

	Annual Report for the period							
		From	Period start date		Period end date			
			Day 07	Month 07	Year 2020			
			To		Day 31	Month 03	Year 2021	

Section A	Reference and administration details
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Charity name	Talk Changes
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Other names charity is known by	
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Registered charity number (if any)	1190271	
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Charity's principal address	Hamill House	
	112-116 Chorley New Road	
	Bolton	
	Postcode	BL1 4DH

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee
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			(if any)
1	Nadiya Solkar	Whole Year	
2	Hafsana Munshi	Whole Year	
3	Zeba Lokhat	Whole Year	
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Khadija Wadee

Section B management

Structure, governance and

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
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How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

None

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

We have managed to achieve the objects as stated in the governing document.

To Promote and protect the physical and mental health of people affected by mental health issues for the public benefit through the provision of psychotherapy/counselling intervention and support

To advance the education of the public in matters relating to mental health and community health through workshops and group sessions

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Ensured an organisational infrastructure is in place, which includes; a functioning trustee board, appropriate public liability/professional indemnity insurance is in place, and key policies.

Financial systems and a funding strategy in place, to include; bank account, accounting practice, a process is operating which involves looking for and applying for suitable grants and other funding opportunities.

We have grown as a service provider within Bolton and have built key relationships with other organisations.

Established regular one to one counselling appointments. In one year we have provided just under 100 1:1 Counselling clients (around 6 sessions each)

Created group sessions covering a range of relevant allied mental health topics. We have carried out Walk, Talk and Empower sessions.

Created a suit of relevant workshop materials to support community education in a range of allied mental health topics.

Commenced community-based workshops.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

Have fantastic volunteer contributions. We currently have 5 volunteers who carry out support work as well as managing our successful social media page.

Summary of the main achievements of the charity during the year

Established 1:1 Psychotherapy/Counselling sessions. The funding we have received for the dates July 2020-March 2021 are restricted funds so these are for providing a therapeutic service for the individuals living in Bolton and Greater Manchester. This is funding for the time agreed with the funders in providing this service.

We managed to fulfill our therapeutic services within 2 months of receiving the initial funding. This shows the great demand there is for Mental Health service within the Bolton area.

The beneficiaries are the wider public that are suffering from Mental Health and are in genuine need of support and help. We assist other organisations and where appropriate partner with them to add value to services provided within the community. We have made fantastic partners and built up relationships with other charities in Bolton and Greater Manchester.

We have also built up a growing Instagram audience with approximately 22K followers. This is run by our fantastic volunteers due to their dedication and time have managed to grow the service and we have many reaching out to us on a daily basis.

Section E

Financial review

Brief statement of the charity's policy on reserves

We have no reserves as the funds received is to provide the therapeutic service for the individuals within Bolton & Greater Manchester.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Due to Covid we have not managed to do any fundraising but we have had donations from the public for providing 1:1 Counselling. This is at a charge of £25 PH as per clientele needs. We have a policy in place for those struggling to pay. We have an aim to provide a FREE service for all and we rely on fundings from other organizations such as Bolton Funds and GMVCO to provide this free service.

Currently we do not deal with cash funds. All our income and expenses are generated via our charity bank account and approved by our treasurer Hafsana Munshi.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

H. Munshi

Full name(s)

Hafsana Munshi

Position (eg Secretary, Chair, etc)

Treasurer

Date

26/01/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Talk Changes

Receipts and pay

For the period
from

22/7/20

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £
A1 Receipts		
	-	-
Non cash donation for gift or service	-	100
Grants	-	7,900
	-	-
	-	-
	-	-
	-	-
Sub total (Gross income for AR)	-	8,000
(see table).		
	-	-
	-	-
Sub total	-	-
Total receipts	-	8,000
A3 Payments		
	-	-
Marketing	-	650
Wages	-	1,600
	-	-
	-	-
	-	-
	-	-
	-	-
Sub total	-	2,250
A4 Asset and investment		
	-	-
	-	-
Sub total	-	-
Total payments	-	2,250
Net of receipts/(payments)	-	5,750
A5 Transfers between funds	-	-
A6 Cash funds last year end	-	-
Cash funds this year end	-	5,750

Section B Statement of assets and liabilities a

Categories

Details

B1 Cash funds

None

Total cash funds

(agree balances with receipts and payments
account(s))

B2 Other monetary assets

Details

B3 Investment assets

Details

B4 Assets retained for the charity's own use

Details

Laptop

B5 Liabilities

Details

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Signed by one or two trustees on

Signature

H. Munshi
Z. Lockhat

	No (if any)	CC16a
ments accounts		
To	Period end date 31/3/21	

Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
-	-	-
-	100	-
-	7,900	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	8,000	-
-	-	-
-	-	-
-	-	-
-	8,000	-
-	-	-
-	-	-
-	-	-
-	650	-
-	1,600	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	2,250	-
-	-	-
-	-	-
-	-	-
-	-	-
-	2,250	-
-	-	-
-	5,750	-
-	-	-
-	-	-
-	5,750	-

t the end of the period

Unrestricted to nearest £	Restricted to nearest £	Endowment to nearest £
-	-	-
-	-	-
-	-	-
-	5,750	-
OK	OK	OK

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-

fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-
	-	-
	-	-
	-	-
	-	-

fund to which asset belongs	Cost (optional)	Current value (optional)
Charity	350	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

Fund to which	Amount due	When due
	-	

	-	
	-	
	-	
	-	

Print Name	Date of approval
Hafsana Munshi	26/01/2022
Zeba Lokhat	26/01/2022