service users with choice and ease of access, the charitable company continued to provide online versions of all key services.

2022/23 saw the continued to expansion of Changes 'strategic role' within Staffordshire's mental health economy, with staff involvement and input into various Boards, Committees and Forums, i.e. helping to inform and shape local mental health service commissioning and provision.

Changes Young Peoples' Service

In 2022/23 Changes YP continued to provide Stoke on Trent City Council's CYP Emotional Wellbeing & Mental Health service, called Stay Well CYP (SWCYP) – operating as the lead provider within a partnership with North Staffs Mind and the Dove Service – providing both preventative services, (raising mental health awareness, promoting CYP's emotional and psychological resilience and increasing the capacity of parents, teachers etc to support CYP experiencing mental distress) and targeted support, (providing clinical interventions within the overall CAMHS) – through offering access to Wellbeing Programmes, Peer-support Groups, Social Activities, One-to-One Therapy and On-line and Telephone Support.

From April 2022 to March 2023 – 523 teachers and parents attended SWCYP's preventative training programmes and 1,733 children and young people were engaged with SWCYP's CAMHS services.

Under sub-contract with North Staffordshire Combined Healthcare NHS Trust, during the period Changes Young People continued to provide a consultation role within the North Staffordshire Combined Healthcare NHS Trust's CYP IAPT service – coordinating and running a CYP Youth Council within North Staffordshire.

Changes Adult Peer-support Service

Provided under a Service Level Agreement (SLA) with Stoke-on-Trent Clinical Commissioning Group (CCG), Changes continued to deliver its Adult Service within Stoke-on-Trent providing 18 weekly peer-support groups per week, (largely face-to-face), with 6,362 attendances, comprising of over 600 service users. Performance management data revealed that through the use of the service, approximately 83% of users were able to maintain or improve their mental wellbeing.

CHANGES HEALTH & WELLBEING

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

Provided under a Service Level Agreement with North Staffordshire Clinical Commissioning Group, Changes also continued to provide its Adult Service within Newcastle-under-Lyme and the Staffordshire Moorlands providing 13 weekly peer support groups per week, (largely face-to-face), with 2685 attendances, comprising over 400 service users. Performance management data revealed that approximately 78% of users had either improved or maintained their mental wellbeing through engagement with the service.

Foundation Recovery Programmes

Under SLA with Stoke-on-Trent CCG, Changes continued to deliver a rolling programme of Foundation Recovery Programmes, i.e. designed to introduce Changes 12-steps as a self-management tool for those in mental distress. During the period, 19 programmes were delivered, which were attended by 134 people - with recent evaluation revealing that 93% of participants had improved or maintained their mental wellbeing.

As part of a pilot project funded by North Staffordshire CCG – Changes provided 10 Foundation Recovery Programmes within Newcastle under Lyme and the Staffordshire Moorlands – attended by 44 people, with 75% improving their wellbeing.

Wellbeing Programme

Delivered under SLA with Stoke-on-Trent CCG, the Wellness Programme focuses on the self-management of stress, anxiety and depression, linking closely with Stoke-on-Trent's Healthy Minds IAPT service. There were 87 runs of the programme attended by 529 individuals – with a recent evaluation confirming that the service had assisted 85% of users in improving or maintaining their mental wellbeing.

As part of a pilot project funded by North Staffordshire CCG – Changes provided 31 Wellbeing Programmes within Newcastle under Lyme and the Staffordshire Moorlands – attended by 128 people, with 92% improving or maintaining their wellbeing.

Making Changes

Delivered under SLA with Stoke-on-Trent CCG, Making Changes is designed to promote emotional and psychological resilience within the local population – with a focus on reaching those experiencing 'sub-clinical' mental health issues. There were 30 runs of the programmes attended by 182 individuals – with a recent evaluation confirming that 93% of participants either maintained or improved their wellbeing.

As part of a pilot project funded by North Staffordshire CCG – Changes provided 11 Making Changes Programmes within Newcastle under Lyme and the Staffordshire Moorlands – attended by 65 people, with 84% improving or maintaining their wellbeing.

Liaison & Diversion

Delivered in partnership with North Staffordshire Combined Healthcare NHS Trust and the Midlands Partnership Foundation Trust, Changes has provided peer support within their Liaison & Diversion, assisting engagement and providing directed support to other universal services and community assets relevant to the recovery and rehabilitation of ex-offenders.

Fundraising activities

After a highly successful period in 2021/22, i.e. that saw Changes secure a number of NHS contracts – much of the year was focused on mobilising new mental health services, e.g. Future Focus Support Services, (within Stoke on Trent, Newcastle under Lyme, the Staffordshire Moorlands and Stafford & Surrounds) and a Peer Recovery Coach service, (within Stoke on Trent, Newcastle under Lyme and the Staffordshire Moorlands).

However, in addition to receiving donations, (i.e. from individuals and local businesses who acknowledged the value of Changes services), and modest income generation – in 2022/23 Changes was involved in the following fundraising activities:

Submitting a series of Invitations to Tender (ITTs) to the Cheshire & Wirral Partnership, i.e. to provide recovery-focused mental health support within its secondary mental health services;

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

Submitting a proposal to the Midlands Partnership Foundation Trust to expand provision within Changes Future Focus Support Service;

Working with Stoke City Football Club and Bet365 to develop an online and interactive Mental Health Awareness training module, i.e. providing a potential source of income generation.

Importantly, the period saw the emerging Staffordshire & Stoke on Trent Integrated Care Board extend Changes core CCG service contracts.

Factors outside the charitable company's control which are relevant to the achievement of its objectives

In keeping with Changes' co-produced ethos and 12-Step fellowship, the commitment, enthusiasm and hard work of Changes paid and voluntary staff, continues to make a major contribution to the organisation achieving its objectives, (they are people who are literally 'on a mission').

A healthy and vibrant voluntary sector. Changes continue to give and receive support from other third-sector organisations – most notably the Honeycomb Group, the Dove Service and VAST – and is a proud member of a local family of voluntary sector service providers.

Support from and genuine and recovery-focused partnership with North Staffordshire Combined Healthcare NHS Trust and the Midlands Partnership Foundation Trust – Staffordshire's main providers of statutory mental health services – continues to have a major impact on consolidating Changes' position as a mental health service provider and allowing our organisation to reach greater numbers of those who can benefit from our services, (NB Changes holds a number of large contracts with these organisations).

Staffordshire and Stoke on Trent Integrated Care Board and Stoke on Trent City Council continue to focus on commissioning recovery and wellbeing-focused services that are delivered within a personalised system of care – key elements of Changes service model.

As with many organisations, Changes had to respond to the financial crisis, i.e. increasing salaries, meeting higher fuel and energy costs etc – whilst challenging, fortunately, this had a minimal impact on the organisation's ability to provide services.

Changes relevance as a service provider, reputation as a partner organisation and position as a valued and integrated part of Staffordshire Integrated Care System – continues to offer a degree of protection to maintaining and securing contracts within this new commissioning.

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

Financial review

Reserves policy

The charitable company's reserves policy takes into account the Directors' forecast for future income and expenditure, including the potential for fundraising. In formulating the policy the Directors considered that reserves are required to provide a contingency to ensure continuity in the event of a large variation in the charitable company's income.

On 31 March 2023 the charitable company's unrestricted reserves, excluding designated funds, totalled £570,523 (2022: £126,993)

The position is monitored by the Directors on a regular basis and the policy is reviewed annually.

Principal funding sources

Staffordshire & Stoke on Trent Integrated Care Board - Service Level Agreements to provide a range of recovery and wellness-focused services within Stoke-on-Trent, i.e. Adult Peer-Support Groups, Foundation Recovery, Wellbeing Programme and Making Changes and Newcastle-under-Lyme and the Staffordshire Moorlands, i.e. Adult Peer-Support Groups;

Stoke-on-Trent Joint Commissioning Team, (Stoke on Trent City Council and Staffs&SoT ICB) – contract to provide Stoke on Trent CYP Emotion Resilience and Wellbeing Service (Changes Stay Well CYP).

North Staffordshire Combined Healthcare NHS Trust – contract for the provision of Step 2 interventions within MPFT's Staffordshire & Stoke on Trent Talking Therapies Service; provision of consultation element within CYP IAPT, (Changes YP Youth Council); Provision of a Peer Recovery Coach Service; and provision of a Future Focus Support Service;

Midlands Partnership Foundation Trust – contract to provide a Future Focus Support Service within West Staffordshire;

Ingeus – contract to provide wellness and recovery-focused services within prisons throughout the East Midlands, Yorkshire & Humberside and North East Regions;

Concrete – part of the Honeycomb Housing Group, contract to provide mental health support and volunteering opportunities within their Destination Home homelessness service.

N-Compass – contract to provide mental health support as part of their Staffordshire Carers Service.

Total Incoming Resources	£3,092,412 (2022: £2,123,621)
Total Resources Expended	£2,653,084 (2022: £2,139,507)
Funds carried forwards at 31.03.23	£871,107 (2022: 431,779)

Effective and prudent financial management continues to ensure that funding secured by Changes has the maximum benefit to its service users; enables the organisation to consolidate its position within the local mental health economy; and undertake necessary business development.

Risk management

The charitable company's Directors have conducted a review of the major risks to which Changes is exposed. A risk register has been established and is regularly updated. Where appropriate, systems and procedures have been established to manage these risks.

CHANGES HEALTH & WELLBEING

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

The directors consider the charitable company's major risks to include:

On-going NHS Reform. current reforms to the NHS have the potential to weaken Changes relationship with commissioners, i.e. as emerging Integrated Care Partnerships (ICBs) continue to establish themselves. However, Changes' community-based provision and focus on prevention, self-management and recovery, (key elements of the 'transformation' agenda), coupled with strong relationships with both the outgoing and incoming regime - offers some degree of protection – and could well strengthen, rather than weaken its position within the new NHS landscape. In addition, ICBs are placing an emphasis on the role of VCSE organisations as part of their provider chain.

Continued Government cuts to Local Authority budgets. Previous Local Authority cuts have significantly reduced monies available to purchase health and social care services, resulting in Changes losing the majority of its LA contracts and posing a threat to the few that remain.

Whilst Changes retains an excellent relationship with Stoke on Trent City Council, (putting Changes in a strong position to secure additional mental health/community-development contracts when the situation improves) – given the financial faced by the majority of LAs, we are aware that this may be some time away.

Competitive tendering process. As a medium-sized service provider, the majority of Changes income comes via a series of contracts/service level agreements, to provide mental health services throughout Stoke on Trent and North Staffordshire. Such contracts/agreements are time-limited, i.e. ranging between 2 to 5 years. Consequently, as with the majority of similar-sized third-sector organisations, Changes has to periodically engage in a competitive tendering process in order to retain its 'business' – a process for which there are 'no guarantees'. However, considerable business development skills exist within the organisation, which, coupled with Changes' reputation, evidence-base, strong relationships/partnerships and local presence – go some way to mitigate this risk. Planned changes to procurement rules, i.e. whereby, providers who are performing well within contract can have their contract extended – will further limit this risk.

CHANGES HEALTH & WELLBEING

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

Plans for future periods

During 2023/24 the charitable company will update its Organisational Business Plan (OBP), stating our ambitions for 2024-29 and how and when they will be achieved.

Mindful of both the challenges and opportunities to be encountered within the steadily emerging rapidly 'commissioning landscape' – the OBP will help to ensure that Changes stays true to its co-produced and recovery ethos; continues to provide fresh, relevant and effective services, (retaining its place as a 'market leader'); and, through aligning itself to ICB strategic priorities, is able to realise its potential as a mental health service provider.

Key to this process will be:

- Continued integration within Primary Care Networks
- Embedding Changes within the Integrated Care System, i.e. establishing 'provider to provider' contractual relationships; and, where appropriate, jointly commissioned services, (i.e. via NHS Trusts, ICB and LAs).

Key plans for the future include:

- Consolidation and development of Changes existing service menu throughout Stoke on Trent and Staffordshire, i.e. to provide equity of provision across the county;
- Developing partnerships to provide bespoke services for other client groups, e.g. those with learning difficulties, physical disabilities, sensory impairment, Black Minority Ethnic (BME) communities etc;
- Identifying other development opportunities within other areas, i.e. residential care, workplace wellbeing, psycho-education/peer-support via social media etc;
- Increased involvement within consortia, i.e. to provide Changes mental health service menu within other health and social care models, i.e. Talking Therapies Services, Substance Misuse, Prison and Probation Services, Homelessness, Veterans etc, (providing the opportunity for both local and national development);
- Tendering for relevant mental health service contracts in and around Staffordshire;
- Becoming part of large Prime Providers supply-chain, providing the opportunity for local, regional and national expansion;
- Securing additional premises within North Staffordshire, i.e. a second Wellbeing Centre/office base within Stoke on Trent, Newcastle-under-Lyme or the Staffordshire Moorlands;
- Purchasing a retreat, i.e. situated within a rural location – to offer Changes users sanctuary whilst early in recovery and to serve as a national training centre.

CHANGES HEALTH & WELLBEING

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

Structure, governance and management

Governing document

Changes governing document is 'Articles of Association' which details rules concerning the charitable company's administration, objects, powers, membership, Board of Directors etc.

Changes is a charitable company constituted as an incorporated association.

The Charity's Trustees are also called Company Directors who are responsible for the general control and management of the administration of the charitable company.

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

Executive Committee

John Irons

Catherine Roberts

Alison Ratcliffe (Resigned 17 November 2022)

Clair Davis

Stephen Sharrock

Stephen Unwin (Resigned 17 November 2022)

Christopher Wilton (Resigned 17 November 2022)

Dave Dale (Appointed 17 November 2022)

Jax Pickerill (Appointed 17 November 2022)

CHANGES HEALTH & WELLBEING

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

Recruitment and appointment of new trustees

At each annual general meeting, all of the Directors must retire from office.

The charitable company may by ordinary resolution: (1) appoint a person who is willing to act to be a Director.

No person other than a retiring Director may be appointed a Director at any general meeting unless: (1) He or she is recommended for re-election by the Directors; or

(2) Not less than fourteen nor more than thirty-five clear days before the date of the meeting, the charity is given a notice that: (a) is signed by a member entitled to vote at the meeting; (b) states the members' intention to propose the appointment of a person as a Director; (c) contains the details that, if the person were to be appointed, the charity would have to file at Companies House; and, (d) is signed by the person who is to be proposed to show his or her willingness to be appointed.

All members who are entitled to receive notice of a general meeting must be given not less than seven nor more than twenty-eight clear days notice of any resolution to be put to the meeting to appoint a Director other than a Director who is to retire.

Organisational Structure

Decisions affecting the management and governance of the charitable company are made by the Board of Directors, these include decisions relating to: the selection and management of a Chief Executive Officer; the development and implementation of a long-term organisational strategy in pursue of objects as stated in Changes Articles of Association; the establishment of appropriate policies and procedures; the recruitment, support, appraisal, remuneration and discipline of Changes staff; financial management, (including fundraising and monitoring spend) etc .

Decisions relating to the day-to-day management and co-ordination of the charitable company's staff and activities are delegated to the Chief Executive Officer, (all of which must be harmonious and relate to organisational policy and strategy as determined by the Board of Directors)

Related parties

In so far as it is complementary to its objectives, the charitable company is guided by both national and local policy. Consequently, in pursuit of these objectives, Changes has developed strong partnerships and cooperates with a range of statutory and voluntary organisations. These include: North Staffordshire Combined Healthcare NHS Trust, Midlands Partnership Foundation Trust, Staffordshire and Stoke-on-Trent Integrated Care Boards, Stoke-on-Trent City Council, Staffordshire County Council, Honeycomb Group, North Staffs Mind, the Dove Service, Concrete, Jobcentre Plus, Disability Solutions, Voluntary Action Stoke-on-Trent (VAST), Age UK, North Staffordshire YMCA, Saltbox.

Employee involvement

The charitable company's policy is to consult and discuss with employees, through unions, staff councils and at meetings matters likely to affect employees' interests.

Information on matters of concern to employees is given through information bulletins and reports which seek to achieve a common awareness on the part of all employees of the financial and economic factors affecting the group's performance.

Disabled persons

Applications for employment by disabled persons are always fully considered, bearing in mind the aptitudes of the applicant concerned. In the event of members of staff becoming disabled, every effort is made to ensure that their employment within the charitable company continues and that the appropriate training is arranged. It is the policy of the charitable company that the training, career development and promotion of disabled persons should, as far as possible, be identical to that of other employees.

CHANGES HEALTH & WELLBEING

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

Auditor

Geens Limited, Chartered Accountants & Business Advisors, were appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

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

John Irons

Trustee

2 November 2023

CHANGES HEALTH & WELLBEING

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors of Changes Health & Wellbeing for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

CHANGES HEALTH & WELLBEING

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF CHANGES HEALTH & WELLBEING

Opinion

We have audited the financial statements of Changes Health & Wellbeing (the 'charitable company') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

CHANGES HEALTH & WELLBEING

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF CHANGES HEALTH & WELLBEING

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

As part of our planning process:

- we enquired of management the systems and controls the charity has in place, the areas of the financial statements that are most susceptible to the risk of irregularities and fraud, whether there was any known, suspected or alleged fraud. the charity did not inform us of any known, suspected or alleged fraud.
- We obtained an understanding of the legal and regulatory frameworks applicable to the charity. We determined that the following were most relevant: the Charity SORP. FRS 102, Charities Act 2011. Companies Act 2006.
- We considered the incentives and opportunities that exist in the charity, including the extent of management bias, which present a potential for irregularities and fraud to be perpetuated, and tailored our risk assessment accordingly.

Using our knowledge of the charity, together with the discussions held with the charity at the planning stage, we formed a conclusion the risk of misstatement due to irregularities including fraud and tailored our procedures according to this risk assessment.

CHANGES HEALTH & WELLBEING

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF CHANGES HEALTH & WELLBEING

The key procedures we undertook to detect irregularities including fraud during the course of the audit included:

- Identifying and testing journal entries and the overall accounting records, in particular those that were significant and unusual.
- Reviewing the financial statement disclosures and determining whether accounting policies have been appropriately applied.
- Reviewing and challenging the assumptions and judgements used by management in their significant accounting estimates.
- Assessing the extent of compliance, or lack of, with relevant laws and regulations.
- Assessing the validity of the classification of income, expenditure, assets and liabilities between unrestricted and restricted funds.
- Obtaining third party confirmation of material bank balances.
- Documenting and verifying all significant related party balances and transactions.
- Reviewing documentation such as charity board minutes for discussions of irregularities including fraud.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Geens Limited

9 November 2023

**Chartered Accountants
Statutory Auditor**

Graphic House
124 City Road
Stoke on Trent
ST4 2PH

Geens Limited is eligible for appointment as auditor of the charitable company by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

CHANGES HEALTH & WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:									
Donations and legacies	3	5,048	-	-	5,048	22,417	-	-	22,417
Charitable activities	4	2,898,887	-	164,714	3,063,601	1,839,812	-	234,902	2,074,714
Investment income	5	-	-	-	-	3	-	-	3
Other income		23,763	-	-	23,763	26,487	-	-	26,487
Total income		2,927,698	-	164,714	3,092,412	1,888,719	-	234,902	2,123,621
Expenditure on:									
Raising funds	6	31,376	-	-	31,376	27,947	-	-	27,947
Charitable activities	7	2,439,520	7,857	174,331	2,621,708	1,861,774	7,502	237,773	2,107,049
Other	11	-	-	-	-	-	4,511	-	4,511
Total expenditure		2,470,896	7,857	174,331	2,653,084	1,889,721	12,013	237,773	2,139,507
Net incoming/(outgoing) resources before transfers		456,802	(7,857)	(9,617)	439,328	(1,002)	(12,013)	(2,871)	(15,886)

CHANGES HEALTH & WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £
Net incoming/(outgoing) resources before transfers		456,802	(7,857)	(9,617)	439,328	(1,002)	(12,013)	(2,871)	(15,886)
Gross transfers between funds		(13,272)	13,272	-	-	(1,310)	8,056	(6,746)	-
Net income/(expenditure) for the year/ Net movement in funds		443,530	5,415	(9,617)	439,328	(2,312)	(3,957)	(9,617)	(15,886)
Fund balances at 1 April 2022		126,993	23,666	281,120	431,779	129,305	27,623	290,737	447,665
Fund balances at 31 March 2023		570,523	29,081	271,503	871,107	126,993	23,666	281,120	431,779

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.

CHANGES HEALTH & WELLBEING

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	13		293,071		294,602
Current assets					
Debtors	14	118,596		197,750	
Cash at bank and in hand		542,896		156,531	
		661,492		354,281	
Creditors: amounts falling due within one year	15	(83,456)		(217,104)	
Net current assets			578,036		137,177
Total assets less current liabilities			871,107		431,779
Income funds					
Restricted funds	17		271,503		281,120
<u>Unrestricted funds</u>					
Designated funds	18	29,080		23,666	
General unrestricted funds		570,524		126,993	
			599,604		150,659
			871,107		431,779

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, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, 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 2 November 2023

John Irons
Trustee

Company registration number 07761177

CHANGES HEALTH & WELLBEING

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	23		399,637		(2,766)
Investing activities					
Purchase of tangible fixed assets		(13,272)		(8,057)	
Investment income received		-		3	
Net cash used in investing activities			(13,272)		(8,054)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			386,365		(10,820)
Cash and cash equivalents at beginning of year			156,531		167,351
Cash and cash equivalents at end of year			542,896		156,531

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Changes Health & Wellbeing is a private company limited by guarantee incorporated in England and Wales. The registered office is Victoria Court, Booth Street, Stoke on Trent, ST4 4AL .

1.1 Accounting convention

The financial statements have been prepared in accordance with the charitable company'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 charitable company is a Public Benefit Entity as defined by FRS 102.

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

The accounts have been prepared on the historical cost convention. 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 charitable company 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.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Income

Income is recognised when the charitable company 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 charitable company 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.

1.5 Expenditure

Liabilities are recognised as resources expended where there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under appropriate headings. Where costs cannot be directly attributed to particular headings (support costs) they have been allocated to activities on a basis consistent with use of the resources.

The cost of Raising Funds include costs of generating voluntary income, fund raising trading and investment fees, plus a share of support costs. The costs of generating voluntary income do not include the costs of disseminating information in support of the charitable activities.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Charitable Activities comprise those activities set out in detail in the report of the trustees.

Governance costs are those associated with the governance arrangements of the charity which relate to the general running of the charity. This includes internal and external audit, insurance costs, legal advice for trustees and costs associated with constitutional and statutory requirements such as the cost of trustee meetings and preparing the statutory accounts, plus a share of support costs.

Support costs are those costs incurred in the support of the fund raising, governance and charitable activities which cannot be directly attributed. They have been attributed to activities as described in the notes to the financial statements.

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:

Land and building	2% straight line
Office equipment	25% reducing balance
Fixtures and fittings	15% reducing balance
Computers	25% reducing balance

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 charitable company 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 charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

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 charitable company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Value added tax

Value added tax is not recoverable by the charity and as such is included in the relevant costs in the Statement of Financial Activities.

1.13 Pensions

The charitable company operates a defined contribution pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

2 Critical accounting estimates and judgements

In the application of the charitable company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

CHANGES HEALTH & WELLBEING

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

2 Critical accounting estimates and judgements

(Continued)

Key sources of estimation uncertainty

The estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities are as follows.

Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of assets. The useful economic lives and residual values are re-assessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of assets. See note 13 for the carrying amount of property, plant and equipment, and note 1.6 for the useful economic lives of each category of asset.

3 Donations and legacies

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Donations and gifts	5,048	22,417

4 Charitable activities

	2023 £	2022 £
Grants receivable for charitable activities	3,063,601	2,074,714
Analysis by fund		
Unrestricted funds - general	2,898,887	1,839,812
Restricted funds	164,714	234,902
	3,063,601	2,074,714
Performance related grants		
NHS Stoke on Trent	1,087,962	1,013,000
NHS North Staffordshire	474,036	180,870
Stoke on Trent City Council	339,383	464,537
GBS Midlands Partnership NHS Foundation Trust	515,564	-
NSCHT Future Focus Support Service	239,548	-
Other	407,108	416,307
	3,063,601	2,074,714

CHANGES HEALTH & WELLBEING

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

5 Investment income

	Total Unrestricted funds general 2023 £	2022 £
Interest receivable	-	3
	<hr/>	<hr/>

6 Raising funds

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
<u>Costs of raising funds</u>		
Staff costs	31,376	27,947
	<hr/>	<hr/>
	31,376	27,947
	<hr/>	<hr/>

CHANGES HEALTH & WELLBEING

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

7 Charitable activities

	Provision of mental health services 2023 £	Provision of mental health services 2022 £
Staff costs	1,048,501	1,162,439
Depreciation and impairment	7,403	7,224
Rent and rates	11,599	15,398
Utilities	8,714	5,289
Insurance	6,202	5,533
Legal and Professional	5,059	4,244
Telephone	20,495	15,507
Printing , Stationery and postage	5,911	5,502
Subcontracted staff	871,516	318,606
Staff and Volunteers expenses	21,274	15,228
Travel	18,205	15,211
Sundry and outsourced work	219,779	255,847
	<u>2,244,658</u>	<u>1,826,028</u>
Share of support costs (see note 8)	367,090	273,180
Share of governance costs (see note 8)	9,960	7,841
	<u>2,621,708</u>	<u>2,107,049</u>
Analysis by fund		
Unrestricted funds - general	2,439,520	1,861,774
Unrestricted funds - designated	7,857	7,502
Restricted funds	174,331	237,773
	<u>2,621,708</u>	<u>2,107,049</u>

CHANGES HEALTH & WELLBEING

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

8 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Staff costs	213,336	5,584	218,920	120,206	3,741	123,947
Depreciation	7,400	-	7,400	7,225	-	7,225
Rent & Rates	14,177	-	14,177	18,821	-	18,821
Utilities	10,651	-	10,651	6,466	-	6,466
Insurance	7,581	-	7,581	7,738	-	7,738
Legal & Professional	10,983	-	10,983	16,126	-	16,126
Telephone	25,050	-	25,050	18,954	-	18,954
Printing, postage and stationery	7,225	-	7,225	6,723	-	6,723
Sundry	52,150	-	52,150	62,858	-	62,858
Travel	7,678	-	7,678	1,689	-	1,689
Staff & Vol. Expenses	10,859	-	10,859	6,374	-	6,374
Audit fees	-	4,376	4,376	-	4,100	4,100
	<u>367,090</u>	<u>9,960</u>	<u>377,050</u>	<u>273,180</u>	<u>7,841</u>	<u>281,021</u>
Analysed between Charitable activities	<u>367,090</u>	<u>9,960</u>	<u>377,050</u>	<u>273,180</u>	<u>7,841</u>	<u>281,021</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year. Travelling expenses of £1,905 (2022 : £1,457) were paid to 4 (2022 : 2) trustees.

10 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Charitable activities	60	61
Administrative	4	2
Total	<u>64</u>	<u>63</u>

CHANGES HEALTH & WELLBEING

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

10 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	1,191,945	1,208,781
Social security costs	70,372	59,363
Other pension costs	36,480	46,189
	<u>1,298,797</u>	<u>1,314,333</u>

The key management personnel of the charity comprise the Trustees, the Chief Executive Officer, the Finance Manager, the Operations Manager, the Service Manager, the Finance Administrator, and the HR & IT manager. The total employee benefits of the key management personnel of the charity were £244,660 (2022 : £149,345).

Redundancy payments amounting to £Nil were paid during the year (2022: £16,528).

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
£60,001 to £80,000	<u>1</u>	<u>-</u>

11 Other

	Total Unrestricted funds designated	
	2023	2022
	£	£
Net loss on disposal of tangible fixed assets	-	4,511
	-	4,511

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

CHANGES HEALTH & WELLBEING

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

13 Tangible fixed assets

	Land and building £	Office equipment £	Fixtures and fittings £	Computers £	Total £
Cost					
At 1 April 2022	346,545	21,458	9,514	25,711	403,228
Additions	-	-	-	13,272	13,272
At 31 March 2023	346,545	21,458	9,514	38,983	416,500
Depreciation and impairment					
At 1 April 2022	70,758	20,176	6,961	10,728	108,623
Depreciation charged in the year	7,076	320	382	7,028	14,806
At 31 March 2023	77,834	20,496	7,343	17,756	123,429
Carrying amount					
At 31 March 2023	268,711	962	2,171	21,227	293,071
At 31 March 2022	275,784	1,281	2,554	14,983	294,602

14 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Other debtors	108,140	187,294
Prepayments and accrued income	10,456	10,456
	118,596	197,750

15 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	21,115	138,460
Trade creditors	3,707	22,624
Other creditors	41,818	38,780
Accruals and deferred income	16,816	17,240
	83,456	217,104

CHANGES HEALTH & WELLBEING

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

16 Retirement benefit schemes

Defined contribution schemes

The charity contributes to defined contribution pension schemes in respect of members of staff, the assets of which are held separately from those of the charity in independently administered funds. The pension cost charge represents contributions payable by the charity to the funds. At the year end there were contributions due to the fund totalling £13,057 (2022: £10,448).

The charge to profit or loss in respect of defined contribution schemes was £36,480 (2022 - £46,189).

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

17 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		Transfers £	Balance at 1 April 2022 £	Movement in funds		Balance at 31 March 2023 £
		Incoming resources £	Resources expended £			Incoming resources £	Resources expended £	
Social Enterprise Investment Fund	277,885	-	(6,947)	-	270,938	-	(6,948)	263,990
Pertemps	12,852	215,102	(217,772)	-	10,182	164,714	(167,383)	7,513
Stoke City Council Wellbeing Education Return	-	19,800	(13,054)	(6,746)	-	-	-	-
	290,737	234,902	(237,773)	(6,746)	281,120	164,714	(174,331)	271,503

Purposes of restricted funds:

Social Enterprise Investment Fund

A Department of Health fund providing investment to assist social enterprises delivering health and social care services.

Pertemps:

Provision of a wellness and recovery focused training and peer-support programme within HMP Stafford.

Stoke City Council Wellbeing Education Return

A fund for the provision of wellbeing for education return mental health training to education professionals and development of an online learning community.

CHANGES HEALTH & WELLBEING

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

18 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2021 £	Resources expended £	Transfers £	Balance at 1 April 2022 £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Fixed asset fund	27,623	(12,013)	8,056	23,666	(7,858)	13,272	29,080
	<u>27,623</u>	<u>(12,013)</u>	<u>8,056</u>	<u>23,666</u>	<u>(7,858)</u>	<u>13,272</u>	<u>29,080</u>

CHANGES HEALTH & WELLBEING

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

19 Analysis of net assets between funds	Unrestricted fund		Designated fund		Restricted fund		Total Unrestricted fund		Designated fund		Restricted fund		Total	
	2023	£	2023	£	2023	£	2023	£	2023	£	2023	£	2022	£
Fund balances at 31 March 2023 are represented by:														
Tangible assets	-		29,080		263,991		49,999		23,666		220,937		294,602	
Current assets/(liabilities)	570,523		-		7,513		76,994		-		60,183		137,177	
	570,523		29,080		271,504		126,993		23,666		281,120		431,779	

CHANGES HEALTH & WELLBEING

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

20 Share Capital

Changes Health and Wellbeing is a company limited by guarantee and accordingly does not have a share capital. Every member of the company undertakes to contribute such amount as may be required, not exceeding £1, to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

21 Financial commitments, guarantees and contingent liabilities

The charity received a grant of £350,000 towards the cost of the purchase of a property. If the property is sold, then in certain circumstances, the whole or part of the grant may be repayable.

22 Operating lease commitments

At the reporting end date the charitable company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	4,147	6,221
Between two and five years	-	4,147
	<u>4,147</u>	<u>10,368</u>

23 Cash generated from operations

	2023 £	2022 £
Surplus/(deficit) for the year	439,328	(15,885)
Adjustments for:		
Investment income recognised in statement of financial activities	-	(3)
(Gain)/loss on disposal of tangible fixed assets	-	4,511
Depreciation and impairment of tangible fixed assets	14,803	14,449
Movements in working capital:		
Decrease/(increase) in debtors	79,154	(155,898)
(Decrease)/increase in creditors	(133,648)	150,060
Cash generated from/(absorbed by) operations	<u>399,637</u>	<u>(2,766)</u>

24 Analysis of changes in net funds

The charitable company had no debt during the year.

CHANGES HEALTH & WELLBEING

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

25 Related Party Transactions

During the year the charity entered into transactions with K Wheat, the spouse of the Chief Executive Officer for the provision of mindfulness training. The value of transactions for the services supplied, all being conducted on an arms length basis, was £6,000 (2022 : £4,500). The balance outstanding at the year end was £Nil (2022 : £Nil).

The Charity received no donations with conditions from trustees.