

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

CONTENTS

	Page
Legal and Administrative Details	1
Report of the Trustees	2 - 4
Independent Examiner's report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 - 10

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	463	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
		14,614	19,354
Liabilities : amounts falling due within one year	7	(2,246)	(1,865)
Net current assets		12,368	17,489
Net assets	10	12,664	18,335
<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	12,664	18,335

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).