

SHIFT PORTSMOUTH

England & Wales · Charity number 1205608

Details

Other names SHIFT

Status Registered

Legal form CIO

Registered 2023-11-07

Register [View on the Charity Commission register](#)

Contact

Address SHIFT Portsmouth
Lower Ground Floor Room
Portsmouth Central Norrish Library
Guildhall Square
Portsmouth
PO1 2DX

Phone 07368635368

Email richard.weekes@shiftportsmouth.org.uk

Activities

Objects: TO ADVANCE IN LIFE AND RELIEVE THE NEEDS OF PEOPLE IN POSTCODES PO1 TO PO6 THROUGH A PERSON-CENTRED APPROACH FOCUSING ON THE RELIEF OF MENTAL AND EMOTIONAL DISTRESS AND ADDICTION FOR EVERY MEMBER OF THE PUBLIC THAT IDENTIFIES WITH THIS THROUGH:-THE USE OF ADVOCACY AND PEER SUPPORT INCLUDING SIGNPOSTING TO OTHER ORGANISATIONS AND SERVICES.-PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.

Activities: To focus on the relief of mental and emotional distress and addiction for every member of the public (P01-PO6) that identifies with this through:a. The use of advocacy and peer support including signposting to other organisations and services.b. Providing support and activities which develop skills, capacities and capabilities for each individual to participate in society.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** Other Defined Groups

Geography

- Portsmouth City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-11-06	£45,475	£35,818	-	-
2024-11-06	£43,727	£35,150	-	-

Trustees

Name	Role	Appointed
Siobhan Stilwell	Chair	2023-11-01
Fiona Penfold		2025-08-08
Matthew Penn		2024-03-21
Patrick Hebington		2024-03-22

SHIFT PORTSMOUTH

England & Wales - Charity number 1205608

Accounts

SHIFT PORTSMOUTH CIO

(CHARITY NUMBER 1205608)

FINANCIAL ACCOUNTS

FOR THE 12 MONTHS ENDED 6th NOVEMBER 2025

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SHIFT PORTSMOUTH CIO
(CHARITY NUMBER 1205608)

TRUSTEES ANNUAL REPORT
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2025

Administrative Information

Trustees: Siobhan Stilwell (Chair)
Patrick Hebington (Treasurer)
Fiona Penfold (Secretary)
Matthew Penn

Registered Charity Number: 1205608

Correspondence Address: SHIFT Portsmouth,
HIVE Portsmouth Hub,
Aggie Weston's House.
22 Edinburgh Rd,
Portsmouth.
PO1 1DH

Operational Address: SHIFT Portsmouth,
Lower Ground Floor Room,
Central Norrish Library.
Guildhall Square,
Portsmouth.
PO1 2DX

Accountants: Square Accounting,
5 Albert Road,
Southsea.
PO5 2SE

Bank: Lloyds Bank,
25 Gresham Street,
London.
EC2V 7HN

Trustees Report

The Trustees of SHIFT Portsmouth have pleasure in presenting their Annual Report and Financial Statements for the year ended 6th November 2025.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and the relevant version of the 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).

Any new trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment, the current charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Trustees are appointed by the existing Board.

Fiona Penfold became a trustee on the 8th August 2025

Activities

At SHIFT Portsmouth we've continued to offer our staples of the Monday Calm, Wednesday Learning, the Thursday Forum, and Friday Art and Advocacy Clinic. As requested by our peer members, we've modified the Monday Group to feature a practitioner-led guided meditation to replace the Tai Chi that we were previously offering, whilst maintaining the second part of the group. We've extended the practitioner-led portion of the Wednesday morning group from an hour to an hour and a half, again as a result of peer feedback. The Thursday Forum has remained unchanged since our inception as a community group with a written constitution in 2014. It's a structured group featuring ice-breaking chat and a discussion topic, alongside the every-day 'check-ins' and 'check-outs.' The Friday Art group has evolved. Whilst there's still a wide selection of art materials there's the opportunity for a good conversation there, something those new, or returning to recovery may have been without. The Advocacy Clinic supports our members with anything practical that may be necessary. This usually involves the everyday, such as the DWP, Mental Health Services, the GP, Energy Companies etcetera but we've gone off-piste wherever necessary, including arranging to have pigeons removed from a roof space.

We've also started an instantly popular board games group on a Wednesday afternoon. Our focus is on small and independent games, many of which also create a lot of laughter. The education group in the morning can at times be quite serious and to have the release in the afternoon is, as peers have voiced, most welcome.

We've also continued our popular outings. We have a contact at the Historic dockyard and visited them this summer. (We'll be returning in December.) We also had a Barbeque near the seafront and a highly successful trip to Marwell Zoo.

Everything we do at SHIFT is free for our members.

Public Benefit

The development of the week at SHIFT Portsmouth has been organic. We now find ourselves with a selection of structured activities that complement each other well and offer our members the opportunity to recover at a pace and in a manner that's comfortable for them. We remain nonprescriptive and non-directive. Every member is unique and we embrace this.

New peer members are the lifeblood of our charity, and we currently have several newcomers who are attending multiple groups, alongside those who have been attending for some time. Becoming a SHIFT member is usually a process, many choosing to dip their toes in the water a number of times before deciding

what we do is for them. We've had some peers who expressed that their needs have been met with us and no longer access primary or secondary care. Others continue to attend our groups and other mental health services but need to access the latter less as a result. Any weight that can be taken off an already over-subscribed system is obviously highly beneficial, particularly when there's no cost for the system to absorb.

Case Study

James (His name has been changed) is a legacy SHIFT peer. He stopped attending during the pandemic, but we remained in contact. He re-engaged last year after a mental breakdown and a six week stay in hospital (Queen Alexandra, Portsmouth) during which he was detoxified from strong benzodiazepines. Like so many with addiction issues, James has always felt like something was missing. He used substances to 'fill the hole,' but, in recovery has become aware that there have been other forces, as well as addiction at work. He described himself as being isolated and that without his re-engagement with our service he would have been 'completely stuck.'

He's attended the Wednesday education session from its inception (June 2024) and voiced relatively early on that he was finding a more profound understanding of his issues, and how to come to terms with them. He's expressed that he's been able to apply what he's learned to his life.

'Other groups don't delve into psychology in the same way, and I need this to make my life complete.'

James has done a lot of psychological work over the years but has never been in a group that's focussed purely on education. He described having experienced 'something of a re-unification.'

Knowledge is power.

I asked James what it was that kept him coming back to the group and SHIFT as a whole. He said there was nothing else like it and that, other than an external nurse-led group to detoxify himself from methadone (he's now clean) his needs are met with us.

'SHIFT groups make me a more complete person. I enjoy them.'

The future is bright for James. After more than 40 years, he's substance free! He has plans to return to the gym and eventually to travel to some parts of the world he hasn't seen.

James is one of many that we've been able to help on a Wednesday. He's moving rapidly from recovery into discovery.

Peer Review - April 2025

I found SHIFT through a support worker who accompanied me to the art group. I went along and enjoyed myself. I decided to go to the Thursday forum by myself. This was a big step as I was experiencing agoraphobia. I *did* want to be recognised as a person rather than one of many diagnosed conditions. Finding a place that was for mental health, but not about mental health proved invaluable.

I really like the fact that the staff have lived experience of mental health conditions too. I don't feel crazy when I come to SHIFT. I'm used to feeling out of place – like an alien – but I don't feel that way here. No matter which group, I always feel better afterwards. I've made friends here. It feels like a community.

I attend most of the groups throughout the week. I struggle to meditate by myself, so Monday Calm is invaluable. I have my personal therapy beforehand, and the group gives me space to decompress. The second half of the group is enjoyable too. I like to exercise the mental muscle and having the opportunity to disagree with some great thinkers from 2000+ years ago is one I wouldn't be without!

I like the peer support element of the education group. It's person-centred rather than prescriptive. The group feels very much like we're in it together. We learn from a tutor, yes, but also from each other.

Whilst I'm not a competitive person, the board game group is fun! It's nice to have a coffee and play some weird and wonderful games that I've never heard of before. It provides me with the opportunity to let the child in me out.

I like the structure of the Thursday Forum. Whilst the content changes, I know what I'll be doing whilst I'm there. I leave feeling energised! There's a lot of laughter in the group. I sometimes find afternoons difficult, so this is perfect for me.

SHIFT has been essential to my recovery! Through coming here I've challenged myself to attend other addiction services too. It's a space that I can come to and be 'messy' without fear of judgement. It's provided routine and structure to my week. I'm very grateful.

Risk Management

The trustees have assessed the major risks to which the Charitable Incorporated Organisation is exposed and are satisfied those systems are in place to manage exposure to the major risks.

Plans For the Future

We spent considerable time last year providing presentations to other local services and organisations. Due to frequent staff turnover, it's become apparent that we need to repeat these presentations to ensure visibility within the city.

SHIFT Portsmouth is still currently a small concern, but we're slowly increasing in size. We will eventually outgrow our space in the Portsmouth Central Library and will need to source more suitable accommodation.

Accounting Policies

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going Concern

Whilst SHIFT Portsmouth has had some financial uncertainty over the last months, the trustees are confident that funding for the future will be accessible and that the charity will continue in operational existence for the foreseeable future. The Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Expenditure Recognition

All expenditure is accounted for on a receipts and payments basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the Charitable Incorporated Organisation.

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The Charitable Incorporated Organisation benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions. The Charitable Incorporated Organisation is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

The charity's policy on reserves

The charity's reserves are its cash at bank.

Signed on behalf of the charity's trustees:



Signed _____ Date 18/04/2026

Name, charity trustee **PATRICK HEBINGTON**


SHIFT PORTSMOUTH CIO
PAYMENTS AND RECEIPTS ACCOUNT
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2025

RECEIPTS	2024	2025	RESTRICTED	TOTAL
			2025	2025
	£	£	£	£
Old SHIFT club account donation	1,933	-	-	
Portsmouth City Council	11,750	13,000	2,250	15,250
Rise Housing	100	-	-	
Hive grant	12,186	-	-	
National Lottery	17,758	-	15,725	15,725
Public Donations	-	14,500	-	14,500
TOTAL RECEIPTS	<u>43,727</u>			<u>45,475</u>
PAYMENTS	2024	2025	RESTRICTED	TOTAL
			2025	2025
	£	£	£	£
Room rental	7,950	7,076	-	7,076
Food	1,116	1,138	-	1,138
Taxis	-	48	-	48
Travel & trips	1,123	518	-	518
Games	92	-	-	-
Insurance	294	312	-	312
Stationery	1,184	249	-	249
Sundries	254	40	-	40
Computer and Websites	690	1,365	-	1,365
Adverts	47	173	-	173
Phone	745	229	-	229
Tai Chi	1,365	-	-	-
Professional fees	4,690	2,100	-	2,100
V. Thompson (Meditation, education and psychology)	-	4,860	2,250	7,110
Bank charges	-	4	-	4
Wages	<u>15,600</u>	<u>15,413</u>	-	<u>15,413</u>
TOTAL PAYMENTS	<u>35,150</u>			<u>35,774</u>
NET RECEIPTS/(PAYMENTS)	<u>8,577</u>			<u>9,701</u>
CASH FUNDS AT START OF THIS PERIOD	<u>-</u>			<u>8,577</u>
CASH FUNDS AT END OF THIS PERIOD	<u>8,577</u>			<u>18,278</u>

SHIFT PORTSMOUTH CIO
STATEMENT OF ASSETS AND LIABILITIES
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2025

	2024	2025
CASH ASSETS	£	£
BANK ACCOUNT	8,577	18,278
	8,577	18,278
REPRESENTED BY		
RESTRICTED FUNDS	-	15,725
UNRESTRICTED FUNDS	8,577	2,553
	8,577	18,278

These financial accounts are accepted on behalf of the charity by:

Signed  _____ Date 18/04/2026

Name, Charity trustee **PATRICK HEBINGTON**

SHIFT PORTSMOUTH CIO
NOTES TO THE ACCOUNTS
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2025

SHIFT Portsmouth was registered as a CIO charity with the charities commission on 7th November 2023, to continue the same work as a then existing club and society called Shift.





Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Shift Portsmouth CIO

**On accounts for the year
ended**

06th November 2025

**Charity
no (if
any)**

1205608

Set out on pages

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **06 / 11 / 2025**.

**Responsibilities and
basis of report**

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

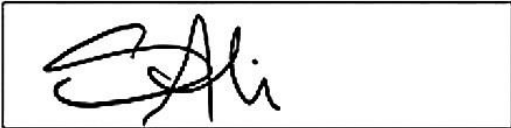
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's
statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Date:  Signed: 29/04/2026

Name: Salina Ali

Relevant professional qualification(s) or body (if any):	FCCA
Address:	University of Portsmouth
	Richmond Building Portland Street Portsmouth PO1 2DE

Section B Disclosure

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

SHIFT PORTSMOUTH

England & Wales - Charity number 1205608

Accounts

SHIFT PORTSMOUTH CIO

(CHARITY NUMBER 1205608)

FINANCIAL ACCOUNTS

FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

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4	NO SERIOUS INCIDENTS DECLARATION



SHIFT PORTSMOUTH CIO
(CHARITY NUMBER 1205608)

TRUSTEES ANNUAL REPORT
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

FULL NAME	SHIFT PORTSMOUTH
ORGANISATION TYPE	Charitable Incorporated Organisation
REGISTERED CHARITY NUMBER	1205608
PRINCIPAL ADDRESS	Shift Portsmouth HIVE Portsmouth Hub Aggie Weston House 22 Edinburgh Road Portsmouth PO1 1DH

TRUSTEES

Siobhan Stillwell (Chair/Treasurer Nov '23-June '24)

Matthew Penn

Patrick Hebington (Treasurer from June '24)

GOVERNANCE AND MANAGEMENT

The charity is operated under the governance of its CIO association adopted 7th November 2023. Trustees are voted in at a committee meeting and agree to serve and adopt all Shift policies.

OBJECTIVES AND ACTIVITIES

The charity objects are to focus on the relief of mental and emotional distress and addiction for every member of the public (P01-PO6) that identifies with this through:

- a. The use of advocacy and peer support including signposting to other organisations and services.
- b. Providing support and activities which develop skills, capacities and capabilities for each individual to participate in society.

PUBLIC BENEFIT STATEMENT

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'

SUMMARY OF THE MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT

Shift Portsmouth has created two new groups this year and continued our staple of the Shift Forum, Advocacy clinic and Art Group.

We started a HIVE (Portsmouth charity that assists VCSE organisations throughout the city) funded group on a Monday, offering free, practitioner led tai chi and a reflection on a secular daily meditations book. The award for this group is coming to an end and we are replacing the tai chi with practitioner led guided meditations, with the same second hour.

We've also started an education group, aimed at furthering our peers' knowledge with regard to psychological theory. The basis of this group is that we empower our members by helping them to understand why they've done the things they've done and promote a culture of change.

SUMMARY OF THE MAIN ACHIEVEMENTS DURING THE PERIOD

We've more than doubled in size. When we became a charity in November 2023 we were running small forums with perhaps 4 or 5 peers. The pandemic affected us noticeably (we were far larger before it) but, through presentations and a thorough poster campaign, have turned things around.

We are now regularly getting 12-15 peers on a Thursday, which, given the format, is a perfect number, allowing everyone ample time to speak.

We've completed over 10 presentations to different groups, including to the social prescribers at GPs surgeries, to the Family Safeguarding Team, and the Mental Health Hub to name three.

We've got close ties with a graphic designer who has developed materials for us and is in the process of creating a website. (This should be running by the end of November.)

We've secured funding from the national lottery, the aforementioned HIVE, PCC, and the Office for Health Improvement and Disparities, and are well on our way to securing next year's finances.

THE CHARITY'S POLICY ON RESERVES

The charity's reserves are its cash at bank, which have remained in excess of £8000 since February 2023.

Signed on behalf of the charity's trustees:

Signed **PATRICK HEBINGTON**

Date **14/11/2024**

Name, charity trustee

SHIFT PORTSMOUTH CIO
(CHARITY NUMBER 1205608)

NO SERIOUS INCIDENTS DECLARATION
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

We the trustees of Shift Portsmouth (Charity number 1205608) declare
That there have been no serious incidents to report
In the financial year ended 6th November 2024

Signed on behalf of the charity's trustees:

Signed **PATRICK HEBINGTON** Date **14/11/2024**

Name, charity trustee

SHIFT PORTSMOUTH CIO

(CHARITY NUMBER 1205608)

FINANCIAL ACCOUNTS

FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

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SHIFT PORTSMOUTH CIO
PAYMENTS AND RECEIPTS ACCOUNT
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

RECEIPTS	2024
	£
Old Shift club account	1,933
Portsmouth City Council	11,750
Rise Housing	100
Hive grant	12,186
National Lottery	17,758
	<hr/>
TOTAL RECEIPTS	<u>43,727</u>
PAYMENTS	2024
	£
Room rent	7,950
Food	1,116
Travel & trips	1,123
Games	92
Insurance	294
Stationery	1,184
Sundries	254
Computer and Websites	690
Adverts	47
Phone	745
Tia Chi	1,365
Professional fees	4,690
Wages	15,600
	<hr/>
TOTAL PAYMENTS	<u>35,150</u>
NET RECEIPTS/(PAYMENTS)	8,577
CASH FUNDS AT START OF THIS PERIOD	<hr/> -
CASH FUNDS AT END OF THIS PERIOD	<u>8,577</u>

SHIFT PORTSMOUTH CIO
STATEMENT OF ASSETS AND LIABILITIES
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

CASH ASSETS		£	
BANK ACCOUNT		8,577	<u> </u>
		8,577	<u> </u>
ASSETS RETAINED FOR THE CHARITY'S OWN USE		£	
General equipment		0	<u> </u>
		0	<u> </u>
LIABILITIES		£	
Creditors		0	<u> </u>
		0	<u> </u>

Signed on behalf of the charity's trustees:

Signed **PATRICK HEBINGTON** _____ Date **14/11/2024** _____

Name, charity trustee

SHIFT PORTSMOUTH CIO
NOTES TO THE ACCOUNTS
FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

1-Shift Portsmouth was registered as a CIO charity with the charities commission on 7th November 2023, to continue the same work as a then existing club and society called Shift.

2-Shift (not to be confused with Shift Portsmouth) was the unregistered society which was operating prior to the creation and registration of the charity and CIO (Shift Portsmouth) and run by, the Operations Lead, Richard Weekes, with the same treasurer, trustees and charitable purpose as Shift Portsmouth.

3-Patrick Hebington was recently appointed Treasurer (replacing Siobhan Stilwell) and was given access to the bank account in **October 2024**.

4-Having spoken to the bank and Charities Commission, they advised Patrick that a new bank account should be opened for the CIO (Shift Portsmouth) because it has **separate legal personality**, and that there be a **clear and future date** upon which the funds in the **old bank account** belonging to **Shift** be **gifted to Shift Portsmouth**, so that there are **not two bank accounts being used in the next financial year**. Thus making the accounts as transparent as possible.

5-A new CIO bank account was opened on 5th November by Patrick, and the balance from Shift's club and society account was transferred by the signatories to both the old and new bank accounts, Patrick and Siobhan, from the old account to the new (CIO) account in the branch on 7th November 2024 to begin the new financial year.





Section A

Independent Examiner's Report

Report to the trustees

Charity Name
SHIFT PORTSMOUTH

On accounts for the year
ended

6th November 2024

Charity no
(if any)

1205608

Set out on pages

(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

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 (other than that disclosed below *) 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:

17/12/2024

Name:

Helen Smith

Relevant professional
qualification(s) or body
(if any):

ACCA

Address:

5, Albert Road, Southsea, Hampshire PO5 2SE

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.

No material matters of concern to disclose.