

REFRESH BRISTOL

England & Wales · Charity number 1147065

Details

Status	Registered
Legal form	Charitable company
Company number	07945444
Registered	2012-04-30
Register	View on the Charity Commission register

Contact

Address	81 East Street Bedminster Bristol BS3 4EX
Phone	07785900527
Email	refreshbs3@gmail.com
Website	www.refreshbedminster.org

Activities

Objects: THE CHARITY'S OBJECTS ("THE OBJECTS") ARE:3.1 TO PREVENT OR RELIEVE POVERTY AND FINANCIAL HARDSHIP AMONG PEOPLE LIVING IN BEDMINSTER (BS3), SOUTH BRISTOL, BRISTOL AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM AND THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT;3.2 TO ADVANCE THE CHRISTIAN FAITH IN ACCORDANCE WITH THE STATEMENT OF BELIEFS IN PART H OF THE ARTICLES, IN BEDMINSTER (BS3), SOUTH BRISTOL, BRISTOL AND IN SUCH OTHER PARTS OF THE UNITED KINGDOM AND THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT;3.3 TO ADVANCE THE EDUCATION AND TRAINING OF THOSE LIVING IN BEDMINSTER (BS3), SOUTH BRISTOL, BRISTOL AND SUCH OTHER PARTS OF THE UNITED KINGDOM AND THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT; AND3.4 TO FULFIL SUCH OTHER PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES AND ARE CONNECTED TO THE CHARITABLE WORK OF THE CHARITY AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.

Activities: Community drop-in cafe (providing work experience & training to local unemployed individuals and those in recovery);Free hot meals for homeless; Foodbank for those in food poverty;Prayer room;Fellowship & Support Group;Prophetic outreach; Community training ;OAP group Memories of Bedminster ;Alpha courses; Community centre @ SBCC inc. Church; Charity shop; Child Contact centre

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Religious Activities, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Bristol City
- North Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	-	-	-	-
2024-04-30	£28,570	£51,029	-	-
2023-04-30	£30,843	£19,585	-	-
2022-07-30	£38,657	£39,782	-	-
2021-07-30	£84,491	£32,403	-	-
2020-07-30	£39,202	£40,777	-	-

Trustees

Name	Role	Appointed
Greg John Bigwood		2020-01-15
NKULULEKO DUBE Pastor		2025-04-15
Naomi Knapp BSc MSc		2012-03-07

REFRESH BRISTOL

England & Wales - Charity number 1147065

Accounts

Trustees' report

For the year ended 30 April 2024

Refresh Bristol aims, charity objects and under-pinning values

Refresh Bristol (operating as Refresh Bedminster) aims to improve the lives of people living in Bedminster and South Bristol and to see practical and spiritual transformation through preventing or relieving poverty in Bedminster (BS3) and South Bristol and beyond by:

- providing education, training and to improving general living, work, spiritual and social prospects for people in Bedminster (BS3) and South Bristol and beyond.
- improving people's spiritual welfare by offering prayer and/or by introducing them to the Christian faith if they so choose.

Refresh Bristol's charity objects are:

- the prevention or relief of poverty in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- the relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage in the area of Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to advance the Christian faith in accordance with the Statement of Beliefs in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to provide education and training to improve work, spiritual and social prospects for those living in Bedminster (BS3), South Bristol, Bristol and such other parts of the United Kingdom and the world as the Trustees may from time to time think fit; and
- to fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected to the charitable work of the Charity as the Trustees may from time to time think fit.

Refresh Bristol's strap line is '**Food for the Body and Food for the Soul**'. We hope to contribute to bringing positive spiritual, physical and social transformation of Bedminster and an improvement in the lives of the people who live there.

Our values include:

- Be 'refreshing' in all that we do.
- Offer a place of peace and tranquillity in all our projects.
- Be releasing to volunteers, staff and visitors and seek to develop and encourage them in their given talents and destinies.
- Seek to be inclusive denominationally, culturally and educationally.
- Work in collaboration and partnership with others.

Refresh Bristol's activities in 2022-23

Refresh Bristol's activities in our 12th year of operation include:

- A community drop-in cafe (providing work experience and training to local unemployed individuals, many of whom have mental health support needs or are in recovery from addictions). A more structured management, cleaning and jobs plan has been introduced for the volunteers. The café was closed during the Covid-19 outbreak from March 2020 to 2021 at different periods – However throughout the Pandemic – the café remained open to serve free food parcels from our foodbank and also provided a free cooked hot meal for the homeless every Wednesday.
- Free and subsidized hot meals for the homeless and marginalized continued to be served however every Wednesday throughout the Covid-19 period via serving outside through the front door of the café – signposting the homeless to accommodation and to other services was also done where possible
- The provision of emergency food parcels to those in poverty from our Foodbank also continued throughout the Covid-19 period every Wednesday
- Fellowship and Support Group was moved to take place in our other building on a Wednesday evening at the South Bristol Christian Centre
- Due to Covid-19 our training courses were largely stopped although we continued to train people in running the Foodbank and the free cooked meals for the homeless
- Healing prayer in the South Bristol Christian by appointment only continued and sometimes in an outside space near the cafe
- Prophetic Outreach/Healing/Music team weekly on was also stopped because of Covid-19 although we did hold an outside Christmas music event and a large Christmas meal for street people and the foodbank users and the homeless people
- Operation of the Charity shop called Revival Market which is a Vintage market shop enabling some unemployed people to rent stalls and run their own small businesses
- Collaboration with the Healing Rooms which focus on ministering to the sick
- Management of the South Bristol Christian Centre which is like a community centre and has community groups operating there – the current users consist of Brownies, Girls Brigade, Child contact Centre, AA, Memories of Bedminster, some other sporadic community groups, the South Bristol Prayer House (SBHOP), Bristol Healing Rooms, SOZO Arts group – many of these activities were put on hold for a large part of the time due to Covid-19
- Operation of a Sunday worship gathering at the South Bristol Christian Centre still happened but was less frequent due to Covid-19
- Have a link with a farm where people can do voluntary or paid work with animals or construction

Activities planned by Refresh Bristol for 2024-23

Future planned activities include:

- Aim to run a monthly Spirit Café with a variety of outreach and spiritual activities
- Aim to help set up more therapeutic activities at the farm using animals and the arts and growing vegetables and flowers and some spiritual activities in liaison with a local Anglican Church and relevant community organisations
- We want to revamp and refurbish the drop in café, foodbank area, homeless bathroom and the prayer room as the current facilities are 6 years old
- We are looking to apply for more grants and increase fundraising activities so that we can expand, improve what we do and take on more team leaders and managers and reopen the drop-in café and get some of our training courses back up and running
- We want to attract more active Trustees with the time to develop the charity

Refresh Bristol's Public benefits

Public benefits provided by Refresh include:

- The community drop-in cafe provides a place of community and inclusion for the marginalized, lonely, elderly people with mental health support needs and for those in recovery from addictions.
- We also provide work experience and some mentoring/training in a supportive environment. We then offer references to help volunteers find employment (so far several individuals who were homeless or long-term unemployed have found full-time work – section below).
- The various training courses (such a job skills club for single parents) give local people useful skills and help them to find employment.
- The weekly free hot meals for the homeless and marginalized, in addition individuals are provided with free food as need dictates.
- The Foodbank provides free food parcels to a wide variety of individuals and families who have been referred to us from other agencies who have been made redundant or have issues with benefits sanctions or debts.
- For those who require it, the prayer room is available as a peaceful sanctuary for people to reflect, receive prayer support and a listening ear.
- We sign post individuals to a range of other services such as housing, accommodation, benefits, training and life-skills agencies.
- Provision of help to individuals to find wholeness, spiritual fulfilment and to realize their potential and exercise their gifts.
- We take on volunteers from new organizations to offer their clients work experience placements

- We plan to host a wet clinic for alcoholics run in conjunction with the NHS and the Bristol Drugs Project

Those in contact with our charity report greater social inclusion through motivation, encouragement and supportive relationships and community involvement as shown below.

Our key achievements for the 2023 to 2024 year are:

Volunteers into employment:

Refresh volunteers going on to full-time employment or onto further training – our volunteer but unemployed administrator went into full-time employment. Some of these individuals were previously homeless, had criminal records, others have suffered from long-term depression.

Provision of work placements for various people especially the disadvantaged:

The Job Centre sends us a few people who have been long-term unemployed for over 2 years who we train in catering, cleaning, health and safety, running the foodbank and administration skills.

Supporting those in recovery and those with learning/physical disabilities and mental health issues:

We have interacted with countless addicts and regularly support many individuals who were long-term addicts who have either completely stopped using addictive substance or who have significantly reduced their consumption. We also supported other recovering addicts to attend 'rehab' outside of Bristol.

We have also supported many people with depression and mental health support needs or who are ex-servicemen or ex-offenders. Many have found fulfilment in their work experience in our café and in the relationships developed there.

We have several volunteers with learning disabilities such as Aspergers Syndrome and other conditions which includes physical impairments. These volunteers have benefitted from our supportive environment, relationships with other volunteers café users and have developed new practical and social skills

Foodbank Recipients:

Unlike other foodbanks who only did delivery we kept our shopfront open for the collection of foodbank parcels all through the Covid-19 lockdowns etc. Our average weekly distribution of food parcels to individuals and families is from between 20 to 30 per week. We have seen an increase in families with children coming to us. The majority of recipients were unemployed, many of whom had had their benefits stopped; some are homeless. A few of these recipients have since volunteered for Refresh.

Clothes bank:

Many people have benefitted from our free clothes bank. We have also supplied homeless individuals moving into accommodation with free bedding.

Homeless/marginalized free and subsidized hot meal recipients:

We provide free and subsidised hot meals to around 10 marginalized and 10+ homeless people each Wednesday.. At Christmas we were able to serve over 25 people free hot meals.

Fellowship / Support Group

This weekly group is attended by up to 12 people. This group offers support and friendship as well as Christian spiritual input. It's usual format includes food and prayer, bible study, worship or different speakers and individual mentoring, if sought.

Impartation of knowledge and practical skills via on the job training

The volunteers in the foodbank have received training in administration and have learnt skills in working with vulnerable people. In both of these areas people have been empowered to be more self-motivated and confident and volunteers have been able to make a positive contribution to the community.

In summary, we have recorded the following measurements of our achievements:

Number of people using services	Numbers week/year
Individuals who use Refresh café/services weekly.	Approx. 75 per week
Individuals/families using the foodbank	20-30 per week
Former users of foodbank becoming volunteers	1 over the year
Marginalized/Homeless people receiving weekly hot free or subsidized meal	10 to 15
Individuals attending training including volunteers	Not currently running
Individuals using prayer/counselling room or South Bristol Christian centre	5 per week on average but variable could be more or less
individuals attending fellowship/community groups	7 to 20 per week on average
Individuals entering paid or voluntary employment	5 over the year
Individuals improving their English language skills	N/A due to Covid-19
Recovering addicts supported	8+ over the year
Individuals giving positive feedback from use of services	Unsure
Volunteers showing improved motivation and positive life skills	Unsure
Volunteers showing improved social skills and social inclusion	Unsure but at least 2

Previous Testimonials of changed lives

N. Was previously involved with Refresh but had a relapse back into drugs and has now returned to volunteer in the café and is attending a local church where she gets ongoing support for her needs

S. Has been using our services for years and usually came in drunk but was recently prayed for to give up alcohol and has been clean now for several months and still comes in on a weekly basis and helps with loading up food.

S. I came to volunteer at Refresh in the café, having led an isolated life in Knowle West and at first was not willing to communicate much but just to wash up and clean tables – after a while I was taught to cook and have now got my confidence back and feel part of a caring community and family of people who care and was offered a full time job in a large hotel chain. I was also helped practically with food parcels

D. I am a Refresh customer and feel Refresh is very important to Bedminster and the community in days like this where life is getting more expensive and there are more homeless on the streets – it's a valid cause and should be open 6 days a week

J. I have been living on the streets since my marriage broke down due to my addiction and me losing my job. I have found Refresh to be a sanctuary for me and a place of peace. Its been very helpful for me to be able to use the Refresh washing machine to wash my clothes and also for me to take showers and baths at Refresh to keep clean. Refresh is a special place and gives me warmth, love and friendship – it has a great atmosphere and in talking and sharing with some of the staff there I have been able to stop drinking for several weeks.

F. I became homeless after I went into depression following the death of my mother who died in Jamaica and I was unable to visit her or attend the funeral. Following my depression I started drinking and lost my job. I have been eating the free Refresh hot meals for the homeless and recently found faith in Christ. My life has subsequently got transformed. I have been reconciled to my brother and will be receiving an inheritance from my mother and I have also been offered a new job and my drinking has stopped and my depression lifted.

B. "I was a drinker & drug taker, a compulsive armed robber. I took more drugs than anybody I knew. I had nearly 20 years of living hell, spending over 10 of them in prison, a circle which nearly drove me insane. I came out of prison after several sentences at 41 years old and felt my life had stopped as prison was so soul destroying. I had a friend from childhood who was a Christian. He took me to the group and one night I accepted Jesus into my life and I have not been the same since. I feel joy in my Spirit and I'm helping others cursed with addiction and know Gods plan is happening for me now. I'm excited about the future and am not looking back thanks to my new found faith in Jesus and the change I have experienced. Please call me if you want to meet me and I will happily share with you and pray for you if you want." – B.

Mi. "Before I was involved in Refresh, I had just come out of a difficult relationship, which ended on bad terms. I was left without anything, I was sofa surfing staying with a

different mate every night and drank as much alcohol as I could afford. When my vicar brought me along to Refresh I had nothing. I started to volunteer in the cafe and God has really blessed me. Refresh has helped me to obtain a stable roof over my head and has given me purpose. I had literally hit rock bottom, but thanks to the support of Refresh came back stronger than ever and have now become spiritually mature and I'm closer to God than ever."

N. -"I feel I have benefited from being involved in *Refresh* since I have gained confidence in being of use for a charitable cause. I found people welcoming and was given sincere attention, which meant I was able to open up and share. I have felt included through the Fellowship and Support group."

There are many many more people and volunteers who have experienced positive transformation.

Contribution from Volunteers

Volunteers are our most important asset and have become a key focus in our work. We have had over 550 volunteers since the Charity started – currently we receive applications for volunteering weekly. These volunteers primarily work in the with the homeless, child contact centre, foodbank, vintage shop or office and gain work experience, develop essential life and work skills and are welcomed into the Refresh community. Many comment that they benefit from increasing confidence and are able to avoid social isolation.

Around 20% of our volunteers and staff have known mental health support needs or are recovering from addiction, the majority are unemployed and of working age.

Employment of disabled persons

We do not currently employ any disabled people but have several volunteers with learning difficulties. When we appoint staff or volunteers, we use our standard application form which enables us to undertake the short listing process without knowing the personal details of the candidates. We also offer a trial day for applicants to try us out. For one physically disabled volunteer we make regular adjustments and allowances to provide for her needs so that she can operate safely and get fulfilment. The vacancies are promoted through local networks and on our website. We are confident that the procedure enables us to recruit fairly, and also to avoid any suspicion of bias against disabled people or members of other marginalized groups.

Membership of wider network

We link and work with a number of networks, charities, groups and churches. These include: the Bristol 5K (citywide foodbanks network), BS3 churches together, Bristol Prayer Wall/Network, Arise Bristol, FareShare, Elim E5 church, Supermarket chains like Asda, Tesco and LIDL, Voscur courses, Bristol Methodist Centre, Bristol Soup Run, Addiction Network, Crisis Centre Ministries, Bedminster Neighbourhood Partnership, Bedminster Traders, South Bristol Christian Centre, Healing Rooms Bristol, BS3 Connect, St Mary Redcliffe, and the Bristol Citizens Advice Bureau, Local Crisis support team of Bristol city council; Adult Learning of Bristol city council; BID Bedminster independent traders

The major risks to which the charity is exposed & reviews & systems to mitigate risks

Funding for the longer term and particularly for the payment of skilled staff is our biggest challenge. We hope to recruit two part-time experienced funders in the near future. In the meantime we hope to provide training to some of our volunteer administrators to assist with funding bids and events etc. We currently rely almost exclusively on volunteers, some of whom are skilled. There is a risk of them not being available but so far we have always been able to meet our

commitments,

We review the insurance cover once a year against all the risks involved with our activities.

We have one paid staff member ie. Our Office Manager. The stocks in our foodbank sometimes are very low and we need to keep finding new supplies to keep our stock levels up.

Structure, governance and management of the charity

The Charity is constituted as a company limited by guarantee and therefore has no share capital. It is governed by a memorandum and articles of association. There are no restrictions in the governing document on the operation of the Charity or on its investment powers, other than those imposed by general charity law. Every Member undertakes to contribute an amount not exceeding £1 to the assets of the company in the event of the winding up of the company.

Trustees/Directors

The Charity/Company is overseen by a 4 member trustee group. The trustees are also company Directors.

The Trustees meet every month to consider the progress of the charity with regard to its aims and objectives, the financial position, fundraising and to provide general oversight. The meetings are structured with written agendas and full minutes are taken and agreed. Our Trustee group all serve in a voluntary capacity and provide a wide range of skills and expertise including Child Protection, Employment support, Business advice, Research and funding applications and Prayer Support.

The day to day running of the charity is overseen by the voluntary Projects Director. Staff of the charity have been delegated authority to carry out day-to-day activities within policies agreed by the Trustees.

New Trustees

We are in the process of recruiting and appointing new trustees who need to attend our trustee meetings for 3 months before they can officially take up the post. All potential trustees would be given a copy of the Volunteer Application Pack and the Trustee Application Pack. The Trustee Application Pack is currently in development and includes:

- the memorandum and articles of association,
- our Trustee Handbook,
- the various Trustee annual reports made available
- the current set of management financial statements,
- and several documents produced by the Charity Commission
- describing the role and responsibilities of charity trustees.

The Volunteer Application Pack contains information about:

- the work we undertake,
- the needs we seek to address,
- the principles we follow, and
- the expectations we have of all our volunteers, whether they serve as trustees or in any other role.
- values

It also contains an application form and a form on which a reference can be given.

We have approached individuals, churches and other organisations we are in contact with, as part of our strategy for identifying suitable new trustees. Potential new trustees would be invited to meet the Project Director, other members of trustee group, staff and volunteers, to talk about what they do and any aspect of the work and would be expected to attend three Trustee meetings before being enrolled.

Trustees can be elected at the AGM, or appointed on a provisional basis by the Trustee Group until the next AGM. When someone who has not been elected at the AGM comes forward as a potential new trustee and it seems that they will be able to contribute to the work, they will be invited to the trustees' meeting on a trial basis for three months, after which they would be interviewed by two of the existing trustees.

Financial Review for the year ended April 2024

The company was formed in February 2012 but remained dormant until the charity opened on 1st May 2012.

At the start of the Charity, the trustees took over the building, the assets and reserves of a community group called Refresh.

Policies on reserves and investments

Our policy will be to maintain reserves at a level necessary to sustain planned activities for the charity –

Restricted funds, if any, are spent as soon as possible in line with the donor's wishes.

The balance sheet shows the funds being operated.

The General fund free accumulated surplus is intended to be between at least 3 months of income, to provide bridging finance in the event that funding sources become inadequate.

Transactions and financial position

The trustees consider the financial performance by the charity during the year to have been satisfactory. We have received and earned what we have needed to operate, but not much more.

We have set up a regular donations scheme via Stewardship for private donors and have some regular givers. We also have a Paypal and HSBC account which is accessible from our bank account and website.

We are very grateful to all volunteers, staff and those who have made grants and donations to Refresh Bristol and wish to express our sincere thanks.

Signed on behalf of the Board of Trustees



Naomi Knapp - Trustee and Director

Registered number
07945444

Refresh Bristol Limited

Financial Statements

30 April 2024



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

Refresh Bristol Limited
Report and accounts
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Refresh Bristol Limited Company Information

Director

John Bigwood
Jane Jenkins
Naomi Knapp
Rebecca Wiltshire

Secretary

Naomi Knapp

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol
BS3 5QH

Registered office

81 East Street
Bedminster
Bristol
BS3 4EX

Registered number

07945444

Refresh Bristol Limited

Registered number: 07945444

Director's Report

The director presents his report and accounts for the year ended 30 April 2024.

Principal activities

The company's principal activity during the year continued to be that of a charity.

Directors

The following persons served as directors during the year:

John Bigwood
Jane Jenkins
Naomi Knapp
Nicolas Bloor
Rebecca Wiltshire

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 13 March 2025 and signed on its behalf.

N Knapp
Director

Refresh Bristol Limited

Chartered Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Refresh Bristol Limited for the year ended 30 April 2024

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Refresh Bristol Limited for the year ended 30 April 2024 which comprise of the Profit and Loss Account, the Balance Sheet, the Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/members/regulations-standards-and-guidance

This report is made solely to the Board of Directors of Refresh Bristol Limited, as a body, in accordance with the terms of our engagement letter dated 29 January 2020. Our work has been undertaken solely to prepare for your approval the accounts of Refresh Bristol Limited and state those matters that we have agreed to state to the Board of Directors of Refresh Bristol Limited, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Refresh Bristol Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Refresh Bristol Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of Refresh Bristol Limited. You consider that Refresh Bristol Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Refresh Bristol Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

TYRRELL PROCTER

Chartered Accountants
Beaufort House
113 Parson Street
Bristol
BS3 5QH

13 March 2025

Refresh Bristol Limited
Profit and Loss Account
for the year ended 30 April 2024

	2024	2023
	£	£
Turnover	28,570	30,843
Cost of sales	(30,202)	-
Gross (loss)/profit	<u>(1,632)</u>	<u>30,843</u>
Administrative expenses	(20,784)	(19,585)
Operating (loss)/profit	<u>(22,416)</u>	<u>11,258</u>
Interest payable	(43)	-
(Loss)/profit before taxation	<u>(22,459)</u>	<u>11,258</u>
Tax on (loss)/profit	-	-
(Loss)/profit for the financial year	<u>(22,459)</u>	<u>11,258</u>

Refresh Bristol Limited**Registered number:** 07945444**Balance Sheet
as at 30 April 2024**

	Notes	2024	2023
		£	£
Fixed assets			
Tangible assets	3	296	394
Current assets			
Debtors	4	17,800	12,800
Metro Bank		143,273	6,638
Cash at bank and in hand		33,653	162,652
		<u>194,726</u>	<u>182,090</u>
Creditors: amounts falling due within one year	5	(1,096)	(1,099)
Net current assets		<u>193,630</u>	<u>180,991</u>
Total assets less current liabilities		<u>193,926</u>	<u>181,385</u>
Creditors: amounts falling due after more than one year	6	(108,156)	(73,156)
Net assets		<u>85,770</u>	<u>108,229</u>
Capital and reserves			
Profit and loss account		85,770	108,229
Shareholder's funds		<u>85,770</u>	<u>108,229</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

N Knapp

Director

Approved by the board on 13 March 2025

Refresh Bristol Limited
Statement of Changes in Equity
for the year ended 30 April 2024

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 1 May 2022	-	-	-	96,971	96,971
Profit for the financial year				11,258	11,258
At 30 April 2023	<u>-</u>	<u>-</u>	<u>-</u>	<u>108,229</u>	<u>108,229</u>
At 1 May 2023	-	-	-	108,229	108,229
Loss for the financial year				(22,459)	(22,459)
At 30 April 2024	<u>-</u>	<u>-</u>	<u>-</u>	<u>85,770</u>	<u>85,770</u>

Refresh Bristol Limited
Notes to the Accounts
for the year ended 30 April 2024

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2024	2023
	Number	Number
Average number of persons employed by the company	-	-

3 Tangible fixed assets

	Land and buildings	Plant and machinery etc	Total
	£	£	£
Cost			
At 1 May 2023	3,000	12,630	15,630
At 30 April 2024	3,000	12,630	15,630
Depreciation			
At 1 May 2023	3,000	12,236	15,236
Charge for the year	-	98	98

Refresh Bristol Limited
Notes to the Accounts
for the year ended 30 April 2024

At 30 April 2024	<u>3,000</u>	<u>12,334</u>	<u>15,334</u>
Net book value			
At 30 April 2024	<u>-</u>	<u>296</u>	<u>296</u>
At 30 April 2023	<u>-</u>	<u>394</u>	<u>394</u>
4 Debtors		2024	2023
		£	£
Trade debtors		<u>17,800</u>	<u>12,800</u>
5 Creditors: amounts falling due within one year		2024	2023
		£	£
Other creditors		<u>1,096</u>	<u>1,099</u>
6 Creditors: amounts falling due after one year		2024	2023
		£	£
Trade creditors		<u>108,156</u>	<u>73,156</u>

7 Other information

Refresh Bristol Limited is a private company limited by shares and incorporated in England. Its registered office is:

81 East Street
 Bedminster
 Bristol
 BS3 4EX

Refresh Bristol Limited
Detailed profit and loss account
for the year ended 30 April 2024

This schedule does not form part of the statutory accounts

	2024	2023
	£	£
Sales	28,570	30,843
Cost of sales	(30,202)	-
Gross (loss)/profit	<u>(1,632)</u>	<u>30,843</u>
Administrative expenses	(20,784)	(19,585)
Operating (loss)/profit	<u>(22,416)</u>	<u>11,258</u>
Interest payable	(43)	-
(Loss)/profit before tax	<u>(22,459)</u>	<u>11,258</u>

Refresh Bristol Limited
Detailed profit and loss account
for the year ended 30 April 2024

This schedule does not form part of the statutory accounts

	2024	2023
	£	£
Sales		
Rental Income	26,921	21,928
Donations	1,649	8,915
	<u>28,570</u>	<u>30,843</u>
Cost of sales		
Purchases	202	-
Rent Paid	30,000	-
	<u>30,202</u>	<u>-</u>
Administrative expenses		
Employee costs:		
Wages and salaries	2,560	3,300
Travel and subsistence	938	320
	<u>3,498</u>	<u>3,620</u>
Premises costs:		
Rent	5,000	3,000
Rates	3,022	3,286
Light and heat	1,842	3,564
Cleaning	-	193
	<u>9,864</u>	<u>10,043</u>
General administrative expenses:		
Telephone and fax	929	1,052
Subscriptions	-	35
Bank charges	109	63
Insurance	1,198	-
Software	205	-
Repairs and maintenance	3,857	3,451
Depreciation	98	132
	<u>6,396</u>	<u>4,733</u>
Legal and professional costs:		
Accountancy fees	840	733
Advertising and PR	87	-
Other legal & professional fees	34	-
Charity	65	456
	<u>1,026</u>	<u>1,189</u>
	<u>20,784</u>	<u>19,585</u>

REFRESH BRISTOL

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

FOR THE YEAR ENDED 30 APRIL 2024

We have examined the financial statements set out on page 4-10.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

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

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol BS3 5QH

REFRESH BRISTOL

England & Wales - Charity number 1147065

Accounts

Trustees' report

For the year ended 30 April 2023

Refresh Bristol aims, charity objects and under-pinning values

Refresh Bristol (operating as Refresh Bedminster) aims to improve the lives of people living in Bedminster and South Bristol and to see practical and spiritual transformation through preventing or relieving poverty in Bedminster (BS3) and South Bristol and beyond by:

- providing education, training and to improving general living, work, spiritual and social prospects for people in Bedminster (BS3) and South Bristol and beyond.
- improving people's spiritual welfare by offering prayer and/or by introducing them to the Christian faith if they so choose.

Refresh Bristol's charity objects are:

- the prevention or relief of poverty in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- the relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage in the area of Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to advance the Christian faith in accordance with the Statement of Beliefs in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to provide education and training to improve work, spiritual and social prospects for those living in Bedminster (BS3), South Bristol, Bristol and such other parts of the United Kingdom and the world as the Trustees may from time to time think fit; and
- to fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected to the charitable work of the Charity as the Trustees may from time to time think fit.

Refresh Bristol's strap line is '**Food for the Body and Food for the Soul**'. We hope to contribute to bringing positive spiritual, physical and social transformation of Bedminster and an improvement in the lives of the people who live there.

Our values include:

- Be 'refreshing' in all that we do.
- Offer a place of peace and tranquillity in all our projects.
- Be releasing to volunteers, staff and visitors and seek to develop and encourage them in their given talents and destinies.
- Seek to be inclusive denominationally, culturally and educationally.
- Work in collaboration and partnership with others.

Refresh Bristol's activities in 2022-23

Refresh Bristol's activities in our 12th year of operation include:

- A community drop-in cafe (providing work experience and training to local unemployed individuals, many of whom have mental health support needs or are in recovery from addictions). A more structured management, cleaning and jobs plan has been introduced for the volunteers. The café was closed during the Covid-19 outbreak from March 2020 to 2021 at different periods – However throughout the Pandemic – the café remained open to serve free food parcels from our foodbank and also provided a free cooked hot meal for the homeless every Wednesday.
- Free and subsidized hot meals for the homeless and marginalized continued to be served however every Wednesday throughout the Covid-19 period via serving outside through the front door of the café – signposting the homeless to accommodation and to other services was also done where possible
- The provision of emergency food parcels to those in poverty from our Foodbank also continued throughout the Covid-19 period every Wednesday
- Fellowship and Support Group was moved to take place in our other building on a Wednesday evening at the South Bristol Christian Centre
- Due to Covid-19 our training courses were largely stopped although we continued to train people in running the Foodbank and the free cooked meals for the homeless
- Healing prayer in the South Bristol Christian by appointment only continued and sometimes in an outside space near the cafe
- Prophetic Outreach/Healing/Music team weekly on was also stopped because of Covid-19 although we did hold an outside Christmas music event and a large Christmas meal for street people and the foodbank users and the homeless people
- Operation of the Charity shop called Revival Market which is a Vintage market shop enabling some unemployed people to rent stalls and run their own small businesses
- Collaboration with the Healing Rooms which focus on ministering to the sick
- Management of the South Bristol Christian Centre which is like a community centre and has community groups operating there – the current users consist of Brownies, Girls Brigade, Child contact Centre, AA, Memories of Bedminster, some other sporadic community groups, the South Bristol Prayer House (SBHOP), Bristol Healing Rooms, SOZO Arts group – many of these activities were put on hold for a large part of the time due to Covid-19
- Operation of a Sunday worship gathering at the South Bristol Christian Centre still happened but was less frequent due to Covid-19
- Have a link with a farm where people can do voluntary or paid work with animals or construction

Activities planned by Refresh Bristol for 2021-2022

Future planned activities include:

- Aim to run a monthly Spirit Café with a variety of outreach and spiritual activities
- Aim to help set up more therapeutic activities at the farm using animals and the arts and growing vegetables and flowers and some spiritual activities in liaison with a local Anglican Church and relevant community organisations
- We want to revamp and refurbish the drop in café, foodbank area, homeless bathroom and the prayer room as the current facilities are 6 years old
- We are looking to apply for more grants and increase fundraising activities so that we can expand, improve what we do and take on more team leaders and managers and reopen the drop-in café and get some of our training courses back up and running

Refresh Bristol's Public benefits

Public benefits provided by Refresh include:

- The community drop-in cafe provides a place of community and inclusion for the marginalized, lonely, elderly people with mental health support needs and for those in recovery from addictions.
- We also provide work experience and some mentoring/training in a supportive environment. We then offer references to help volunteers find employment (so far several individuals who were homeless or long-term unemployed have found full-time work – section below).
- The various training courses (such a job skills club for single parents) give local people useful skills and help them to find employment.
- The weekly free hot meals for the homeless and marginalized, in addition individuals are provided with free food as need dictates.
- The Foodbank provides free food parcels to a wide variety of individuals and families who have been referred to us from other agencies who have been made redundant or have issues with benefits sanctions or debts.
- For those who require it, the prayer room is available as a peaceful sanctuary for people to reflect, receive prayer support and a listening ear.
- We sign post individuals to a range of other services such as housing, accommodation, benefits, training and life-skills agencies.
- Provision of help to individuals to find wholeness, spiritual fulfilment and to realize their potential and exercise their gifts.
- We take on volunteers from new organizations to offer their clients work experience placements

- We plan to host a wet clinic for alcoholics run in conjunction with the NHS and the Bristol Drugs Project

Those in contact with our charity report greater social inclusion through motivation, encouragement and supportive relationships and community involvement as shown below.

Our key achievements for the 2021 to 2022 year are:

Volunteers into employment:

Refresh volunteers going on to full-time employment or onto further training – our volunteer but unemployed administrator went into full-time employment. Some of these individuals were previously homeless, had criminal records, others have suffered from long-term depression.

Provision of government work placements for the DWP :

The Job Centre sends us a few people who have been long-term unemployed for over 2 years who we train in catering, cleaning, health and safety, running the foodbank and administration skills.

Supporting those in recovery and those with learning/physical disabilities and mental health issues:

We have interacted with countless addicts and regularly support many individuals who were long-term addicts who have either completely stopped using addictive substance or who have significantly reduced their consumption. We also supported other recovering addicts to attend 'rehab' outside of Bristol.

We have also supported many people with depression and mental health support needs or who are ex-servicemen or ex-offenders. Many have found fulfilment in their work experience in our café and in the relationships developed there.

We have several volunteers with learning disabilities such as Aspergers Syndrome and other conditions which includes physical impairments. These volunteers have benefitted from our supportive environment, relationships with other volunteers café users and have developed new practical and social skills

Foodbank Recipients:

Unlike other foodbanks who only did delivery we kept our shopfront open for the collection of foodbank parcels all through the Covid-19 lockdowns etc. Our average weekly distribution of food parcels to individuals and families is from between 20 to 30 per week. We have seen an increase in families with children coming to us. The majority of recipients were unemployed, many of whom had had their benefits stopped; some are homeless. A few of these recipients have since volunteered for Refresh.

Clothes bank:

Many people have benefitted from our free clothes bank. We have also supplied homeless individuals moving into accommodation with free bedding.

Homeless/marginalized free and subsidized hot meal recipients:

We provide free and subsidised hot meals to around 10 marginalized and 10+ homeless people each Wednesday.. At Christmas we were able to serve over 25 people free hot meals.

Fellowship / Support Group

This weekly group is attended by up to 12 people. This group offers support and friendship as well as Christian spiritual input. It's usual format includes food and prayer, bible study, worship or different speakers and individual mentoring, if sought.

Impartation of knowledge and practical skills via on the job training

The volunteers in the foodbank have received training in administration and have learnt skills in working with vulnerable people. In both of these areas people have been empowered to be more self-motivated and confident and volunteers have been able to make a positive contribution to the community.

Subsidized English lessons for speakers of other languages

Not currently running due to Covid-19 impact

In summary, we have recorded the following measurements of our achievements:

Number of people using services	Numbers week/year
Individuals who use Refresh café/services weekly.	Approx. 75 per week
Individuals/families using the foodbank	20-30 per week
Former users of foodbank becoming volunteers	1 over the year
Marginalized/Homeless people receiving weekly hot free or subsidized meal	10 to 15
Individuals attending training including volunteers	Not currently running
Individuals using prayer/counselling room or South Bristol Christian centre	5 per week on average but variable could be more or less
individuals attending fellowship/community groups	7 to 20 per week on average
Individuals entering paid or voluntary employment	5 over the year
Individuals improving their English language skills	N/A due to Covid-19
Recovering addicts supported	8+ over the year
Individuals giving positive feedback from use of services	Unsure
Volunteers showing improved motivation and positive life skills	Unsure
Volunteers showing improved social skills and social inclusion	Unsure but at least 2

Previous Testimonials of changed lives

S. I came to volunteer at Refresh in the café, having led an isolated life in Knowle West and at first was not willing to communicate much but just to wash up and clean tables – after a while I was taught to cook and have now got my confidence back and feel part of a caring community and family of people who care and was offered a full time job in a large hotel chain. I was also helped practically with food parcels

D. I am a Refresh customer and feel Refresh is very important to Bedminster and the community in days like this where life is getting more expensive and there are more homeless on the streets – it's a valid cause and should be open 6 days a week

J. I have been living on the streets since my marriage broke down due to my addiction and me losing my job. I have found Refresh to be a sanctuary for me and a place of peace. Its been very helpful for me to be able to use the Refresh washing machine to wash my clothes and also for me to take showers and baths at Refresh to keep clean. Refresh is a special place and gives me warmth, love and friendship – it has a great atmosphere and in talking and sharing with some of the staff there I have been able to stop drinking for several weeks.

F. I became homeless after I went into depression following the death of my mother who died in Jamaica and I was unable to visit her or attend the funeral. Following my depression I started drinking and lost my job. I have been eating the free Refresh hot meals for the homeless and recently found faith in Christ. My life has subsequently got transformed. I have been reconciled to my brother and will be receiving an inheritance from my mother and I have also been offered a new job and my drinking has stopped and my depression lifted.

B. "I was a drinker & drug taker, a compulsive armed robber. I took more drugs than anybody I knew. I had nearly 20 years of living hell, spending over 10 of them in prison, a circle which nearly drove me insane. I came out of prison after several sentences at 41 years old and felt my life had stopped as prison was so soul destroying. I had a friend from childhood who was a Christian. He took me to the group and one night I accepted Jesus into my life and I have not been the same since. I feel joy in my Spirit and I'm helping others cursed with addiction and know Gods plan is happening for me now. I'm excited about the future and am not looking back thanks to my new found faith in Jesus and the change I have experienced. Please call me if you want to meet me and I will happily share with you and pray for you if you want." – B.

Mi. "Before I was involved in Refresh, I had just come out of a difficult relationship, which ended on bad terms. I was left without anything, I was sofa surfing staying with a different mate every night and drank as much alcohol as I could afford. When my vicar brought me along to Refresh I had nothing. I started to volunteer in the cafe and God has really blessed me. Refresh has helped me to obtain a stable roof over my head and has given me purpose. I had literally hit rock bottom, but thanks to the support of Refresh came back stronger than ever and have now become spiritually mature and I'm closer to God than ever."

N. -"I feel I have benefited from being involved in *Refresh* since I have gained confidence in being of use for a charitable cause. I found people welcoming and was given sincere attention, which meant I was able to open up and share. I have felt included through the Fellowship and Support group."

There are many many more people and volunteers who have experienced positive transformation.

Contribution from Volunteers

Volunteers are our most important asset and have become a key focus in our work. We have had over 550 volunteers since the Charity started – currently we receive applications for volunteering weekly. These volunteers primarily work in the with the homeless, child contact centre, foodbank, vintage shop or office and gain work experience, develop essential life and work skills and are welcomed into the Refresh community. Many comment that they benefit from increasing confidence and are able to avoid social isolation.

Around 20% of our volunteers and staff have known mental health support needs or are recovering from addiction, the majority are unemployed and of working age.

Employment of disabled persons

We do not currently employ any disabled people but have several volunteers with learning difficulties. When we appoint staff or volunteers, we use our standard application form which enables us to undertake the short listing process without knowing the personal details of the candidates. We also offer a trial day for applicants to try us out. For one physically disabled volunteer we make regular adjustments and allowances to provide for her needs so that she can operate safely and get fulfilment. The vacancies are promoted through local networks and on our website. We are confident that the procedure enables us to recruit fairly, and also to avoid any suspicion of bias against disabled people or members of other marginalized groups.

Membership of wider network

We link and work with a number of networks, charities, groups and churches. These include: the Bristol 5K (citywide foodbanks network), BS3 churches together, Bristol Prayer Wall/Network, Arise Bristol, FareShare, Elim E5 church, Supermarket chains like Asda, Tesco and LIDL, Voscur courses, Bristol Methodist Centre, Bristol Soup Run, Addiction Network, Crisis Centre Ministries, Bedminster Neighbourhood Partnership, Bedminster Traders, South Bristol Christian Centre, Healing Rooms Bristol, BS3 Connect, St Mary Redcliffe, and the Bristol Citizens Advice Bureau, Local Crisis support team of Bristol city council; Adult Learning of Bristol city council; BID Bedminster independent traders

The major risks to which the charity is exposed & reviews & systems to mitigate risks

Funding for the longer term and particularly for the payment of skilled staff is our biggest challenge. We hope to recruit two part-time experienced funders in the near future. In the meantime we hope to provide training to some of our volunteer administrators to assist with funding bids and events etc. We currently rely almost exclusively on volunteers, some of whom are skilled. There is a risk of them not being available but so far we have always been able to meet our

commitments,

We review the insurance cover once a year against all the risks involved with our activities.

We have one paid staff member ie. Our Office Manager. The stocks in our foodbank sometimes are very low and we need to keep finding new supplies to keep our stock levels up.

Structure, governance and management of the charity

The Charity is constituted as a company limited by guarantee and therefore has no share capital. It is governed by a memorandum and articles of association. There are no restrictions in the governing document on the operation of the Charity or on its investment powers, other than those imposed by general charity law. Every Member undertakes to contribute an amount not exceeding £1 to the assets of the company in the event of the winding up of the company.

Trustees/Directors

The Charity/Company is overseen by a 4 member trustee group. The trustees are also company Directors.

The Trustees meet every month to consider the progress of the charity with regard to its aims and objectives, the financial position, fundraising and to provide general oversight. The meetings are structured with written agendas and full minutes are taken and agreed. Our Trustee group all serve in a voluntary capacity and provide a wide range of skills and expertise including Child Protection, Employment support, Business advice, Research and funding applications and Prayer Support.

The day to day running of the charity is overseen by the voluntary Projects Director. Staff of the charity have been delegated authority to carry out day-to-day activities within policies agreed by the Trustees.

New Trustees

We are in the process of recruiting and appointing new trustees who need to attend our trustee meetings for 3 months before they can officially take up the post. All potential trustees would be given a copy of the Volunteer Application Pack and the Trustee Application Pack. The Trustee Application Pack is currently in development and includes:

- the memorandum and articles of association,
- our Trustee Handbook,
- the various Trustee annual reports made available
- the current set of management financial statements,
- and several documents produced by the Charity Commission
- describing the role and responsibilities of charity trustees.

The Volunteer Application Pack contains information about:

- the work we undertake,
- the needs we seek to address,
- the principles we follow, and
- the expectations we have of all our volunteers, whether they serve as trustees or in any other role.
- values

It also contains an application form and a form on which a reference can be given.

We have approached individuals, churches and other organisations we are in contact with, as part of our strategy for identifying suitable new trustees. Potential new trustees would be invited to meet the Project Director, other members of trustee group, staff and volunteers, to talk about what they do and any aspect of the work and would be expected to attend three Trustee meetings before being enrolled.

Trustees can be elected at the AGM, or appointed on a provisional basis by the Trustee Group until the next AGM. When someone who has not been elected at the AGM comes forward as a potential new trustee and it seems that they will be able to contribute to the work, they will be invited to the trustees' meeting on a trial basis for three months, after which they would be interviewed by two of the existing trustees.

Financial Review for the year ended April 2021

The company was formed in February 2012 but remained dormant until the charity opened on 1st May 2012.

At the start of the Charity, the trustees took over the building, the assets and reserves of a community group called Refresh.

Policies on reserves and investments

Our policy will be to maintain reserves at a level necessary to sustain planned activities for the charity –

Restricted funds, if any, are spent as soon as possible in line with the donor's wishes.

The balance sheet shows the funds being operated.

The General fund free accumulated surplus is intended to be between at least 3 months of income, to provide bridging finance in the event that funding sources become inadequate.

Transactions and financial position

The trustees consider the financial performance by the charity during the year to have been satisfactory. We have received and earned what we have needed to operate, but not much more.

We have set up a regular donations scheme via Stewardship for private donors and have some regular givers. We also have a Paypal and HSBC account which is accessible from our bank account and website.

We are very grateful to all volunteers, staff and those who have made grants and donations to Refresh Bristol and wish to express our sincere thanks.

Signed on behalf of the Board of Trustees



Naomi Knapp - Trustee and Director

Registered number
07945444

Refresh Bristol Limited

Financial Statements

30 April 2023



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

Refresh Bristol Limited
Report and accounts
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Statement of changes in equity	6
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Refresh Bristol Limited Company Information

Director

John Bigwood
Nicholas Bloor
Jane Jenkins
Naomi Knapp
Rebecca Wiltshire

Secretary

Naomi Knapp

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol
BS3 5QH

Registered office

81 East Street
Bedminster
Bristol
BS3 4EX

Registered number

07945444

Refresh Bristol Limited

Registered number: 07945444

Director's Report

The director presents his report and accounts for the year ended 30 April 2023.

Principal activities

The company's principal activity during the year continued to be that of a charity.

Directors

The following persons served as directors during the year:

John Bigwood
Nicholas Bloor
Jane Jenkins
Naomi Knapp
Rebecca Wiltshire

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 31 May 2024 and signed on its behalf.

N Knapp
Director

Refresh Bristol Limited

Chartered Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Refresh Bristol Limited for the year ended 30 April 2023

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Refresh Bristol Limited for the year ended 30 April 2023 which comprise of the Profit and Loss Account, the Balance Sheet, the Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/members/regulations-standards-and-guidance

This report is made solely to the Board of Directors of Refresh Bristol Limited, as a body, in accordance with the terms of our engagement letter dated 29 January 2020. Our work has been undertaken solely to prepare for your approval the accounts of Refresh Bristol Limited and state those matters that we have agreed to state to the Board of Directors of Refresh Bristol Limited, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Refresh Bristol Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Refresh Bristol Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Refresh Bristol Limited. You consider that Refresh Bristol Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Refresh Bristol Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

TYRRELL PROCTER

Chartered Accountants
Beaufort House
113 Parson Street
Bristol
BS3 5QH

31 May 2024

Refresh Bristol Limited
Profit and Loss Account
for the year ended 30 April 2023

	2023	2022
	£	£
Turnover	30,843	38,657
Cost of sales	-	(15,000)
Gross profit	<u>30,843</u>	<u>23,657</u>
Administrative expenses	(19,585)	(22,347)
Operating profit	<u>11,258</u>	<u>1,310</u>
Profit before taxation	<u>11,258</u>	<u>1,310</u>
Tax on profit	-	-
Profit for the financial year	<u><u>11,258</u></u>	<u><u>1,310</u></u>

Refresh Bristol Limited**Registered number:** 07945444**Balance Sheet
as at 30 April 2023**

	Notes	2023	2022
		£	£
Fixed assets			
Tangible assets	3	394	526
Current assets			
Debtors	4	12,800	12,800
Metro Bank		6,638	17,435
Cash at bank and in hand		162,652	140,465
		<u>182,090</u>	<u>170,700</u>
Creditors: amounts falling due within one year	5	(1,099)	(1,099)
Net current assets		<u>180,991</u>	<u>169,601</u>
Total assets less current liabilities		<u>181,385</u>	<u>170,127</u>
Creditors: amounts falling due after more than one year	6	(73,156)	(73,156)
Net assets		<u>108,229</u>	<u>96,971</u>
Capital and reserves			
Profit and loss account		108,229	96,971
Shareholder's funds		<u>108,229</u>	<u>96,971</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

N Knapp

Director

Approved by the board on 31 May 2024

Refresh Bristol Limited
Statement of Changes in Equity
for the year ended 30 April 2023

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 1 May 2021	-	-	-	95,661	95,661
Profit for the financial year				1,310	1,310
At 30 April 2022	<u>-</u>	<u>-</u>	<u>-</u>	<u>96,971</u>	<u>96,971</u>
At 1 May 2022	-	-	-	96,971	96,971
Profit for the financial year				11,258	11,258
At 30 April 2023	<u>-</u>	<u>-</u>	<u>-</u>	<u>108,229</u>	<u>108,229</u>

Refresh Bristol Limited
Notes to the Accounts
for the year ended 30 April 2023

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2023	2022
	Number	Number
Average number of persons employed by the company	-	-

3 Tangible fixed assets

	Land and buildings £	Plant and machinery etc £	Total £
Cost			
At 1 May 2022	3,000	12,630	15,630
At 30 April 2023	3,000	12,630	15,630
Depreciation			
At 1 May 2022	3,000	12,104	15,104
Charge for the year	-	132	132

Refresh Bristol Limited
Notes to the Accounts
for the year ended 30 April 2023

At 30 April 2023	<u>3,000</u>	<u>12,236</u>	<u>15,236</u>
Net book value			
At 30 April 2023	<u>-</u>	<u>394</u>	<u>394</u>
At 30 April 2022	<u>-</u>	<u>526</u>	<u>526</u>
4 Debtors		2023	2022
		£	£
Trade debtors		<u>12,800</u>	<u>12,800</u>
5 Creditors: amounts falling due within one year		2023	2022
		£	£
Other creditors		<u>1,099</u>	<u>1,099</u>
6 Creditors: amounts falling due after one year		2023	2022
		£	£
Trade creditors		<u>73,156</u>	<u>73,156</u>

7 Other information

Refresh Bristol Limited is a private company limited by shares and incorporated in England. Its registered office is:

81 East Street
 Bedminster
 Bristol
 BS3 4EX

Refresh Bristol Limited
Detailed profit and loss account
for the year ended 30 April 2023

This schedule does not form part of the statutory accounts

	2023	2022
	£	£
Sales	30,843	38,657
Cost of sales	-	(15,000)
Gross profit	<u>30,843</u>	<u>23,657</u>
Administrative expenses	(19,585)	(22,347)
Operating profit	<u>11,258</u>	<u>1,310</u>
Profit before tax	<u>11,258</u>	<u>1,310</u>

Refresh Bristol Limited
Detailed profit and loss account
for the year ended 30 April 2023

This schedule does not form part of the statutory accounts

	2023	2022
	£	£
Sales		
Rental Income	21,928	25,973
Donations	8,915	12,684
	<u>30,843</u>	<u>38,657</u>
 Cost of sales		
Rent Paid	<u>-</u>	<u>15,000</u>
 Administrative expenses		
Employee costs:		
Wages and salaries	3,300	4,425
Travel and subsistence	320	-
Motor expenses	-	81
	<u>3,620</u>	<u>4,506</u>
Premises costs:		
Rent	3,000	7,800
Rates	3,286	437
Light and heat	3,564	2,297
Cleaning	193	-
	<u>10,043</u>	<u>10,534</u>
General administrative expenses:		
Telephone and fax	1,052	741
Subscriptions	35	131
Bank charges	63	58
Software	-	626
Repairs and maintenance	3,451	4,736
Depreciation	132	175
Sundry expenses	-	77
	<u>4,733</u>	<u>6,544</u>
Legal and professional costs:		
Accountancy fees	733	720
Charity	456	43
	<u>1,189</u>	<u>763</u>
	<u>19,585</u>	<u>22,347</u>

Registered number
07945444

Refresh Bristol Limited

Financial Statements

30 April 2023



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

Refresh Bristol Limited
Report and accounts
Contents

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Accountants' report	3
Profit and loss account	4
Balance sheet	5
Statement of changes in equity	6
Notes to the accounts	7

Refresh Bristol Limited Company Information

Director

John Bigwood
Nicholas Bloor
Jane Jenkins
Naomi Knapp
Rebecca Wiltshire

Secretary

Naomi Knapp

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol
BS3 5QH

Registered office

81 East Street
Bedminster
Bristol
BS3 4EX

Registered number

07945444

Refresh Bristol Limited

Registered number: 07945444

Director's Report

The director presents his report and accounts for the year ended 30 April 2023.

Principal activities

The company's principal activity during the year continued to be that of a charity.

Directors

The following persons served as directors during the year:

John Bigwood
Nicholas Bloor
Jane Jenkins
Naomi Knapp
Rebecca Wiltshire

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 31 May 2024 and signed on its behalf.

N Knapp
Director

Refresh Bristol Limited

Chartered Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Refresh Bristol Limited for the year ended 30 April 2023

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Refresh Bristol Limited for the year ended 30 April 2023 which comprise of the Profit and Loss Account, the Balance Sheet, the Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/members/regulations-standards-and-guidance

This report is made solely to the Board of Directors of Refresh Bristol Limited, as a body, in accordance with the terms of our engagement letter dated 29 January 2020. Our work has been undertaken solely to prepare for your approval the accounts of Refresh Bristol Limited and state those matters that we have agreed to state to the Board of Directors of Refresh Bristol Limited, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Refresh Bristol Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Refresh Bristol Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Refresh Bristol Limited. You consider that Refresh Bristol Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Refresh Bristol Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

TYRRELL PROCTER

Chartered Accountants
Beaufort House
113 Parson Street
Bristol
BS3 5QH

31 May 2024

Refresh Bristol Limited
Profit and Loss Account
for the year ended 30 April 2023

	2023	2022
	£	£
Turnover	30,843	38,657
Cost of sales	-	(15,000)
Gross profit	<u>30,843</u>	<u>23,657</u>
Administrative expenses	(19,585)	(22,347)
Operating profit	<u>11,258</u>	<u>1,310</u>
Profit before taxation	<u>11,258</u>	<u>1,310</u>
Tax on profit	-	-
Profit for the financial year	<u><u>11,258</u></u>	<u><u>1,310</u></u>

Refresh Bristol Limited**Registered number:** 07945444**Balance Sheet
as at 30 April 2023**

	Notes	2023	2022
		£	£
Fixed assets			
Tangible assets	3	394	526
Current assets			
Debtors	4	12,800	12,800
Metro Bank		6,638	17,435
Cash at bank and in hand		162,652	140,465
		<u>182,090</u>	<u>170,700</u>
Creditors: amounts falling due within one year	5	(1,099)	(1,099)
Net current assets		<u>180,991</u>	<u>169,601</u>
Total assets less current liabilities		<u>181,385</u>	<u>170,127</u>
Creditors: amounts falling due after more than one year	6	(73,156)	(73,156)
Net assets		<u>108,229</u>	<u>96,971</u>
Capital and reserves			
Profit and loss account		108,229	96,971
Shareholder's funds		<u>108,229</u>	<u>96,971</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

N Knapp
Director
Approved by the board on 31 May 2024

Refresh Bristol Limited
Statement of Changes in Equity
for the year ended 30 April 2023

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 1 May 2021	-	-	-	95,661	95,661
Profit for the financial year				1,310	1,310
At 30 April 2022	<u>-</u>	<u>-</u>	<u>-</u>	<u>96,971</u>	<u>96,971</u>
At 1 May 2022	-	-	-	96,971	96,971
Profit for the financial year				11,258	11,258
At 30 April 2023	<u>-</u>	<u>-</u>	<u>-</u>	<u>108,229</u>	<u>108,229</u>

Refresh Bristol Limited
Notes to the Accounts
for the year ended 30 April 2023

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Basis of preparation

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Freehold buildings	over 50 years
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	2023	2022
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Average number of persons employed by the company	-	-

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for the year ended 30 April 2023

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for the year ended 30 April 2023

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	<u>19,585</u>	<u>22,347</u>

REFRESH BRISTOL

England & Wales - Charity number 1147065

Accounts

Trustees' report

For the year ended 30 April 2022

Refresh Bristol aims, charity objects and under-pinning values

Refresh Bristol (operating as Refresh Bedminster) aims to improve the lives of people living in Bedminster and South Bristol and to see practical and spiritual transformation through preventing or relieving poverty in Bedminster (BS3) and South Bristol and beyond by:

- providing education, training and to improving general living, work, spiritual and social prospects for people in Bedminster (BS3) and South Bristol and beyond.
- improving people's spiritual welfare by offering prayer and/or by introducing them to the Christian faith if they so choose.

Refresh Bristol's charity objects are:

- the prevention or relief of poverty in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- the relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage in the area of Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to advance the Christian faith in accordance with the Statement of Beliefs in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to provide education and training to improve work, spiritual and social prospects for those living in Bedminster (BS3), South Bristol, Bristol and such other parts of the United Kingdom and the world as the Trustees may from time to time think fit; and
- to fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected to the charitable work of the Charity as the Trustees may from time to time think fit.

Refresh Bristol's strap line is '**Food for the Body and Food for the Soul**'. We hope to contribute to bringing positive spiritual, physical and social transformation of Bedminster and an improvement in the lives of the people who live there.

Our values include:

- Be 'refreshing' in all that we do.
- Offer a place of peace and tranquillity in all our projects.
- Be releasing to volunteers, staff and visitors and seek to develop and encourage them in their given talents and destinies.
- Seek to be inclusive denominationally, culturally and educationally.
- Work in collaboration and partnership with others.

Refresh Bristol's activities in 2021-22

Refresh Bristol's activities in our 11th year of operation include:

- A community drop-in cafe (providing work experience and training to local unemployed individuals, many of whom have mental health support needs or are in recovery from addictions). A more structured management, cleaning and jobs plan has been introduced for the volunteers. The café was closed during the Covid-19 outbreak from March 2020 to 2021 at different periods – However throughout the Pandemic – the café remained open to serve free food parcels from our foodbank and also provided a free cooked hot meal for the homeless every Wednesday.
- Free and subsidized hot meals for the homeless and marginalized continued to be served however every Wednesday throughout the Covid-19 period via serving outside through the front door of the café – signposting the homeless to accommodation and to other services was also done where possible
- The provision of emergency food parcels to those in poverty from our Foodbank also continued throughout the Covid-19 period every Wednesday
- Fellowship and Support Group was moved to take place in our other building on a Wednesday evening at the South Bristol Christian Centre
- Due to Covid-19 our training courses were largely stopped although we continued to train people in running the Foodbank and the free cooked meals for the homeless
- Healing prayer in the South Bristol Christian by appointment only continued and sometimes in an outside space near the cafe
- Prophetic Outreach/Healing/Music team weekly on was also stopped because of Covid-19 although we did hold an outside Christmas music event and a large Christmas meal for street people and the foodbank users and the homeless people
- Operation of the Charity shop called Revival Market which is a Vintage market shop enabling some unemployed people to rent stalls and run their own small businesses
- Collaboration with the Healing Rooms which focus on ministering to the sick
- Management of the South Bristol Christian Centre which is like a community centre and has community groups operating there – the current users consist of Brownies, Girls Brigade, Child contact Centre, AA, Memories of Bedminster, some other sporadic community groups, the South Bristol Prayer House (SBHOP), Bristol Healing Rooms, SOZO Arts group – many of these activities were put on hold for a large part of the time due to Covid-19
- Operation of a Sunday worship gathering at the South Bristol Christian Centre still happened but was less frequent due to Covid-19
- Have a link with a farm where people can do voluntary or paid work with animals or construction

Activities planned by Refresh Bristol for 2021-2022

Future planned activities include:

- Aim to run a monthly Spirit Café with a variety of outreach and spiritual activities
- Aim to help set up more therapeutic activities at the farm using animals and the arts and growing vegetables and flowers and some spiritual activities in liaison with a local Anglican Church and relevant community organisations
- We want to revamp and refurbish the drop in café, foodbank area, homeless bathroom and the prayer room as the current facilities are 6 years old
- We are looking to apply for more grants and increase fundraising activities so that we can expand, improve what we do and take on more team leaders and managers and reopen the drop-in café and get some of our training courses back up and running

Refresh Bristol's Public benefits

Public benefits provided by Refresh include:

- The community drop-in cafe provides a place of community and inclusion for the marginalized, lonely, elderly people with mental health support needs and for those in recovery from addictions.
- We also provide work experience and some mentoring/training in a supportive environment. We then offer references to help volunteers find employment (so far several individuals who were homeless or long-term unemployed have found full-time work – section below).
- The various training courses (such a job skills club for single parents) give local people useful skills and help them to find employment.
- The weekly free hot meals for the homeless and marginalized, in addition individuals are provided with free food as need dictates.
- The Foodbank provides free food parcels to a wide variety of individuals and families who have been referred to us from other agencies who have been made redundant or have issues with benefits sanctions or debts.
- For those who require it, the prayer room is available as a peaceful sanctuary for people to reflect, receive prayer support and a listening ear.
- We sign post individuals to a range of other services such as housing, accommodation, benefits, training and life-skills agencies.
- Provision of help to individuals to find wholeness, spiritual fulfilment and to realize their potential and exercise their gifts.
- We take on volunteers from new organizations to offer their clients work experience placements

- We plan to host a wet clinic for alcoholics run in conjunction with the NHS and the Bristol Drugs Project

Those in contact with our charity report greater social inclusion through motivation, encouragement and supportive relationships and community involvement as shown below.

Our key achievements for the 2021 to 2022 year are:

Volunteers into employment:

Refresh volunteers going on to full-time employment or onto further training – our volunteer but unemployed administrator went into full-time employment. Some of these individuals were previously homeless, had criminal records, others have suffered from long-term depression.

Provision of government work placements for the DWP :

The Job Centre sends us a few people who have been long-term unemployed for over 2 years who we train in catering, cleaning, health and safety, running the foodbank and administration skills.

Supporting those in recovery and those with learning/physical disabilities and mental health issues:

We have interacted with countless addicts and regularly support many individuals who were long-term addicts who have either completely stopped using addictive substance or who have significantly reduced their consumption. We also supported other recovering addicts to attend 'rehab' outside of Bristol.

We have also supported many people with depression and mental health support needs or who are ex-servicemen or ex-offenders. Many have found fulfilment in their work experience in our café and in the relationships developed there.

We have several volunteers with learning disabilities such as Aspergers Syndrome and other conditions which includes physical impairments. These volunteers have benefitted from our supportive environment, relationships with other volunteers café users and have developed new practical and social skills

Foodbank Recipients:

Unlike other foodbanks who only did delivery we kept our shopfront open for the collection of foodbank parcels all through the Covid-19 lockdowns etc. Our average weekly distribution of food parcels to individuals and families is from between 20 to 30 per week. We have seen an increase in families with children coming to us. The majority of recipients were unemployed, many of whom had had their benefits stopped; some are homeless. A few of these recipients have since volunteered for Refresh.

Clothes bank:

Many people have benefitted from our free clothes bank. We have also supplied homeless individuals moving into accommodation with free bedding.

Homeless/marginalized free and subsidized hot meal recipients:

We provide free and subsidised hot meals to around 10 marginalized and 10+ homeless people each Wednesday.. At Christmas we were able to serve over 25 people free hot meals.

Fellowship / Support Group

This weekly group is attended by up to 12 people. This group offers support and friendship as well as Christian spiritual input. It's usual format includes food and prayer, bible study, worship or different speakers and individual mentoring, if sought.

Impartation of knowledge and practical skills via on the job training

The volunteers in the foodbank have received training in administration and have learnt skills in working with vulnerable people. In both of these areas people have been empowered to be more self-motivated and confident and volunteers have been able to make a positive contribution to the community.

Subsidized English lessons for speakers of other languages

Not currently running due to Covid-19 impact

In summary, we have recorded the following measurements of our achievements:

Number of people using services	Numbers week/year
Individuals who use Refresh café/services weekly.	Approx. 75 per week
Individuals/families using the foodbank	20-30 per week
Former users of foodbank becoming volunteers	1 over the year
Marginalized/Homeless people receiving weekly hot free or subsidized meal	10 to 15
Individuals attending training including volunteers	Not currently running
Individuals using prayer/counselling room or South Bristol Christian centre	5 per week on average but variable could be more or less
individuals attending fellowship/community groups	7 to 20 per week on average
Individuals entering paid or voluntary employment	5 over the year
Individuals improving their English language skills	N/A due to Covid-19
Recovering addicts supported	8+ over the year
Individuals giving positive feedback from use of services	Unsure
Volunteers showing improved motivation and positive life skills	Unsure
Volunteers showing improved social skills and social inclusion	Unsure but at least 2

Previous Testimonials of changed lives

S. I came to volunteer at Refresh in the café, having led an isolated life in Knowle West and at first was not willing to communicate much but just to wash up and clean tables – after a while I was taught to cook and have now got my confidence back and feel part of a caring community and family of people who care and was offered a full time job in a large hotel chain. I was also helped practically with food parcels

D. I am a Refresh customer and feel Refresh is very important to Bedminster and the community in days like this where life is getting more expensive and there are more homeless on the streets – it's a valid cause and should be open 6 days a week

J. I have been living on the streets since my marriage broke down due to my addiction and me losing my job. I have found Refresh to be a sanctuary for me and a place of peace. Its been very helpful for me to be able to use the Refresh washing machine to wash my clothes and also for me to take showers and baths at Refresh to keep clean. Refresh is a special place and gives me warmth, love and friendship – it has a great atmosphere and in talking and sharing with some of the staff there I have been able to stop drinking for several weeks.

F. I became homeless after I went into depression following the death of my mother who died in Jamaica and I was unable to visit her or attend the funeral. Following my depression I started drinking and lost my job. I have been eating the free Refresh hot meals for the homeless and recently found faith in Christ. My life has subsequently got transformed. I have been reconciled to my brother and will be receiving an inheritance from my mother and I have also been offered a new job and my drinking has stopped and my depression lifted.

B. "I was a drinker & drug taker, a compulsive armed robber. I took more drugs than anybody I knew. I had nearly 20 years of living hell, spending over 10 of them in prison, a circle which nearly drove me insane. I came out of prison after several sentences at 41 years old and felt my life had stopped as prison was so soul destroying. I had a friend from childhood who was a Christian. He took me to the group and one night I accepted Jesus into my life and I have not been the same since. I feel joy in my Spirit and I'm helping others cursed with addiction and know Gods plan is happening for me now. I'm excited about the future and am not looking back thanks to my new found faith in Jesus and the change I have experienced. Please call me if you want to meet me and I will happily share with you and pray for you if you want." – B.

Mi. "Before I was involved in Refresh, I had just come out of a difficult relationship, which ended on bad terms. I was left without anything, I was sofa surfing staying with a different mate every night and drank as much alcohol as I could afford. When my vicar brought me along to Refresh I had nothing. I started to volunteer in the cafe and God has really blessed me. Refresh has helped me to obtain a stable roof over my head and has given me purpose. I had literally hit rock bottom, but thanks to the support of Refresh came back stronger than ever and have now become spiritually mature and I'm closer to God than ever."

N. -"I feel I have benefited from being involved in *Refresh* since I have gained confidence in being of use for a charitable cause. I found people welcoming and was given sincere attention, which meant I was able to open up and share. I have felt included through the Fellowship and Support group."

There are many many more people and volunteers who have experienced positive transformation.

Contribution from Volunteers

Volunteers are our most important asset and have become a key focus in our work. We have had over 550 volunteers since the Charity started – currently we receive applications for volunteering weekly. These volunteers primarily work in the with the homeless, child contact centre, foodbank, vintage shop or office and gain work experience, develop essential life and work skills and are welcomed into the Refresh community. Many comment that they benefit from increasing confidence and are able to avoid social isolation.

Around 20% of our volunteers and staff have known mental health support needs or are recovering from addiction, the majority are unemployed and of working age.

Employment of disabled persons

We do not currently employ any disabled people but have several volunteers with learning difficulties. When we appoint staff or volunteers, we use our standard application form which enables us to undertake the short listing process without knowing the personal details of the candidates. We also offer a trial day for applicants to try us out. For one physically disabled volunteer we make regular adjustments and allowances to provide for her needs so that she can operate safely and get fulfilment. The vacancies are promoted through local networks and on our website. We are confident that the procedure enables us to recruit fairly, and also to avoid any suspicion of bias against disabled people or members of other marginalized groups.

Membership of wider network

We link and work with a number of networks, charities, groups and churches. These include: the Bristol 5K (citywide foodbanks network), BS3 churches together, Bristol Prayer Wall/Network, Arise Bristol, FareShare, Elim E5 church, Supermarket chains like Asda, Tesco and LIDL, Voscur courses, Bristol Methodist Centre, Bristol Soup Run, Addiction Network, Crisis Centre Ministries, Bedminster Neighbourhood Partnership, Bedminster Traders, South Bristol Christian Centre, Healing Rooms Bristol, BS3 Connect, St Mary Redcliffe, and the Bristol Citizens Advice Bureau, Local Crisis support team of Bristol city council; Adult Learning of Bristol city council; BID Bedminster independent traders

The major risks to which the charity is exposed & reviews & systems to mitigate risks

Funding for the longer term and particularly for the payment of skilled staff is our biggest challenge. We hope to recruit two part-time experienced funders in the near future. In the meantime we hope to provide training to some of our volunteer administrators to assist with funding bids and events etc. We currently rely almost exclusively on volunteers, some of whom are skilled. There is a risk of them not being available but so far we have always been able to meet our

commitments,

We review the insurance cover once a year against all the risks involved with our activities.

We have one paid staff member ie. Our Office Manager. The stocks in our foodbank sometimes are very low and we need to keep finding new supplies to keep our stock levels up.

Structure, governance and management of the charity

The Charity is constituted as a company limited by guarantee and therefore has no share capital. It is governed by a memorandum and articles of association. There are no restrictions in the governing document on the operation of the Charity or on its investment powers, other than those imposed by general charity law. Every Member undertakes to contribute an amount not exceeding £1 to the assets of the company in the event of the winding up of the company.

Trustees/Directors

The Charity/Company is overseen by a 4 member trustee group. The trustees are also company Directors.

The Trustees meet every month to consider the progress of the charity with regard to its aims and objectives, the financial position, fundraising and to provide general oversight. The meetings are structured with written agendas and full minutes are taken and agreed. Our Trustee group all serve in a voluntary capacity and provide a wide range of skills and expertise including Child Protection, Employment support, Business advice, Research and funding applications and Prayer Support.

The day to day running of the charity is overseen by the voluntary Projects Director. Staff of the charity have been delegated authority to carry out day-to-day activities within policies agreed by the Trustees.

New Trustees

We are in the process of recruiting and appointing new trustees who need to attend our trustee meetings for 3 months before they can officially take up the post. All potential trustees would be given a copy of the Volunteer Application Pack and the Trustee Application Pack. The Trustee Application Pack is currently in development and includes:

- the memorandum and articles of association,
- our Trustee Handbook,
- the various Trustee annual reports made available
- the current set of management financial statements,
- and several documents produced by the Charity Commission
- describing the role and responsibilities of charity trustees.

The Volunteer Application Pack contains information about:

- the work we undertake,
- the needs we seek to address,
- the principles we follow, and
- the expectations we have of all our volunteers, whether they serve as trustees or in any other role.
- values

It also contains an application form and a form on which a reference can be given.

We have approached individuals, churches and other organisations we are in contact with, as part of our strategy for identifying suitable new trustees. Potential new trustees would be invited to meet the Project Director, other members of trustee group, staff and volunteers, to talk about what they do and any aspect of the work and would be expected to attend three Trustee meetings before being enrolled.

Trustees can be elected at the AGM, or appointed on a provisional basis by the Trustee Group until the next AGM. When someone who has not been elected at the AGM comes forward as a potential new trustee and it seems that they will be able to contribute to the work, they will be invited to the trustees' meeting on a trial basis for three months, after which they would be interviewed by two of the existing trustees.

Financial Review for the year ended April 2021

The company was formed in February 2012 but remained dormant until the charity opened on 1st May 2012.

At the start of the Charity, the trustees took over the building, the assets and reserves of a community group called Refresh.

Policies on reserves and investments

Our policy will be to maintain reserves at a level necessary to sustain planned activities for the charity –

Restricted funds, if any, are spent as soon as possible in line with the donor's wishes.

The balance sheet shows the funds being operated.

The General fund free accumulated surplus is intended to be between at least 3 months of income, to provide bridging finance in the event that funding sources become inadequate.

Transactions and financial position

The trustees consider the financial performance by the charity during the year to have been satisfactory. We have received and earned what we have needed to operate, but not much more.

We have set up a regular donations scheme via Stewardship for private donors and have some regular givers. We also have a Paypal and HSBC account which is accessible from our bank account and website.

We are very grateful to all volunteers, staff and those who have made grants and donations to Refresh Bristol and wish to express our sincere thanks.

Signed on behalf of the Board of Trustees



Naomi Knapp - Trustee and Director

Registered number
07945444

Refresh Bristol
Report and Unaudited Accounts
30 April 2022



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

Refresh Bristol

Registered number:

07945444

Director's Report

The director presents his report and accounts for the year ended 30 April 2022.

Principal activities

The company's principal activity during the year continued to be that of a charity.

Directors

The following persons served as directors during the year:

N R Knapp
R L Wiltshire
J T Jenkins
J G Bigwood

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 28 April 2023 and signed on its behalf.

N Knapp
Director

REFRESH BRISTOL

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2022

We have examined the financial statements set out on page 4-8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

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



TYRRELL PROCTER
Chartered Accountants
Beaufort House 113 Parson Street Bristol BS3 5QH

28/04/2023.....

**Refresh Bristol
Profit and Loss Account
for the year ended 30 April 2022**

	2022	2021
	£	£
Turnover	38,657	84,491
Cost of sales	(15,000)	(12,703)
Gross profit	<u>23,657</u>	<u>71,788</u>
Administrative expenses	(39,782)	(19,700)
Operating (loss)/profit	<u>(16,125)</u>	<u>52,088</u>
(Loss)/profit before taxation	<u>(16,125)</u>	<u>52,088</u>
Tax on (loss)/profit	-	-
(Loss)/profit for the financial year	<u>(16,125)</u>	<u>52,088</u>

Refresh Bristol**Registered number:**

07945444

Balance Sheet**as at 30 April 2022**

	Notes	2022	2021
		£	£
Fixed assets			
Tangible assets	3	526	701
Current assets			
Debtors	4	12,800	-
Cash at bank and in hand		140,465	146,536
		<u>153,265</u>	<u>146,536</u>
Creditors: amounts falling due within one year	5	(1,099)	(1,220)
Net current assets		<u>152,166</u>	<u>145,316</u>
Total assets less current liabilities		<u>152,692</u>	<u>146,017</u>
Creditors: amounts falling due after more than one year	6	(73,156)	(50,356)
Net assets		<u>79,536</u>	<u>95,661</u>
Capital and reserves			
Profit and loss account		79,536	95,661
Shareholder's funds		<u>79,536</u>	<u>95,661</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

N Knapp

Director

Approved by the board on 28 April 2023

Refresh Bristol
Statement of Changes in Equity
for the year ended 30 April 2022

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 1 May 2020	-	-	-	43,573	43,573
Profit for the financial year				52,088	52,088
At 30 April 2021	<u>-</u>	<u>-</u>	<u>-</u>	<u>95,661</u>	<u>95,661</u>
At 1 May 2021	-	-	-	95,661	95,661
Loss for the financial year				(16,125)	(16,125)
At 30 April 2022	<u>-</u>	<u>-</u>	<u>-</u>	<u>79,536</u>	<u>79,536</u>

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2022

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2022	2021
	Number	Number
Average number of persons employed by the company	<u>0</u>	<u>0</u>

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2022

3 Tangible fixed assets

	Land and buildings £	Plant and machinery etc £	Total £
Cost			
At 1 May 2021	3,000	12,630	15,630
At 30 April 2022	<u>3,000</u>	<u>12,630</u>	<u>15,630</u>
Depreciation			
At 1 May 2021	3,000	11,929	14,929
Charge for the year	-	175	175
At 30 April 2022	<u>3,000</u>	<u>12,104</u>	<u>15,104</u>
Net book value			
At 30 April 2022	<u>-</u>	<u>526</u>	<u>526</u>
At 30 April 2021	<u>-</u>	<u>701</u>	<u>701</u>

4 Debtors

	2022 £	2021 £
Trade debtors	<u>12,800</u>	<u>-</u>

5 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	<u>1,099</u>	<u>1,220</u>

6 Creditors: amounts falling due after one year

	2022 £	2021 £
Trade creditors	<u>73,156</u>	<u>50,356</u>

7 Other information

Refresh Bristol is a private company limited by shares and incorporated in England. Its registered office is:
81 East Street
Bedminster
Bristol
BS3 4EX

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2022

This schedule does not form part of the statutory accounts

	2022	2021
	£	£
Sales	38,657	84,491
Cost of sales	(15,000)	(12,703)
Gross profit	<u>23,657</u>	<u>71,788</u>
Administrative expenses	(39,782)	(19,700)
Operating (loss)/profit	<u>(16,125)</u>	<u>52,088</u>
(Loss)/profit before tax	<u>(16,125)</u>	<u>52,088</u>

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2022

This schedule does not form part of the statutory accounts

	2022	2021
	£	£
Sales		
Grant Income	-	36,860
Donations	12,684	21,599
Rental Income	25,973	26,032
	<u>38,657</u>	<u>84,491</u>
 Cost of sales		
Rent Paid	<u>15,000</u>	<u>12,703</u>
 Administrative expenses		
Employee costs:		
Wages and salaries	4,425	4,560
Motor expenses	81	-
	<u>4,506</u>	<u>4,560</u>
Premises costs:		
Rent	7,800	3,000
Rates	437	354
Light and heat	2,297	2,116
Cleaning	-	297
	<u>10,534</u>	<u>5,767</u>
General administrative expenses:		
Telephone and internet	741	758
Stationery and printing	-	797
Subscriptions	131	-
Bank charges	58	-
Insurance	-	520
Software	626	-
Repairs and maintenance	22,171	2,142
Depreciation	175	234
Covid Grant	-	4,000
Sundry expenses	77	322
	<u>23,979</u>	<u>8,773</u>
Legal and professional costs:		
Accountancy fees	720	600
Charity Donation	30	-
Other legal and professional	13	-
	<u>763</u>	<u>600</u>
	<u>39,782</u>	<u>19,700</u>

Registered number
07945444

Refresh Bristol
Report and Unaudited Accounts
30 April 2022



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

Refresh Bristol

Registered number:

07945444

Director's Report

The director presents his report and accounts for the year ended 30 April 2022.

Principal activities

The company's principal activity during the year continued to be that of a charity.

Directors

The following persons served as directors during the year:

N R Knapp
R L Wiltshire
J T Jenkins
J G Bigwood

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 28 April 2023 and signed on its behalf.

N Knapp
Director

REFRESH BRISTOL

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2022

We have examined the financial statements set out on page 4-8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

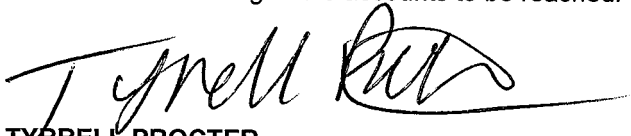
Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

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



TYRRELL PROCTER
Chartered Accountants
Beaufort House 113 Parson Street Bristol BS3 5QH

28/04/2023.....

**Refresh Bristol
Profit and Loss Account
for the year ended 30 April 2022**

	2022	2021
	£	£
Turnover	38,657	84,491
Cost of sales	(15,000)	(12,703)
Gross profit	<u>23,657</u>	<u>71,788</u>
Administrative expenses	(39,782)	(19,700)
Operating (loss)/profit	<u>(16,125)</u>	<u>52,088</u>
(Loss)/profit before taxation	<u>(16,125)</u>	<u>52,088</u>
Tax on (loss)/profit	-	-
(Loss)/profit for the financial year	<u>(16,125)</u>	<u>52,088</u>

Refresh Bristol**Registered number:**

07945444

Balance Sheet**as at 30 April 2022**

	Notes	2022	2021
		£	£
Fixed assets			
Tangible assets	3	526	701
Current assets			
Debtors	4	12,800	-
Cash at bank and in hand		140,465	146,536
		<u>153,265</u>	<u>146,536</u>
Creditors: amounts falling due within one year	5	(1,099)	(1,220)
Net current assets		<u>152,166</u>	<u>145,316</u>
Total assets less current liabilities		<u>152,692</u>	<u>146,017</u>
Creditors: amounts falling due after more than one year	6	(73,156)	(50,356)
Net assets		<u>79,536</u>	<u>95,661</u>
Capital and reserves			
Profit and loss account		79,536	95,661
Shareholder's funds		<u>79,536</u>	<u>95,661</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

N Knapp

Director

Approved by the board on 28 April 2023

Refresh Bristol
Statement of Changes in Equity
for the year ended 30 April 2022

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 1 May 2020	-	-	-	43,573	43,573
Profit for the financial year				52,088	52,088
At 30 April 2021	<u>-</u>	<u>-</u>	<u>-</u>	<u>95,661</u>	<u>95,661</u>
At 1 May 2021	-	-	-	95,661	95,661
Loss for the financial year				(16,125)	(16,125)
At 30 April 2022	<u>-</u>	<u>-</u>	<u>-</u>	<u>79,536</u>	<u>79,536</u>

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2022

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2022	2021
	Number	Number
Average number of persons employed by the company	<u>0</u>	<u>0</u>

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2022

3 Tangible fixed assets

	Land and buildings £	Plant and machinery etc £	Total £
Cost			
At 1 May 2021	3,000	12,630	15,630
At 30 April 2022	<u>3,000</u>	<u>12,630</u>	<u>15,630</u>
Depreciation			
At 1 May 2021	3,000	11,929	14,929
Charge for the year	-	175	175
At 30 April 2022	<u>3,000</u>	<u>12,104</u>	<u>15,104</u>
Net book value			
At 30 April 2022	<u>-</u>	<u>526</u>	<u>526</u>
At 30 April 2021	<u>-</u>	<u>701</u>	<u>701</u>

4 Debtors

	2022 £	2021 £
Trade debtors	<u>12,800</u>	<u>-</u>

5 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	<u>1,099</u>	<u>1,220</u>

6 Creditors: amounts falling due after one year

	2022 £	2021 £
Trade creditors	<u>73,156</u>	<u>50,356</u>

7 Other information

Refresh Bristol is a private company limited by shares and incorporated in England. Its registered office is:
81 East Street
Bedminster
Bristol
BS3 4EX

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2022

This schedule does not form part of the statutory accounts

	2022	2021
	£	£
Sales	38,657	84,491
Cost of sales	(15,000)	(12,703)
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Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2022

This schedule does not form part of the statutory accounts

	2022	2021
	£	£
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Rental Income	25,973	26,032
	<u>38,657</u>	<u>84,491</u>
 Cost of sales		
Rent Paid	<u>15,000</u>	<u>12,703</u>
 Administrative expenses		
Employee costs:		
Wages and salaries	4,425	4,560
Motor expenses	81	-
	<u>4,506</u>	<u>4,560</u>
Premises costs:		
Rent	7,800	3,000
Rates	437	354
Light and heat	2,297	2,116
Cleaning	-	297
	<u>10,534</u>	<u>5,767</u>
General administrative expenses:		
Telephone and internet	741	758
Stationery and printing	-	797
Subscriptions	131	-
Bank charges	58	-
Insurance	-	520
Software	626	-
Repairs and maintenance	22,171	2,142
Depreciation	175	234
Covid Grant	-	4,000
Sundry expenses	77	322
	<u>23,979</u>	<u>8,773</u>
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Accountancy fees	720	600
Charity Donation	30	-
Other legal and professional	13	-
	<u>763</u>	<u>600</u>
	<u>39,782</u>	<u>19,700</u>

REFRESH BRISTOL

England & Wales - Charity number 1147065

Accounts

Trustees' report

For the year ended 30 April 2021

Refresh Bristol aims, charity objects and under-pinning values

Refresh Bristol (operating as Refresh Bedminster) aims to improve the lives of people living in Bedminster and South Bristol and to see practical and spiritual transformation through preventing or relieving poverty in Bedminster (BS3) and South Bristol and beyond by:

- providing education, training and to improving general living, work, spiritual and social prospects for people in Bedminster (BS3) and South Bristol and beyond.
- improving people's spiritual welfare by offering prayer and/or by introducing them to the Christian faith if they so choose.

Refresh Bristol's charity objects are:

- the prevention or relief of poverty in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- the relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage in the area of Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to advance the Christian faith in accordance with the Statement of Beliefs in Bedminster (BS3), South Bristol, Bristol and in such other parts of the United Kingdom and the world as the Trustees may from time to time think fit;
- to provide education and training to improve work, spiritual and social prospects for those living in Bedminster (BS3), South Bristol, Bristol and such other parts of the United Kingdom and the world as the Trustees may from time to time think fit; and
- to fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected to the charitable work of the Charity as the Trustees may from time to time think fit.

Refresh Bristol's strap line is '**Food for the Body and Food for the Soul**'. We hope to contribute to bringing positive spiritual, physical and social transformation of Bedminster and an improvement in the lives of the people who live there.

Our values include:

- Be 'refreshing' in all that we do.
- Offer a place of peace and tranquillity in all our projects.
- Be releasing to volunteers, staff and visitors and seek to develop and encourage them in their given talents and destinies.
- Seek to be inclusive denominationally, culturally and educationally.
- Work in collaboration and partnership with others.

Refresh Bristol's activities in 2020-21

Refresh Bristol's activities in our sixth year of operation include:

- A community drop-in cafe (providing work experience and training to local unemployed individuals, many of whom have mental health support needs or are in recovery from addictions). A more structured management, cleaning and jobs plan has been introduced for the volunteers. The café was closed during the Covid-19 outbreak from March 2020
- Free and subsidized hot meals for the homeless and marginalized continued to be served however every Wednesday throughout the Covid-19 period via serving outside through the front door of the café – signposting the homeless to accommodation and to other services was also done where possible
- The provision of emergency food parcels to those in poverty from our Foodbank also continued throughout the Covid-19 period every Wednesday
- Fellowship and Support Group was moved to take place in our other building on a Wednesday evening at the South Bristol Christian Centre
- Due to Covid-19 our training courses were largely stopped although we continued to train people in running the Foodbank and the free cooked meals for the homeless
- Healing prayer in the South Bristol Christian by appointment only continued and sometimes in an outside space near the cafe
- Prophetic Outreach/Healing/Music team weekly on was also stopped because of Covid-19 although we did hold an outside Christmas music event and a large Christmas meal for street people and the foodbank users and the homeless people
- Operation of the Charity shop called Revival Market which is a Vintage market shop enabling some unemployed people to rent stalls and run their own small businesses
- Collaboration with the Healing Rooms which focus on ministering to the sick
- Management of the South Bristol Christian Centre which is like a community centre and has community groups operating there – the current users consist of Brownies, Girls Brigade, Child contact Centre, AA, Memories of Bedminster, some other sporadic community groups, the South Bristol Prayer House (SBHOP), Bristol Healing Rooms, SOZO Arts group – many of these activities were put on hold for a large part of the time due to Covid-19
- Operation of a Sunday worship gathering at the South Bristol Christian Centre still happened but was less frequent due to Covid-19
- Have a link with a farm where people can do voluntary or paid work with animals or construction

Activities planned by Refresh Bristol for 2021-2022

Future planned activities include:

- Aim to run a monthly Spirit Café with a variety of outreach and spiritual activities
- Aim to help set up more therapeutic activities at the farm using animals and the arts and growing vegetables and flowers and some spiritual activities in liaison with a local Anglican Church and relevant community organisations
- We want to revamp and refurbish the drop in café, foodbank area, homeless bathroom and the prayer room as the current facilities are 6 years old
- We are looking to apply for more grants and increase fundraising activities so that we can expand, improve what we do and take on more team leaders and managers and reopen the drop-in café and get some of our training courses back up and running

Refresh Bristol's Public benefits

Public benefits provided by Refresh include:

- The community drop-in cafe provides a place of community and inclusion for the marginalized, lonely, elderly people with mental health support needs and for those in recovery from addictions.
- We also provide work experience and some mentoring/training in a supportive environment. We then offer references to help volunteers find employment (so far several individuals who were homeless or long-term unemployed have found full-time work – section below).
- The various training courses (such a job skills club for single parents) give local people useful skills and help them to find employment.
- The weekly free hot meals for the homeless and marginalized, in addition individuals are provided with free food as need dictates.
- The Foodbank provides free food parcels to a wide variety of individuals and families who have been referred to us from other agencies who have been made redundant or have issues with benefits sanctions or debts.
- For those who require it, the prayer room is available as a peaceful sanctuary for people to reflect, receive prayer support and a listening ear.
- We sign post individuals to a range of other services such as housing, accommodation, benefits, training and life-skills agencies.
- Provision of help to individuals to find wholeness, spiritual fulfilment and to realize their potential and exercise their gifts.
- We take on volunteers from new organizations to offer their clients work experience placements

- We plan to host a wet clinic for alcoholics run in conjunction with the NHS and the Bristol Drugs Project

Those in contact with our charity report greater social inclusion through motivation, encouragement and supportive relationships and community involvement as shown below.

Our key achievements for the 2020 to 2021 year are:

Volunteers into employment:

Refresh volunteers going on to full-time employment or onto further training – our volunteer but unemployed administrator went into full-time employment. Some of these individuals were previously homeless, had criminal records, others have suffered from long-term depression.

Provision of government work placements for the DWP :

The Job Centre sends us a few people who have been long-term unemployed for over 2 years who we train in catering, cleaning, health and safety, running the foodbank and administration skills.

Supporting those in recovery and those with learning/physical disabilities and mental health issues:

We have interacted with countless addicts and regularly support many individuals who were long-term addicts who have either completely stopped using addictive substance or who have significantly reduced their consumption. We also supported other recovering addicts to attend 'rehab' outside of Bristol.

We have also supported many people with depression and mental health support needs or who are ex-servicemen or ex-offenders. Many have found fulfilment in their work experience in our café and in the relationships developed there.

We have several volunteers with learning disabilities such as Aspergers Syndrome and other conditions which includes physical impairments. These volunteers have benefitted from our supportive environment, relationships with other volunteers café users and have developed new practical and social skills

Foodbank Recipients:

Unlike other foodbanks who only did delivery we kept our shopfront open for the collection of foodbank parcels all through the Covid-19 lockdowns etc. Our average weekly distribution of food parcels to individuals and families is from between 20 to 30 per week. We have seen an increase in families with children coming to us. The majority of recipients were unemployed, many of whom had had their benefits stopped; some are homeless. A few of these recipients have since volunteered for Refresh.

Clothes bank:

Many people have benefitted from our free clothes bank. We have also supplied homeless individuals moving into accommodation with free bedding.

Homeless/marginalized free and subsidized hot meal recipients:

We provide free and subsidised hot meals to around 10 marginalized and 10+ homeless people each Wednesday.. At Christmas we were able to serve over 25 people free hot meals.

Fellowship / Support Group

This weekly group is attended by up to 12 people. This group offers support and friendship as well as Christian spiritual input. It's usual format includes food and prayer, bible study, worship or different speakers and individual mentoring, if sought.

Impartation of knowledge and practical skills via on the job training

The volunteers in the foodbank have received training in administration and have learnt skills in working with vulnerable people. In both of these areas people have been empowered to be more self-motivated and confident and volunteers have been able to make a positive contribution to the community.

Subsidized English lessons for speakers of other languages

Not currently running due to Covid-19 impact

In summary, we have recorded the following measurements of our achievements:

Number of people using services	Numbers week/year
Individuals who use Refresh café/services weekly.	Approx. 75 per week
Individuals/families using the foodbank	20-30 per week
Former users of foodbank becoming volunteers	1 over the year
Marginalized/Homeless people receiving weekly hot free or subsidized meal	10 to 15
Individuals attending training including volunteers	Not currently running
Individuals using prayer/counselling room or South Bristol Christian centre	5 per week on average but variable could be more or less
individuals attending fellowship/community groups	7 to 20 per week on average
Individuals entering paid or voluntary employment	5 over the year
Individuals improving their English language skills	N/A due to Covid-19
Recovering addicts supported	8+ over the year
Individuals giving positive feedback from use of services	Unsure
Volunteers showing improved motivation and positive life skills	Unsure
Volunteers showing improved social skills and social inclusion	Unsure but at least 2

Previous Testimonials of changed lives

S. I came to volunteer at Refresh in the café, having led an isolated life in Knowle West and at first was not willing to communicate much but just to wash up and clean tables – after a while I was taught to cook and have now got my confidence back and feel part of a caring community and family of people who care and was offered a full time job in a large hotel chain. I was also helped practically with food parcels

D. I am a Refresh customer and feel Refresh is very important to Bedminster and the community in days like this where life is getting more expensive and there are more homeless on the streets – it's a valid cause and should be open 6 days a week

J. I have been living on the streets since my marriage broke down due to my addiction and me losing my job. I have found Refresh to be a sanctuary for me and a place of peace. Its been very helpful for me to be able to use the Refresh washing machine to wash my clothes and also for me to take showers and baths at Refresh to keep clean. Refresh is a special place and gives me warmth, love and friendship – it has a great atmosphere and in talking and sharing with some of the staff there I have been able to stop drinking for several weeks.

F. I became homeless after I went into depression following the death of my mother who died in Jamaica and I was unable to visit her or attend the funeral. Following my depression I started drinking and lost my job. I have been eating the free Refresh hot meals for the homeless and recently found faith in Christ. My life has subsequently got transformed. I have been reconciled to my brother and will be receiving an inheritance from my mother and I have also been offered a new job and my drinking has stopped and my depression lifted.

B. "I was a drinker & drug taker, a compulsive armed robber. I took more drugs than anybody I knew. I had nearly 20 years of living hell, spending over 10 of them in prison, a circle which nearly drove me insane. I came out of prison after several sentences at 41 years old and felt my life had stopped as prison was so soul destroying. I had a friend from childhood who was a Christian. He took me to the group and one night I accepted Jesus into my life and I have not been the same since. I feel joy in my Spirit and I'm helping others cursed with addiction and know Gods plan is happening for me now. I'm excited about the future and am not looking back thanks to my new found faith in Jesus and the change I have experienced. Please call me if you want to meet me and I will happily share with you and pray for you if you want." – B.

Mi. "Before I was involved in Refresh, I had just come out of a difficult relationship, which ended on bad terms. I was left without anything, I was sofa surfing staying with a different mate every night and drank as much alcohol as I could afford. When my vicar brought me along to Refresh I had nothing. I started to volunteer in the cafe and God has really blessed me. Refresh has helped me to obtain a stable roof over my head and has given me purpose. I had literally hit rock bottom, but thanks to the support of Refresh came back stronger than ever and have now become spiritually mature and I'm closer to God than ever."

N. -"I feel I have benefited from being involved in *Refresh* since I have gained confidence in being of use for a charitable cause. I found people welcoming and was given sincere attention, which meant I was able to open up and share. I have felt included through the Fellowship and Support group."

There are many many more people and volunteers who have experienced positive transformation.

Contribution from Volunteers

Volunteers are our most important asset and have become a key focus in our work. We have had over 550 volunteers since the Charity started – currently we receive applications for volunteering weekly. These volunteers primarily work in the with the homeless, child contact centre, foodbank, vintage shop or office and gain work experience, develop essential life and work skills and are welcomed into the Refresh community. Many comment that they benefit from increasing confidence and are able to avoid social isolation.

Around 20% of our volunteers and staff have known mental health support needs or are recovering from addiction, the majority are unemployed and of working age.

Employment of disabled persons

We do not currently employ any disabled people but have several volunteers with learning difficulties. When we appoint staff or volunteers, we use our standard application form which enables us to undertake the short listing process without knowing the personal details of the candidates. We also offer a trial day for applicants to try us out. For one physically disabled volunteer we make regular adjustments and allowances to provide for her needs so that she can operate safely and get fulfilment. The vacancies are promoted through local networks and on our website. We are confident that the procedure enables us to recruit fairly, and also to avoid any suspicion of bias against disabled people or members of other marginalized groups.

Membership of wider network

We link and work with a number of networks, charities, groups and churches. These include: the Bristol 5K (citywide foodbanks network), BS3 churches together, Bristol Prayer Wall/Network, Arise Bristol, FareShare, Elim E5 church, Supermarket chains like Asda, Tesco and LIDL, Voscur courses, Bristol Methodist Centre, Bristol Soup Run, Addiction Network, Crisis Centre Ministries, Bedminster Neighbourhood Partnership, Bedminster Traders, South Bristol Christian Centre, Healing Rooms Bristol, BS3 Connect, St Mary Redcliffe, and the Bristol Citizens Advice Bureau, Local Crisis support team of Bristol city council; Adult Learning of Bristol city council; BID Bedminster independent traders

The major risks to which the charity is exposed & reviews & systems to mitigate risks

Funding for the longer term and particularly for the payment of skilled staff is our biggest challenge. We hope to recruit two part-time experienced funders in the near future. In the mean-time we hope to provide training to some of our volunteer administrators to assist with funding bids and events etc. We currently rely almost exclusively on volunteers, some of whom are skilled. There is a risk of them not being available but so far we have always been able to meet our

commitments,

We review the insurance cover once a year against all the risks involved with our activities.

We have one paid staff member ie. Our Office Manager. The stocks in our foodbank sometimes are very low and we need to keep finding new supplies to keep our stock levels up.

Structure, governance and management of the charity

The Charity is constituted as a company limited by guarantee and therefore has no share capital. It is governed by a memorandum and articles of association. There are no restrictions in the governing document on the operation of the Charity or on its investment powers, other than those imposed by general charity law. Every Member undertakes to contribute an amount not exceeding £1 to the assets of the company in the event of the winding up of the company.

Trustees/Directors

The Charity/Company is overseen by a 4 member trustee group. The trustees are also company Directors.

The Trustees meet every month to consider the progress of the charity with regard to its aims and objectives, the financial position, fundraising and to provide general oversight. The meetings are structured with written agendas and full minutes are taken and agreed. Our Trustee group all serve in a voluntary capacity and provide a wide range of skills and expertise including Child Protection, Employment support, Business advice, Research and funding applications and Prayer Support.

The day to day running of the charity is overseen by the voluntary Projects Director. Staff of the charity have been delegated authority to carry out day-to-day activities within policies agreed by the Trustees.

New Trustees

We are in the process of recruiting and appointing new trustees who need to attend our trustee meetings for 3 months before they can officially take up the post. All potential trustees would be given a copy of the Volunteer Application Pack and the Trustee Application Pack. The Trustee Application Pack is currently in development and includes:

- the memorandum and articles of association,
- our Trustee Handbook,
- the various Trustee annual reports made available
- the current set of management financial statements,
- and several documents produced by the Charity Commission
- describing the role and responsibilities of charity trustees.

The Volunteer Application Pack contains information about:

- the work we undertake,
- the needs we seek to address,
- the principles we follow, and
- the expectations we have of all our volunteers, whether they serve as trustees or in any other role.
- values

It also contains an application form and a form on which a reference can be given.

We have approached individuals, churches and other organisations we are in contact with, as part of our strategy for identifying suitable new trustees. Potential new trustees would be invited to meet the Project Director, other members of trustee group, staff and volunteers, to talk about what they do and any aspect of the work and would be expected to attend three Trustee meetings before being enrolled.

Trustees can be elected at the AGM, or appointed on a provisional basis by the Trustee Group until the next AGM. When someone who has not been elected at the AGM comes forward as a potential new trustee and it seems that they will be able to contribute to the work, they will be invited to the trustees' meeting on a trial basis for three months, after which they would be interviewed by two of the existing trustees.

Financial Review for the year ended April 2021

The company was formed in February 2012 but remained dormant until the charity opened on 1st May 2012.

At the start of the Charity, the trustees took over the building, the assets and reserves of a community group called Refresh.

Policies on reserves and investments

Our policy will be to maintain reserves at a level necessary to sustain planned activities for the charity –

Restricted funds, if any, are spent as soon as possible in line with the donor's wishes.

The balance sheet shows the funds being operated.

The General fund free accumulated surplus is intended to be between at least 3 months of income, to provide bridging finance in the event that funding sources become inadequate.

Transactions and financial position

The trustees consider the financial performance by the charity during the year to have been satisfactory. We have received and earned what we have needed to operate, but not much more.

We have set up a regular donations scheme via Stewardship for private donors and have some regular givers. We also have a Paypal and HSBC account which is accessible from our bank account and website.

We are very grateful to all volunteers, staff and those who have made grants and donations to Refresh Bristol and wish to express our sincere thanks.

Signed on behalf of the Board of Trustees



Naomi Knapp - Trustee and Director

Registered number
07945444

Refresh Bristol
Financial Statements
30 April 2021



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

Refresh Bristol

Registered number: 07945444

Director's Report

The director presents his report and accounts for the year ended 30 April 2021.

Principal activities

The company's principal activity during the year continued to be that of a charity.

Directors

The following persons served as directors during the year:

N R Knapp
R L Wiltshire
J T Jenkins
J G Bigwood

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 29 April 2022 and signed on its behalf.

N Knapp
Director

Refresh Bristol
Profit and Loss Account
for the year ended 30 April 2021

	2021	2020
	£	£
Turnover	84,491	67,022
Cost of sales	(12,703)	(12,684)
Gross profit	<u>71,788</u>	<u>54,338</u>
Administrative expenses	(19,700)	(16,488)
Operating profit	<u>52,088</u>	<u>37,850</u>
Profit before taxation	<u>52,088</u>	<u>37,850</u>
Tax on profit	-	-
Profit for the financial year	<u><u>52,088</u></u>	<u><u>37,850</u></u>

Refresh Bristol**Registered number:** 07945444**Balance Sheet
as at 30 April 2021**

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	3	701	935
Current assets			
Cash at bank and in hand		146,536	96,094
Creditors: amounts falling due within one year	4	(1,220)	(1,220)
Net current assets		<u>145,316</u>	<u>94,874</u>
Total assets less current liabilities		<u>146,017</u>	<u>95,809</u>
Creditors: amounts falling due after more than one year	5	(50,356)	(52,236)
Net assets		<u>95,661</u>	<u>43,573</u>
Capital and reserves			
Profit and loss account		95,661	43,573
Shareholder's funds		<u>95,661</u>	<u>43,573</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

N Knapp
Director

Approved by the board on 29 April 2022

Refresh Bristol
Statement of Changes in Equity
for the year ended 30 April 2021

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 1 May 2019	-	-	-	5,723	5,723
Profit for the financial year				37,850	37,850
At 30 April 2020	<u>-</u>	<u>-</u>	<u>-</u>	<u>43,573</u>	<u>43,573</u>
At 1 May 2020	-	-	-	43,573	43,573
Profit for the financial year				52,088	52,088
At 30 April 2021	<u>-</u>	<u>-</u>	<u>-</u>	<u>95,661</u>	<u>95,661</u>

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2021

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2021 Number	2020 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

3 Tangible fixed assets

	Land and buildings £	Plant and machinery etc £	Total £
Cost			
At 1 May 2020	<u>3,000</u>	<u>12,630</u>	<u>15,630</u>
At 30 April 2021	<u>3,000</u>	<u>12,630</u>	<u>15,630</u>
Depreciation			
At 1 May 2020	3,000	11,695	14,695
Charge for the year	-	234	234

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2021

At 30 April 2021	<u>3,000</u>	<u>11,929</u>	<u>14,929</u>
Net book value			
At 30 April 2021	<u>-</u>	<u>701</u>	<u>701</u>
At 30 April 2020	<u>-</u>	<u>935</u>	<u>935</u>
4 Creditors: amounts falling due within one year		2021	2020
		£	£
Other creditors		<u>1,220</u>	<u>1,220</u>
5 Creditors: amounts falling due after one year		2021	2020
		£	£
Trade creditors		<u>50,356</u>	<u>52,236</u>

6 Other information

Refresh Bristol is a private company limited by shares and incorporated in England. Its registered office is:

81 East Street
 Bedminster
 Bristol
 BS3 4EX

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2021

This schedule does not form part of the statutory accounts

	2021	2020
	£	£
Sales	84,491	67,022
Cost of sales	(12,703)	(12,684)
Gross profit	<u>71,788</u>	<u>54,338</u>
Administrative expenses	(19,700)	(16,488)
Operating profit	<u>52,088</u>	<u>37,850</u>
Profit before tax	<u>52,088</u>	<u>37,850</u>

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2021

This schedule does not form part of the statutory accounts

	2021	2020
	£	£
Sales		
Grants	36,860	35,000
Community drop in cafe	-	3,514
Charity rentals	26,032	18,720
Donations	21,599	9,788
	<u>84,491</u>	<u>67,022</u>
 Cost of sales		
Purchases	-	36
Decrease/increase in stocks	703	648
Charity rentals	12,000	12,000
	<u>12,703</u>	<u>12,684</u>
 Administrative expenses		
Employee costs:		
Wages and salaries	4,560	7,453
	<u>4,560</u>	<u>7,453</u>
Premises costs:		
Rent	3,000	3,000
Rates refund	-	(5,506)
Rates	354	2,311
Light and heat	2,116	2,274
Cleaning	297	488
	<u>5,767</u>	<u>2,567</u>
General administrative expenses:		
Telephone and fax	758	815
Stationery and printing	797	532
Closure covid grant	4,000	-
Insurance	520	523
Repairs and maintenance	2,142	3,580
Depreciation	234	311
Sundry expenses	322	107
	<u>8,773</u>	<u>5,868</u>
Legal and professional costs:		
Accountancy fees	600	600
	<u>600</u>	<u>600</u>
	<u>19,700</u>	<u>16,488</u>

Registered number
07945444

Refresh Bristol
Financial Statements
30 April 2021



**TYRRELL
PROCTER**

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J G Bigwood

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Director

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Refresh Bristol**Registered number:** 07945444**Balance Sheet
as at 30 April 2021**

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N Knapp
Director

Approved by the board on 29 April 2022

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At 1 May 2020	-	-	-	43,573	43,573
Profit for the financial year				52,088	52,088
At 30 April 2021	<u>-</u>	<u>-</u>	<u>-</u>	<u>95,661</u>	<u>95,661</u>

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2021

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The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2021 Number	2020 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

3 Tangible fixed assets

	Land and buildings £	Plant and machinery etc £	Total £
Cost			
At 1 May 2020	<u>3,000</u>	<u>12,630</u>	<u>15,630</u>
At 30 April 2021	<u>3,000</u>	<u>12,630</u>	<u>15,630</u>
Depreciation			
At 1 May 2020	3,000	11,695	14,695
Charge for the year	-	234	234

Refresh Bristol
Notes to the Accounts
for the year ended 30 April 2021

At 30 April 2021	<u>3,000</u>	<u>11,929</u>	<u>14,929</u>
Net book value			
At 30 April 2021	<u>-</u>	<u>701</u>	<u>701</u>
At 30 April 2020	<u>-</u>	<u>935</u>	<u>935</u>
4 Creditors: amounts falling due within one year		2021	2020
		£	£
Other creditors		<u>1,220</u>	<u>1,220</u>
5 Creditors: amounts falling due after one year		2021	2020
		£	£
Trade creditors		<u>50,356</u>	<u>52,236</u>

6 Other information

Refresh Bristol is a private company limited by shares and incorporated in England. Its registered office is:

81 East Street
 Bedminster
 Bristol
 BS3 4EX

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2021

This schedule does not form part of the statutory accounts

	2021	2020
	£	£
Sales	84,491	67,022
Cost of sales	(12,703)	(12,684)
Gross profit	<u>71,788</u>	<u>54,338</u>
Administrative expenses	(19,700)	(16,488)
Operating profit	<u>52,088</u>	<u>37,850</u>
Profit before tax	<u>52,088</u>	<u>37,850</u>

Refresh Bristol
Detailed profit and loss account
for the year ended 30 April 2021

This schedule does not form part of the statutory accounts

	2021	2020
	£	£
Sales		
Grants	36,860	35,000
Community drop in cafe	-	3,514
Charity rentals	26,032	18,720
Donations	21,599	9,788
	<u>84,491</u>	<u>67,022</u>
 Cost of sales		
Purchases	-	36
Decrease/increase in stocks	703	648
Charity rentals	12,000	12,000
	<u>12,703</u>	<u>12,684</u>
 Administrative expenses		
Employee costs:		
Wages and salaries	4,560	7,453
	<u>4,560</u>	<u>7,453</u>
Premises costs:		
Rent	3,000	3,000
Rates refund	-	(5,506)
Rates	354	2,311
Light and heat	2,116	2,274
Cleaning	297	488
	<u>5,767</u>	<u>2,567</u>
General administrative expenses:		
Telephone and fax	758	815
Stationery and printing	797	532
Closure covid grant	4,000	-
Insurance	520	523
Repairs and maintenance	2,142	3,580
Depreciation	234	311
Sundry expenses	322	107
	<u>8,773</u>	<u>5,868</u>
Legal and professional costs:		
Accountancy fees	600	600
	<u>600</u>	<u>600</u>
	<u>19,700</u>	<u>16,488</u>