



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

TABLE OF CONTENTS

Reference & administrative details	1
Trustee report	3
Activities & achievements	6
Statements	7
Independent examiners report	9
Receipts and payments of accounts	12
Statement of assets & liabilities	13
Income & expenditure	14
Balance sheet	15

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

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)

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

-	-	-	-
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Total receipts	85,853	179,088	264,942	270,076
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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

-	-	-	-
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Total payments	69,201	194,194	263,395	296,333
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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

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
Cash funds	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

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

	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	1,716
	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>		- 5,134.94
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>	8,327.24
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>	- 19,372.09
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 Transition 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	1,546.78	26,256.96	
	<u>264,941.55</u>	<u>264,941.55</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 note 3	61,880.86	84,700.85	22,819.99
Cambridge & Counties bank note 3	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 note 2	- 43,000.00	- 38,000.00	- 5,000.00
Less Deferred Income note 1	- 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

162,028.69 160,481.91 1,546.78

Balance Carried Forward 162,028.69 160,481.91 1,546.78

162,028.69 160,481.91 1,546.78

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

Contents

Introduction.....	4
Mission Statement.....	5
Board of Trustees' Chairman report.....	6
Chief Executive Officer's report.....	7
Advisory Committee.....	9
Our Year in Numbers.....	10
Our Services:	
• Speaking Up.....	11
• Psycho-educational courses.....	13
• Better Together.....	15
• Friendship Group.....	17
• Walking Group.....	19
• Men's Wellbeing.....	21
• Women's Wellness.....	23
• Dungeons and Dragons Club.....	25
• Parent Advocacy.....	27
• Covid-19 transition.....	29
Our Volunteers.....	30
Thank you to our Funders and Donors.....	31
Financial Information.....	32

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

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.



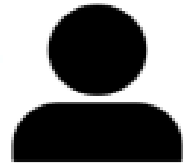
OUR YEAR IN NUMBERS



224

Groups & activity sessions delivered

1270



Total Attendances

31

Psycho-educational courses



78

Friendship & peer support group sessions



45

Walking Group sessions

22

Men's Wellbeing Group sessions



24

Women's Wellness 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



**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

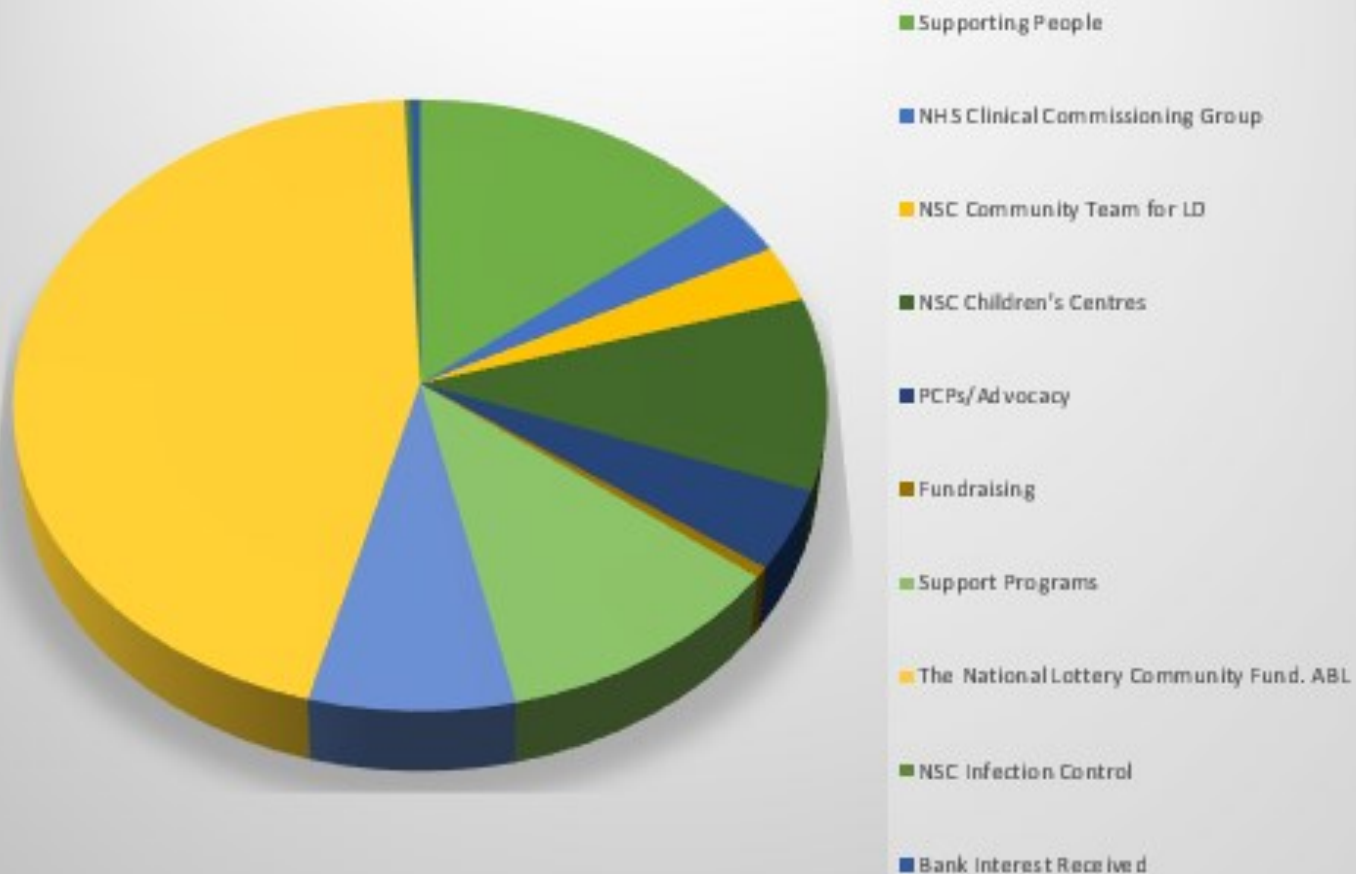
>Note 1. Deferred income consists of; £39062.50 National Lottery Community Fund ABL, £26887.53 NHS Clinical Commissioning Group, £201000 NHS BNSSG CCG Rebuilding Advocacy across B&SG.

>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



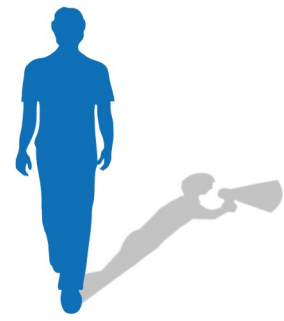
Expenditure





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

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Website: www.nspf.co.uk

Registered Charity No: 1159184