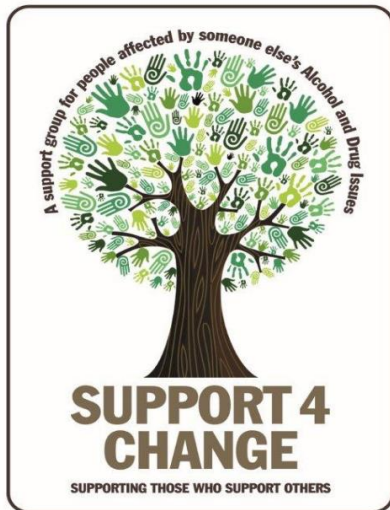
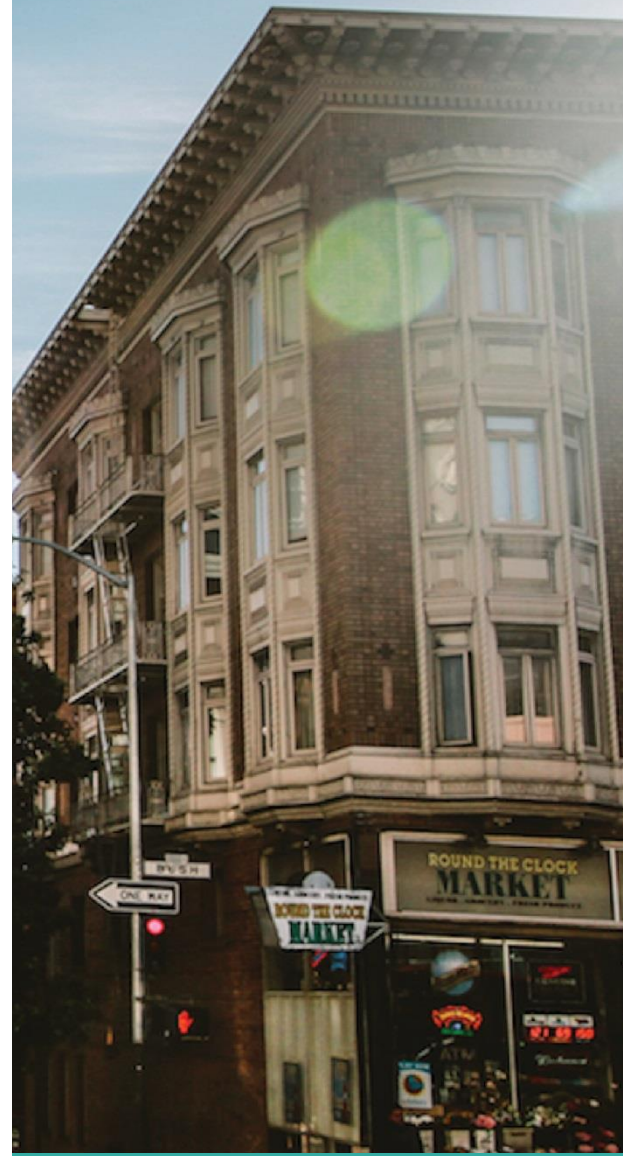


Annual Report 2022



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

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@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).