CHANGES BRISTOL LTD

England & Wales · Charity number 1167828

Details

Other names	CHANGES BRISTOL
Status	Registered
Legal form	Charitable company
Company number	08914724
Registered	2016-06-24
Register	View on the Charity Commission register

Contact

Address	Barton Hill Settlement 43 Ducie Road Lawrence Hill Bristol BS5 0AX
Phone	01179411123
Email	info@changesbristol.org.uk
Website	www.changesbristol.org.uk

Activities

Objects: 1) TO PROVIDE OR ASSIST IN THE PROVISION OF MENTAL HEALTH CARE2) TO ADVANCE THE EDUCATION IN ALL MATTERS RELATED TO MENTAL HEALTH3) TO PROMOTE AND PUBLISH RESEARCH IN THE FIELD OF MENTAL HEALTH4) TO PROVIDE A SERVICE THAT IS OPEN TO ANYONE MANAGING OR RECOVERING FROM MENTAL DISTRESS

Activities: Changes Bristol is a mental health charity that is peer led and provides peer support groups and peer support networks for people who suffer mental distress throughout Bristol and the surrounding area. Our support meetings happen at the same time and place each week. We provide a number of interventions including our Steps to Recovery programme and other wellbeing workshops.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- Bath And North East Somerset
- Bristol City
- North Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£305,071	£400,269	-	-
2024-03-31	£334,927	£384,815	-	-
2023-03-31	£303,199	£256,821	-	-
2022-03-31	£219,337	£227,576	-	-
2021-03-31	£240,791	£145,231	-	-

Trustees

Name	Role	Appointed
Peter John Raimes	Chair	2023-02-23
Clare Derrett		2025-07-08
Dr Elizabeth Ann Frost		2020-07-08
Dr Jonathan Gibb		2025-07-08
Dr Miriam Khan		2024-03-24
Katendi Heald		2024-06-12
Meg Waters		2024-01-10
Sally Rose Kent		2016-10-12
Tariq White		2024-07-01

CHANGES BRISTOL LTD

England & Wales - Charity number 1167828

Accounts

REGISTERED COMPANY NUMBER: 08914724 (England and Wales)
REGISTERED CHARITY NUMBER: 1167828

REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 FOR CHANGES BRISTOL LTD

Accountants:
Linden Accountants
Scrapstore House, 21 Sevier Street
St Werburghs, Bristol
BS2 9LB

Chair statement for the Annual report 2024-2025:

It has been another exciting and eventful year for Changes as we continue to attract more members across Bristol, ensuring that we reflect the rich diversity of the Bristol community. This has been achieved not just through the hard work and dedication of Alessandra Gava, the Chief executive, and her staff, but also our volunteers and trustees who give an incredible amount of their time to Changes. Without this commitment and dedication from our volunteers and trustees, Changes would not be able to deliver the great service that it does, and is recognised for across Bristol, so a big thank you to all.

This is the end of my third year as Chair of Changes and one that has seen the board enjoy both a period of stability, and the development and implementation of several key pieces of work to support the work of the charity. This includes completing a review of the Articles of Association which was mentioned in last year's report, and approved by the board later in the year. The board also set up a mentoring scheme where new trustees could get support and advice from more experienced trustees to allow them to feel more confident with how the board and charity operate. This has been a great success and in next year's report I will detail how we have further developed this.

During this year we said goodbye to one trustee: Matt Dunderdale. We thank him for his contributions to the board. We also welcomed two new trustees, Katendi Heald and Tariq White, who bring a rich and diverse set of skills and experiences to the board.

Pete Raimes, Chair

Trustee Board:

Our Trustee board is responsible for managing the business of Changes Bristol as outlined in our Articles of Association.

The board presently has 8 trustees, with a maximum of 12 as permitted under the Articles of Association. This includes a chair, a vice chair, treasurer, and board/ company secretary. The board has the capacity to co-opt members onto the board, and appoint consultants / advisors to support the board and Chief Executive for a specific time period set by the board.

Trustees serve a term of three years; they can serve a maximum of two terms except in exceptional circumstances.

The board consisted of the following members in 2024-25:

Pete Raimes - Chair

Dr Liz Frost - Vice Chair

Meg Waters - Secretary

Sally Gregson - Treasurer

Dr Philip Charles

Dr Miriam Khan

Katendi Heald - *Joined the board on 09/10/2024*

Tariq White - *Joined the board on 11/12/2024*

Matt Dunderdale - *Left the board on 10/06/2024*

The board undertook the following work during the year 2024-2025:

Structure and Governance

- Appointed a board/company secretary
- Reviewed the Articles of Association
- Implemented a new risk management policy and risk management tool
- Reviewed and updated trustee job descriptions
- Undertook various trainings including: NCVO trustee induction, Women in Mental Health and fundraising for mental health services
- Set up a trustee mentoring structure to support new trustees
- Implemented a new trustee appointments process
- Reviewed and updated Changes' policies and procedures
- Implemented a board self-assessment and evaluation process

Finance

- Provided oversight of financial arrangements and activities within Changes
- Reviewed budgets, business plans and monitored performance against targets, both financial and non-financial
- Had oversight on remuneration for staff

Staff support

- Undertook exit interviews for staff
- Sat on staff recruitment interview panels
- Participated in staff away days

Service engagement

- Attended volunteer social events
- Represented Changes at training / fundraising / engagement events
- Provided safeguarding cover for groups
- Undertook group facilitator roles

We would like to thank our Trustees for their support and oversight of our Governance & Strategies during this period attending monthly meetings, sub committees and away days.

Peer Support:

In an economically challenging year and increased pressure on health services, we were delighted to have increased our geographic reach across Bristol with a weekly peer support group in Lawrence Weston at Ambition and a re-established a group in Southmead at the Greenway Centre, which has since gone from strength to strength. This development involved extensive behind the scenes work and community engagement to secure the ideal venue and time slot, ensuring accessibility for our members.

We were able to provide a staggering 21 weekly peer support groups over the course of the year, some in person and some online, offering much needed barrier free mental health support across Bristol, building communities and providing connection to others in safe non-judgemental spaces. This report includes key findings from our Feb 2025 member survey and testimonials shared by members.

We held a member day at The Wellspring Settlement in August 2024 where we asked - How does Changes benefit your mental health?
People shared:
“Break down to a breakthrough”
“Help lift out of depression and anxiety”
“Feel like it saved my life.”
This shows how important our peer support services are in our community and the impact they have on people’s lives.

A huge thank you to our peer support facilitators who created safe spaces for people to come together and for the dedication of our incredible volunteers, supported by our Volunteer Co-ordinator, Deputy Services Manager and Head of Services, who regularly showed up for others in our community.

"The facilitators at the Hillfields group are fantastic, it's great that they are on the same journey as the rest of us who attend it makes their feedback authentic and it feels like the support given and received is mutual."

Our Peer Support Groups included:
A dedicated Women’s group, Men’s group, LGBTQIA+ group, Women of Colour group and Men of Colour Group and a further 16 general groups.
We would like to thank the BNSSG ICB who extended our funding helping us to deliver this far-reaching support across the BNSSG area.

Peer support groups were delivered at Ashton Vale, Bedminster, Brislington, Knowle, City Centre, Easton Community Centre, Hillfields, Horfield, Wellspring, Lawrence Weston and Southmead.
We would like to thank Burges Salmon for their support for our Hillfields group in 2025 and once again we want to say a huge thank you to the Cricket Ground for providing a free venue space for our Horfield group.
We continue to seek funding for our Hillfields, Horfield and Wellspring Group who provide support to so many people in these communities and many of our online groups that we deliver throughout the week.

In our member survey **77%** told us that they felt more connected to a community as a result of our services and **82%** shared that attending a Changes Bristol group helped them feel more positive feelings (like calmness, compassion, forgiveness, contentment, generosity) which demonstrates the positive impact of peer support during such a challenging climate.

"I have been living very isolated with a painful chronic illness and struggling along with depression. The Changes groups gave me the opportunity to express and explore a little about my feelings. With the support group and the telephone befriending, I felt less alienated from society. I am glad to have had some contact with people during this hard time. Thank you all."

Where applicable **88%** of people told us that attending Changes Bristol groups had helped them **feel less suicidal**.

"I moved to Bristol in November and I did not know a soul here and I am suffering from CPTSD so these groups helped me connect with locals with mental health issues in a positive, therapeutic context and to reduce loneliness and get things off my chest and to begin to become a part of the community."

77% of people told us that coming to Changes Bristol services had helped them feel more confident.

"The LGBTQIA+ group is absolutely fantastic. I love being a part of this group because you meet new people and get to talk with people who you know already and it creates a real sense of community and love. I am so grateful that this group exists, I look forward to it every week. It gives me something to hold onto when the week has been particularly difficult."

Where applicable **86%** of people told us that attending Changes Bristol's groups helped them feel less at risk of mental health hospitalisation.

- **5951 Total attendances to our groups, meetings and activities**
- **1062 people attending groups, walks and trips**
- **759 People attending our peer support groups**
- **1037 Active Members**

"When I was disturbed by a family conflict, the Changes meetings helped me to work through this with the support of others in the group. I would recommend using this service. The staff were well trained and helped to guide the meetings."

"generally a force for good in this dark world"

<u>Quality Assurance:</u>

Overall Experience - February 2025

- 93.3% of respondents rated their overall experience as very good or good
- 97% of respondents said they would recommend Changes Bristol services to family and friends

"Changes has given me a regular support group in my local area, that lets me check in, share my thoughts and get feedback and support others. It's a great help."

70% of people, where applicable, told us that since attending Changes groups it had helped them stay in employment.

"Changes is so fundamental in my ability to see myself as a valued individual. The sense of community is refreshingly beautiful. Changes has a very special place in my heart."

In addition, we raised money through our Big Give Campaign in 2024 to provide in person Women of Colour and LGBTQIA+ groups for 2025, supplementing our weekly online groups.

Sunrise Foundation Trust - Student Engagement Project:

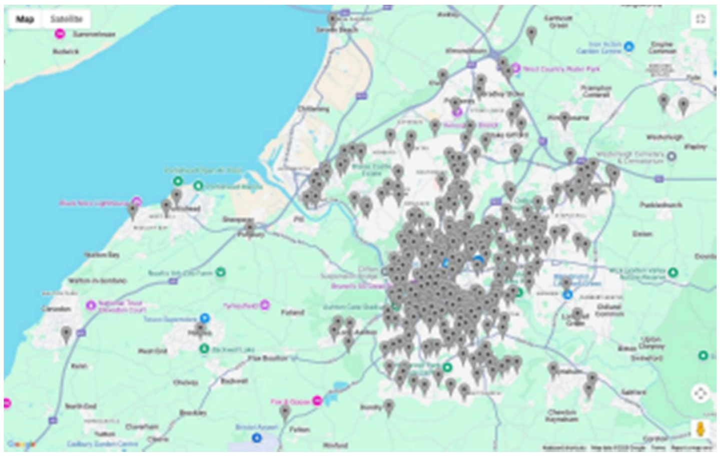
As part of this funded project, we were able to deliver accredited peer facilitator training to students and delivered our first pilot round of training. We engaged with students and schools delivering free yoga classes and speaking to young people about their mental health needs and barriers to accessing support.
This project helps us to reach more young people, give them the tools they need to improve their mental wellbeing and train future volunteers and mental health support workers in our city.

We collaborated with the University of Bristol Future Research Leaders Project who researched the barriers to men of colour in accessing non-NHS mental health support.

We would like to thank the Henry Smith Foundation for their support through the Improving Lives Grant.

Attendance across our groups remained strong, with a total of 5,041 attendances from 759 individuals, and 1,037 registered members. Members heard about our groups through a wide range of channels, over 30 different referral sources, reflecting the success of our ongoing outreach, promotion, and networking by our dedicated project workers.

We are pleased to report an increase in GP referrals to our services. Our members represent communities from all areas of Bristol, highlighting the reach and inclusivity of our service.



Geographical spread of Changes Bristol group attendees.

Changes Bristol continues to be a core member of the VCSE Mental Health Alliance, coming together with other mental health charities to share knowledge, insights and provide collaborative community support across the area.

<u>Befriending Service:</u>

We were delighted to receive an extension to our Bristol Impact Fund Grant to March 2026 allowing us to continue delivering our Befriending Service for mental health and wellbeing.
During this period our Befriending service had 196 members - 78 people supported in our telephone befriending service and 118 people joining our walk and talk.
Over this period, we had 42 volunteer befrienders who made weekly one hour phone calls to befriendees, providing a safe and confidential space to share feelings, difficulties and provide support.
83.3% of people of our walk participants felt more connected to others.
87% felt less socially isolated.

"The communication and relationship formed is great and has given me confidence."

We would like to thank Arnos Vale Cemetery for hosting guiding tours as part of our walks and to the Challice Garden Trust for providing free tickets for our members as part of our visit to Glastonbury. Regular walks include visits to Windmill Hill City Farm, Brandon Hill, St George Park, Snuff Mills and the Harbourside with further walk locations planned for 2025.

"Overall, it's a good service for when you want to make a first step, and when you are feeling overwhelmed. It means you can start with having a friend to talk to, I'm very grateful for this service."

"I have attended appointments, gained confidence and more from using the befriending service at Changes. I am very grateful."

There were 878 attendances to our walks and trips including 46 people who participated in our Keep Going Keep Growing Nature Wellbeing Group, 34 people who came along to our visits to Westonbirt Arboretum and Tree Planting sessions and an additional 30 people who joined us for our visit to see the murmuration at Glastonbury. We wish to offer our thanks to Westonbirt Arboretum for their continued support in organising coach travel and visits over this year. These trips offered people the opportunity to connect with others over a longer period and participate in a shared purpose in restoring lost forests.

"It is hard to pinpoint exactly what has helped. It could be sharing struggles, taking some pressure free and relaxing time for myself or spending time in nice relaxing nature filled environments. Whatever it is I often walk away from groups feeling lighter and in a better frame of mind."

We feel passionately about the benefits of nature to our mental wellbeing and are delighted to be able to offer Nature Connection Courses in 2025 led by our experienced Nature Wellbeing Facilitators. We look forward to building new connections and to developing our thriving peer support for mental health services in creative, inclusive, and innovative ways in the coming year.

Thank you to everyone who has contributed the success of our charity, our incredible staff team, volunteers, members, charity sector and business partners and for your continued support for our charity in our mission to improve mental wellbeing in our community.

Alessandra Gava, CEO
Changes Bristol

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHANGES BRISTOL LTD

I report to the charity's trustees on my examination of the accounts of Changes Bristol Ltd for the period ended 30 March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act), as amended by s.145 of the Charities Act 2011) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under the company law and is eligible for independent examination; it is my responsibility to:

- Examine the accounts (under section 145 of the 2011 Act),
- To follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) Act), and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required by audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Steven Baptiste
Linden Accountants, Scrapstore House, 21 Sevier Street, St Werburghs, Bristol, BS2 9LB

Steven Baptiste
Date: 28/01/2026

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 (Restated) £
INCOME					
Income from generated funds	2	1,682	272,861	274,543	306,041
Other income	3	30,528	-	30,528	28,886
TOTAL INCOME AND ENDOWMENTS		32,210	272,861	305,071	334,928
EXPENDITURE					
Expenditure on charitable activities	4	107,239	293,030	400,269	383,870
TOTAL EXPENDITURE		107,239	293,030	400,269	383,870
NET INCOME/(EXPENDITURE)		(75,029)	(20,169)	(95,198)	(48,943)
Balances brought forward		147,812	67,316	215,128	264,070
Gross transfers between funds	10	-	-	-	-
Balances carried forward		72,782	47,147	119,930	215,128

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

The notes on pages 11 to 16 form part of these financial statements

CHANGES BRISTOL LTD

BALANCE SHEET

YEAR ENDED 31 MARCH 2025

	Note	2025 £	2025 £	2024 £ (Restated)	2024 £ (Restated)
FIXED ASSETS:					
Tangible assets	6		2,930		2,022
CURRENT ASSETS:					
Debtors	7	19,457			1,117
Cash at bank and in hand		101,415			218,835
		120,873			219,952
CURRENT LIABILITIES:					
Creditors: falling due within one year	8	(3,873)			(6,846)
Net current assets			117,000		213,106
NET ASSETS:			119,930		215,128
FUNDS					
General funds	10	72,782			147,812
Restricted funds	10	47,147			67,316
			119,930		215,128

For the year ending 31st March 2025, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the directors and authorised for issue on 20/01/2026..............
and are signed on their behalf by:

...P...Raimes...
Chair of Trustees

......S Kent.. S. Kent
Treasurer

Charity Registration Number: 1167828

The notes on pages 11 to 16 form part of these financial statements

1 ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historic cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 SORP) issued in July 2014, and applicable UK Accounting Standards and the Charities Act 2011.

Funds structure
Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have set aside resources for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or the terms of a specific

Income
All income is recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of income can be measured with sufficient reliability.

Income from donations is included when these are receivable, except as follows:

- When the donors specify that the donations given to the charity must be used in future accounting periods.

- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from grants, where there are performance or service deliverables required by the terms of the grant, are accounted for as the charity earns the right to payment through its performance.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that agree all costs related to the category. Support costs have been allocated 100% towards the charitable activities of the charity.

Charitable activities
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct pay and non-pay costs and support costs relating to those activities.

Going concern
After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue its operations for the foreseeable future and therefore they have continued to adopt the going concern basis when preparing the financial

Governance costs
Governance cost include those costs associated with meeting the constitutional and statutory requirements of the charity, and include its independent examination fees and costs linked to the strategic management of the charity including trustee expenses.

Tangible fixed assets and depreciation
Depreciation has been provided on all tangible fixed assets at rates calculated to write off the cost, less estimated residual value of each asset, over its expected useful life. The rates used are: 20% straight line on office equipment and 25% straight line on fixtures and fittings.

2 GRANTS RECEIVABLE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
The Henry Smith Charity	-	44,600	44,600	43,100
Student and Young People Engagement Project	-	34,692	34,692	33,090
BCC Impact Medium Fund	-	49,750	49,750	59,700
Celtic Connection Fund	-	-	-	4,285
Burges Salmon	-	-	-	4,000
Cost of Living Quartet Foundation	-	-	-	45,000
ICB LGBTQIA+ and Women of Colour	-	28,772	28,772	27,692
ICB Inner City and East Bristol	-	11,097	11,097	10,680
ICB South Bristol	-	52,031	52,031	50,078
ICB North and West	-	25,446	25,446	26,416
LGBTQIA+ In Person	-	-	-	1,000
WeSport Green Social Project	-	8,000	8,000	-
NHS ICB WorkWell	-	18,473	18,473	-
Other grants	1,682	-	1,682	1,000
	1,682	272,861	274,543	306,041

3 ACTIVITIES FOR GENERATING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Donations	29,188	-	29,188	27,501
Other Revenue	-	-	-	132
Service Delivery	1,140	-	1,140	365
Training Delivery	200	-	200	850
Royalties & Commission Received	-	-	-	38
	30,528	-	30,528	28,886

4 DIRECT CHARITABLE EXPENDITURE

Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Costs of Sales	423	-	423	-
Other Direct Expenses	-	854	854	515
Project Costs	2,061	742	2,803	2,257
Staff & Volunteer Expenses - Befriending	1,459	427	1,886	2,588
Staff & Volunteer Expenses - Groups	311	204	515	949
Student Allowance	5,000	5,950	10,950	7,800
Venue Costs	8,563	3,152	11,716	10,864
<u>Support Costs</u>				
Accountancy & Professional Fees	5,665	-	5,665	5,325
Bank Charges	34	-	34	83
Entertainment	445	-	445	-
Fundraising Expenses	-	-	-	-
Marketing & Promotion	1,894	-	1,894	4,757
Office & IT Consumables	7,371	65	7,435	5,915

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Office Costs	6,039	150	6,189	9,988
Recruitment & Training	2,996	1,091	4,087	5,098
Rent	6,427	3,600	10,027	12,014
Support Meetings	533	-	533	361
Telephone & Internet	1,987	-	1,987	2,149
Travel	731	-	731	1,103
Trivial Benefits	1,244	-	1,244	1,669
Wages & Staff Costs	50,827	276,794	327,620	307,814
	104,010	293,030	397,040	381,246

Governance Costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £ (Restated)
Independent Examination Fee	650		650	650
Depreciation	1,014		1,014	617
Insurance	1,565		1,565	1,356
	3,229	-	3,229	2,623
	107,239	293,030	400,269	383,870

5 CORPORATION TAX

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

6 TANGIBLE FIXED ASSETS

	Computer Equipment £	Furniture & Fixtures £	Totals £
COST:			
At 01 April 2024	9,504	-	9,504
Additions	1,674	249	1,922
At 31 March 2025	11,178	249	11,427
DEPRECIATION:			
At 01 April 2024 *(Restated)*	7,483	-	7,483
Charge for the year	952	62	1,014
At 31 March 2025	8,435	62	8,497
NET BOOK VALUE:			
At 31 March 2025	2,744	187	2,930
At 31 March 2024	2,021	-	2,021

7 DEBTORS

	2025 £	2024 £
Prepayments	1,994	1,117
Trade Debtors	17,463	-
	19,457	1,117

8 CREDITORS: amounts falling due within one year

	2025 £	2024 £
Accruals	2,637	2,345
Net Wages	46	1,853
Pensions Payable	1,169	1,201
Trade Creditors	21	1,446
	3,873	6,846

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £ (Restated)
Fixed Assets	2,930	-	2,930	1,076
Current Assets	92,199	28,674	120,873	220,898
Current Liabilities	(3,873)	-	(3,873)	(6,846)
	91,256	28,674	119,930	215,128

10 ANALYSIS OF CHARITABLE FUNDS

For the year ended 31 March 2025

Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
Unrestricted funds:					
General funds	147,812	32,210	(107,239)	-	72,782
Designated funds	-	-	-	-	-
Building funds	-	-	-	-	-
	147,812	32,210	(107,239)	-	72,782
Restricted funds:					
The Henry Smith Charity	2,961	44,600	(47,561)	-	-
Student and Young People Engagement Proje	19,714	34,692	(29,054)	-	25,352
BCC Impact Medium Fund	6,014	49,750	(55,764)	-	-
Celtic Connection Fund	422	-	(422)	-	-
WeSport Green Social Project	-	8,000	(4,677)	-	3,323
Burges Salmon	920	-	(920)	-	-
Cost of Living Quartet Foundation (Phase 2)	36,286	-	(36,286)	-	-
ICB LGBTQIA+ and Women of Colour	-	28,772	(28,772)	-	-

	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
ICB Inner City and East Bristol	-	11,097	(11,097)	-	-
ICB South Bristol	-	52,031	(52,031)	-	-
ICB North and West	-	25,446	(25,446)	-	-
LGBTQIA+ In Person	1,000	-	(1,000)	-	-
NHS ICB WorkWell West	-	18,473	-	-	18,473
	67,316	272,861	(293,030)	-	47,147
Total	215,128	305,071	(400,269)	-	119,930

BCC Medium Impact Fund

Bristol City Council Medium Impact Fund Grant for Befriending for Mental Health Service.

Burges Salmon

Funding for a nature wellbeing peer support group.

Celtic Connection Fund

Funding for an in person Peer support for mental health group in Hillfields.

Cost of Living - Quarter Foundation

Cost of Living Wellbeing Support in Bristol providing peer support for mental health groups for people struggling with finances.

Henry Smith Improving Lives

This grant is for core funding for the Director Post and administration.

ICB LGBTQIA+ and Women of Colour

Funding for project worker for a safe space LGBTQIA+ Online Peer Support Group and for a safe space Women of Colour Peer support for mental health online group.

ICB Inner City & East Bristol

Funding for the city centre peer support for mental health group.

ICB South Bristol

Funding for in person peer support for mental health groups in South Bristol.

ICB North and West

Funding for in person peer support for mental health groups in North and West Bristol.

Student and Young People Engagement Project (formerly Sunrise Foundation - Phase 2)

Outreach into schools and higher education to promote mental health awareness, tools for managing mental wellbeing , support pathways into volunteering at Changes Bristol and deliver accredited training.

WeSport Green Social Prescribing Network

Funding for a nature wellbeing peer support group.

NHS ICB WorkWell West

Funding for The Nature Connection Course from April 2025 to support people off sick or not working due to mental health difficulties.

For the year ended 31 March 2024

Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £ (Restated)	Transfers £	Fund c/fwd £
Unrestricted funds:					
General funds	186,886	29,886	(60,545)	(8,416)	147,812
Designated funds	-	-	-	-	-
Building funds	-	-	-	-	-
	186,886	29,886	(60,545)	(8,416)	147,812
Restricted funds:					
The Henry Smith Charity	6,801	43,100	(46,940)	-	2,961
Sunrise Foundation	19,575	-	(21,339)	1,764	-
Sunrise Foundation (Phase 2)	-	33,090	(11,613)	(1,764)	19,714
BCC Impact Medium Fund	692	59,700	(54,378)	-	6,014
Celtic Connection Fund	2,171	4,285	(6,034)	-	422
WeSport Green Social Project	1,572	-	(1,572)	-	-
Burges Salmon	-	4,000	(3,080)	-	920
Cost of Living Quartet Foundation	45,903	-	(45,903)	-	-
Cost of Living Quartet Foundation (Phase 2)	-	45,000	(8,560)	(154)	36,286
ICB LGBTQIA+ and Women of Colour	470	27,692	(28,375)	213	-
ICB Inner City and East Bristol	-	10,680	(12,098)	1,418	-
ICB South Bristol	-	50,078	(56,863)	6,785	-
ICB North and West	-	26,416	(26,570)	154	-
LGBTQIA+ In Person	-	1,000	-	-	1,000
	77,184	305,041	(323,325)	8,416	67,316
Total	264,070	334,927	(383,870)	-	215,128

11 RELATED PARTY TRANSACTIONS

There were no related party transactions between the charity and the trustees or persons or entities connected to them during the year.

CHANGES BRISTOL LTD

England & Wales - Charity number 1167828

Accounts

REGISTERED COMPANY NUMBER: 08914724 (England and Wales)
REGISTERED CHARITY NUMBER: 1167828

REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 MARCH 2024 FOR CHANGES BRISTOL LTD

Linden Accountants
Scrapstore House
21 Sevier Street, St Werburghs Bristol
BS2 9LB

CHANGES BRISTOL LTD
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for the Year Ended 30 March 2024

Annual Report 2023 / 2024

CHANGES BRISTOL LTD
REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Chair Statement

It has been another exciting and eventful year for Changes as we continue to attract more members from across Bristol, ensuring we reflect the rich diversity of the Bristol community. This has been achieved not just by the hard work and dedication of our staff, but also our volunteers and trustees who give up an incredible amount of their time to Changes. Without this commitment and dedication from our volunteers and trustees, Changes would not be able to deliver the great service that it does and is recognised for, so a big thank you to you all.

This year is the end of my second year as Chair of Changes and I want to use this opportunity to thank my fellow trustees for the considerable amount of time and dedication they have given to Changes over the last year. I also want to thank Alessandra and Louisa - our two co-directors - who worked with the board and myself, and to the all the staff who have played such an important role in the Charity. As I have mentioned already the board is incredibly grateful for the work of both staff and volunteers. With that in mind, the board started work with Alessandra and Louisa to set out a strategy for supporting both volunteers and staff in terms of training and support that we hope we can report back on in more detail next year. However, suffice it to say the intention is to ensure volunteers and staff continue to feel supported and trained, and confident to deliver high quality services that we have come to expect from Changes Bristol.

There have been some staff changes over the year and it is always sad to see staff leave. However, I wanted to acknowledge that Louisa Woods - one our co-directors - left this year to move on to new ventures. Louisa was a key figure in driving through a number of initiatives as we looked to review and modernise governance processes at Changes. I am very grateful to her for the time we spent working together and we all wish her well for the future.

During this last year, we have said goodbye to a number of trustees: Cecile Biscotte, Joshua Bundy, Lasani Wjetunge, Tom Hartnell, Hannah Roddis and Jess Brydon. While all those leaving have played an important role over the time they were trustees, I want to place on record the board's particular thanks and best wishes to Jess Brydon who was a long-time member of the board and before that a group facilitator. She was the acting Chair when I was appointed two years ago and played a key role in helping me to settle in, for which I will always be grateful.

We also welcomed in three new trustees: Meg Waters, Matt Dunderdale and Miriam Khan who bring a rich and diverse set of experiences to the board.

As a mental health charity, we were particularly pleased to be awarded a contract from the Sunrise Foundation Multiyear Grant for student engagement. The grant allows us to work more closely with young people to support their mental health awareness by offering volunteer training to young people.

Finally, the board have been working on several projects over the year, a key one has been reviewing and updating the Articles of Association (the charity's constitution as required by the Charities Commission). I hope to be able to report back in full at the next AGM and in next year's report on how that has developed.

Pete Raimes

Chair of Trustees
November 2024

OBJECTIVES AND ACTIVITIES

Objectives and Aims

The provision of mental health support for the area of Bristol and the surrounding area including residents of South Gloucestershire, North Somerset and BANES. Changes Bristol Ltd provides its support through the provision of peer support groups following a structure originally developed by Changes Stoke and other types of peer support and mental health education.

Mission Statement

Changes will be recognised as an accessible and effective mental health service. Changes aim to promote the recovery and mental wellbeing of those in mental distress in Bristol and the surrounding area.

Core Values

<u>Allyship and Inclusion</u>
<u>Wellbeing</u>
<u>Respect</u>
<u>Empowerment</u>
<u>Equality, Diversity and Inclusion</u>

We seek to ensure our community is inclusive, free of harmful power dynamics and representative of the population we serve. All of our services are 'safe spaces' but we have created dedicated spaces for Women of Colour, Men of Colour, LGBTQIA+ individuals, women and men, as we understand that these communities all face unique and nuanced challenges.

Alessandra Gava and Louisa Woods led the Charity as Co-Directors over this year with Louisa Woods departing Changes Bristol at the end of March 2024. Louisa's contributions to the running of and

development of Changes Bristol will be missed by all. Alessandra Gava became full time Director at the beginning of March 2024. In January we were delighted to appoint a new Head of Services, Liam Cooper-King, to oversee the operational running of our services.
We held a well-attended AGM in March 2024 with our special Guest Speaker and founder of Changes Bristol Richard Pearce which also celebrated our 20th anniversary with our members.

Significant Activities

Strategic targets achieved in 2023/24 included:
- Continued support from The Henry Smith Foundation whose grant covers core costs that sustains the further development of the charity
- Responding to the impact of the Cost of Living Crisis on wellbeing
- Continuation of online support groups in line with demand.
- New Student and Community Engagement project with the award of a multi-year grant from The Sunrise Foundation.
- Continuation of support groups for groups of a specific characteristic online as requested by members including a Women's group, Men's group, LGBTQ+ group and the Women of Colour project.
-Continuation of the South Bristol peer support service, with 4 groups and provision of safe support groups to meet the needs of the community as requested by citizens of South Bristol and commissioned by the BNSSG Integrated Care Board (ICB), the Inner City and East City Centre Group and the opening of a peer support group in North Bristol commissioned by the ICB.
- Continuation of the Befriending Service for mental wellbeing through the Bristol City Council Impact Fund.
- Continuation and growth of our Nature Wellbeing Group
- Continued improvement in training and supervision provision to our volunteers.

Public Benefit
The Trustees have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

Volunteers
Key to the ethos of Changes Bristol is the use of volunteers in the delivery of the service.
Without volunteers our services could not run. 103 volunteers were involved in the delivery of the services of the charity over this year as Befrienders, Peer support group facilitators, Trustees and Marketing & Comms and Fundraisers. We strongly encourage service beneficiaries to become volunteers in order to continue their own wellbeing recovery and assist in the development of the service. We recruited new members of staff and volunteers to facilitate additional peer support groups and trained an additional 31 volunteer befrienders and 47 volunteer facilitators over this period.

Some feedback from our volunteers:

On Befriending:

“From my end of the phone, it just seems like such a simple but incredibly effective way of making a connection with those who genuinely need it. I feel the UK can be quite a lonely and isolating place (coming from Ireland myself) so anything we can do to make it friendlier is so important!“

“Volunteering with Changes Bristol as a befriender has been really rewarding. I have built up a strong bond with my ‘befriendee’ and I have seen improvements in their mental health since we first started chatting. Also a shout out to all the staff who are so supportive of their volunteers and ensure they are always comfortable in their role.”

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

In our members survey we ask individuals who use our service how the services accessed impact them, what they like about them and areas for improvement. In our surveys there were the following highlights:

94 % of individuals accessing groups reported a benefit for their mental health from attending Changes Bristol services

91% of people attending groups said that it had helped them feel that they can express themselves

80% of people told us they felt more connected to a community.

78.2% of individuals also reported an increase in their overall life quality due to attending Changes Bristol groups and

86% of members reported an increase in positive feelings from the groups such as compassion, calm, forgiveness and contentment.

87% of people reported that attending Changes services had helped their ability to face problems

86% had increased confidence.

74% reported feeling less at risk of mental health hospitalisation

67% of applicable respondents said that it had made them feel less suicidal.

66% of respondents said that it had helped them take steps towards better physical health.

Jen Witts Nature Facilitator and Project Worker

One of my favourite aspects of my role at Changes is building strong relationships in our community. We've been privileged to enjoy many extracurricular activities/trips in the last year and have built new and strengthened existing partnerships.

All of them have been special and meaningful in different ways. The mural project with People's Republic of Stokes Croft was an amazing opportunity for our members to get creative, learn new skills and spread awareness about mental health and our work in the City. We were all really proud to see it displayed with its bright vibrant colours in such a prominent place in Bristol. It was also the first time that PRSC had worked in this collaborative, co-created way and they really enjoyed the deeper connections it gave.

Bristol Ferries have taken us out several times now, it's been a unique opportunity for (sometimes lifelong) residents to see the City from a different perspective and enjoy the calm of being on the water. They also generously gave members free day tickets to have a trip in their own time, which they found really special.

Our trip to Westonbirt Arboretum was part of an ongoing project and relationship. Many members braved the freezing downpour in January to be one of the first groups to plant trees in their new Community Woodland. It had the excitement of a school trip as we took the coach (arranged by Westonbirt) to the site and planted 85 trees! It would have been 100 but they ran out of plastic guards!

The final trip was to see the Wildlife Photography Exhibition of the Year at Bristol Museum, we had a lovely time enjoying the phenomenal pictures and discussing them afterwards. This was part of my commitment to securing Keep Going Keep Growing as a weekly group throughout the winter, as we had been faced with moving to fortnightly sessions due to lack of funding. As part of this endeavour I also secured some free hire space at Bridge Farm and low cost hire for the roundhouse at Springfield Allotments.

All of our members had such a good time at the events and outings, it was a joy to witness the ease in which people chatted away, got stuck into new tasks and found exciting new interests. I'm always on the lookout for new ways for our members to connect with the amazing opportunities that we have in the City and continue to expand our reach and connections.

In April 2023, Changes Bristol was successfully awarded a further two year extension to deliver peer support groups for mental health in South Bristol and Inner City and East Bristol. We also received extra funding for our online LGBTQIA+ and Women of Colour Peer Support Groups and funding for peer support groups in North Bristol.
We developed a pilot for a series of in person peer support groups for our LGBTQIA+ and Women of Colour Groups and we hope to build on this provision in the coming year.

The Cost of Living Crisis had a detrimental impact on financial, energy and food security and health and wellbeing of people living in Bristol, having been awarded a grant to support people's wellbeing we opened 6 new wellbeing groups across the city and provided 185 sessions in total.

We recruited 11 volunteers to support these groups who received an additional 'finance and mental health training' that we developed for this project. We had hoped to recruit higher numbers of volunteers, however one of the impacts of cost of living crisis was that less people were able to volunteer and recruitment was a challenge. This is something that occurred on a national level as less people had free time to volunteer therefore more staff were involved in the delivery of this work that we had anticipated and ambitions had to be scaled down. These groups, however, worked as intended to provide much needed support to people experiencing difficulties and we worked closely with our partners Richmond Fellowship and the Citizens Advice Bureau Bristol to signpost people to financial advice and support.
People attending these groups shared that they were feeling "less depressed and feeling more important ", " more confident in general and less anxious", "less alone in my experiences and felt

understood and cared for by the community", "helped me find or remind me of strategies to help my mental health and wellbeing".

The second wellbeing grant we were awarded in response to the cost of living commenced in January 2024 which had a different approach in supporting communities. We were able to continue 2 weekly groups in the last quarter of the year and work more closely with 4 community hubs to understand the different needs of communities and what would be of most benefit to them.

Our Befriending Service for mental health connected 150 people through weekly telephone calls and walks. 43 Volunteer Befrienders made an hour phone call each week to support people in this service. We had 951 walk attendances over this period joining 73 walks in and around Bristol. Our walking groups have grown thriving communities with peer support at their heart. We are so thankful to all our befriending volunteers who have given their time to support people going through difficult periods, showing the importance of connecting and learning from each other.

“My experience of the Befriending service has significantly reduced my sense of social isolation. It has given me a focal point for my week to know that I have someone who will actively listen to me and encourage me to talk in my otherwise quite isolated world experience. I think that Changes did a very good job at matching me with a befriender that really brings me out of myself. and opens up my mind to other opportunities and possibilities."

“"How nice it was to talk to somebody every week and know that I could just talk to somebody. One thing that was important was I didn’t always want to talk about myself and we shared experiences.”

Our peer support groups had 5477 attendances from 874 members. The group spaces continue to be open access, with no referral or diagnosis required. We hold weekly groups around the city and online, including our specific safe space groups for Women of Colour, people who identify as LGBTQIA+, women and men.
Hillfields Group - Celtic Connection Fund Grant through the Quartet Community Foundation.
This group had 248 attendances between April 2023 and March 2024. 6 volunteers supported this group by facilitating meetings and this group continues to be an important resource for the community.
100% Felt less socially isolated, 75% increased social interactions, 100% had more positive feelings (for example, life calmness, compassion, forgiveness, contentment, generosity),
100% Feel they can express themselves. 33 people said they were experiencing depression and 38 people said they were feeling anxiety on registration. Over the surveys during the lifetime of the grant, 90% of members of this group said that coming to the group had benefited their mental health with 10% not sure.

Over the year we have also been able to continue weekly groups that we deliver through the money we raise through fundraising activities throughout the year. We are proud that we deliver peer support groups for mental health every day between Mondays to Fridays with a mixture of morning, afternoon and evening groups, online and in person.

"Really friendly and welcoming no pressure but lots of support"

"Changes has helped me increase talking openly about my feelings"

"Changes have helped me feel less alone and more connected with other people. It gives me a space to openly talk about my experiences and emotions without feeling judged. I feel validated and cared about when I go to the group and if I am struggling during the week, knowing I have the group on Tuesdays gives me motivation and encouragement to get to the group and gives me a space to talk openly and honestly."

To promote positive conversations around mental health in the community we spoke at schools and universities and we delivered mental health awareness training to local businesses.

The Green Social Prescribing Program across Bristol, South Glos and North Somerset funded an extension of our Nature Wellbeing Group Keep Going Keep Growing delivered between our own gardens at The Wellspring Settlement, The Trinity Centre and Boiling Wells at St Werburghs Community Farm. This group supported people with their wellbeing by growing, crafting, gathering around a fire and over the winter period we hosted indoor mindful art sessions. We were delighted to return to the Boiling Wells site that Changes members had worked on when the site was first developed so it felt especially good to return nature connections back into our services.
"I have noticed many changes in myself since I started coming to the group. It has helped me to believe in myself again and grounded me so much. It has given me the confidence to go out and do more things."
We are thankful for our VCSE Mental Alliance membership, sharing learning with other voluntary sector mental health charities in Bristol and participating in strategic work to improve the sector.

Fundraising
We held a successful Make and mend, and raffles with the help of our fundraising volunteers. Changes Bristol is grateful to all of the support from citizens, corporate partnerships and local businesses who held events to raise money for the charity through running marathons, sports challenges, and music events throughout the year. Our Christmas Big Give Campaign was enormously successful which allowed us to continue to deliver groups that are not funded by grants. We would like to thank the local businesses who pledged funds to our campaign and the Champion Match Funders.

Service Monitoring
The Trustees provide oversight on the quality of services delivered by Changes Bristol and have put in place regular reviews of service use. Changes use a number of methods to ensure the services are delivered effectively and measure outcomes, outputs and indicators of wellbeing.
Service user feedback and member forums are used to ensure those that use the service are able to influence its development. The Directors, Head of Services and Service managers and Deputy Services Manager are responsible for monitoring the service. Senior Managers ensure these processes are effective and that monthly reports are prepared. All services keep quantitative records of service use and the number of beneficiaries and systematically collect feedback.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number: 08914724 (England and Wales)
Registered Charity number: 1167828
Registered office:
Barton Hill Settlement (Now Wellspring Settlement)
43 Ducie Road, Lawrence Hill, Bristol, BS5 0AX

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHANGES BRISTOL LTD

I report to the charity's trustees on my examination of the accounts of Changes Bristol Ltd for the period ended 30 March 2024.

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act), as amended by s.145 of the Charities Act 2011) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under the company law and is eligible for independent examination; it is my responsibility to:

- Examine the accounts (under section 145 of the 2011 Act),
- To follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) Act), and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required by audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Steven Baptiste
Linden Accountants, Scrapstore House, 21 Sevier Street, St Werburghs, Bristol, BS2 9LB

Steven Baptiste
Date: 19/12/2024

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 30 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOME					
Income from generated funds	2	1,000	305,041	306,041	260,993
Other income	3	28,886	-	28,886	42,206
TOTAL INCOME AND ENDOWMENTS		29,886	305,041	334,927	303,199
EXPENDITURE					
Expenditure on charitable activities	4	61,491	323,325	384,815	256,821
TOTAL EXPENDITURE		61,491	323,325	384,815	256,821
NET INCOME/(EXPENDITURE)		(31,604)	(18,284)	(49,888)	46,378
Balances brought forward		186,886	77,184	264,070	217,693
Gross Transfers Between Funds	10	(8,416)	8,416	-	-
Balances carried forward		146,866	67,316	214,182	264,071

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

CHANGES BRISTOL LTD

BALANCE SHEET

YEAR ENDED 30 MARCH 2024

	Note	2024 £		2023 £
FIXED ASSETS:				
Tangible assets	6		1,076	1,788
CURRENT ASSETS:				
Debtors	7	1,117		3,840
Cash at bank and in hand		218,835		262,711
		219,952		266,551
CURRENT LIABILITIES:				
Creditors: falling due within one year	8	(6,846)		(4,269)
Net current assets			213,106	262,283
NET ASSETS:			214,182	264,071
FUNDS				
General funds	10	146,866		186,887
Restricted funds	10	67,316		77,184
			214,182	264,071

These financial statements were approved by the directors and authorised for issue on ……………………………
and are signed on their behalf by:

……………………………………………………….
Chair of Trustees

……………………………………………………….
Treasurer

Charity Registration Number: 1167828

The notes on pages 13 to 19 form part of these financial statements

1 ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historic cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 SORP) issued in July 2014, and applicable UK Accounting Standards and the Charities Act 2011.

Funds structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have set aside resources for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or the terms of a specific appeal.

Income

All income is recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of income can be measured with sufficient reliability.

Income from donations is included when these are receivable, except as follows:

- When the donors specify that the donations given to the charity must be used in future accounting periods.

- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from grants, where there are performance or service deliverables required by the terms of the grant, are accounted for as the charity earns the right to payment through its performance.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that agree all costs related to the category. Support costs have been allocated 100% towards the charitable activities of the charity.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct pay and non-pay costs and support costs relating to those activities.

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue its operations for the foreseeable future and therefore they have continued to adopt the going concern basis when preparing the financial statements.

Governance costs

Governance cost include those costs associated with meeting the constitutional and statutory requirements of the charity, and include its independent examination fees and costs linked to the strategic management of the charity including trustee expenses.

Tangible fixed assets and depreciation

Depreciation has been provided on all tangible fixed assets at rates calculated to write off the cost, less estimated residual value of each asset, over its expected useful life. The rates used are 10% straight line on freehold property and improvements, 33% straight line on office equipment and 20% straight on other fixed assets.

2 GRANTS RECEIVABLE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
The Henry Smith Charity	-	43,100	43,100	21,200
Sunrise Foundation	-	-	-	32,981
Sunrise Foundation - Grant 2	-	33,090	33,090	-
BCC Impact Medium Fund	-	59,700	59,700	41,007
Celtic Connection Fund	-	4,285	4,285	8,570
WeSport Green Social Project	-	-	-	9,968
Burges Salmon	-	4,000	4,000	-
Cost of Living Quartet Foundation	-	45,000	45,000	-
Cost of Living Quartet Foundation - Grant 2	-	-	-	75,000
ICB LGBTQIA+ and Women of Colour	-	27,692	27,692	7,724
ICB Inner City and East Bristol	-	10,680	10,680	8,480
ICB South Bristol	-	50,078	50,078	46,000
ICB North and West	-	26416	26,416	-
LGBTQIA+ In Person	-	1000	1,000	-
BS3 Community	-	-	-	3,000
National Survivor User Network	-	-	-	1,000
Semble Network	-	-	-	2,500
South Gloucestershire Peer Support	-	-	-	3,563
Other grants	1,000	-	1,000	200
	1,000	305,041	306,041	261,193

3 ACTIVITIES FOR GENERATING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations	27,501	-	27,501	38,371
Other Revenue	132	-	132	3,355
Service Delivery	365	-	365	750
Training Delivery	850	-	850	(470)
Royalties & Commission Received	38	-	38	-
	28,886	-	28,886	42,006

4 DIRECT CHARITABLE EXPENDITURE

Charitable Activities

	Unrestricted	Restricted	Total Funds	Total Funds
	£	£	£	£
BS3 Project	-	-	-	235
Costs of Sales - Goods	-	-	-	215
Other Direct Expenses	515	-	515	33
Project Costs	363	1,894	2,257	394
Staff & Volunteer Expenses - Befriending	1,559	1,028	2,588	137
Staff & Volunteer Expenses - Groups	737	211	949	6,633
Sub-Contractors	-	-	-	45
Student Allowance	5000	2800	7800	-
Venue Costs	2,148	8,716	10,864	10,330
Support Costs / (Overheads)				
Accountancy & Professional Fees	5,224	102	5,325	2,327
Bank Charges	83	-	83	206
Fundraising Expenses	-	-	-	-
Marketing & Promotion	4,757	-	4,757	2,400
Office & IT Consumables	5,690	225	5,915	2,934
Office Costs	8,973	1,015	9,988	4,024
Recruitment & Training	4,923	175	5,098	1,426
Rent	9,866	2,148	12,014	9,775
Support Meetings	-	361	361	-
Telephone & Internet	2,149	-	2,149	1598
Travel	469	634	1,103	-
Trivial Benefits	1,669	-	1,669	1,021
Volunteer Costs	-	-	-	-
Wages & Staff Costs	3,797	304,016	307,814	210,256
	57,922	323,325	381,246	253,987

Governance Costs

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Independent Examination Fee	650	-	650	650
Depreciation	1,563	-	1,563	1,393
Insurance	1,356	-	1,356	791
	3,569	-	3,569	2,834

5 CORPORATION TAX

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

6 TANGIBLE FIXED ASSETS

	Computer Equipment £	Totals £
COST:		
At 1 April 2023	8,653	8,653
Additions	851	851
At 31 March 2024	9,504	9,504
DEPRECIATION:		
At 1 April 2023	6,866	6,866
Charge for the year	1,563	1,563
At 31 March 2024	8,429	8,429
NET BOOK VALUE:		
At 31 March 2024	1,076	**1,076**
At 31 March 2023	1,788	1,788

7 DEBTORS

	2024 £	2023 £
Prepayments	1,117	485
Other Debtors	-	3,355
	1,117	3,840

8 CREDITORS: amounts falling due within one year

	2024 £	2023 £
Accruals	2,345	2,861
Net Wages	1,853	-
Pensions Payable	1,201	1,408
Trade Creditors	1,446	-
	6,846	4,269

9

ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Fixed Assets	1,076	-	1,076	1,788
Current Assets	219,952	-	219,952	266,551
Current Liabilities	(6,846)	-	(6,846)	(4,269)
	214,182	-	214,182	264,071

10 ANALYSIS OF CHARITABLE FUNDS

For the year ended 31 March 2024

Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
Unrestricted funds:					
General funds	186,886	29,886	(61,491)	(8,416)	146,866
Designated funds	-	-	-	-	-
Building funds	-	-	-	-	-
	186,886	**29,886**	**(61,491)**	**(8,416)**	**146,866**

Restricted funds:	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
The Henry Smith Charity	6,801	43,100	(46,940)	-	2,961
Sunrise Foundation	19,575	-	(21,339)	1,764	-
Sunrise Foundation (Phase 2)	-	33,090	(11,613)	(1,764)	19,714
BCC Impact Medium Fund	692	59,700	(54,378)	-	6,014
Celtic Connection Fund	2,171	4,285	(6,034)	-	422
WeSport Green Social Project	1,572	-	(1,572)	-	-
Burges Salmon	-	4,000	(3,080)	-	920
Cost of Living Quartet Foundation	45,903	-	(45,903)	-	-
Cost of Living Quartet Foundation (Phase 2)	-	45,000	(8,560)	(154)	36,286
ICB LGBTQIA+ and Women of Colour	470	27,692	(28,375)	213	-
ICB Inner City and East Bristol	-	10,680	(12,098)	1,418	-
ICB South Bristol	-	50,078	(56,863)	6,785	-
ICB North and West	-	26,416	(26,570)	154	-
LGBTQIA+ In Person	-	1,000	-	-	1,000
	77,184	**305,041**	**(323,325)**	**8,416**	**67,316**
Total	264,070	334,927	(384,815)	-	214,182

<u>BCC Medium Impact Fund</u>

Bristol City Council Medium Impact Fund Grant for Befriending for Mental Health Service.

<u>Burges Salmon</u>

Funding for a nature wellbeing peer support group.

<u>Celtic Connection Fund</u>

Funding for an in person Peer support for mental health group in Hillfields.

<u>Cost of Living - Quarter Foundation</u>

Cost of Living Wellbeing Support in Bristol providing peer support for mental health groups for people struggling with finances.

Henry Smith Improving Lives

This grant is for core funding for the Director Post and administration.

ICB LGBTQIA+ and Women of Colour

Funding for project worker for a safe space LGBTQIA+ Online Peer Support Group and for a safe space Women of Colour Peer support for mental health online group.

ICB Inner City & East Bristol

Funding for the city centre peer support for mental health group.

ICB South Bristol

Funding for in person peer support for mental health groups in South Bristol.

ICB North and West

Funding for in person peer support for mental health groups in North and West Bristol.

Sunrise Foundation

Funding for a Fundraising and Events Manager.

WeSport Green Social Prescribing Network

Funding for a nature wellbeing peer support group.

For the year ended 31 March 2023

Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
Unrestricted funds:					
General funds	178,615	42,206	(11,778)	(22,156)	186,887
Designated funds	-	-	-	-	-
Building funds	-	-	-	-	-
	178,615	**42,206**	**(11,778)**	**(22,156)**	**186,887**

10 ANALYSIS OF CHARITABLE FUNDS (CONTINUED)

Restricted funds:	Balance b/fwd	Income	Expenditure	Transfers	Fund c/fwd
	£	£	£	£	£
The Henry Smith Charity	6,619	21,200	(21,018)	-	6,801
Sunrise Foundation	21,998	32,981	(35,404)	-	19,575
BCC Impact Medium Fund	7,666	41,007	(47,981)	-	692
Celtic Connection Fund	-	8,570	(6,399)	-	2,171
WeSport Green Social Project	-	9,968	(8,396)	-	1,572
Cost of Living Quartet Foundation	-	75,000	(29,097)	-	45,903
BS3 Community	-	3,000	(3,474)	474	-
ICB LGBTQIA+	-	5,184	(5,929)	745	-
ICB Inner City and East Bristol	-	8,480	(12,695)	4,215	-
ICB South Bristol	2,795	46,000	(64,953)	16,158	-
ICB Women of Colour	-	2,540	(2,070)	-	470
National Survivor User Network	-	1,000	(1,080)	80	-
Semble Network	-	2,500	(2,700)	200	-
South Gloucestershire Peer Support	-	3,563	(3,847)	284	-
	39,078	**260,993**	**(245,043)**	**22,156**	**77,184**
Total	217,693	303,199	(256,821)	-	264,071

11 RELATED PARTY TRANSACTIONS

There were no related party transactions between the charity and the trustees or persons or entities connected to them during the year.

CHANGES BRISTOL LTD

England & Wales - Charity number 1167828

Accounts

REGISTERED COMPANY NUMBER: 08914724 (England and Wales)
REGISTERED CHARITY NUMBER: 1167828

REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 MARCH 2023 FOR CHANGES BRISTOL LTD

Linden Accountants
Scrapstore House
21 Sevier Street, St Werburghs Bristol
BS2 9LB

CHANGES BRISTOL LTD
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for the Year Ended 30 March 2023

Annual Report 2022 / 2023

CHANGES BRISTOL LTD
REPORT OF THE TRUSTEES
for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Chair Statement Annual Report

It has been another exciting and eventful year for Changes Bristol as we continue to attract more members from across Bristol and work to ensure we reflect the rich diversity of the Bristol community. This has been achieved not just by the hard work and dedication of our staff, but also our Volunteers and trustees who give up an incredible amount of their time to Changes.

Without this commitment and dedication from our volunteers and Trustees, Changes Bristol would not be able to deliver the great service that it does and is recognised for, so a big thank you to all.

This year is the end of my first year as Chair of Changes Bristol and I want to use this opportunity to thank my fellow trustees for inviting me to join the board and to all the staff who have helped me settle in and become familiar with Changes Bristol . In particular I would like to thank Alessandra and Louisa who I was delighted to appoint as co-directors. They have played a pivotal role in taking Changes Bristol forward over the last year after what was a difficult year with the loss of some key members of staff.

During this last year we have said goodbye to a number of Trustees, Bronwyn, Beth and Hannah and Welcomed four new ones, Hannah, Lasani, Cecile and Josh who are involved in different ways with the Charity. We have continued to attract more volunteers through our community engagement and as a consequence have been able to open more groups offering a wider service across Bristol.

We are particularly pleased that the Horfield group received the Peer Fest Marsh award.

As a mental health charity, we were particularly pleased to be awarded a grant to support members who were struggling with the impact of the cost-of-living crisis providing emotional support in partnership with other services in specialist wellbeing hubs or centres around Bristol as we know this is a particular concern for people at the moment.

Pete Raimes
Chair of Trustees
December 2023

OBJECTIVES AND ACTIVITIES

Objectives and Aims

The provision of mental health support for the area of Bristol and the surrounding area including residents of South Gloucestershire, North Somerset and BANES. Changes Bristol Ltd provides its support through the provision of peer support groups following a structure originally developed by Changes Stoke and other types of peer support and mental health education.

Mission Statement

Changes will be recognised as an accessible and effective mental health service. Changes aim to promote the recovery and mental wellbeing of those in mental distress in Bristol and the surrounding area.

Core Values

Allyship and Inclusion

To us, this means being committed to using our platform and services to amplify and advocate for the voices of under-represented individuals and communities. This includes designating safe spaces for these groups where they have the opportunity to discuss shared experiences of marginalisation and stigma. We are dedicated to using our personal privilege to support colleagues and members from historically marginalised and oppressed communities.

Wellbeing

Wellbeing means prioritising our physical and mental health and acknowledging when our needs are not being met. We encourage open and honest dialogue about how our members, staff and volunteers are feeling and what they need to improve their wellbeing. We understand that we cannot support others unless we are supported ourselves.

Respect

We strive to ensure every person feels welcomed and heard. Our goal is to prioritise authenticity, empathy and acceptance to foster genuine connections.

Empowerment

Recognising the value in other people's skills and unique qualities and supporting individuals to utilise these alongside their personal experiences in a way that encourages growth. We seek to help to raise up individuals and amplify the voices of our brilliant lived-experience community.

Equality, Diversity and Inclusion

Celebrating our differences and embracing the global community we are all part of is central to our cause. Everybody has mental health, but we understand that some communities face intersectional hardship and additional barriers to support, including discrimination.

We seek to ensure our community is inclusive, free of harmful power dynamics and representative of the population we serve. All of our services are 'safe spaces' but we have created dedicated spaces for Women of Colour, Men of Colour, LGBTQIA+ individuals, women and men, as we understand that these communities all face unique and nuanced challenges.

We understand that we still have more work to do, and we are committed to continual growth.

Significant Activities

Strategic targets achieved in 2022/23 included:
- Successfully obtaining new funding to sustain the further development of the charity
- Increased hours for staff and number of staff to expand service provision
- Entering a new partnership, responding to the impact of the Cost of Living Crisis on wellbeing
- Continuation of online support groups in line with demand.
- Continuation of support groups for groups of a specific characteristic online as requested by members including a Women's group, Men's group, LGBTQ+ group and the Women of Colour project.
-Continuation of the South Bristol peer support service, with 5 groups and provision of safe support groups to meet the needs of the community as requested by citizens of South Bristol and commissioned by the Clinical Commissioning Group (now ICB)
- Continuation of the Befriending Service for mental wellbeing through the Bristol City Council Impact Fund.
- Starting a new weekly Nature Wellbeing Group
- Continued improvement in training and supervision provision to our volunteers.

Public Benefit

The Trustees have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

OBJECTIVES AND ACTIVITIES

Volunteers

Key to the ethos of Changes Bristol is the use of volunteers in the delivery of the service. Without volunteers the service could not run. 105 volunteers were involved in the delivery of the services of the charity in this period. We strongly encourage service beneficiaries to become volunteers in order to continue their own wellbeing recovery and assist in the development of the service.

Some feedback from our volunteers:

On Befriending

“It affirmed my desire to go into a career in adult mental health support and rewarded me with meaningful conversations with interesting and colourful people. It encouraged me to reflect on my own wellbeing and outlook and helped me to understand myself a little better.

My experience with changes was rewarding, fulfilling, and challenging in equal measure. I had the privilege of talking with and forming close bonds with clients, other volunteers, and employees of the charity. I learned valuable things about myself and others and had my desire to pursue a career in adult mental health support affirmed by the positive experiences I had with Changes.“

This year saw many changes at the charity including the departure of the former CEO Jason Washbourne and the appointment of Louisa Woods and Alessandra Hodgson nee Gava as Co- Directors at the beginning of January 2023.

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

At the beginning of the year in April 2022, Changes Bristol was successfully awarded a further year’s funding to deliver peer support groups for mental health in South Bristol and Inner City and East Bristol and received extra funding for our LGBTQIA+ and Women of Colour Peer Support Groups. This allowed us to further our engagement with these communities by joining networking and community events such as Pride and the Bristol Refugee Festival and holding safe space peer support groups for these communities.

"Changes in-person support group has really helped me in knowing that I am not the only one who has issues with my mental health and we all have our difficulties with it and we can support each other because we all are able to understand one another and we respect each other."

Over the course of the year the Cost of Living Crisis had a detrimental impact on financial, energy and food security and health and wellbeing of people living in Bristol. Waiting lists to receive mental health services grew and people struggled to find support from services when they most needed it. In response, we partnered with The Richmond Fellowship to deliver a wellbeing response and received a grant as part of the One City Response coordinating with the Advice Response and community Welcome Spaces around the city. We are grateful for the opportunity to assist in the emergency response and have been able to support people at drop in groups in the community.

Changes Bristol opened new Wellbeing peer support groups in these spaces, some of which were new areas for us, particularly in North Bristol and we dedicated time towards engagement in these communities.
We will continue to deliver this work with a particular focus on strengthening relationships and signposting with the advice sector in Bristol ensuring holistic care for people experiencing financial hardships and at risk of homelessness.

Our Befriending Service for mental health connected 147 people through weekly telephone calls and 78 people joined our walks. Our walking groups have grown thriving communities with peer support at their heart. We are so thankful to all our befriending volunteers who have given their time to support people going through difficult periods, showing the importance of connecting and learning from each other.

“"A very important service to access for mental health & wellbeing when other doors are closed & life feels hopeless "

“From my end of the phone, it just seems like such a simple but incredibly effective way of making connections with those who genuinely need it…”
Our peer support groups had 5487 attendances from 748 attendees. The group spaces continue to be open access, with no referral or diagnosis required. We hold weekly groups around the city and online, including our specific safe space groups for Women of Colour, people who identify as LGBTQIA+, women and men.

A further 29 people attended our nature wellbeing group named by members as Keep Going Keep Growing.

Results from our member survey August 2022:
90% respondents said they felt less socially isolated
92% respondents said our services had increased their ability to face problems
93% of respondents said our services helped increase their confidence
84% of applicable respondents said our services helped them feel less at risk of mental health hospitalisation
88% of applicable respondents said our services made them feel less suicidal

We recruited new members of staff and volunteers to facilitate additional peer support groups and trained an additional 32 volunteer befrienders and 29 volunteer facilitators over this period.

We were sorry to see our Fundraising and Events Manager leave in 2022 however we were able to appoint a new Fundraising and Communications Officer who had formerly volunteered with us and who led a volunteer team of fundraisers to hold events such as our popular clothes swaps and book swaps.

To promote positive conversations around mental health in the community we organised a mental health fair at the Galleries, were invited in to speak at schools and delivered mental health awareness training to local businesses.

The Green Social Prescribing Program across Bristol, South Glos and North Somerset funded a new Nature Wellbeing Group Keep Going Keep Growing delivered between our own gardens at The Wellspring Settlement, The Trinity Centre and Boiling Wells at St Werburghs Community Farm. This group supported people with their wellbeing by growing, crafting, gathering around a fire and over the winter period we hosted indoor mindful art sessions. We were delighted to return to the Boiling Wells site that Changes members had worked on when the site was first developed so it felt especially good to return nature connections back into our services.
"I have noticed many changes in myself since I started coming to the group. It has helped me to believe in myself again and grounded me so much. It has given me the confidence to go out and do more things."

We are thankful for our VCSE Mental Alliance membership, sharing learning with other voluntary sector mental health charities in Bristol and participating in strategic work to improve the sector.

Fundraising

We held a successful Clothes Swap event, quiz night and raffles with the help of our fundraising volunteers. Changes Bristol is grateful to all of the support from citizens, corporate partnerships and local businesses who held events to raise money for the charity through running marathons, sports challenges, and music events throughout the year.

Service Monitoring

The Trustees provide oversight on the quality of services delivered by Changes Bristol and have put in place regular reviews of service use. Changes use a number of methods to ensure the services are delivered effectively and measure outcomes, outputs and indicators of wellbeing.
Service user feedback and service user forums are used to ensure those that use the service are able to influence its development.
The CEO / Co Directors and Service managers are responsible for monitoring the service. Senior Managers ensure these processes are effective and that monthly reports are prepared. All services keep quantitative records of service use and the number of beneficiaries and systematically collect feedback

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
08914724 (England and Wales)

Registered Charity number
1167828

Registered office
Barton Hill Settlement (Now Wellspring Settlement)
43 Ducie Road
Lawrence Hill
Bristol
BS5 0AX

Company Secretary
Ms J Brydon

S. Kent
S. KENT
(Treasurer)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHANGES BRISTOL LTD

I report to the charity's trustees on my examination of the accounts of Changes Bristol Ltd for the period ended 30 March 2023.

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act), as amended by s.145 of the Charities Act 2011) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under the company law and is eligible for independent examination; it is my responsibility to:

- Examine the accounts (under section 145 of the 2011 Act),
- To follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) Act), and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required by audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Steven Baptiste
Linden Accountants, Scrapstore House, 21 Sevier Street, St Werburghs, Bristol, BS2 9LB

Steven Baptiste
Date: 21/12/2023

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 30 MARCH 2023

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
		£	£	£	£
INCOME					
Income from generated funds	3				
The Henry Smith Charity		-	21,200	21,200	6,619
Sunrise Foundation		-	32,981	32,981	21,998
BCC Impact Medium Fund		-	41,007	41,007	7,666
Celtic Connection Fund		-	8,570	8,570	-
WeSport Green Social Project		-	9,968	9,968	-
Cost of Living Quartet Foundation		-	75,000	75,000	-
BS3 Community		-	3,000	3,000	-
CCG LGBTQIA+		-	5,184	5,184	-
CCG Inner City and East Bristol		-	8,480	8,480	-
CCG South Bristol		-	46,000	46,000	2,795
CCG Women of Colour		-	2,540	2,540	-
National Survivor User Network		-	1,000	1,000	-
Semble Network		-	2,500	2,500	-
South Gloucestershire Peer Support		-	3,563	3,563	-
Other income	2	42,206	-	42,206	180,259
TOTAL INCOME AND ENDOWMENTS		42,206	260,993	303,199	219,337
EXPENDITURE					
Expenditure on charitable activities	4	11,778	245,043	256,821	227,576
TOTAL EXPENDITURE		11,778	245,043	256,821	227,576
NET INCOME/(EXPENDITURE)		30,428	15,950	46,378	(8,239)
Balances brought forward		178,615	39,078	217,693	225,932
Gross Transfers Between Funds	10	(22,156)	22,156	-	-
Balances carried forward		186,887	77,184	264,071	217,693

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

CHANGES BRISTOL LTD

BALANCE SHEET

YEAR ENDED 30 MARCH 2023

	Note	2023 £		2022 £
FIXED ASSETS:				
Tangible assets	6		1,788	946
CURRENT ASSETS:				
Debtors	7	3,840		9,841
Cash at bank and in hand		262,711		215,219
		266,551		225,060
CURRENT LIABILITIES:				
Creditors: falling due within one year	8	(4,269)		(8,313)
Net current assets			262,283	216,747
NET ASSETS:			264,071	217,693
FUNDS				
General funds	10	186,887		178,615
Restricted funds	10	77,184		39,078
			264,071	217,693

These financial statements were approved by the directors and authorised for issue on 20th December 2023 and are signed on their behalf by:

PETE RAIMES

Chair of Trustees

Charity Registration Number: 1167828

The notes on pages 13 to 19 form part of these financial statements

1 ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historic cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 SORP) issued in July 2014, and applicable UK Accounting Standards and the Charities Act 2011.

Funds structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have set aside resources for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or the terms of a specific appeal.

Income

All income is recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of income can be measured with sufficient reliability.

Income from donations is included when these are receivable, except as follows:

- When the donors specify that the donations given to the charity must be used in future accounting periods.

- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from grants, where there are performance or service deliverables required by the terms of the grant, are accounted for as the charity earns the right to payment through its performance.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that agree all costs related to the category. Support costs have been allocated 100% towards the charitable activities of the charity.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct pay and non-pay costs and support costs relating to those activities.

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue its operations for the foreseeable future and therefore they have continued to adopt the going concern basis when preparing the financial statements.

Governance costs

Governance cost include those costs associated with meeting the constitutional and statutory requirements of the charity, and include its independent examination fees and costs linked to the strategic management of the charity including trustee expenses.

Tangible fixed assets and depreciation

Depreciation has been provided on all tangible fixed assets at rates calculated to write off the cost, less estimated residual value of each asset, over its expected useful life. The rates used are 10% straight line on freehold property and improvements, 33% straight line on office equipment and 20% straight on other fixed assets.

2 ACTIVITIES FOR GENERATING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations and Grants	38,571	-	38,571	177,949
Other Revenue	3,355	-	3,355	-
Service Delivery	750	-	750	-
Training Delivery	(470)	-	(470)	2,310
	42,206	-	42,206	180,259

3 GRANTS RECEIVABLE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
The Henry Smith Charity	-	21,200	21,200	6,619
Sunrise Foundation	-	32,981	32,981	21,998
BCC Impact Medium Fund	-	41,007	41,007	7,666
Celtic Connection Fund	-	8,570	8,570	-
WeSport Green Social Project	-	9,968	9,968	-
Cost of Living Quartet Foundation	-	75,000	75,000	-
BS3 Community	-	3,000	3,000	-
CCG LGBTQIA+	-	5,184	5,184	-
CCG Inner City and East Bristol	-	8,480	8,480	-
CCG South Bristol	-	46,000	46,000	2,795
CCG Women of Colour	-	2,540	2,540	-
National Survivor User Network	-	1,000	1,000	-
Semble Network	-	2,500	2,500	-
South Gloucestershire Peer Support	-	3,563	3,563	-
	-	260,993	260,993	39,078

4 DIRECT CHARITABLE EXPENDITURE

Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
BS3 Project	-	235	235	-
Costs of Sales - Goods	27	188	215	-
Other Direct Expenses	33	-	33	-
Project Costs	-	394	394	-
Staff & Volunteer Expenses - Befriending	-	137	137	-
Staff & Volunteer Expenses - Groups	-	6,633	6,633	-
Sub-Contractors	45	-	45	-
Venue Costs	120	10,210	10,330	-
Support Costs / (Overheads)				
Accountancy & Professional Fees	237	2,090	2,327	-
Bank Charges	206	-	206	181
Fundraising Expenses	-	-	-	995
Marketing & Promotion	542	1,857	2,400	-
Office Costs	1,768	2,256	4,024	366
Office & IT Consumables	-	2,934	2,934	7,900
Rent	1,514	8,261	9,775	8,031
Recruitment & Training	1,279	147	1,426	-
Support Meetings	-	-	-	19,224
Telephone & Internet	388	1,210	1,598	546
Trivial Benefits	1,021	-	1,021	-
Volunteer Costs	-	-	-	1,952
Wages & Staff Costs	4,499	205,757	210,256	185,992
	11,679	242,308	253,987	225,187

Governance Costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Independent Examination Fee	-	650	650	-
Depreciation	-	1,393	1,393	1,341
Insurance	99	692	791	1,048
	99	2,735	2,834	2,389

5 CORPORATION TAX

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

6 TANGIBLE FIXED ASSETS

	Computer Equipment £	Furniture & Fixtures £	Other Equipment £	Totals £
COST:				
At 1 April 2022	6,419	-	-	6,419
Additions	2,235	-	-	2,235
At 31 March 2023	8,653	-	-	8,653
DEPRECIATION:				
At 1 April 2022	5,473	-	-	5,473
Charge for the year	1,393	-	-	1,393
At 31 March 2023	6,866	-	-	6,866
NET BOOK VALUE:				
At 31 March 2023	**1,788**	**-**	**-**	**1,788**
At 31 March 2022	946	-	-	946

7 DEBTORS

	2023 £	2022 £
Prepayments	485	1,161
Other Debtors	3,355	8,680
	3,840	9,841

8 CREDITORS: amounts falling due within one year

	2023 £	2022 £
Accruals	2,861	863
Pensions Payable	1,408	-
Other Creditors	-	7,450
	4,269	8,313

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Fixed Assets	1,788	-	1,788	946
Current Assets	266,551	-	266,551	225,060
Current Liabilities	(4,269)	-	(4,269)	(8,313)
	264,071	-	264,071	217,693

10 ANALYSIS OF CHARITABLE FUNDS

For the year ended 31 March 2023

Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
Unrestricted funds:					
General funds	178,615	42,206	(11,778)	(22,156)	186,887
Designated funds	-	-	-	-	-
Building funds	-	-	-	-	-
	178,615	42,206	(11,778)	(22,156)	186,887

Restricted funds:	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
The Henry Smith Charity	6,619	21,200	(21,018)	-	6,801
Sunrise Foundation	21,998	32,981	(35,404)	-	19,575
BCC Impact Medium Fund	7,666	41,007	(47,981)	-	692
Celtic Connection Fund	-	8,570	(6,399)	-	2,171
WeSport Green Social Project	-	9,968	(8,396)	-	1,572
Cost of Living Quartet Foundation	-	75,000	(29,097)	-	45,903
BS3 Community	-	3,000	(3,474)	474	-
CCG LGBTQIA+	-	5,184	(5,929)	745	-
CCG Inner City and East Bristol	-	8,480	(12,695)	4,215	-
CCG South Bristol	2,795	46,000	(64,953)	16,158	-
CCG Women of Colour	-	2,540	(2,070)	-	470
National Survivor User Network	-	1,000	(1,080)	80	-
Semble Network	-	2,500	(2,700)	200	-
South Gloucestershire Peer Support	-	3,563	(3,847)	284	-
	39,078	260,993	(245,043)	22,156	77,184
Total	217,693	303,199	(256,821)	-	264,071

<u>BCC Medium Impact Fund</u>

Bristol City Council Medium Impact Fund Grant for Befriending for Mental Health Service.

<u>BS3 Community</u>

Funding for engagement with older people in Bedminster and awareness raising of peer support fro mental health groups.

<u>CCG LGBTQIA+</u>

Funding for project worker for a safe space LGBTQIA+ Online Peer Support Group.

<u>CCG Inner City & East Bristol</u>

Funding for the city centre peer support for mental health group.

CCG South Bristol

Funding for in person peer support for mental health groups in South Bristol.

CCG Women of Colour

Safe space Women of Colour Peer support for mental health online group - this has been internally allocated from main fund.

Celtic Connection Fund

Funding for an in person Peer support for mental health group in Hillfields.

Cost of Living - Quarter Foundation

Cost of Living Wellbeing Support in Bristol providing peer support for mental health groups for people struggling with finances.

Henry Smith Improving Lives

This grant is for core funding for the Director Post and administration.

National Survivor User Network

Funding for our Women of Colour peer support group.

Semble Network

Funding for our Women of Colour Peer support for mental health group.

South Gloucestershire Peer Support

Scoping for a South Glos Peer Support Network in conjunction with Southern Brooks.

Sunrise Foundation

Funding for a Fundraising and Events Manager.

WeSport Green Social Prescribing Network

Funding for a nature wellbeing peer support group.

ANALYSIS OF CHARITABLE FUNDS (CONTINUED)

For the year ended 31 March 2022

Analysis of Fund movements	Balance b/fwd	Income	Expenditure	Transfers	Fund c/fwd
	£	£	£	£	£
Unrestricted funds:					
General funds	72,500	55,608	(11,274)	61,781	178,615
Designated funds	61,781	-	-	(61,781)	-
	134,281	55,608	(11,274)	-	178,615

Restricted funds:	Balance b/fwd	Income	Expenditure	Transfers	Fund c/fwd
	£	£	£	£	£
The Henry Smith Charity	34,048	14,750	(42,179)	-	6,619
MIND	1,941	-	(1,941)	-	-
Sunrise Foundation	20,815	32,143	(30,960)	-	21,998
BBC Pandemic Grant	7,000	7,335	(14,335)	-	-
CCG South Bristol (BNSSG)	12,841	51,477	(61,523)	-	2,795
Henry Smith Charity Community Match	15,006	15,000	(30,006)	-	-
BBC Medium Impact Fund	-	16,132	(8,466)	-	7,666
BCC Pandemic Impact Fund	-	17,600	(17,600)	-	-
WeSport Walk and Talk	-	4,292	(4,292)	-	-
Sovereign Housing	-	5,000	(5,000)	-	-
	91,651	163,729	(216,302)	-	39,078
Total	225,932	219,337	(227,576)	-	217,693

11 RELATED PARTY TRANSACTIONS

There were no related party transactions between the charity and the trustees or persons or entities connected to them during the year.

CHANGES BRISTOL LTD

England & Wales - Charity number 1167828

Accounts

REGISTERED COMPANY NUMBER: 08914724 (England and Wales)
REGISTERED CHARITY NUMBER: 1167828

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

FOR

CHANGES BRISTOL LTD

Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2022

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

The provision of mental health support for the area of Bristol and the surrounding area including residents of South Gloucestershire, North Somerset and BANES. Changes Bristol Ltd provides its support through the provision of peer support groups following a structure originally developed by Changes Stoke and other types of peer support and mental health education.

Mission Statement

Changes will be recognised as an accessible and effective mental health service. Changes aims to promote the recovery and mental wellbeing of those in mental distress in Bristol and the surrounding area.

Significant Activities

Strategic targets achieved in 2021/22 included:

- Successfully obtaining new funding avenues to sustain the further development of the charity

- Increased hours for staff and number of staff to improve service provision

- Increasing our partnerships

- Continued restructuring of the charity and ways of working to sustain services during the COVID19 pandemic which continued into 2022

- Continuation of online support groups in line with demand.

- Continuation of support groups for groups of a specific characteristic online as requested by members including a Women's group, Men's group, LGBTQ+ group and the Women of Colour project. Hiring of a new specific LGBTQIA+ project worker.

-Continuation of the South Bristol project, with 5 safe support groups to meet the needs of the community as requested by citizens of South Bristol and commissioned by the Clinical Commissioning Group (now ICB) and in partnership with the South Bristol Partnership.

- Continuation of the Befriending Service for mental wellbeing for 4 years through the Bristol City Council Impact Fund.

- Continued improvement in training and supervision provision to our volunteers.

Public Benefit

The Trustees have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

OBJECTIVES AND ACTIVITIES

Volunteers

Key to the ethos of Changes Bristol is the use of volunteers in the delivery of the service.

Without volunteers the service could not run. 99 volunteers were involved in the delivery of the services of the charity in this period. We strongly encourage service users to become volunteers in order to help their own recovery and assist in the development of the service. In 2021-22 Changes trained 90 new volunteers on the facilitator training induction programme.

Some feedback from our volunteers:

'It was very rewarding and eye opening. I feel very lucky to have had the chance. Hearing positive feedback from others is amazing. Being able to share and receive feedback from others gives such a supportive environment, I don't remember feeling like that before'

'Empowering, motivating, feeling a sense of belonging.'

'Hugely beneficial in my self-esteem, confidence, and happiness. I'm very thankful and grateful for the opportunity given to me.'

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

As things began to return to normal after the lockdowns during the pandemic, we re-opened many of our in-person peer support groups, choosing to also keep running our online groups alongside.

Since the pandemic, we have continued to run our befriending phone service to support those who are digitally excluded and for those most vulnerable in the community, in combination with weekly 'Walk and Talks'

We continue to offer training packages and developed a further training workshop for 'Listening and Supporting Others'. We tailor our workshops so they can now be provided either online or in-person.

Peer Support Group Service

From April 2021-March 2022, the peer support group service was required to navigate the frequently changing Covid-19 rules and regulations. The service had to adapt to communicate our own boundaries in terms of safety, whilst ensuring that we weren't promoting fear or panic and our members felt emotionally safe. At the beginning of the pandemic, we were required to move all of our peer support groups online. Once the restrictions eased, we were planning on moving all of our groups back to in-person venues. However, our online groups remained vastly popular and suggestions to close them met strong adversity from our members. Ultimately, we chose to continue the majority of our online meetings, whilst re-opening our in-person groups in a phased approach. By the end of April 2022, we were running 8 in person meetings around the city and 9 online meetings, having substantially increased our pre-pandemic offer.

In 2021, the service partnered with Bristol Textile Quarter to provide 4 online 'Meet, Make and Mend' clothes repairing workshops, using freely provided sewing kits to encourage people to get creative and prevent social isolation.

Furthermore, towards the end of 2021, Changes Bristol partnered with UWE Cares to provide 12 weeks of support groups specifically for UWE students who were estranged from their families, or who were caring for relatives.

Throughout the year, our peer support groups continued to promote positive mental wellbeing, prevent isolation and improve sense of community. The groups (especially online) maintained consistent and strong attendance figures.

In early 2022, the CCG (now ICB) extended funding for the South Bristol project, including 5 in-person peer support groups as well as our online LGBTQIA+ peer support group.

Results from a survey completed by members in January 2022:

-69% of group members felt less socially isolated
-66% of group members said groups increased their confidence
-94% of group members said the groups benefited their mental health

Feedback from our some of our peer support group members:

'I'm not alone. They make me feel valued. I have improved so much. I can remember getting a phone call from Changes and I just burst out crying but when the call ended I know I was doing the right thing by joining as I felt a lot calmer. I'm not the greatest with words but having my group every week means the world to me. They are playing a major part in my recovery along with therapy and meds and mindfulness and meditation. I would be lost if I didn't have them. I am blessed to have them in my life. Keep doing a great job Changes'

'It has kept me in a good head space when feeling lonely and felt supported when struggling'

'I find the sharing element very therapeutic. It allows me to 'vent' in a safe and controlled environment where I will be listened to and not judged. Sharing also allows me to reflect on my coping strategies and identify what works and what doesn't. It is also very humbling to listen to stories from other people - it is a powerful way to put your own problems into perspective.'

Befriending Service

Over the course of the year we continued to grow and develop the Telephone Befriending Service and managed ever growing demand for this service. Volunteers provided 1735 hours of telephone support during the year to people experiencing anxiety and depression.

Once restrictions were lifted in May we began to arrange walk and talks offering 2 weekly walks around parks and green spaces in Bristol, these have been enormously popular and we managed to obtain funding through the Sports England Tackling Inequalities Fund to add walks over the winter and spring in South Gloucestershire.

In October 2021 we were fortunate to have been successful in obtaining four year funding to continue our Befriending Service for mental wellbeing through the Bristol City Council Impact Fund. The service more than doubled the number of people it supports and we had over 50 befrienders giving their time to listen to people experiencing mental health difficulties.

The focus of the Befriending Service is to offer support to people who are isolated from other forms of support providing a safe non judgemental space to process experiences, build confidence and form strategies as well as the opportunity to connect with others

Partnerships in Delivering Services for Members

In late 2021 we joined in a partnership with Southern Brooks, to work on a scoping project to address need and allocate funding for services in South Gloucestershire.

We continue to be a member of the VCSE Mental Health Alliance.

Other Services

We have expanded our communications offer, now sending out weekly links and bulletins, a weekly Walk and Talk bulletin which by the end of March had 207 subscribers and a monthly members newsletters with 2000 subscribers, with training opportunities, announcements and member opportunities, and a Befriending Volunteer Newsletter as well as a monthly volunteer raffle with a variety of prizes to reward the generosity of the time our volunteers give in support of others.

Over the course of the year, we tailored our training sessions to online formats and developed further training packages to offer externally. As well as our Mental Health Awareness and Peer Support Training packages, our new training packages include: 'Mental Health for Managers' and 'Listening and Supporting Others'. We also began to offer bespoke training for external agencies.

A highlight of the year was delivering bespoke peer support group training to Bristol Sex Worker Collective, who planned to open up their own peer support group.

Fundraising

Once again Covid 19 meant that marathons and in person events were postponed however we were able to hold a mixture of online and in person events and held a successful Clothes Swap event, quiz nights and raffles with the help of our fundraising volunteers. One of our talented volunteers created a beautiful patchwork quilt that raised £400 through an online raffle and Changes Bristol was the chosen Tree of the Year at the St Mary Redcliffe Church TreeFest which raised over £1500 for the charity.

Changes Bristol is grateful to all of the support from citizens and local businesses who held events to raise money for the charity.

Service Monitoring

The Trustees provide oversight on the quality of services delivered by Changes Bristol and have put in place regular reviews of service use. Changes use a number of methods to ensure the services are delivered effectively and measure outcomes, outputs and indicators of wellbeing.

Service user feedback and service user forums are used to ensure those that use the service are able to influence its development.

The CEO and Service managers are responsible for monitoring the service. Senior Managers ensure these processes are effective and that monthly reports are prepared. All services keep quantitative records of service use and the number of beneficiaries and systematically collect feedback

We are a peer led charity, meaning that most of our staff, volunteer and trustees have lived experience ensuring our ethos remains the same and the developments within the charity always come from the ground up.

FINANCIAL REVIEW

Reserves policy

We have an aspiration to hold the equivalent of 6 months expenditure in free reserves. At 31.3.22 the overall reserves were £217,693, £178,615 in unrestricted funds and £39,078 in restricted funds. The trustees have examined the major risks to which the charity is exposed and systems have been established to mitigate those risks. These procedures will be periodically reviewed to ensure that they still meet the needs of the charity.

STRUCTURE, GOVERNANCE AND 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.

COVID 19 impact

The impact of Covid 19 was felt across the year with the demand for befriending remaining high with waiting lists in operation and the Walk and Talks proved essential in providing a safe non judgemental environment for people to come together and enjoy the outdoors with others. These have been of particular benefit for people experiencing social anxiety, especially after the long periods of lockdowns.

Since the pandemic, the charity has found that engagement with online groups is still strong and there is still a need for this service. We plan to continue providing both online and in-person support services in order to cater to all needs.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08914724 (England and Wales)

Registered Charity number

1167828

Registered office

Barton Hill Settlement
43 Ducie Road
Lawrence Hill
Bristol
BS5 0AX

Trustees

Mr D K Z Kent (resigned 23.3.22)
Mr O C Lewis (resigned 23.3.22)
Dr P M Charles
Ms B C Jones (resigned 11.10.22)
Ms S R C Kent
Ms J Brydon
Ms M Smith (resigned 23.3.22)
Ms H Cook
Ms B Duckworth (resigned 13.7.22)
Dr E Frost
Ms H Smart (resigned 23.3.22)
Mr E Walsh (resigned 23.3.22)
Mr T Hartnell (appointed 13.7.22)
Mr P Raimes (appointed 12.10.22)

Company Secretary

Ms J Brydon

REFERENCE AND ADMINISTRATIVE DETAILS
Independent Examiner
Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

Approved by order of the board of trustees on 11 January 2023 and signed on its behalf by:

Dr P M Charles - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHANGES BRISTOL LTD

Independent examiner's report to the trustees of Changes Bristol Ltd ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its 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 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 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.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Gwyneth Milner ACA
Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

19 January 2023

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	**2022 Total funds £**	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Grants		**4,000**	**163,729**	**167,729**	189,601
Other trading activities	2	**51,608**	**-**	**51,608**	51,190
Total		**55,608**	**163,729**	**219,337**	240,791
EXPENDITURE ON					
Charitable activities					
Operation of Charity		**9,933**	**216,302**	**226,235**	143,890
Other		**1,341**	**-**	**1,341**	1,341
Total		**11,274**	**216,302**	**227,576**	145,231
NET INCOME/(EXPENDITURE)		**44,334**	**(52,573)**	**(8,239)**	95,560
RECONCILIATION OF FUNDS					
Total funds brought forward		**134,281**	**91,651**	**225,932**	130,372
TOTAL FUNDS CARRIED FORWARD		**178,615**	**39,078**	**217,693**	225,932

The notes form part of these financial statements

STATEMENT OF FINANCIAL POSITION
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	7	**946**	**-**	**946**	2,287
CURRENT ASSETS					
Debtors	8	**9,841**	**-**	**9,841**	1,161
Cash at bank		**168,691**	**46,528**	**215,219**	223,347
		178,532	**46,528**	**225,060**	224,508
CREDITORS					
Amounts falling due within one year	9	**(863)**	**(7,450)**	**(8,313)**	(863)
NET CURRENT ASSETS		**177,669**	**39,078**	**216,747**	223,645
TOTAL ASSETS LESS CURRENT LIABILITIES		**178,615**	**39,078**	**217,693**	225,932
NET ASSETS		**178,615**	**39,078**	**217,693**	225,932
FUNDS	10				
Unrestricted funds				**178,615**	134,281
Restricted funds				**39,078**	91,651
TOTAL FUNDS				**217,693**	225,932

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 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 each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 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.

The notes form part of these financial statements

 continued...

STATEMENT OF FINANCIAL POSITION - continued
31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 11 January 2023 and were signed on its behalf by:

Dr E Frost - Trustee

Dr P M Charles - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

 continued...

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Fundraising donations	49,298	50,340
Workshops and training	2,310	850
	51,608	51,190

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	1,341	1,341

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Staff	8	4

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Grants	-	189,601	189,601
Other trading activities	51,190	-	51,190
Total	51,190	189,601	240,791
EXPENDITURE ON			
Charitable activities			
Operation of Charity	5,447	138,443	143,890
Other	1,341	-	1,341
Total	6,788	138,443	145,231

continued...

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
NET INCOME	44,402	51,158	95,560
RECONCILIATION OF FUNDS			
Total funds brought forward	89,879	40,493	130,372
TOTAL FUNDS CARRIED FORWARD	134,281	91,651	225,932

7. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2021 and 31 March 2022	**6,419**
DEPRECIATION	
At 1 April 2021	**4,132**
Charge for year	**1,341**
At 31 March 2022	**5,473**
NET BOOK VALUE	
At 31 March 2022	**946**
At 31 March 2021	2,287

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other debtors	**8,680**	-
Prepayments	**1,161**	1,161
	9,841	1,161

continued...

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	**7,450**	-
Accrued expenses	**863**	863
	8,313	863

10. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
General fund	**72,500**	**44,334**	**61,781**	**178,615**
Designated fund	**61,781**	**-**	**(61,781)**	**-**
	134,281	**44,334**	**-**	**178,615**
Restricted funds				
The Henry Smith Charity	**34,048**	**(27,429)**	**-**	**6,619**
MIND	**1,941**	**(1,941)**	**-**	**-**
Sunrise Foundation	**20,815**	**1,183**	**-**	**21,998**
BCC Pandemic Grant	**7,000**	**(7,000)**	**-**	**-**
CCG BNSSG	**12,841**	**(10,046)**	**-**	**2,795**
Henry Smith Charity Community Match Grant	**15,006**	**(15,006)**	**-**	**-**
BCC Medium Impact Fund	**-**	**7,666**	**-**	**7,666**
	91,651	**(52,573)**	**-**	**39,078**
TOTAL FUNDS	**225,932**	**(8,239)**	**-**	**217,693**

continued...

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**55,608**	**(11,274)**	**44,334**
Restricted funds			
The Henry Smith Charity	**14,750**	**(42,179)**	**(27,429)**
MIND	**-**	**(1,941)**	**(1,941)**
Sunrise Foundation	**32,143**	**(30,960)**	**1,183**
BCC Pandemic Grant	**7,335**	**(14,335)**	**(7,000)**
CCG BNSSG	**51,477**	**(61,523)**	**(10,046)**
Henry Smith Charity Community Match Grant	**15,000**	**(30,006)**	**(15,006)**
BCC Medium Impact Fund	**16,132**	**(8,466)**	**7,666**
BCC Pandemic Impact Fund	**17,600**	**(17,600)**	**-**
Wesport Walk and Talk	**4,292**	**(4,292)**	**-**
Sovereign Housing	**5,000**	**(5,000)**	**-**
	163,729	**(216,302)**	**(52,573)**
TOTAL FUNDS	**219,337**	**(227,576)**	**(8,239)**

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	51,674	44,402	(23,576)	72,500
Designated fund	38,205	-	23,576	61,781
	89,879	44,402	-	134,281
Restricted funds				
The Henry Smith Charity	21,675	12,373	-	34,048
MIND	2,024	(83)	-	1,941
Sunrise Foundation	14,584	6,231	-	20,815
BCC Pandemic Grant	-	7,000	-	7,000
Quartet Express Grant	2,210	(2,210)	-	-
CCG BNSSG	-	12,841	-	12,841
Henry Smith Charity Community Match Grant	-	15,006	-	15,006
	40,493	51,158	-	91,651
TOTAL FUNDS	130,372	95,560	-	225,932

continued...

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,190	(6,788)	44,402
Restricted funds			
The Henry Smith Charity	14,750	(2,377)	12,373
MIND	28,672	(28,755)	(83)
Sunrise Foundation	31,326	(25,095)	6,231
Quartet Mall Fund	6,944	(6,944)	-
BCC Pandemic Grant	16,780	(9,780)	7,000
Quartet Express Grant	-	(2,210)	(2,210)
CCG BNSSG	41,279	(28,438)	12,841
Henry Smith Charity Community Match Grant	45,000	(29,994)	15,006
Quartet Covid fund	4,850	(4,850)	-
	189,601	(138,443)	51,158
TOTAL FUNDS	240,791	(145,231)	95,560

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	51,674	88,736	38,205	178,615
Designated fund	38,205	-	(38,205)	-
	89,879	88,736	-	178,615
Restricted funds				
The Henry Smith Charity	21,675	(15,056)	-	6,619
MIND	2,024	(2,024)	-	-
Sunrise Foundation	14,584	7,414	-	21,998
Quartet Express Grant	2,210	(2,210)	-	-
CCG BNSSG	-	2,795	-	2,795
BCC Medium Impact Fund	-	7,666	-	7,666
	40,493	(1,415)	-	39,078
TOTAL FUNDS	130,372	87,321	-	217,693

continued...

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	106,798	(18,062)	88,736
Restricted funds			
The Henry Smith Charity	29,500	(44,556)	(15,056)
MIND	28,672	(30,696)	(2,024)
Sunrise Foundation	63,469	(56,055)	7,414
Quartet Mall Fund	6,944	(6,944)	-
BCC Pandemic Grant	24,115	(24,115)	-
Quartet Express Grant	-	(2,210)	(2,210)
CCG BNSSG	92,756	(89,961)	2,795
Henry Smith Charity Community Match Grant	60,000	(60,000)	-
BCC Medium Impact Fund	16,132	(8,466)	7,666
BCC Pandemic Impact Fund	17,600	(17,600)	-
Wesport Walk and Talk	4,292	(4,292)	-
Sovereign Housing	5,000	(5,000)	-
	348,480	(349,895)	(1,415)
TOTAL FUNDS	460,128	(372,807)	87,321

Designated fund

A transfer of funds from the Designated Unrestricted Fund to the General Unrestricted Fund was made in the sum of £61,781. These funds were designated last year in expectation of additional costs as a result of the COVID 19 pandemic e.g. additional project costs.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

CHANGES BRISTOL LTD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	2022	2021
	£	£
INCOME AND ENDOWMENTS		
Other trading activities		
Fundraising donations	**49,298**	50,340
Workshops and training	**2,310**	850
	51,608	51,190
Charitable activities		
MIND	**-**	28,672
The Henry Smith Charity	**14,750**	14,750
Merchant Venturers	**4,000**	-
Sunrise Foundation	**32,143**	31,326
Quartet Fund	**-**	6,944
Quartet Express Grant	**-**	4,850
Bristol City Council	**7,335**	16,780
CCG BNSSG	**51,477**	41,279
Henry Smith Charity Community Match Challenge	**15,000**	45,000
BCC Medium Impact Fund	**16,132**	-
BCC Pandemic impact	**17,600**	-
Wesport Walk and Talk	**4,292**	-
Sovereign Housing	**5,000**	-
	167,729	189,601
Total incoming resources	**219,337**	240,791
EXPENDITURE		
Charitable activities		
Wages and staff costs	**185,992**	107,227
Pensions	**-**	1,765
Support meetings	**19,224**	14,992
Volunteer costs	**1,952**	1,588
Fundraising expenses	**995**	2,581
	208,163	128,153
Other		
Depreciation of tangible fixed assets	**1,341**	1,341
Support costs		
Finance		
Bank charges	**181**	72
Accountancy & professional	**-**	120
	181	192

This page does not form part of the statutory financial statements

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	2022	2021
	£	£
Finance		
Other		
Rent	**8,031**	4,349
Insurance	**1,048**	928
Telephone	**546**	1,648
Office and IT	**7,900**	8,114
Sundries	**366**	506
	17,891	15,545
Total resources expended	**227,576**	145,231
Net (expenditure)/income	**(8,239)**	95,560

This page does not form part of the statutory financial statements

CHANGES BRISTOL LTD

England & Wales - Charity number 1167828

Accounts

REGISTERED COMPANY NUMBER: 08914724 (England and Wales)
REGISTERED CHARITY NUMBER: 1167828

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

FOR

CHANGES BRISTOL LTD

Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and Aims

The provision of mental health support for the area of Bristol and the surrounding area including residents of South Gloucestershire, North Somerset and BANES. Changes Bristol Ltd provides its support through the provision of peer support groups following a structure originally developed by Changes Stoke and other types of peer support and mental health education.

Mission Statement

Changes will be recognised as an accessible and effective mental health service. Changes aims to promote the recovery and mental wellbeing of those in mental distress in Bristol and the surrounding area.

Significant Activities

Strategic targets achieved in 2020/21 included:

- Successfully obtaining new funding avenues to sustain the further development of the charity

- Moving fundraising to online events

- Obtaining new emergency funding streams to deal with the pandemic

- Restructuring of the service manager role providing more support for the service and volunteers

- Increased hours for staff to improve service provision

- Increasing our partnerships

- Significant restructuring of the charity to deal with the COVID19 pandemic that began in March 2020

- The development of a completely new peer support service with our Befriending Service providing one to one telephone befriending to our most vulnerable members

- Development of a Walk and Talk project as a part of the Befriending project

- Development of peer support meetings online

- Development of support groups for groups of a specific characteristic online as requested by members including a Women's group, Men's group, LGBTQ+ group and the Women of Colour project.

- We set up a new South Bristol project in the middle of lockdown 2021 within a month, in a safe environment to meet the needs of the community as requested by citizens of South Bristol and commissioned by the Clinical Commissioning Group and in partnership with the South Bristol Partnership.

- Member/service user forums

- Continued improvement in training and supervision provision to our volunteers

Public Benefit

The Trustees have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

OBJECTIVES AND ACTIVITIES

Volunteers

Key to the ethos of Changes Bristol is the use of volunteers in the delivery of the service.

Without volunteers the service could not run. 94 volunteers were involved in the delivery of the services of the charity in this period. We strongly encourage service users to become volunteers in order to help their own recovery and assist in the development of the service. In 2020-21 Changes trained 62 new volunteers on the facilitator training induction programme.

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

The most significant occurrence in this period was the Pandemic emergency COVID19 that hit the country in March 2020. This meant that the charity had to change its services to meet the needs of the population in a COVID safe way in a timely manner.

All face-to-face support groups ended on the 18th March 2020 and were moved online. 10 support groups were set up online with support provided to members to access this support digitally. All working was transferred to working from home.

We then set up a one to one befriending phone service to support those who are digitally excluded and for those most vulnerable in the community. This became so successful and over-subscribed that we were able to obtain further emergency funding to expand this service for 12 months.

We developed a Walk and Talk service as a part of the befriending service to help with social isolation.

Costs to provide support increased due to the peculiar conditions of the pandemic and more staff hours were required to provide the support we offer. In addition we had to develop new training packages to provide online support group training for volunteers and develop new training for the new services.

Peer Support Group Service

2020-21 saw the 12 support groups we were providing face-to-face to close down and support groups were set up online. We lost most of our volunteers in the early days of the pandemic and proceeded to train new volunteers. We then set up 10 online support groups from Monday to Friday at the same time each week. Four of these were for specific groups including LGBTQ+, Women of Colour, Men and Women only.

In November 2020 we began planning for the re-opening of face-to-face groups under a partnership with South Bristol Partnership, working with Knowle West Health Park and BS3 Community. Within a month we set up 5 Covid safe, face to face peer support groups in South Bristol.

In 2020-21 Changes Bristol operated 397 online peer support meetings and 73 face-to-face support meetings over the course of the financial year.

Over 508 individuals attended our support groups and there were 3,717 attendances with an average of 8 people attending each meeting.

The latest data from our annual survey for this period shows that people benefited coming to Changes meetings in the following ways:

Increased social interactions 84%

Increased ability to face problems 77%

Self-confidence/self-esteem 77%

Less reliant on doctors/CPNs 38%

Less at risk of hospitalisation 29%

Feeling less suicidal 69%

Making steps towards employment 50% - of those where this was applicable

Staying in work 57% - of those where this was applicable

Feeling less socially isolated 86%

Ability to cope with negative feelings 85%

To take steps towards better physical health 66%

Benefitted their mental health 99%

These outcomes are similar to the surveys carried out over the previous 9 years showing a pattern of assisting in helping people cope and improve their mental health by using the support groups and reducing the likelihood of mental health problems reaching a chronic state of ill health.

Befriending Service

As the pandemic began in March 2020, we set up a one to one phone befriending service to help our most vulnerable members and to help those who are digitally excluded. Initially, we identified about 20 people that this would help. We then opened it out to new members. This quickly became over-subscribed. We managed to obtain new funding to expand this service and over the year helped 81 people with 55 volunteers. There have been 1399 volunteer hours used to deliver the befriending service.

This service has been a big success and has continued to grow and is now considered an integral part of our services to the community.

Partnerships in delivering services for members

We have developed partnership working through engagement with other organisations, Bristol Council, the Clinical Commissioning Group and other community groups through the pandemic response. We are represented in a number of meetings helping to deliver the Mental Health Peer Support Framework Document to inform the newly forming Integrated Care Partnerships with the new re-organisation of the Clinical Commissioning Groups.

We are a member of the VCSE Mental Health Alliance.

We have a formal partnership with the Knowle West Health Park and BS3 Community delivering peer support groups in South Bristol.

Other Services

The Changes Newsletter goes out to members and partners every 3 weeks and is provided by volunteers with contributions to its content by service users and volunteers.

We provide volunteer opportunities to people with lived experience who would like to gain confidence and give back to the community. We also provide various educational services and provide workshops and talks on mental health.

Service Monitoring

The Trustees provide oversight on the quality of services delivered by Changes Bristol and have put in place regular reviews of service use. Changes use a number of methods to ensure the services are delivered effectively and measure outcomes, outputs and indicators of wellbeing.

Service user feedback and service user forums are used to ensure those that use the service are able to influence its development.

Project and Service managers are responsible for monitoring the service. Senior Managers ensure these processes are effective and that monthly reports are prepared. All services keep quantitative records of service use and the number of beneficiaries and systematically collect feedback.

We are a peer led charity, meaning that most of our staff, volunteer and trustees have lived experience ensuring our ethos remains the same and the developments within the charity always come from the ground up. At the time of this report all staff have lived experience, 80% of the trustees and 96% of the volunteers.

FINANCIAL REVIEW

Reserves policy

We have an aspiration to hold the equivalent of 6 months expenditure in free reserves. The trustees have examined the major risks to which the charity is exposed and systems have been established to mitigate those risks. These procedures will be periodically reviewed to ensure that they still meet the needs of the charity.

STRUCTURE, GOVERNANCE AND 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.

COVID 19 impact

The last physical support meeting of this financial period was on 18th March 2020. This is due to the impending Lockdown due to the pandemic experienced in 2020. The service has moved to online support groups providing 8 online support meetings each week with 6 for anyone over 18 and one for those identifying as a woman and one for those identifying as a man only.

We recognised the digital exclusion and the concerns of our most vulnerable members and we set up a befriending service to provide up to 1 hour one to one phone support per week. This quickly became over-subscribed when opened to new members.

The charity responded quickly to set up an alternative service to support our members and the people of Bristol.

The experience of providing the befriending service and the new digital service is likely to have long term influence on how our services are delivered in the future even after our physical meetings have re-opened.

We have supported 36 people with the befriending service and we are getting an average of 9 members per online meeting.

Financial impact of COVID 19

We recognise that there is now a significant risk to the charity going forward with the coronavirus pandemic. We have become a more sustainable charity over the last 5 years with a significant increase in funds raised through fundraising events and donations. This will be impacted significantly if the pandemic continues.

This has been noted by the Trustees and contingencies and applications for funding have been made to continue the service.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08914724 (England and Wales)

Registered Charity number

1167828

Registered office

Barton Hill Settlement
43 Ducie Road
Lawrence Hill
Bristol
BS5 0AX

REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021

Company Secretary
Ms J Brydon

Independent Examiner
Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

Approved by order of the board of trustees on 26 January 2022 and signed on its behalf by:

Ms B C Jones - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHANGES BRISTOL LTD

Independent examiner's report to the trustees of Changes Bristol Ltd ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its 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 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 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.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Gwyneth Milner ACA
Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

26 January 2022

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Grants		-	189,601	189,601	65,805
Other trading activities	2	51,190	-	51,190	66,111
Total		51,190	189,601	240,791	131,916
EXPENDITURE ON					
Charitable activities					
Operation of Charity		5,447	138,443	143,890	103,732
Other		1,341	-	1,341	233
Total		6,788	138,443	145,231	103,965
NET INCOME		44,402	51,158	95,560	27,951
RECONCILIATION OF FUNDS					
Total funds brought forward		89,879	40,493	130,372	102,421
TOTAL FUNDS CARRIED FORWARD		134,281	91,651	225,932	130,372

The notes form part of these financial statements

STATEMENT OF FINANCIAL POSITION
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	**2021 Total funds £**	2020 Total funds £
FIXED ASSETS					
Tangible assets	7	**2,287**	**-**	**2,287**	200
CURRENT ASSETS					
Debtors	8	**1,161**	**-**	**1,161**	-
Cash at bank		**131,696**	**91,651**	**223,347**	131,001
		132,857	**91,651**	**224,508**	131,001
CREDITORS					
Amounts falling due within one year	9	**(863)**	**-**	**(863)**	(829)
NET CURRENT ASSETS		**131,994**	**91,651**	**223,645**	130,172
TOTAL ASSETS LESS CURRENT LIABILITIES		**134,281**	**91,651**	**225,932**	130,372
NET ASSETS		**134,281**	**91,651**	**225,932**	130,372
FUNDS	10				
Unrestricted funds				**134,281**	89,879
Restricted funds				**91,651**	40,493
TOTAL FUNDS				**225,932**	130,372

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 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 each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 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.

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26 January 2022 and were signed on its behalf by:

Ms B C Jones - Trustee

Ms B Duckworth - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Fundraising donations	50,340	64,811
Workshops and training	850	1,300
	51,190	66,111

continued...

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	**1,341**	233

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Staff	**4**	4

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Grants	-	65,805	65,805
Other trading activities	66,112	(1)	66,111
Total	66,112	65,804	131,916
EXPENDITURE ON			
Charitable activities			
Operation of Charity	63,272	40,460	103,732
Other	233	-	233
Total	63,505	40,460	103,965
NET INCOME	2,607	25,344	27,951
RECONCILIATION OF FUNDS			
Total funds brought forward	87,271	15,150	102,421

continued...

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	89,878	40,494	130,372

7. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2020	**2,991**
Additions	**3,428**
At 31 March 2021	**6,419**
DEPRECIATION	
At 1 April 2020	**2,791**
Charge for year	**1,341**
At 31 March 2021	**4,132**
NET BOOK VALUE	
At 31 March 2021	**2,287**
At 31 March 2020	200

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments	**1,161**	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accrued expenses	**863**	829

continued...

10. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	51,674	44,402	(23,576)	72,500
Designated fund	38,205	-	23,576	61,781
	89,879	44,402	-	134,281
Restricted funds				
The Henry Smith Charity	21,675	12,373	-	34,048
MIND	2,024	(83)	-	1,941
Sunrise Foundation	14,584	6,231	-	20,815
Bristol City Council	-	7,000	-	7,000
Quartet Express Grant	2,210	(2,210)	-	-
CCG BNSSG	-	12,841	-	12,841
Henry Smith Charity Community Match Grant	-	15,006	-	15,006
	40,493	51,158	-	91,651
TOTAL FUNDS	130,372	95,560	-	225,932

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,190	(6,788)	44,402
Restricted funds			
The Henry Smith Charity	14,750	(2,377)	12,373
MIND	28,672	(28,755)	(83)
Sunrise Foundation	31,326	(25,095)	6,231
Quartet Mall Fund	6,944	(6,944)	-
Bristol City Council	16,780	(9,780)	7,000
Quartet Express Grant	-	(2,210)	(2,210)
CCG BNSSG	41,279	(28,438)	12,841
Henry Smith Charity Community Match Grant	45,000	(29,994)	15,006
Quartet Covid fund	4,850	(4,850)	-
	189,601	(138,443)	51,158
TOTAL FUNDS	240,791	(145,231)	95,560

continued...

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19	Net movement in funds	Transfers between funds	At 31.3.20
	£	£	£	£
Unrestricted funds				
General fund	87,271	2,608	(38,205)	51,674
Designated fund	-	-	38,205	38,205
	87,271	2,608	-	89,879
Restricted funds				
The Henry Smith Charity	-	21,675	-	21,675
MIND	-	2,024	-	2,024
Sunrise Foundation	15,150	(566)	-	14,584
Quartet Express Grant	-	2,210	-	2,210
	15,150	25,343	-	40,493
TOTAL FUNDS	102,421	27,951	-	130,372

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	66,112	(63,504)	2,608
Restricted funds			
The Henry Smith Charity	28,901	(7,226)	21,675
The Peoples Health Trust	1,435	(1,435)	-
MIND	2,024	-	2,024
Sunrise Foundation	25,000	(25,566)	(566)
Quartet Mall Fund	1,000	(1,000)	-
Bristol City Council	2,444	(2,444)	-
Quartet Express Grant	5,000	(2,790)	2,210
	65,804	(40,461)	25,343
TOTAL FUNDS	131,916	(103,965)	27,951

continued...

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	87,271	47,010	(61,781)	72,500
Designated fund	-	-	61,781	61,781
	87,271	47,010	-	134,281
Restricted funds				
The Henry Smith Charity	-	34,048	-	34,048
MIND	-	1,941	-	1,941
Sunrise Foundation	15,150	5,665	-	20,815
Bristol City Council	-	7,000	-	7,000
CCG BNSSG	-	12,841	-	12,841
Henry Smith Charity Community Match Grant	-	15,006	-	15,006
	15,150	76,501	-	91,651
TOTAL FUNDS	102,421	123,511	-	225,932

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	117,302	(70,292)	47,010
Restricted funds			
The Henry Smith Charity	43,651	(9,603)	34,048
The Peoples Health Trust	1,435	(1,435)	-
MIND	30,696	(28,755)	1,941
Sunrise Foundation	56,326	(50,661)	5,665
Quartet Mall Fund	7,944	(7,944)	-
Bristol City Council	19,224	(12,224)	7,000
Quartet Express Grant	5,000	(5,000)	-
CCG BNSSG	41,279	(28,438)	12,841
Henry Smith Charity Community Match Grant	45,000	(29,994)	15,006
Quartet Covid fund	4,850	(4,850)	-
	255,405	(178,904)	76,501
TOTAL FUNDS	372,707	(249,196)	123,511

Designated fund

A transfer of funds from the General Unrestricted Fund to a Designated Unrestricted Fund was made in the sum of £61,781. This is in expectation of additional costs as a result of the COVID 19 pandemic e.g. additional project costs.

continued...

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Other trading activities		
Fundraising donations	**50,340**	64,811
Workshops and training	**850**	1,300
	51,190	66,111
Charitable activities		
MIND	**28,672**	2,024
The People's Health Trust	-	1,436
The Henry Smith Charity	**14,750**	28,900
Sunrise Foundation	**31,326**	25,000
Quartet Fund	**6,944**	1,000
Quartet Express Grant	**4,850**	5,000
Bristol City Council	**16,780**	2,445
CCG BNSSG	**41,279**	-
Henry Smith Charity Community Match Challenge	**45,000**	-
	189,601	65,805
Total incoming resources	**240,791**	131,916
EXPENDITURE		
Charitable activities		
Wages	**107,227**	71,746
Pensions	**1,765**	1,246
Support meetings	**14,992**	11,117
Training and workshops	-	3,265
Volunteer costs	**1,588**	700
Fundraising expenses	**2,581**	7,742
	128,153	95,816
Other		
Depreciation of tangible fixed assets	**1,341**	233
Support costs		
Finance		
Bank charges	**72**	154
Accountancy & professional	**120**	120
	192	274
Other		
Rent	**4,349**	4,068
Carried forward	**4,349**	4,068

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2021

	2021	2020
	£	£
Other		
Brought forward	**4,349**	4,068
Insurance	**928**	804
Telephone	**1,648**	679
Office and IT	**8,114**	1,419
Sundries	**506**	672
	15,545	7,642
Total resources expended	**145,231**	103,965
Net income	**95,560**	27,951

This page does not form part of the statutory financial statements