

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

**CHANGES BRISTOL LTD**

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**for the Year Ended 31 March 2022**

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## **CHANGES BRISTOL LTD**

### **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.

**CHANGES BRISTOL LTD**

**REPORT OF THE TRUSTEES**  
**for the Year Ended 31 March 2022**

**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.'

## **CHANGES BRISTOL LTD**

### **REPORT OF THE TRUSTEES** **for the Year Ended 31 March 2022**

#### **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.

## **CHANGES BRISTOL LTD**

### **REPORT OF THE TRUSTEES** **for the Year Ended 31 March 2022**

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.

## **CHANGES BRISTOL LTD**

### **REPORT OF THE TRUSTEES** **for the Year Ended 31 March 2022**

#### **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 Raines (appointed 12.10.22)

##### **Company Secretary**

Ms J Brydon

**CHANGES BRISTOL LTD**

**REPORT OF THE TRUSTEES**  
**for the Year Ended 31 March 2022**

**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

**CHANGES BRISTOL LTD**

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

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

The notes form part of these financial statements

**CHANGES BRISTOL LTD**

**STATEMENT OF FINANCIAL POSITION**

**31 March 2022**

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

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

**CHANGES BRISTOL LTD**

**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

The notes form part of these financial statements

## **CHANGES BRISTOL LTD**

### **NOTES TO THE FINANCIAL STATEMENTS** **for the Year Ended 31 March 2022**

#### **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.

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2022**

**2. OTHER TRADING ACTIVITIES**

	<b>2022</b>	2021
	<b>£</b>	£
Fundraising donations	<b>49,298</b>	50,340
Workshops and training	<b>2,310</b>	850
	<b><u>51,608</u></b>	<u>51,190</u>

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

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

	<b>2022</b>	2021
	<b>£</b>	£
Depreciation - owned assets	<b><u>1,341</u></b>	<u>1,341</u>

**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:

	<b>2022</b>	2021
	<b>8</b>	4
Staff	<b><u>8</u></b>	<u>4</u>

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	-	189,601	189,601
Other trading activities	<u>51,190</u>	<u>-</u>	<u>51,190</u>
<b>Total</b>	<u>51,190</u>	<u>189,601</u>	<u>240,791</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Operation of Charity	5,447	138,443	143,890
Other	<u>1,341</u>	<u>-</u>	<u>1,341</u>
<b>Total</b>	<u>6,788</u>	<u>138,443</u>	<u>145,231</u>

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2022**

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

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

**7. TANGIBLE FIXED ASSETS**

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

**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022 £	2021 £
Other debtors	8,680	-
Prepayments	<u>1,161</u>	<u>1,161</u>
	<u>9,841</u>	<u>1,161</u>

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2022**

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Other creditors	7,450	-
Accrued expenses	863	863
	<u>8,313</u>	<u>863</u>

**10. MOVEMENT IN FUNDS**

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	72,500	44,334	61,781	178,615
Designated fund	61,781	-	(61,781)	-
	<u>134,281</u>	<u>44,334</u>	<u>-</u>	<u>178,615</u>
<b>Restricted funds</b>				
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
	<u>91,651</u>	<u>(52,573)</u>	<u>-</u>	<u>39,078</u>
<b>TOTAL FUNDS</b>	<u>225,932</u>	<u>(8,239)</u>	<u>-</u>	<u>217,693</u>



**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2022**

**10. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	55,608	(11,274)	44,334
<b>Restricted funds</b>			
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)
<b>TOTAL FUNDS</b>	<b>219,337</b>	<b>(227,576)</b>	<b>(8,239)</b>

**Comparatives for 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
	89,879	44,402	-	134,281
<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
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
<b>TOTAL FUNDS</b>	<b>130,372</b>	<b>95,560</b>	<b>-</b>	<b>225,932</b>

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2022**

**10. MOVEMENT IN FUNDS - continued**

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	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)	-
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)	-
	<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>

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 £
<b>Unrestricted funds</b>				
General fund	51,674	88,736	38,205	178,615
Designated fund	38,205	-	(38,205)	-
	<u>89,879</u>	<u>88,736</u>	<u>-</u>	<u>178,615</u>
<b>Restricted funds</b>				
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
	<u>40,493</u>	<u>(1,415)</u>	<u>-</u>	<u>39,078</u>
<b>TOTAL FUNDS</b>	<u>130,372</u>	<u>87,321</u>	<u>-</u>	<u>217,693</u>

**CHANGES BRISTOL LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2022**

**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 £
<b>Unrestricted funds</b>			
General fund	106,798	(18,062)	88,736
<b>Restricted funds</b>			
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)	-
	<hr/>	<hr/>	<hr/>
	348,480	(349,895)	(1,415)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>460,128</u>	<u>(372,807)</u>	<u>87,321</u>

**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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Other trading activities</b>		
Fundraising donations	49,298	50,340
Workshops and training	2,310	850
	<hr/>	<hr/>
	51,608	51,190
<b>Charitable activities</b>		
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	-
	<hr/>	<hr/>
	167,729	189,601
<b>Total incoming resources</b>	<hr/>	<hr/>
	219,337	240,791
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
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
	<hr/>	<hr/>
	208,163	128,153
<b>Other</b>		
Depreciation of tangible fixed assets	1,341	1,341
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	181	72
Accountancy & professional	-	120
	<hr/>	<hr/>
	181	192

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**CHANGES BRISTOL LTD**

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

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

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