

Talk Changes

Charity Number 1190271

**Trustees' Annual Report, Independent Examiner's Report and Accounts
for the period 01 April 2023 – 31 March 2024**



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01 April 2023 To 31 March 2024

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. We also offer CBT sessions and Solution Focussed Sessions. We offer Counselling in schools. To advance the education of the public in matters relating to mental health and community health through workshops and group sessions. We have run various sessions to benefit the public. We focus on improving physical and mental wellbeing for children, teenagers, young adults, and adults. Talk Changes has always been to create social change and lead the way to a better and safer world. We adapt and change the way we work to best suit the needs of today's society. Talk Changes constantly seek out growth opportunities so we can learn and adapt into new ways of working. We apply creativity and curiosity to all aspects of organisation. Talk Changes offers a variety of services, open to all, tailored to individual service-users as part of our person-centred approach. We offer 1:1 Counselling/talking therapies and Cognitive Behavioural Therapy (CBT), group sessions, themed walk, talk and empower sessions which are extremely

		popular and group sessions as well as a training programme due to start in Summer 2024. We have managed to challenge mental health issues in a more open, creative and accessible way both with adults and youth by listening to our beneficiaries and adapting around their needs and through early intervention strategies we focus on 6 elements of an individual; improving mental, physical, emotional, environmental, financial and social wellbeing. Predominantly we have a fantastic team of a mixture of experienced practitioners and our beneficiaries who then joined the team into delivering projects that improve mental and physical wellbeing. Most are from marginalised communities that have achieved great things, which in turn has broken down barriers within the mental health world, thus finding new creative ways to work with beneficiaries.
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 include: 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 GP Federation, Bolton CVS, Bolton Council, and other charity organisations. We also work closely with schools offering our Counselling services for pupils. Established regular one to one counselling appointments. In one year we have provided just over 500 1:1 Counselling clients over the years (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. We have created group projects covering a range of relevant allied mental health topics. We have carried out themed Walk, Talk and Empower sessions, DV sessions, Art Therapy sessions, Clinics, Teenage Talks, Knit and Natter and Creative Minds Projects. We 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 such as Positive Parenting.
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. We provide predominantly in Bolton and Greater Manchester areas, however due to demand we are now receiving clients nationally. The beneficiaries are the wider public that are suffering from Mental Health and are in genuine need of support and help. We work closely with disadvantaged communities as well as those that are suffering from any mental health issues. 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 and organisations.

		We have also built up a growing Instagram audience with approximately 24+K 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 7 Counsellors, 2 social media volunteers, 4 support workers and 2 volunteers and 2 events coordinators. 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. We have also recently received a nationally recognised certificate, second year running for best 1:1 Counselling and Psychotherapy and CBT Providers. We have successfully registered with the Independent Commissioners Office (ICO) and British Association for Counselling and Psychotherapy (BACP).
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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 £46,339.15, of which £19,763.00 was generated through the provision of services, and £26,576.15 was generated through Grants. Expenditure during this year has increased specifically due to an increase in wages due to the provision of extra services and sessions being offered. The charity can report a surplus of £3,380.76 for the period 1st April 2023 to 31st March 2024. Total funds carried forward at 31st March 2024 were £14,709.19.
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)		
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Full name(s)	HAFSANA MUNSHI	
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Position (eg Secretary, Chair, etc)	TRUSTEE - TREASURER	
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Date	31/05/2024
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Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Talk Changes

On accounts for the year
ended

31 March 2024

Charity no
(if any)

1190271

Set out on pages

13 - 14

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2024.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

31/05/2024

Name:

Ismail Namaji

Address:

A.N.Y. Accounting & Bookkeeping Services Ltd

26 Aycliffe Drive, Buckshaw Village, Chorley, Lancashire

PR7 7GD

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



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
01/04/2023

To

Period end date
31/03/2024

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	19,763		-	19,763	10,414
Grants	5,000	21,576	-	26,576	18,740
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,763	21,576	-	46,339	29,154
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,763	21,576	-	46,339	29,154
A3 Payments					
Marketing	5,126	-	-	5,126	3,487
Wages	32,860	-	-	32,860	24,150
Accountancy Fees	569	-	-	569	-
Software	331	-	-	331	-
Telephone & Internet	645	-	-	645	-
Insurance	136	-	-	136	-
Office Expenses	402	-	-	402	-
Consultancy Fees	2,500	-	-	2,500	-
Miscellaneous	389	-	-	389	-
Sub total	42,958	-	-	42,958	27,637
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	42,958	-	-	42,958	27,637
Net of receipts/(payments)	- 18,195	21,576	-	3,381	1,517
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	11,328	-	11,328	9,811
Cash funds this year end	- 18,195	32,904	-	14,709	11,328

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	-	14,709	-
		-	-	-
		-	-	-
	Total cash funds	-	14,709	-
	(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	31/05/2024	