

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



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

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

Chair statement for the Annual report 2024-2025:

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

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

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

Pete Raimes, Chair

Trustee Board:

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

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

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

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

Pete Raimes - Chair

Dr Liz Frost - Vice Chair

Meg Waters - Secretary

Sally Gregson - Treasurer

Dr Philip Charles

Dr Miriam Khan

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

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

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

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

Structure and Governance

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

Finance

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

Staff support

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

Service engagement

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

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

Peer Support:

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

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

We held a member day at The Wellspring Settlement in August 2024 where we asked - How does Changes benefit your mental health?

People shared:

“Break down to a breakthrough”

“Help lift out of depression and anxiety”

“Feel like it saved my life.”

This shows how important our peer support services are in our community and the impact they have on people’s lives.

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

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

Our Peer Support Groups included:

A dedicated Women’s group, Men’s group, LGBTQIA+ group, Women of Colour group and Men of Colour Group and a further 16 general groups.

We would like to thank the BNSSG ICB who extended our funding helping us to deliver this far-reaching support across the BNSSG area.

Peer support groups were delivered at Ashton Vale, Bedminster, Brislington, Knowle, City Centre, Easton Community Centre, Hillfields, Horfield, Wellspring, Lawrence Weston and Southmead.

We would like to thank Burges Salmon for their support for our Hillfields group in 2025 and once again we want to say a huge thank you to the Cricket Ground for providing a free venue space for our Horfield group.

We continue to seek funding for our Hillfields, Horfield and Wellspring Group who provide support to so many people in these communities and many of our online groups that we deliver throughout the week.

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

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

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

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

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

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

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

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

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

"generally a force for good in this dark world"

Quality Assurance:

Overall Experience - February 2025

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

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

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

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

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

Sunrise Foundation Trust - Student Engagement Project:

As part of this funded project, we were able to deliver accredited peer facilitator training to students and delivered our first pilot round of training. We engaged with students and schools delivering free yoga classes and speaking to young people about their mental health needs and barriers to accessing support.

This project helps us to reach more young people, give them the tools they need to improve their mental wellbeing and train future volunteers and mental health support workers in our city.

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

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

Attendance across our groups remained strong, with a total of 5,041 attendances from 759 individuals, and 1,037 registered members. Members heard about our groups

through a wide range of channels, over 30 different referral sources, reflecting the success of our ongoing outreach, promotion, and networking by our dedicated project workers.

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



Geographical spread of Changes Bristol group attendees.

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

Befriending Service:

We were delighted to receive an extension to our Bristol Impact Fund Grant to March 2026 allowing us to continue delivering our Befriending Service for mental health and wellbeing.

During this period our Befriending service had 196 members - 78 people supported in our telephone befriending service and 118 people joining our walk and talk.

Over this period, we had 42 volunteer befrienders who made weekly one hour phone calls to befriendees, providing a safe and confidential space to share feelings, difficulties and provide support.

83.3% of people of our walk participants felt more connected to others.

87% felt less socially isolated.

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

We would like to thank Arnos Vale Cemetery for hosting guiding tours as part of our walks and to the Challice Garden Trust for providing free tickets for our members as part of our visit to Glastonbury. Regular walks include visits to Windmill Hill City Farm,

Brandon Hill, St George Park, Snuff Mills and the Harbourside with further walk locations planned for 2025.

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

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

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

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

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

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

*Alessandra Gava, CEO
Changes Bristol*

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

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

Respective responsibilities of trustees and examiner

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

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

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

Basis of independent examiner's report

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

Independent examiner's statement

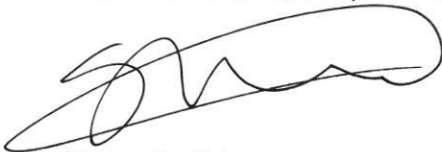
In the course of my examination, no matter has come to my attention:

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

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

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

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



Steven Baptiste
Date: 28/01/2026

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2025

| | | Unrestricted Funds | Restricted Funds | Total Funds 2025 | Total Funds 2024 (Restated) |
|--------------------------------------|------|-----------------------|---------------------|---------------------|-----------------------------------|
| | Note | £ | £ | £ | £ |
| INCOME | | | | | |
| Income from generated funds | 2 | 1,682 | 272,861 | 274,543 | 306,041 |
| Other income | 3 | 30,528 | - | 30,528 | 28,886 |
| TOTAL INCOME AND ENDOWMENTS | | <u>32,210</u> | <u>272,861</u> | <u>305,071</u> | <u>334,928</u> |
| EXPENDITURE | | | | | |
| Expenditure on charitable activities | 4 | 107,239 | 293,030 | 400,269 | 383,870 |
| TOTAL EXPENDITURE | | <u>107,239</u> | <u>293,030</u> | <u>400,269</u> | <u>383,870</u> |
| NET INCOME/(EXPENDITURE) | | (75,029) | (20,169) | (95,198) | (48,943) |
| Balances brought forward | | 147,812 | 67,316 | 215,128 | 264,070 |
| Gross transfers between funds | 10 | - | - | - | - |
| Balances carried forward | | <u>72,782</u> | <u>47,147</u> | <u>119,930</u> | <u>215,128</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 11 to 16 form part of these financial statements

CHANGES BRISTOL LTD
BALANCE SHEET
YEAR ENDED 31 MARCH 2025

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

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

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

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

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

...S Kent.....
Treasurer

Charity Registration Number: 1167828

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

1 ACCOUNTING POLICIES

Accounting convention

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

Funds structure

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

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

Income

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

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

- When the donors specify that the donations given to the charity must be used in future accounting periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

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

Expenditure

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

Charitable activities

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

Going concern

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

Governance costs

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

Tangible fixed assets and depreciation

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

2 GRANTS RECEIVABLE

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

3 ACTIVITIES FOR GENERATING FUNDS

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

4 DIRECT CHARITABLE EXPENDITURE

Charitable Activities

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

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

Governance Costs

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

6 TANGIBLE FIXED ASSETS

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

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

7 DEBTORS

| | 2025 £ | 2024 £ |
|---------------|---------------|--------------|
| Prepayments | 1,994 | 1,117 |
| Trade Debtors | 17,463 | - |
| | <u>19,457</u> | <u>1,117</u> |

8 CREDITORS: amounts falling due within one year

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

9

ANALYSIS OF NET ASSETS BETWEEN FUNDS

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

10 ANALYSIS OF CHARITABLE FUNDS

For the year ended 31 March 2025

| Analysis of Fund movements | Balance b/fwd £ | Income £ | Expenditure £ | Transfers £ | Fund c/fwd £ |
|-------------------------------|-----------------------|---------------|------------------|----------------|--------------------|
| Unrestricted funds: | | | | | |
| General funds | 147,812 | 32,210 | (107,239) | - | 72,782 |
| Designated funds | - | - | - | - | - |
| Building funds | - | - | - | - | - |
| | <u>147,812</u> | <u>32,210</u> | <u>(107,239)</u> | <u>-</u> | <u>72,782</u> |

Restricted funds:

| | | | | | |
|---|--------|--------|----------|---|--------|
| The Henry Smith Charity | 2,961 | 44,600 | (47,561) | - | - |
| Student and Young People Engagement Proje | 19,714 | 34,692 | (29,054) | - | 25,352 |
| BCC Impact Medium Fund | 6,014 | 49,750 | (55,764) | - | - |
| Celtic Connection Fund | 422 | - | (422) | - | - |
| WeSport Green Social Project | - | 8,000 | (4,677) | - | 3,323 |
| Burges Salmon | 920 | - | (920) | - | - |
| Cost of Living Quartet Foundation (Phase 2) | 36,286 | - | (36,286) | - | - |
| ICB LGBTQIA+ and Women of Colour | - | 28,772 | (28,772) | - | - |

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

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

BCC Medium Impact Fund

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

Burges Salmon

Funding for a nature wellbeing peer support group.

Celtic Connection Fund

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

Cost of Living - Quarter Foundation

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

Henry Smith Improving Lives

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

ICB LGBTQIA+ and Women of Colour

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

ICB Inner City & East Bristol

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

ICB South Bristol

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

ICB North and West

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

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

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

WeSport Green Social Prescribing Network

Funding for a nature wellbeing peer support group.

CHANGES BRISTOL LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

NHS ICB WorkWell West

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

For the year ended 31 March 2024

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

11 RELATED PARTY TRANSACTIONS

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