
SHIFT PORTSMOUTH CIO

(CHARITY NUMBER 1205608)

FINANCIAL ACCOUNTS

FOR THE 12 MONTHS ENDED 6th NOVEMBER 2024

PAGE	CONTENTS
2	TRUSTSEES ANNUAL REPORT
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

PAGE	CONTENTS
2	RECEIPTS AND PAYMENTS ACCOUNT
3	STATEMENT OF ASSETS AND LIABILITIES
4	NOTES TO THE ACCOUNTS



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	<u>15,600</u>
TOTAL PAYMENTS	<u>35,150</u>
 NET RECEIPTS/(PAYMENTS)	 8,577
 CASH FUNDS AT START OF THIS PERIOD	 <u>-</u>
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>8,577</u>
ASSETS RETAINED FOR THE CHARITY'S OWN USE	£
General equipment	0
	<u>0</u>
LIABILITIES	£
Creditors	0
	<u>0</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.