

Change Birmingham Brief Therapy

Registered charity number 1207126

**Unaudited
Financial Statements
Period 20 February 2024 to 30 June 2025**



Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025
Reference and administration details

Charity registration number	1207126
Trustees	Amanda Morris (appointed 20/02/2024) Teresa Byrne (appointed 20/02/2024) Fiona Taylor (appointed 20/02/2024)
Registered office address	UNIT 208B JQ MODERN 120 VYSE STREET BIRMINGHAM WEST MIDLANDS B18 6ND
Independent Examiner	Clair Moelwyn-Williams TCA (Shrewsbury) LLP Third Floor 21 St Mary's Street Shrewsbury SY1 1ED

Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025
Contents

	Page
Trustees' report	1 to 3
Independent examiners report	4
Receipts and payments account	5
Statement of funds	6

Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025

The Trustees of Change Birmingham Brief Therapy are pleased to present their report and the financial statements for the period ended 30 June 2025. The financial statements have been prepared on the receipts and payments basis.

Structure, governance and management

The organisation registered with the Charity Commission in England & Wales (number 1207126) on 20th February 2024 as a CIO. The governing document, which sets out the objects and the powers of the organisation, is a Foundation model constitution.

The registered address is Unit 208b, JQ Modern, 120 Vyse Street, Hockley, Birmingham, B18 6NF

The trustees during this period were:

F Taylor
A J Morris
T Byrne

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

The trustees continue to assess the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Objectives and activities

Mission Statement

- a) To provide relief to individuals who are experiencing emotional or psychological concerns, in particular by the provision of a therapy and counselling service.
- b) To advance the education and training in the practice and uses of that therapy amongst its counsellors and the general public.

Vision Statement

For solution focused practice to be utilised throughout the support sector, recognised as a NICE approved therapy and for the public to be well informed of the methodology, in order to make an informed choice about their psychological support.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Change will continue to provide Brief Solution Focused Therapy to Birmingham citizens aged 16 plus, who have identified as experiencing mental health concerns. The Charity also continues to provide counselling services to young people aged 11 plus, via arrangements through specific schools and funding granted by a local Trust Fund.

Achievements and performance

The legal name of the charity is Change Birmingham Brief Therapy (Change).

The Charity's relatively modest financial footprint has posed challenges in securing additional funding to meet the growing demand for our services, resulting from increased success and visibility. The transition into a CIO involved the limited company directors contributing their shares to the Charity.

The merger streamlined operations, and we continue to advise stakeholders that those within Change possess the financial acumen and due diligence required to manage larger grants, as reflected in the financial history of the company. This has resulted in CHANGE becoming part of a collaborative bid with the view to securing a higher value bid so that we can continue to meet the immediate need within the sector.

The CIO operates in England & Wales and is registered with the Charity Commission.

Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025

Achievements and performance - continued

We continue to be very grateful for the hard work of our admin staff, volunteers, trustees and counsellors. Our work remains focused on the need to respond to the requirements of Birmingham Citizens who are still being affected by the aftermath of COVID 19, the current Cost of Living Crisis, and the impact of world events that can create social fracture and insecurity within our communities, all leading to an increased demand for brief therapy.

Change has continued to respond to the wishes of our clients, offering the options of In-person, Video and Telephone counselling, accommodating the needs of clients who are working, have caring responsibilities, or have difficulties in travelling. This also means that we can offer appointments very quickly and flexibly. We have maintained our high standards of service delivery, health and safety, safeguarding, confidentiality, and data protection, while delivering our range of services throughout the year.

The Trustees have continued to meet more regularly (often twice a month) by video and in person meetings, and are pleased to have been able to recruit and appoint additional members for sustainability and renewed perspective. The Trustee and Director Team meet regularly to facilitate good communication and joint working.

Change continues to search for a replacement for the Treasurer role as yet unfilled.

The Trustees continue to review and utilise the skill mix within the team and plan to advertise for new Trustees in the near future.

Monthly, mandatory clinical supervision has been provided by video and in person to all counsellors, giving them much needed de-briefing, peer support and expert advice.

External training opportunities have also been fully utilised, often on an individualised basis at personal cost, to uphold and supplement the team offering. Mandatory Safeguarding and GDPR policies are routinely evaluated and checked for responsiveness to current changes and in-house training and support is offered to all volunteers.

Our fundraising strategy for the coming year, includes a commitment to seek funds to continue and further develop our counselling services to young people in line with national need. It also includes collaborations with organisations who are embedded in the local and wider community.

Change has continued its active membership of the Living Well Consortium and has been fully involved in the development of and participation in the Mental Health Collective, which is instrumental in representing the views of Third Sector Mental Health Service Providers in the future strategy and delivery of Mental Health Support Services in Birmingham and Solihull. The Trustee team have also been proactive in identifying opportunities for networking with community-based groups and agencies, to raise the profile of Change and the services that we offer.

Change has continued to successfully deliver its full Training Programme both by in person and by video. We offer courses for individual professionals in the form of the Foundation and Diploma in Solution Focused Brief Therapy (SFBT) and bespoke Solution Focused training and workshops for other Third Sector organisations, housing associations and schools. This training enables a wide range of individuals and teams to adopt a SFBT approach, which can be tailored to achieve positive change for clients, staff teams and managers. This initiative generates income for the organisation, which supports the running costs of the Charity. We have retained BPS approval of our Foundation course and continue to engage in best practice discussions with the wider SFBT community.

Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025

Achievements and performance - continued

Following our previous practice-based research, Change has been building on this evidenced based work, which validates the benefits of the approach for clients, helping us to expand and secure funding for our work, raise awareness of the advantages for clients and contribute to the knowledge base and improved practice within SFBT.

Our research project in partnership with Newman University continues, with naturally occurring data collected by Change SFBT practitioners, being used to evaluate the effectiveness of the service that is provided. Findings from analysis of this data will be used to further inform and help support the effectiveness of the service that is offered by Change.

Our core team has remained committed, with enthusiastic and diverse counsellors, who continue to contribute new perspectives and ideas for the development of our services. We have also recruited Volunteer IT staff whose work underpins our CRM and other administrative functionality, as we prepare to grow as we secure further funding. Further recruitment and mentoring of counsellors who have successfully completed the diploma course is continuing in preparation for securing higher value funding.

I would like to take this opportunity to thank trustees, counsellors, volunteers, staff and supporters for their continued dedication and hard work over the last year and look forward to another stimulating and successful year, working with partners to develop and improve our offer to fellow professionals, the young people and citizens of Birmingham.

The charity is constituted as a Charitable Incorporated Organisation, registered under the Charity Commission in England & Wales and its governing document is a written constitution. In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit and in particular to its supplementary public benefit guidance.

Governing Document is dated 26/1/2026

Financial review and reserves policy

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

The results for the year are summarised in the Receipts and Payments Account on page 5 and the Statement of funds on page 6. The figures show income for the year of £28,760 and expenditure of £23,017 leaving a surplus for the year of £5,743 and an unrestricted fund balance of £5,743. The free reserves of the CIO at the period end were £5,743.

Trustee Amanda Jane Morris

Date - 26/01/2026



Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025

I report to the charity trustees on my examination of the accounts of the charity for the period ended 30 June 2025 which are set out on pages 4 to 5.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an Independent Examiners Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work or for this report.

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 charity's accounts carried out under section 145 of the 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Moelwyn-Williams

Mrs C L Moelwyn-Williams BSc FCA

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Third Floor
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Shropshire
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Date - 25/2/2026

Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025
Receipts and payments account

	Unrestricted	Restricted	Total
	2025	2025	2025
Receipts	£	£	£
Donations & Legacies	1,000	-	1,000
Grants	8,254	-	8,254
Service Income	19,506	-	19,506
Total Receipts	28,760	-	28,760
Payments			
Rent	7,936	-	7,936
Office Costs	2,080	-	2,080
Professional Fees	7,960	-	7,960
Computer Costs	670	-	670
Light and Heat	534	-	534
Legal & Accountancy	333	-	333
Insurance	391	-	391
Payroll	3,114	-	3,114
Total Payments	23,017	-	23,017
Net (Payments)/Receipts	5,743	-	5,743
Cash and bank balances brought forward	-	-	-
Cash and bank balances carried forward	5,743	-	5,743

Change Birmingham Brief Therapy
Financial statements for the period 20 February 2024 to 30 June 2025
Statement of funds

	2025 £ Unrestricted
Monetary assets	
Cash at bank and in hand	5,743
	5,743
 Total assets	 5,743
 Funds	
Unrestricted fund	5,743
 Total funds	 5,743