

REGISTERED COMPANY NUMBER: 08914724 (England and Wales)
REGISTERED CHARITY NUMBER: 1167828

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31 MARCH 2019
FOR
CHANGES BRISTOL LTD

Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

CHANGES BRISTOL LTD

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for the Year Ended 31 March 2019

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CHANGES BRISTOL LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2019**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2019. The trustees have adopted the provisions of 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

Objectives and Aims

The provision of peer led support groups for people suffering from mental health problems in the Bristol and surrounding area, with the groups following a structure originally developed by Changes Stoke.

Mission Statement

Changes will be recognised as an accessible and effective mental health service. Changes aims to promote the recovery and mental wellbeing of those in mental distress in Bristol and the surrounding area.

Significant Activities

Strategic targets achieved in 2018/19 included:

- Continued development of the strategic plan and the beginnings of a new Business Plan
- Successfully obtaining new funding avenues to sustain the further development of the charity
- The appointment of a new Peer Support Coordinator and Service Manager
- Increased hours for staff to improve service provision
- Increasing our partnerships
- Increasing the number of support meetings
- Member/service user forums
- Continued improvement in training and supervision provision to our volunteers

Public Benefit

The Trustees have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

Volunteers

Key to the ethos of Changes Bristol is the use of volunteers in the delivery of the service.

Without volunteers the service could not run. 78 volunteers were involved in the delivery of the services of the charity in this period. We strongly encourage service users to become volunteers in order to help their own recovery and assist in the development of the service. In 2018-19 Changes trained 30 new volunteers on the facilitator training induction programme. The average time people volunteer for the organisation is for more than 12 months.

CHANGES BRISTOL LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2019**

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

Peer Support Group Service

2018-19 saw the continued presence of our support groups across the city of Bristol. We continued operating our 12 support meetings that happen at the same time and place each week of the year. We changed the venue of the Bedminster meeting which has not adversely affected numbers and works well.

In 2018-19 Changes Bristol operated more support meetings than ever before, 595 in total, increasing our presence and improving access for vulnerable adults to obtain support.

Each support meeting was facilitated by at least 2 volunteers. 570 individuals attended aspects of our services in 2018-19 with 4,403 attendances at support meetings. We registered over 8,000 notifications of changes people made in their lives to improve their wellbeing. On average 7.4 people attended each support meeting in this period.

The latest data from our annual survey for 2019 shows that people benefited coming to Changes meetings in the following ways:

Increased social interactions 94.03%

Increased ability to face problems 91.08%

Self confidence/self esteem 85.30%

Less reliant on Doctors/CPNs 56.71%

Less at risk of hospitalisation 64.18%

Feeling less suicidal 54.41%

Making steps towards employment 44.7% - of those where this was applicable

Staying in work 55.1% - of those where this was applicable

Feeling less socially isolated 85.27%

Ability to cope with negative feelings 82.36%

Feeling more useful to others 88.06%

To take steps towards better physical health 70.59%

Benefitted their mental health 98.51%

These outcomes are similar to the surveys carried out over the previous 7 years showing a pattern of assisting in helping people cope and improve their mental health by using the support groups and reducing the likelihood of mental health problems reaching a chronic state of ill health.

Partnerships in delivering services for members

We have developed partnerships to set up support groups with the Beehive centre, with an over 55s group. We have a partnership with Workout Gyms offering free membership and activities.

Other Services

Changes Facebook group which has 118 members provides an excellent way for members to interact and reduce social isolation and encourage social events and self reliance.

The Changes Newsletter goes out to members and partners every 3 weeks and is provided by volunteers with contributions to its content by service users and volunteers.

Service Monitoring

The Trustees provide oversight on the quality of services delivered by Changes Bristol and have put in place regular reviews of service use. Changes use a number of methods to ensure the services are delivered effectively and measure outcomes, outputs and indicators of wellbeing. Service user feedback and service user forums are used to ensure those that use the service are able to influence its development.

Project and Service managers are responsible for monitoring the service. Senior Managers ensure these processes are effective and that monthly reports are prepared. All services keep quantitative records of service use and the number of beneficiaries and systematically collect feedback.

CHANGES BRISTOL LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 March 2019**

FINANCIAL REVIEW

Reserves policy

We have an aspiration to hold the equivalent of 6 months expenditure in free reserves. The trustees have examined the major risks to which the charity is exposed and systems have been established to mitigate those risks. These procedures will be periodically reviewed to ensure that they still meet the needs of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08914724 (England and Wales)

Registered Charity number

1167828

Registered office

Barton Hill Settlement
43 Ducie Road
Lawrence Hill
Bristol
BS5 0AX

Trustees

Mr D K Z Kent	
Mr O C Lewis	
Mr P M Charles	
Ms B C Jones	- appointed 8.8.18
Ms S R C Kent	
Ms A C Mcdougall	- resigned 1.3.19
Ms W Wood	
Ms L Francis	- resigned 21.7.18
Mr M D Rayner	- resigned 21.7.18
Mr T C Shaw	- resigned 21.7.18
Ms V A Thomas	- resigned 21.7.18
Ms R M Beale	
Ms J Brydon	- appointed 1.12.18
Ms M Smith	- appointed 1.12.18

Company Secretary

Ms J Brydon

Independent examiner

Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

Approved by order of the board of trustees on 31 January 2020 and signed on its behalf by:

Ms R M Beale - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHANGES BRISTOL LTD

Independent examiner's report to the trustees of Changes Bristol Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2019.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Gwyneth Milner ACA
Kingscott Dix (Cheltenham) Limited
Chartered Accountants
Malvern View Business Park
Stella Way
Bishops Cleeve
Cheltenham
Gloucestershire
GL52 7DQ

31 January 2020

CHANGES BRISTOL LTD

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2019

	Notes	Unrestricted fund £	Restricted funds £	2019 Total funds £	2018 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		21,191	-	21,191	16,627
Charitable activities					
Grants		-	70,871	70,871	102,396
Other trading activities	2	33,695	-	33,695	9,530
Total		54,886	70,871	125,757	128,553
 EXPENDITURE ON					
Charitable activities					
Operation of Charity		9,400	87,726	97,126	94,713
Other		233	-	233	34
Total		9,633	87,726	97,359	94,747
NET INCOME/(EXPENDITURE)		45,253	(16,855)	28,398	33,806
Transfers between funds	9	(4,941)	4,941	-	-
Net movement in funds		40,312	(11,914)	28,398	33,806
RECONCILIATION OF FUNDS					
Total funds brought forward		46,958	27,063	74,021	40,215
TOTAL FUNDS CARRIED FORWARD		87,270	15,149	102,419	74,021

The notes form part of these financial statements

CHANGES BRISTOL LTD

BALANCE SHEET
At 31 March 2019

	Notes	Unrestricted fund £	Restricted funds £	2019 Total funds £	2018 Total funds £
FIXED ASSETS					
Tangible assets	7	433	-	433	366
CURRENT ASSETS					
Cash at bank and in hand		87,318	15,148	102,466	75,478
CREDITORS					
Amounts falling due within one year	8	(480)	-	(480)	(1,823)
NET CURRENT ASSETS		<u>86,838</u>	<u>15,148</u>	<u>101,986</u>	<u>73,655</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>87,271</u>	<u>15,148</u>	<u>102,419</u>	<u>74,021</u>
NET ASSETS		<u>87,271</u>	<u>15,148</u>	<u>102,419</u>	<u>74,021</u>
FUNDS	9				
Unrestricted funds				87,271	46,958
Restricted funds				15,148	27,063
TOTAL FUNDS				<u>102,419</u>	<u>74,021</u>

The notes form part of these financial statements

CHANGES BRISTOL LTD

BALANCE SHEET - CONTINUED

At 31 March 2019

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2019 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each 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 charitable company.

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

The financial statements were approved by the Board of Trustees on 31 January 2020 and were signed on its behalf by:

Ms R M Beale -Trustee

Mr O C Lewis -Trustee

The notes form part of these financial statements

CHANGES BRISTOL LTD

NOTES TO THE FINANCIAL STATEMENTS **for the Year Ended 31 March 2019**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment	- 33% on cost
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Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	2019	2018
	£	£
Fundraising events	33,695	9,530

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2019	2018
	£	£
Depreciation - owned assets	233	34

CHANGES BRISTOL LTD

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the Year Ended 31 March 2019

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2019 nor for the year ended 31 March 2018 .

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2019 nor for the year ended 31 March 2018 .

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2019	2018
	4	4
	<u>4</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	16,627	-	16,627
Charitable activities			
Grants	-	102,396	102,396
Other trading activities	9,530	-	9,530
Total	<u>26,157</u>	<u>102,396</u>	<u>128,553</u>
 EXPENDITURE ON			
Charitable activities			
Operation of Charity	10,764	83,949	94,713
Other	34	-	34
Total	<u>10,798</u>	<u>83,949</u>	<u>94,747</u>
 NET INCOME/(EXPENDITURE)	<u>15,359</u>	<u>18,447</u>	<u>33,806</u>
 RECONCILIATION OF FUNDS			
Total funds brought forward	31,601	8,614	40,215
 TOTAL FUNDS CARRIED FORWARD	<u>46,960</u>	<u>27,061</u>	<u>74,021</u>

CHANGES BRISTOL LTD

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the Year Ended 31 March 2019

7. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2018	2,691
Additions	300
	<hr/>
At 31 March 2019	2,991
	<hr/>
DEPRECIATION	
At 1 April 2018	2,325
Charge for year	233
	<hr/>
At 31 March 2019	2,558
	<hr/>
NET BOOK VALUE	
At 31 March 2019	433
	<hr/> <hr/>
At 31 March 2018	366
	<hr/> <hr/>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade creditors	-	1,463
Accrued expenses	480	360
	<hr/>	<hr/>
	480	1,823
	<hr/> <hr/>	<hr/> <hr/>

9. MOVEMENT IN FUNDS

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds				
General fund	46,958	45,254	(4,941)	87,271
Restricted funds				
Lloyds Bank Foundation	-	(1,635)	1,635	-
The Peoples Health Trust	10,309	(13,615)	3,306	-
Sunrise Foundation	16,754	(1,606)	-	15,148
	<hr/>	<hr/>	<hr/>	<hr/>
	27,063	(16,856)	4,941	15,148
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	74,021	28,398	-	102,419
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

CHANGES BRISTOL LTD

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the Year Ended 31 March 2019

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	54,886	(9,632)	45,254
Restricted funds			
The Henry Smith Charity	28,001	(28,001)	-
Lloyds Bank Foundation	15,000	(16,635)	(1,635)
The Peoples Health Trust	2,871	(16,486)	(13,615)
Sunrise Foundation	24,999	(26,605)	(1,606)
	<hr/> 70,871	<hr/> (87,727)	<hr/> (16,856)
TOTAL FUNDS	<hr/> <hr/> 125,757	<hr/> <hr/> (97,359)	<hr/> <hr/> 28,398

Comparatives for movement in funds

	At 1.4.17 £	Net movement in funds £	At 31.3.18 £
Unrestricted Funds			
General fund	31,601	15,357	46,958
Restricted Funds			
The Peoples Health Trust	8,614	1,695	10,309
Sunrise Foundation	-	16,754	16,754
	<hr/> 8,614	<hr/> 18,449	<hr/> 27,063
TOTAL FUNDS	<hr/> <hr/> 40,215	<hr/> <hr/> 33,806	<hr/> <hr/> 74,021

CHANGES BRISTOL LTD

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the Year Ended 31 March 2019

9. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	26,157	(10,800)	15,357
Restricted funds			
The Henry Smith Charity	25,199	(25,199)	-
Lloyds Bank Foundation	15,000	(15,000)	-
The Peoples Health Trust	15,793	(14,098)	1,695
MIND	21,404	(21,404)	-
Sunrise Foundation	25,000	(8,246)	16,754
	<hr/> 102,396	<hr/> (83,947)	<hr/> 18,449
TOTAL FUNDS	<hr/> <hr/> 128,553	<hr/> <hr/> (94,747)	<hr/> <hr/> 33,806

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.17 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds				
General fund	31,601	60,611	(4,941)	87,271
Restricted funds				
Lloyds Bank Foundation	-	(1,635)	1,635	-
The Peoples Health Trust	8,614	(11,920)	3,306	-
Sunrise Foundation	-	15,148	-	15,148
	<hr/> 8,614	<hr/> 1,593	<hr/> 4,941	<hr/> 15,148
TOTAL FUNDS	<hr/> <hr/> 40,215	<hr/> <hr/> 62,204	<hr/> <hr/> -	<hr/> <hr/> 102,419

CHANGES BRISTOL LTD

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
for the Year Ended 31 March 2019

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	81,043	(20,432)	60,611
Restricted funds			
The Henry Smith Charity	53,200	(53,200)	-
Lloyds Bank Foundation	30,000	(31,635)	(1,635)
The Peoples Health Trust	18,664	(30,584)	(11,920)
MIND	21,404	(21,404)	-
Sunrise Foundation	49,999	(34,851)	15,148
	173,267	(171,674)	1,593
TOTAL FUNDS	254,310	(192,106)	62,204

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2019.

CHANGES BRISTOL LTD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2019

	2019 £	2018 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	21,191	16,627
Other trading activities		
Fundraising events	33,695	9,530
Charitable activities		
MIND	-	21,404
The People's Health Trust	2,871	15,792
Lloyds Bank Foundation	15,000	15,000
The Henry Smith Charity	28,000	25,200
Sunrise Foundation	25,000	25,000
	<hr/> 70,871	<hr/> 102,396
Total incoming resources	125,757	128,553
EXPENDITURE		
Charitable activities		
Wages	75,967	52,653
Support meetings	10,106	8,552
Training and workshops	936	21,954
Volunteer costs	672	88
Fundraising expenses	1,007	1,940
	<hr/> 88,688	<hr/> 85,187
Other		
Depreciation of tangible fixed assets	233	34
Support costs		
Finance		
Bank charges	84	26
Accountancy & professional	120	120
	<hr/> 204	<hr/> 146
Other		
Recruitment & training	-	550
Rent	4,071	3,657
Insurance	622	683
Telephone	538	567
Office	1,632	2,700
Sundries	567	653
Travel & subsistence	537	85
Advertising	267	485
	<hr/> 8,234	<hr/> 9,380
Total resources expended	97,359	94,747

This page does not form part of the statutory financial statements

CHANGES BRISTOL LTD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2019

	2019 £	2018 £
	<hr/>	<hr/>
Net income	28,398	33,806
	<hr/>	<hr/>

This page does not form part of the statutory financial statements