

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**

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

**CHANGES BRISTOL LTD**

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**for the Year Ended 31 March 2021**

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## **CHANGES BRISTOL LTD**

### **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.

**CHANGES BRISTOL LTD**

**REPORT OF THE TRUSTEES**  
**for the Year Ended 31 March 2021**

**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.

## **CHANGES BRISTOL LTD**

### **REPORT OF THE TRUSTEES** **for the Year Ended 31 March 2021**

#### **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%

## **CHANGES BRISTOL LTD**

### **REPORT OF THE TRUSTEES** **for the Year Ended 31 March 2021**

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.

## **CHANGES BRISTOL LTD**

### **REPORT OF THE TRUSTEES** **for the Year Ended 31 March 2021**

#### **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

**CHANGES BRISTOL LTD**

**REPORT OF THE TRUSTEES**  
**for the Year Ended 31 March 2021**

**Trustees**

Mr D K Z Kent  
Mr O C Lewis  
Dr P M Charles  
Ms B C Jones  
Ms S R C Kent  
Ms W Wood (resigned 28.11.20)  
Ms R M Beale (resigned 27.11.20)  
Ms J Brydon  
Ms M Smith  
Ms H Cook  
Ms B Duckworth (appointed 8.7.20)  
Dr E Frost (appointed 8.7.20)  
Ms H Smart (appointed 8.7.20)  
Mr E Walsh

**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:

A handwritten signature in black ink, appearing to be 'BCJ' with a stylized flourish extending to the right.

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

The notes form part of these financial statements

**CHANGES BRISTOL LTD**

**STATEMENT OF FINANCIAL POSITION**

**31 March 2021**

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

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.

**CHANGES BRISTOL LTD**

**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:

A stylized handwritten signature in black ink, consisting of a large 'B' and 'C' intertwined.

Ms B C Jones - Trustee

A handwritten signature in black ink, appearing to read 'B Duckworth'.

Ms B Duckworth - Trustee

## **CHANGES BRISTOL LTD**

### **NOTES TO THE FINANCIAL STATEMENTS** **for the Year Ended 31 March 2021**

#### **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**

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

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

**3. NET INCOME/(EXPENDITURE)**

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

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Depreciation - owned assets	<b><u>1,341</u></b>	<b><u>233</u></b>

**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:

	<b>2021</b>	<b>2020</b>
	<b>4</b>	<b>4</b>
Staff	<b><u>4</u></b>	<b><u>4</u></b>

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

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

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

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

<b>6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b>			
	Unrestricted funds £	Restricted funds £	Total funds £
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>89,878</u>	<u>40,494</u>	<u>130,372</u>
<b>7. TANGIBLE FIXED ASSETS</b>			
			Computer equipment £
<b>COST</b>			
At 1 April 2020			<b>2,991</b>
Additions			<b>3,428</b>
			<u>          </u>
At 31 March 2021			<b>6,419</b>
<b>DEPRECIATION</b>			
At 1 April 2020			<b>2,791</b>
Charge for year			<b>1,341</b>
			<u>          </u>
At 31 March 2021			<b>4,132</b>
<b>NET BOOK VALUE</b>			
At 31 March 2021			<b>2,287</b>
			<u>          </u>
At 31 March 2020			<u>200</u>
<b>8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
	<b>2021</b>	<b>2020</b>	
	£	£	
Prepayments	<b>1,161</b>	<b>-</b>	
	<u>          </u>	<u>          </u>	
<b>9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
	<b>2021</b>	<b>2020</b>	
	£	£	
Accrued expenses	<b>863</b>	<b>829</b>	
	<u>          </u>	<u>          </u>	

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

**10. MOVEMENT IN FUNDS**

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>				
General fund	51,674	44,402	(23,576)	72,500
Designated fund	38,205	-	23,576	61,781
	<u>89,879</u>	<u>44,402</u>	<u>-</u>	<u>134,281</u>
<b>Restricted funds</b>				
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
	<u>40,493</u>	<u>51,158</u>	<u>-</u>	<u>91,651</u>
<b>TOTAL FUNDS</b>	<u>130,372</u>	<u>95,560</u>	<u>-</u>	<u>225,932</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	51,190	(6,788)	44,402
<b>Restricted funds</b>			
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)	-
	<u>189,601</u>	<u>(138,443)</u>	<u>51,158</u>
<b>TOTAL FUNDS</b>	<u>240,791</u>	<u>(145,231)</u>	<u>95,560</u>



**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

**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 £
<b>Unrestricted funds</b>				
General fund	87,271	2,608	(38,205)	51,674
Designated fund	-	-	38,205	38,205
	<u>87,271</u>	<u>2,608</u>	<u>-</u>	<u>89,879</u>
<b>Restricted funds</b>				
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
	<u>15,150</u>	<u>25,343</u>	<u>-</u>	<u>40,493</u>
<b>TOTAL FUNDS</b>	<u>102,421</u>	<u>27,951</u>	<u>-</u>	<u>130,372</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	66,112	(63,504)	2,608
<b>Restricted funds</b>			
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
	<u>65,804</u>	<u>(40,461)</u>	<u>25,343</u>
<b>TOTAL FUNDS</b>	<u>131,916</u>	<u>(103,965)</u>	<u>27,951</u>

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

**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 £
<b>Unrestricted funds</b>				
General fund	87,271	47,010	(61,781)	72,500
Designated fund	-	-	61,781	61,781
	<u>87,271</u>	<u>47,010</u>	<u>-</u>	<u>134,281</u>
<b>Restricted funds</b>				
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
	<u>15,150</u>	<u>76,501</u>	<u>-</u>	<u>91,651</u>
<b>TOTAL FUNDS</b>	<u>102,421</u>	<u>123,511</u>	<u>-</u>	<u>225,932</u>

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 £
<b>Unrestricted funds</b>			
General fund	117,302	(70,292)	47,010
<b>Restricted funds</b>			
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)	-
	<u>255,405</u>	<u>(178,904)</u>	<u>76,501</u>
<b>TOTAL FUNDS</b>	<u>372,707</u>	<u>(249,196)</u>	<u>123,511</u>

**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.

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

**11. RELATED PARTY DISCLOSURES**

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

**CHANGES BRISTOL LTD**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**

**for the Year Ended 31 March 2021**

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Other trading activities</b>		
Fundraising donations	50,340	64,811
Workshops and training	850	1,300
	<hr/> 51,190	<hr/> 66,111
<b>Charitable activities</b>		
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	-
	<hr/> 189,601	<hr/> 65,805
<b>Total incoming resources</b>	240,791	131,916
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
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
	<hr/> 128,153	<hr/> 95,816
<b>Other</b>		
Depreciation of tangible fixed assets	1,341	233
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	72	154
Accountancy & professional	120	120
	<hr/> 192	<hr/> 274
<b>Other</b>		
Rent	4,349	4,068
Carried forward	4,349	4,068

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**CHANGES BRISTOL LTD**

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

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

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