

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

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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

Trustees
Dr P M Charles
Ms S R C Kent
Ms J Brydon
Ms H Cook
Dr E Frost
Mr J Bundy
Ms C Biscotte
Dr L Wijetunge
Mr T Hartnell (appointed 13.7.22)
Mr P Raimes (appointed 12.10.22)

Company Secretary
Ms J Brydon



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

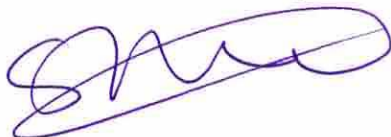
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
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		<u>42,206</u>	<u>260,993</u>	<u>303,199</u>	<u>219,337</u>
EXPENDITURE					
Expenditure on charitable activities	4	11,778	245,043	256,821	227,576
TOTAL EXPENDITURE		<u>11,778</u>	<u>245,043</u>	<u>256,821</u>	<u>227,576</u>
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		<u>186,887</u>	<u>77,184</u>	<u>264,071</u>	<u>217,693</u>

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 13 to 19 form part of these financial statements

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		<u>262,711</u>	<u>215,219</u>
		266,551	225,060
CURRENT LIABILITIES:			
Creditors: falling due within one year	8	<u>(4,269)</u>	<u>(8,313)</u>
Net current assets		262,283	216,747
NET ASSETS:		<u>264,071</u>	<u>217,693</u>
FUNDS			
General funds	10	186,887	178,615
Restricted funds	10	<u>77,184</u>	<u>39,078</u>
		<u>264,071</u>	<u>217,693</u>

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

Chair of Trustees

Charity Registration Number: 1167828

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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.

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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
	<u>42,206</u>	<u>-</u>	<u>42,206</u>	<u>180,259</u>

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	-
	<u>-</u>	<u>260,993</u>	<u>260,993</u>	<u>39,078</u>

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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	-
<u>Support Costs / (Overheads)</u>				
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
	<u>11,679</u>	<u>242,308</u>	<u>253,987</u>	<u>225,187</u>

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
	<u>99</u>	<u>2,735</u>	<u>2,834</u>	<u>2,389</u>

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.

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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	<u>8,653</u>	<u>-</u>	<u>-</u>	<u>8,653</u>
DEPRECIATION:				
At 1 April 2022	5,473	-	-	5,473
Charge for the year	1,393	-	-	1,393
At 31 March 2023	<u>6,866</u>	<u>-</u>	<u>-</u>	<u>6,866</u>
NET BOOK VALUE:				
At 31 March 2023	<u>1,788</u>	<u>-</u>	<u>-</u>	<u>1,788</u>
At 31 March 2022	<u>946</u>	<u>-</u>	<u>-</u>	<u>946</u>

7 DEBTORS

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

8 CREDITORS: amounts falling due within one year

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

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)
	<u>264,071</u>	<u>-</u>	<u>264,071</u>	<u>217,693</u>

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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

BCC Medium Impact Fund

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

BS3 Community

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

CCG LGBTQIA+

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

CCG Inner City & East Bristol

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2023

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.