

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.

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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.

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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.



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

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, Birnbeck 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

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

- 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 but 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**

		2025 Total funds £	2024 Total Funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
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>
<b>Total</b>		<b>390,255</b>	<b>390,605</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities		384,101	384,433
<b>Total</b>		<u><b>384,101</b></u>	<u><b>384,433</b></u>
<b>NET (EXPENDITURE)/INCOME</b>		6,154	6,172
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		171,644	165,471
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u><b>177,798</b></u></u>	<u><u><b>171,643</b></u></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 £
<b>FIXED ASSETS</b>			
Equipment		-	-
<b>CURRENT ASSETS</b>			
Cash at bank		549,274	591,192
		<b>549,274</b>	<b>591,192</b>
<b>CREDITORS</b>			
Amounts falling due within one year	7	- 371,476	- 419,548
<b>NET CURRENT ASSETS</b>		<b>177,798</b>	<b>171,644</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>177,798</b>	<b>171,644</b>
<b>NET ASSETS</b>		<b>177,798</b>	<b>171,644</b>
<b>Represented by</b>			
Balance brought forward		171,644	165,471
Profit for the period		6,154	6,173
<b>TOTAL FUNDS</b>		<b>177,798</b>	<b>171,644</b>

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 £
<b>INCOME AND ENDOWMENTS FROM</b>	
Grants	218,992
Services	159,042
Misc. Income	1,830
Fundraising	3,444
Investment income	<u>7,297</u>
<b>Total</b>	<u><u>390,605</u></u>
 <b>EXPENDITURE ON</b>	
Charitable activities	
Charitable activities	<u>384,433</u>
<b>Total</b>	<u><u>384,433</u></u>
 <b>NET INCOME/(EXPENDITURE)</b>	 6,172
 <b>RECONCILIATION OF FUNDS</b>	
Total funds brought forward	<u>165,471</u>
 <b>TOTAL FUNDS CARRIED FORWARD</b>	 <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 £
<b>INCOME AND ENDOWMENTS FROM</b>		
<b>Charitable activities</b>		
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
<b>Investment income</b>		
Bank interest - Restricted	10,440	7,297
<b>Total incoming resources</b>	<u>390,255</u>	<u>390,605</u>
 <b>EXPENDITURE</b>		
<b>Charitable activities</b>		
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>
 <b>Supporting costs</b>		
<b>Management</b>		
Independant examiner's fees	600	915
<b>Total resources expended</b>	<u>384,101</u>	<u>384,433</u>
 <b>Net expenditure/income</b>	<u><u>6,154</u></u>	<u><u>6,172</u></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	
<b>Sales</b>					
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>
<b>Staff Costs</b>					
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>
<b>Purchases</b>					
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>
<b>Gross profit/(loss)</b>		<b>31 252 10</b>		<b>48 700 15</b>	



## 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>