

SUPPORT 4 CHANGE

England & Wales · Charity number 1166253

Details

Other names	S4C
Status	Registered
Legal form	CIO
Registered	2016-03-30
Register	View on the Charity Commission register

Contact

Address	Capital Office Kemp House 152-160 City Road London EC1V 2NX
Phone	07736477812
Email	info@support4change.org.uk
Website	www.support4change.org.uk

Activities

Objects: TO SUPPORT THE RESIDENTS OF DONCASTER AND ITS ENVIRONS BY;1) ADVANCEMENT OF HEALTH INCLUDING THE PREVENTION AND RELIEF OF SICKNESS, DISEASE AND THE SUFFERING BOTH MENTAL AND PHYSICAL, CAUSED BY THE USE OF ILLEGAL AND LEGAL SUBSTANCES.2) PREVENTION AND RELIEF OF POVERTY EXPERIENCED BY FAMILIES AND COMMUNITIES AFFECTED BY SOMEONE ELSE'S ILLEGAL AND LEGAL SUBSTANCES.

Activities: Supporting those adults negatively affected by someone else's legal/illegal substance use. Once located they are offered a comprehensive assessment of their holistic needs, covering immediate crisis, physical and psychological well being, resilience and advice and guidance. We support, energise and strengthen families so they are able to create a lifestyle that does not support substance misuse.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

Geography

- Doncaster

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£30,664	£27,685	-	-
2023-12-31	£38,856	£19,570	-	-
2022-12-31	£3,230	£3,315	-	-
2021-12-31	£13,780	£19,451	-	-
2020-12-31	£27,558	£15,921	-	-

Trustees

Name	Role	Appointed
Kim Smithson	Chair	2022-12-08
Emma Leishman		2023-12-08
Julie Mallinson		2024-12-08
Maria Antoniwi		2018-09-10
SHEILA SEYMOUR		2022-12-08
Verna Holmes		2022-05-16

Accounts

Support 4 Change

Charity Registration Number 1166253

Annual Report

Year Ended 31st December 2024



SUPPORT 4 CHANGE

ANNUAL REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2024

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**SUPPORT 4 CHANGE
LEGAL AND ADMINISTRATIVE DETAILS**

31ST DECEMBER 2024

A Charitable Incorporated Organisation (CIO)

Registered Company Number:- CE006073 (England & Wales)

Charity Registration Number:- 1166253

Trustees

Kim Smithson - Chair
Maria Antoniow - Treasurer
Sheila Seymour
Sr. Maureen Youle
Verna Holmes

Registered Office

Capital Office
Kemp House,
152-160 City Road,
London
EC1V 2NX

Telephone : 07736 477812

Bankers

National Westminster Bank plc
12 High Street,
Doncaster
DN1 1ED

Independent Examiner

R.A. Prior, FCCA, FCIE, DChA,
W.H. Prior
Chartered Certified Accountants,
Railway Court,
Doncaster. DN4 5FB

SUPPORT 4 CHANGE

REPORT OF THE TRUSTEES

31ST DECEMBER 2024

About S4C:

Support 4 Change (S4C) is a charitable organisation, established in 2010 and registered as a charity in 2016, dedicated to supporting families in Doncaster and surrounding areas who are affected by a loved one's drug or alcohol use. Our mission is to improve health and well-being, prevent and relieve sickness and poverty, and support families facing the challenges of substance misuse.

Our Objectives and Activities:

- We aim to advance health and alleviate both physical and mental suffering caused by substance use.
- We work to reduce poverty among families and communities impacted by substance misuse.
- We recognise that substance use affects entire families, not just the individual using drugs or alcohol.

Structure Governance & Management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Family Feedback:

Families have shared how S4C's support has been life-changing, providing non-judgmental, round-the-clock assistance, practical guidance, and emotional support. Our services have helped family members regain control, support their loved ones, and prioritise their own well-being.

Experts by experience- feedback from supported families:

'I accessed the service at a point where I felt my life was falling apart aka (The storm).

My husband had abused prescription medication for almost 20 years and then started using cocaine and alcohol. He rapidly spiraled out of control, spending our savings, leaving the family home for days on end and self harming. You will probably be well aware of everything else negative that comes along with addiction. That anxiety, despair, frantic thoughts and feelings I have been there too.

The one to one support was my salvation. No judgement, night or day. I would reach out and there would always be a friendly response. One to one guidance from Sandra would make me feel calm and it gave me the confidence to fight to get myself back on track and support my children. I put up a fight with the GP and with his support my husband was finally diagnosed and treated for a mental health condition.

Well... my husband is now drug free 🙌. I got a first in my degree at university studying throughout "the storm."

Never give up hope but don't lose yourself In the process"— **Family Member**

"I just wanted to take time to give Support Change some feedback after using your services this year.

I first contacted Support 4 Change at the beginning of December when a member of my family was struggling with drugs, and I felt lost on how to cope with this. I contacted Sandra after being referred to Support 4 Change. Immediately I was contacted, and my journey began which I was so grateful for. I was offered one to one support and to be able to go the group sessions on a Monday evening. I cannot stress how both have literally saved me from spiralling out of control myself. Addiction is something we hear about but do not think our families will be affected and when it is we struggle to help that person but to also be kind and keep ourselves strong in the process. Support 4 Change allowed me to continue to be there for that person who had the addiction but also made me realise they had to take responsibility for themselves as well. The one to one sessions in particular gave me coping mechanisms to ensure I was able to be supportive but be able to take a step back and be kind to myself and protect my own mental health. Thank you so much for supporting me on my journey I know without this support I would not have been able to come as far as I have." – **Family Member**

Families told us loud and clear about what good family support looks and feels like for them. Good family support is not something fluffy or marginal, but evidence-based, proactive and transformational.

Working with families to learn new ways to communicate and interact, be confident in setting boundaries, prioritise self-care, and understand more about substance use and recovery really does change lives and save lives.

Key Achievements in the Past Year:

- Supported 49 additional families affected by substance use.
- Organised weekly support and advocacy group sessions in Doncaster and Thorne.
- Provided activities and updated advice for families, especially those with children affected by substance misuse.
- Delivered motivational training and empowered individuals to support their communities.
- Held 95 face-to-face group meetings and 145 crisis one-to-one sessions.
- Worked in partnership with local safeguarding boards and other agencies to ensure comprehensive support, including referrals for debt, housing, and education issues.

'Support 4 Change' continues to work in partnership with other organisations through the proper and timely use of the agreed multi-agency Safeguarding adults/children procedures, and includes The Local Safeguarding Children Board (LSCB) to refer and conduct enquiries of known or suspected cases. We also signpost and liaise with other organisations to help support with debt management, housing and education etc.

Support 4 Change (S4C) has continued to provide the residents of Doncaster and Thorne, and its environs with the objectives of the charity as identified above and will continue to do so in the coming year 2025.

We provided a weekly S4C Group Meeting for all members on Monday evening (18.15-20.15) We are proud to announce that one of our aims from last year was to secure new premises in the Doncaster town center and we are happy to say we have now achieved this. We have listened to our members and now operate from a building that has no links with drug or alcohol services. These group sessions provide an interactive safe and confidential meeting place for all persons affected by illegal and legal substances. It also enables social interaction and friendships leading to a supportive network which benefits each person undergoing difficult and stressful times in their lives. It enables a person/s to have a positive approach to manage their situation to

ensure they are able to live the best life they can whilst supporting their loved ones to bring about positive changes in their own lives.

Over the past year, Support 4 Change has successfully established a dedicated support clinic in Thorne, located in East Doncaster. (Saturdays 10-12pm) This initiative was developed in direct response to the expressed needs of our members, recognising Thorne as a distinct and close-knit community with a notably high incidence of drug and alcohol addiction. By providing tailored support services within this locality, we have enhanced accessibility for individuals and families affected by substance misuse, ensuring that our interventions are both relevant and impactful within the community context. This expansion reflects our ongoing commitment to delivering responsive, evidence-based support where it is most needed.

S4C delivers structured one-to-one crisis intervention sessions for individuals experiencing significant challenges related to substance misuse in Doncaster and Thorne and their environs. These interventions are highly adaptable, ranging from single consultations to ongoing, sustained support, and are designed to continue for as long as necessary to ensure that each individual feels empowered and equipped to manage their circumstances independently. This personalised approach underscores our commitment to providing responsive, client-centred care that promotes resilience and long-term well-being among those affected.

S4C offers a comprehensive programme of complementary therapies aimed at promoting relaxation and enhancing overall well-being. These sessions provide individuals with dedicated time for self-care, enabling them to reduce stress and strengthen their coping strategies in response to the challenges associated with substance misuse.

S4C actively promotes member engagement through a diverse programme of social activities and outings, all of which are collaboratively selected based on the interests and preferences of the membership. Recent initiatives have included a group excursion to York, communal dining experiences, and a Santa Gonk pottery session specifically designed to foster mindfulness and encourage participants to be present in the moment. These thoughtfully curated activities not only facilitate positive social interaction and the development of supportive peer networks, but also provide essential opportunities for respite and personal enrichment. By offering structured, enjoyable experiences outside of the daily challenges associated with supporting a loved one affected by substance misuse, S4C helps members to alleviate stress, enhance their overall well-being, and build resilience within a compassionate community setting.

This year we took part in the **Stitch and Stigma** – a creative campaign for those affected by the substance use of a loved one. Those who are affected have been stitching their thoughts and feelings about their loved one and their substance use as a therapeutic exercise to help them cope. These squares have all been stitched together to make a giant wall hanging which now stands at over 50 foot long. The wall hanging has been made to show how many people are affected- that you are not alone and to hopefully breakdown the stigma linked to substance use disorder. An exhibition showcased the wall hanging along with the launch of a book in which you can read the stories of over 250 loved ones and how they have been affected. It was a privilege for Support 4 Change to have been a part of this process.

S4C members continue to coordinate and participate in therapeutic walking groups, which provide a supportive environment for individuals to engage in meaningful conversation while benefiting from physical activity. These group walks are designed not only to foster social connection and mutual support, but also to promote emotional well-being and reduce feelings of isolation among participants.

For many family members affected by a loved one's substance misuse, engaging in everyday activities—such as sharing a relaxed family meal, setting aside digital distractions, taking time for a walk, meeting a friend for coffee, or joining a new class or group—represents a significant personal achievement. The pervasive impact of substance misuse often shapes and constrains their daily lives over extended periods, making these seemingly simple acts important milestones in their journey toward recovery and self-care. S4C recognises and supports these steps, understanding that reclaiming moments of normalcy and prioritising personal well-being are essential components of building resilience and restoring autonomy for family members navigating the challenges associated with substance misuse.

Support 4 Change is now running into its fourteenth year. We have embraced our existence and attended events such as Doncaster Pride and provided New Member Packs and distributing them amongst newcomers, ensuring that essentials such as our details, essential helplines and the details of our partnership organisations offering support in other areas is shared.

Support 4 Change stands out because of its tailored and intense level of support that's available with no time limit placed on how long someone can access the support. The true difference the service makes to families is that they feel less isolated and realise that their wellbeing is important too. Family members can begin to put themselves first and often for the first time realise they do not need to cope with this on their own any longer.

Achievements and Performance:

We continued with the peer support forum where members could seek 24/7 support online.

We have set up a new weekly group service in Thorne.

S4C continued to offer group and one-to-one crisis support to new and established members.

A peer walking group continued to promote connectiveness and alleviate loneliness and isolation.

We will continue to be able to deliver a range of Complementary Therapies to members which includes; Reiki, Reflexology, Indian head massage, and Aromatherapy massage. The wellbeing of members is paramount to S4C and we will aim to continue to be able to deliver these sessions periodically through the year.

S4C has formed part of the Alcohol Alliance and continues to have close links with Doncaster Carers, Leger Homes, DMBC and Aspire drug and alcohol services.

S4C continues to be involved with the 'Substance Misuse Theme Group' (SMTG); a quarterly meeting whose remit remains focused on dependent drinkers and the prevalence of traditional opiate based drugs.

Financial Overview

From a continuous funding for S4C we have been successful in gaining funding throughout the year from various organisations, businesses and individuals. Please see below to identify these areas of funding.

Our principal sources of funding:

SYCF

Doncaster MBC

Weekly Membership donations

Individual community donations

Raffles

Grant income for 2024 totalled £30,664 (2022: £3,000) including a grant of £30,000 from Doncaster MBC which enabled us to provide increased Counselling, Group Sessions and Holistic Therapy. The net surplus for the year was £2,979 (2023: £19,286) with reserves carried forward of £25,580 which enables us to plan effectively.

Future Plans: Hopes and Aspirations

Support 4 Change (S4C) is committed to ongoing development and growth as an organisation dedicated to equipping and supporting those who care for individuals affected by substance misuse. Our strategic priorities for the coming year include:

- **Expansion of Services:** We aim to establish additional weekly S4C surgeries in more localities, thereby increasing accessibility and ensuring that support is available to a wider range of individuals and families in need.
- **Respite and Relaxation:** We will continue to prioritise the provision of respite opportunities and relaxation activities, recognising the importance of self-care and stress reduction for our members.
- **Development of an S4C Hub:** Our goal is to secure dedicated premises that will serve as a safe and welcoming space for drop-in support, group meetings, face-to-face one-to-one sessions, group work, training, recreational activities, and therapeutic treatments. This hub will facilitate a comprehensive and integrated approach to support, fostering community and collaboration among members.
- **Partnership and Collaboration:** We will continue to strengthen partnerships with other organisations, participating in joint workshops and training sessions to enhance the quality and breadth of support available to our members.
- **Sustainable Growth:** S4C remains focused on identifying and securing new funding streams to support the evolving needs of our growing membership, ensuring the long-term sustainability and impact of our services.

Through these initiatives, S4C aspires to remain at the forefront of family support in Doncaster and surrounding areas, continually adapting to meet the needs of those who support others and empowering them to live their lives to the fullest.

Reserves

Total reserves amounted to £25,580 (2023: £22,601). This represents just over 11 months' expenditure. The Trustees consider a minimum level of reserves of 12 months' expenditure to be prudent, and have plans for future years to utilise the funds.

Risk Management

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

Conclusion

Thank you....We extend our sincere gratitude to our Board members, staff, volunteers, local community, and partner organisations for their invaluable support. Without their dedication and collaboration, S4C would not have been able to continue operating and providing essential assistance to those supporting loved ones affected by substance misuse.

Now, more than ever, it is vital to foster kindness, partnership, and creativity in our work. By building on the insights and experiences gained over the past year, we remain committed to listening to the voices of those we support. As we move forward, we will continue to re-engage in the activities that make S4C an active, thriving, and committed organisation, dedicated to making a meaningful difference in the lives of our members and the wider community.

On behalf of the Trustees

Kim Smithson

Chair of Trustees (Support 4 Change)

31st October 2025



Support4Change

124 City Road, London. EC1V 2NX.

www.support4change.org.uk

SUPPORT 4 CHANGE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SUPPORT 4 CHANGE

I report on the accounts of the Support 4 Change for the Year Ended 31st December 2024 which are set out on pages 11 to 15.

Respective responsibilities of Trustees and Examiner

As the Charity's Trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent Examination, I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ("the Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe.

1. that accounting records were not kept as required by section 386 of the Companies Act 2006; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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; or
4. that there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

R.A. Prior, F.C.C.A., F.C.I.E.

Chartered Certified Accountant

Fellow of the Association of Charity Independent Examiners

W. H. Prior

Chartered Certified Accountants

Railway Court,

Doncaster. DN4 5FB

31st October 2025

SUPPORT 4 CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2024

	<u>Note</u>	Unrestricted Funds £	Restricted Funds £	Total 2024 £	2023 £
INCOME					
Donations and Grants					
Donations	2	300	-	300	1000
Grants	3	30,000	-	30,000	37,700
Charitable activities					
Fundraising by Members		364	-	364	156
TOTAL INCOME		<u>30,664</u>	<u>-</u>	<u>30,664</u>	<u>38,856</u>
EXPENDITURE					
Direct charitable expenditure:-					
Counselling, Group Sessions & Holistic Therapy		20,655	-	20,655	12,785
Other Office costs		1,108	-	1,108	902
Administration Costs		883	-	883	998
Group Activities		1,677	-	1,677	1,388
Room Hire		462	-	462	283
Website		437	-	437	954
Insurance		456	-	456	392
Telephone		45	-	45	-
Advertising		631	-	631	447
Other costs		641	-	641	726
Travel		-	-	-	5
Independent Examination		690	-	690	690
TOTAL EXPENDITURE		<u>27,685</u>	<u>-</u>	<u>27,685</u>	<u>19,570</u>
NET MOVEMENT IN FUNDS		2,979	-	2,979	19,286
Reconciliation of funds:-					
TOTAL FUNDS AT START OF THE PERIOD		<u>22,601</u>	<u>-</u>	<u>22,601</u>	<u>3,315</u>
TOTAL FUNDS AT END OF THE PERIOD		<u>25,580</u>	<u>-</u>	<u>25,580</u>	<u>22,601</u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

The notes on pages 13 to 15 form part of these financial statements

SUPPORT 4 CHANGE

BALANCE SHEET AS AT 31ST DECEMBER 2024

		2024	2023
	Note	£	£
Fixed assets			
Tangible assets	5	-	-
Current assets			
Debtors		159	224
Cash at bank and in hand	6	26,801	23,067
		<u>26,960</u>	<u>23,291</u>
Liabilities : amounts falling due within one year	7	(1,380)	(690)
Net current assets		<u>25,580</u>	<u>22,601</u>
Net assets	9	<u>25,580</u>	<u>22,601</u>
<u>Represented by:</u>			
<u>Restricted Funds :-</u>		-	-
<u>Unrestricted Funds :-</u>			
General Fund	8	<u>25,580</u>	<u>22,601</u>
		<u>25,580</u>	<u>22,601</u>

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the Year Ended 31st December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 395 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Effective 1st January 2019).

The financial statements on pages 11 to 15 were approved on 31st October 2025 on behalf of the Trustees by:

Kim Smithson
Chair

M. Antoniw
Treasurer

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2024**1 Accounting policies****Accounting convention**

The financial statements have been prepared under the historical cost accounting rules and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (Effective 1st January 2019) and the Charities Act 2011.

Income

All income is treated as unrestricted income, unless the donor has placed restrictions on the manner in which the donation or grant may be spent, in which case it is treated as restricted income. The restricted funds are detailed in Note 8. Designated Funds represent amounts set aside for specific areas of expenditure by the Trustees, and are detailed in Note 9.

Fixed Assets

Depreciation of fixed assets is provided on the straight-line method at the following rates in order to write off each asset over its estimated useful life:

Computer Equipment : 33% Straight Line

2 Donations

	Unrestricted Funds £	Restricted Funds £	2024 TOTAL £	2023 TOTAL £
Institute of Our Lady of Mercy	300	-	300	200
Other Donations	-	-	-	800
	300	-	300	1,000

3 Grants from Trusts, etc.

	Unrestricted Funds £	Restricted Funds £	2024 TOTAL £	2023 TOTAL £
Doncaster MBC	30,000	-	30,000	18,750
National Lottery	-	-	-	9,950
Doncaster Culture & Leisure Trust (DCLT)	-	-	-	5,000
South Yorkshire Community Foundation	-	-	-	4,000
	30,000	-	30,000	37,700

4 Trustees

There were no trustees' remuneration or other benefits for the Year Ended 31st December 2024.
There were no trustees' expenses paid for the Year Ended 31st December 2024.

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2024

5 Fixed assets

	Computer Equipment £	TOTAL £
Cost		
1st January 2024	1,651	1,651
31st December 2024	1,651	1,651
Depreciation		
1st January 2024	1,651	1,651
Charge for the Year	-	-
31st December 2024	1,651	1,651
Net book values		
31st December 2024	-	-
31 st December 2023	-	-

All fixed assets are held by the charity for use in meeting its charitable objectives.

6 Cash at bank and in hand

	2024 £	2023 £
National Westminster Bank Current Account	26,797	22,918
Cash	4	149
	26,801	23,067

7 Liabilities: amounts falling due within one year

	2024 £	2023 £
Creditors	690	-
Accruals	690	690
	1,380	690

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2024

8 Unrestricted Funds

	Balance 1.1.24 £	Incoming Resources £	Resources Expended £	Transfers £	31.12.24 £
General Fund	22,601	30,664	(27,685)	-	25,580
	22,601	30,664	(27,685)	-	25,580

9 Analysis of Net Assets between Funds

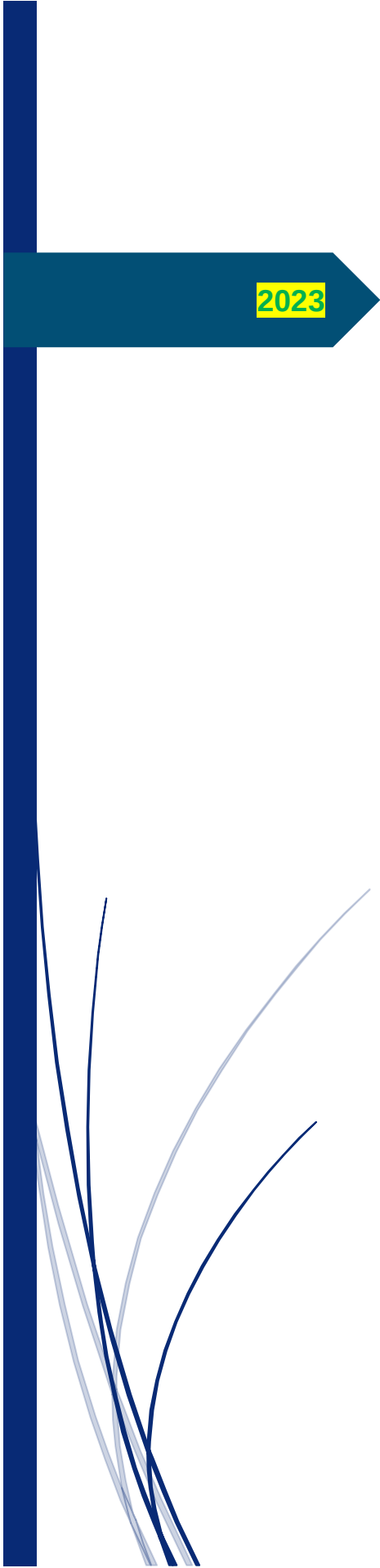
	Tangible Fixed Assets £	Net Current Assets £	2024 TOTAL £	2023 TOTAL £
<u>Restricted Funds</u>	-	-	-	-
<u>Unrestricted Funds</u>				
General Fund	-	25,580	25,580	22,601
	-	25,580	25,580	22,601

10 Capital Commitments

As at 31st December 2024 there were no Capital Commitments (2023: £ Nil).

Accounts

(Registered Charity No. 1166253)



2023

Support 4 Change Trustees' Annual Report

Year Ended 31st December 2023

SUPPORT 4 CHANGE

ANNUAL REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2023

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**SUPPORT 4 CHANGE
LEGAL AND ADMINISTRATIVE DETAILS**

31ST DECEMBER 2023

A Charitable Incorporated Organisation (CIO)

Registered Company Number:- CE006073 (England & Wales)

Charity Registration Number:- 1166253

Trustees

**Kim Smithson - Chair
Maria Antoniw - Treasurer
Sheila Seymour
Sr. Maureen Youle
Verna Holmes**

Registered Office

**Capital Office
Kemp House,
152-160 City Road,
London
EC1V 2NX**

Telephone : 07736 477812

Bankers

**National Westminster Bank plc
12 High Street,
Doncaster
DN1 1ED**

Independent Examiner

**R.A. Prior, FCCA, FCIE, DChA,
W.H. Prior
Chartered Certified Accountants,
Railway Court,
Doncaster.
DN4 5FB**

SUPPORT 4 CHANGE

REPORT OF THE TRUSTEES

31ST DECEMBER 2023

Principal Objectives

To support the residents of Doncaster and its environs by:-

- 1) Advancement of health including the prevention and relief of sickness, disease and the suffering both mental and physical, due to the use of illegal and legal substances.
- 2) Prevention and relief of poverty experienced by families and communities affected by someone else's illegal and legal substances.

The effects of drug and alcohol use in the family goes beyond affecting the person using them. Living with a loved one who uses drugs or alcohol has a huge impact on the whole family.

Structure Governance & Management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Achievements & Performance

Introduction

As we conclude another impactful year at Support4Change we reflect on our journey and our commitment to supporting individuals and families affected by drug and alcohol substance abuse.

Over the past year, our services have continued to grow, providing essential support, empowering change, and helping individuals regain control of their lives. This report highlights our achievements, the challenges we have overcome, and our future goals as we strive to expand our reach and deepen our impact.



Mission Statement...

- Support4Change is dedicated to fostering resilience, well-being, and community cohesion among families and individuals affected by substance use in Doncaster.
- We aim to provide a safe and supportive environment for our members to heal, learn, and grow together.

Key achievements

Key Achievements (2023-2024)

- Supported 90 families through group programs.

- Delivered 120 one-on-one counseling sessions.

- Partnered with 4 local organisations to enhance services.

- Offered complementary therapies, walking groups, and social outings.

- **Clients Supported.**

In 2023, we have provided direct support to over 100 families, including one to one therapy, family support, and peer group sessions.

- **Family Interventions**

Our programme for families of those affected by substance abuse resulted in a 25% increase in participation with 120 families benefiting from workshops and counselling.

- **Group Therapy Sessions**

We facilitated 112 peer support sessions, where individuals could share their experiences, fostering a sense of community and solidarity. We are pleased to announce that we now have 3 group sessions operating EVERY week- In three different localities; East Doncaster (Thorne & Moorends); Central Doncaster; and South Doncaster (Conisborough & Mexborough) making Support4Change even more accessible to those that need it.

- **Expansion of digital services**

We continued with the WhatsApp peer support which has supported over 50 participants, allowing clients to access guidance and support in real time.

- **Mental health focus**

97% of our clients reported improved mental health, self-esteem, and overall well-being after attending our workshops.

Service delivery

Our range of services has been crucial in offering both immediate and longer-term support for individuals and their families:

- **One to one therapeutic support**

We provide individualised therapeutic support, tailored to meet the unique needs of each client. This has proven to be critical in addressing a wide range of mental health issues, helping individuals regain control over their lives, and enhancing personal empowerment. Over the past year, our qualified psychotherapists have so far delivered 120 sessions, facilitating personal growth and emotional healing.

With over 120 therapy sessions delivered so far this year, our qualified counsellors work closely with members to address underlying trauma, addiction triggers and to create personalised plans.

- **Group sessions with peer support.**

Our group sessions foster a sense of community, allowing clients to share experiences and offer mutual support. These sessions are structured to encourage open discussions, and participants benefit from the camaraderie and shared understanding that comes from others facing similar challenges.

The group setting not only provides emotional support but also creates an environment where individuals can learn from each other's coping strategies, boosting their overall well-being. Our group sessions offer a safe and nonjudgmental environment for individuals to share their stories and support one another, reinforcing a sense of community.

- **Family support programmes**

Families often struggle alongside their loved ones battling addiction. Our family focused interventions including educational workshops and counselling to help them navigate these changes.

- **WhatsApp peer support**

In response to the pandemic and increasing demand for remote services our WhatsApp peer support group has been instrumental in offering instant access to help, advise and encourage, especially for those unable to attend in person to sessions.

- **Walking Group**

Support for change offers a peer led weekly walking group. Scheduled walks provide structure and a goal to look forward to and walking while discussing challenges can feel less formal than a group setting. Physical movement can symbolically and literally help participants feel like they are moving forward. Exposure to nature can also help alleviate symptoms of depression and anxiety as walking releases endorphins which enhances mood and promotes a sense of well-being.

- **Complementary Therapies**

At Support4Change, we provide complementary therapies to our members as part of our commitment to holistic wellbeing. These therapies are designed to promote relaxation, reduce stress, and enhance overall mental and physical health.

- **Training sessions**

At Support4Change, we recognise that our members face a range of challenges in their daily lives. To empower them and promote well-being, we offered targeted training sessions such as Empowering in Nature, Aromatherapy and the following:

Resilience: Equipping individuals with the tools to bounce back from adversity and develop a positive mindset, enabling them to face life's challenges with confidence.

Mindfulness: Teaching techniques to enhance self-awareness, focus and emotional regulation, fostering a sense of common balance.

Sleep: Providing strategies to improve sleep quality, recognising its vital role in physical and mental health.

Managing stress and anxiety: Offering practical methods to understand and cope with stresses, reducing their impact on daily life and improving mental health.

First aid: Empowering members to respond effectively to emergencies, fostering a sense of preparedness and responsibility in their communities.

These training sessions align with our mission to boost confidence, self-esteem, and overall mental health while fostering a supportive and empowered community.

- **Recreational Activities**

By prioritising recreational activities, Support4Change invest in caregivers' well-being, which ultimately benefits their loved ones as well. A refreshed and emotionally balanced caregiver is better equipped to provide quality care and to maintain their own well-being. We offer pottery and Art workshops, and a walking group to promote Mindful activities and also offer meals out and group outings. Fun recreational activities play a vital role in helping members decompress when they are regularly dealing with the emotional and physical challenges of supporting loved ones. Here is how these activities can be beneficial:

Mental escape: Engaging in fun activities provides a temporary break from caregiving responsibilities. It allows the mind to shift focus away from stress and problem solving, creating space for relaxation and rejuvenation.

Stress reduction: Activities or creative hobbies release endorphins- natural mood boosters. These activities help reduce stress hormones, leading to an uplift and more balanced emotional state.

Restoration of identity: Caregivers often lose sight of their own identity amidst their responsibilities. Recreational activities remind them of their personal interests and passions, helping to rebuild their sense of self beyond their caregiving role.

Social connection: Group activities or events promote social interaction, which can combat feelings of isolation. Sharing laughter and experiences with others fosters a sense of belonging and support.

Physical health benefits: Physical recreation activities such as the walking group improves overall health, boosting energy levels, and enhancing resilience-important for managing caregiving demands.

Improved coping skills: Regular breaks through fun activities provide caregivers with the emotional bandwidth to return to their responsibilities with a fresh perspective and renewed patience.

Encouraging positivity: Fun experiences create positive memories, which can act as a counterbalance to the more challenging moments of caregiving, helping maintain hope and optimism.

Member Testimonials:

S4C has given me a space of support and education for the intense situation I found myself in. Here I learnt from members additional strategies to help manage this situation, and hearing other perspectives and life experiences was beneficial to me. Many thanks to the group for allowing this for me and others.

Member Testimonial J M

September 2023

I have been coming to the weekly S4C meetings for over 7 months now and it has been a difficult yet comforting journey. The group offers peer support (facilitated) on a level only people affected by someone's addiction truly understands. It is a safe space to talk through issues, thoughts and feelings which are a result of damage caused by substance/alcohol/ misuse/abuse. The effect this has on daily life, relationships, self-care etc. Listening to people in the group share their experiences. Personal history with supporting an addict has made me feel that I am not alone.

It was difficult walking into the very first meeting although speaking with Sandra/Kim before I went was encouraging. Everyone in the group was so welcoming and supportive. I felt no pressure to talk and was encouraged if I did want to. I was originally given a contact card (S4C), by a Drug and Alcohol

Support Worker at the hospital. My mum, who is an alcoholic, was taken into hospital after a crisis with alcohol abuse and was put on a detox programme. Living with my mum's addictions has had a huge impact on my life and our relationship. I felt broken and exhausted with no support. The day I got the S4C card has definitely changed my life and saved me being alone. Every meeting I go to I learn something new that I take into my own personal situation. I am now learning how to look after 'me' and change my thinking and behaviour patterns. The weekly advice is invaluable and healthy discussions equally important. During one of the sessions it was discussed that the S4C group had been running for over 10 years. When I heard that there has been this kind of support out there for so many years, I felt extremely saddened. Whilst it is a fantastic support service that i am grateful to have available in my life now it is such a shame i did not know about this service/charity when i was younger. There were no support services growing up supporting my mum.

The group is a lifeline/last resort for myself and others who attend. Whilst the meetings offer peer support there are also social events for members and their families including walking, afternoon tea, meals. Also there have been guest speakers on important issues such as assertiveness, stress and anxiety, taster sessions of Tai Chi, aromatherapy, neuroart, holistic therapy etc.

The meetings, 1:1 support, facilitators Sandra and Paul, trustees and work that S4C carries out is vital.

Member Testimonial KS

That awful sense that I was drowning in complete chaos and struggling to care for and support my mother who was alcohol dependent, I was isolated, alone, and quickly becoming ill myself due to the pressures and stress that I was muddling through every day. I was depressed, anxious and constantly in a state of panic and fear. I was both embarrassed and ashamed of my loved one, whose actions and behaviours were very hurtful, and unbelievably challenging. I was on high alert and at the end of my tether too!! I lived in constant fear, physically, emotionally, and mentally drained.

I listened to others and even though their story is different from mine I could empathize, appreciate, and recognize that we ALL experienced a similar journey. Whatever the substance or whoever the loved ones may be. I would return home to my family after the sessions believing I was more in control and had successfully made effective changes in how I navigated my loved one's addiction. The members are amazing and without knowing it can give the most sensible and obvious solutions, what I like to call "gold dust

information"! This being the simplest change or suggestion that would help me.

However, it is not all doom and gloom, quite the opposite, everyone is friendly compassionate, understanding, we have fun too! Activities and events to look forward to. We share our happy stories and our positive periods in our journey.

I would have been lost without this amazing service, I have gained knowledge and skills, worked on my resilience, I am stronger, I have self-belief and self-worth which has boosted my confidence. I realize that I am important too and certainly have a place in life. I have an unlimited amount of support. My only wish is that I found them sooner!

At Support4Change we recognise the profound impact that drug and alcohol misuse can have on families. In response, Support4Change offers dedicated services to assist family members affected by a loved one's substance Abuse. Our aim is to help families navigate these difficult circumstances, offering guidance, emotional support, and practical strategies to cope with the stress and challenges of living with or supporting someone with addiction issues.

Community and partnerships

Collaborative efforts have played a key role in our success this year, we have partnered with:

- Local government

Our partnerships ensure we can continue to provide our services free of charge to those who need them most.

- Local health authorities

Strengthening our referral system and ensuring that clients receive the care that they need.

- Community services and businesses

We have attended many local events and presented our services to raise awareness of the support that we can offer those affected by another's substance abuse.

Impact on clients

Our services have had a tangible positive impact on clients' lives. Through consistent support, we have seen significant improvements in mental health, emotional resilience, and overall well-being. Client's report enhanced self-esteem, greater confidence, and a renewed sense of purpose. For many, the empowerment they experience translates into better relationships, increased motivation to pursue personal goals, and a reduction in feelings of isolation.

Empowerment confidence and mental health improvements

A central goal of support for change is to empower our clients. We help them rebuild confidence and self-esteem, particularly after traumatic experiences or long-term challenges. Our services, particularly one to one therapy and peer support, are designed to create a safe space for individuals to explore their strengths, build resilience, and feel capable of taking control of their lives. Over the last year, we have observed that a substantial percentage of our clients leave our programmes with improved mental health and the confidence to face new challenges independently.

Financial Overview

2023 was a year of greater financial stability for Support 4 Change.

We have been successful in gaining funding throughout the year from various organisations, businesses and individuals. Please see below to identify these areas of funding.

Doncaster MBC

National Lottery Funding

Doncaster Culture & Leisure Trust (DCLT)

South Yorkshire Community Foundation

Donations from local businesses

Weekly Membership donations

Individual community donations

Grant income for 2023 totalled £37,700 (2022: £3,000) and we were able to support increased Counselling, Group Sessions and Holistic Therapy. The net surplus for the year was £19,286 with reserves carried forward of £22,601 which enables us to plan effectively for 2024 and 2025.

Future plans

As we look to 2024 & 2025, we aim to further expand our outreach, particularly in underserved communities. We will also continue to monitor and evaluate the effectiveness of our programmes to ensure we are delivering the best possible support to our clients. Additionally, we plan to increase engagement through online platforms, broadening access to our peer support networks and making help available to more people regardless of their location and expand our outreach support to underserved communities.

- Increase our Family Services, providing more educational resources and workshops.

- Continue our partnerships with local authorities and community services to streamline support service referrals.

2025 Vision

Expand	Strengthen	Continue	Host
Expand outreach programs to serve more families in Bentley Askern and maintain the current programs in Thorne Mexborough and Town Centre	Strengthen mental health 1:1 counselling and holistic family support along with Mexborough, Thorne and Town Centre groups.	Continue providing well-being activities such as alternative therapies, aromatherapy, and group walking to promote mental health and connection.	Host workshops on stress management, coping strategies, and resilience - building for families. Deliver training on working with families and substance misuse

Acknowledgements

The past year has been one of growth and success for Support4Change. We continue to provide essential services that cater to the diverse needs of individuals and families affected by substance use and mental health challenges. As trustees, we are proud of the positive impact we are making and remain committed to expanding our services and reaching even more people in need.

Support 4 Change: Goals for 2025

- Expand Support to Underserved Areas in Doncaster Bentley & Askern
- Equip families with tools to support loved ones effectively
- Raise awareness through workshops
- Build on the community connections and support networks
- Collaborate with local organisations to expand impact and share skills and resources
- Secure sustainable funding
- Focus on reducing caregiver burnout, a significant contributor to long-term health issues
- Encourage holistic family treatment plans that reduce unnecessary interventions.



None of this year's accomplishments would have been possible without the dedication of our staff, volunteers, donors, funders, and community partners. --To our members, your courage and resilience inspire us every day. Thank you for trusting us to walk alongside you on your own recovery journey. Together, we are creating lasting change.

Reserves

Total reserves amounted to £22,601 (2022: £3,315). This represents just over 13 months' expenditure. The Trustees consider a minimum level of reserves of 12 months' expenditure to be prudent, and have plans for future years to utilise the additional funds.

Risk Management

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

On behalf of the Trustees

Kim Smithson

Chair of Trustees (Support 4 Change)

9th December 2024



Support4Change

Kemp House

152-160 City Road, London. EC1V 2NX.

www.support4change.org.uk

t: 07736 477812

e: info@support4change.org.uk

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Facebook.com/Support4Change

SUPPORT 4 CHANGE

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SUPPORT 4 CHANGE**

I report on the accounts of the Support 4 Change for the Year Ended 31st December 2023 which are set out on pages 15 to 19.

Respective responsibilities of Trustees and Examiner

As the Charity's Trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent Examination, I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ("the Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe.

1. that accounting records were not kept as required by section 386 of the Companies Act 2006; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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; or
4. that there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

R.A. Prior, F.C.C.A., F.C.I.E.
Chartered Certified Accountant
Fellow of the Association of Charity Independent Examiners

W. H. Prior
Chartered Certified Accountants
Railway Court,
Doncaster. DN4 5FB

9th December 2024

SUPPORT 4 CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2023

	<u>Note</u>	Unrestricted Funds	Restricted Funds	Total 2023	2022
		£	£	£	£
INCOME					
<i>Donations and Grants</i>					
Donations	2	1,000	-	1,000	100
Grants	3	37,700	-	37,700	3,000
<i>Charitable activities</i>					
Fundraising by Members		156	-	156	130
TOTAL INCOME		38,856	-	38,856	3,230
EXPENDITURE					
Direct charitable expenditure:-					
Counselling, Group Sessions & Holistic Therapy		9,781	3,004	12,785	6,990
Other Office costs		902	-	902	492
Administration Costs		998	-	998	1,400
Group Activities		1,388	-	1,388	1,250
Room Hire		283	-	283	-
Website		954	-	954	354
Insurance		392	-	392	292
Donations		-	-	-	500
Advertising		447	-	447	92
Other costs		726	-	726	223
Travel		5	-	5	-
Depreciation of Computer Equipment		-	-	-	296
Independent Examination		690	-	690	690
TOTAL EXPENDITURE		16,566	3,004	19,570	12,579
NET MOVEMENT IN FUNDS		22,290	(3,004)	19,286	(9,349)
Reconciliation of funds:-					
TOTAL FUNDS AT START OF THE PERIOD		311	3,004	3,315	12,664
TOTAL FUNDS AT END OF THE PERIOD		22,601	-	22,601	3,315

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

The notes on pages 17 to 19 form part of these financial statements

SUPPORT 4 CHANGE

BALANCE SHEET AS AT 31ST DECEMBER 2023

		2023	2022
	Note	£	£
Fixed assets			
Tangible assets	5	-	-
Current assets			
Debtors		224	221
Cash at bank and in hand	6	23,067	3,784
		<u>23,291</u>	<u>4,005</u>
Liabilities : amounts falling due within one year	7	(690)	(690)
Net current assets		<u>22,601</u>	<u>3,315</u>
Net assets	10	<u>22,601</u>	<u>3,315</u>
<u>Represented by:</u>			
<u>Restricted Funds :-</u>			
Health Lottery Fund	8	-	3,004
<u>Unrestricted Funds :-</u>			
<u>Designated Funds:</u>			
Fixed Asset Fund	9	-	-
General Fund	9	22,601	311
	10	<u>22,601</u>	<u>3,315</u>

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the Year Ended 31st December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 395 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Effective 1st January 2019).

The financial statements on pages 8 to 12 were approved on 9th December 2024 on behalf of the Trustees by:

Kim Smithson
Chair

M. Antoniw
Treasurer

1 Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost accounting rules and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (Effective 1st January 2019) and the Charities Act 2011.

Income

All income is treated as unrestricted income, unless the donor has placed restrictions on the manner in which the donation or grant may be spent, in which case it is treated as restricted income. The restricted funds are detailed in Note 8. Designated Funds represent amounts set aside for specific areas of expenditure by the Trustees, and are detailed in Note 9.

Fixed Assets

Depreciation of fixed assets is provided on the straight-line method at the following rates in order to write off each asset over its estimated useful life:

Computer Equipment : 33% Straight Line

2 Donations

	Unrestricted Funds £	Restricted Funds £	2023 TOTAL £	2022 TOTAL £
Institute of Our Lady of Mercy	200	-	200	-
Other Donations	800	-	800	-
	<u>1,000</u>	<u>-</u>	<u>1,000</u>	<u>-</u>

3 Grants from Trusts, etc.

	Unrestricted Funds £	Restricted Funds £	2023 TOTAL £	2022 TOTAL £
Doncaster MBC	18,750	-	18,750	3,000
National Lottery	9,950	-	9,950	-
Doncaster Culture & Leisure Trust (DCLT)	5,000	-	5,000	-
South Yorkshire Community Foundation	4,000	-	4,000	-
	<u>37,700</u>	<u>-</u>	<u>37,700</u>	<u>3,000</u>

4 Trustees

There were no trustees' remuneration or other benefits for the Year Ended 31st December 2023.

Trustees expenses

There were no trustees' expenses paid for the Year Ended 31st December 2023.

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2023

5 Fixed assets

	Computer Equipment	TOTAL £
Cost		
1st January 2023	1,651	1,651
31st December 2023	1,651	1,651
Depreciation		
1 st January 2023	1,651	1,651
Charge for the Year	-	-
31st December 2023	1,651	1,651
Net book values		
31st December 2023	-	-
31 st December 2022	-	-

All fixed assets are held by the charity for use in meeting its charitable objectives.

6 Cash at bank and in hand

	2023 £	2022 £
National Westminster Bank Current Account	22,918	3,572
Cash	149	212
	23,067	3,784

7 Liabilities: amounts falling due within one year

	2023 £	2022 £
Creditors	-	-
Accruals	690	690
	690	690

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2023

8 Restricted Funds

	Balance 1.1.23 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.23 £
Health Lottery Fund	3,004	-	(3,004)	-	-
	3,004	-	(3,004)	-	-

The balances on Restricted Funds represent amounts received for specified purposes, which have not been expended at the Balance Sheet date.

- (a) Health Lottery Fund: This fund exists as a result of grants received from People's Health Trust specifically for Group sessions and therapy.

9 Unrestricted Funds

	Balance 1.1.23 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.23 £
Designated Fund					
Fixed Assets Fund	-	-	-	-	-
General Fund	311	38,856	(16,566)	-	22,601
Total Unrestricted Funds	311	38,856	(16,566)	-	22,601

10 Analysis of Net Assets between Funds

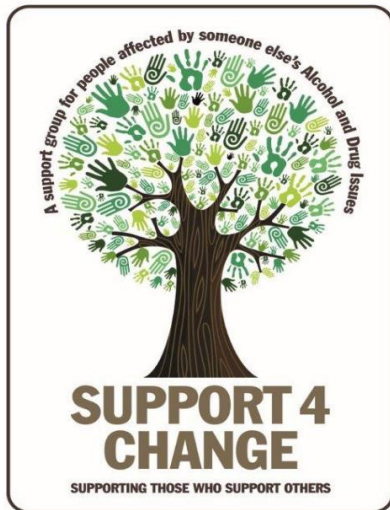
	Tangible Fixed Assets £	Net Current Assets £	2023 TOTAL £	2022 TOTAL £
<u>Restricted Funds</u>				
Health Lottery Fund	-	-	-	3,004
<u>Unrestricted Funds</u>				
Fixed Assets Fund	-	-	-	-
General Fund	-	22,601	22,601	311
	-	22,601	22,601	3,315

11 Capital Commitments

As at 31st December 2023 there were no Capital Commitments (2022: £ Nil).

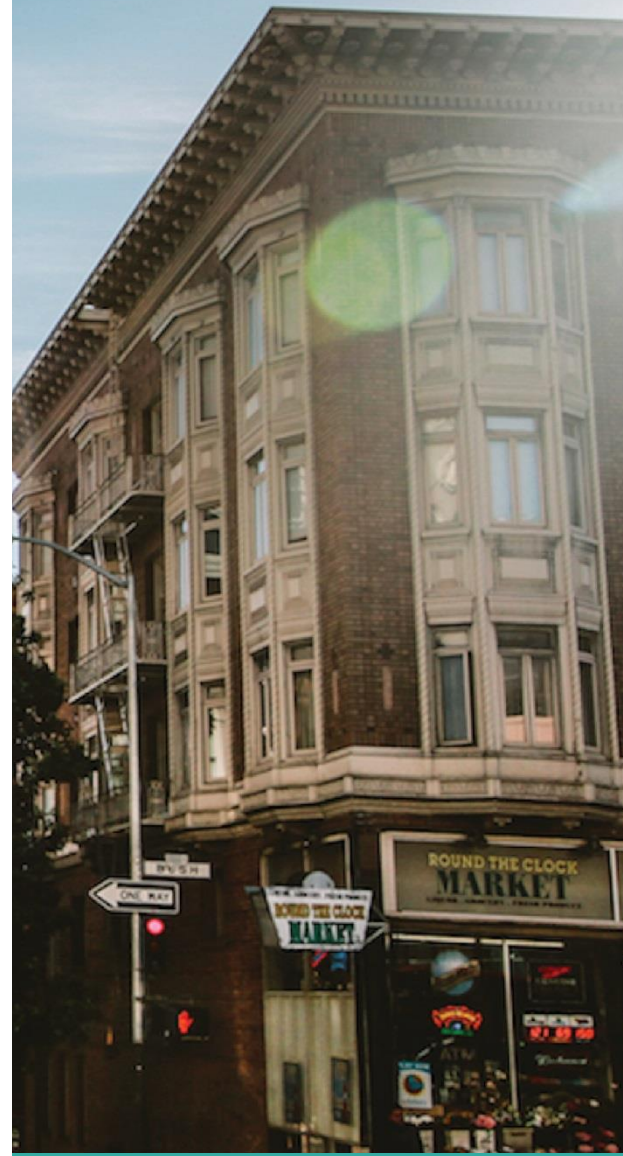
Accounts

Annual Report 2022



JAN 2022-DEC 2022

Support 4 Change
(Registered Charity No. 1166253)
Trustees' Annual Report & Financial Statements



SUPPORT 4 CHANGE

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2021

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**SUPPORT 4 CHANGE
LEGAL AND ADMINISTRATIVE DETAILS**

31ST DECEMBER 2022

A Charitable Incorporated Organisation (CIO)

Registered Company Number:- CE006073 (England & Wales)

Charity Registration Number:- 1166253

Trustees

Kim Smithson - Chair

Maria Antoniow - Treasurer

Sheila Seymour

Sr. Maureen Youle

Verna Hoknes (From 16th May 2022)

Registered Office

Capital Office

Kemp House,

152-160 City Road,

London

EC1V 2NX

Telephone : 07736 477812

Bankers

National Westminster Bank plc

12 High Street,

Doncaster

DN1 1ED

Independent Examiner

R.A. Prior, FCCA, FCIE, DChA,

W.H. Prior

Chartered Certified Accountants,

Railway Court,

Doncaster.

DN4 5FB

SUPPORT 4 CHANGE

REPORT OF THE TRUSTEES

31ST DECEMBER 2022

Principal Objectives

To support the residents of Doncaster and its environs by:-

- 1) Advancement of health including the prevention and relief of sickness, disease and the suffering both mental and physical, due to the use of illegal and legal substances.
- 2) Prevention and relief of poverty experienced by families and communities affected by someone else's illegal and legal substances.

The effects of drug and alcohol use in the family goes beyond affecting the person using them. Living with a loved one who uses drugs or alcohol has a huge impact on the whole family.

Structure Governance & Management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Achievements & Performance

Introduction

It is with great pleasure that we present the annual report for Support 4 Change, an organisation committed to making a positive impact on the lives of families affected by drugs and alcohol. This report highlights our achievements, challenges, and financial performance during the past year.

Mission and Impact

Our mission is to provide support, education, and resources to families facing the challenges of drug and alcohol addiction. In 2022, we continued our efforts to bring hope and healing to these families, working towards a society where they can thrive and recover. Families told us loud and

clear about what good family support looks and feels like for them. Good family support is not something fluffy or marginal, but evidence-based, proactive, and transformational.

Support 4 Change will soon be running into its thirteenth year, our team have said ‘things have been going well, it has really brought into focus just how much this service is needed.’ Families are offered one to one support when they need it, linked with drug and alcohol awareness training where required and have the option of group support where they get a lot out of peer connection and support.

Support 4 Change stands out because of its tailored and intense level of support that’s available with no time limit placed on how long someone can access the support. The true difference the service makes to families is that they feel less isolated and realise that their wellbeing is important too. Family members can begin to put themselves first and often for the first time realise they do not need to cope with this on their own any longer.

Experts by experience- feedback from supported families:

“I just wanted to take time to give Support Change some feedback after using your services this year. I first contacted Support 4 Change at the beginning of December when a member of my family was struggling with drugs, and I felt lost on how to cope with this. I contacted Sandra after being referred to Support 4 Change from Aspire. Immediately I was contacted, and my journey began which I was so grateful for. I was offered one to one support and to be able to go the group sessions on a Monday evening. I cannot stress how both have literally saved me from spiraling out of control myself. Addiction is something we hear about but do not think our families will be affected and when it is we struggle to help that person but to also be kind and keep ourselves strong in the process. Support 4 Change allowed me to continue to be there for that person who had the addiction but also made me realise they had to take responsibility for themselves as well. The sessions gave me coping mechanisms to ensure I was able to be supportive but be able to take a step back and be kind to myself and protect my own mental health. Thank you so much for supporting me on my journey I know without this support I would not have been able to come as far as I have.” (Support 4 Change Member 2022)

Key Achievements

- 1. Family Support Groups:** We conducted Support Groups, providing essential guidance and support to 66 families.
- 2. Counselling Services:** Our dedicated team of counselors have delivered 120 crisis one-to-one sessions helping individuals struggling with the economic and emotional hardship that substance misuse has left them with.

We also signpost and liaise with other organisations to help support with debt management, housing, and education etc.

3. **Awareness Campaigns:** We reached many new members also through our awareness campaigns and educational programs, reducing stigma and increasing understanding.
4. **Community Partnerships:** We forged new partnerships with 4 local organisations to expand our reach and services.
5. **We have offered a range of Complementary Therapies and beauty therapies to members which includes Reiki, Reflexology, Indian head massage, Aromatherapy massage and nails. The wellbeing of members is paramount to S4C and we will aim to continue to be able to deliver these sessions via a trained therapist periodically through the year.**
6. **We have continued to offer a peer led walking group to promote connectiveness and alleviate loneliness and isolation.**
7. **We feel it is important for those affected to enjoy social time to promote relaxation and stress management. This year the outings were again all organised by the members themselves, and included Whitby's for a Christmas gathering, a trip to York, Harlow Carr and a lunch in Harrogate.**

Challenges Faced

While we made significant progress, we also encountered some challenges:

1. **Resource Limitations:** Funding constraints impacted our ability to provide services to everyone in need.
2. **Mental Health Issues:** The complex mental health issues related to addiction have been a growing concern.
3. **COVID-19 Impact:** The pandemic presented unique challenges, with increased isolation and anxiety among families and the impact of this is still long standing.

COVID-19 Impact: The pandemic

Financial Overview

2022 was another year of financial stability for Support 4 Change.

From a continuous funding for S4C we have been successful in gaining funding throughout the year from various organisations, businesses and individuals. Please see below to identify these areas of funding.

The People Heath Trust
National Lottery Funding
Covid-19 Funding
Donations from local businesses
Weekly Membership donations
Individual community donations
Raffles

Thank You

We extend our heartfelt gratitude to our donors, volunteers, staff, and partners. Your unwavering support has enabled us to make a real difference in the lives of those affected by addiction.

Looking Ahead

In 2023/2024, we aim to:

1. Increase our outreach efforts to serve more families.
2. Strengthen our mental health support Counselling services.
3. Continue building strategic partnerships to expand our impact.
4. Working holistically with the whole family to motivate the Substance Users to enter treatment (for those who are not yet accessing treatment services for their drug and alcohol use) using the CRAFT (Community reinforcement and Family Training) model.

With your continued support, we are confident that we can achieve these goals and make a meaningful impact.

We continue to search for funding streams to evolve S4C to meet the needs of its ever-growing members to support them to live their own life to its fullest.

Thank you

Without the support of our Board members, staff, volunteers, local people, and partners then we would not have been able to continue to operate and support those struggling with supporting a loved one affected by Substance Misuse.

More than ever there is a need to be kind to one another, to work in partnership and to be creative and innovative in the work that we do. We can build on what we have all learned over the last 12 months and we will continue to listen to the voices and experiences of those we have supported

and continue to support as we restart and re-engage in all the exciting activities that make us active, thriving and committed.

Reserves

Total reserves amounted to £3,315. Of this £3,0045 represented Restricted Funds, and so the free reserves (Unrestricted) as at 31st December 2022 were £311. This represents less than 1 months' expenditure and is below the intended level of reserves of 6 months' expenditure that the Trustees consider prudent.

Risk Management

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

On behalf of the Trustees

Kim Smithson

Chair of Trustees (Support 4 Change)



Support4Change

Kemp House

152-160 City Road, London. EC1V 2NX.

www.support4change.org.uk

t: 07736 477812

e: info@support4change.org.uk

@Support4Change3

Facebook.com/Support4Change

SUPPORT 4 CHANGE

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SUPPORT 4 CHANGE**

I report on the accounts of the Support 4 Change for the Year Ended 31st December 2022 which are set out on pages 8 to 12.

Respective responsibilities of Trustees and Examiner

As the Charity's Trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent Examination, I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ("the Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe.

1. that accounting records were not kept as required by section 386 of the Companies Act 2006; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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; or
4. that there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

R.A. Prior, F.C.C.A., F.C.I.E.
Chartered Certified Accountant
Fellow of the Association of Charity Independent Examiners

W. H. Prior
Chartered Certified Accountants
Railway Court,
Doncaster. DN4 5FB

3rd November 2023

SUPPORT 4 CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2022

	<u>Note</u>	Unrestricted Funds	Restricted Funds	Total 2022	2021
		£	£	£	£
INCOME					
<i>Donations and Grants</i>					
Donations	2	100	-	100	-
Grants	3	-	3,000	3,000	13,250
<i>Charitable activities</i>					
Fundraising by Members		130	-	130	280
Other Income		-	-	-	250
TOTAL INCOME		230	3,000	3,230	13,780
EXPENDITURE					
Direct charitable expenditure:-					
Counselling, Group Sessions & Holistic Therapy		-	6,990	6,990	8,100
Telephone		-	-	-	50
Other Office costs		-	492	492	622
Administration Costs		-	1,400	1,400	4,935
Group Activities		-	1,250	1,250	558
Room Hire		-	-	-	500
Training		-	-	-	2,000
Website		354	-	354	460
Insurance		292	-	292	388
Donations		500	-	500	-
Advertising		92	-	92	186
Other costs		171	52	223	412
Depreciation of Computer Equipment		258	38	296	550
Independent Examination		690	-	690	690
TOTAL EXPENDITURE		2,357	10,222	12,579	19,451
NET MOVEMENT IN FUNDS		(2,127)	(7,222)	(9,349)	(5,671)
Reconciliation of funds:-					
TOTAL FUNDS AT START OF THE PERIOD		2,438	10,226	12,664	18,335
TOTAL FUNDS AT END OF THE PERIOD		311	3,004	3,315	12,664

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

SUPPORT 4 CHANGE

BALANCE SHEET AS AT 31ST DECEMBER 2022

		2022	2021
	Note	£	£
Fixed assets			
Tangible assets	5	-	296
Current assets			
Debtors		221	125
Cash at bank and in hand	6	3,784	14,489
		4,005	14,614
Liabilities : amounts falling due within one year	7	(690)	(2,246)
Net current assets		3,315	12,368
Net assets	10	3,315	12,664
<u>Represented by:</u>			
<u>Restricted Funds :-</u>			
Health Lottery Fund	8	3,004	10,226
<u>Unrestricted Funds :-</u>			
Designated Funds:			
Fixed Asset Fund	9	-	258
General Fund	9	311	2,180
	10	3,315	12,664

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the Year Ended 31st December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 395 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Effective 1st January 2019).

The financial statements on pages 8 to 12 were approved on 3rd November 2023 on behalf of the Trustees by:

Kim Smithson
Chair

M. Antoniw
Treasurer

1 Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost accounting rules and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (Effective 1st January 2019) and the Charities Act 2011.

Income

All income is treated as unrestricted income, unless the donor has placed restrictions on the manner in which the donation or grant may be spent, in which case it is treated as restricted income. The restricted funds are detailed in Note 8. Designated Funds represent amounts set aside for specific areas of expenditure by the Trustees, and are detailed in Note 9.

Fixed Assets

Depreciation of fixed assets is provided on the straight-line method at the following rates in order to write off each asset over its estimated useful life:

Computer Equipment : 33% Straight Line

2 Donations

	Unrestricted Funds £	Restricted Funds £	2022 TOTAL £	2021 TOTAL £
Rotary Club	-	-	-	-
Other Donations	100	-	100	-
	<u>100</u>	<u>-</u>	<u>100</u>	<u>-</u>

3 Grants from Trusts, etc.

	Unrestricted Funds £	Restricted Funds £	2022 TOTAL £	2021 TOTAL £
People's Health	-	3,000	3,000	10,500
RDASH NHS	-	-	-	2,000
Voluntary Action VCFS Micro Grant	-	-	-	750
	<u>-</u>	<u>3,000</u>	<u>3,000</u>	<u>13,250</u>

4 Trustees

There were no trustees' remuneration or other benefits for the Year Ended 31st December 2022.

Trustees expenses

There were no trustees' expenses paid for the Year Ended 31st December 2022.

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2022

5 Fixed assets

	Computer Equipment	TOTAL £
Cost		
1st January 2022	1,651	1,651
31st December 2022	1,651	1,651
Depreciation		
1 st January 2022	1,355	1,355
Charge for the Year	296	296
31st December 2022	1,651	1,651
Net book values		
31st December 2022	-	-
31 st December 2021	296	296

All fixed assets are held by the charity for use in meeting its charitable objectives.

6 Cash at bank and in hand

	2022 £	2021 £
National Westminster Bank Current Account	3,572	14,277
Cash	212	212
	3,784	14,489

7 Liabilities: amounts falling due within one year

	2022 £	2021 £
Creditors	-	1,556
Accruals	690	690
	690	2,246

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2022

8 Restricted Funds

	Balance 1.1.22 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.22 £
Health Lottery Fund	10,226	3,000	(10,222)	-	3,004
	10,226	3,000	(10,222)	-	3,004

The balances on Restricted Funds represent amounts received for specified purposes, which have not been expended at the Balance Sheet date.

- (a) Health Lottery Fund: This fund exists as a result of grants received from People's Health Trust specifically for Group sessions and therapy.

9 Unrestricted Funds

	Balance 1.1.22 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.22 £
Designated Fund					
Fixed Assets Fund	258	-	(258)	-	-
General Fund	2,180	230	(2,099)	-	311
Total Unrestricted Funds	2,438	230	(2,357)	-	311

10 Analysis of Net Assets between Funds

	Tangible Fixed Assets £	Net Current Assets £	2022 TOTAL £	2021 TOTAL £
<u>Restricted Funds</u>				
Health Lottery Fund	-	3,004	3,004	10,226
<u>Unrestricted Funds</u>				
Fixed Assets Fund	-	-	-	258
General Fund	-	311	311	2,180
	-	3,315	3,315	12,664

11 Capital Commitments

As at 31st December 2022 there were no Capital Commitments (2021: £ Nil).

Accounts

SUPPORT 4 CHANGE
Registered Charity No. 1166253

TRUSTEES' REPORT & FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2021



Support 4 Change

Charitable Organisation (1166253)

SUPPORT 4 CHANGE
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2021

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SUPPORT 4 CHANGE

LEGAL AND ADMINISTRATIVE DETAILS

31ST DECEMBER 2021

A Charitable Incorporated Organisation (CIO)

Registered Company Number

CE006073
(England & Wales)

Charity Registration Number

1166253

Trustees

Sr. Maureen Youle - Chair
Maria Antoniow - Treasurer
Sheila Seymour
KimSmithson
Verna Hoknes (From 16th May 2022)

Registered Office

Capital Office
Kemp House,
152-160 City Road,
London
EC1V 2NX

Telephone : 07736 477812

Bankers

National Westminster Bank plc
12 High Street,
Doncaster
DN1 1ED

Independent Examiner

R.A. Prior, FCCA, FCIE, DChA,
W.H. Prior
Chartered Certified Accountants,
Railway Court,
Doncaster.
DN4 5FB

SUPPORT 4 CHANGE
REPORT OF THE TRUSTEES
31ST DECEMBER 2021

Principal Objectives

To support the residents of Doncaster and its environs by:-

- 1) Advancement of health including the prevention and relief of sickness, disease and the suffering both mental and physical, due to the use of illegal and legal substances.
- 2) Prevention and relief of poverty experienced by families and communities affected by someone else's illegal and legal substances.

The effects of drug and alcohol use in the family goes beyond affecting the person using them. Living with a loved one who uses drugs or alcohol has a huge impact on the whole family.

Structure Governance & Management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Achievements & Performance

Experts by experience- feedback from supported families:

'I have had three one to one sessions and each time you have been great. I now come to the Monday evening group too for ongoing support. I now feel I am where I need to be.' – Family Member

'We are 100% stronger than before and really appreciate all that you have done to help us. We have our tools in place now...it was help that we didn't know we needed.' – Family Member

Our Organisations' name – '**Support for Change**' is a very bold claim for any organisation to make. But it is an echo of what families tell us about the difference we are making every day. And this is what motivates every one of us to keep on carrying on, through what has now been an incredibly hard two years of pandemic. The harms families faced before COVID, through COVID and whatever point we are now at (living with COVID seems to be the phrase of the moment) are still very much there. Doncaster is a city which is continuing to struggle with its relationship with alcohol and drugs, but where it is still not easy to speak out about the impact of experiences.

Families told us loud and clear about what good family support looks and feels like for them. Good family support is not something fluffy or marginal, but evidence-based, proactive and transformational.

Working with families to learn new ways to communicate and interact, be confident in setting boundaries, prioritise self-care, and understand more about substance use and recovery really does change lives and save lives.

Since 2019, we have sobbed our way through many farewells- 7 loved ones of the families that we support have lost their battle with substance use. The news of each and every one remains very sad and is no doubt only a small percentage within the overall general population in Doncaster.

'I felt powerless, I felt like I was drowning and suffocating in the hole of addiction. Support 4 Change has shown me how to gain control and power over my own life and most importantly they have given me the strength and courage to carry on. I would not be where I am today without their support.' – Family Member

'I like that you can come along to what you like but you are never forced into anything. You make really good friends and meet people you can speak to, everyone is in a similar position. I no longer feel alone.'

Progress within the last 12 months:

- We have worked with and supported an additional 44 families affected by Substance use.
- We organised monthly support and advocacy group sessions in Doncaster for those supporting a loved one with Substance issues.

Continued

SUPPORT 4 CHANGE REPORT OF THE TRUSTEES (CONTINUED)

31ST DECEMBER 2021

- We provided support and activities for families in Doncaster, with children of alcohol/substance dependents.
- We are working with Project 3, in Doncaster, to integrate family support across their treatment service.
- We provided updated, evidence led advice for families.
- We directed families to local support through our support directory.
- We empowered those affected by Substance misuse and delivered motivational training to support them in their communities.

We have been able to reach 44 families within the last 12 months and reached our target for the funding period. We have operated 44 face to face group meetings also during the period and delivered a total of 87 crisis one-to-one sessions also.

‘Support 4 Change’ continues to work in partnership with other organisations through the proper and timely use of the agreed multi-agency Safeguarding adults/children procedures, and includes The Local Safeguarding Children Board (LSCB) to refer and conduct enquiries of known or suspected cases. We also signpost and liaise with other organisations to help support with debt management, housing and education etc.

Support 4 Change (S4C) has continued to provide the residents of Doncaster and its environs with the objectives of the charity as identified above and will continue to do so in the coming year 2023/24.

We provided a weekly S4C Group Meeting for all members on Monday evening (18.15-20.15) We are proud to announce that one of our aims from last year was to secure new premises in the Doncaster town center and we are happy to say we have now achieved this. We have listened to our members and now operate from a building that has no links with drug or alcohol services. These group sessions provide an interactive safe and confidential meeting place for all persons affected by illegal and legal substances. It also enables social interaction and friendships leading to a supportive network which benefits each person undergoing difficult and stressful times in their lives. It enables a person/s to have a positive approach to manage their situation to ensure they are able to live the best life they can whilst supporting their loved ones to bring about positive changes in their own lives.

S4C also provide structured 1-1 crisis intervention sessions for person/s finding it difficult to cope with their situation. These can vary from an individual session to continual sessions until the person/s feel able to cope once more.

At S4C we provided sessions of Complimentary therapies. These sessions allow a person/s the opportunity for relaxation and time for themselves which in turn enable them to reduce stress and increase their coping. We also brought in a nail technician this year, for additional pampering.

We encourage all members at S4C to enjoy planned social activities and outings which are decided on by the S4C membership. A trip to York via train and Harlow Carr and Knaresborough and a meal out at the Whitby’s fish and chip diner were the days out enjoyed this year.

S4C members continue to organise therapeutic walking groups together, to talk and walk together.

Being able to enjoy a relaxed family meal, ignoring your phone for a while, giving yourself permission to go for a walk or meet a friend for a coffee, or joining a class or a group for the first time are all huge steps for family members. Their everyday lives have been wholly shaped and controlled by their loved one’s alcohol or drug use, often over many years.

S4C continues with its aim to provide services, advocacy, advice, information and to act as a resource body for all person/s affected by their loved ones illegal/legal substance misuse.

Support 4 Change is now running into its twelfth year, our team have said ‘things have been going well, it has really brought into focus just how much this service is needed.’ Families are offered one to one support when they need it, linked with drug and alcohol awareness training where required and have the option of group support where they get a lot out of peer connection and support.

Support 4 Change stands out because of its tailored and intense level of support that’s available with no time limit placed on how long someone can access the support. The true difference the service makes to families is that they feel less isolated and realise that their wellbeing is important too. Family members can begin to put themselves first and often for the first time realise they do not need to cope with this on their own any longer.

Continued

SUPPORT 4 CHANGE REPORT OF THE TRUSTEES (CONTINUED)

31ST DECEMBER 2021

Achievements and Performance:

We continued with the peer support forum where members could seek 24/7 support online. S4C continued to offer group and one-to-one crisis support to new and established members. A peer (socially distanced) walking group continued to promote connectiveness and alleviate loneliness and isolation.

We will continue to be able to deliver a range of Complementary Therapies and beauty therapies to members which includes; Reiki, Reflexology, Indian head massage, Aromatherapy massage and nails. The wellbeing of members is paramount to S4C and we will aim to continue to be able to deliver these sessions periodically through the year.

S4C has formed part of the Alcohol Alliance and continues to have close links with Doncaster Carers, Leger Homes, DMBC and Aspire drug and alcohol services. S4C continues to be involved with the 'Substance Misuse Theme Group' (SMTG); a quarterly meeting whose remit remains focused on dependent drinkers and the prevalence of traditional opiate based drugs.

'Support 4 Change' continues to benefit from the support and representation of its two patrons- Dr Rajesh Alex, a Consultant at Bassetlaw Hospital and Mr Majid Khan- a councillor for the Bessacarr Constituency.

Future plans

We hope to continue to develop and grow S4C as an organisation that is well equipped in supporting those who support others.

1 A safe haven

A S4C Hub

To be able to secure premises offering a safe space for drop in support, group meetings, face to face 1:1's, group work, training, recreational activities and therapeutic treatments. We would like to offer other organisations to join us in participating in workshops and training sessions.

2 Respite and relaxation

24hr Support Phone Line

To be able to support those in need outside of usual group times and offer support and understanding.

3 Support, information and advice

A bi-monthly Newsletter. To be able to share news, coping strategies, events, future plans and other informative information to S4C members.

Financial Review

The charity benefited from the next tranche of People's Health grant in the year (£10,500) and two further grants (totalling £2,750) which made a major difference to the charity's operations. Total income received was £13,780 and expenditure incurred was £19,451, leading to a deficit of £5,671 (2020: Surplus £11,637) as grant income received in the previous financial period was expended.

Reserves

Total reserves amounted to £12,664 as at 31st December 2021. Of this £10,226 represented Restricted Funds, and so the free reserves (Unrestricted) as at 31st December 2021 were £2,438. This represents less than 2 months' expenditure and is below the intended level of reserves of 6 months' expenditure that the Trustees consider prudent.

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.

The Trustees have put in place systems to mitigate the exposure to the major risks identified.

On behalf of the Trustees

Sr. Maureen Youle

Chair

31st October 2022

SUPPORT 4 CHANGE

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SUPPORT 4 CHANGE**

I report on the accounts of the Support 4 Change for the Year Ended 31st December 2021 which are set out on pages 6 to 10.

Respective responsibilities of Trustees and Examiner

As the Charity's Trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent Examination, I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ("the Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe.

1. that accounting records were not kept as required by section 386 of the Companies Act 2006; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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; or
4. that there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

R.A. Prior, F.C.C.A., F.C.I.E.
Chartered Certified Accountant
Fellow of the Association of Charity Independent Examiners

W. H. Prior
Chartered Certified Accountants
Railway Court,
Doncaster. DN4 5FB

31st October 2022

SUPPORT 4 CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2021

	<u>Note</u>	Unrestricted Funds	Restricted Funds	Total 2021	2020
		£	£	£	£
INCOME					
<i>Donations and Grants</i>					
Donations	2	-	-	-	1,053
Grants	3	-	13,250	13,250	26,397
<i>Charitable activities</i>					
Fundraising by Members		280	-	280	108
Other Income		250	-	250	-
TOTAL INCOME		530	13,250	13,780	27,558
EXPENDITURE					
Direct charitable expenditure:-					
Counselling, Group Sessions & Holistic Therapy		-	8,100	8,100	9,120
Telephone		-	50	50	83
Other Office costs	159	463	622	622	491
Administration Costs	-	4,935	4,935	4,935	5,173
Group Activities	-	558	558	558	-
Room Hire	-	500	500	500	-
Training	-	2,000	2,000	2,000	-
Website	460	-	460	460	-
Insurance	388	-	388	388	-
Other costs	427	171	598	598	153
Depreciation of Computer Equipment	478	72	550	550	211
Independent Examination	690	-	690	690	690
TOTAL EXPENDITURE		2,602	16,849	19,451	15,921
NET MOVEMENT IN FUNDS		(2,072)	(3,599)	(5,671)	11,637
Reconciliation of funds:-					
TOTAL FUNDS AT START OF THE PERIOD		4,510	13,825	18,335	6,698
TOTAL FUNDS AT END OF THE PERIOD		2,438	10,226	12,664	18,335

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

The notes on pages 8 to 10 form part of these financial statements

SUPPORT 4 CHANGE
BALANCE SHEET AS AT 31ST DECEMBER 2021

		2021	2020
	Note	£	£
Fixed assets			
Tangible assets	5	296	846
Current assets			
Debtors		125	-
Cash at bank and in hand	6	14,489	19,354
		<u>14,614</u>	<u>19,354</u>
Liabilities : amounts falling due within one year	7	(2,246)	(1,865)
Net current assets		12,368	17,489
Net assets	10	<u>12,664</u>	<u>18,335</u>
<u>Represented by:</u>			
<u>Restricted Funds :-</u>			
Health Lottery Fund	8	10,226	10,423
Big Lottery Fund	8	-	3,402
<u>Unrestricted Funds :-</u>			
<u>Designated Funds:</u>			
Fixed Asset Fund	9	258	736
General Fund	9	2,180	3,774
	10	<u>12,664</u>	<u>18,335</u>

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the Year Ended 31st December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 395 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Effective 1st January 2019).

The financial statements on pages 6 to 10 were approved on 31st October 2022 on behalf of the Trustees by:

Sr. Maureen Youle
Chair

M. Antoniwi
Treasurer

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021**1 Accounting policies****Accounting convention**

The financial statements have been prepared under the historical cost accounting rules and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (Effective 1st January 2019) and the Charities Act 2011.

Income

All income is treated as unrestricted income, unless the donor has placed restrictions on the manner in which the donation or grant may be spent, in which case it is treated as restricted income. The restricted funds are detailed in Note 8. Designated Funds represent amounts set aside for specific areas of expenditure by the Trustees, and are detailed in Note 9.

Fixed Assets

Depreciation of fixed assets is provided on the straight-line method at the following rates in order to write off each asset over its estimated useful life:

Computer Equipment : 33% Straight Line

2 Donations

	Unrestricted Funds £	Restricted Funds £	2021 TOTAL £	2020 TOTAL £
Rotary Club	-	-	-	900
Other Donations	-	-	-	153
	-	-	-	1,053

3 Grants from Trusts, etc.

	Unrestricted Funds £	Restricted Funds £	2021 TOTAL £	2020 TOTAL £
People's Health	-	10,500	10,500	16,500
Big Lottery Fund	-	-	-	9,897
RDASH NHS	-	2,000	2,000	-
Voluntary Action VCFS Micro Grant	-	750	750	-
	-	13,250	13,250	26,397

4 Trustees

There were no trustees' remuneration or other benefits for the Year Ended 31st December 2021.

Trustees expenses

There were no trustees' expenses paid for the Year Ended 31st December 2021.

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021

5 Fixed assets

	Computer Equipment	TOTAL £
Cost		
1st January 2021	1,651	1,651
31st December 2021	1,651	1,651
Depreciation		
1 st January 2021	805	805
Charge for the Year	550	550
31st December 2021	1,355	1,355
Net book values		
31st December 2021	296	296
31 st December 2020	846	846

All fixed assets are held by the charity for use in meeting its charitable objectives.

6 Cash at bank and in hand

	2021 £	2020 £
National Westminster Bank Current Account	14,277	19,354
Cash	212	-
	14,489	19,354

7 **Liabilities:** amounts falling due within one year

	2021 £	2020 £
Creditors	1,556	1,175
Accruals	690	690
	2,246	1,865

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021

8 Restricted Funds

	Balance 1.1.21 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.21 £
Health Lottery Fund	10,423	10,500	(10,697)	-	10,226
Big Lottery Fund	3,402	-	(3,402)	-	-
RDASH NHS	-	2,000	(2,000)	-	-
Voluntary Action VCFS Micro Grant	-	750	(750)	-	-
	13,825	13,250	(16,849)	-	10,226

The balances on Restricted Funds represent amounts received for specified purposes, which have not been expended at the Balance Sheet date.

- (a) Health Lottery Fund: This fund exists as a result of grants received from People's Health Trust specifically for Group sessions and therapy.
- (b) Big Lottery Fund: This fund exists as a result of grants received from the National Lottery in respect of the Active Communities project and the running of Saturday Drop-in sessions and outreach into the community.

9 Unrestricted Funds

	Balance 1.1.21 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.21 £
Designated Fund					
Fixed Assets Fund	736	-	(478)	-	258
General Fund	3,774	530	(2,124)	-	2,180
Total Unrestricted Funds	4,510	530	(2,602)	-	2,438

10 Analysis of Net Assets between Funds

	Tangible Fixed Assets £	Net Current Assets £	2021 TOTAL £	2020 TOTAL £
<u>Restricted Funds</u>				
Health Lottery Fund	38	10,188	10,226	10,423
Big Lottery Fund	-			3,402
<u>Unrestricted Funds</u>				
Fixed Assets Fund	258	-	258	736
General Fund	-	2,180	2,180	3,774
	296	12,368	12,664	18,335

11 Capital Commitments

As at 31st December 2021 there were no Capital Commitments (2020: £ Nil).

Accounts

SUPPORT 4 CHANGE

Registered Charity No. 1166253

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2020

SUPPORT 4 CHANGE
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

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SUPPORT 4 CHANGE

LEGAL AND ADMINISTRATIVE DETAILS

31ST DECEMBER 2020

A Charitable Incorporated Organisation (CIO)

Registered Company Number

CE006073
(England & Wales)

Charity Registration Number

1166253

Trustees

David Warren - Chair to November 2020
Maria Antoniow - Treasurer
Sr. Maureen Youle - Chair from November 2020
Sheila Seymour
George Oleksy
KimSmithson

Registered Office

Capital Office
Kemp House,
152-160 City Road,
London
EC1V 2NX

Telephone : 07736 477812

Bankers

National Westminster Bank plc
12 High Street,
Doncaster
DN1 1ED

Independent Examiner

R.A. Prior, FCCA, FCIE, DChA,
W.H. Prior
Chartered Certified Accountants,
Railway Court,
Doncaster.
DN4 5FB

SUPPORT 4 CHANGE

REPORT OF THE TRUSTEES

31ST DECEMBER 2020

Principal Objectives

To support the residents of Doncaster and its environs by:-

- 1) Advancement of health including the prevention and relief of sickness, disease and the suffering both mental and physical, due to the use of illegal and legal substances.
- 2) Prevention and relief of poverty experienced by families and communities affected by someone else's illegal and legal substances.

Structure Governance & Management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Achievements & Performance

This year Support 4 Change experienced, along with the rest of the world, a year like no other. One minute we were chatting in a group about the news from China and Italy about a virus and the next minute we were putting our emergency planning processes into place and working from home !

The team and the Board members all pulled together to ensure that we were able to continue to provide a local support platform for those struggling with another's Substance misuse in Doncaster. Without their hard work and dedication, we would have struggled to function in the unprecedented situation that we were in with everyone else. In our time of adversity, the team came together with creativity and innovation to drive us forward to develop new ways of engagement and involvement to ensure that those in need of support were supported and helped.

We have been able to reach 130 new members in the last 12 months and on target for the envisaged 225 for the current funding period. We have operated 39 online and 13 face to face group meetings also during the period, and delivered a total of 156 crisis one-to-one sessions.

"Support 4 Change" continues to work in partnership with other organisations through the proper and timely use of the agreed multi-agency Safeguarding adults/children procedures, and includes The Local Safeguarding Children Board (LSCB) to refer and conduct enquiries of known or suspected cases. We also signpost and liaise with other organisations to help support with debt management, housing and education, etc.

Support 4 Change (S4C) has continued to provide the residents of Doncaster and its environs with the objectives of the charity and will continue to do so in the coming year.

We provide a weekly S4C Group Meeting for all members on a Monday evening (18.15-20.15) and also on a Saturday at Thorne (10.45-12.45). These groups have safely been operating on video conferencing during COVID restrictions and one-one's via phone. We have increased the number of Therapists we engage.

These sessions provide an interactive, safe and confidential meeting place for all persons affected by illegal and legal substances. It also enables social interaction and friendships leading to a supportive network which benefits each person undergoing difficult and stressful times in their lives. It enables a person/s to have a positive approach to manage their situation to ensure they are able to live the best life they can whilst supporting their loved ones to bring about positive changes in their own lives.

S4C also provide structure 1-1 crisis intervention sessions for person's finding it difficult to cope with their situation. These can vary from an individual session to continual sessions until the person/s feel able to cope once more.

At S4C we provide sessions of Complimentary therapies. These sessions allow a person/s the opportunity for relation and time for themselves which in turn enable them to reduce stress and increase their coping. These will be able to operate again once COVID restrictions have been lifted.

Continued

SUPPORT 4 CHANGE

REPORT OF THE TRUSTEES (CONTINUED)

31ST DECEMBER 2020

We encourage all members at S4C to enjoy planned social activities and outings which are decided on by the S4C membership. Again due to COVID restrictions we have had to temporarily place these on hold.

S4C continues with its aim to provide services, advocacy, advice, information and to act as a resource body for all person/s affected by their loved ones illegal/legal substance misuse.

Due to COVID restrictions early in 2020, the activities provided to members have been adapted. We set up a peer support group chat forum where members could seek 24/7 support online. S4C continued to offer group and one-to-one crisis support to new and established members throughout the COVID period.

A peer (socially distanced) walking group was set up and in operation to promote connectiveness and alleviate loneliness and isolation during the COVID period.

We will continue to be able to deliver a range of Complementary Therapies to members once again once the COVID period has been relaxed, which includes: Reikim, Reflexology, Indian head massage and Aromatherapy massage. The wellbeing of members is paramount to S4C and we will aim to continue to be able to deliver these sessions periodically through the year as much as funding allows.

S4C continues to attend the monthly “Carers Forum” and since the meeting with the Director of Public Health (Rupert Suckling) “Support 4 Change” has been invited to attend the “Substance Misuse Theme Group (SMTG); a quarterly meeting whose remit remains focused on dependent drinkers and the prevalence of traditional opiate based drugs.

“Support 4 Change” benefit from the support and representation of its two patrons – Dr. Rajesh Alex, a Consultant at Bassetlaw Hospital and Mr Majid Khan – a councillor for the Bessacarr Constituency.

Financial Review

The charity benefited from two grants in the year (totalling £26,397) which made a significant difference to the charity’s operations in 2020. Total income received was £27,558 and expenditure incurred was £15,921, leading to a net surplus of £11,637 for the year which was added to reserves to be used in the next financial year.

Reserves

Total reserves amounted to £18,355 as at 31st December 2020. Of this £13,825 represented Restricted Funds, and so the free reserves (Unrestricted) as at 31st December 2020 were £4,510. This represents just over 3 months’ expenditure and is below the intended level of reserves of 6 months’ expenditure that the Trustees consider prudent.

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.

The Trustees have put in place systems to mitigate the exposure to the major risks identified.

On behalf of the Trustees
Sr. Maureen Youle

Chair

26th July 2021

SUPPORT 4 CHANGE

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SUPPORT 4 CHANGE**

I report on the accounts of the Support 4 Change for the Year Ended 31st December 2020 which are set out on pages 5 to 9.

Respective responsibilities of Trustees and Examiner

As the Charity's Trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent Examination, I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ("the Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe.

1. that accounting records were not kept as required by section 386 of the Companies Act 2006; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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; or
4. that there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

R.A. Prior, F.C.C.A., F.C.I.E.
Chartered Certified Accountant
Fellow of the Association of Charity Independent Examiners

W. H. Prior
Chartered Certified Accountants
Railway Court,
Doncaster. DN4 5FB

26th July 2021

SUPPORT 4 CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2020

	<u>Note</u>	Unrestricted Funds	Restricted Funds	Total 2020	2019
		£	£	£	£
INCOME					
<i>Donations and Grants</i>					
Donations	2	1,053	-	1,053	-
Grants	3	-	26,397	26,397	1,750
<i>Charitable activities</i>					
Fundraising by Members		108	-	108	996
TOTAL INCOME		1,161	26,397	27,558	2,746
EXPENDITURE					
Direct charitable expenditure:-					
Counselling and Group Sessions		1,380	7,740	9,120	9,105
Telephone		49	34	83	194
Other Office costs		-	491	491	1,024
Administration Costs		500	4,673	5,173	3,778
Group Activities		-	-	-	1,002
Room Hire		-	-	-	168
Other costs		153	-	153	-
Depreciation of Computer Equipment		183	28	211	264
Independent Examination		690	-	690	-
TOTAL EXPENDITURE		2,955	12,966	15,921	15,535
NET MOVEMENT IN FUNDS		(1,794)	13,431	11,637	(12,789)
Reconciliation of funds:-					
TOTAL FUNDS AT START OF THE PERIOD		6,304	394	6,698	19,487
TOTAL FUNDS AT END OF THE PERIOD		4,510	13,825	18,335	6,698

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

The notes on pages 5 to 9 form part of these financial statements

SUPPORT 4 CHANGE
BALANCE SHEET AS AT 31ST DECEMBER 2020

		2020	2019
	Note	£	£
Fixed assets			
Tangible assets	5	846	1,057
Current assets			
Cash at bank and in hand	6	19,354	5,641
		19,354	5,641
Liabilities : amounts falling due within one year	7	(1,865)	-
Net current assets		17,489	5,641
Net assets	10	18,335	6,698
<u>Represented by:</u>			
<u>Restricted Funds :-</u>			
Health Lottery Fund	8	10,423	394
Big Lottery Fund	8	3,402	-
<u>Unrestricted Funds :-</u>			
<u>Designated Funds:</u>			
Fixed Asset Fund	9	736	919
General Fund	9	3,774	5,385
	10	18,335	6,698

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the Year Ended 31st December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 395 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Effective 1st January 2019).

The financial statements on pages 5 to 9 were approved on 26th July 2021 on behalf of the Trustees by:

Sr. Maureen Youle
Chair

M. Antoniwi
Treasurer

The notes on pages 5 to 9 form part of these financial statements

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2020**1 Accounting policies****Accounting convention**

The financial statements have been prepared under the historical cost accounting rules and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (Effective 1st January 2019) and the Charities Act 2011.

Income

All income is treated as unrestricted income, unless the donor has placed restrictions on the manner in which the donation or grant may be spent, in which case it is treated as restricted income. The restricted funds are detailed in Note 8. Designated Funds represent amounts set aside for specific areas of expenditure by the Trustees, and are detailed in Note 9.

Fixed Assets

Depreciation of fixed assets is provided on the straight-line method at the following rates in order to write off each asset over its estimated useful life:

Computer Equipment : 20% Reducing Balance

2 Donations

	Unrestricted Funds £	Restricted Funds £	2020 TOTAL £	2019 TOTAL £
Rotary Club	900	-	900	-
Other Donations	153	-	153	-
	<u>1,053</u>	<u>-</u>	<u>1,053</u>	<u>-</u>

3 Grants from Trusts, etc.

	Unrestricted Funds £	Restricted Funds £	2020 TOTAL £	2019 TOTAL £
People's Health	-	16,500	16,500	1,250
Big Lottery Fund	-	9,897	9,897	-
Doncaster Health	-	-	-	500
	<u>-</u>	<u>26,397</u>	<u>26,397</u>	<u>1,750</u>

4 Trustees

There were no trustees' remuneration or other benefits for the Year Ended 31st December 2020.

Trustees expenses

There were no trustees' expenses paid for the Year Ended 31st December 2020.

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2020

5 Fixed assets

	Computer Equipment	TOTAL £
Cost		
1st January 2020	1,651	1,651
31st December 2020	1,651	1,651
Depreciation		
1 st January 2020	594	594
Charge for the Year	211	211
31st December 2020	805	805
Net book values		
31st December 2020	846	846
31 st December 2019	1,057	1,057

All fixed assets are held by the charity for use in meeting its charitable objectives.

6 Cash at bank and in hand

	2020 £	2019 £
National Westminster Bank Current Account	19,354	5,641
	19,354	5,641

7 Liabilities: amounts falling due within one year

	2020 £	2019 £
Creditors	1,175	-
Accruals	690	-
	1,865	-

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2020

8 Restricted Funds

	Balance 1.1.20 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.20 £
Health Lottery Fund	394	16,500	(6,471)	-	10,423
Big Lottery Fund	-	9,897	(6,495)	-	3,402
	394	26,397	(12,966)	-	13,825

The balances on Restricted Funds represent amounts received for specified purposes, which have not been expended at the Balance Sheet date.

- (a) Health Lottery Fund: This fund exists as a result of grants received from People's Health Trust specifically for Group sessions and therapy.
- (b) Big Lottery Fund: This fund exists as a result of grants received from the National Lottery in respect of the Active Communities project and the running of Saturday Drop-in sessions and outreach into the community.

9 Unrestricted Funds

	Balance 1.1.20 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.12.20 £
Designated Fund					
Fixed Assets Fund	919	-	(183)	-	736
General Fund	5,385	1,161	(2,772)	-	3,774
Total Unrestricted Funds	6,304	1,161	(2,955)	-	4,510

10 Analysis of Net Assets between Funds

	Tangible Fixed Assets £	Net Current Assets £	2020 TOTAL £	2019 TOTAL £
<u>Restricted Funds</u>				
Health Lottery Fund	110	10,313	10,423	394
Big Lottery Fund	-	3,402	3,402	-
<u>Unrestricted Funds</u>				
Fixed Assets Fund	736	-	736	919
General Fund	-	3,774	3,774	5,385
	846	17,489	18,335	6,698

11 Capital Commitments

As at 31st December 2020 there were no Capital Commitments (2019: £ Nil).