

NORTH SOMERSET PEOPLE FIRST

England & Wales · Charity number 1159184

Details

Other names PEOPLE FIRST VOICES & CHOICES

Status Registered

Legal form CIO

Registered 2014-11-12

Register [View on the Charity Commission register](#)

Contact

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Weston-super-Mare
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Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION AMONG PEOPLE WITH LEARNING DISABILITIES AND ASSOCIATED CONDITIONS WHO LIVE OR WORK IN THE WEST COUNTRY AND ARE EXCLUDED FROM SOCIETY AS A RESULT OF THEIR LEARNING DISABILITIES OR ASSOCIATED CONDITIONS BY: (I) PROVIDING TRAINING, FACILITATION OF WORK OPPORTUNITIES, EDUCATION, INFORMATION, SUPPORT AND SELF-ADVOCACY; (II) RAISING PUBLIC AWARENESS OF THE ISSUES AFFECTING PEOPLE WITH LEARNING DISABILITIES AND ASSOCIATED CONDITIONS BOTH GENERALLY AND IN RELATION TO THEIR SOCIAL EXCLUSION.

Activities: North Somerset People First promotes and encourages people with a learning disability, difficulty and/or autism to speak up for themselves, empowering them to be in control of their own lives, now and in the future. We facilitate speaking up forums, consultations, provide person centred planning & advocacy, employment & work experience, accessible training programmes & social events & activities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities

Geography

- Bristol City
- North Somerset
- Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£390,255	£384,101	-	-
2024-03-31	£390,605	£384,432	-	-
2023-03-31	£281,923	£278,481	-	-
2022-03-31	£264,941	£264,941	-	-
2021-03-31	£270,076	£296,333	-	-

Trustees

Name	Role	Appointed
Jane Elizabeth Haros	Chair	2023-02-27
Christopher Bird		2019-07-15
Kyle Hannan		2018-07-01
Rebecca Felicity Keating		2023-02-27

NORTH SOMERSET PEOPLE FIRST

England & Wales - Charity number 1159184

Accounts

REGISTERED CHARITY NUMBER: 1159184

NORTH SOMERSET PEOPLE FIRST
TRUSTEES ANNUAL REPORT
&
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

THE LOCAL ACCOUNTANT
19 BOULEVARD
WESTON-SUPER MARE
NORTH SOMERSET
BS23 1NR

North Somerset People First
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for the Year Ended 31 March 2025

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REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number - 1159184

Governing Document CIO - Foundation registered 12th November 2014 (amended 16th May2023)

Registered Office

The Campus
Highlands Lane
Weston-super-Mare
North Somerset
BS24 7DX

Principal Office

The Campus
Highlands Lane
Weston-super-Mare
North Somerset
BS24 7DX

Trustees

Jane Haros (Chairperson)
Christopher Bird (Treasurer)
Kyle Hannan
Rebecca Keating

Independent Examiner

Kirsty Fowler MAAT ATT
The Local Accountant Ltd
19 Boulevard
Weston super Mare North Somerset
BS23 1NR

Bankers

HSBC 174 High Street, Worle, Weston Super Mare BS22 6JD
Cambridge & Counties Bank Limited Chamwood Court, 58 New Walk, Leicester LE1 6TE
Nationwide Building Society Kings Park Road, Moulton Park, Industrial Estate, Northampton NN3 6NW
CAF BANK 25 Kings hill Avenue Kings hill West Malling Kent ME19 4JQ
Virgin Money 7 Gold Street, Northampton NN1 1EN

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

TRUSTEES' REPORT

The trustees present their report and financial statements of the charity for the year ended 31st March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. Trustees' pay particular attention and consideration of how these contribute to those aims and objectives.

Objectives and aims

The objects of the CIO are:

The promotion of social inclusion among people with learning disabilities and associated conditions who live or work in the West Country and are excluded from society as a result of their learning disabilities or associated conditions by:

1. providing training, facilitation of work opportunities, education, information, support, and self-advocacy;
2. raising public awareness of the issues affecting people with learning disabilities and associated conditions both generally and in relation to their social exclusion.

The charity's approach is built on the core belief that everyone, regardless of their disability, has the right to be heard, to participate in society, and to live with dignity. We provide a range of services aimed at helping individuals advocate for themselves, improve mental health, build confidence, and access resources that promote independence and social inclusion.

We provide speaking up forums across the BNSSG area, facilitate training opportunities and services to improve the lives of people with learning disabilities, including; activities that reduce the social isolation and poor mental health that many people with learning disabilities experience. We have clear access links to all statutory services within our service areas and ensure the views and opinions of people with a learning disability are used to influence and develop these services.

NSPF is a Disability Confident Employer who provides paid employment and opportunities for meaningful work experience programs for people with learning disabilities.

NSPF has a deep understanding of its members and fosters positive, supportive, and long-lasting relationships. Through our service and activity provisions, we gain valuable insight into the challenges faced by individuals with learning disabilities or autism and work relentlessly to address these issues.

Vision

Our vision is for a society where people with a learning disability, difficulty and autism realise their hopes and dreams and live inclusive, happy, healthy, and fulfilling lives

Mission

North Somerset People First promotes and encourages people with a learning disability, difficulty, and autism to speak up for themselves, empowering them to be in control of their own lives now and in the future

Values

We are passionate about working together with our members to achieve shared goals

We value our differences, and understand that being kind and respectful to each other makes us stronger

We act with integrity to develop strong and trusting relationships with our members

We embrace challenges with positivity and determination

We are driven to continuously develop, evaluate, and improve

Governance

Our governance remains in a strong position, with our dedicated trustees providing a wealth of experience to support our current status and future development. Our Advisory Committee, made up of 6 elected members, all of whom are experts by experience, provide guidance and information to our trustees and senior management team to ensure the services and activities we provide meet the needs and expectations of our beneficiaries.

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

Our Trustees continue to meet by monthly and our advisory committee meet quarterly.

As part of a grant awarded from Lloyds Bank Foundation, we were able to access some training workshops through their Enhance programme. The trustees participated in a workshop to refresh and expand their charity governance knowledge. The workshop delivered by an experienced consultant covered all elements of trustee responsibilities and charity law.

The trustees and senior management team attended an additional session together, focusing on delegation.

The charity has grown out from North Somerset to establish an active presence in Bristol City and South Gloucestershire.

Behind this expansion was a core management/support capacity of around 2.5 full-time equivalent staff and associated infrastructure. A review of current finances suggests that it costs £128,000 per annum to keep the organisation running. At the moment the funding for this comes from statutory sector grants, some core cost recovery in project grant applications, and ad-hoc fundraising and donations.

However, the charity's growth is not over. There are many more individuals to reach - particularly in our new areas - with growing demand for the type of support and advocacy People First are able to offer. A strong core is more important than ever, which means being clear how the charity will continue to find up to £130k/annum for this work.

The trustees appointed an external consultant to support us in developing a core funding strategy to help us achieve our aim to diversify core funding streams to service the current core cost.

The trustees also appointed a Deputy CEO to support the development and implementation of the strategy.

What have we done to help us achieve our mission:

Speaking Up Together groups are friendly and inclusive spaces where people with learning difficulties and disabilities can come together to talk about the things that matter to them, feel listened to, and influence local services.

These groups are a place to be heard, whether it's about hate crime, benefits, health services, the job centre, or other everyday experiences. Members share their views, learn new skills, and help shape decisions that affect their lives and communities.

Group feedback is regularly shared with North Somerset Council and other local organisations. This helps to improve services and ensures they are designed with the real experiences and needs of people in mind.

What happens in the groups:

- We hold interesting workshops on issues chosen by the group
- We invite guest speakers to share information and hear your views
- We support members to write reports and give feedback on local services
- We share useful information to help with daily life
- We support self-advocacy, independence, and personal growth
- We create opportunities to meet new people and build friendships

Why it matters:

Being part of Speaking Up Together helps people feel more confident, independent, and informed. Members gain a stronger voice in their own lives and communities. Importantly, people begin to feel like valued members of society, and we know that when individuals feel included and respected, this leads to better health and well-being, stronger community ties, and greater social participation.

The impact goes even further. Supporting people in this way reduces loneliness and isolation, improves mental health, and leads to long-term cost savings for health and social care services by preventing crisis and promoting earlier support.

Some of the topics/themes covered in the last year

- **Staying safe online** - Members were educated on online safety measures to protect themselves from threats and inappropriate content on social media.
- **Feeling lonely at Christmas** – acknowledging the challenges and difficulties members may face at this time of year and developing coping strategies to help navigate and manage during this period.
- **End of year reflections** – reflecting on the years challenges and celebrating accomplishments. Learning how to keep a regular gratitude diary and the importance of recognizing small moments of joy and positivity.
- **Dealing with discrimination and building self-confidence** – recognizing and identifying discrimination, knowing your rights and building confidence with effectively communicating if you feel you are being discriminated against in both personal and professional settings.
- **Setting New Year's intentions**
- **Barriers to public transport in Bristol** – sharing experiences of using public transport and challenges that members frequently face. Discussing improvements and changes that would make public transport more accessible and inclusive for all.
- **Travel and road safety** – how to stay safe when using public transport or walking.
- **Support with finding employment or voluntary work** – a guest speaker from We Work For Everyone came to provide the group with information and resources about the service they provide and gave some useful guidance about initial steps to finding employment.
- **Activism Workshop:** In collaboration with Mencap and WECIL, members learned about grassroots activism and how to make their voices heard in their communities.
- **National Surveys Regarding PIP:** The group participated in a national survey, discussing their experiences with PIP and how it impacts their lives.
- **Managing Anxiety and Mental Health:** Strategies for coping with anxiety and maintaining mental health were discussed, providing members with practical tools to manage their well-being.

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- **NHS Campaign and Services:** Members were informed about new NHS campaigns and services, discussing how these initiatives could impact their health and well-being.
- **Healthwatch:** gathers feedback from members about their experiences of NHS health and social care.
- **General and Local Elections:** Exploring voting rights, civic engagement, and the importance of political participation.
- **NDTI:** The group provided meaningful feedback about services they would want to improve.
- **Visits from Sirona (Adult Learning Disabilities Health Service):** These sessions focused on annual health checks and screening, offering valuable information on how to access healthcare services and take preventive steps for health management.
- **Co-production and Self-Advocacy:** Members participated in exercises that helped them learn how to communicate their thoughts clearly and effectively. They practiced self-advocacy skills, working on how to pass on information in ways that make their voices heard.
- **Info about paid learned experience roles:** The group shared insights and discussed paid job opportunities for people with lived experience.
- **Council Surveys:** Members contributed by filling out surveys run by the local council, which allowed them to share their views on services and issues that directly affect them. This information was passed on to the relevant authorities for further action.
- **Winter wellness:** Members were provided with resources and guidance on how to take care of their physical and emotional health over the winter months, working together to formulate individual care plans.
- **Managing friendships:** We discussed setting boundaries in friendships and how to manage expectations alongside coping strategies for if a friendship becomes difficult. The group engaged well with some role play activity.

Outcomes

- Consistent attendance from regular members shows that the group holds value and meaning.
- Regular participants have grown more confident with expressing their needs and reaching out for support outside of the meetings if needed.
- The groups have provided attending members to form strong connections and develop friendships and allows time and space to explore the issues they wish to discuss on a deeper level.
- We have received positive feedback from regular members who have said they appreciate the social aspect of the group and being given the opportunity to pick topics and discuss issues that are important to them.

We strive to pursue the groups continued growth and development. We remain focused on ensuring the groups are member led, with staff present to facilitate and provide the appropriate support and resources, upskilling members with action and empowerment tools and helping them to become more effective in influencing the services and systems that affect them. We are committed to making sure

all participants have access to any information they need regarding their chosen topics or themes for the groups, providing an accessible, inclusive environment so that members can enjoy exploring these with confidence.

Number of group sessions – 32

Number of attendees - 256

Our **Better Together and Friendship Groups** offer a relaxed and friendly way to make connections, have meaningful conversations, and access support in your local community. All groups take place in venues in members local communities.

These groups offer the opportunity for community engagement, skills development, peer support and brings mental health benefits to all those who attend. Ultimately Friends Together provides a safe space for adults with learning disabilities and/or autism to seek social interaction, warmth and friendship in the heart of their communities.

During these groups, we play card and board games, carry out quizzes, bingo and crafts and take part in other peer support activities that help to develop conversation, social skills and respect for each other. Everyone is given the chance to share news, provide social updates and seek advice from other members.

Why these groups matter:

Being part of a friendship group can help people feel more confident, less isolated, and more valued in their community. When someone feels seen, heard, and included, it not only improves their well-being and self-esteem, it also creates stronger, more connected communities.

The groups help people build trust, practice communication, and feel empowered to take part in everyday life. This also has wider social benefits, including better mental health, stronger community engagement, and reduced pressure on health and care services.

Number of group sessions – 61

Number of attendees – 484

Young peoples Advocacy Service (YPAS) (Delivered in North Somerset only)

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YPAS SPEAKING UP GROUP

The Young Persons Speaking Up Group offers a supportive space for young people aged 16 to 25 to build confidence and develop their voice around the issues that affect their lives now and in the future. A key focus is helping young people prepare for the transition into adulthood and the different services they may need to access along the way.

Topics explored have included social activities, housing, employment, finances, and relationships. By speaking up and being involved in shaping local services, members feel like valid, valued members of their community. This sense of inclusion helps boost self-esteem, reduce isolation, and encourages greater independence.

The group also supports wider social improvement by promoting early engagement and more responsive service planning. As a result, it can contribute to long-term cost savings for statutory services—such as health, social care, and housing, by identifying and addressing needs early, reducing the risk of crisis intervention later on.

Number of group sessions – 12

Number of attendees – 121

YPAS 1-1 advocacy

This service supports individuals to navigate their transition from children to adult services.

We;

- Help individuals speak up and be heard
- Make sure they have real choices in your life
- Support individuals to say what's important to them
- Help individuals explain their views to family, carers, professionals or services
- Stand with individuals to try and make positive changes happen

Why advocacy matters

When people feel listened to and included in decisions about their lives, they are more confident, more independent, and feel more valued. This can reduce stress, avoid conflict, and lead to better outcomes, not only for the individual, but also for families, carers, and the services that support them. Advocacy builds confidence, protects rights, and helps people live the life they choose, not just the one others choose for them.

Number of individuals who have received 1-1 advocacy - 47

Number of 1-1 advocate hours – 471

YPAS Dungeons & Dragons

Dungeons & Dragons is a roleplaying game for young people between the ages of 16-25. It encourages creativity, problem-solving, and teamwork. Players create their own characters and work together to explore imaginary worlds, face challenges, and complete quests. D&D can support simple arithmetic, peaceful conflict resolution and exploring facets of an individual's personality, such as gender and social interaction.

But for our members, D&D is much more than just a game.

Building Real-Life Confidence and Independence

By taking part in D&D sessions, young people learn to:

Make decisions for themselves

- Speak up and express ideas clearly
- Work with others to solve problems
- Take responsibility for their character's actions
- Lead parts of the game, helping others along the way

Over time, this builds confidence, self-belief, and accountability, skills that directly transfer into everyday life. We've seen members who were once anxious or quiet now lead games as Dungeon Masters, guide group discussions, and support newer players.

Reducing Pressure on Support Services

As young people become more capable and confident, they often need less day-to-day support from outside services. They learn how to manage social situations, speak up for themselves, and take more control over their own decisions.

This approach takes pressure off education, health, and social care services by:

- Encouraging self-advocacy
- Improving emotional resilience
- Building stronger peer support networks
- Supporting early intervention through positive activities

A Safe, Fun and Inclusive Space

All our D&D sessions are fully inclusive, with support in place to make sure everyone can take part, no matter their experience or ability. Sessions are co-designed with members, giving them ownership over what they do, a key part of our self-advocacy mission.

For many, it's more than just an activity, it's a way to find their voice, connect with others, and step into their future with confidence.

Number of group sessions – 48

Number of attendees – 384

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YPAS – POKEMON GO

Pokémon GO is a free mobile game that encourages players to explore their surroundings, be active, and connect with others. For People First, it offers far more than entertainment, it can be used as a powerful tool for personal development, early intervention, and long-term wellbeing for young people aged 16–25 with learning disabilities and/or autism.

Physical and Mental Wellbeing

Playing Pokémon GO encourages daily walking and time spent outdoors, both of which are proven to support physical health and mental wellbeing. This type of gentle, low-pressure activity can help reduce anxiety, improve mood, and provide structure to the day. For individuals who may find traditional forms of exercise or socialising difficult, Pokémon GO makes these things accessible and enjoyable.

Building Confidence and Independence

Using the app helps young people learn key life skills in a safe, supported way, such as planning journeys, managing resources (in-game items), and navigating their environment. These small but meaningful tasks promote self-confidence, decision-making, and increased independence, supporting individuals to feel more capable in everyday life.

As players learn to move around their local area using the game, they often begin to rely less on constant guidance from support workers, family members, or professionals. This builds a strong foundation for longer-term self-reliance.

Social Inclusion and Connection

Pokémon GO is naturally social. It can be played in pairs or groups, encouraging peer interaction, communication, and teamwork. Through events like Community Days, local meetups, or friendly raids, players can build friendships and feel part of something larger than themselves.

For many young people supported by People First, especially those at risk of social isolation, Pokémon GO offers a simple and enjoyable pathway to real social engagement, without pressure or judgment.

Early Intervention and Preventative Support

Introducing Pokémon GO as part of a structured programme for young people aged 16–25 supports early intervention. It helps individuals build routine, confidence, and skills before they reach crisis point or require more intensive (and costly) statutory services.

By embedding tools like Pokémon GO into community-based support, People First can intervene earlier, in a way that feels informal and non-clinical, yet still delivers meaningful developmental outcomes.

Reducing Reliance on Statutory Services

Over time, by using accessible, motivating tools like Pokémon GO, participants:

- Develop independent travel and navigation skills
- Improve their ability to self-regulate anxiety or stress
- Build social connections outside of formal services
- Gain confidence in public spaces and in their own abilities

This supports a gradual reduction in reliance on statutory health and social care services, and enables young people to lead more self-directed, empowered lives within their community.

Community Connection

PokéStops and gyms are often based on local landmarks, such as parks, libraries, historical buildings, and public art. This encourages young people to discover, understand, and take pride in their local area, including places they may never have visited otherwise.

This kind of gentle community engagement builds a sense of belonging and connection, helping to break down barriers between individuals and the communities they live in.

A Simple Tool with Lasting Impact

Pokémon GO aligns with People First's mission to support young people with learning disabilities and/or autism to live more confident, connected, and independent lives.

It offers:

- A fun and accessible entry point to physical activity and social engagement
- Opportunities for early intervention and skill-building
- A route to increased confidence, resilience, and reduced reliance on formal support
- A scalable, low-cost activity that can be used in one-to-one sessions or group work

By embracing creative tools like Pokémon GO, People First can continue to meet young people where they are and support them to go further than they ever thought possible.

Number of group sessions – 27

Number of attendees – 162

YPAS GEOCACHING

Geocaching is a real-world outdoor treasure hunt using GPS or smartphones to find hidden containers called "geocaches." For young people aged 16–25 supported by People First, geocaching offers far more than just fun. It provides a meaningful, accessible way to build life skills, confidence, wellbeing, and social connection.

This simple but engaging activity encourages participants to be active, explore their surroundings, and achieve small goals. Walking to find geocaches becomes a reason to be outdoors, which is proven to help reduce anxiety, improve mood, and support physical health.

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For young people who may struggle with motivation or feel disconnected from their community, geocaching turns everyday locations into opportunities for growth.

Geocaching also helps build essential life skills. Participants learn how to use maps or GPS, plan routes, follow clues, and solve problems. These tasks support confidence and decision-making in a safe, supported environment. Many young people begin geocaching with help from staff or peers, but gradually develop the independence to take the lead, an important step towards living more self-directed lives.

Social inclusion is a key strength of geocaching. It works well in pairs or small groups and offers a shared focus that reduces the pressure of direct conversation. This makes it ideal for young people who find social interaction difficult. By working together to find a geocache, participants build trust, communication, and friendship in a natural, enjoyable way.

For many young people supported by People First, geocaching can be a vital part of early intervention. It provides routine, structure, and a non-clinical approach to developing life skills. These experiences can reduce the risk of crisis later on, while preparing individuals for future steps such as education, volunteering, or work. The skills learned while geocaching often lead to reduced reliance on statutory services, helping young people manage their own lives with more confidence and resilience.

Importantly, geocaching is low-cost and easy to set up. With just a few smartphones and free apps, People First staff can run regular group sessions or one-to-one activities.

Geocaching also helps members connect with their local area. Many geocaches are hidden near parks, public landmarks, or heritage sites. As participants explore, they learn more about their community, feel more comfortable in public spaces, and develop a stronger sense of belonging.

By combining fun, learning, and personal development, geocaching helps People First support young people in building the confidence, independence, and skills they need to thrive. It's an accessible, engaging activity that turns everyday locations into meaningful places for growth and helps individuals feel proud of where they live and who they are.

Number of Sessions - 22

Number of attendees - 132

A BETTER LIFE – MENTAL HEALTH & EMOTIONAL WELL-BEING SERVICE

We are proud to offer this unique and inclusive service. It is designed to support people who may be struggling with their mental health, emotional wellbeing, or everyday challenges and want to feel better, more confident, and more in control of their lives. Many individuals who access our ABL service are better able and more confident to access our self-advocacy and friendship groups, further developing their peer relationships and engagement in their local communities.

This service is open to anyone aged 16 or over with a learning disability or who considered themselves to have a neurodiversity and is experiencing or struggling with any of the following:

- Feeling stressed or overwhelmed
- Low self-esteem or not feeling good about yourself
- Anxiety or panic
- Difficulty sleeping
- Anger or emotional outbursts
- Feeling down or upset easily
- Lack of confidence
- Trouble coping with everyday life

The ABL service offers a range of psychoeducational courses that provide support, skills, and strategies to help manage mental health and build emotional resilience.

Our courses are designed to be engaging, accessible, and person-centred. We use a mix of learning styles, including discussions, activities, peer support, and practical tools. All courses are run in a safe, friendly environment with experienced facilitators.

Courses include:

Anxiety Management

An 8-week course helping you understand anxiety and develop healthy coping strategies such as breathing exercises, mindfulness, and relaxation techniques. We look at how thoughts, feelings, and behaviours are connected, and explore how lifestyle, sleep, and self-care can affect anxiety.

Anger Management

This 8-week course supports you in understanding and expressing anger in healthy ways. You'll learn calming techniques like grounding and breathing, and explore assertive communication, aromatherapy, and other methods to release and manage strong emotions safely.

Grief and Bereavement

A 3-week course offering space and support to understand loss and grief. We explore different ways of grieving, how to cope with feelings such as guilt, and creative ways to remember loved ones, including memory boxes and personal rituals.

Health and Wellbeing

An 8-week course promoting both physical and mental health. Topics include healthy eating, exercise, sleep, the effects of alcohol and smoking, accessing healthcare, and knowing your rights, including free annual health checks and how to ask for reasonable adjustments.

Relationships

A 6-week course focusing on all types of relationships, romantic, friendship, family, and professional. You'll explore how relationships form, how to meet people, deal with rejection, and recognise red flags in unhealthy relationships.

Sex and Consent

A 4-week course exploring sex, rights, and responsibilities. Topics include consent, contraception, personal space, boundaries, and how to stay safe. This course is often delivered alongside the Relationships course under the title: *Sex, Relationships and the Law*.

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Self-Esteem

A 4-week course helping you understand and improve the way you see yourself. You'll explore character strengths, how to accept compliments, self-respect, and how to build confidence in everyday life. The course ends with a celebration of your achievements.

Social Skills

A 6-week course to build your communication and interaction skills. Topics include body language, conversation starters, assertiveness, setting boundaries, and understanding social cues. The course helps people feel more confident and empowered in social situations.

1-1 Mental Health Facilitation

In February 2024, it became apparent that a significant number of referrals to group psychoeducation sessions felt too anxious or overwhelmed to attend. These individuals expressed challenges in engaging in a group setting, which led to missed opportunities for personal development and support. Recognising the need for a more tailored approach, the 1:1 Mental Health Facilitation option was introduced as a way to meet the unique needs of individuals who were hesitant or unable to attend group courses.

The 1:1 sessions offers NSPF members the same valuable content and psychoeducational material provided in group settings, but in a more personal and adaptable format. The content is delivered in a way that is customised to the individual, ensuring that their specific challenges, learning style, and pace are taken into account. This tailored approach allows for more in-depth exploration of topics related to mental health, such as emotional regulation, coping strategies, and self-esteem, in a safe, private, and supportive environment.

Sessions are flexible and can be scheduled on a weekly, fortnightly, or monthly basis, depending on the individual's referral reason, mental health needs, and personal goals. The service provides a comfortable alternative for those who may benefit from individual attention and support while still receiving the same comprehensive educational experience as in the group settings.

By offering this alternative, the aim is to empower individuals to engage in their mental health journey at their own pace, fostering a sense of security and confidence that may not be achievable in a group environment. Which in turn allows them to use their voice and work towards becoming independent. The 1:1 approach allows for greater flexibility, personalisation, and a deeper connection to the content, ultimately supporting the members progress and wellbeing.

Outcomes

- Improved mental health and wellbeing through tailored psychoeducational content that addresses individual needs and challenges
- Increased confidence and comfort with mental health topics, leading to greater emotional awareness and personal growth
- Enhanced coping strategies and emotional regulation skills, empowering individuals to manage daily stressors more effectively
- Greater engagement in the mental health process, with members more likely to discuss sensitive topics in a private, supportive setting
- Increased attendance and participation in group courses once individuals feel more comfortable and confident, with several transitioning into group psychoeducation sessions after initial 1:1 session
- Strengthened sense of self-efficacy, as individuals feel more capable of navigating their mental health challenges with tailored guidance and resources
- More personalised support, addressing specific mental health concerns in a way that group settings may not accommodate
- Improved interpersonal relationships, as participants develop better communication and self-awareness through 1:1 sessions
- Enhanced self-esteem and self-compassion, as individuals are given the space to reflect on personal experiences and growth

Overall, the courses and individual sessions have provided valuable skills and support to participants, contributing to their personal growth and well-being. Continuous feedback and adaptive strategies have been pivotal and will continue to be pivotal in addressing challenges and ensuring the effectiveness of these initiatives.

Number of psychoeducational courses delivered – 46

Number of attendees – 780

Number of 1-1 support sessions - 232

Number of people received 1-1 support sessions – 29

CREATIVE WRITING GROUPS

Creative writing is a powerful and inclusive activity that offers adults with learning disabilities and/or autism a safe and creative space to express themselves, build confidence, and connect with others. Creative writing provides the tools to explore and share your voice in a meaningful way.

Through storytelling, poetry, journaling, and other writing activities, participants are able to express thoughts and emotions that might be difficult to communicate in other ways. This helps to build emotional wellbeing, reduce stress, and support mental health. For some, creative writing also offers a therapeutic outlet to process personal experiences in a safe, supportive environment.

Our group sessions support communication and literacy skills at all levels. Whether writing independently, using assistive technology, or working alongside facilitators, each participant is encouraged to contribute in a way that suits their abilities and preferences. For individuals who are non-verbal or have limited speech, creative writing becomes an alternative and empowering form of self-expression.

Creative writing also fosters strong peer relationships. In our group sessions, participants listen to and support one another, creating a sense of community and belonging. These connections are important not just for building friendships but for developing empathy, understanding, and mutual respect.

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

Taking part in creative writing helps to build confidence and social independence. Participants gain a sense of pride and ownership over their work, and many are inspired to share their writing with others. This can be through readings, displays, or publications. This boosts self-esteem and reinforces the idea that their thoughts and stories matter.

Beyond the individual, the impact of creative writing reaches into the wider community. Sharing creative work challenges stereotypes, promotes inclusion, and raises awareness of the diverse experiences of people with learning disabilities and/or autism. It encourages society to see the person beyond the label and to celebrate their creativity, resilience, and insight.

Our sessions are designed to be accessible, inclusive, and responsive to each participant's needs. Whether working one-to-one or in groups, we focus on creativity, enjoyment, and personal growth, supporting participants to learn, connect, and thrive.

Creative writing is not just an activity. It's a means of self-expression, a tool for connection, and a way to make sure every voice is heard.

Number of Group Sessions – 14

Number of attendees – 84

Women's Wellness

The Women's Wellness Groups offered by People First have a significant social impact, particularly for women with learning disabilities who often face barriers to accessing mainstream health and wellbeing services. These groups create a vital community space where participants feel included, understood, and empowered to take control of their own health. By promoting peer support, the groups reduce social isolation, build lasting friendships, and foster a sense of belonging.

On an individual level, women gain confidence, self-awareness, and practical knowledge about their health and wellbeing. They are supported to make informed choices, develop self-advocacy skills, and feel more in control of their bodies and lives. The supportive, non-judgemental environment encourages open conversations that many may not feel comfortable having in clinical settings.

We discuss a wide range of relevant and varied topics: from mental health, relationships, and personal safety to healthy eating, periods, menopause, and managing stress, always in a way that is accessible and meaningful to the group. This ensures that every session feels useful, engaging, and empowering for all who attend.

Crucially, the Women's Wellness Groups help bridge the gap between statutory services, such as the NHS and social care and personal responsibility for health. While these services can provide expert advice and treatment, they often lack the time and capacity to offer the ongoing emotional and peer support individuals need to make lasting changes. These wellness groups fill that gap by delivering regular, accessible sessions where information is shared in a clear, relatable way. By combining community support with health education, they empower women to take ownership of their wellbeing and ensure that no one is left behind.

Some of the topics covered this year;

- **Information about health screenings for bowel cancer and smear tests** – with guest speakers from Sirona to provide advice and answer any questions about what to expect.
- **The benefits of physical activity** and how to introduce it into our daily routines in an accessible and inclusive way
- **Menopause and Peri Menopause** – what to expect and how to manage this transition. How to access further support, information and resources.
- **Money management** – how to budget and basic money skills
- **International Women's Day** – what this means to us.
- **Fire safety in the home** – with guest speaker from Bristol and Avon Fire service to provide further information.
- **Feedback on the Dementia pathways project** – how to make information more accessible for people with Learning disabilities.
- **Breast cancer awareness month** – information on what to expect at a breast screening with advice and information provided by Sirona Care

Number of group sessions - 24

Number of attendees – 144

Men's Well-being (North Somerset only)

The Men's Wellbeing Groups offered by People First have a meaningful social impact, particularly for men with learning disabilities who may face barriers to accessing mainstream health and wellbeing services. These groups create a safe, inclusive space where men feel respected, supported, and empowered to take more control over their health. By promoting peer support and mutual understanding, the groups help reduce isolation, build confidence, and foster a strong sense of community.

On an individual level, men benefit by developing self-awareness, gaining practical health knowledge, and improving their ability to make informed choices. The supportive, non-judgemental environment encourages open and honest conversations about issues that may be difficult to discuss elsewhere. Members are supported to grow in confidence, speak up for themselves, and take positive steps toward improving their overall wellbeing.

Importantly, the Men's Wellbeing Groups help bridge the gap between statutory services, such as the NHS and social care and individual responsibility for health. While statutory services can offer treatment and professional advice, they often lack the continuity and peer support needed to encourage lasting change. These groups fill that gap by providing regular, supportive sessions where men can learn, connect, and take steps to improve their health and wellbeing in a way that feels manageable and empowering. This community-led approach complements formal services and ensures that no one is left behind.

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Some of the topics covered in the men's group;

- **Mental health**
- **Physical activity**
- **Healthy eating**
- **Managing emotions**
- **Relationships**
- **Personal safety**
- **Prostate health and testicular awareness and screening**

Number of group sessions - 12

Number of attendees – 72

Walk & Talk Groups

The Walk and Talk groups run across Bristol, North Somerset and South Gloucestershire and promote wellbeing and a sense of connection through engaging with nature and community open spaces. These walks provide an informal setting for participants to bond and enjoy the positive physical and mental effects of outdoor activity.

These sessions not only encouraged informal connections between members but also gives everyone the opportunity to explore the beautiful green and coastal spaces around them, leaving participants with a renewed sense of wellbeing after each walk and encouraging confidence with revisiting these spaces independently.

We have identified that many of our members face barriers when engaging in regular outdoor activity due to mobility difficulties, lack of confidence or simply being unaware of the accessible spaces in their local area. Walking offers the physical benefits of exercise whilst having a positive impact on our emotional wellbeing. It has also been proven to ease symptoms related to mental health conditions like anxiety and depression which many of our members struggle with.

The core aim of the group is to promote wellbeing in an inclusive, supportive environment. At the walk and talk groups we meet to provide friendship, support and company alongside helping each other to keep active.

Our key objectives

- **Introduce and engage members with local, accessible green and coastal spaces**
- **Encouraging members to develop the relationship between their physical and mental health**
- **Help members build confidence with engaging in community spaces**
- **Building and fostering supportive friendships**
- **Providing a safe, supportive place for members to talk**

The walks take place in a variety of locations each month, including:

Bristol & South Glos;

- The Harbourside
- Snuff Mills Park
- Oldbury Park
- Kingsgate Park in Yate
- St Andrews Park
- Kingswood Park
- Windmill Hill City Farm
- Grimsbury Community Farm
- Blaise Estate Park
- Eastville Park

North Somerset

- Grand Pier to Clarence Park
- Knightstone, Birbeck and Prince Consort Gardens
- Grove Park (Inc. litter pick)
- Grand Pier to Beach Huts
- Uphill
- The Campus to Plumley Park
- Marine Lake to Clevedon Pier
- Poets Walk and Wains Hill
- Sea Walls and Coastal Path
- Portishead Marina
- Coastal Path and Nature Reserves (in direction of Portbury)
- Portishead Lake Grounds

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- Seafront and Battery Point (behind the open-air pool)

Special Walking Activities:

In addition, we alternate some of our regular walks with special activities, which in 2024-2025 included the following:

- **Ashcombe Park** for a group picnic with games such as Giant Jenga, Boules and Snakes & Ladders and of course a walk!
- **Sandbay by open top bus**, taking the Coaster bus from Weston and then enjoying a walk along Sandbay, before returning.
- **Strawberry Line at Yatton:** We have developed brilliant relations the Strawberry Line Project. Members are given the opportunity to Walk or Cycle, with The Strawberry Line Cycle Project kindly providing complimentary cycle hire.
- **Litter Pick!** We encourage green practice and giving something back to the community. We connected with Growing with Grove Park, who provided the equipment and expertise.
- **Themed Walks** e.g. Halloween Scavenger Hunt, Christmas Tree trail in Weston, Easter Egg Hunt on Portishead Marina
- **National Walking Month** – This event takes place annually in May. In collaboration with North Somerset Council, we promote our walks for inclusion in the local programme.

Number of walking group sessions - 45

Number of attendees - 402

Specialist Parent Advocacy Service

Our experienced advocates have continued to support parents with a learning disability who are going through Care Proceedings. Support includes; helping to navigate through the complex court and social care papers, meetings with solicitor, social care and court hearings. These cases often take many months, sometimes more than a year to reach a conclusion, our advocates provide a consistent interaction for what is, an extremely stressful time for the parents.

Number of cases – 14

(Supported Employment) Children Centre Employment Service

4 of our paid employees with a learning disability and/or autism provide an administration support service to several children's centre's in North Somerset. Supported by our employment support officer, our staff play a key role in supported a range of admin tasks, reception duties and carryout mandatory H & S checks, i.e., first aid boxes, fridge temperatures.

We are proud to be a Disability Confident Employer.

Training

Our members have participated in several training opportunities, including; First Aid, Peer Support, Facilitation and attending meetings.

We have worked with a specialist learning disability nurse to create and deliver training that supports good gut and bowel health.

The LeDeR reviews, (A formal review into the early deaths of people with learning disabilities) identified that constipation was in the top 5 of contributory factor that has led to the deaths of people with a learning disability. Training workshops have been delivered to people with a learning disability, providers of care services and professionals working in the NHS.

Collaboration & networking

We regularly attend meeting with local authority, health bodies to ensure the views of our members are shared and they influence change and development that meet our member's needs.

We worked in partnership with Sirona (provision of NHS services in BNSSG) to create a health information video.

We work with a local provider of care/community services to facilitate a weekly dance and drama club. This has proved successful in developing confidence, self-esteem and self-expression. There have been many friendships created through this club.

Our members have engaged in consultations with Mencap, University study looking at safeguarding processes.

FINANCIAL REVIEW

Principal funding sources

The charity's income is derived from local authority grants, NHS grants, other charitable trusts/foundations & accessible grants including The National Lottery Community Fund.

Reserves Policy

Reserve funds will be maintained at a level equivalent to six months operational expenditure and will provide the charity with adequate financial stability for the foreseeable future.

The reserves fund will be invested in deposit accounts agreed by the Board of Trustees. The amount of the reserves fund will be calculated as follows:

1. Six months of all employees' salaries plus national insurance & pension contributions.
2. The amount of redundancy payment and any payment in lieu of notice to which each employee would be entitled if the charity were dissolved.

3. six months of normal expenditure for the charity.
4. An amount to cover unforeseen costs.
5. Solicitors' costs for winding up.
6. Expenditure for planned projects.

The reserves fund will be reviewed annually and adjusted accordingly. A report will be submitted to the Board of Trustees by the Treasurer & Business & Finance Manager.

All withdrawals from the reserve accounts will be authorised by nominated persons from the Board of Trustees.

As of the 31st of March 2025, the amount of restricted reserves: £150,054.32

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity is set up by a scheme dated 12th November 2014.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Public benefit

The trustees confirm that they have had due regard to the Charities Commission's general guidance on public benefit, particularly when reviewing the charity's aims and objectives for the year.

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of the affairs of the charity and of the financial activities for that year. In preparing those financial statements, the trustees are required to: • select suitable accounting policies and then apply them consistently; • make judgments and estimates that are reasonable and prudent; • prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its operation. The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charity and to prevent and detect fraud and other irregularities. Laws applicable to charities in England and Wales require the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Statement of disclosure to independent examiner

In so far as the trustees are aware: There is no relevant information of which the charity's independent examiner is unaware; and the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

Approved by order of the board of trustees on 15/12/2025 and signed on its behalf by:



Christopher Bird

Treasurer

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

Independent Examiner's Report to the Trustees of
North Somerset People First

Independent examiner's report to the trustees of North Somerset People First

I report to the charity trustees on my examination of the accounts of North Somerset People First for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act')

I report in respect of my examination of the Trust's accounts carried out under section 145 of the act and in carrying out my examination I have followed all applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Kirsty Fowler MAAT ATT
The Local Accountant Ltd
19 Boulevard
Weston super Mare
North Somerset
BS23 1NR

Date: 30/01/2026.

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	2025 Total funds £	2024 Total Funds £
INCOME AND ENDOWMENTS FROM			
Grants	2	238,484	218,992
Services		138,687	159,042
Misc. Income		1,609	1,830
Fundraising		1,034	3,444
Investment income		<u>10,440</u>	<u>7,297</u>
Total		390,255	390,605
EXPENDITURE ON			
Charitable activities			
Charitable activities		384,101	384,433
Total		384,101	384,433
NET (EXPENDITURE)/INCOME		6,154	6,172
RECONCILIATION OF FUNDS			
Total funds brought forward		171,644	165,471
TOTAL FUNDS CARRIED FORWARD		<u>177,798</u>	<u>171,643</u>

The notes form part of these financial statements

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Balance Sheet
31 March 2025

	Notes	2025 Total funds £	2024 Total funds £
FIXED ASSETS			
Equipment		-	-
CURRENT ASSETS			
Cash at bank		<u>549,274</u>	<u>591,192</u>
		549,274	591,192
CREDITORS			
Amounts falling due within one year	7	- 371,476	- 419,548
NET CURRENT ASSETS		<u>177,798</u>	<u>171,644</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		177,798	171,644
NET ASSETS		<u><u>177,798</u></u>	<u><u>171,644</u></u>
Represented by			
Balance brought forward		171,644	165,471
Profit for the period		<u>6,154</u>	<u>6,173</u>
TOTAL FUNDS		<u><u>177,798</u></u>	<u><u>171,644</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 15/12/2025



North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Notes to the Financial Statements
for the Year Ended 31 March 2025

ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The trust constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The trustees consider that there are no material uncertainties about the Charities ability to continue as a going concern. With respect to the next year, the most significant areas of uncertainty that affect the carry value of assets held by the Trust are the level of investment return and the performance of investment markets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to and it is virtually certain they will receive the income and the monetary value can be measured with sufficient reliability.

Income with related expenditure

Where incoming resources have related expenditure the income and related expenditure are reported gross in the SoFA.

Tax reclaims on donations and gifts

Income and tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the income.

Investment Income

This is included in the accounts when receivable.

Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

The charity meets its objectives by providing services and activities as set out in the trustees' report.

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES - continued

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

2. CHARITABLE ACTIVITIES

	2025	2024
	£	£
Grants	238,484	218,992
Services	138,687	159,042
Misc. Income	1,609	1,830
Fundraising	1,034	3,444
	<u>379,815</u>	<u>383,308</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2025 nor the year ended 31st March 2024.

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31st March 2025 nor the year ended 31st March 2024.

4. STAFF COSTS

	2025	2024
	£	£
Wages and Salaries	<u>311,631</u>	<u>269,144</u>

No employees received emoluments in excess of £ 60,000.

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Notes to the Financial
Statements - continued
for the Year Ended 31 March
2025

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	2024 Total Funds fund £
INCOME AND ENDOWMENTS FROM	
Grants	218,992
Services	159,042
Misc. Income	1,830
Fundraising	3,444
Investment income	<u>7,297</u>
Total	<u><u>390,605</u></u>
 EXPENDITURE ON	
Charitable activities	
Charitable activities	384,433
Total	<u>384,433</u>
NET INCOME/(EXPENDITURE)	<u>6,172</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>165,471</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>171,643</u></u>

6. INDEPENDENT EXAMINER'S FEES

Independent examiner's fees are £ 600 for independent examination (2024: £ 915).

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Accrued expenses	<u>600</u>	<u>915</u>

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2025

North Somerset People First
Statement of Financial Activities
for the Year Ended 31 March 2025

	<u>31/03/2025</u>	<u>31/03/2024</u>
	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM		
Charitable activities		
Grants - Unrestricted	22,362	37,183
Grants - Restricted	216,123	181,809
Services - Unrestricted	40,848	49,216
Services - Restricted	97,839	109,826
Misc. Income - Unrestricted	1,609	1,830
Fundraising - Unrestricted	1,034	3,444
Investment income		
Bank interest - Restricted	10,440	7,297
Total incoming resources	<u>390,255</u>	<u>390,605</u>
 EXPENDITURE		
Charitable activities		
Wages	311,631	269,144
Purchases	48,122	72,762
Overheads	23,528	41,454
Rent	-	-
Legal fees	-	-
Bank charges	220	158
	<u>383,517</u>	<u>383,517</u>
 Supporting costs		
Management		
Independant examiner's fees	600	915
Total resources expended	<u>384,101</u>	<u>384,433</u>
 Net expenditure/income	 <u>6,154</u>	 <u>6,172</u>

North Somerset People First
Client detailed - Income and Expenditure
Account Year Ended 31st March 2025

	2024-2025		2023-2024		Change
	Income	Expenditure	Income	Expenditure	
Sales					
Supporting People	39 795 47		38 322 39		1 473 08
NHS Health Project	0 00		2 398 84		-2 398 84
NSC Community Team for LD	7 918 00		7 918 00		0 00
NSC Childrens Centers	26 996 00		27 000 00		-4 00
Employability Services	1 092 00		672 00		420 00
PCPs/Advocacy	728 00		11 125 90		-10 397 90
Support Programs	39 027 62		37 418 11		1 609 51
Lloyds Bank Foundation for England & Wales	9 942 72		28 679 94		-18 737 22
Supporting Grants	750 00		0 00		750 00
The National Lottery Community Fund. ABL	158 380 20		125 201 63		33 178 57
NHS BNSSG ICB. A Better Life	14 924 15		17 239 13		-2 314 98
Henry Smith - Young Peoples Advocacy Service	55 423 83		41 032 93		14 390 90
NHS CCG Rebuilding Self Advocacy across BNSSG	495 41		24 554 28		-24 058 87
South Glous Development Fund	0 00		6 224 09		-6 224 09
Quartet Community Fund	17 947 06		9 662 09		8 284 97
Dance & Drama	4 500 91		584 90		3 916 01
Fundraising	1 034 26		3 443 84		-2 409 58
Miscellaneous Sales Income	1 609 17		1 830 33		-221 16
Bank interest received	10 440 18		7 296 90		3 143 28
	<u>391 004 98</u>		<u>390 605 30</u>		<u>399 68</u>
Staff Costs					
Supporting People		36 717 22		33 862 02	2 855 20
NHS Health Project		0 00		1 878 99	-1 878 99
NSC Community Team for LD		7 929 00		7 836 12	92 88
NSC Childrens Centers		26 993 43		25 699 19	1 294 24
PCP/Advocacy		685 08		731 16	-46 08
Support Programs		31 561 69		24 431 17	7 130 52
Lloyds Bank Foundation for England & Wales		9 847 87		2 302 98	7 544 89
The National Lottery Community Fund. ABL		131 172 87		104 704 51	26 468 36
Henry Smith - Young Peoples Advocacy Service		45 766 09		35 390 88	10 375 21
NHS CCG Rebuilding Self Advocacy across BNSSG		0 00		18 395 59	-18 395 59
South Glous Development Fund		0 00		4 248 83	-4 248 83
Quartet Community Fund		17 948 04		9 662 09	8 285 95
Dance & Drama		3 009 38		0 00	3 009 38
		<u>311 630 67</u>		<u>269 143 53</u>	<u>42 487 14</u>
Purchases					
Supporting People		2 710 07		4 112 51	-1 402 44
NHS Health Project		0 00		519 85	-519 85
NSC Community Team for LD		0 00		82 24	-82 24
NSC Childrens Centers		0 00		1 311 52	-1 311 52
PCPs/Advocacy		110 00		250 00	-140 00
Support Programs		0 00		0 00	0 00
Lloyds Bank Foundation for England & Wales		0 00		26 376 96	-26 376 96
The National Lottery Community Fund. ABL		20 805 03		14 826 11	5 978 92
NHS BNSSG ICB. A Better Life		13 794 70		15 523 62	-1 728 92
Henry Smith - Young Peoples Advocacy Service		7 366 57		3 402 12	3 964 45
NHS CCG Rebuilding Self Advocacy across BNSSG		495 41		3 336 55	-2 841 14
South Glous Development Fund		0 00		1 745 18	-1 745 18
Dance & Drama		1 551 01		358 96	1 192 05
Fundraising		226 00		216 00	10 00
Miscellaneous Purchases		1 063 42		700 00	363 42
		<u>48 122 21</u>		<u>72 761 62</u>	<u>-24 639 41</u>
Gross profit/(loss)		31 252 10		48 700 15	

Overheads

Supporting People	621 10	351 70	269 40
NSC Childrens Centres	6 50	0 00	6 50
PCP/Avocacy	210 50	1 565 15	-1 354 65
Support Programs	938 98	1 299 10	-360 12
The National Lottery Community Fund. ABL	6 402 30	5 671 01	731 29
NHS BNSSG ICB. A Better Life	1 129 45	1 715 50	-586 05
Lloyds Bank Foundation for England & Wales	94 85	0 00	94 85
Henry Smith - Young Peoples Advocacy Service	2 291 17	2 239 93	51 24
NHS CCG Rebuilding Self Advocacy across BNSSG	0 00	2 822 14	-2 822 14
South Glous Development Fund	0 00	289 79	-289 79
Accrued Expenses <small>note 2</small>	11 832 84	25 500 00	-13 667 16
Legal Fees	0 00	915 00	-915 00
Bank Charges	220 31	157 60	62 71
	<u>23 748 00</u>	<u>42 526 92</u>	<u>-18 778 92</u>
Excess of Expenditure over Income			
Excess of Income over Expenditure	7 504 10	6 173 23	
	<u>391 004 98</u>	<u>390 605 30</u>	<u>390 605 30</u>

NORTH SOMERSET PEOPLE FIRST

England & Wales - Charity number 1159184

Accounts

REGISTERED CHARITY NUMBER : 1159184

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
North Somerset People First

The Local Accountant
19 Boulevard
Weston-super-Mare
North Somerset
BS23 1NR

North Somerset People First

Contents of the Financial Statements
for the Year Ended 31 March 2024

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North Somerset People First
Report of the Trustees
North Somerset People First

The trustees present their report and financial statements of the charity for the year ended 31st March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. Trustees' pay particular attention and consideration of how these contribute to those aims and objectives.

Objectives and aims

The objects of the CIO are:

The promotion of social inclusion among people with learning disabilities and associated conditions who live or work in the West Country and are excluded from society as a result of their learning disabilities or associated conditions by:

1. providing training, facilitation of work opportunities, education, information, support, and self-advocacy;
2. raising public awareness of the issues affecting people with learning disabilities and associated conditions both generally and in relation to their social exclusion.

The charity's approach is built on the core belief that everyone, regardless of their disability, has the right to be heard, to participate in society, and to live with dignity. We provide a range of services aimed at helping individuals advocate for themselves, improve mental health, build confidence, and access resources that promote independence and social inclusion.

We provide speaking up forums across the BNSSG area, facilitate training opportunities and services to improve the lives of people with learning disabilities, including; activities that reduce the social isolation and poor mental health that many people with learning disabilities experience. We have clear access links to all statutory services within our service areas and ensure the views and opinions of people with a learning disability are used to influence and develop these services.

NSPF is a Disability Confident Employer who provides paid employment and opportunities for meaningful work experience programs for people with learning disabilities.

NSPF has a deep understanding of its members and fosters positive, supportive, and long-lasting relationships. Through our service and activity provisions, we gain valuable insight into the challenges faced by individuals with learning disabilities or autism and work relentlessly to address these issues.

FINANCIAL REVIEW

Principal funding sources

The charity's income is derived from local authority and other private & accessible grants.

Reserves Policy

Reserve funds will be maintained at a level equivalent to six months operational expenditure and will provide the charity with adequate financial stability for the foreseeable future.

The reserves fund will be invested in deposit accounts agreed by the Board of Trustees. The amount of the reserves fund will be calculated as follows:

1. Six months of all employees' salaries plus national insurance & pension contributions.
2. The amount of redundancy payment and any payment in lieu of notice to which each employee would be entitled if the charity were dissolved.
3. six months of normal expenditure for the charity.
4. An amount to cover unforeseen costs.
5. Solicitors' costs for winding up.
6. Expenditure for planned projects.

The reserves fund will be reviewed annually and adjusted accordingly. A report will be submitted to the Board of Trustees by the Treasurer & Business & Finance Manager.

All withdrawals from the reserve accounts will be authorised by nominated persons from the Board of Trustees.

As of the 31st of March 2024, the amount of restricted reserves: £143,923.95

North Somerset People First
Report of the Trustees
for the Year Ended 31 March 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.
The charity is set up by a scheme dated 12th November 2014.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Public benefit

The trustees confirm that they have had due regard to the Charities Commission's general guidance on public benefit, particularly when reviewing the charity's aims and objectives for the year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number - 1159184

Governing Document CIO - Foundation registered 12th November 2014 (amended 16th May2023)

Principal address

The Campus
Highlands Lane
Weston-super-Mare
North Somerset
BS24 7DX

Trustees

Jane Haros (Chairperson)
Christopher Bird (Treasurer)
Kyle Hannan
Hugh Ross
Rebecca Keating
Chris Garcia

Independent Examiner

Kirsty Fowler MAAT ATT
The Local Accountant Ltd
19 Boulevard
Weston super Mare North Somerset
BS23 1NR

Bankers

HSBC 174 High Street ,Worle, Weston Super Mare BS22 6JD
Cambridge & Counties Bank Limited Charnwood Court , 58 New Walk, Leicester LE1 6TE
Nationwide Building Society Kings Park Road, Moulton Park, Industrial Estate, Northampton NN3 6NW
CAF BANK 25 Kings hill Avenue Kings hill West Malling Kent ME19 4JQ
Virgin Money 7 Gold Street, Northampton NN1 1EN

Approved by order of the board of trustees on 27/01/2025 and signed on its behalf by:



Christopher Bird Treasurer

**Independent Examiner's Report to the Trustees of
North Somerset People First**

Independent examiner's report to the trustees of North Somerset People First

I report to the charity trustees on my examination of the accounts of North Somerset People First for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act')

I report in respect of my examination of the Trust's accounts carried out under section 145 of the act and in carrying out my examination I have followed all applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Kirsty Fowler MAAT ATT
The Local Accountant Ltd
19 Boulevard
Weston super Mare
North Somerset
BS23 1NR

Date: 31/01/2025

North Somerset People First
Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Grants	2	218,992	137,756
Services		159,042	136,578
Misc. Income		1,830	2,800
Fundraising		3,444	2,179
Investment income		<u>7,297</u>	<u>2,610</u>
Total		390,605	281,923
EXPENDITURE ON			
Charitable activities			
Charitable activities		384,432	278,481
Total		<u>384,432</u>	<u>278,481</u>
NET (EXPENDITURE)/INCOME		6,173	3,442
RECONCILIATION OF FUNDS			
Total funds brought forward		165,471	162,029
TOTAL FUNDS CARRIED FORWARD		<u><u>171,644</u></u>	<u><u>165,471</u></u>

The notes form part of these financial statements

North Somerset People First
Balance Sheet
31 March 2024

	Notes	2024 Total funds £	2023 Total funds £
FIXED ASSETS			
Equipment		-	-
CURRENT ASSETS			
Cash at bank		<u>591,192</u>	<u>536,952</u>
		591,192	536,952
CREDITORS			
Amounts falling due within one year	7	- 419,548	- 371,481
		<u>171,644</u>	<u>165,471</u>
NET CURRENT ASSETS			
		171,644	165,471
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>171,644</u>	<u>165,471</u>
NET ASSETS			
		<u>171,644</u>	<u>165,471</u>
Represented by			
Balance brought forward		165,471	162,029
Profit for the period		<u>6,173</u>	<u>3,442</u>
TOTAL FUNDS			
		<u>171,644</u>	<u>165,471</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 27/01/2025.....
and were signed on its behalf by:



.....
Christopher Bird - Treasurer

North Somerset People First
Notes to the Financial Statements
for the Year Ended 31 March 2024

ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The trust constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern. With respect to the next year, the most significant areas of uncertainty that affect the carry value of assets held by the Trust are the level of investment return and the performance of investment markets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to and it is virtually certain they will receive the income and the monetary value can be measured with sufficient reliability.

Income with related expenditure

Where incoming resources have related expenditure the income and related expenditure are reported gross in the SoFA.

Tax reclaims on donations and gifts

Income and tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the income.

Investment Income

This is included in the accounts when receivable.

Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities / Grants

The charity meets its objectives by providing grants to other organisations as set out in the trustees report. These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain on the control of the charity.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued a expenditure.

North Somerset People First
Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES - continued

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

2. CHARITABLE ACTIVITIES

	2024	2023
	£	£
Grants	218,992	137,756
Services	159,042	136,578
Misc. Income	1,830	2,800
Fundraising	3,444	2,179
	<u>383,308</u>	<u>279,313</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2024 nor the year ended 31st March 2023.

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31st March 2024 nor the year ended 31st March 2023.

4. STAFF COSTS

	2024	2023
	£	£
Wages and Salaries	<u>269,144</u>	<u>217,799</u>

No employees received emoluments in excess of £ 60,000.

North Somerset People First
Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES	2023 Total Funds fund £
INCOME AND ENDOWMENTS FROM	
Grants	137,756
Services	136,578
Misc. Income	2,800
Fundraising	2,179
Investment income	<u>2,610</u>
Total	<u><u>281,923</u></u>
EXPENDITURE ON	
Charitable activities	
Charitable activities	278,481
Total	<u>278,481</u>
NET INCOME/(EXPENDITURE)	3,442
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>162,029</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>165,471</u></u>

6. INDEPENDENT EXAMINER'S FEES

Independent examiner's fees are £ 315 for independent examination (2022: £ 300).

North Somerset People First
Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Accrued expenses	<u>915</u>	<u>315</u>

North Somerset People First
Statement of Financial Activities
for the Year Ended 31 March 2024

	<u>31/03/2024</u>	<u>31/03/2023</u>
	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM		
Charitable activities		
Grants - Unrestricted	37,183	7,918
Grants - Restricted	181,809	129,838
Services - Unrestricted	49,216	47,900
Services - Restricted	109,826	88,677
Misc. Income - Unrestricted	1,830	2,800
Fundraising - Unrestricted	3,444	2,179
Investment income		
Bank interest - Restricted	7,297	2,610
Total incoming resources	390,605	281,923
EXPENDITURE		
Charitable activities		
Wages	269,144	217,799
Purchases	72,762	39,104
Overheads	41,454	21,469
Rent	-	-
Legal fees	-	-
Bank charges	158	109
	383,517	278,481
Supporting costs		
Management		
Independant examiner's fees	915	-
Total resources expended	384,432	278,481
Net expenditure/income	6,173	3,442

This page does not form part of the statutory financial statements

North Somerset People First
Client Detailed - Income and Expenditure Account Year Ended 31st March 2024

	2023-2024		2022-2023		Change
	Income	Expenditure	Income	Expenditure	
Sales					
Supporting People	38,322.39		38,196.37		126.02
NHS Health Project	2,398.84		26,296.55		- 23,897.71
NSC Community Team for LD	7,918.00		7,918.00		-
NSC Childrens Centers	27,000.00		26,995.64		4.36
Employability Services	672.00		2,000.00		- 1,328.00
PCPs/Advocacy	11,125.90		13,276.25		- 2,150.35
Support Programs	37,418.11		32,624.04		4,794.07
Lloyds Bank Foundation for England & Wales	28,679.94		-		28,679.94
The National Lottery Community Fund. ABL	125,201.63		42,238.60		82,963.03
NHS BNSSG ICB. A Better Life	17,239.13		-		17,239.13
Henry Smith - Young Peoples Advocacy Service	41,032.93		18,454.34		22,578.59
NHS CCG Rebuilding Self Advocacy across BNSSG	24,554.28		43,227.26		- 18,672.98
Green Social Prescribing Programme	-		2,500.00		- 2,500.00
South Glous Development Fund	6,224.09		8,775.91		- 2,551.82
Quartet Community Fund	9,662.09		11,830.85		- 2,168.76
Dance & Drama	584.90		-		584.90
Fundraising	3,443.84		2,179.39		1,264.45
Miscellaneous Sales Income	1,830.33		2,800.00		- 969.67
Bank interest received	7,296.90		2,609.90		4,687.00
	<u>390,605.30</u>		<u>281,923.10</u>		108,682.20
Staff Costs					
Supporting People		33,862.02	32,363.13		1,498.89
NHS Health Project		1,878.99	20,492.21		- 18,613.22
NSC Community Team for LD		7,836.12	7,425.68		410.44
NSC Childrens Centers		25,699.19	24,459.92		1,239.27
PCP/Advocacy		731.16	4,001.59		- 3,270.43
Support Programs		24,431.17	29,981.27		- 5,550.10
Lloyds Bank Foundation for England & Wales		2,302.98	-		2,302.98
The National Lottery Community Fund. ABL		104,704.51	28,136.34		76,568.17
Henry Smith - Young Peoples Advocacy Service		35,390.88	15,406.82		19,984.06
NHS CCG Rebuilding Self Advocacy across BNSSG		18,395.59	35,126.96		- 16,731.37
Green Social Prescribing Programme		-	1,666.02		- 1,666.02
South Glous Development Fund		4,248.83	6,908.44		- 2,659.61
Quartet Community Fund		9,662.09	11,830.85		- 2,168.76
		<u>269,143.53</u>	<u>217,799.23</u>		51,344.30
Purchases					
Supporting People		4,112.51	4,750.50		- 637.99
NHS Health Project		519.85	5,204.34		- 4,684.49
NSC Community Team for LD		82.24	500.65		- 418.41
NSC Childrens Centers		1,311.52	2,772.99		- 1,461.47
PCPs/Advocacy		250.00	1,131.14		- 881.14
Support Programs		-	43.19		- 43.19
Lloyds Bank Foundation for England & Wales		26,376.96	-		26,376.96
The National Lottery Community Fund. ABL		14,826.11	11,515.48		3,310.63
NHS BNSSG ICB. A Better Life		15,523.62			
Henry Smith - Young Peoples Advocacy Service		3,402.12	2,872.22		529.90
NHS CCG Rebuilding Self Advocacy across BNSSG		3,336.55	5,190.68		- 1,854.13
Green Social Prescribing Programme		-	837.87		- 837.87
South Glous Development Fund		1,745.18	1,835.97		- 90.79
Dance & Drama		358.96			358.96
Fundraising		216.00	1,049.44		- 833.44
Miscellaneous Purchases		700.00	1,400.00		- 700.00
		<u>72,761.62</u>	<u>39,104.47</u>		33,657.15
Gross profit/(loss)		48,700.15	25,019.40		23,680.75
Overheads					
Supporting People		351.70	1,086.39		- 734.69

NHS Health Project	-	600.00	-	600.00
PCP/Avocacy	1,565.15	1,224.79		340.36
Support Programs	1,299.10	1,146.13		152.97
The National Lottery Community Fund. ABL	5,671.01	2,586.78		3,084.23
NHS BNSSG ICB. A Better Life	1,715.50	-		1,715.50
Lloyds Bank Foundation for England & Wales	-	-		-
Henry Smith - Young Peoples Advocacy Service	2,239.93	175.30		2,064.63
NHS CCG Rebuilding Self Advocacy across BNSSG	2,822.14	2,909.62	-	87.48
Green Social Prescribing Programme	-	8.00	-	8.00
South Glous Development Fund	289.79	31.50		258.29
Accrued Expenses <i>note 2</i>	25,500.00	11,700.00		13,800.00
Legal Fees	915.00	-		915.00
Bank Charges	157.60	108.60		49.00
	<u>42,526.92</u>	<u>21,577.11</u>		20,949.81
Excess of Expenditure over Income				
Excess of Income over Expenditure	<u>6,173.23</u>	<u>3,442.29</u>		2,730.94
	<u>390,605.30</u>	<u>390,605.30</u>	<u>281,923.10</u>	<u>281,923.10</u>

NORTH SOMERSET PEOPLE FIRST

England & Wales - Charity number 1159184

Accounts



Supporting people with learning disabilities to have a voice

TRUSTEES ANNUAL REPORT & FINANCIAL STATEMENTS

Year ending 31st March 2023

Charity Number: 1159184

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Reference and administrative details – Year ending 31st March 2023

Name of charity: North Somerset People First

Charity registration number: 1159184

Governing Document: CIO – Foundation registered 12th
November 2014

Trustees:

Stephen Campling (Chairperson)

Christopher Bird (Treasurer)

Kyle Hannan

Hugh Ross

Jane Haros

Rebecca Keating

Chris Garcia

No trustee has beneficial interest in the charity.

Principle Address:

North Somerset People First

The Campus

Highlands Lane

Weston Super Mare

BS24 7DX

Website: www.nspf.co.uk

Independent Examiner:

Kirsty Beechey
19 Boulevard
Weston Super Mare
BS23 1NR

Bankers

HSBC bank 174
High Street
Worle
Weston Super Mare BS22
6JD

Cambridge & Counties Bank Limited
Charnwood Court
58 New Walk Leicester
LE1 6TE

Nationwide Building Society
Kings Park Road
Moulton Park Industrial Estate Northampton
NN3 6NW

CAF bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Virgin Money
7 Gold Street
Northampton
NN1 1EN

Trustees' report

The trustees of North Somerset People First present their annual report and independently examined accounts for the year ending 31st March 2023 and confirm that they comply with the requirements of the Charities Act 2011.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities.

Objectives & Activities

North Somerset People First (NSPF) is a self-advocacy charity working for and led by the voices of people with a learning disability in North Somerset. NSPF promotes and encourages people with a learning disability to speak up for themselves, empowering them to be in control of their own lives, now and in the future. We provide speaking up forums across the county, facilitate training opportunities and services to improve the lives of people with learning disabilities and provide activities that reduce the social isolation that many people with learning disabilities experience. We have clear access links to all statutory services locally and ensure the views and opinions of people with a learning disability in North Somerset are used to influence and develop these services.

NSPF provides paid employment and opportunities for meaningful work experience programs for people with learning disabilities within North Somerset.

Structure, Governance and Management:

The trustees are responsible for the overall management and control of North Somerset People First and meet as a minimum six times per year. All trustees give their time freely, remuneration for expenses have to date not been claimed.

Organisational & Operational Management:

The day to day running of the charity is delegated to the Chief Executive Officer.

Advisory Committee:

North Somerset People First's Advisory Committee is made up of a group of people with a Learning disability. The Advisory Committee is responsible for finding out what services there are in North Somerset and if they meet the needs and expectations of their peers. It is a group of people who meet every 3 months, where they advise and inform our trustees what is important to the people who use our services. Committee members stand for one year and new Advisory Committee members are elected annually at our AGM.

Risk Management:

The trustees are responsible for the overseeing of the risks faced by the charity. Risks are identified and assessed, and controls established throughout the year. A formal review of the charities risk management is carried out annually.

The charity has taken out suitable insurance in order to cover any unforeseen problems.

Reserves Policy:

Reserve funds (hereafter referred to as The Reserve Fund) will be maintained at a level equivalent to six months operational expenditure and will provide the charity with adequate financial stability for the foreseeable future. The reserves fund will be invested in deposit accounts agreed by the Board of Trustees. The amount of the reserves fund will be calculated as follows:

1. Six months of all employees' salaries plus national insurance & pension contributions.
2. The amount of redundancy payment and any payment in lieu of notice to which each employee would be entitled if the charity were dissolved.
3. Six months of normal expenditure for the charity.
4. An amount to cover unforeseen costs.
5. Solicitors' costs for winding up.
6. Expenditure for planned projects.

The reserves fund will be reviewed ½ yearly and the figures adjusted accordingly. A report will be submitted to the Board of Trustees by the Business & Finance Manager. All withdrawals from the reserve accounts will be authorised by nominated persons from the Board of Trustees.

As of the 31st of March 2023, the amount of restricted reserves: £139,942.22

Activities and Achievements: Please see full charity annual report containing activities and achievements for 2022-2023 at the end of this document.

Future Plans

With funding in place to increase our demographic membership, we are exploring how to effectively develop an expansion of our core services in new geographical areas.

Our current key funding comes from range of sources which includes: The local authority, BNSSG ICB, National Lottery Community Fund and other small trust/charity project grants. We are mindful that there is always potential for further government cuts, which could affect our core funding from the local authority. We continue to identify new opportunities of funding that will enable us to carry out our aims and objectives.

NSPF has invested some of its unrestricted reserves to support social media development, technology upgrades, developing new branding materials, a photography portfolio and member enrichment programme.

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Annual report and the Financial Statements in accordance with applicable law and regulations. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year. The financial statements are required by law to give a true and fair view of the state of the affairs of the charity and of the financial activities for that year. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act. They have general responsibility for taking

such steps as are reasonably open to them to safeguard the assets of the charity and to prevent and detect fraud and other irregularities. Laws applicable to charities in England and Wales require the trustees to prepare financial statements for each financial year. The trustees have elected to prepare the financial statements with the Financial Reporting Standard for smaller entities (effective Jan 2015)

Statement of disclosure to independent examiner

In so far as the trustees are aware:

There is no relevant information of which the charity's independent examiner is unaware; and the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of the information.

By order of the Board,



Christopher Bird (Treasurer / Trustee)

Independent examiner's report on the accounts

Report to the Trustees of North Somerset People First on accounts for the year ended 31st March 2023. Charity Number 1159184.

Set out on pages 1,2 and 3

Respective responsibilities of trustees and examiner

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

It is my 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 my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me 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 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.

Independent Examiner

Signed: 

Date: 21/12/2023.

Name: Kirsty Fowler

Address: 19 Boulevard, Weston-super-Mare, North Somerset, BS23 1NR

Relevant professional body: Member of the Association of Accounting Technicians (MAAT) & Association of Tax Technicians(ATT)

Fo

Disclosure

Brief details of any items that the examiner wishes to disclose.

The organisation is still located in the smaller accommodation based at The Campus; provided by the Local Authority.

Receipts and payments accounts

North Somerset People First

Charity Number 1159184

For the period 01/04/2022 to 31/03/2023

	Unrestricted funds	Restricted funds	Total funds 2023	Total Funds 2022
Receipts				
Grant funded projects	7,918	129,838	137,756	157,945
Service provision	47,900	88,677	136,578	105,903
Community Social fund	-	-	-	-
Miscellaneous sale income	4,979	-	4,979	-
Bank interest received	2,610	-	2,610	1,094
Sub total	63,408	218,516	281,923	264,942
Investment income				
	-	-	-	-
Total receipts	63,408	218,516	281,923	264,942
Payments				
Staff costs	41,409	176,391	217,799.23	186,967
Purchases	4,124	34,980	39,104.47	53,634
Overheads	2,371	7,398	9,768.51	7,684
Accrued costs	11,700	-	11,700.00	15,000
Bank charges	109	-	108.60	110
Sub total	59,712	218,768	278,481	263,395
Asset and investment purchases				
	-	-	-	-
Total payments	59,712	218,768	278,481	263,395
Net of receipts/ (payments)	3,695	- 253	3,442	1,547
Transfers between funds	55,895	- 55,895	-	-
Cash funds last year end	333,820	- 171,792	162,028	160,482
Cash funds this year end	393,410	- 227,940	165,470	162,029

Statement of assets and liabilities at 31st March 2023

	Unrestricted funds to nearest £	Restricted funds to nearest £
Cash funds		
Details		
Bank Accounts	265,141	
Building Society Accounts	131,771	139,942
Cash held	98	
Net Debtors/Current Liabilities	- 3,600	- 367,882
Total cash funds	393,410	- 227,940

(agree balances with receipts and payments account(s))

	Unrestricted funds to nearest £	Restricted funds to nearest £
Other monetary assets		
Details		
Debtors		

	Details	Current value
Assets retained for the charity's own use		
	Furniture, fixtures and fittings	2,850
	Computers and Accessories	3,425
	Other office equipment	4,240

	Details	Amount due
Liabilities		
	Business Charge card	1,711
	PAYE, Nat Ins, Pension	
	Creditors	1,889
	Deferred Income	356,181
	Accruals	11,700

Approved by the board of Trustees on 25/09/2023

Chair person J Haros

Jane Haros

Treasurer C Bird

Christopher Bird

North Somerset People First
Income and Expenditure Account Year Ended 31st March 2023

	2022-2023		2021-2022		Change
	Income	Expenditure	Income	Expenditure	
Sales					
Supporting People	38,196.37		38,369.93		-173.56
NHS Health Project	26,296.55		7,837.37		18,459.18
NSC Community Team for LD	7,918.00		7,918.00		0.00
NSC Childrens Centers	26,995.64		26,995.64		0.00
Employability Services	2,000.00		0.00		2,000.00
PCPs/Advocacy	13,276.25		11,273.80		2,002.45
Support Programs	32,624.04		29,263.32		3,360.72
Lloyds Bank Foundation for England & Wales	0.00		20,321.46		-20,321.46
The National Lottery Community Fund. ABL	42,238.60		119,711.78		-77,473.18
NHS BNSSG ICB. A Better Life	0.00		0.00		0.00
NSC Infection Control	0.00		685.00		-685.00
Henry Smith - Young Peoples Advocacy Service	18,454.34		0.00		18,454.34
NHS CCG Rebuilding Self Advocacy across BNSSG	43,227.26		0.00		43,227.26
Green Social Prescribing Programme	2,500.00		0.00		2,500.00
South Glous Development Fund	8,775.91		0.00		8,775.91
Quartet Community Fund	11,830.85		0.00		11,830.85
Fundraising	2,179.39		1,471.56		707.83
Miscellaneous Sales Income	2,800.00		0.00		2,800.00
Bank interest received	2,609.90		1,093.69		1,516.21
	<u>281,923.10</u>		<u>264,941.55</u>		16,981.55
Staff Costs					
Supporting People		32,363.13		32,937.14	-574.01
NHS Health Project		20,492.21		5,691.93	14,800.28
NSC Community Team for LD		7,425.68		7,469.00	-43.32
NSC Childrens Centers		24,459.92		25,110.57	-650.65
PCP/Advocacy		4,001.59		0.00	4,001.59
Support Programs		29,981.27		23,471.41	6,509.86
Lloyds Bank Foundation for England & Wales		0.00		17,626.49	-17,626.49
The National Lottery Community Fund. ABL		28,136.34		74,660.75	-46,524.41
Henry Smith - Young Peoples Advocacy Service		15,406.82		0.00	15,406.82
NHS CCG Rebuilding Self Advocacy across BNSSG		35,126.96		0.00	35,126.96
Green Social Prescribing Programme		1,666.02		0.00	1,666.02
South Glous Development Fund		6,908.44		0.00	6,908.44
Quartet Community Fund		11,830.85		0.00	11,830.85
		<u>217,799.23</u>		<u>186,967.29</u>	30,831.94
Purchases					
Supporting People		4,750.50		5,046.32	-295.82
NHS Health Project		5,204.34		1,874.09	3,330.25
NSC Community Team for LD		500.65		497.92	2.73
NSC Childrens Centers		2,772.99		1,890.95	882.04
PCPs/Advocacy		1,131.14		0.00	1,131.14
Support Programs		43.19		237.97	-194.78
Lloyds Bank Foundation for England & Wales		0.00		1,344.20	-1,344.20
The National Lottery Community Fund. ABL		11,515.48		40,610.97	-29,095.49
Henry Smith - Young Peoples Advocacy Service		2,872.22		0.00	2,872.22
NHS CCG Rebuilding Self Advocacy across BNSSG		5,190.68		0.00	5,190.68
Green Social Prescribing Programme		837.87		0.00	837.87
South Glous Development Fund		1,835.97		0.00	1,835.97
Fundraising		1,049.44		1,446.19	-396.75
Miscellaneous Purchases		1,400.00		0.00	1,400.00
NSC Infection Control		0.00		685.00	-685.00
		<u>39,104.47</u>		<u>53,633.61</u>	-14,529.14
Gross profit/(loss)		25,019.40		24,340.65	

Overheads

Supporting People	1,086.39	464.00	622.39
NHS Health Project	600.00	271.35	328.65
NSC Childrens Centers	0.00	13.50	-13.50
PCP/Avocacy	1,224.79	0.00	1,224.79
Support Programs	1,146.13	1,225.65	-79.52
The National Lottery Community Fund. ABL	2,586.78	4,440.06	-1,853.28
Lloyds Bank Foundation for England & Wales	0.00	1,269.81	-1,269.81
Henry Smith - Young Peoples Advocacy Service	175.30	0.00	175.30
NHS CCG Rebuilding Self Advocacy across BNSSG	2,909.62	0.00	2,909.62
Green Social Prescribing Programme	8.00	0.00	8.00
South Glous Development Fund	31.50	0.00	31.50
Fundraising	0.00	0.00	0.00
Accrued Expenses <i>note 2</i>	11,700.00	15,000.00	-3,300.00
Legal Fees	0.00	0.00	0.00
Bank Charges	108.60	109.50	-0.90
	<u>21,577.11</u>	<u>22,793.87</u>	<u>-1,216.76</u>
Excess of Expenditure over Income			0.00
Excess of Income over Expenditure	<u>3,442.29</u>	<u>1,546.78</u>	<u>1,895.51</u>
	281,923.10	264,941.55	264,941.55

NORTH SOMERSET PEOPLE FIRST

Balance Sheet as at 31st March 2023

Balance Sheet

31ST MARCH 2023

31ST MARCH 2022

Fixed Assets

Equipment
Less Depreciation

Current Assets

Debtors	0.00	987.00	-987.00
HSBC Current a/c	234,647.47	288,623.08	-53,975.61
CAF Cash Account	30,493.58	0.00	30,493.58
CAF savings account	51,303.27	50,948.89	354.38
Virgin Money	80,467.97	0.00	80,467.97
Nationwide Building Soc <i>note 3</i>	62,902.05	61,880.86	1,021.19
Cambridge & Counties bank <i>note 3</i>	77,040.17	76,277.39	762.78
Cash in hand	97.68	107.70	-10.02

Less Current Liabilities

Business Charge card	-1,710.97	-1,715.53	4.56
Accruals	-11,700.00	-43,000.00	31,300.00
Less Deferred Income <i>note 1</i>	-356,181.02	-266,950.03	-89,230.99
Less Creditors	-1,889.22	-5,130.67	3,241.45
	<u>165,470.98</u>	<u>162,028.69</u>	<u>3,442.29</u>

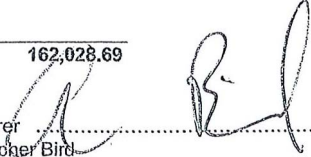
Represented By

Balance Brought Forward	162,028.69	160,481.91	1,546.78
Profit this Period	<u>3,442.29</u>	<u>1,546.78</u>	<u>1,895.51</u>
	<u>165,470.98</u>	<u>162,028.69</u>	<u>3,442.29</u>

Balance Carried Forward

	<u>165,470.98</u>	<u>162,028.69</u>	<u>3,442.29</u>
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Chairperson 
Jane Haros

Treasurer 
Christopher Bird

Accounts examiner 
Kirsty Fowler

Notes to the accounts:

>Note 1. Deferred income consists of; NHS Health project £7330.98, Lloyds Bank Foundation £27250, National Lottery Community Fund ABL £78218.40, NHS ICB ABL £60000, Henry Smith YPAS £11495.66, NHS Rebuilding self advocacy £157772.74, SG Development fund £6224.09, Quartet Community Fund £7889.15.

>Note 2. Accruals as approved by the board;
ringfenced funds brought forward of £2000 for social media development, £2500 for technology upgrading, £4000 for the development of new branding materials, £2000 for member enrichment programme, £1200 for photography portfolio

>Note 3. Ringfenced reserves for wind-up costs £139942.22 (held in Nationwide and Cambridge & Counties accounts)

Funds which need the balance to be carried forward for deferred income, as payments made are for ongoing projects.

Fund	Sales	Purchases	Direct Expenses	O/Hs	Balance to carry forward	Amended Sales Figure
NHS Health Project	33,627.53	5,204.34	20,492.21	600.00	7,330.98	26,296.55
Lloyds Bank Foundation for England & Wales	27,250.00	0.00	0.00	0.00	27,250.00	0.00
The National Lottery Community Fund. ABL	120,457.00	11,515.48	28,136.34	2,586.78	78,218.40	42,238.60
NHS BNSSG ICB. A Better Life	60,000.00	0.00	0.00	0.00	60,000.00	0.00
Henry Smith - Young Peoples Advocacy Service	29,950.00	2,872.22	15,406.82	175.30	11,495.66	18,454.34
NHS CCG Rebuilding Self Advocacy across BNSSG	201,000.00	5,190.68	35,126.96	2,909.62	157,772.74	43,227.26
South Glous Development Fund	15,000.00	1,835.97	6,908.44	31.50	6,224.09	8,775.91
Quartet Community Fund	19,720.00	0.00	11,830.85	0.00	7,889.15	11,830.85

356,181.02



Annual Report 2022-2023

Speaking up for
yourself feels good and
really does make a
difference.
(Mark B)

Empowering voices.
Enabling choices.



- 1.** Introduction
- 2.** Our Vision
- 3.** Chair of Trustees Report
- 4.** Chief Executive Report
- 6.** Advisory Committee
- 9.** Our Year in Numbers
- 10.** Speaking up Groups
- 13.** Young People's Advocacy Service
- 14.** Men's Wellbeing & Women's Wellness
- 17.** Walking Groups
- 19.** Friends Together Groups
- 21.** A Better Life (mental health service)
- 22** Post Covid Support
- 23** Parent Advocacy
- 24.** Poo Matters
- 26.** Visit from Merseyside People First
- 27.** Environmental Day with SUEZ
- 29.** Strawberryline Project
- 31.** Annual General Meeting 2022
- 32.** Valentines Fundraising Event
- 33.** Thank you to our Funders & Donors
- 34.** Financial Information

INTRODUCTION TO PEOPLE FIRST

We are a self advocacy organisation run for and led by people with a learning disability. Anyone with a learning disability or autism who lives, works or attends college or day services in Bristol, North Somerset or South Gloucestershire can become a member of the organisation. It is free to join.



Empowering **voices.**
Enabling **choices.**



Self Advocacy means speaking up for yourself about important things in your life. It also means doing things for yourself, making changes happen, talking about problems, knowing your rights and responsibilities, making friends and having fun.

Self Advocacy supports us to:



- Have more control over our lives
- Share news and discuss things that are important
- Make friends and have fun
- Do things we want and in our way
- Become independent and responsible
- Respect and trust each other
- Share feelings
- Talk about problems and be listened to
- Help make big decisions to change things for ourselves and other people



VISION

Our vision is for a society where people with a learning disability, difficulty and autism realise their hopes and dreams and live inclusive, happy, healthy, and fulfilling lives



MISSION

North Somerset People First promotes and encourages people with a learning disability, difficulty, and autism to speak up for themselves, empowering them to be in control of their own lives now and in the future



VALUES

We are passionate about working together with our members to achieve shared goals

We value our differences, and understand that being kind and respectful to each other makes us stronger

We act with integrity to develop strong and trusting relationships with our members

We embrace challenges with positivity and determination

We are driven to continuously develop, evaluate, and improve



Report from our Chairperson Steve Campling

“This has been a very positive year for People First despite the impact of the recent Pandemic and current cost of living crisis.

The Charity has achieved important strategic growth goals, namely increased geographic and demographic coverage. It now provides services across North Somerset, Bristol and South Gloucestershire. This growth has only been made possible by winning the support of both Charitable Trusts and local authority & NHS service providers who value the services People First offers and delivers.

To support this growth both the operations team and the Trustee team have been enhanced whilst continuing to exercise appropriate cost management. The challenge for the coming year will be to consolidate service provision within the widened catchment area and the broader demographic bands.

I and the Trustee Board have full confidence in the operations team, led by our CEO Michelle, that this challenge will be met and that our growing membership will benefit from our services portfolio delivered in a highly professional manner.”



Report from our Chief Executive Officer Michelle Burnett

"Throughout the year I've been inspired by the individuals who draw on People First's support. They have demonstrated to me the significant difference our services are making. This highlights the integrity and passion of our staff team as they continue with dedication and commitment to deliver high quality, meaningful services, and activities for our members.

Whilst for most people, the covid pandemic feels like something of the past and have returned to living life to the full as they did before the pandemic hit. However, this is not the case for many people with a learning disability who were disproportionately affected, and we continue to provide support for individuals who remain isolated and struggling with their emotional wellbeing as a result of the pandemic. It is a delight to see the progress individuals are making and the on-going support they provide to each other

Speaking to one of our members earlier in the year, they said "life feels like an uphill battle, we have gone from one crisis to another"! I couldn't agree more. The cost of living crisis is having a huge impact on people with low incomes, which applies to the majority of our members. The team have been mindful of this and ensured that our members are receiving the benefits they are entitled to and making them aware of the help and support that is available for them to access.

We have made great progress in our strategic development by achieving further reach across Bristol & South Gloucestershire. Our ambition to establish relationships with new partners across Bristol and South Gloucestershire is developing well and I anticipate we will continue to create further opportunities to increase connections with partners and stakeholders, developing relationships that are deeply important to us and integral to ensuring the voices of people with a learning disability are heard and acted upon.

Our board of trustees has been strengthened through new appointments and I am delighted by the passion and vision they have demonstrated for our charity.

I am confident that with the caliber of skills, knowledge, and experience of our board, we will continue to succeed in our strategic direction.

As the year was coming to its end, we were delighted to receive positive news from the National Lottery Community Fund. Our application for funding to continue and expand our mental health and emotional wellbeing service was successful. We were awarded just under £500,000. This was also supported by Bristol, North Somerset & South Gloucestershire Integrated Care Board, provided £60,000 to support this service.

We look forward to expanding delivery of the service across Bristol and South Gloucestershire.

As always, a huge thank you to our staff and volunteers for your dedication and commitment to People First. Your continued hard work and creative delivery has directly and positively impacted our members.

I would like to acknowledge the work of our volunteer advocates who undertake complex cases and endless hours of support for parents who are experiencing the difficult and emotional process of care proceedings.

Feedback I receive from clients and professionals is always positive and many clients say that they would not have coped without the help from their advocate.

Your work is commendable and we appreciate everything that you do. Thank you, you truly are amazing."

ADVISORY COMMITTEE



We are a group of people who come together to represent people with a learning disability and/or autism and support them to speak up for themselves and have more control over their own lives.



We want to empower people with learning disabilities and make a difference to people's lives.



We want people to have opportunities to access information and services that will help them to have control of their own lives.



The Committee will include a diverse range of representatives, for example, people who live independently, supported living, or residential care, people who are employed or volunteer locally, young and older people.

ADVISORY COMMITTEE



We ensure that People First carry out services, activities, projects, and consultations that are important to our members.



We feedback information to the board of trustees, and make sure that the trustees are planning to do things that are important to the People First members.



Meet with the trustees and the staff team at least 4 times a year to review the work of our Advisory Committee and plan our priorities for future work.



We attend People First groups and activities to pass on information and gather information from our members.

ADVISORY COMMITTEE



We take part in, facilitation of groups and training, consultations, audits and fundraising activities.



The role of the Advisory Committee is to check progress and review the work of the board. This is achieved by attending at least 4 trustee meetings a year.



We plan and participate in People First's Annual General Meeting (AGM)



We are involved in setting up and leading specialist groups to develop the work of People First, for example project working groups and fundraising and social committees.

OUR YEAR IN NUMBERS

PEOPLE ACCESSING ONE OR MORE OF OUR SERVICES

387



FACILITATED GROUPS INCLUDING SPEAKING UP, MENTAL HEALTH, FRIENDS TOGETHER & PEER SUPPORT

126



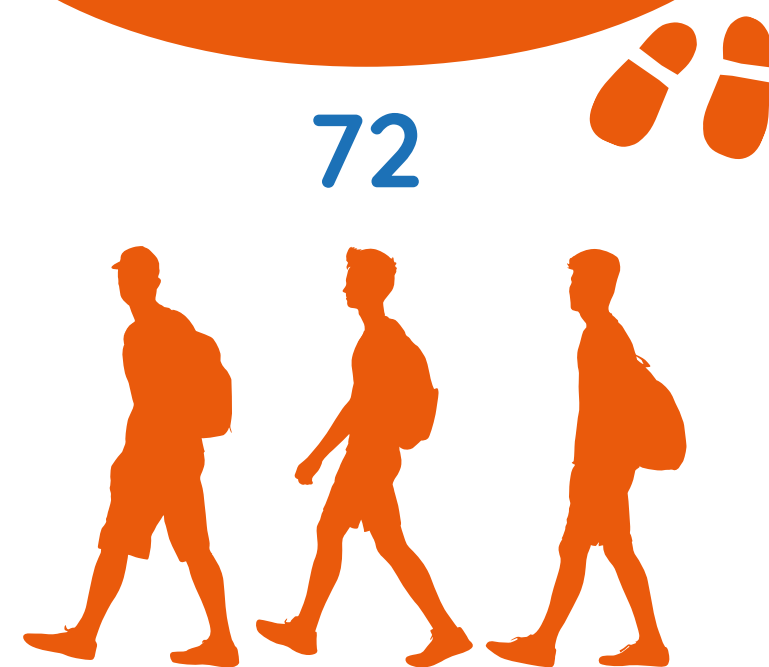
PEOPLE PROVIDED WITH 1-1 OR SMALL GROUP SUPPORT

37



SUPPORTED GROUP WALKS
25% WERE GREEN WALKS

72



PEOPLE WHO SELF ADVOCATED

311



TELEPHONE ENQUIRIES

561



SPEAKING UP GROUPS



Bristol, North Somerset
&
South Gloucestershire

Our speaking up groups provide an opportunity for members to share their views and opinions about things that are important to them. The groups support members to develop their communication skills and build confidence, empowering them to have their voices heard in important topics.

Members are able to provide feedback about local and national services in a safe and welcoming environment, feedback is used to influence the development of current and future services.

The Speaking up groups agenda is always member led and structured in accordance with members' needs, suggestions and ideas.

Our groups are a great platform for external bodies to consult directly with our members.



Topics and consultations have included



- A visit from Read Easy to provide information about their free reading tuition service supporting people to develop their reading skills.



- Elections and voting.



- Preparations to celebrate the Queen's Jubilee.



- Scams and personal safety



- Emergency alerts - Preparing members of notification on their mobile phones and what will happen.



- Visit from Avon & Somerset Police.



- Visit from Bristol Austistic Spectrum Service.

- Participated in North Somerset Council consultation on Adult Social Care Commissioning Strategy.



- Review of online information for Annual Health Checks -South Gloucestershire Council



- Bus travel in North Somerset - Feedback of impact on members sent to bus service following the discontinuation of service to our office base



SPEAKING UP GROUPS



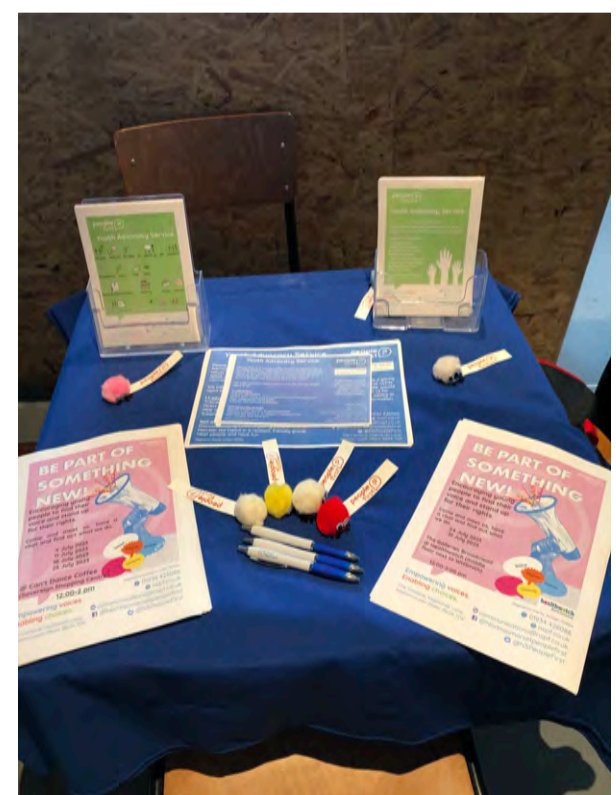
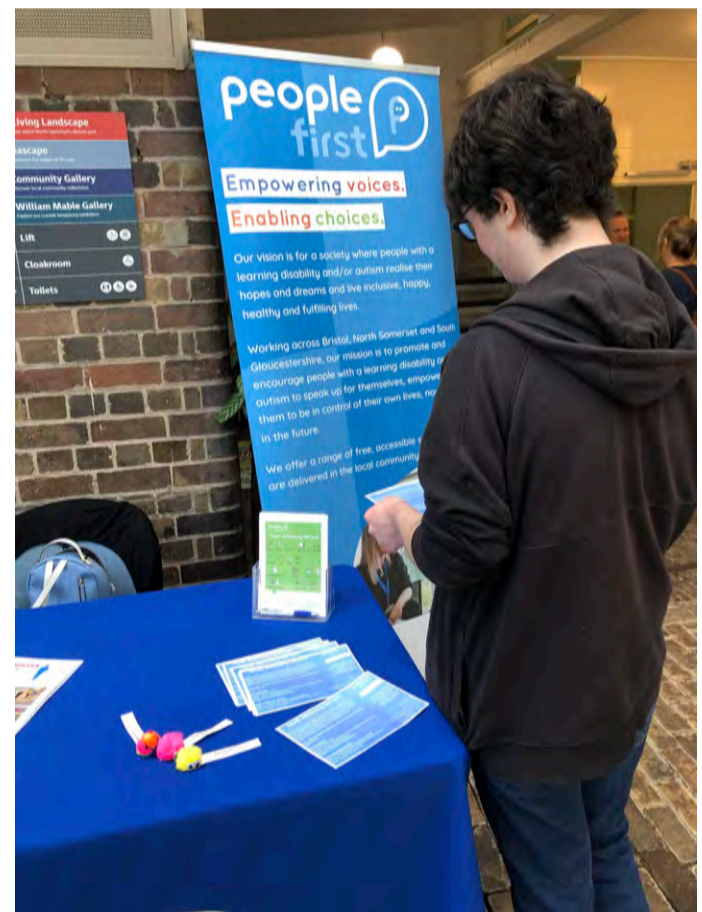
YOUNG PEOPLES' ADVOCACY SERVICE

We have been given a great opportunity to support young people aged between 16-25 with one to one and group advocacy. The team have been busy setting up this new service and spreading the word about the support on offer.

We have made connections with local schools and colleges and regularly attend Weston College to facilitate a speaking up group.

So far, we have supported a range of young people to ensure their voice is heard with accessing college courses, help with independent travel and housing.

This is just the start, we have many more plans ahead, including drop in sessions at Weston College and a programme of financial support and well-being within local SEN schools.



MEN'S WELLBEING

This men-only group aims to focus on peer support. It has a friendly, welcoming atmosphere to promote thematic discussion of topics that affect or are often overlooked by them (such as, consent, Physical and Mental Health)."

Themes and topics over the last year have included;

- Sporting meet-up's, bowling and pool, to develop social skills and team building.
- Cultural difference - awareness & celebration of diversity
- Prostrate cancer awareness - self checks
- Movember challenge
- Sex, relationships and the law



WOMENS WELLNESS

The purpose of the group is to provide a safe space for our female members, where they feel they can discuss, question and explore areas which they may not feel comfortable exploring in front of the opposite sex. In addition to this it gives members the further opportunity to build strong bonds with other women and develop friendships.

Themes and topics over the last year have included;

- Trip to meet police horses and learn about their role within the police force
- Line dancing lessons to promote fun physical well-being
- Knitting to experience creative activities that support relaxation and mental well-being
- Cervical screening and breast checks to inform and support personal health
- Sex and relationships talks
- Handing out daffodils to members of the public, taking part in acts of kindness



MENS WELLBEING





WOMENS WELLNESS



WALKING GROUPS

GREEN WALKS

WALK & TALK



Our range of walking activities & groups have provided varied opportunities for members to get involved, meet with peers and improve their mental & physical well-being

The activities have been well attended over the last year, come rain or shine, we always have a good turn out.

Our regular walks in North Somerset generally offer accessible, slower paced and flat walks, which take place in Weston, Clevedon and Portishead.

Our walk and talk groups which take place across Bristol and South Gloucestershire have been a great way to explore beautiful parks and open spaces, increase our membership and for developing peer friendships.



Our 'Green Walks' project very much builds upon and extends the existing activity base of our Walking Groups, incorporating elements that have been specifically requested by our members

These walks were designed around opportunities to connect participants with nature even more, including:

- litter picking
- beach cleans
- exploring local natural landscapes, including, Uphill, Sand Bay, Weston Woods.

At the request of our members, all of our walks generally end with a cuppa in a community cafe.





WALKING GROUPS & ACTIVITIES



FRIENDS TOGETHER

"Our Friends Together Groups are one of our most popular groups. The groups meet in a variety of community venues, such as cafes and bars.

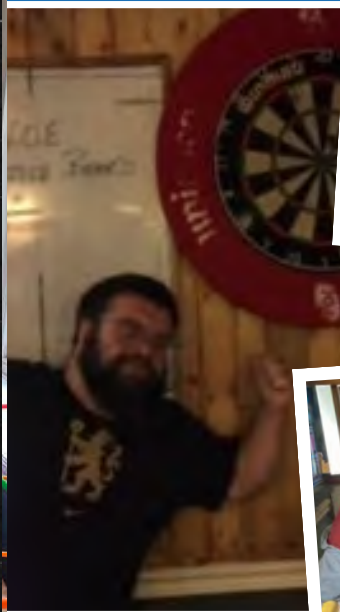
The group is a chance to meet friends, make new ones and be a part of something positive. We meet in community venues across Bristol, North Somerset and South Gloucestershire.

Activities include, quizzes, darts, skittles, bingo, board games and more...





FRIENDS TOGETHER



A BETTER LIFE



Mental Health & Emotional Wellbeing



Our 'A Better Life' service, provides a range of Psychoeducational courses which are focussed on providing members with knowledge and techniques that aid with emotional health and well-being.. The following course topics were delivered:

- * Anger management
- * Anxiety management
- * Grief and bereavement
- * Health and well-being
- * Keeping safe
- * Self-esteem
- * Sex, relationships and the law
- * Social skills

In addition and to support members needs, we also provided a bespoke 'Back to Life' course which helped members returning to in-person activity following Covid restrictions



POST COVID PANDEMIC SUPPORT

An extension of our existing mental health & emotional wellbeing service. This additional provision has enabled us to provide bespoke support for people with a learning disability who have experienced poor mental health and remain isolated as a result of the impact of the pandemic.

Our support has included a range of interventions to address the identified issues/needs of each individual. Interventions have included psychoeducational sessions using techniques and strategies based on the CBT model and following NICE guidelines to address mental health issues. We have supported access to GP and other medical practitioners to address physical health concerns identified, as well as provided practical help and support around daily living, i.e., housework, menu planning, shopping and encouragement and support to re-engage in community activities.



"Covid scared me, I thought I would get it if I went out. I didn't sleep, it was in my head all the time. Joseph helped me to think more positively, it took a long time though. Now, I meet with my friends every week in the cafe and I smile alot more."

PARENT ADVOCACY

Our parent advocacy service provides independent advocates for parents with learning disabilities who are involved in child protection cases. The concerns in these cases can range from neglect due to poor parenting skills, physical abuse, chaotic lifestyles, domestic abuse within the relationship, substance misuse, lifestyle and previous concerns.



Nic, our volunteer and parent advocacy service manager reports that this year has been one of the busiest to date, and the number of referrals has, for the first time in the five years of delivering this service over exceeded our capacity. Despite the team taking on more cases than normal, we have still had to decline some referrals we have received.

Nic also reports that our client group has developed and we have received referrals for, and are working with a more diverse group of clients. This includes learning disabilities, autism, mental health and physical disabilities.

Many of our parents do not get to keep their children but they are supported through the process by us. We have positive feedback from the local authority who often thank us for our help. Solicitors appreciate our input as it reduces appointments and eases the sharing of information. Finally our clients feel listened to, often they feel we are the only person who does listen to them.

Our volunteers advocates are invaluable to us and are instrumental to the success of this service. We are very keen to recruit further volunteers to support this service. If you are interested in volunteering with us and feel you have transferable skills and knowledge that would complement the role of an advocate, please contact Nikki at nikki.williams@nspf.co.uk Successful applicants will have the opportunity to obtain a Diploma in Independent Advocacy.

POO MATTERS

Constipation affects up to half of all people with learning disabilities. At its worst, Constipation can kill. For many it can cause pain and affect a person's physical and mental health. Nationally, Constipation is recognised as a preventable and avoidable health condition, however many people with learning disabilities continue to be prescribed laxatives and have problems linked to Constipation.



Our Poo Matters project aims to raise awareness of issues and risks constipation poses to people with a learning disability. Our training programme and workshops educate individuals, their carers and health & social care professionals on simple ways to promote and maintain a healthy bowel, as well as how to see and act on issues in a timely manner.





ACA CONFERENCE



PROMOTING THE PROJECT IN DEVON



POSITIVE CHOICES EVENT



AWARENESS SESSION

POO MATTERS



A DAY WITH OUR FRIENDS FROM MERSEYSIDE PEOPLE FIRST

We were delighted to have a visit from our friends at Merseyside People First. We spent time learning about each others work and how and where we got our funding to deliver services and projects.

We learned that we both face the same challenges. We all found the day very interesting and we hope to visit Liverpool to see our friends next year.

Many thanks to Pete Le Grys from PhotoSymbols for organising the visit.



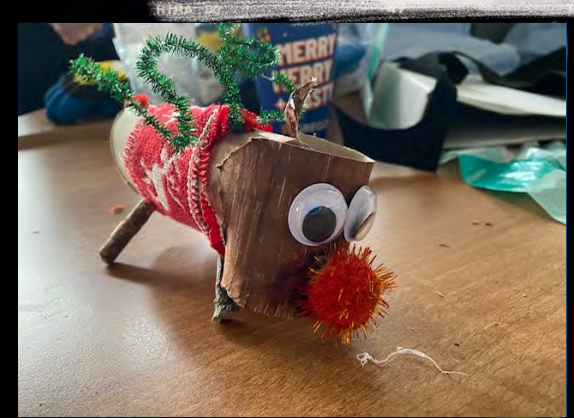
SUEZ ENVIRONMENTAL DAY

We were delighted to welcome volunteers from Suez Recycling & Recovery and join with them to celebrate Environmental Day.

We spent one and a half hours litter picking around the area of our office base, The Campus. In that short time we found 104 plastic bottles!!!!

After our litter pic and a bit of lunch, we made some Christmas crafts out of recycling materials.





Fun Xmas recycling with SUEZ



STRAWBERRYLINE PROJECT

The Strawberryline project believes that cycling is for everyone and their range of traditional and adaptive bikes reflects that. Members have had many visits and have enjoyed using the bikes which have been provided free of charge.

It has been delightful to see our members develop their skills and confidence in using the various bikes.

A visit to the cafe afterwards is always enjoyed by all.

The Strawberryline Project, like ourselves, also offers people with learning disabilities meaningful employment, training and volunteering opportunities.

As a result of our engagement with the project, providing support for our members to develop skills and confidence, one member works in cafe and three members now volunteer with bike maintenance.

We continue to have positive on-going relations with the Strawberryline team.





ANNUAL GENERAL MEETING

Our AGM was held in October at The Royal Hotel in Weston. This was a special event, not only was it our first public gathering since before the pandemic, but was also a belated celebration of our 30th Birthday and launch of our fourth generation logo and new branding.

As well as celebrating our successes over the last year, we used a time-line to take attendees through a 30 year journey of NSPF. The team and members shared their very poignant, emotional experiences of life during the pandemic.



Each year a People First member or volunteer is awarded with our Jack Passerelli Driving Force memorial award. Shaun Harvey was our worthy awardee this year. Like Jack, Shaun has gone above and beyond to face personal challenges and supporting other members. Shaun has given endless hours of his own time developing and co-facilitating our Poo Matters project.



Scan the QR Code below to view our full AGM



VALENTINES FUNDRAISING EVENT



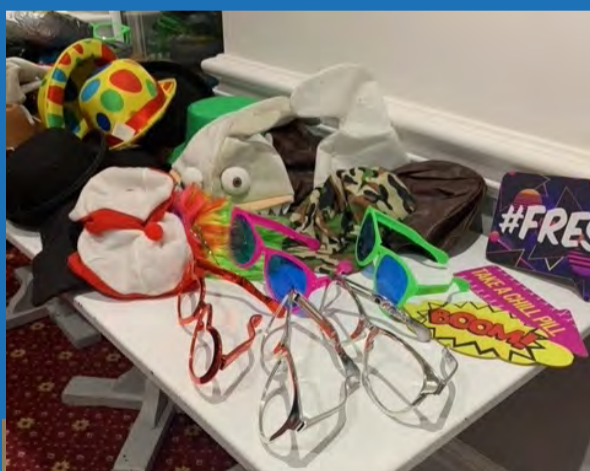
We were delighted to hold our first fundraising activity since the covid pandemic.

A fabulous night was had by over 80 supporters, The Lipinski Band had everyone on the dancefloor.

Thanks to our hosts at the Royal hotel, delicious food was consumed.

People took to the photobooth to have fun with the props and captured some great memories of the night.

Over £1000 was raised to support our service activities. Thank you to everyone who supported our charity.



OUR FUNDERS & DONERS



THANK YOU TO EVERYONE WHO HAS GIVEN MONEY OR ACCESS TO SERVICES TO ENABLE US TO DELIVER OUR SERVICES AND PROJECTS



Bristol, North Somerset and South Gloucestershire
Integrated Care Board



Quartet Community Foundation



PHOTO SYMBOLS



Delivering for you

LLOYDS BANK FOUNDATION
England & Wales

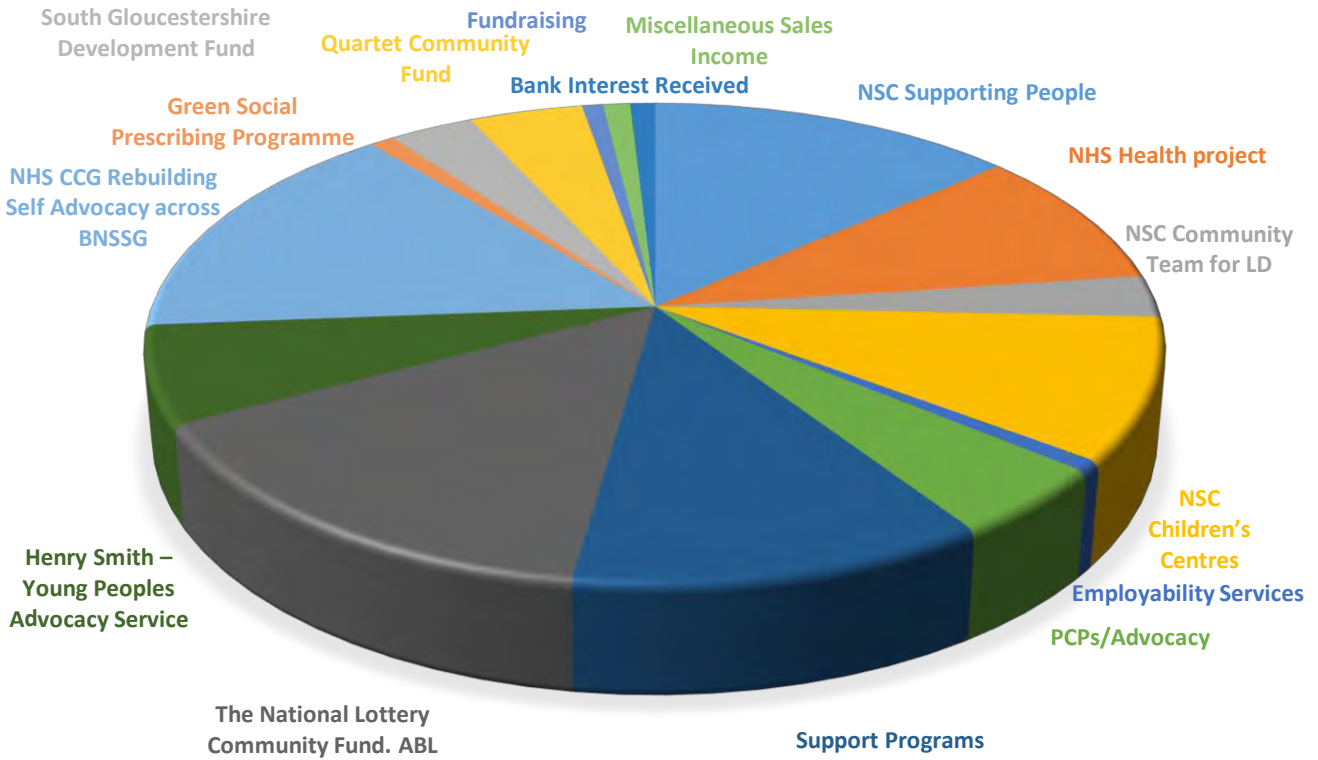


amazon smile

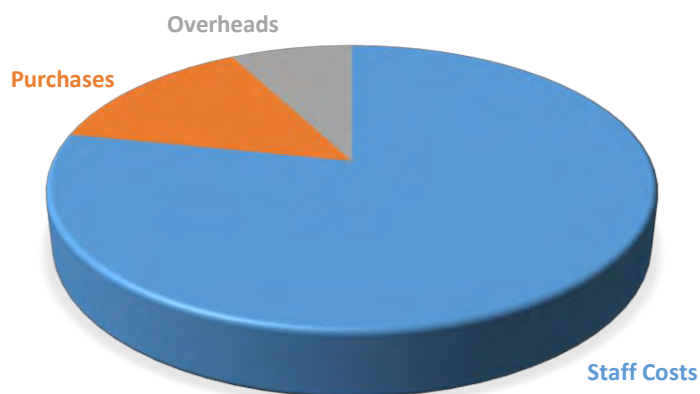


Income and Expenditure 2022 - 2023

INCOME 2022-2023



EXPENDITURE 2022-2023



Income and Expenditure 2022-2023

Income	2022-2023	2021-2022	Variance + (-)
	£	£	£
Supporting People	38196.37	38369.93	(173.56)
NHS Health project	26296.55	7837.37	18459.18
NSC Community Team for LD	7918.00	7918.00	0.00
NSC Children's Centres	26995.64	26995.64	0.00
Employability Services	2000.00	2000.00	0.00
PCPs/Advocacy	13276.25	11273.80	2002.45
Support Programs	32624.04	29263.32	3360.72
Lloyds Bank Foundation for England & Wales	0.00	20321.46	(20321.46)
The National Lottery Community Fund. ABL	42238.60	119711.78	(77473.18)
NHS BNSSG ICB. A Better Life.	0.00	0.00	0.00
NSC Infection Control	0.00	685.00	(685.00)
Henry Smith – Young Peoples Advocacy Service	18454.34	0.00	18454.34
NHS CCG Rebuilding Self Advocacy across BNSSG	43227.26	0.00	43227.26
Green Social Prescribing Programme	2500.00	0.00	2500.00
South Gloucestershire Development Fund	8775.91	0.00	8775.91
Quartet Community Fund	11830.85	0.00	11830.85
Fundraising	2179.39	1471.56	707.83
Miscellaneous Sales Income	2800.00	0.00	2800.00
Bank Interest Received	<u>2609.90</u>	<u>1093.69</u>	1516.21
Total Income	281923.10	264941.55	16981.55
Expenditure	2022-2023	2021-2022	Variance + (-)
	£	£	£
Staff Costs	217799.23	186967.29	30831.94
Purchases	39104.47	53633.61	(14529.14)
Overheads	<u>21577.11</u>	<u>22793.87</u>	(1216.76)
Total expenditure	278480.81	263394.77	
Net Profit/(Loss)	3442.29	1546.78	

Balance Sheet as at 31st March 2023

	31 st March 2023	31 st March 2022
Debtors	0.00	987.00
HSBC Current account	234,647.47	288,623.08
CAF Cash account	30,493.58	0.00
CAF Savings account	51,303.27	50,948.89
Virgin Money	80,467.97	0.00
Nationwide Building Society (note3)	62,902.05	61,880.86
Cambridge & Counties (note3)	77,040.17	76,277.39
Cash in hand	97.68	107.70
Business Charge Card	(1,710.97)	(1,715.53)
Less Accruals (note2)	(11,700.00)	(43,000.00)
Less Deferred Income (note1)	(356,181.02)	(266,950.03)
Less Creditors	<u>(1,889.22)</u>	<u>(5,130.67)</u>
	165,470.98	162,028.69
<i>Represented by:</i>		
Balance brought forward	162,028.69	160,481.91
Profit/(loss) this Period	<u>3,442.29</u>	<u>1,546.78</u>
	165,470.98	162,028.69

>Note 1. Deferred income consists of; NHS Health project £7330.98, Lloyds Bank Foundation £27250, National Lottery Community Fund ABL £78218.40, NHS ICB ABL £60000, Henry Smith YPAS £11495.66, NHS Rebuilding Advocacy £157772.74, SG Development fund £6224.09, Quartet Community Fund £7889.15.

>Note 2. Accruals as approved by the board; ring-fenced funds brought forward of £2000 for social media development, £2500 for technology upgrading, £4000 for the development of new branding materials, £2000 for member enrichment programme, £1200 for photography portfolio

>Note 3. Ring fenced reserves for wind up costs £139,942.22 (held in Nationwide and Cambridge & Counties accounts)

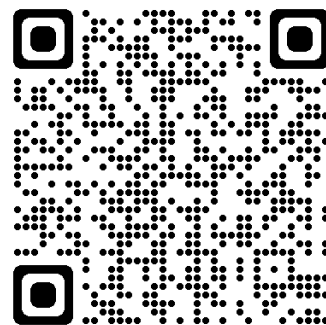


Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for North Somerset People First?

It's really simple. All you have to do is head to:
<https://www.easyfundraising.org.uk/causes/nspf/>
and sign up for free.



Scan the QR code to enter our Community Lottery for your chance to win a prize!



The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX

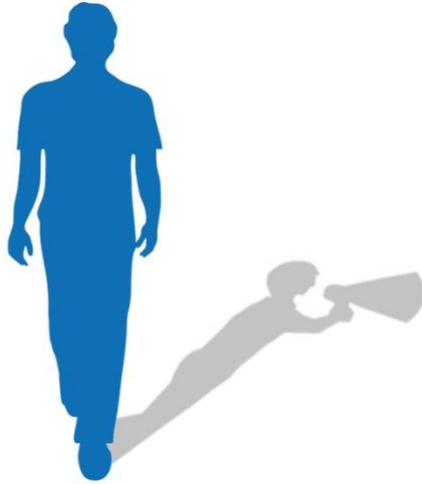
Tel: 01934 426086 Email: info@nspf.co.uk Website: www.nspf.co.uk

Registered Charity No: 1159184

NORTH SOMERSET PEOPLE FIRST

England & Wales - Charity number 1159184

Accounts



North Somerset People First

*Supporting people with learning
disabilities to have a voice*

TRUSTEES ANNUAL REPORT & FINANCIAL STATEMENTS

Year ending 31st March 2022

Charity Number: 1159184

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For the year ending 31st March 2022
Name of charity: North Somerset People First
Charity registration number: 1159184



Reference and administrative details – Year ending 31st March 2022

Name of charity: North Somerset People First

Charity registration number: 1159184

Governing Document: CIO – Foundation registered 12th
November 2014

Trustees:

Stephen Campling (Chairperson)
Christopher Bird (Treasurer)
Anne Kilpin (Secretary)
Kyle Hannan

No trustee has beneficial interest in the charity.

Principle Address:

North Somerset People First
The Campus
Highlands Lane
Weston Super Mare
BS24 7DX

Website: www.nspf.co.uk

For the year ending 31st March 2022
Name of charity: North Somerset People First
Charity registration number: 1159184



Independent Examiner:

Kirsty Beechey
19 Boulevard
Weston Super Mare
BS23 1NR

Bankers

HSBC bank
174 High Street
Worle
Weston Super Mare
BS22 6JD

Cambridge & Counties Bank Limited
Charnwood Court
58 New Walk
Leicester
LE1 6TE

Nationwide Building Society
Kings Park Road
Moulton Park Industrial Estate
Northampton
NN3 6NW

Trustees' report

The trustees of North Somerset People First present their annual report and independently examined accounts for the year ending 31st March 2022 and confirm that they comply with the requirements of the Charities Act 2011.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities.

Objectives & Activities

North Somerset People First (NSPF) is a self-advocacy charity working for and led by the voices of people with a learning disability in North Somerset. NSPF promotes and encourages people with a learning disability to speak up for themselves, empowering them to be in control of their own lives, now and in the future. We provide speaking up forums across the county, facilitate training opportunities and services to improve the lives of people with learning disabilities and provide activities that reduce the social isolation that many people with learning disabilities experience. We have clear access links to all statutory services locally and ensure the views and opinions of people with a learning disability in North Somerset are used to influence and develop these services.

NSPF provides paid employment and opportunities for meaningful work experience programs for people with learning disabilities within North Somerset.

Structure, Governance and Management:

The trustees are responsible for the overall management and control of North Somerset People First and meet as a minimum six times per year. All trustees give their time freely, remuneration for expenses have to date not been claimed.

Organisational & Operational Management:

The day to day running of the charity is delegated to the Chief Executive Officer.

Advisory Committee:

North Somerset People First's Advisory Committee is made up of a group of people with a Learning disability. The Advisory Committee is responsible for finding out what services there are in North Somerset and if they meet the needs and expectations of their peers. It is a group of people who meet every 3 months, where they advise and inform our trustees what is important to the people who use our services. Committee members stand for one year and new Advisory Committee members are elected annually at our AGM.

Risk Management:

The trustees are responsible for the overseeing of the risks faced by the charity. Risks are identified and assessed and controls established throughout the year. A formal review of the charities risk management is carried out annually. The charity has taken out suitable insurance in order to cover any unforeseen problems.

Reserves Policy:

Reserve funds (hereafter referred to as The Reserve Fund) will be maintained at a level equivalent to six months operational expenditure and will provide the charity with adequate financial stability for the foreseeable future. The reserves fund will be invested in deposit accounts agreed by the Board of Trustees. The amount of the reserves fund will be calculated as follows:

1. Six months of all employees' salaries plus national insurance & pension contributions.
2. The amount of redundancy payment and any payment in lieu of notice to which each employee would be entitled if the charity were dissolved.
3. Six months of normal expenditure for the charity.
4. An amount to cover unforeseen costs.
5. Solicitors costs for winding up.
6. Expenditure for planned projects.

The reserves fund will be reviewed ½ yearly and the figures adjusted accordingly. A report will be submitted to the Board of Trustees by the Director of Finance & HR. All withdrawals from the reserve accounts will be authorised by nominated persons from the Board of Trustees.

As of the 31st of March 2021, the amount of restricted reserves: £138,137.23

Activities and Achievements: Please see full charity annual report containing activities and achievements for 2021-2022 at the end of this document.

Future Plans

With new funding we are aiming to increase our demographic membership through an expansion of our core services in new geographical areas.

Our current key funding comes from range of sources which includes: The local authority, ICB, National Lottery Community Fund and other small trust project grants. We are mindful that there is always potential for further government cuts, which could affect our core funding from the local authority. We continue to identify new opportunities of funding that will enable us to carry out our aims and objectives.

NSPF has invested some of its unrestricted reserves to provide post covid recovery, support for the continuation of our mental health and emotional well-being service, new and updated website and branding materials, and

additional office space as our current accommodation does not allow for our current needs.

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Annual report and the Financial Statements in accordance with applicable law and regulations. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year. The financial statements are required by law to give a true and fair view of the state of the affairs of the charity and of the financial activities for that year. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act. They have general responsibility for taking

such steps as are reasonably open to them to safeguard the assets of the charity and to prevent and detect fraud and other irregularities. Laws applicable to charities in England and Wales require the trustees to prepare financial statements for each financial year. The trustees have elected to prepare the financial statements with the Financial Reporting Standard for smaller entities (effective Jan 2015)

Statement of disclosure to independent examiner

In so far as the trustees are aware:

There is no relevant information of which the charity's independent examiner is unaware; and the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of the information.

By order of the Board,



Christopher Bird (Treasurer / Trustee)

Independent examiner's report on the accounts

Report to the Trustees of North Somerset People First on accounts for the year ended 31st March 2022. Charity Number 1159184.

Set out on pages 1,2 and 3

Respective responsibilities of trustees and examiner

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

It is my 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 my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me 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 Acthave 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.

Independent Examiner

Signed: 

Date: 28/11/2022.

Name: Kirsty Fowler

Address: 19 Boulevard, Weston-super-Mare, North Somerset, BS23 1NR

Relevant professional body: Member of the Association of Accounting Technicians (MAAT) & Association of Tax Technicians(ATT)

For the year ending 31st March 2022
Name of charity: North Somerset People First
Charity registration number: 1159184

Disclosure

Brief details of any items that the examiner wishes to disclose.

The organisation is still located in the smaller accommodation based at The Campus; provided by the Local Authority.

Receipts and payments accounts

North Somerset People First

Charity Number 1159184

For the period 01/04/2021 to 31/03/2022

	Unrestricted funds	Restricted funds	Total funds 2022	Total Funds 2021
Receipts				
Grant funded projects	17,227	140,718	157,945	177,190
Service provision	67,533	38,370	105,903	89,957
Community Social fund	-	-	-	-
Miscellaneous sale income	-	-	-	1,400
Bank interest received	1,094	-	1,094	1,530
Sub total	85,853	179,088	264,942	270,076
Investment income				
	-	-	-	-
Total receipts	85,853	179,088	264,942	270,076
Payments				
Staff costs	61,743	125,224	186,967.29	178,640
Purchases	5,947	47,686	53,633.61	73,006
Overheads	1,511	6,174	7,684.37	6,571
Accrued costs	-	15,000	15,000.00	38,000
Bank charges	-	110	109.50	116
Sub total	69,201	194,194	263,395	296,333
Asset and investment purchases				
	-	-	-	-
Total payments	69,201	194,194	263,395	296,333
Net of receipts/ (payments)	16,653	- 15,106	1,547	- 26,257
Transfers between funds	204,119	- 204,119	-	-
Cash funds last year end	113,049	47,433	160,482	186,739
Cash funds this year end	333,820	- 171,792	162,029	160,482

Statement of assets and liabilities at 31st March 2022

	Unrestricted funds to nearest £	Restricted funds to nearest £
Cash funds		
Details		
Bank Accounts	339,571	
Building Society Accounts		138,158
Cash held	108	
Net Debtors/Current Liabilities	- 5,859	- 309,950
Total cash funds	333,820	- 171,792

(agree balances with receipts and payments account(s))

OK

OK

	Unrestricted funds to nearest £	Restricted funds to nearest £
Other monetary assets		
Details		
Debtors	987	-

	Current value
Assets retained for the charity's own use	
Details	
Furniture, fixtures and fittings	2,850
Computers and Accessories	3,425
Other office equipment	4,240

	Amount due
Liabilities	
Details	
Business Charge card	1,716
PAYE, Nat Ins, Pension	-
Creditors	5,131
Deferred Income	266,950
Accruals	43,000

Approved by the board of Trustees on 18-11-22

Chair person
Steven Campling

Treasurer.....
Christopher Bird

North Somerset People First
Income and Expenditure Account Year Ended 31st March 2022

	2021-2022		2020-2021		Change
	Income	Expenditure	Income	Expenditure	
Sales					
Supporting People	38,369.93		38,265.00		104.93
NHS Clinical Commissioning Group	7,837.37		35.10		7,802.27
NSC Community Team for LD	7,918.00		7,918.00		-
NSC Childrens Centers	26,995.64		26,996.00		0.36
NS Community Partnership CIC	-		1,589.33		1,589.33
Employability Services	-		3,200.00		3,200.00
PCPs/Advocacy	11,273.80		4,147.50		7,126.30
Miscellaneous Sales Income	-		1,400.00		1,400.00
Fundraising	1,471.56		380.93		1,090.63
Support Programs	29,263.32		15,759.18		13,504.14
Lloyds Bank Foundation for England & Wales	20,321.46		21,723.50		1,402.04
The National Lottery Community Fund. ABL	119,711.78		103,983.02		15,728.76
COVID-19 Response Fund	-		18,994.00		18,994.00
NSC Infection Control	685.00		6,575.32		5,890.32
Lottery Community Fund Covid-19 Transition support	-		17,580.00		17,580.00
NHS CCG Rebuilding Self Advocacy across BNSSG	-		-		-
Bank interest received	1,093.69		1,529.61		435.92
	<u>264,941.55</u>		<u>270,076.49</u>		<u>5,134.94</u>
Staff Costs					
Supporting People		32,937.14		35,681.64	2,744.50
NHS Clinical Commissioning Group		5,691.93		-	5,691.93
NSC Community Team for LD		7,469.00		7,741.31	272.31
NSC Childrens Centers		25,110.57		25,562.29	451.72
NS Community Partnership CIC		-		1,501.40	1,501.40
Employability Services		-		36.39	36.39
Support Programs		23,471.41		2,086.00	21,385.41
Lloyds Bank Foundation for England & Wales		17,626.49		19,890.54	2,264.05
The National Lottery Community Fund. ABL		74,660.75		62,927.22	11,733.53
COVID-19 Response Fund		-		5,867.00	5,867.00
Lottery Community Fund Covid-19 Transition support		-		17,346.26	17,346.26
		<u>186,967.29</u>		<u>178,640.05</u>	<u>8,327.24</u>
Purchases					
Supporting People		5,046.32		2,213.07	2,833.25
NHS Clinical Commissioning Group		1,874.09		-	1,874.09
NSC Community Team for LD		497.92		160.14	337.78
NSC Childrens Centers		1,890.95		780.12	1,110.83
NS Community Partnership CIC		-		36.80	36.80
Employability Services		-		40.90	40.90
PCPs/Advocacy		-		250.00	250.00
Fundraising		1,446.19		366.00	1,080.19
Support Programs		237.97		10,623.49	10,385.52
Miscellaneous Purchases		-		700.00	700.00
Lloyds Bank Foundation for England & Wales		1,344.20		1,450.22	106.02
The National Lottery Community Fund. ABL		40,610.97		37,102.20	3,508.77
COVID-19 Response Fund		-		12,671.15	12,671.15
NSC Infection Control		685.00		6,611.61	5,926.61
		<u>53,633.61</u>		<u>73,005.70</u>	<u>19,372.09</u>
Gross profit/(loss)		24,340.65		18,430.74	

Overheads

Supporting People	464.00		375.12	88.88
NHS Clinical Commissioning Group	271.35		35.10	236.25
NSC Community Team for LD	-		23.00	23.00
NSC Childrens Centers	13.50		145.00	131.50
Employability Services	-		-	-
PCP/Avocacy	-		-	-
Community Socialisation Fund	-		-	-
Fundraising	-		-	-
Support Programs	1,225.65		631.75	593.90
Lloyds Bank Foundation for England & Wales	1,269.81		382.74	887.07
The National Lottery Community Fund. ABL	4,440.06		3,953.60	486.46
COVID-19 Response Fund	-		499.70	499.70
NSC Infection Control	-		6.99	6.99
Lottery Community Fund Covid-19 Transflon support	-		234.90	234.90
Accrued Expenses	15,000.00		38,000.00	23,000.00
Legal Fees	-		283.50	283.50
Bank Charges	109.50		116.30	6.80
	<u>22,793.87</u>		<u>44,687.70</u>	<u>21,893.83</u>
Excess of Expenditure over Income				
Excess of Income over Expenditure		<u>1,546.78</u>		<u>26,256.96</u>
	<u>264,941.55</u>	<u>264,941.55</u>	<u>270,076.49</u>	<u>270,076.49</u>

NORTH SOMERSET PEOPLE FIRST

Balance Sheet as at 31st March 2022

Balance Sheet

	31ST MARCH 2022		31ST MARCH 2021	
Fixed Assets				
Equipment				
Less Depreciation				
Current Assets				
Debtors	987.00		-	987.00
HSBC Current a/c	288,623.08		68,371.65	220,251.43
CAF savings account	50,948.89		50,944.78	4.11
Nationwide Building Soc <small>note 3</small>	61,880.86		84,700.85	22,819.99
Cambridge & Counties bank <small>note 3</small>	76,277.39		75,367.82	909.57
Cash in hand	107.70		150.14	42.44
Less Current Liabilities				
Business Charge card	- 1,715.53		- 1,645.03	- 70.50
Accruals <small>note 2</small>	- 43,000.00		- 38,000.00	- 5,000.00
Less Deferred Income <small>note 1</small>	- 266,950.03		- 74,635.64	- 192,314.39
Less Creditors	- 5,130.67		- 4,772.66	- 358.01
	<u>162,028.69</u>		<u>160,481.91</u>	<u>1,546.78</u>
Represented By				
Balance Brought Forward	160,481.91		186,738.87	- 26,256.96
Profit this Period	1,546.78		- 26,256.96	27,803.74
	<u>162,028.69</u>		<u>160,481.91</u>	<u>1,546.78</u>
Balance Carried Forward	162,028.69		160,481.91	1,546.78
	<u>162,028.69</u>		<u>160,481.91</u>	<u>1,546.78</u>

Chairperson
Stephen Campling

Treasurer
Christopher Bird

Accounts examiner
Kirsty Fowler

Notes to the accounts:

>Note 1. Deferred income consists of; £39062.50 National Lottery Community Fund ABL, £26887.53 NHS Clinical Commissioning Group, £201,000 NHS CCG Rebuilding Self Advocacy across BNSSG project.

>Note 2. Accruals as approved by the board;

i) ringfenced funds brought forward of £5000 for website creation, £3,000 delapidations of current office, £5000 for the production and development of new branding materials and £15,000 post covid recovery fund.

ii) ringfenced funds of £15000 for 'A Better Life' (ABL) continuation roll on.

>Note 3. Ringfenced reserves for wind-up costs £138,137.23 (held in Nationwide and Cambridge & Counties accounts)

Funds which need the balance to be carried forward for deferred income, as payments made are for ongoing projects.

Fund	Sales	Purchases	Direct Expenses	O/Hs	Balance to carry forward	Amended Sales Figure
NHS Clinical Commissioning Group	34,724.90	1,874.09	5,691.93	271.35	26,887.53	7,837.37
Big Lottery Fund. A Better Life	158,774.28	40,610.97	74,660.75	4440.06	39,062.50	119,711.78
NHS CCG BNSSG project	201,000.00	0.00	0.00	0.00	201,000.00	0.00
					266,950.03	-

North Somerset People First

Supporting people with learning disabilities to have a voice



Annual Report 2021 - 2022

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Introduction to North Somerset People First

Who are we?



North Somerset People First is a self-advocacy organisation run for and led by people with a learning disability. Anyone with a learning disability or autism who lives, works or attends college or day services in North Somerset can become a member of the organisation.

Self Advocacy means speaking up for yourself about important things in your life. It also means doing things for yourself, making changes happen, talking about problems, knowing your rights and responsibilities, making friends and having fun.

Self-advocacy supports us to:



- ◇ Have more control over our lives
- ◇ Share news and discuss things that are important
- ◇ Make friends and have fun
- ◇ Do things we want and in our way
- ◇ Become independent and responsible
- ◇ Respect and trust each other
- ◇ Share feelings
- ◇ Talk about problems and be listened to
- ◇ Help make big decisions to change things for ourselves and other people



Human
Rights
Act

Mission Statement

North Somerset People First promotes and encourages people with a learning disability to speak up for themselves, empowering them to be in control of their own lives now and in the future.

Our Aims:



To promote self-advocacy and support people with a learning disability to have a voice in North Somerset.



Make sure people are aware of their rights.



Support people to have a greater choice and control over their lives.



Make sure all of our members have an opportunity to contribute to all the work we do.



Support people to be included in their community.

Chairman's Report



Steve Campling

I have been a Trustee for this remarkable Charity for some eight years and served two terms as the Chair of its Board. Looking back over those eight years this year has been noteworthy as we see the results of our long-term strategic planning coming to fruition.

Despite facing the Covid Pandemic and providing additional, ongoing support for those who continue to struggle from its effects, we are now expanding both our geographic and demographic reach into new locations and new age groups, with an expanding portfolio of services. This has only been made possible thanks to our excellent operations team led by Chief Executive Officer Michelle Burnett, our hard working volunteers and our forward looking Board of trustees.

As we grow our services portfolio we have also grown and will continue to grow our available resources with additional full time staff and volunteers. We are currently seeking additional Trustees and a number of core staff have increased their working hours.

Our goals for the coming year are to consolidate our new service areas whilst addressing the challenges ahead, not least of which is the looming cost of living crisis. I am confident we shall achieve our goals thanks to our collegial culture and our ambitious but realistic approach to further developing our organisation and delivering our services for people with a learning disability.

Chief Executive's Report



Michelle Burnett

The impact the pandemic created for many of our members was truly heart-breaking and has posed me more of a challenge this year to look back and reflect. However, it is a good discipline to practice in order to celebrate achievements, recognise resilience, highlight the outstanding quality of our valued team, and to help shape our vision for the future.

Our team have continued to demonstrate best practice and tirelessly worked towards achieving the best possible outcomes for our members. Something that stands out and is very clear to me throughout this report, is that not even a pandemic has had an impact on our passion for delivering opportunities of inclusion and empowerment, protecting our members rights, and amplifying their voices.

Whilst we continue to support each other and our members as we emerge from the impact of the pandemic, we are moving towards considerable growth as an organisation, with new funding to demographically increase our self-advocacy delivery. The need for advocacy has and continues to increase within all our current advocacy streams, the expansion of our service will enable us to support many more people to have their voices heard and acted upon.

Chief Executive Report

I am proud to be part of a thriving community sector charity in North Somerset and I am looking forward to our expansion into Bristol and South Gloucestershire, and excited to be increasing our membership and developing new professional relationships.

During the summer of 2021, I organised an away day for our entire team. Due to the pandemic, it had been a long time since we had all been together and after working in isolation for a lengthy period. Coming together, re-establishing in-person relationships, and a day of 'thrilling' fun and delicious food was a well-deserved treat for us all. Sadly, not everyone was able to attend as at the time of our away day Covid was on the rise again in our area and those affected.

Our team of Zombies ready to show off their new skills in the grand finale of the 'Thriller' dance that we had practiced all morning!!



I would like to give my sincerest thanks to every member of the People First team who consistently delivers outstanding work to the many people in need of our services, in particular those who were disproportionately disadvantaged by the pandemic.

We look forward to the future, knowing that we have strong foundations in place, a clear sense of purpose, a culture of excellence and involvement, and a skilled and passionate team delivering person centred services.

Advisory Committee

Our Advisory Committee are an elected group of our members who meet every three months, to guide the work of North Somerset People First. The Committee do this by providing suggestions and feedback, on behalf of their peers, to our staff team and Board of Trustees.

The Advisory Committee has not been able to meet in person during the pandemic and throughout the lockdown restrictions. However, Committee members have kept in touch and are full of ideas! Everyone is looking forward to meeting again to develop their ideas and play a crucial role in the exciting developments in our future.

A couple of members of the committee have been heavily involved in promoting the '*Poo Matters*' project which raises awareness that some people with a learning disability are more at risk of constipation than the general population. Reviews into the deaths of people with a learning disability have shown that too many people are dying from constipation. These advisory committee members have spoken at a number of online meetings, sharing their own experiences and conveying the importance of the project.



OUR YEAR IN NUMBERS



224

Groups & activity sessions delivered

1270



Total Attendances

31



Psycho-educational courses



78

Friendship & peer support group sessions



45

Walking Group sessions

22

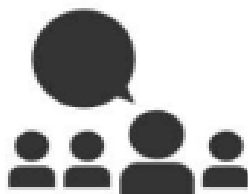


Women's Wellness Group sessions

24



Men's Wellbeing Group sessions



12

Speaking Up Group meetings

12

Dungeons & Dragons Club sessions



Speaking Up Group

Our Speaking Up Group provides an opportunity for members to share their views and opinions about things that are important to them. It is important for empowering individuals to have their voices heard on important topics. The group also offers the opportunity for building communication and confidence skills.



Our groups also allow our members to provide feedback about local and national services, and this feedback is used to influence the development of current and future services. The Group's agenda are always member led and structured in accordance with members' needs, suggestions and ideas.

Speaking Up Group

This year the group spent a lot of time considering the 'roadmap' out of lockdown, including the changing rules and advice, and exploring how members were feeling about resuming in person activity. We also reflected on our Covid experiences and made a video capturing members' stories.

A number of other issues were explored including:

- ◆ Learning and training opportunities
- ◆ Communication skills
- ◆ Stroke Services in North Somerset
- ◆ Hospital Passports
- ◆ Poo Matters project

Our Year in Numbers



12

*Speaking Up
Group meetings*



99

Total Attendances

Psycho-educational courses

These courses, delivered as part of the 'A Better Life' service, are focussed on providing members with knowledge and techniques that aid with emotional health and well-being. The courses last between 3 and 8 weeks, and are delivered by the Mental Health Project Officer, supported by a co-facilitator.



The following course topics were delivered:

- * Anger management
- * Anxiety management
- * Grief and bereavement
- * Health and well-being
- * Keeping safe
- * Self-esteem
- * Sex, relationships and the law
- * Social skills



Psycho-educational courses

In response to identified needs amongst the members, a number of specific workshops were also delivered, focussing on:

- ⇒ Sleep
- ⇒ Keeping safe online
- ⇒ Back to Life (returning to in-person activity following Covid restrictions)



Our Year in Numbers



31

Psycho-educational courses delivered



72

Instances of course completions

Better Together Group

This group provides an opportunity for members to meet and share things on their minds. As well as emotional and mental health and well-being, it's about preventing social isolation, giving members a purpose and a focus for their day. The group is a chance to meet friends, make new ones and be a part of something positive. We meet in community venues across North Somerset.



"It's good getting together and meeting other people and doing activities, like Letter Bingo. I like meeting friends and chatting to new people about things. We help each other." Mark

Members discuss matters of concern, latest news, hobbies and interests, as well as seeking the advice and opinions of others when something is troubling them (referred to as Peer Support).

In order to develop social skills and confidence, ice-breaker games are played together as a group too. Popular games have included: Letter Bingo, Family Fortunes, quizzes, Roll & Tell, Yes/No Game, "What am I?", a Memory Tray and many more.

Better Together Group

Further to another lockdown and following Covid-19 pandemic guidelines, our Better Together groups were held online from 1 April 2021 up until 25 August 2021 (for 5 months). They were hosted over ZOOM twice a week, on most Wednesdays and Fridays. We held 30 online sessions in this timeframe and the total number of attendances was 176.



Our Year in Numbers



60

Better Together sessions held



354

Total Attendances

Friendship Group

Our Friendship Group is one of our most popular groups. The group meets in a variety of community venues in the area such as cafes and bars. We have also made visits as a group to Weston Museum.



*"It gets me out the house. I really enjoy it.
I meet new people and friends."* Jean

*"I like having a drink and a chat with others.
It's very good. I enjoy it!"* Denise

Friendship Group

Members are encouraged to play board games together, which has been a brilliant ice-breaker. Those that prefer not to participate in games are happy to grab a coffee and chat to one another. We actively encourage group conversations and for members to strike up a conversation with someone new.



Our Year in Numbers



18

Friendship Group sessions held



156

Total Attendances

Walking Group

The Walking Group was the first group to return after the Covid-19 pandemic. We started to run the walking group on a weekly basis at the end of April 2021, with groups of only 6 people initially. The group was primarily focussed on getting members outdoors and meeting other people after being alone in their homes for an extended time. Many members had found themselves socially isolated, having lost all contact with others. Their confidence was at a low and they were experiencing low self-esteem and high levels of anxiety. The Walking Group provided a safe platform to enable members to get back outdoors, meeting others in person and facing their fears in a friendly and supportive environment.



Our walks are steady and flat. Challenging for some with limited mobility but easy paced for those who are more active. The support of one of our lovely volunteers enables us to have a tail walker, so that nobody is left behind.

*"It's helped me socialise with people.
Without the group I wouldn't be able to go out." Andy*

Walking Group

As well as sea front walks, some other opportunities included:

- ◇ Litter Pick walk, connecting with the Friends of Grove Park
- ◇ Christmas Lights Walk
- ◇ Trip to Sandbay on the Open Top Bus (with a walk the other end)
- ◇ Poets Walk and Wains's Hill in Clevedon
- ◇ Art Installations trails
- ◇ Visiting the Strawberry Line Cycle Project to offer both Cycle and Walking opportunities from Yatton
- ◇ Easter Egg hunt and Halloween/Autumn scavenger trails.
- ◇ Participation in National Walking Month programme



Our Year in Numbers



45

*Walking
Group sessions*



361

Total Attendances

Men's Wellbeing

This fortnightly men-only group aims to focus on peer support. It has a friendly, welcoming atmosphere to promote thematic discussion of topics that affect men or are often overlooked by them (such as skin care, consent and Mental Health).

Several activities have been used to facilitate these conversations:

- ◆ sea front walks to discuss keeping safe in the sun
- ◆ bowling to focus on comradery and competitiveness (leading to a discussion on the concept of toxic masculinity)
- ◆ visits to Weston Museum in order to focus on connecting with our heritage and local history.



Men's Wellbeing

The Group has been commended by members, referring to it as “very fun” and “informative”. There has also been praise for the openness towards issues that men often do not feel comfortable discussing, mental health for example (“I had all these feelings in my head and I didn't realise other people did too, it's nice to be able to talk about it.”) The group has also become a support network, with some members who struggle with their mental health seeing it as an excellent way to chat about their anxieties. Some members have met independently, facilitating independent peer conversations.



Our Year in Numbers



22

Men's Wellbeing
Group sessions



84

Total Attendances

Women's Wellness

The Woman's Wellness group was initiated after a suggestion from one of our female members. The purpose of the group is to provide a safe space for our female members, where they feel they can discuss, question and explore areas which they may not feel comfortable exploring in front of the opposite sex. In addition to this it gives members the further opportunity to build strong bonds with other women and develop friendships.



After commencing over Zoom during the pandemic, the sessions successfully transitioned fully to face to face meet ups every fortnight. There is a group of regular members who have built a fantastic rapport amongst themselves and with attending staff members. New friendships have developed, with members also meeting independently, in friendship groups they have established during the Women's Wellness sessions.

Women's Wellness

The sessions have varied in relation to location and topics, and members have led the way in determining both of these factors. We have focused on a wide range of topics this period including:

- Equality
- Discrimination
- Getting to know each other
- Breast Cancer Awareness
- Cervical screening
- Health and Wellbeing
- Anti-bullying 'one kind word'
- Looking after ourselves



There have also been some sessions including activities such as knitting, Line Dancing, gardening and cycling.



Our Year in Numbers



24

Women's Wellness
Group sessions



108

Total Attendances

Dungeons & Dragons Club

Dungeons & Dragons is a table-top role-playing game. The aim of the game is to navigate a story set in a medieval fantasy setting, overcoming a series of challenges such as combat encounters with monsters, puzzles, traps and social situations to gain experience and grow stronger. The game is entirely imagination based, although it can be facilitated with the aid of ambient music, maps and other effects intended to improve immersion. It has also gained popularity within the mental health sector, particularly in Learning Disability and autism settings, often being the centrepiece of specialised therapies.

Last week Dungeons & Dragons club returned...

The party kicked the New Year off with a bang as they stumbled into the ruins of Thundertree, after adopting a strange floating eyeball named Greg. They fought against giant spiders, played charades with plant monsters and finally, managed to convince an angry Green Dragon to fly them to Cragmaw Castle, where they might finally find their old friend Gundren!

If you would like to join the adventure, or have any questions, please contact Joseph. He can be emailed at: joseph.cranfield@nspf.co.uk or called at: 07309767234.



Dungeons & Dragons Club

As part of the 'A Better Life' service we established a fortnightly Dungeons & Dragons Club to explore a number of aspects in a novel and unique environment, including:

- Getting to know each other
- Team Work
- Communication
- Learning from social cues
- Dealing with conflict without violence
- Diplomacy, compromise & negotiation
- Not judging a book by its cover



Our Year in Numbers



12

Dungeons & Dragons Club sessions



36

Total attendances

Parent Advocacy



Nic Lucas

*Volunteer Manager &
Independent Advocate*

Many of the parental advocacy cases in the last year have included domestic violence, drug/alcohol referrals, housing concerns, referrals to other agencies and in some cases, responsible adult roles in the police station. Even though we are not support workers, we undertake an element of support work.

A lot of the casework was carried out virtually and some continues to be so, with cases being seen only in the later stages of the hearings or when a care order is being issued. Three of us worked the service and at the same time we studied for formal Advocacy qualifications. We have another volunteer in the pipeline and a longer standing volunteer is helping out with cases.

It can take between six months to a year to work through the court system. As a result of this many of our cases are on going for a considerable length of time. In addition to this overall caseload, we have also undertaken a piece of one-to-one work carried out for approximately 64 hours over the year. This was person centred work.

Parent Advocacy

Our clientele range from couples (each supported by separate advocates) to teenagers who are returning clients, and also individuals who have been held under the Mental Health Act.

The service makes a real difference. Our clients are listened to. They may not keep their children but they do get listened to and understand the process.

One client said that *"I didn't think I'd get as much support as I did"*.

When discussing an advocate with a legal team I was told *"Bobbi, Stacy and I love Margaret, she is fantastic and so supportive"*.

This is the impact we have.

Our Year in Numbers



12

Clients supported through care proceedings



485

Hours of parent advocacy

Covid Transition

Moving out of the Covid-19 pandemic restrictions proved to be really challenging for a number of members. We worked on a one-to-one basis with several individuals in order to support them to manage their anxiety, understand risk and increase their confidence.

Members were helped with the transition out of Covid in a variety of ways including:

- ◆ Supported walks
- ◆ Sessions to understand the Mental Health impacts of lockdown
- ◆ Developing strategies for anxiety management

This support is on-going for a number of members.

"I really appreciate the help and support on the walks I do with NSPF as sometimes I get really scared when there is a lot of people around and having one of you there has helped me get back out into the community. I can't face going out alone but the walks we go on I feel safe and able to talk to you about anything worrying me and I really enjoy our chats."

Our Year in Numbers



43

Total attendances

Our Volunteers

NSPF is fortunate to have the invaluable support of several volunteers who cover a range of things from parent advocacy, to working one-to-one with individuals and helping facilitate group activities.

One of our volunteers Dan, explains what volunteering for NSPF means to him:



"We are the life line of charities; we enable people with a learning disability to speak up in informed ways. We listen and support them in a way that will benefit them to reach their full potential.

You will get a lot out of it, the sense of being able to go home at the end of the day, knowing you helped someone is beyond measure.

You will be working for an organisation that is like a big family to members. And gives members the sense they can live their everyday lives with the knowledge and support that really enriches them.

The joy and happiness when groups meet is unreal and you will be part of that and that's why I come to work."

Volunteering is a great way to give back to the community, so if you are interested in joining us, please get in touch.

A huge thank you to our funders

We would like to say a massive thank you to everyone who has provided us with grant funding and donations. Your generosity and understanding has made a huge difference to the lives of our members.

PHOTO SYMBOLS



**Bristol, North Somerset
and South Gloucestershire**
Clinical Commissioning Group



Club of Wrington Vale

**Nailsea Scottish
Dancing Group**



Income and Expenditure 2021-2022

Income	2021-2022 £	2020-2021 £	Variance + (-) £
Supporting People	38369.93	38265.00	104.93
NHS Clinical Commissioning Group	7837.37	35.10	7802.27
NSC Community Team for LD	7918.00	7918.00	0.00
NSC Children's Centres	26995.64	26995.00	(0.36)
NS Community partnership CIC	0.00	1589.33	(1589.33)
Employability Services	0.00	3200.00	(3200.00)
PCPs/Advocacy	11273.80	4147.50	7126.30
Miscellaneous Sales Income	0.00	1400.00	(1400.00)
Fundraising	1471.56	380.93	1090.63
Support Programs	29263.32	15759.18	13504.14
Lloyds Bank Foundation for England & Wales	20321.46	21723.50	(1402.04)
The National Lottery Community Fund. ABL	119711.78	103983.02	15728.76
COVID-19 Response Fund	0.00	18994.00	(18994.00)
NSC Infection Control	685.00	6575.32	(5890.32)
The National Lottery. C-19 Transition support	0.00	17580.00	(17580.00)
Bank Interest Received	<u>1093.69</u>	<u>1529.61</u>	<u>(435.92)</u>
Total Income	264941.55	270076.49	(5134.94)
Expenditure	2021-2022 £	2020-2021 £	Variance + (-) £
Staff Costs	186967.29	178640.05	8327.24
Purchases	53633.61	73005.70	(19372.09)
Overheads	<u>22793.87</u>	<u>44687.70</u>	<u>(32938.68)</u>
Total expenditure	263394.77	296333.45	
Net Profit/(Loss)	1546.78	(26256.96)	

Balance Sheet as at 31st March 2022

Current Assets	31 st March 2022	31 st March 2021
Debtors	987.00	0.00
HSBC Current account	288,623.08	68,371.65
HSBC Savings account	0.00	50,944.78
CAF Savings account	50,948.89	0.00
Nationwide Building Society (note3)	61,880.86	84,700.85
Cambridge & Counties (note3)	76,277.39	75,367.82
Cash in hand	107.70	150.14
Business Charge Card	(1,715.53)	(1,645.03)
Less Accruals (note2)	(43,000.00)	(38,000)
Less Deferred Income (note1)	(266,950.03)	(74,635.64)
Less Creditors	<u>(5,130.67)</u>	<u>(4,772.66)</u>
	162,028.69	160,481.91
Represented by:		
Balance brought forward	160,481.91	186,738.87
Profit/(loss) this Period	<u>1,546.78</u>	<u>(26,256.96)</u>
	162,028.69	160,481.91

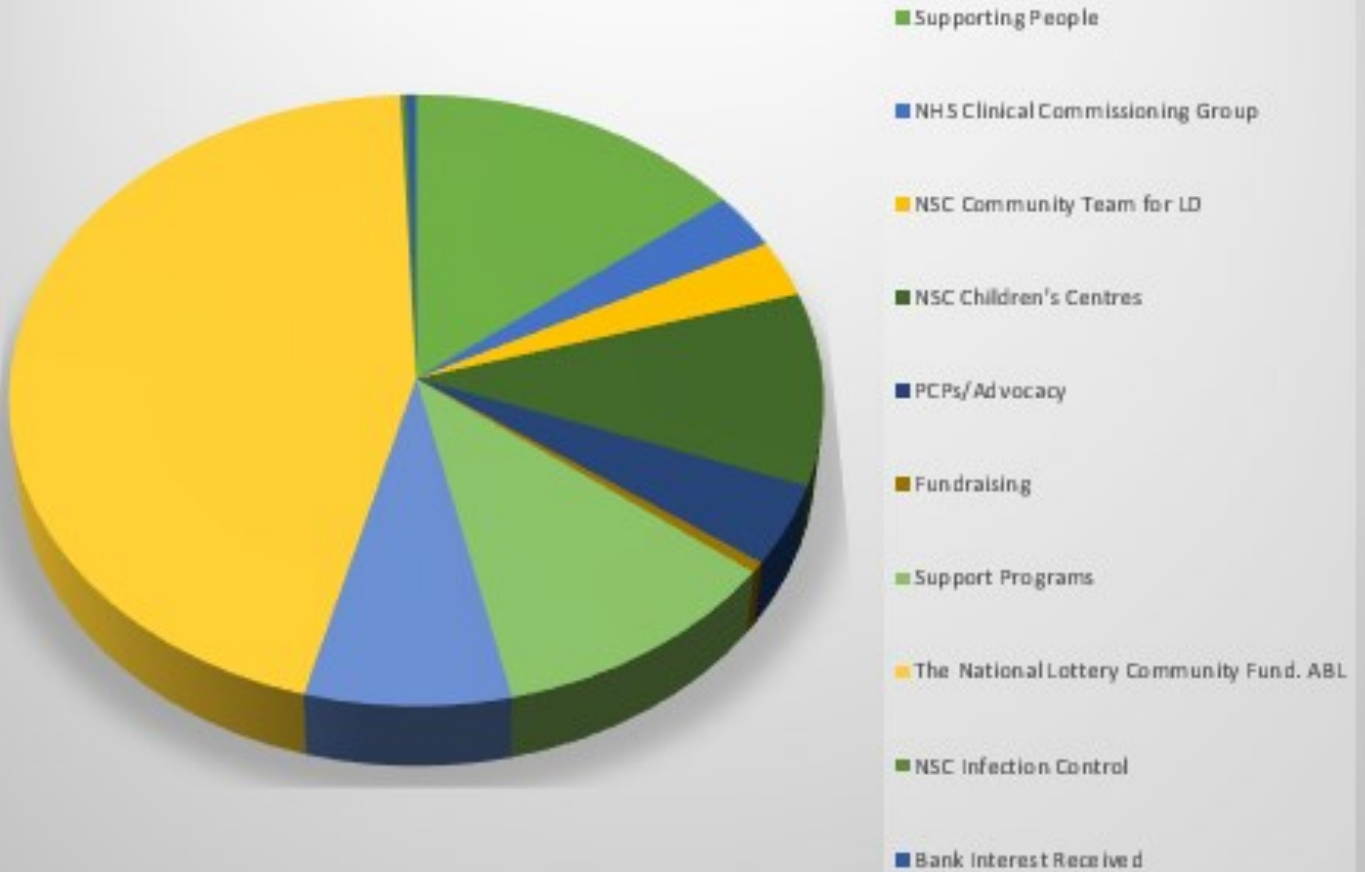
>Note 1. Deferred income consists of; £39062.50 National Lottery Community Fund ABL, £26887.53 NHS Clinical Commissioning Group, £201000 NHS BNSSG CCG Rebuilding Advocacy across B&SG.

>Note 2. Accruals as approved by the board; (i) ring fenced funds of £5000 for website creation, £3000 dilapidations of current office, £5000 for the production and development of new branding materials and £15000 post COVID-19 recovery. (ii)£15000 A Better Life continuation roll on.

>Note 3. Ring fenced reserves for wind up costs £138,137.23

Income and Expenditure 2021 - 2022

Income



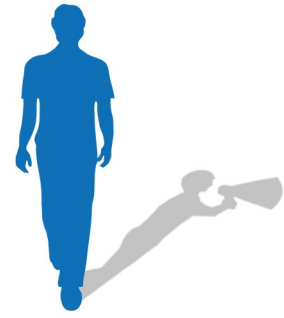
Expenditure





North Somerset People First

Supporting people with learning
disabilities to have a voice

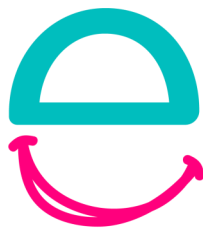


Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for North Somerset People First?

It's really simple. All you have to do is head to:

<https://www.easyfundraising.org.uk/causes/nspf/>

and sign up for free.



easyfundraising
feel good shopping

The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX

Tel: 01934 426086

Email: info@nspf.co.uk

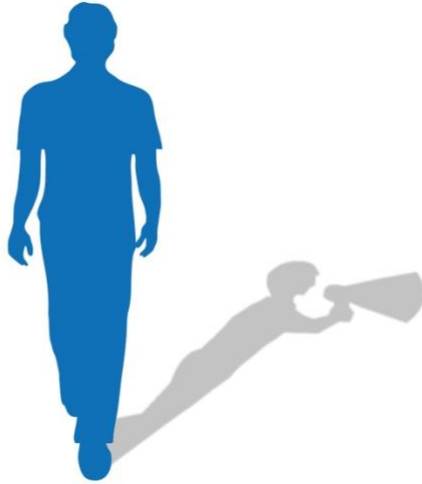
Website: www.nspf.co.uk

Registered Charity No: 1159184

NORTH SOMERSET PEOPLE FIRST

England & Wales - Charity number 1159184

Accounts



North Somerset People First

*Supporting people with learning
disabilities to have a voice*

TRUSTEES ANNUAL REPORT & FINANCIAL STATEMENTS

Year ending 31st March 2021

Charity Number: 1159184

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For the year ending 31st March 2021
Name of charity: North Somerset People First
Charity registration number: 1159184



Reference and administrative details – Year ending 31st March 2021

Name of charity: North Somerset People First

Charity registration number: 1159184

Governing Document: CIO – Foundation registered 12th
November 2014

Trustees:

Susan Hogarth (Chairperson)
Christopher Bird (Treasurer)
Anne Kilpin (Secretary)
Stephen Campling
Kyle Hannan

No trustee has beneficial interest in the charity.

Principle Address:

North Somerset People First
The Campus
Highlands Lane
Weston Super Mare
BS24 7DX

Website: www.nspf.co.uk

For the year ending 31st March 2021
Name of charity: North Somerset People First
Charity registration number: 1159184



Independent Examiner:

Kirsty Beechey
19 Boulevard
Weston Super Mare
BS23 1NR

Bankers

HSBC bank
174 High Street
Worle
Weston Super Mare
BS22 6JD

Cambridge & Counties Bank Limited
Charnwood Court
58 New Walk
Leicester
LE1 6TE

Nationwide Building Society
Kings Park Road
Moulton Park Industrial Estate
Northampton
NN3 6NW

Trustees' report

The trustees of North Somerset People First present their annual report and independently examined accounts for the year ending 31st March 2021 and confirm that they comply with the requirements of the Charities Act 2011.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities.

Objectives & Activities

North Somerset People First (NSPF) is a self-advocacy charity working for and led by the voices of people with a learning disability in North Somerset. NSPF promotes and encourages people with a learning disability to speak up for themselves, empowering them to be in control of their own lives, now and in the future. We provide speaking up forums across the county, facilitate training opportunities and services to improve the lives of people with learning disabilities and provide activities that reduce the social isolation that many people with learning disabilities experience. We have clear access links to all statutory services locally and ensure the views and opinions of people with a learning disability in North Somerset are used to influence and develop these services.

NSPF provides paid employment and opportunities for meaningful work experience programs for people with learning disabilities within North Somerset.

Structure, Governance and Management:

The trustees are responsible for the overall management and control of North Somerset People First and meet as a minimum six times per year. All trustees give their time freely, remuneration for expenses have to date not been claimed.

Organisational & Operational Management:

The day to day running of the charity is delegated to the Chief Executive Officer.

Advisory Committee:

North Somerset People First's Advisory Committee is made up of a group of people with a Learning disability. The Advisory Committee is responsible for finding out what services there are in North Somerset and if they meet the needs and expectations of their peers. It is a group of people who meet every 3 months, where they advise and inform our trustees what is important to the people who use our services. Committee members stand for one year and new Advisory Committee members are elected annually at our AGM.

Risk Management:

The trustees are responsible for the overseeing of the risks faced by the charity. Risks are identified and assessed and controls established throughout the year. A formal review of the charities risk management is carried out annually. The charity has taken out suitable insurance in order to cover any unforeseen problems.

Reserves Policy:

Reserve funds (hereafter referred to as The Reserve Fund) will be maintained at a level equivalent to six months operational expenditure and will provide the charity with adequate financial stability for the foreseeable future. The reserves fund will be invested in deposit accounts agreed by the Board of Trustees. The amount of the reserves fund will be calculated as follows:

1. Six months of all employees' salaries plus national insurance contributions.
2. The amount of redundancy payment and any payment in lieu of notice to which each employee would be entitled if the charity were dissolved.
3. Six months of normal expenditure for the charity.
4. An amount to cover unforeseen costs.
5. Solicitors costs for winding up.
6. Expenditure for planned projects.

The reserves fund will be reviewed ½ yearly and the figures adjusted accordingly. A report will be submitted to the Board of Trustees by the Business & Finance Manager.

All withdrawals from the reserve accounts will be authorised by nominated persons from the Board of Trustees.

As of the 31st of March 2021, the amount of restricted reserves: £137,068.67

Activities and Achievements: Please see full charity annual report containing activities and achievements for 2020-2021 at the end of this document.

Future Plans

Our current key funding comes from range of sources which includes: The local authority, educational bodies, The National Lottery Community Fund and Lloyds Bank Foundation. We remain aware that there is always potential for further government cuts, which could affect our core funding from the local authority. We continue to identify new ways to secure future funding that will enable us to carry out our aims and objectives.

NSPF continues to invest some of its unrestricted reserves to support additional office space as our current accommodation does not allow for our current needs.

It has made an investment into the development of our Communication and Marketing strategy, which has seen major improvement in our digital communications.

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Annual report and the Financial Statements in accordance with applicable law and regulations. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year. The financial statements are required by law to give a true and fair view of the state of the affairs of the charity and of the financial activities for that year. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable

them to ensure that the financial statements comply with Charities Act. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the charity and to prevent and detect fraud and other irregularities. Laws applicable to charities in

England and Wales require the trustees to prepare financial statements for each financial year. The trustees have elected to prepare the financial statements with the Financial Reporting Standard for smaller entities (effective Jan 2015)

Statement of disclosure to independent examiner

In so far as the trustees are aware:

There is no relevant information of which the charity's independent examiner is unaware; and the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of the information.

By order of the Board,



Christopher Bird (Treasurer / Trustee)

Independent examiner's report on the accounts

Report to the Trustees of North Somerset People First on accounts for the year ended 31st March 2021. Charity Number 1159184.

Set out on pages 9,10 and 11

Respective responsibilities of trustees and examiner

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

It is my 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 my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

For the year ending 31st March 2021
Name of charity: North Somerset People First
Charity registration number: 1159184

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me 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 Acthave 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.

Independent Examiner

Signed: 

Date: 20/10/2021

Name: Kirsty Fowler

Address: 19 Boulevard, Weston-super-Mare, North Somerset, BS23 1NR

Relevant professional body: Member of the Association of Accounting Technicians (MAAT) & Association of Tax Technicians(ATT)

For the year ending 31st March 2021
Name of charity: North Somerset People First
Charity registration number: 1159184

Disclosure

Brief details of any items that the examiner wishes to disclose.

The organisation is still located in the smaller accommodation based at The Campus; provided by the Local Authority.

Receipts and payments accounts

North Somerset People First

Charity Number 1159184

For the period 01/04/2020 to 31/03/2021

	Unrestricted funds	Restricted funds	Total funds 2021	Total Funds 2020
Receipts				
Grant funded projects	8,334	168,856	177,190	158,051
Service provision	51,692	38,265	89,957	84,149
Community Social fund	-	-	-	302
Miscellaneous sale income	1,400	-	1,400	1,550
Bank interest received	1,530	-	1,530	1,981
Sub total	62,956	207,121	270,076	246,033
Investment income				
	-	-	-	-
Total receipts	62,956	207,121	270,076	246,033
Payments				
Staff costs	36,927	141,713	178,640.05	183,733
Purchases	12,957	60,048	73,005.70	54,180
Overheads	1,118	5,453	6,571.40	8,219
Accrued costs	-	38,000	38,000.00	-
Bank charges	116	-	116.30	135
Sub total	51,119	245,214	296,333	246,267
Asset and investment purchases				
	-	-	-	-
Total payments	51,119	245,214	296,333	246,267
Net of receipts/ (payments)	11,836	- 38,093	- 26,257	- 234
Transfers between funds	- 17,823	17,823	-	-
Cash funds last year end	119,036	67,703	186,739	186,973
Cash funds this year end	113,049	47,433	160,482	186,739

Statement of assets and liabilities at 31st March 2021

	Unrestricted funds to nearest £	Restricted funds to nearest £
Cash funds		
Details		
Bank Accounts	119,316	
Building Society Accounts		160,069
Cash held	150	
Net Debtors/Current Liabilities	- 6,418	- 112,636
Total cash funds	113,049	47,433
(agree balances with receipts and payments account(s))	ok	ok

	Unrestricted funds to nearest £	Restricted funds to nearest £
Other monetary assets		
Details		
Debtors	-	-

	Current value
Assets retained for the charity's own use	
Details	
Furniture, fixtures and fittings	2,850
Computers and Accessories	3,425
Other office equipment	4,240

	Amount due
Liabilities	
Details	
Business Charge card	1,645
PAYE, Nat Ins, Pension	-
Creditors	4,773
Deferred Income	74,636
Accruals	38,000

Approved by the board of Trustees on 29/11/2021.....

Chair person pp. .....
Sue Hogarth

Treasurer..... .....
Christopher Bird

North Somerset People First
Income and Expenditure Account Year Ended 31st March 2021

	2020-2021		2019-2020		Change
	Income	Expenditure	Income	Expenditure	
Sales					
Supporting People	38,265.00		38,265.00		-
NHS Clinical Commissioning Group	35.10		-		35.10
NSC Community Team for LD	7,918.00		7,918.00		-
NSC Childrens Centers	26,996.00		26,995.00		1.00
NS Community Partnership CIC	1,589.33		2,223.97		- 634.64
Employability Services	3,200.00		12,664.00		- 9,464.00
PCPs/Advocacy	4,147.50		2,909.00		1,238.50
Community Socialisation Fund	-		302.21		- 302.21
Miscellaneous Sales Income	1,400.00		1,550.00		- 150.00
Fundraising	380.93		1,307.89		- 926.96
Support Programs	15,759.18		1,092.00		14,667.18
Lloyds Bank Foundation for England & Wales	21,723.50		25,914.46		- 4,190.96
Supporting Grants	-		5,000.00		- 5,000.00
The National Lottery Community Fund. ABL	103,983.02		117,910.81		- 13,927.79
COVID-19 Response Fund	18,994.00		-		18,994.00
NSC Infection Control	6,575.32		-		6,575.32
Lottery Community Fund Covid-19 Transition support	17,580.00		-		17,580.00
Bank interest received	1,529.61		1,980.74		- 451.13
	<u>270,076.49</u>		<u>246,033.08</u>		<u>24,043.41</u>
Staff Costs					
Supporting People		35,681.64		31,489.55	4,192.09
NHS Clinical Commissioning Group		-		-	-
NSC Community Team for LD		7,741.31		7,664.76	76.55
NSC Childrens Centers		25,562.29		26,676.01	- 1,113.72
NS Community Partnership CIC		1,501.40		2,169.19	- 667.79
Employability Services		36.39		14,210.50	- 14,174.11
PCPs/Advocacy		-		25.88	- 25.88
Support Programs		2,086.00		2,812.50	- 726.50
Miscellaneous Staff costs		-		-	-
Lloyds Bank Foundation for England & Wales		19,890.54		20,369.70	- 479.16
Supporting Grants		-		5,000.00	- 5,000.00
The National Lottery Community Fund. ABL		62,927.22		73,314.56	- 10,387.34
COVID-19 Response Fund		5,867.00		-	5,867.00
Lottery Community Fund Covid-19 Transition support		17,346.26		-	17,346.26
		<u>178,640.05</u>		<u>183,732.65</u>	<u>- 5,092.60</u>
Purchases					
Supporting People		2,213.07		5,198.45	- 2,985.38
NHS Clinical Commissioning Group		-		-	-
NSC Community Team for LD		160.14		248.41	- 88.27
NSC Childrens Centers		780.12		378.42	401.70
NS Community Partnership CIC		36.80		75.68	- 38.88
Employability Services		40.90		229.35	- 188.45
PCPs/Advocacy		250.00		57.00	193.00
Training Provision External		-		-	-
Fundraising		366.00		399.46	- 33.46
Support Programs		10,623.49		78.00	10,545.49
Community Socialisation Fund		-		-	-
Miscellaneous Purchases		700.00		700.00	-
Marketing		-		2,360.00	- 2,360.00
Volunteering		-		-	-
Lloyds Bank Foundation for England & Wales		1,450.22		3,985.61	- 2,535.39
The National Lottery Community Fund. ABL		37,102.20		40,469.91	- 3,367.71
COVID-19 Response Fund		12,671.15		-	12,671.15
NSC Infection Control		6,611.61		-	6,611.61
		<u>73,005.70</u>		<u>54,180.29</u>	<u>18,825.41</u>
Gross profit/(loss)		18,430.74		8,120.14	

Overheads

Supporting People	375.12	1,553.29	- 1,178.17
NHS Clinical Commissioning Group	35.10	30.00	5.10
NSC Community Team for LD	23.00	-	23.00
NSC Childrens Centers	145.00	5.40	139.60
Employability Services	-	-	-
PCP/Avocacy	-	164.80	- 164.80
Community Socialisation Fund	-	324.25	- 324.25
Fundraising	-	42.50	- 42.50
Support Programs	631.75	143.60	488.15
Lloyds Bank Foundation for England & Wales	382.74	1,559.15	- 1,176.41
The National Lottery Community Fund. ABL	3,953.60	4,126.34	- 172.74
COVID-19 Response Fund	499.70	-	499.70
NSC Infection Control	6.99	-	6.99
Lottery Community Fund Covid-19 Transition support	234.90	-	234.90
Accrued Expenses <small>note 2</small>	38,000.00	-	38,000.00
Legal Fees	283.50	270.00	13.50
Bank Charges	116.30	134.56	- 18.26
	<u>44,687.70</u>	<u>8,353.89</u>	<u>36,333.81</u>
Excess of Expenditure over Income			
Excess of Income over Expenditure	- 26,256.96	233.75	
	<u>270,076.49</u>	<u>270,076.49</u>	<u>246,033.08</u>
			<u>246,033.08</u>

NORTH SOMERSET PEOPLE FIRST

Balance Sheet as at 31st March 2021

Balance Sheet

31ST MARCH 2021

31ST MARCH 2020

Fixed Assets

Equipment

Less Depreciation

Current Assets

Debtors

HSBC Current a/c	68,371.65	49,417.74	18,953.91
HSBC Savings a/c	50,944.78	50,916.89	27.89
Nationwide Building Soc <small>note 3</small>	84,700.85	84,476.43	224.42
Cambridge & Counties bank <small>note 3</small>	75,367.82	74,090.52	1,277.30
Cash in hand	150.14	47.80	102.34

Less Current Liabilities

Business Charge card	- 1,645.03	- 586.11	- 1,058.92
Less accruals <small>note 2</small>	- 38,000.00	-	- 38,000.00
Less Deferred Income <small>note 1</small>	- 74,635.64	- 67,864.26	- 6,771.38
Less Creditors	- 4,772.66	- 4,130.80	- 641.86
	<u>160,481.91</u>	<u>186,738.87</u>	<u>26,256.96</u>

Represented By

Balance Brought Forward	186,738.87	186,972.62	- 233.75
Profit this Period	- 26,256.96	- 233.75	- 26,023.21
	<u>160,481.91</u>	<u>186,738.87</u>	<u>26,256.96</u>

Balance Carried Forward	160,481.91	186,738.87	- 26,256.96
	<u>160,481.91</u>	<u>186,738.87</u>	<u>26,256.96</u>

Chairperson 
Sue Hogarth

Treasurer 
Christopher Bird

Accounts examiner 
Kirsty Fowler

Notes to the accounts:
>Note 1. Deferred income consists of; £51,849.28 National Lottery Community Fund ABL, £20,321.46 Lloyds Bank Foundation for England & Wales, £2464.90 NHS Clinical Commissioning Group.
>Note 2. Accruals as approved by the board; ringfenced funds of £5000 for website creation, £10,000 for the rental costs and establishment of second office, £3,000 delapidations of current office, £5000 for the production and development of new branding materials and £15,000 post COVID-19 recovery.
>Note 3. Ringfenced reserves for wind-up costs £137,068.67

Funds which need the balance to be carried forward for deferred income, as payments made are for ongoing projects.

Fund	Sales	Purchases	Direct Expenses	0/Hs	Balance to carry forward	Amended Sales Figure
Lloyds Bank Foundation	42,044.96	1,450.22	19,890.54	382.74	20,321.46	21,723.50
Big Lottery Fund. A Better Life	155,832.30	37,102.20	62,927.22	3,953.60	51,849.28	103,983.02
NHS Clinical Commissioning Group	2,500.00	-	-	35.10	2,464.90	35.10
					74,635.64	-

North Somerset People First

Supporting people with learning disabilities to have a voice



Annual Report 2020 - 2021

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Introduction to North Somerset People First

Who are we?



North Somerset People First is a self advocacy organisation run for and led by people with a learning disability. Anyone with a learning disability or autism who lives, works or attends college or day services in North Somerset can become a member of the organisation.

Self Advocacy means speaking up for yourself about important things in your life. It also means doing things for yourself, making changes happen, talking about problems, knowing your rights and responsibilities, making friends and having fun.

Self-advocacy supports us to:



- ◇ Have more control over our lives
- ◇ Share news and discuss things that are important
- ◇ Make friends and have fun
- ◇ Do things we want and in our way
- ◇ Become independent and responsible
- ◇ Respect and trust each other
- ◇ Share feelings
- ◇ Talk about problems and be listened to
- ◇ Help make big decisions to change things for ourselves and other people

Human
Rights
Act

Mission Statement

North Somerset People First promotes and encourages people with a learning disability to speak up for themselves, empowering them to be in control of their own lives now and in the future.

Our Aims:



To promote self-advocacy and support people with a learning disability to have a voice in North Somerset.



Make sure people are aware of their rights.



Support people to have a greater choice and control over their lives.



Make sure all of our members have an opportunity to contribute to all the work we do.



Support people to be included in their community.

Board of Trustees' Report

This year has been especially challenging for us all, having to cope with an unprecedented situation courtesy of the Pandemic. The Charity's operational team, including our volunteers, have had to respond by being flexible, working in new ways and prioritising those activities which would best support our members.

Financially the Charity has been fortunate in not being partly or wholly reliant on a retail-based funding model, as is the case with many charities. Our ongoing corporate financial support, specifically from the National Lottery and Lloyds Banking Group, has enabled project-based services to continue. Support services have also continued to be delivered thanks to the hard work of the whole team under the leadership provided by the Senior Management Team and using remote working practices and tools.

Board meetings and governance requirements have also continued without interruption facilitated by using online tools such as Zoom. Similar tools have also been employed to support communication with our membership.

In summary a very challenging year but thanks to a dedicated and flexible team our membership has continued to receive the best possible service.

North Somerset People First Board of Trustees

Chief Executive Report



Michelle Burnett

The past year has been both remarkable and challenging for North Somerset People First. The pandemic transformed the landscape of our work, and, as with many organisations it has tested us in ways that could never have been anticipated. The situation we all found ourselves in was an evolving one, and as weeks and months went by, we had to collectively remain flexible, creative, and resilient in the face of many emerging new challenges.

It is in times of crisis that you find and appreciate the true value of your team and the resilience of the culture within the organisation generally. This is reflected in the team's efforts, ranging from colleagues delivering front line support in exceptionally demanding conditions; to those providing vital communication, information and mental health, and emotional well-being services, as well as continuing our statutory advocacy provision, and coping with multiple challenges such as virtual working, the use of PPE, and rapidly changing government requirements in the face of unrelenting pressures.

I have seen colleagues demonstrate remarkable care and compassion for the members they support. They displayed incredible creativity and I am delighted to say that the response has been immense; there has been impressive agility at all levels and the way in which we were able to reach out to our members and their families and carers has had a marked positive impact on their mental health and general wellbeing.

I cannot stress enough, my immense gratitude to my amazing team of staff and volunteers who are an absolute credit to the organisation. They have responded to the challenge of the pandemic magnificently and tirelessly to ensure that our members received the vital support that they needed.

Year after year we promote the successes achieved by our members and we are often overwhelmed by the challenges they overcome to reach these successes. Throughout the last year we have witnessed the inner strength and determination of many of our members as they have adapted to a very different way of life. Throughout this report you will read some positive stories, however, despite the positives, we also clearly recognise the significant impact that the pandemic has had and continues to have on our members. Physical health, mental health and emotional well-being has greatly declined, social lives being restricted has created increased isolation and the lack of opportunity to practice daily independence skills and routines has reduced confidence and some members have reported an inability to do tasks they used to before the pandemic.

Things are still a long way from returning to normal, however, despite the continued uncertainty and the likelihood of more tough times ahead, we plan with enthusiasm and creativity to address the continued challenges and most importantly to ensure our services and activities fully support the issues that the pandemic has created for our members. Looking ahead with hope of a brighter horizon, we have also embarked on developing plans for new services for the future and beyond.

I am mindful that whilst we have reflected on what has been a very difficult year, it is important to remind ourselves that there are so many people who have experienced complete devastation. Our thoughts and sympathies are of course with all those people we support, carers, colleagues, volunteers, and family members who have lost loved ones and friends because of the virus or have suffered from it themselves.

OUR YEAR IN NUMBERS

Mental health
&
emotional well-being



2,407

1-1 on-line
Psychoeducational
support sessions



1,560

Safe
distance walks



540



In person support sessions



20,592
Welfare calls made



826

Easy Reads,
Easy Cook deliveries



268

People supported



2,340

Incoming calls for
advice & support

£36,574

Covid support grants & donations



254



Zoom group meetings
&
peer support sessions

1,532

Activity & information
packs distributed



Parent Advocacy

This year has again seen a number of referrals for parent advocacy, providing support for parents with learning disabilities who are involved in child protection cases. The concerns in these cases can range from neglect due to poor parenting skills, physical abuse, chaotic lifestyles, domestic abuse within the relationship, substance misuse, lifestyle and previous concerns.



“Delivering this service during the pandemic has been a real challenge for our advocates and our clients.”

Our Volunteer Manager and Advocate Nic explains how this service works:

“Our advocates undertake this work via a social care referral. This may be done whilst a lady is still pregnant or as they are about to go to court if the Judge has said an advocate is needed. It may initially seem like a simple case however due to the nature of the work, they can turn out to be very complex. It can be difficult to hear some situations, so we support each other, discuss feelings and how the case is affecting us personally.”

Parent Advocacy

As well as working with the parents our Advocates also work with social services, Health Visitors, midwives, legal teams and other health teams. They go through court papers and explain the system to the clients. The clients are supported in the courtroom and the volunteers negotiate reasonable adjustments to ensure the court process is manageable. The adjustments could be shorter sessions, simple terminology and our volunteer being present with them if they need to give evidence in court.

The Advocate ensures that the client understands everything that is said/written and is able to give their opinion. If they do not feel listened to, the Advocate can then speak for them.



“Providing advocacy for our clients during the last year has been particularly challenging. Providing effective support is paramount to our clients and advocates, we were not going to let the pandemic stop us from doing just that. Whilst some of our work has been carried out remotely and most court hearings have been done via video link or phone-in methods, our advocates have worked tirelessly to ensure our clients were informed, supported and were able to have their views and wishes heard.”

Our Covid response

With the onset of the Covid-19 pandemic, lockdown restrictions were introduced in March 2020. A worrying and scary time for everyone. For most members of NSPF, these concerns were exacerbated due to the fast moving and often complex information and guidance broadcast. Many statutory and voluntary providers had to immediately cease working directly with the individuals they supported. Informal community support networks and social opportunities also stopped.

The entire NSPF team swung in to action as soon as lockdown restrictions were put in place. The very first thing we felt was important was to make contact with each and every one of the members on our database — from members we were used to seeing regularly at our groups, to those who may have attended one of our courses or events a couple of years ago. It was our priority to find out how our members were managing, whether they had any specific needs or concerns, and to reassure them that NSPF would be there for them throughout the pandemic.

These welfare calls continued for the entire lockdown period, with some members benefitting from a couple of calls each week, to others with support at home receiving a call every month or so.



“I’m sure meeting people on the Zoom meetings has helped her to be more confident to meet people face-to-face. People First are a great support and have lots of great ideas during lockdown and before.”

(Julie Conway, Support Worker)

Our Covid response

Isolation, loneliness and low mood were all commonly experienced by many of NSPF's members during the lockdown. In order to remind our members that NSPF were thinking of them, here to support and as a way of providing some entertainment as well as useful hints, we created and delivered a number of activity packs.

North Somerset People First
Supporting people with learning disabilities to have a voice

Things to do at home to keep yourself busy!

- Listen to some music (not too loud)
- Clean and sort through things in your home, you may find things you don't need anymore
- Check the dates on the food in your cupboard! Throw away anything that is out of date.
- Write a list of things you would like to do after lockdown
- Some puzzles
- Watch a film or read a book.
- Exercises
 - Star jumps
 - Stretching
 - Yoga
- Some baking

North Somerset People First
Supporting people with learning disabilities to have a voice

If you are on a walk OR looking out of the window can you spot any of these things?

Circle them if you spot them.

North Somerset People First
Supporting people with learning disabilities to have a voice












Our Covid response

Resources to support our members to manage anxiety



Have you been feeling worried during this coronavirus outbreak?

Here is a breathing exercise for you!

This is a good exercise to practise:

✓ once in the morning



✓ once more in the evening



This can be a good exercise to do if you are feeling worried or anxious.

	Take a slow deep breath in through the nose.
HOLD	Hold your breath for 3 seconds.
	Breathe out slowly through the mouth for 4 seconds.
3	Wait for 3 seconds before taking another breath.
6	Do this exercise again 6 more <u>times</u> .

Our Covid response

As a result of the restrictions around Covid-19 and the cessation of NSPF in-person service delivery, 2020 saw the introduction of some NSPF groups being offered online via Zoom. This began with the *'Better Together'* peer support group format being replicated online, every Wednesday afternoon.



Staff welfare calls were the primary means of making members aware of Zoom groups and also the availability of IT equipment on loan, as well as support and guidance for usage. The groups were also promoted on the NSPF website, Facebook page and Twitter account. As our Zoom offer increased, we developed a monthly *"What's on Zoom"* poster which was publicised online and sent via email to members.

NSPF March Zoom Groups



Better Together

Weekly on Wednesdays and Fridays
A chance to chat and play games.



Men's Wellbeing

Fortnightly on Thursdays
A group for men to talk about
their health and wellbeing.



NEW! Women's Wellness

Fortnightly on Tuesdays
A group for ladies to talk about
their health and wellbeing.



Speaking Up Group

Once a month (second Monday)
A place for members to speak up
about issues affecting their lives.



Book your place: **Call 01934 426086** **Email info@nspf.co.uk**



NSPF March Zoom Groups



Better Together with Kirsty at 1pm =

Better Together with Kerrie at 10am =

Men's Wellbeing with Geraint at 1pm =

Women's Wellness with Kerrie & Kirsty at 1pm =

Speaking Up Group with Jo at 2pm =

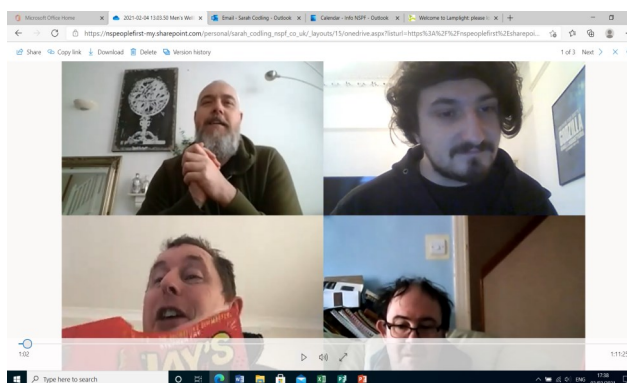
Book your place: **Call 01934 426086** **Email info@nspf.co.uk**



Our Covid response

The Zoom groups offered a vital source of social interaction for all the members who attended, many of whom live alone and had not been able to meet with others due to the pandemic. Many members had been sorely missing groups and activities they were used to attending, so NSPF Zoom sessions became a highlight of their week.

The groups were also a useful mechanism for sharing vital public health advice about keeping safe during Covid-19 with members and for enabling discussion and explanation. Members were keen to offer peer support when others raised concerns or talked about issues they were facing.



Offering groups via Zoom strengthened NSPF's reputation with members and their families/carers/support providers, at a time of considerable anxiety. We regularly promoted our online offer via our growing social media presence and highlighted where we have particularly gone 'above and beyond' (for example, holding Zoom groups on both Christmas and New Year's Day).



Our Covid response

Members' Feedback about Zoom groups

The members who attend the groups all got involved by contributing and appeared to enjoy themselves with lots of smiles and laughter. Members said they really enjoyed the groups, seeing and socialising with others. There were also comments about how they were looking forward to the face-to-face groups but that it was nice to be able to use Zoom for the time being. The members had favourite games that they requested to play during the groups. They have all said that the length of the group was perfect for them (90 minutes with a break).



The sessions have demonstrated some positive examples of peer support. Two specific members have supported each other to access the groups online. On one occasion one of the two members went to the other members' home and did a 'window visit' to help them access the zoom group. Two other members spoke about how they would like to access the group together as they would struggle to do this independently. One member would struggle with the technical side and another would feel anxious.

Our Covid response

Members' Feedback about Zoom groups continued

Members offered each other support during the sessions and checked in with each other. They were often heard telling each other that they can call them if they need to talk. The members showed a real interest in one another, asked to share photos and listened to each other attentively. The *Friday Better Together* group in particular had a small number of members who consistently attended, the members really got to know one another and showed real consideration and on some occasions, great empathy for one another. The members noticed if a regular member was not there and asked if they were ok. They also greeted new members warmly and welcomed them to the group. If one member was having a technical problem, other members would try to help by making suggestions on how they could rectify it.

If it wasn't for North Somerset People First, keeping in touch each week on the phone and on Zoom.



I felt I would have gone back into a deep depression and have them suicide thoughts again.



Our Covid response

With NSPF offering a range of groups and activities online, it was important to acknowledge that some of our members were digitally excluded. This was due to two main factors: lack of equipment and/or a lack of digital skills.

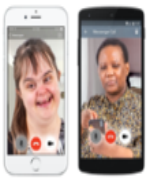
In order to support members to access our online offer as well as other online opportunities, a number of iPads were made available to loan. The iPads were configured with an NSPF guest email account and loaded with data in order to make them useable without the need for internet access at the homes they would be used in.

Supporting members who had not been online before or those with limited digital skills was an important element. Some members had 'window visits' from staff members or telephone calls to guide them through using their loaned iPads. Each iPad was issued with EasyRead instructions:



Our Covid response

NSPF used 'Zoom' as a platform for running social and other groups online during the Covid-19 lockdown period. This was a new application for most staff and members. An EasyRead guide to using Zoom was produced for members with loaded iPads and those with their own equipment. Here are some pages from the guide:



Zoom is an App you can use to video chat with people.



You can talk to lots of people at the same time on Zoom.



You can use Zoom on a computer, smartphone or tablet.

There are two ways of joining a Zoom meeting.

You can enter a special code called a Meeting ID which a staff member at NSPF will give to you or you can click on a link sent in an email from NSPF.



There may be more than one email listed. Look at the top of the list, check to see if it was sent by **info NSPF**

If the top email was not sent by **info NSPF**, ignore it and look at the next one down.

Tap the **info NSPF** email to open it.

You do not need to open any other emails. You must never click on any links in emails other than those sent from **info NSPF**.



We will never ask for your personal details or bank details. NEVER enter these. If you are asked for them, DO NOT enter them, phone the office on 01934 426086 for advice.

The link is a set of numbers and letters will look something like this:

<https://zoom.us/j/1234567>

<https://zoom.us/j/1234567>

Tap on the link



We are particularly grateful to the Clothworkers Foundation for providing funds to support us to buy iPads and data for members. Without this vital funding it would have been impossible to meet the needs of members who were otherwise isolated and experiencing deteriorating mental health.

Our Covid response

E's story

E is a young woman with learning disabilities, a long standing history of depression and anxiety, who also displays Autistic traits. She is extremely shy and finds it difficult to speak to people. She was referred to NSPF as she was really struggling with her mental health and this was having a big impact on her family life. Her living situation was at risk of breaking down due to her parents and siblings finding it hard to support her during the pandemic.

Issues and Goals

- Isolation – E was feeling extremely isolated and lonely. This was magnified by the lockdown restrictions put in place for everyone;
- Self-confidence – E was extremely shy, finding it really difficult to communicate with others;
- Anxiety and Depression – E often felt low and did not feel she had a lot to look forward to or focus on.

The following goals were identified to help E to address the presenting issues:

- ⇒ Isolation – help to build friendships and create opportunities to socialise with peers;
- ⇒ Self-confidence –develop confidence and the ability to communicate thoughts and feelings with others;
- ⇒ Anxiety and Depression –build coping mechanisms and look at causes of low feelings. Help to provide opportunities and goals to look forward to and focus on.

Our Journey with E so far

Our first introduction to E was at the beginning of Lockdown when she commenced attending our weekly Wednesday *Better Together* Zoom groups. E was accompanied by her support worker to our groups who set up the laptop on her behalf and placed the camera in her direction so she could see us and the group could see her. To begin with E did not like to participate at all, and her support had previously asked that we do not ask her questions, and simply allow her to speak up when she felt comfortable. The support worker provided early feedback that E was enjoying observing and listening to the members converse in this social Zoom.

Our Covid response

E's story continued

Three months later and nearing the end of the lockdown, the difference in E was wonderful to witness - lots of smiles and laughter throughout the *Better Together* Zooms and active participation in the weekly game/quiz, writing her answers down and sharing her scores and answers with the group. E also felt comfortable answering some questions in front of the group. She happily answered simple yes or no answer questions by herself verbally or with a thumbs up or nod, no longer always relying on her support worker to respond on her behalf.

The growing bond between E and other members attending the Zoom groups was also wonderful to watch, with them often directly conversing with one another, asking how E is and just saying "Hi", welcoming her to the group. E independently replies accordingly and although a seemingly small step to many, a huge development for her growth and confidence, in addition to building relationships with others. E has also begun talking to another member outside of the groups over the telephone and arranged and met for a walk and coffee.

Looking to the Future

NSPF aim to continue growing E's confidence in attending Zoom groups, with her becoming more involved in conversations. We will also support E with the transition to physical face-to-face groups when Covid restrictions allow, as we will with all our members.

A further aim is to help E to continue to grow her existing friendships and build new ones with other NSPF members and beyond. We will also seek to signpost her to other NSPF services (e.g. *A Better Life* psycho-educational courses) and wider opportunities as appropriate.

Further, we will help and support E to plan for her future, potentially looking at volunteering opportunities and other hobbies and activities she may be interested in to help keep her feeling positive and occupied.

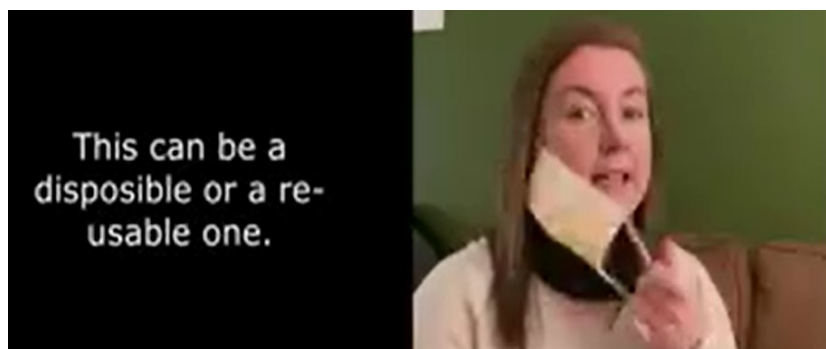
Our Covid response

Information Videos

As well as being a worrying time for everyone, the Covid pandemic also brought the challenge of fast-moving and often complicated public health guidance. Many members turn to NSPF to help them understand complex information and this time was no different.

In order to offer certainty and reassurance, the team devised a series of information videos, conveying crucial health advice and explaining lockdown restrictions. These videos were shared at the Zoom groups and posted online via our website and social media channels. The topics covered included:

- ◆ Vaccine information
- ◆ Hands—Face—Space guidance
- ◆ Face coverings
- ◆ Exemptions
- ◆ Coronavirus scams



Many members were spending more time online (some for the first time) and wanted specific advice about internet safety, including spotting scams, identifying trustworthy sources of information, passwords and cyber bullying. NSPF's Mental Health Project Officer designed a 'Keeping Safe Online' psycho-educational course which he delivered via Zoom.

Our Covid response

Ben's story

Ben joined NSPF in 2019 when he completed a psycho-educational course as part of the 'A Better Life' service. He hadn't been regularly involved with NSPF services and activities since that time but when lockdown restrictions were introduced as a result of the COVID-19 pandemic, Ben was contacted along with every other NSPF member. Following a welfare call to Ben at this time, we introduced him to our Zoom Groups and talked through what they involved. His support worker's feedback was, *"This sounds just like what Ben needs."*

Ben joined in with some Zoom groups in February 2021 and from the start was a sociable character in the group. He was clearly missing his friends and interaction with others. Using the NSPS Zoom groups, Ben was able to instantly connect with others. Ben was also successfully connected via these groups with some old school friends that he hadn't seen in a very long time.

Ben was already attending 'Slimming World' on Zoom when he joined NSPF Zoom groups and was familiar with the functionality but needed reminders as to when the groups were happening. NSPF responded to this need by circulating monthly calendars using Photo Symbols, a weekly activities planner including links to online groups and a special EasyRead email invite prior to each session.

"People First have been amazing because I can speak to my friends from school and make plans to do exciting things for when lockdown ends"

(Ben, via Brandon Trust, March 2021)

Becoming such a regular on Zoom, Brandon Trust featured Ben in their March 2021 newsletter:

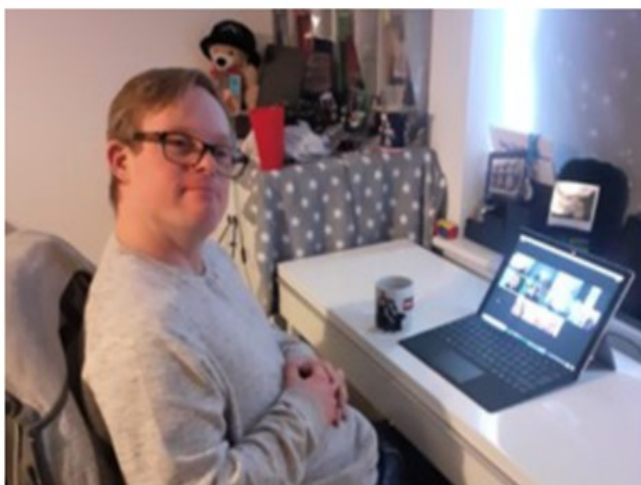
Our Covid response

Ben's story continued

🔒 brandontrust.org

Awareness Week: Building connections through technology

From: 15 Mar 2021



Hello. My name is Ben and I live in North Somerset. For this year's Down's Syndrome Awareness Week, I wanted to share how I've been learning to use technology to connect with people.

I have also been doing sessions with People First and Slimming World. People First have been amazing because I can speak to my friends from school and make plans to do exciting things for when lockdown ends.

In the first lockdown, we did the clap for carers. I was in hospital at the beginning of the year and all the doctors and nurses looked after me so well, and I was really grateful to them. It felt good to clap with the whole street because I felt like I was clapping for them.

Ben
North Somerset

Our Covid response

Psychoeducational Support

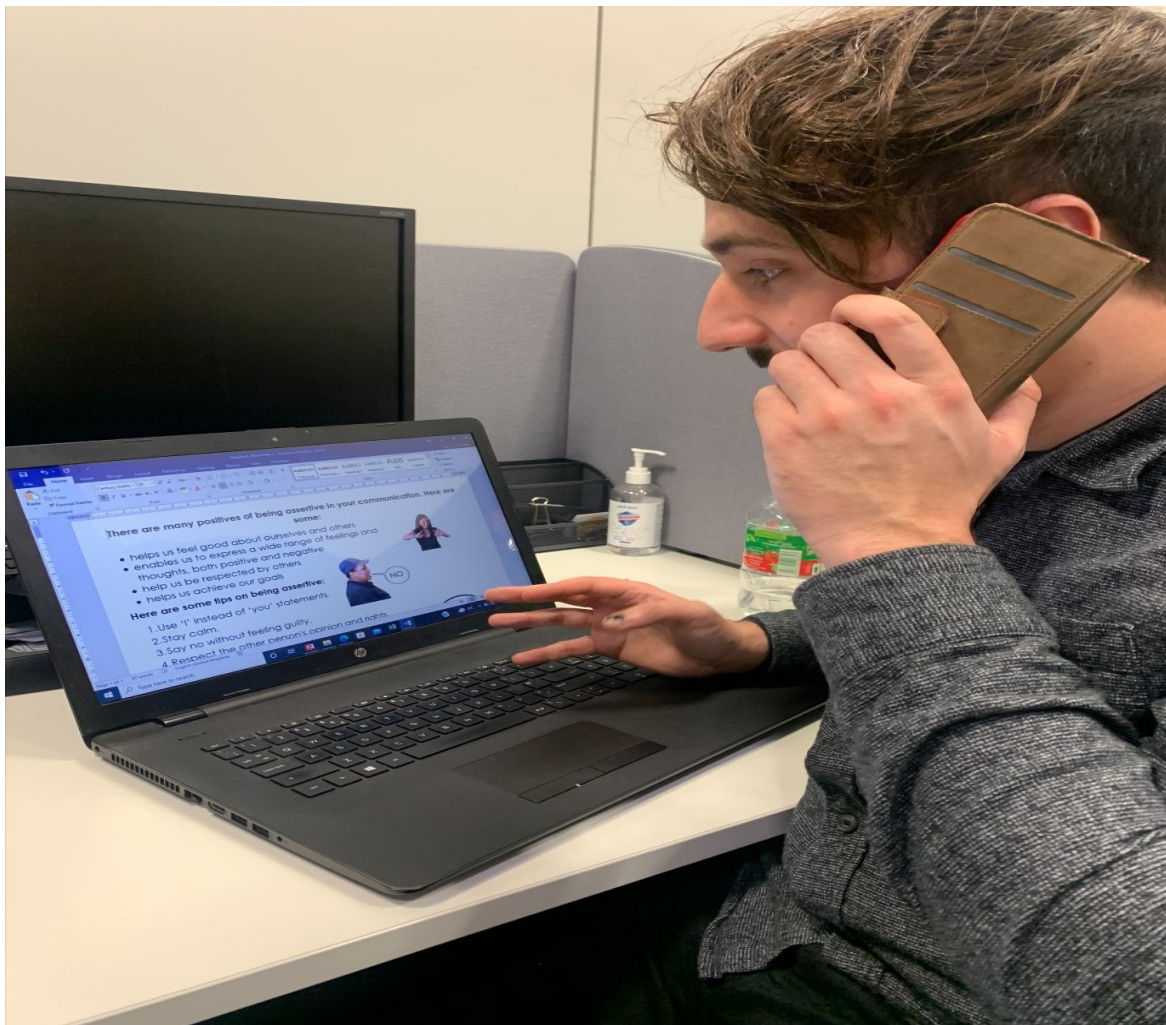
The usual delivery of our 'A Better Life' psycho-educational courses ceased as restrictions were brought in nationally. Through our outreach activities and as a result of many new referrals, some members were identified as having an urgency to benefit from this service. In order to meet this urgent need within restrictions, the Mental Health Project Officer, ABL team members, including some of our experienced volunteers have delivered one-to-one sessions either online, Facetime or telephone. This was an alternative to the usual course delivery, which is designed for several participants and in-person, each session was planned and designed in a more bespoke, person-centred fashion. This has been undertaken using a session planner which uses identified and presenting needs and the outcomes to be worked towards.

Anxiety and feelings of loneliness & depression have been the predominant mental health issues that members have presented with. Unsurprisingly, these have led to other disorders including sleep disorders, eating disorders and agoraphobia.

Much of the work carried out has been to manage the feelings and emotions associated with the mental health issues and support members to get through one day/week at a time, preventing individuals reaching crisis point.

Our Covid response

We developed a tool kit containing a range of strategies to support members with their mental health. The tool kit included strategies such as: a range of breathing techniques, positive thinking – based on CBT model, and improving sleep pattern, these were utilised for members whom we had not assessed a high priority for more in-depth psychoeducational sessions. The tool kit proved vital in equipping the team with the right tools to provide appropriate and meaningful support to members, helping them to better manage their feelings and emotions that were having a negative impact on their mental health.



Mental Health Project Officer Joseph providing 1:1 support to help a member manage their anxiety

Covid Transition

Much of the psychoeducational element of the *A Better Life* mental health and emotional well-being service is delivered in groups and peer support networks. As such, individuals actively involved in this service and our core group activities, suffered a huge loss in interaction with their peers and with their local community during the Covid pandemic. The introduction of our remote service - including telephone calls, FaceTime, Skype and Zoom - provided some great emotional support, however, the isolation and lack of contact with the outside world resulted in many individuals having heightened anxiety and an inability to access their community independently.



The National Lottery Community Fund recognised these challenges and provided funding for Covid transition project work, via their 'Coronavirus Community Support Fund'. The project provided additional capacity to offer 1-1 support to individuals experiencing very poor mental health and anxiety as a result of prolonged isolation due to Covid-19.

The support was tailored to individual need, for example; psycho-educational sessions, supporting individuals to practice strategies to overcome some of the anxieties they experience, developing specific support plans to access their local community, supporting individuals to re-develop skills, such as: cooking, cleaning, personal hygiene etc.

Covid Transition

NSPF work with individuals who already experience huge barriers to everyday life; the Covid-19 outbreak has impacted greatly and sadly, it also created further barriers for these individuals . Through this project we provided the 'helping hand' required to firstly face and develop steps to overcome these barriers. Without this additional support, we fear that individuals' mental health would have continued to deteriorate and many reaching crisis point, which may have resulted in hospitalisation. We also invested in a large variety and quantity of Personal Protective Equipment, to enable staff to carryout direct 1:1 work with individuals safety.

Having been in contact with most of our members during lockdown, we were well aware of the more obvious difficulties facing them. However we wanted to fully understand the extent of the difficulties/ issues that individuals were experiencing so that we could develop our services and shape the Covid transition project to meet their individual needs.

We therefore consulted 268 individuals who were either actively engaged in our services or those who had been referred but not yet begun working with us. This validated our concerns and revealed:

- ⇒ 204 of the individuals who took part in the consultation had developed additional mental health difficulties
- ⇒ 197 individuals reported reductions in their independent living skills
- ⇒ 201 individuals reported a lack of confidence in accessing their local community.

All work carried out with individuals was planned directly with them, as we implement a person centred approach in all our work.

Thank you Wroughton Vale Inner Wheel

"Most of us are worried about contracting Covid- 19 and we all do everything we can to keep ourselves safe. When we were successful in a grant application to the Antonio Carluccio Foundation to provide and deliver an easy cook food service, we wanted to make sure we were protecting our members who we were delivering to.

The protective workwear has been great to use for this service and made easy to clean ready for our next deliveries by using a bag provided to put the scrubs in and pop it straight in to the washing machine. We are extremely grateful to the lovely ladies who made our scrubs."

Thank you to Viv and the wonderful team at Wroughton Vale Inner Wheel for kindly donating our made to measure scrubs



Sarah & Michelle all set for another delivery

Thank you to The Antonio Carluccio Foundation for funding our new Easy Read, Easy Cook service



THE ANTONIO CARLUCCIO
FOUNDATION

David & Andrew happy to receive their weekly delivery

The generous funding enabled us to develop easy read recipes, purchase ingredients and deliver easy read, easy cook packs to individuals' doorsteps. It also enabled us to purchase cookware items for those who needed items to assist in the cooking process.

This service not only supported individuals to eat a range of healthy meals, it also enabled them to develop their independent cookery skills and provide meaningful activity to support positive mental well-being.

The funding has supported us to provide **826 packs** for individuals in need of support during the Covid-19 pandemic.



A's peri chicken



Sarah & Michelle, getting ready for another delivery



Richard keeping safe



Cooking with a smile



Anna's 'Autistic' pizza



Shaun deep in concentration



Shaun's spaghetti bolognese



David's apple bran muffins



Andy's savoury mince



Feedback we received from some of the individuals who received the East Read, Easy Cook service

Received another delivery of ingredients with easy recipes to follow, I really look forward to these. This week I made chicken stew, noodles with ham and peas and jacket potato with tuna and salad, they were all yummy my favourite so far was the noodles with ham and peas. *Shaun*



Susie enjoyed showing us her horse-riding certificates at one of our doorstep deliveries

I look forward to getting my weekly food and recipes and seeing Sarah & Michelle from People First. It is all very nice, and I enjoy cooking it, my favourite was Tuna pasta bake.

Susie

Pleased to see my delivery, it is a surprise to open the box.

I look forward to seeing the food and it stops me worrying.

David





“First two weeks of lockdown were difficult as I was overwhelmed by all the changes. I understand they were necessary, but my brain was struggling to process all of the changes. I had food in the cupboards (cream crackers) and I didn’t think fruit and veg were essential so didn’t do any shopping. As a result, I ended up in A & E needing treatment for dehydration.

Michelle does have a reputation for giving subtle hints about eating healthy. We don’t always agree, I think that a blueberry muffin counts as 1 of your 5 a day but Michelle isn’t convinced!

The easy cook food delivery was a pleasant surprise. It has been great to have food delivered with recipes. I had no excuse for not cooking. I’ve tried new foods and feel so much better, both physically and mentally. Eating healthily and having a full stomach does make a big difference.

Not only has it helped me during lockdown, but it has definitely given me the push I needed to do more cooking and eat fruit and veg.”

Anna

“This is a photo of my experiment, apparently u can regrow spring onions in water.”



DELIVERING OUR EASY READ-EASY COOK SERVICE TO SUSIE WAS MUCH MORE THAN A DOORSTEP DROP!!



Each week that we visited Susie to deliver her food box, she always greeted us with an enormous smile.

Like many of our members we delivered to, Susie enjoyed seeing us in person. This provided a great opportunity to have a (socially distanced) face-to-face chat, Susie enjoyed telling us about the recipes she had made the week before and what she had watched on TV.

Each week, Susie also enjoyed showing us some of her some of her new clothes, as you can see from the photos. Susie enjoyed telling us about her Ascot horse race and proudly showed off her certificate and rosette.

Thank you, Susie, for sharing your stories, showing us your lovely clothes, and bringing a smile to our faces.

A HUGE THANK YOU TO OUR FUNDERS

We would like to say a massive thank you to everyone who has provided us with new grant funding and donations to support our covid-19 projects and services, and to our existing funders for their support and flexibility during this difficult time.

Your generosity and understanding has made a huge difference to the lives of our members



THE ANTONIO CARLUCCIO
FOUNDATION



Income and Expenditure 2020-2021

Income	2020-2021 £	2019-2020 £	Variance + (-) £
Supporting People	38265.00	38265.00	0.00
NHS Clinical Commissioning Group	35.10	0.00	35.10
NSC Community Team for LD	7918.00	7918.00	0.00
NSC Children's Centres	26996.00	26995.00	1.00
NS Community partnership CIC	1589.33	2223.97	(634.64)
Employability Services	3200.00	12664.00	(9464.00)
PCPs/Advocacy	4147.50	2909.00	1238.50
Community Socialisation Fund	0.00	302.21	(302.21)
Miscellaneous Sales Income	1400.00	1550.00	(150.00)
Fundraising	380.93	1307.89	(926.96)
Support Programs	15759.18	1092.00	14667.18
Lloyds Bank Foundation for England & Wales	21723.50	25914.46	(4190.96)
Supporting Grants	0.00	5000.00	(5000.00)
The National Lottery Community Fund. ABL	103983.02	117910.81	(13927.79)
COVID-19 Response Fund	18994.00	0.00	18994.00
NSC Infection Control	6575.32	0.00	6575.32
The National Lottery. C-19 Transition support	17580.00	0.00	17580.00
Bank Interest Received	<u>1529.61</u>	<u>1981.74</u>	<u>(451.13)</u>
Total Income	270076.49	246033.08	24043.41
Expenditure	2020-2021 £	2019-2020 £	Variance + (-) £
Staff Costs	178640.05	183732.65	(5092.60)
Purchases	73005.70	54180.29	18825.41
Overheads	<u>44687.70</u>	<u>8353.89</u>	<u>36333.81</u>
Total expenditure	296333.45	246266.83	50066.62
Net Profit/(Loss)	(26256.96)	(233.75)	

Balance Sheet as at 31st March 2021

Current Assets	31 st March 2021	31 st March 2020
Debtors	0.00	370.66
HSBC Current account	68,371.65	49,417.74
HSBC Savings account	50,944.78	50,916.89
Nationwide Building Society (note3)	84,700.85	84,476.43
Cambridge & Counties (note3)	75,367.82	74,090.52
Cash in hand	150.14	47.80
Business Charge Card	(1,645.03)	(586.11)
Less Accruals (note2)	(38,000.00)	0.00
Less Deferred Income (note1)	(74,635.64)	(67,864.26)
Less Creditors	<u>(4,772.66)</u>	<u>(4,130.80)</u>
	160,481.91	186,738.87
Represented by:		
Balance brought forward	186,738.87	186,972.62
Profit/(loss) this Period	<u>(26256.96)</u>	<u>(233.75)</u>
	160,481.91	186,738.87

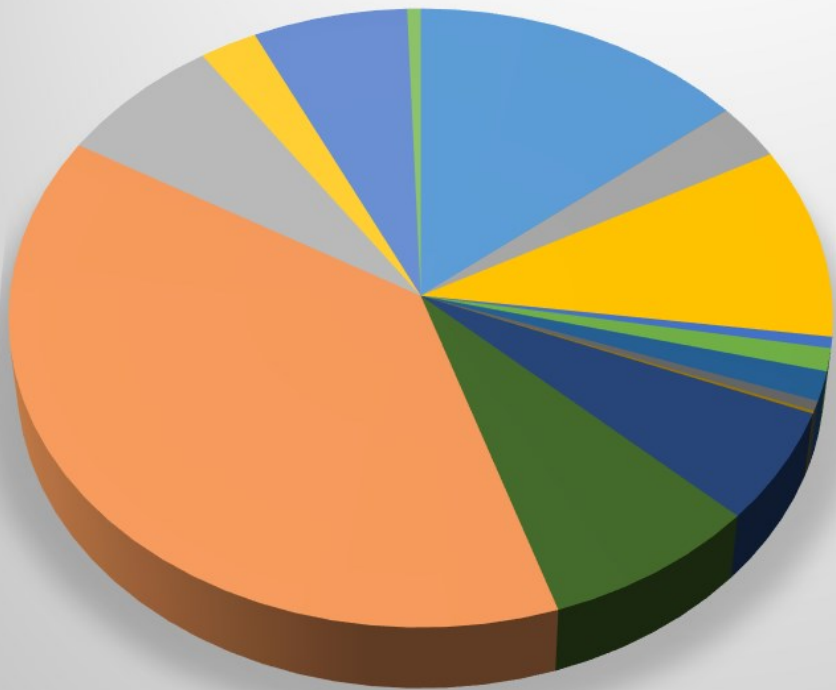
>Note 1. Deferred income consists of; £51,849.28 National Lottery Community Fund ABL, £20,321.46 Lloyds Bank Foundation for England & Wales, £2464.90 NHS Clinical Commissioning Group.

>Note 2. Accruals as approved by the board; ring fenced funds of £5000 for website creation, £10000 for rental costs and establishment of second office, £3000 dilapidations of current office, £5000 for the production and development of new branding materials and £15000 post COVID-19 recovery.

>Note 3. Ring fenced reserves for wind up costs £137,068.67

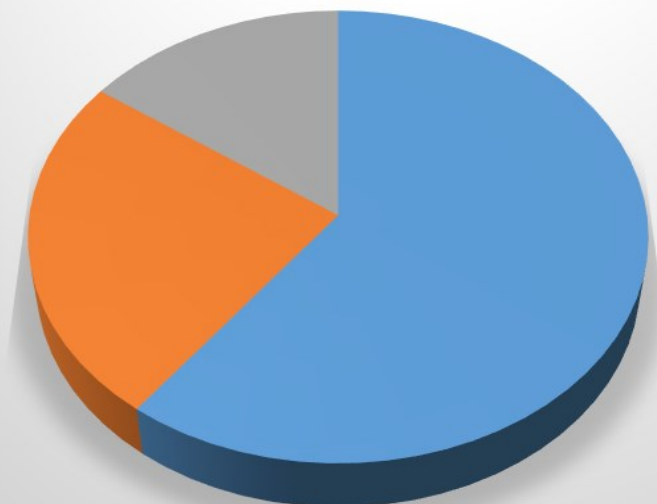
Income and Expenditure 2020 - 2021

Income



- Supporting People
- NHS Clinical Commissioning Group
- NSC Community Team for LD
- NSC Children's Centres
- NS Community partnership CIC
- Employability Services
- PCPs/Advocacy
- Miscellaneous Sales Income
- Fundraising
- Support Programs
- Lloyds Bank Foundation for England & Wales
- The National Lottery Community Fund. ABL
- COVID-19 Response Fund
- NSC Infection Control
- The National Lottery. C-19 Transition support
- Bank Interest Received

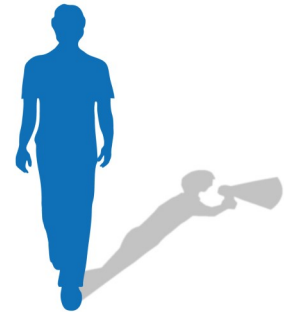
Expenditure



- Staff Costs
- Purchases
- Overheads

North Somerset People First

Supporting people with learning disabilities to have a voice



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for North Somerset People First?

It's really simple. All you have to do is head to:

<https://www.easyfundraising.org.uk/causes/nspf/>

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The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX

Tel: 01934 426086

Email: info@nspf.co.uk

Website: www.nspf.co.uk

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