

Talk Changes
Charity Number 1190271
Trustees' Annual Report and Accounts
for the year ended
31 March 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01 April 2021 (Period start date) To 31 March 2022 (Period end date)

Charity name: Talk Changes

Charity registration number: 1190271

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	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 We focus on improving physical and mental wellbeing for children, teenagers, young adults, and adults.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Ensured an organisational infrastructure is in place, which includes; a functioning trustee board (3 members), appropriate public liability/professional indemnity insurance is in place, and key policies and procedures. 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 such as Federation, Bolton CVS, Bolton Council and other charity organisations.

		Established regular one to one counselling appointments. In one year we have provided just over 200 1:1 Counselling clients (around 6 sessions each). We also provide sessions nationally and we have placed a structure within the organisation that makes it affordable and easy to access for all beneficiaries. We have a step 4 model we use and we have found this to be extremely beneficial within the organisation. Created group sessions covering a range of relevant allied mental health topics. We have carried out Walk, Talk and Empower sessions, DV sessions, Art Therapy sessions, Clinics, Teenage Talks, Knit and Natter and Arts and Crafts sessions. Created a suit of relevant workshop materials to support community education in a range of allied mental health topics. Commenced community-based workshops and linked within schools to deliver to parents.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on Public Benefit when reviewing the charity's aims and objectives and in planning its future activities, which is an annual process

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Established 1:1 Psychotherapy and 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 areas. This funding is for the time agreed with the funders in providing this service. 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 24K 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. We have grown to 6 Counsellors, 2 social media volunteers, 4 support workers and 2 volunteers and an events manager. We have also achieved the Bolton Quality Mark, we were the youngest organisation to achieve this award and it is recognised by Bolton Council and Bolton University. It is an award that shows we demonstrate a set of universally recognised best practice standards and good practice.
--	--	--

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity's total income amounted to £23,194.11, of which £6,354.11 was generated through the provision of services, and £16,840.00 was generated through Grants. During the year, there has been a significant increase in the relative expenditure. This was due to an increase in demand for services after coming out of Covid, resulting in additional resources required to deliver the increased operational activities. The charity can report a surplus of £4,061.08 for the year-ended 31 March 2022. Total funds carried forward at 31 March 2022 were £9,811.08, of which all are restricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have no reserves as the funds received are to provide the therapeutic service for the individuals within Bolton & Greater Manchester.
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed

Reference and Administrative details

Charity name	Talk Changes
Other name the charity uses	
Registered charity number	1190271
Charity's principal address	Hamill House 112-116 Chorley New Road Bolton 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 (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				

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Other optional information

Not applicable

Declarations

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)	TRUSTEE	
Date	17/01/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Talk Changes

No (if any)
1190271

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2021

To

Period end date
31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Non cash donation for gift or service	-	6,354	-	6,354	100
Grants	-	16,840	-	16,840	7,900
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	23,194	-	23,194	8,000
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	23,194	-	23,194	8,000
A3 Payments					
Marketing	-	3,109	-	3,109	650
Wages	-	16,024	-	16,024	1,600
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	19,133	-	19,133	2,250
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	19,133	-	19,133	2,250
Net of receipts/(payments)	-	4,061	-	4,061	5,750
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	5,750	-	5,750	-
Cash funds this year end	-	9,811	-	9,811	5,750

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Club & Society Account	-	9,811	-
		-	-	-
		-	-	-
	Total cash funds	-	9,811	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	H.Munshi	HAFSANA MUNSHI	17/01/2023	