

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

CONTENTS

	Page
Legal and Administrative Details	1
Report of the Trustees	2 - 9
Independent Examiner's report	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 - 15

**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).