



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,

A handwritten signature in blue ink, appearing to read 'C. Bird', is positioned above the printed name of the signatory.

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

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

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
Other monetary assets	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 
Jane Haros

Treasurer 
Christopher Bird

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

	2022-2023		2021-2022		
	Income	Expenditure	Income	Expenditure	Change
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			2,872.22
NHS CCG Rebuilding Self Advocacy across BNSSG		5,190.68			5,190.68
Green Social Prescribing Programme		837.87			837.87
South Glous Development Fund		1,835.97			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 note 2	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
	21,577.11	22,793.87	-1,216.76
Excess of Expenditure over Income			0.00
Excess of Income over Expenditure	3,442.29	1,546.78	1,895.51
	281,923.10	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 note 3	62,902.05	61,880.86	1,021.19
Cambridge & Counties bank note 3	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 note 1	-356,181.02	-266,950.03	-89,230.99
Less Creditors	-1,889.22	-5,130.67	3,241.45
	165,470.98	162,028.69	3,442.29

Represented By

Balance Brought Forward

Profit this Period

Balance Carried Forward

165,470.98

162,028.69

3,442.29

Chairperson
Jane Haros

Treasurer
Christopher Bird

Accounts examiner
Kirsty Fowler

Notes to the accounts:						
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>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



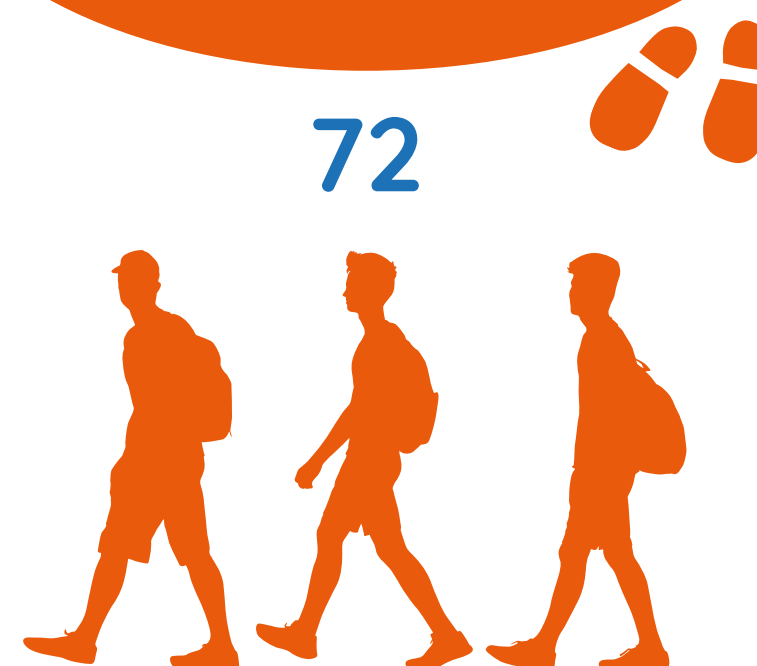
PEOPLE PROVIDED
WITH 1-1 OR SMALL
GROUP SUPPORT

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.

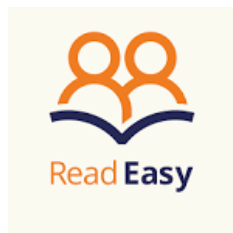
Members are able to provide feedback about local and national services in a safe and welcoming environment, feedback is used to influence the development of current and future services.

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



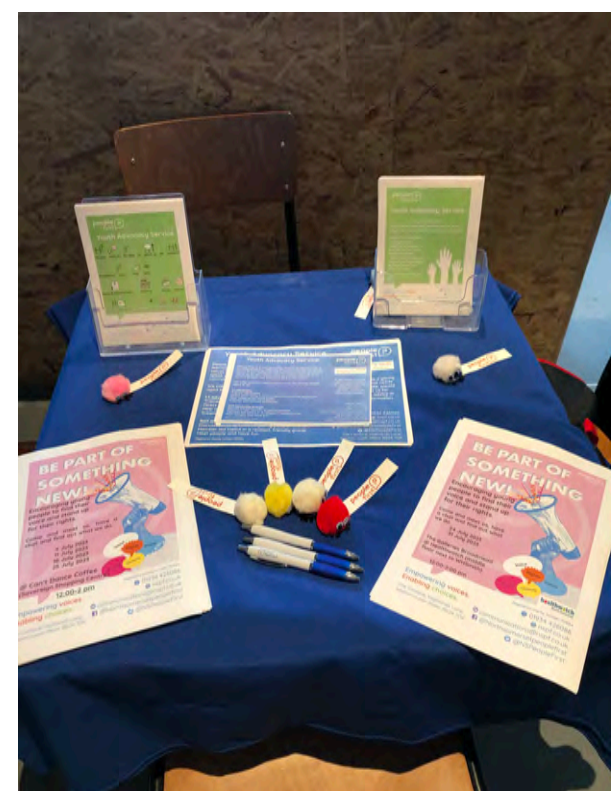
YOUNG PEOPLES' ADVOCACY SERVICE

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
- Prostate 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





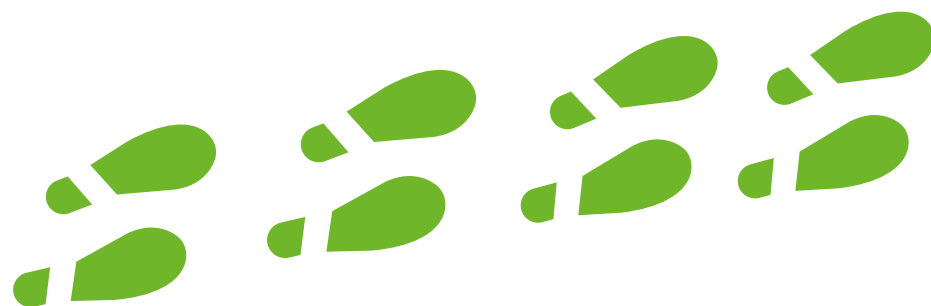
WOMENS WELLNESS



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.

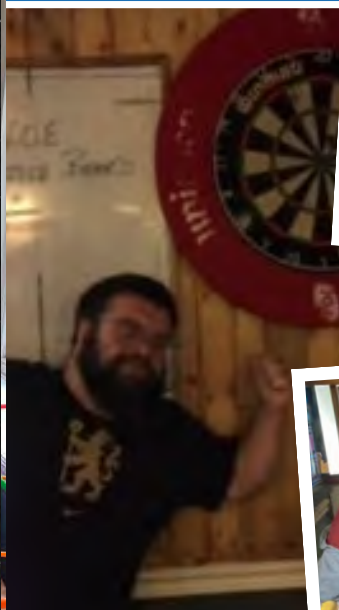
The group is a chance to meet friends, make new ones and be a part of something positive. We meet in community venues across Bristol, North Somerset and South Gloucestershire.

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 a lot 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



POSITIVE CHOICES EVENT



PROMOTING THE PROJECT IN DEVON



AWARENESS SESSION

POO MATTERS



AWARENESS SESSION



POSITIVE CHOICES EVENT



WORKSHOP

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



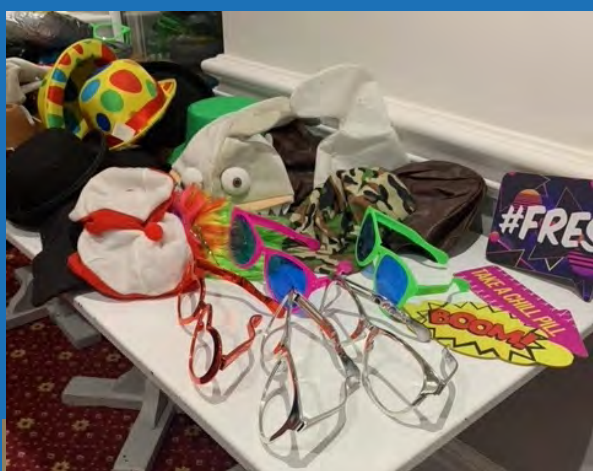
We were delighted to hold our first fundraising activity since the covid pandemic.

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



The Henry Smith
Charity

founded in 1628



**Quartet
Community
Foundation**



PHOTO SYMBOLS



Delivering for you

**LLOYDS BANK
FOUNDATION**

England & Wales

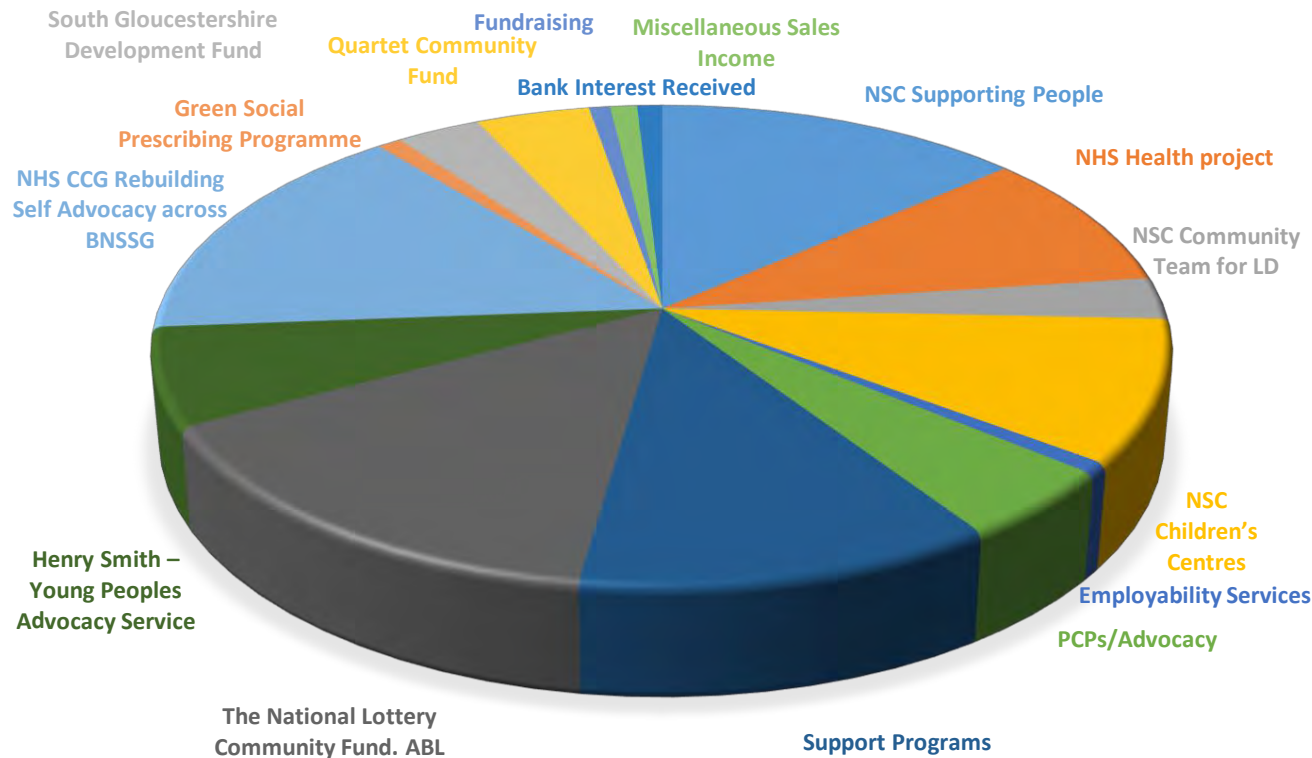


amazonsmile

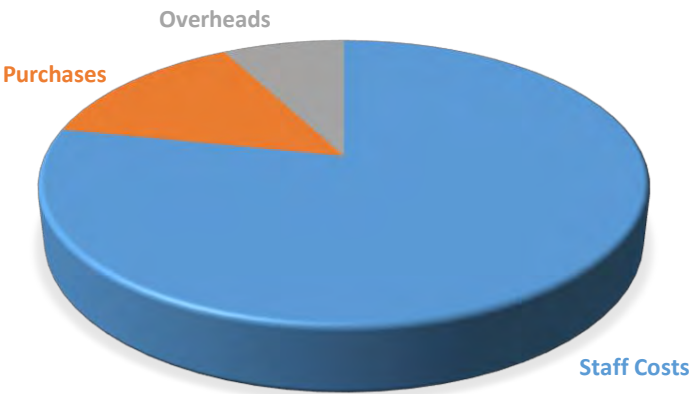


Income and Expenditure 2022 - 2023

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 0.00	2000.00	
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)



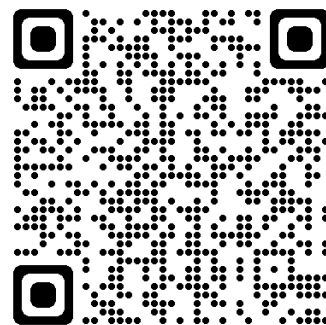
Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for North Somerset People First?

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!

North
Somerset
Community
Lottery 



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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