

Charity Registration No. 1144940

Company Registration No. 07761177 (England and Wales)

CHANGES HEALTH & WELLBEING
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

CHANGES HEALTH & WELLBEING

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees	Clair Davis Kathy Hancock John Irons Catherine Roberts David Tunstall Benjamin Butler Alison Ratcliffe Desmond Wootton	(Appointed 6 December 2017) (Appointed 6 December 2017)
Chief Executive Officer	Dave Wheat	
Strategic Executive	Barbara Wain	
Finance Officer	Irene Altham	
Operations Manager	Jackie Williamson	
Charity number	1144940	
Company number	07761177	
Registered office and Operational address	Changes Wellbeing Centre Victoria Court Booth Street Stoke on Trent ST4 4AL	
Auditor	Geens Limited 68 Liverpool Road Stoke on Trent Staffordshire ST4 1BG	
Bankers	The Co-Operative Bank PLC P O Box 250 Delf House Skelmersdale Lancashire WN8 6WT	

CHANGES HEALTH & WELLBEING

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CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2018

The trustees, who are also directors for the purposes of company law, present their report and financial statements for the year ended 31 March 2018.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charitable company's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: 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) (effective 1 January 2015)"

Objectives and activities

Changes Mission Statement: 'Changes aims to promote wellness, recovery and social inclusion'.

The charitable company's principal objects are defined in its Articles of Association are as follows:

- (i) To assist in relieving and rehabilitating vulnerable persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment;
- (ii) To promote and protect physical and mental health within the community by the advancement of education and the provision of facilities and services promoting health, social welfare, personal development, work and recreation, and social inclusion; and
- (iii) The promotion of research therein and the publication of the useful results of such research.

The aims of the charity are:

- Promoting recovery and mental wellbeing
- Enabling user involvement
- Influencing local and national policy and practise
- Promoting a more positive and accurate view of mental distress

The charitable company's objectives for the year continued to be shaped and driven by these strategic aims and to ensure maximum public benefit – focusing on sustaining and developing existing services, and the rapid development and establishment of additional Changes wellness and recovery programmes – both locally and nationally.

Stoke-on-Trent

Regarding Stoke on Trent, the charitable company continued to provide weekly peer-support groups for young people, adults of working age, and older people residing within the city - including opportunities for training and volunteering, recovery-focused activities and a menu of social events - promoting the recovery, wellbeing and social inclusion of those in mental distress.

The Stoke-on-Trent service menu also included: *Recovery Workshops* - offering Changes 12 steps as a self-management tool for those experiencing mental distress; *Making Changes (Psycho-educational and Mindfulness Training)* - designed to improve individual mental wellbeing within the local population; *Wellbeing Programme* – a self-management programme for stress, anxiety, and depression, (provided as part of the Healthy Minds IAPT Service); *My Community Matters* – a community development project aimed at promoting social cohesion and wellbeing amongst some of Stoke on Trent's most deprived communities; *Think Well* – a training course designed to promote healthier and more positive attitudes, (as part of the Lifestyle Programme); *Wellness Training Programmes* – short wellness focused programmes as part of Stoke on Trent City Council's Adult and Community Learning e.g. Advance, (a recovery-focused employment service), anger management, assertiveness, stress management etc.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

Importantly, the period saw Changes consolidate its position as a provider within the highly successful Stoke on Trent IAPT Service – Healthy Minds, working at Step 2 to provide an effective blend of Changes' psycho-educational programmes and 1-2-1 clinical interventions delivered by Psychological Wellbeing Practitioners (PWP) to meet the needs of those experiencing mild to moderate mental distress.

The period also saw the successful rollout of a DWP 'Journey to Employment (J2E)' pilot within Stoke on Trent – assisting those facing barriers due to disability or physical and/or psychological illness back into employment.

North Staffordshire

The charitable company's Staffordshire service menu included (i.e. services provided within Newcastle-under-Lyme and the Staffordshire Moorlands): *Adult Peer-support Groups* – weekly recovery focused support groups for adults in mental distress; and peer-support and psycho-educational groups for young people living within Newcastle under Lyme, the Staffordshire Moorlands and Stafford.

Prison service

The period also the continued and successful delivery of a bespoke version of *Making Changes* service within East Midlands prisons, (i.e. under contract with APM) – e.g. HMPs Foston Hall, Glen Parva, Nottingham, Whatton, Lincoln etc).

Volunteers

As a user-led organisation, Changes relies heavy on volunteer involvement in the organisation's management, administration and service delivery.

All of Changes Board of Directors are service users. During 2017/18 there were a pool of approximately 100 volunteers, involved in delivering Changes weekly peer-support groups and psycho-educational programmes, fundraising, promotional work, and partnership and networking activities. This represents approximately 20,800 volunteer-hours, (i.e. approximately 400 hours per week) worked in assisting Changes achieving its outcomes. Whilst the primary focus is on the impact of such activities on individual recovery and social inclusion, based on an average value of £11 per hour, this represents an in-kind contribution of approximately £228,800.

Achievements and performance

Charitable activities continued to focus on providing public benefit, i.e. in promoting recovery, wellbeing and social inclusion of those experiencing or at risk of mental distress. Service delivery throughout Stoke on Trent and Staffordshire included - the provision of recovery focused peer-support groups for young people, adults and older people in mental distress, and a range of psycho-educational programmes, (i.e. Recovery Workshops, Changes Advance, Wellbeing Programme, Making Changes, Wellbeing Service and various wellness focused adult learning courses).

During the period Changes worked as part of a successful Healthy Minds team including North Staffordshire Combined Healthcare NHS Trust and North Staffs Mind, to transform the Stoke on Trent IAPT service to one of the best performing primary psychological services in the UK.

As part of its health focused community development work, the charitable company provided My Community Matters within Stoke-on-Trent – an asset-based community development programme assisting residents to identify and join together to tackle issues relevant to the wellbeing of their community.

During the period, the charitable company continued to establish and raise the profile of its Wellbeing Centre, (i.e. office-base, service-hub and training centre), Victoria Court, Booth Street, Stoke, Stoke-on-Trent, ST4 4AL, and a wide variety of delivery points throughout the area.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

Changes Young Peoples' Service

During the period, Changes provided Changes Young People, a comprehensive wellbeing and recovery focused service available in schools, colleges and communities within Stoke-on-Trent, North Staffordshire and Stafford – with a significant number of young people aged 11 to 18 (Up to 25 years with a learning disability) receiving a regular intervention. Wellness interventions received included Peer support meetings, Wellness Programme, Understanding & Managing Anger programme and recovery focused social activities.

Changes YP also continued to deliver the Children & Adolescents Mental Health Services (CAMHS) Tier 1 training 'Understanding the mental health of children and young people'. Any local professional working with children and young people in Stoke on Trent were able to attend.

Once completed professionals then gained access to four additional specialist sessions, including:

- (i) 'Understanding & Managing Anger in CYP'
- (ii) 'Building Self esteem in CYP'
- (iii) 'Understanding & Managing Self harm in CYP'
- (iv) 'Helping CYP cope with loss & bereavement'
- (v) 'Practical Skills – Mental Health First Aid'

During 2017/18, 836 learning opportunities were filled by professionals e.g. teachers, social workers, GPs, foster carers, police etc.

Under sub-contract with North Staffordshire Combined Healthcare NHS Trust, Changes Young People also provides a consultation role with the local CYP IAPT service.

Changes Adult Service

Provided under SLA with Stoke-on-Trent CCG, Changes continued to deliver its Adult Service within Stoke-on-Trent – providing 15 mutual-help groups, with 5,026 attendances, comprising 482 service users, (including 227 who were newly engaged). Performance management data revealed that through use of the service, approximately 85% of users were able to maintain or improve their mental wellbeing.

Provided under SLA with North Staffordshire CCG, Changes also continued to provide its Adult Service within Newcastle-under-Lyme and the Staffordshire Moorlands – providing 12 mutual-help groups, with 3,727 attendances, comprising approximately 329 service users, (including 138 who were newly engaged). Performance management data revealed that approximately 82% of users had either improved or maintained their mental wellbeing through engagement with the service.

Making Changes

Under SLA with Stoke-on-Trent CCG, the charitable company continued to deliver a rolling programme of Making Changes sessions, i.e. designed to promote the physical and mental fitness of the local population. During the period, two delivery methods were employed – delivery within the organisations, (i.e. to staff and service users) and 'open workshops', (i.e. open to the general public) – the service was delivered in two formats – a 6 week and a 3 week format. There were a total of 12 deliveries of the 3 week programmes and 16 runs of the 6 week programmes attended by 231 participants. SWEMWBS scores have continued to demonstrate the positive impact of the service on both group and individual wellbeing, (with an average of 86% of users improving their mental wellbeing).

The period saw the successful delivery of 'Just Be – Mindfulness in a Frantic World', with 10 runs of the 3 week programme, attended by 141 people. Feedback regarding the programme has been overwhelmingly positive, with both statistical and anecdotal evidence of its impact on individual recovery and wellbeing, e.g. 85% stated that attending had improved their mental wellbeing.

In response to user feedback, Changes also provided an 8 week 'Mindfulness-based Stress Reduction Programme'.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

Recovery Workshops

Under SLA with Stoke-on-Trent CCG, Changes continued to deliver a rolling programme of Recovery Workshops, i.e. designed to introduce Changes 12 steps as a self-management tool for those in mental distress. During the period, 25 workshops were delivered, which were attended by 218 people - with recent evaluation revealing that 79% of participants had either improved or maintained their mental wellbeing.

Wellbeing Programme

Delivered under SLA with Stoke-on-Trent CCG, the Wellness Programme focuses on the self-management of stress, anxiety and depression, linking closely with Stoke-on-Trent's Healthy Minds IAPT service. There were 54 runs of the programme attended by 432 individuals, with 192 (44%) progressing onto themed peer-support groups. With recent evaluation confirming that the service had assisted 72% of users in improving their mental wellbeing.

Adult & Community Learning (ACL)

Delivered under contract with Stoke-on-Trent City Council, Changes delivered a range of wellness focused services as part of the ACL programmes, these included: Advance Employment Programme, Anger Management, Positive Mental Attitudes, Assertiveness etc. Feedback has been positive, with a high retention of learners and a high percentage achieving desired learning outcomes.

Floating Support for Older People

Delivered under sub-contract with Revival, (part of the Staffordshire Housing Group), Changes provides the mental health component of the Stoke on Trent Floating Support Service for Older People, i.e. one-to-one coaching and engagement in recovery-focused activities for older people who are vulnerable and/or recovering from physical or mental illness.

My Community Matters

Delivered under SLA with Stoke on Trent City Council, 'My Community Matters' is an asset-based community development programme designed to: Facilitate local community engagement, (i.e. to define 'wellness needs'; to form partnerships with local agencies in order set up relevant initiatives and take action to improve health and wellbeing within the community). MCM has established itself within several target areas, i.e. North Shelton, Blurton, Normacot, Fenton, Ball Green, Meir and Portland Street area of Hanley – and continues to make progress in assisting these communities in identifying and taking action to meet their 'wellbeing needs'.

Journey to Employment

Delivered via a DWP grant, the period also saw the successful rollout of a DWP 'Journey to Employment (J2E)' pilot within Stoke on Trent – assisting those facing barriers due to disability or physical and/or psychological illness back into employment. Offering support to both employees and employers, founded on Changes intentional peer-support and recovery focused training programmes, Changes service was acknowledged as one of the best performing pilots in the UK.

Liaison & Diversity Service

Delivered in partnership with North Staffordshire Combined healthcare NHS Trust, from January 2018, Changes has provided peer-support within the L&D service, to assist the recovery and rehabilitation of ex-offenders.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

Fundraising activities:

The accounting period saw another successful period for Changes organisation, with the consolidation of income generated via an extension of Service Level Agreements and Contracts with the Commissioners of Stoke on Trent and North Staffordshire's health and social care services plus a modest Income Generation, (i.e. with existing contracts being extended and new contracts secured).

In December 2017, as part of its partnership with North Staffordshire Combined Healthcare, Changes secured a contract to provide peer-support within the Trust's Liaison & Diversity service for ex-offenders.

Factors outside the charity's control which are relevant to the achievement of its objectives:

In keeping with Changes' co-produced ethos and 12 Step fellowship, the commitment, enthusiasm and hard work of Changes paid and voluntary staff, continues to make a major contribution to the organisation achieving its objectives, (they are people who are literally 'on a mission').

A healthy and vibrant voluntary sector. Changes continues to give and receive support from other third sector organisations – most notably North Staffs Mind, Arch, YMCA, Revival, Dove, Brighter Futures, and the North Staffs Users Group – and is a proud member of a local family of voluntary sector service providers.

Support from and genuine partnership with North Staffordshire Combined Healthcare NHS Trust – North Staffordshire's main provider of statutory mental health services – is having a major impact on Changes reaching greater numbers of those who can benefit from its services.

Stoke-on-Trent and Staffordshire commissioning bodies, (i.e. Stoke-on-Trent CCG, North Staffordshire CCG, Stoke-on-Trent City Council, continue to focus on engaging third sector service providers and commissioning recovery and wellbeing focused services, (although all bodies face challenges associated either with NHS reform, efficiency saving and/or spending cuts).

Whilst severe cuts to LA budgets and challenges faced by local CCGs remain a major risk to the charitable company, (as does the resultant and rapid turnover/reduction of commissioning staff – which is eroding Changes' relationships and reputation) - the Conservative Government's health strategies continue to focus on a move towards more preventative, recovery and wellbeing focused mental health service provision – delivered within a personalised system of care – coupled with Changes efforts to network and maintain the profile of its work, this has the potential to strengthen Changes position and ability to maintain and secure contracts.

Financial review

Reserves policy

The charitable company's reserves policy takes into account the Directors' forecast for future income and expenditure, including the potential for fundraising. In formulating the policy the Directors considered that reserves are required to provide a contingency to ensure continuity in the event of a large variation in the charitable company's income.

At 31st March 2018 the charitable company's unrestricted reserves, excluding designated funds, totalled £170,211.

The position is monitored by the Directors on a regular basis and the policy is reviewed annually.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

Principal funding sources

NHS Stoke-on-Trent Clinical Commissioning Group - Service Level Agreements to provide a range of recovery and wellness focused services within Stoke-on-Trent, i.e. Adult Service, (peer-support groups) Recovery Workshops, and Wellbeing Programme.

Stoke-on-Trent City Council – Contracts to provide: 'Wellness training courses' (as part of the Adult & Community Learning programme); My Community Matters; Making Changes, and Just Be - Mindful

NHS North Staffordshire Clinical Commissioning Group – Service Level Agreement: to provide Adult Service, (peer-support groups) throughout Newcastle-under-Lyme and the Staffordshire Moorlands.

Staffordshire County Council – contract to provide CAMHS Tier 2 services throughout North Staffordshire.

Stoke-on-Trent Joint Commissioning Team – contract to provide CAMHS Tier 2 services and CAMHS Tier 1 training.

North Staffordshire Combined Healthcare NHS Trust – contract for provision of Step 2 interventions within the Stoke on Trent Healthy Minds IAPT service; provision of consultation element within CYP IAPT; provision of peer-support within the Liaison & Diversity service

APM – contract to provide wellness and recovery-focused services within prisons throughout the East Midlands.

Revival – sub-contractor to provide mental health services within the Stoke on Trent City Council 'Floating Support for Older People' contract

Comic Relief – grant to provide recovery-focused mental health services to 16 to 25 year olds living in and around Stafford town

Total Incoming Resources	£1,308,706
Total Resources Expended	£1,321,080
Funds carried forwards at 31.03.18	£525,346

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

Risk management:

The charitable company's Directors have conducted a review of the major risks to which Changes is exposed. A risk register has been established and is regularly updated. Where appropriate, systems and procedures have been established to manage these risks.

The directors consider the charitable company's major risks to include:

On-going NHS and Social Care Reform – to the possible detriment to the commissioning and funding of Changes services. Whilst the NHS budget has continued to be ring-fenced, pressure exerted on local commissioners, i.e. in terms of making financial savings, meeting increased health needs within the local population, and demand created due to cuts in social care services - continues to shrink monies available to spend on mental health services. However, Changes' focus on recovery, personalisation and social inclusion, (key areas within new health and social care commissioning intentions, including those detailed within 'Together We're Better - Staffordshire and Stoke-on-Trent Sustainability and Transformation Plan 2016 - appears to be strengthening, rather than weakening its position within the new commissioning landscape.

Continued Government cuts to LA budgets - previous LA cuts have significantly reduced monies available to purchase health and social care services. Consequently, whilst retaining contracts related to community development, the charitable company has seen a steady decline in the value of mental health related and adult community learning contracts within both Stoke-on-Trent City and Staffordshire County Councils. Whilst, given the recovery and personalised focus of its services and effectiveness in terms of both cost and outcome, Changes is in a relatively strong position to compete and retain such contracts, such lack of investment is sometimes prohibiting the organisation's involvement.

Rapid turnover/reduction in commissioning staff, i.e. both within LAs and local CCG, i.e. – many well established 'commissioning personnel' who are aware and value Changes services have 'disappeared' – Changes is aware of this risk and is ensuring that it stays informed of new commissioning structures and that it introduces itself to relevant and newly appointed staff.

Competitive tendering process – as a medium sized service provider, the majority of Changes income comes via a series of contracts/service level agreements, i.e. to provide mental health services throughout Stoke on Trent and North Staffordshire. Such contracts/agreements are time-limited, i.e. ranging between 2 to 5 years. Consequently, as with the majority of similar sized third sector organisations, Changes has to periodically engage in a competitive tendering process in order to retain its 'business' – a process for which there are 'no guarantees'. However, considerable business development skills exist within the organisation, which, coupled with Changes' reputation, evidence-base, strong relationships/partnerships and local presence – help to mitigate this risk.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

Plans for the future:

During 2018/19 the charitable company will continue to pursue aims and objectives detailed within Changes' Organisation Business Plan, (2017-22).

Mindful of both the challenges and opportunities to be encountered within a rapidly changing 'commissioning landscape' - this plan will help to ensure that Changes stays true to its co-produced and recovery ethos; continues to provide fresh, relevant and effective services, (retaining its place as a 'market leader'); and is able to realize its potential as a mental health service provider.

Key plans for the future include:

Consolidation and development of Changes existing service menu throughout Stoke on Trent and Staffordshire, i.e. to provide equity of provision across the county;

Developing partnerships to provide bespoke services for other client groups, e.g. those with learning difficulties, physical disabilities, sensory impairment, BME communities etc;

Identifying other development opportunities within other areas, i.e. residential care, workplace wellness, psycho-education/peer-support via social media etc;

Increased involvement within consortia, i.e. to provide Changes mental health service menu within other health and social care models, i.e. IAPT, Drugs and Alcohol, Prisons, Housing, Veterans etc, (providing the opportunity for both local and national development);

Tendering for relevant mental health service contracts in and around Staffordshire;

Becoming part of large Prime Providers supply chain, providing the opportunity for local, regional and national expansion;

Rebranding the service and updating Changes website;

Formalising Changes PQASSO quality assurance;

Securing additional premises within North Staffordshire, i.e. a second Wellbeing Centre/office base in either Newcastle-under-Lyme or the Staffordshire Moorlands;

Purchasing a retreat, i.e. situated within a rural location – to offer Changes users sanctuary whilst early in recovery and to serve as a national training centre.

Structure, governance and management

Governing document:

Changes governing document is its Articles of Association which details rules concerning the charitable company's administration, objects, powers, membership, Board of Directors etc.

Changes is a charitable company constituted as an incorporated association.

Charity trustees are called Company Directors, (Directors), who are responsible for the general control and management of the administration of the charitable company.

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

Clair Davis

Denis Emerton

(Resigned 23 May 2017)

Kathy Hancock

John Irons

Catherine Roberts

David Tunstall

Benjamin Butler

Alison Ratcliffe

(Appointed 6 December 2017)

Desmond Wootton

(Appointed 6 December 2017)

Recruitment and appointment of new trustees

At each annual general meeting all of the Directors must retire from office.

The charity may by ordinary resolution: (1) appoint a person who is willing to act to be a Director.

No person other than a retiring Director may be appointed a Director at any general meeting unless: (1) He or she is recommended for re-election by the Directors; or

(2) Not less than fourteen nor more than thirty-five clear days before the date of the meeting, the charity is given a notice that: (a) is signed by a member entitled to vote at the meeting; (b) states the members' intention to propose the appointment of a person as a Director; (c) contains the details that, if the person were to be appointed, the charity would have to file at Companies House; and, (d) is signed by the person who is to be proposed to show his or her willingness to be appointed.

All members who are entitled to receive notice of a general meeting must be given not less than seven nor more than twenty-eight clear days notice of any resolution to be put to the meeting to appoint a Director other than a Director who is to retire.

Organisational Structure

Decisions affecting the management and governance of the charitable company are made by the Board of Directors, these include decisions relating to: the selection and management of a Chief Executive Officer; the development and implementation of a long-term organisational strategy in pursue of objects as stated in Changes Articles of Association; the establishment of appropriate policies and procedures; the recruitment, support, appraisal, remuneration and discipline of Changes staff; financial management, (including fundraising and monitoring spend) etc .

Decisions relating to the day-to-day management and co-ordination of the charitable company's staff and activities are delegated to the Chief Executive Officer, (all of which must be harmonious and relate to organisational policy and strategy as determined by the Board of Directors)

CHANGES HEALTH & WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

Related parties:

In so far as it is complementary to its objectives, the charitable company is guided by both national and local policy. Consequently, in pursuit of these objectives, Changes has developed strong partnerships and cooperates with a range of statutory and voluntary organisations. These include: North Staffordshire Combined Healthcare NHS Trust, South Staffordshire & Shropshire Foundation Trust, Stoke-on-Trent Clinical Commissioning Group, North Staffordshire Clinical Commissioning Group, Stoke-on-Trent City Council, Staffordshire County Council, Beat the Cold, North Staffs Mind, Arch, Addiction Dependency Solutions (ADS), Staffordshire Housing Association, Jobcentre Plus, Disability Solutions, Voluntary Action Stoke-on-Trent, the North Staffs Users Group, the Dove Service, Brighter Futures, Epic Housing Association, CRI, Midland Heart, Saltbox etc.

Auditor

Geens Limited, Chartered Accountants & Business Advisors, were appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The trustees' report was approved by the Board of Trustees.



John Irons

Trustee

Dated: 4 October 2018

CHANGES HEALTH & WELLBEING

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2018

The law applicable to charities in England and Wales requires the trustee(s) to prepare financial statements for each financial year that give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements to give a true and fair view, the trustees should follow best practice and:

Select suitable accounting policies and then apply them consistently;

Make judgments and estimates that are reasonable and prudent;

State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and;

Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 1993, the Charity (Accounts and Reports) Regulations and the provisions of the constitution. The trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

CHANGES HEALTH & WELLBEING

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF CHANGES HEALTH & WELLBEING

Opinion

We have audited the financial statements of Changes Health & Wellbeing (the 'charitable company') for the year ended 31 March 2018 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2018 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

CHANGES HEALTH & WELLBEING

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF CHANGES HEALTH & WELLBEING

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditors under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Geens Limited



4 Oct 2018

Chartered Accountants
Statutory Auditor

68 Liverpool Road
Stoke on Trent
Staffordshire
ST4 1BG

Geens Limited is eligible for appointment as auditor of the charitable company by virtue of its eligibility for appointment as auditor of a company under of section 1212 of the Companies Act 2006

CHANGES HEALTH & WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2018

	Notes	Unrestricted funds general £	Unrestricted funds designated £	Restricted funds £	Total 2018 £	Total 2017 £
<u>Income from:</u>						
Donations and legacies	3	2,319	-	-	2,319	3,992
Charitable activities	4	1,133,454	-	150,604	1,284,058	1,586,913
Investment income	5	1	-	-	1	108
Other income		22,328	-	-	22,328	51,708
Total income		1,158,102	-	150,604	1,308,706	1,642,721
<u>Expenditure on:</u>						
Raising funds	6	42,643	-	-	42,643	43,971
Charitable activities	7	1,119,904	7,025	140,402	1,267,331	1,605,442
Other	11	-	11,106	-	11,106	-
Total resources expended		1,162,547	18,131	140,402	1,321,080	1,649,413
Net (outgoing)/incoming resources before transfers		(4,445)	(18,131)	10,202	(12,374)	(6,692)
Gross transfers between funds		(2,263)	2,263	-	-	-
Net (expenditure)/income for the year/ Net movement in funds		(6,708)	(15,868)	10,202	(12,374)	(6,692)
Fund balances at 1 April 2017		176,919	44,744	316,057	537,720	544,412
Fund balances at 31 March 2018		170,211	28,876	326,259	525,346	537,720

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

CHANGES HEALTH & WELLBEING

BALANCE SHEET

AS AT 31 MARCH 2018

	Notes	2018 £	£	2017 £	£
Fixed assets					
Tangible assets	12		327,604		350,419
Current assets					
Debtors	14	77,713		80,087	
Cash at bank and in hand		135,562		156,671	
		213,275		236,758	
Creditors: amounts falling due within one year	15	(15,533)		(49,457)	
Net current assets			197,742		187,301
Total assets less current liabilities			525,346		537,720
Income funds					
Restricted funds	19		326,259		316,057
<u>Unrestricted funds</u>					
Designated funds	20	28,876		44,744	
General unrestricted funds		170,211		176,919	
			199,087		221,663
			525,346		537,720

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2018, although an audit has been carried out under section 144 of the Charities Act 2011. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 4 October 2018



John Irons
Trustee

Company Registration No. 07761177

CHANGES HEALTH & WELLBEING

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2018

	Notes	2018 £	£	2017 £	£
Cash flows from operating activities					
Cash absorbed by operations	24		(18,847)		(6,046)
Investing activities					
Purchase of tangible fixed assets		(2,263)		(6,889)	
Interest received		1		108	
Net cash used in investing activities			(2,262)		(6,781)
Net cash used in financing activities			-		-
Net decrease in cash and cash equivalents			(21,109)		(12,827)
Cash and cash equivalents at beginning of year			156,671		169,498
Cash and cash equivalents at end of year			135,562		156,671

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2018

1 Accounting policies

Charity information

Changes Health & Wellbeing is a private company limited by guarantee incorporated in England and Wales. The registered office is Victoria Court, Booth Street, Stoke on Trent, ST4 4AL .

1.1 Accounting convention

The accounts have been prepared in accordance with the charitable company's Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: 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)" (as amended for accounting periods commencing from 1 January 2016). The charitable company is a Public Benefit Entity as defined by FRS 102.

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

The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charitable company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charitable company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charitable company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

For legacies, entitlement is taken as the earlier of the charity being aware that probate has been granted, where the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate.

Receipts of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

1.5 Resources expended

Liabilities are recognised as resources expended where there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under appropriate headings. Where costs cannot be directly attributed to particular headings (support costs) they have been allocated to activities on a basis consistent with use of the resources.

The cost of Raising Funds include costs of generating voluntary income, fund raising trading and investment fees, plus a share of support costs. The costs of generating voluntary income do not include the costs of disseminating information in support of the charitable activities.

Charitable Activities comprise those activities set out in detail in the report of the trustees.

Governance costs are those associated with the governance arrangements of the charity which relate to the general running of the charity. This includes internal and external audit, insurance costs, legal advice for trustees and costs associated with constitutional and statutory requirements such as the cost of trustee meetings and preparing the statutory accounts, plus a share of support costs.

Support costs are those costs incurred in the support of the fund raising, governance and charitable activities which cannot be directly attributed. They have been attributed to activities as described in the notes to the financial statements.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and building	2% straight line
Computer equipment	25% reducing balance
Office equipment	25% reducing balance
Fixtures and fittings	15% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

1 Accounting policies

(Continued)

1.7 Impairment of fixed assets

At each reporting end date, the charitable company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Intangible assets with indefinite useful lives and intangible assets not yet available for use are tested for impairment annually, and whenever there is an indication that the asset may be impaired.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

1 Accounting policies

(Continued)

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charitable company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Value added tax

Value added tax is not recoverable by the charity and as such is included in the relevant costs in the Statement of Financial Activities.

1.13 Pensions

The charitable company operates a defined contribution pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

2 Critical accounting estimates and judgements

In the application of the charitable company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Key sources of estimation uncertainty

The estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities are as follows.

Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of assets. The useful economic lives and residual values are re-assessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of assets. See note 11 for the carrying amount of property, plant and equipment, and note 1.6 for the useful economic lives of each category of asset.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

3 Donations and legacies

	2018	2017
	£	£
Donations and gifts	2,319	3,992

4 Charitable activities

	2018	2017
	£	£
Grants receivable for charitable activities	1,284,058	1,586,913

Analysis by fund

Unrestricted funds - general

Restricted funds

1,133,454

150,604

1,284,058

For the year ended 31 March 2017

Unrestricted funds - general

Restricted funds

1,435,016

151,897

1,586,913

Performance related grants

NHS Stoke on Trent

NHS North Staffordshire

Stoke on Trent City Council

Staffordshire County Council

Other Funders

Other

732,794

90,506

114,685

19,803

326,270

-

763,027

90,506

60,499

254,412

418,469

-

1,284,058

1,586,913

5 Investment income

	2018	2017
	£	£
Interest receivable	1	108

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

6 Raising funds

	2018	2017
	£	£
<u>Costs of raising funds</u>		
Staff costs	42,643	43,971
	<u>42,643</u>	<u>43,971</u>

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

7 Charitable activities

	2018 £	2017 £
Staff costs	592,950	841,177
Depreciation and impairment	6,985	9,678
Rent and rates	5,082	9,295
Utilities	5,738	9,271
Insurance	3,934	4,710
Legal and Professional	9,280	8,946
Telephone	13,090	17,054
Printing , Stationery and postage	19,867	17,504
Subcontracted staff	238,438	229,627
Staff and Volunteers expenses	32,424	22,392
Travel	38,247	49,925
Sundry	42,299	69,767
	<u>1,008,334</u>	<u>1,289,346</u>
Share of support costs (see note 8)	252,371	308,269
Share of governance costs (see note 8)	6,626	7,827
	<u>1,267,331</u>	<u>1,605,442</u>
Analysis by fund		
Unrestricted funds - general	1,119,904	
Unrestricted funds - designated	7,025	
Restricted funds	140,402	
	<u>1,267,331</u>	
For the year ended 31 March 2017		
Unrestricted funds - general		1,443,527
Unrestricted funds - designated		12,411
Restricted funds		149,504
		<u>1,605,442</u>

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

8 Support costs

	Support costs	Governance costs	2018	2017	Basis of allocation
	£	£	£	£	
Staff costs	76,126	6,446	82,572	110,705	Mgmt Estimate.
Depreciation	6,987	-	6,987	9,680	Mgmt Estimate.
Other costs	169,258	-	169,258	194,451	Mgmt Estimate.
Audit fees	-	180	180	1,260	Governance
	<u>252,371</u>	<u>6,626</u>	<u>258,997</u>	<u>316,096</u>	
Analysed between					
Charitable activities	<u>252,371</u>	<u>6,626</u>	<u>258,997</u>	<u>316,096</u>	

Governance costs include fees payable to the auditors of £3,678 (2017-£3,350) for audit fees.

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year. Travelling expenses of £1,426 (2017 : £1,904) were paid to 4 (2017 : 2) trustees.

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

10 Employees

Number of employees

The average monthly number employees during the year was:

	2018 Number	2017 Number
Charitable activities	39	56
Administrative	3	4
	<u>42</u>	<u>60</u>

Employment costs

	2018 £	2017 £
Wages and salaries	637,994	882,646
Social security costs	59,426	87,428
Other pension costs	20,745	25,779
	<u>718,165</u>	<u>995,853</u>

The number of employees whose annual remuneration was £60,000 or more were:

	2018 Number	2017 Number
£60,000 to £70,000	1	-
£70,000 to £80,000	-	1
	<u>-</u>	<u>1</u>

The key management personnel of the charity comprise the Trustees, the Chief Executive Officer, the Finance Officer, the Operations Manager and the Strategic Director. The total employee benefits of the key management personnel of the charity were £187,524 (2017 : £177,625).

11 Other

	2018 £	2017 £
Net loss on disposal of tangible fixed assets	<u>11,106</u>	<u>-</u>

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

12 Tangible fixed assets

	Land and building £	Computer equipment £	Office equipment £	Fixtures and fittings £	Total £
Cost					
At 1 April 2017	346,545	73,248	30,039	10,377	460,209
Additions	-	1,979	-	284	2,263
Disposals	-	(32,159)	(8,156)	(1,858)	(42,173)
At 31 March 2018	346,545	43,068	21,883	8,803	420,299
Depreciation and impairment					
At 1 April 2017	35,399	46,627	22,525	5,239	109,790
Depreciation charged in the year	7,072	4,826	1,351	723	13,972
Eliminated in respect of disposals	-	(23,887)	(6,146)	(1,034)	(31,067)
At 31 March 2018	42,471	27,566	17,730	4,928	92,695
Carrying amount					
At 31 March 2018	304,074	15,502	4,153	3,875	327,604
At 31 March 2017	311,146	26,621	7,514	5,138	350,419

13 Financial instruments

	2018 £	2017 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	66,742	69,126
Carrying amount of financial liabilities		
Measured at amortised cost	5,040	4,860

14 Debtors

	2018 £	2017 £
Amounts falling due within one year:		
Other debtors	66,742	69,126
Prepayments and accrued income	10,971	10,961
	77,713	80,087

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2018

15 Creditors: amounts falling due within one year

	Notes	2018 £	2017 £
Deferred income	16	10,493	44,597
Accruals and deferred income		5,040	4,860
		<u>15,533</u>	<u>49,457</u>

16 Deferred income

	2018 £	2017 £
Other deferred income	<u>10,493</u>	<u>44,597</u>

17 Retirement benefit schemes

Defined contribution schemes

The charity contributes to defined contribution pension schemes in respect of members of staff, the assets of which are held separately from those of the charity in independently administered funds. The pension cost charge represents contributions payable by the charity to the funds. There were no contributions due to the fund at the year end.

The charge to profit or loss in respect of defined contribution schemes was £20,745 (2017 - £25,779).

18 Share capital

	2018 £	2017 £
Changes Health and Wellbeing is a company limited by guarantee and accordingly does not have a share capital. Every member of the company undertakes to contribute such amount as may be required, not exceeding £1, to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.		

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2017 £	Movement in funds		Balance at 31 March 2018 £
		Incoming resources £	Resources Expended £	
Social Enterprise Investment Fund	305,673	-	(6,947)	298,726
Pertemps	-	96,609	(86,411)	10,198
Comic Relief	10,384	53,995	(47,044)	17,335
	<u>316,057</u>	<u>150,604</u>	<u>(140,402)</u>	<u>326,259</u>

Purposes of restricted funds:

Social Enterprise Investment Fund:

A large capital grant to purchase and refurbish Changes' headquarters and training centre.

Pertemps:

Provision of a wellness and recovery focused training and peer-support programme within HMP Stafford.

Comic Relief:

Providing a range of recovery focused services for young people age 16-25 years, within community settings, for those with mild to moderate mental health problems.

20 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2017 £	Movement in funds		Balance at 31 March 2018 £
		Incoming resources £	Resources expended £	
Fixed asset fund	44,744	2,263	(18,131)	28,876
	<u>44,744</u>	<u>2,263</u>	<u>(18,131)</u>	<u>28,876</u>

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

21 Analysis of net assets between funds

	Unrestricted fund £	Designated fund £	Restricted fund £	Total £
Fund balances at 31 March 2018 are represented by:				
Tangible assets	-	28,878	298,726	327,604
Current assets/(liabilities)	170,211	(2)	27,533	197,742
	<u>170,211</u>	<u>28,876</u>	<u>326,259</u>	<u>525,346</u>

22 Financial commitments, guarantees and contingent liabilities

The charity received a grant of £350,000 towards the cost of the purchase of a property. If the property is sold, then in certain circumstances, the whole or part of the grant may be repayable.

23 Operating lease commitments

At the reporting end date the charitable company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2018 £	2017 £
Within one year	4,962	2,123
Between two and five years	6,616	-
	<u>11,578</u>	<u>2,123</u>

24 Cash generated from operations

	2018 £	2017 £
Deficit for the year	(12,374)	(6,692)
Adjustments for:		
Investment income recognised in statement of financial activities	(1)	(108)
Loss on disposal of tangible fixed assets	11,106	-
Depreciation and impairment of tangible fixed assets	13,972	19,358
Movements in working capital:		
Decrease/(increase) in debtors	2,374	(27,346)
Increase in creditors	180	1,260
(Decrease)/increase in deferred income	(34,104)	7,482
Cash absorbed by operations	<u>(18,847)</u>	<u>(6,046)</u>

CHANGES HEALTH & WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2018

25 Related Party Transactions

During the year the charity entered into transactions with the spouse of the Chief Executive Officer for the provision of mindfulness training. The value of transactions for the services supplied, all being conducted on an arms length basis, was £15,500 (2017 : £10,000). The balance outstanding at the year end was £Nil (2017 : £Nil)

During the year the Charity also entered into transactions with the spouse of the Finance Officer for the provision of marketing and design consultancy services. The value of transactions for the services supplied, all being conducted on an arms length basis was £32,443 (2017 : £37,111). The balance outstanding at the year end was £Nil (2017 : £Nil).