

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

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

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

CHANGES BRISTOL LTD
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for the Year Ended 30 March 2024

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Annual Report 2023 / 2024

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

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

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

Chair Statement

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

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

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

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

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

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

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

Pete Raimes

Chair of Trustees
November 2024

OBJECTIVES AND ACTIVITIES

Objectives and Aims

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

Mission Statement

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

Core Values

Allyship and Inclusion

Wellbeing

Respect

Empowerment

Equality, Diversity and Inclusion

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

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

development of Changes Bristol will be missed by all. Alessandra Gava became full time Director at the beginning of March 2024. In January we were delighted to appoint a new Head of Services, Liam Cooper-King, to oversee the operational running of our services.

We held a well-attended AGM in March 2024 with our special Guest Speaker and founder of Changes Bristol Richard Pearce which also celebrated our 20th anniversary with our members.

Significant Activities

Strategic targets achieved in 2023/24 included:

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

Public Benefit

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

Volunteers

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

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

Some feedback from our volunteers:

On Befriending:

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

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

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

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

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

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

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

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

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

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

86% had increased confidence.

74% reported feeling less at risk of mental health hospitalisation

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

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

Jen Witts Nature Facilitator and Project Worker

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

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

Bristol Ferries have taken us out several times now, it's been a unique opportunity for (sometimes lifelong) residents to see the City from a different perspective and enjoy the calm of being on the

water. They also generously gave members free day tickets to have a trip in their own time, which they found really special.

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

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

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

In April 2023, Changes Bristol was successfully awarded a further two year extension to deliver peer support groups for mental health in South Bristol and Inner City and East Bristol. We also received extra funding for our online LGBTQIA+ and Women of Colour Peer Support Groups and funding for peer support groups in North Bristol.

We developed a pilot for a series of in person peer support groups for our LGBTQIA+ and Women of Colour Groups and we hope to build on this provision in the coming year.

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

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

People attending these groups shared that they were feeling "less depressed and feeling more important", "more confident in general and less anxious", "less alone in my experiences and felt

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

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

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

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

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

Our peer support groups had 5477 attendances from 874 members. The group spaces continue to be open access, with no referral or diagnosis required. We hold weekly groups around the city and online, including our specific safe space groups for Women of Colour, people who identify as LGBTQIA+, women and men.

Hillfields Group - Celtic Connection Fund Grant through the Quartet Community Foundation. This group had 248 attendances between April 2023 and March 2024. 6 volunteers supported this group by facilitating meetings and this group continues to be an important resource for the community.

100% Felt less socially isolated, 75% increased social interactions, 100% had more positive feelings (for example, life calmness, compassion, forgiveness, contentment, generosity),

100% Feel they can express themselves. 33 people said they were experiencing depression and 38 people said they were feeling anxiety on registration. Over the surveys during the lifetime of the grant, 90% of members of this group said that coming to the group had benefited their mental health with 10% not sure.

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

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

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

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

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

The Green Social Prescribing Program across Bristol, South Glos and North Somerset funded an extension of our Nature Wellbeing Group Keep Going Keep Growing delivered between our own gardens at The Wellspring Settlement, The Trinity Centre and Boiling Wells at St Werburghs Community Farm. This group supported people with their wellbeing by growing, crafting, gathering around a fire and over the winter period we hosted indoor mindful art sessions. We were delighted to return to the Boiling Wells site that Changes members had worked on when the site was first developed so it felt especially good to return nature connections back into our services.

"I have noticed many changes in myself since I started coming to the group. It has helped me to believe in myself again and grounded me so much. It has given me the confidence to go out and do more things."

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

Fundraising

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

Service Monitoring

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

Service user feedback and member forums are used to ensure those that use the service are able to influence its development. The Directors, Head of Services and Service managers and Deputy Services Manager are responsible for monitoring the service. Senior Managers ensure these processes are effective and that monthly reports are prepared. All services keep quantitative records of service use and the number of beneficiaries and systematically collect feedback.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number: 08914724 (England and Wales)

Registered Charity number: 1167828

Registered office:

Barton Hill Settlement (Now Wellspring Settlement)

43 Ducie Road, Lawrence Hill, Bristol, BS5 0AX

Trustees

Dr P M Charles

Ms S R C Kent (Treasurer)

Ms J Brydon

Mrs H Roddis

Dr E Frost

Mr J Bundy

Ms C Biscotte

Dr L Wijetunge

Mr T Hartnell

Mr P Raimes (Chair)

Dr M Khan

Mr M Dunderdale

Miss M Waters (Company Secretary)

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

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

Respective responsibilities of trustees and examiner

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

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

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

Basis of independent examiner's report

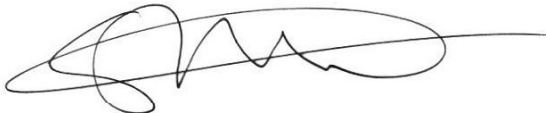
My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures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

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect:
 - the accounting records were not kept in accordance with section 130 of the Charities Act; or
 - the accounts did not accord with the accounting records; or
 - the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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



Steven Baptiste
Date: 19/12/2024

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 30 MARCH 2024

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

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

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

.....
Chair of Trustees

.....
Treasurer

Charity Registration Number: 1167828

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2024

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 2024

2 GRANTS RECEIVABLE

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

3 ACTIVITIES FOR GENERATING FUNDS

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2024

4 DIRECT CHARITABLE EXPENDITURE

Charitable Activities

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

Governance Costs

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

6 TANGIBLE FIXED ASSETS

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

7 DEBTORS

	2024 £	2023 £
Prepayments	1,117	485
Other Debtors	-	3,355
	<u>1,117</u>	<u>3,840</u>

8 CREDITORS: amounts falling due within one year

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

9

ANALYSIS OF NET ASSETS BETWEEN FUNDS

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2024

10 ANALYSIS OF CHARITABLE FUNDS

For the year ended 31 March 2024

Analysis of Fund movements	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
Unrestricted funds:					
General funds	186,886	29,886	(61,491)	(8,416)	146,866
Designated funds	-	-	-	-	-
Building funds	-	-	-	-	-
	186,886	29,886	(61,491)	(8,416)	146,866
Restricted funds:					
	Balance b/fwd £	Income £	Expenditure £	Transfers £	Fund c/fwd £
The Henry Smith Charity	6,801	43,100	(46,940)	-	2,961
Sunrise Foundation	19,575	-	(21,339)	1,764	-
Sunrise Foundation (Phase 2)	-	33,090	(11,613)	(1,764)	19,714
BCC Impact Medium Fund	692	59,700	(54,378)	-	6,014
Celtic Connection Fund	2,171	4,285	(6,034)	-	422
WeSport Green Social Project	1,572	-	(1,572)	-	-
Burges Salmon	-	4,000	(3,080)	-	920
Cost of Living Quartet Foundation	45,903	-	(45,903)	-	-
Cost of Living Quartet Foundation (Phase 2)	-	45,000	(8,560)	(154)	36,286
ICB LGBTQIA+ and Women of Colour	470	27,692	(28,375)	213	-
ICB Inner City and East Bristol	-	10,680	(12,098)	1,418	-
ICB South Bristol	-	50,078	(56,863)	6,785	-
ICB North and West	-	26,416	(26,570)	154	-
LGBTQIA+ In Person	-	1,000	-	-	1,000
	77,184	305,041	(323,325)	8,416	67,316
Total	264,070	334,927	(384,815)	-	214,182

BCC Medium Impact Fund

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

Burges Salmon

Funding for a nature wellbeing peer support group.

Celtic Connection Fund

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

Cost of Living - Quarter Foundation

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2024

Henry Smith Improving Lives

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

ICB LGBTQIA+ and Women of Colour

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

ICB Inner City & East Bristol

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

ICB South Bristol

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

ICB North and West

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

Sunrise Foundation

Funding for a Fundraising and Events Manager.

WeSport Green Social Prescribing Network

Funding for a nature wellbeing peer support group.

For the year ended 31 March 2023

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 30 MARCH 2024

10 ANALYSIS OF CHARITABLE FUNDS (CONTINUED)

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

11 RELATED PARTY TRANSACTIONS

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