

CHANGING LIVES PROJECT

(Company number 05572830, registered charity number 1112794)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2015

Page	Contents
2- 7	Directors' (Trustees') annual report
8-9	Independent Examiner's report
10	Statement of financial activities (including the Income and expenditure account)
11	Balance Sheet
12-18	Notes to the accounts



CHANGING LIVES PROJECT

DIRECTORS' REPORT (INCORPORATING THE TRUSTEES' ANNUAL REPORT) FOR THE YEAR ENDED 31 MARCH 2015

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 31 March 2015.

Full name Changing Lives Project

Registered charity number 1112794

Registered company number 05572830

Principal address

Office 003, 250 York Road, London SW11 3SJ

Directors (Trustees)

Caroline Johnston

Jamie Lane

Brian De Lord

Mohammed A Rahman

Chair of Trustees

Secretary

Treasurer

Youth Advocate

Bankers

HSBC Bank PLC

154, Clapham High Street, London SW4 7UQ

**CHANGING LIVES PROJECT
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

Governance and management

The organisation is a charitable company limited by guarantee, incorporated on 23 September 2005 and registered as a charity on 23 January 2006. The company was established under a Memorandum of Association, which established the object and power of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Appointment of Directors

The directors of the company are also charity trustees for the purpose of charity and company laws and under the company's articles are also known as members of the Board of Trustees.

The current trustees are familiar with the work of the charitable company.

Mission Statement

To empower and equip socially and economically disadvantaged communities with essential knowledge and skills that would enable them to be proactive members of society exercising their individual and collective power to challenge practices that are based on the misuse and abuse of power as manifested in child abuse, domestic violence, forced marriages and all forms of prejudice, discrimination and social exclusion based on physical or mental disability, mental health needs, gender, sexual orientation, religion, ethnic origin, age and social status.

Achievements and Performance

The Changing Lives systemic family intervention approach is based on the principles of systemic family intervention and combines a number of parenting skills with coping strategies to deal with stress, anxiety, depression; reflexivity and problem solving skills with opportunity for improved social participation.

Outcomes

- Improving the mental health and wellbeing of parents
- Improving the mental health and wellbeing of children and young people
- Ensuring children and young people in Luton are safe and well cared for
- Enhancing skills for employability and entrepreneurship and reducing differences in achievement levels between communities
- Supporting children and young people to achieve skills and experience to enhance their prospects for the future

In its second year the **Parental Mental Wellbeing** programme, funded by London Luton Airport Limited, continued to provide invaluable support for parents from disadvantaged communities to access specialist support that promotes mental health

**CHANGING LIVES PROJECT
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

and wellbeing as a preventive and early intervention strategy. The programme is delivered in community languages: Bengali, Hindi, Pahari/Urdu and Somali to enable access for parents for whom English is a second language to services in their mother tongue. It employs evidence based coping strategies both to prevent the incidence and escalation of mental health issues and enable families to enjoy mental wellbeing.

It is a 12-week programme delivered for 2 hours each week and supported by independent clinical outcome measures such as the Personal Health Questionnaire (PHQ9) and Generalised Anxiety Disorder (GAD7). Through partnership work the program is delivered in local schools and children's centres. The outcomes for participants of these groups continues to show significant positive effects enabling the majority of the parents to move on to volunteering, education, training and employment.

The **Stronger Families** initiative is Luton's response to the Government's Troubled Families initiative that focuses on providing support to families facing complex problems and where these problems are recognised as adversely impacting upon outcomes for children. Despite significant changes to the structure of the initiative within Luton 23 families referred by specialist agencies were supported.

Due to the nature of the challenges these families face the work involved individual or couple counselling, systemic family intervention, parenting skills, mentoring support for children and educational support to improve school attendance, aspiration, achievement and reduce disruptive behaviour.

SFP 10-14 (UK) Strengthening Families Program: Muslim Families

In its final year, as part of the Realising Ambition national initiative that replicates the family support program developed by Oxford Brookes University and adapted for UK use, Changing Lives' interventions saw 314 children, young people and their parents benefit from its work. Changing Lives' rationale for offering targeted support to Muslim families within Realising Ambition was in recognition of the needs of a rapidly growing, ethnically diverse Muslim population and of the support needed for Muslim youth to raise their aspirations and to achieve best outcomes, similar to their counterparts from other communities. It is widely recognised that young Muslims, in particular are facing significant challenges in terms of finding their identity whilst feeling misunderstood or discriminated against.

**CHANGING LIVES PROJECT
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

Changing Lives also piloted two new initiatives to address unmet needs:

Education Engagement Intervention Pilot

The British Child and Adolescent Mental Health Surveys of 1999 and 2004 showed that 1 in 10 children and young people under the age of 16 had a diagnosable mental disorder. Among 5 to 10 year olds, 10% of boys and 5% of girls had a mental health problem while among 11 to 16 year olds the prevalence of mental disorder was 13% for boys and 10% for girls. These problems are also shown to be long lasting: 50% of mental illness in adults started before the person was 15 years old and 75% before they reached their 18th birthday.

As a result of its review of systemic family support, Changing Lives developed and piloted the Education Engagement Intervention (EEI) to address the emotional, interpersonal and behavioural problems that contribute to children's and young people's lack of engagement in and failure at school as a precursor to conduct disorder and other childhood mental health problem. The pilot aimed to facilitate a psychosocial intervention that tackles both underachievement and behavioural problems in school age children who are perceived to be in danger of exclusion from mainstream education. The intervention is based on Dialectical Behaviour Therapy techniques that have a track record over more than 20 years of supporting vulnerable youth and adults to successfully manage the following areas:

- Emotional regulation
- Interpersonal effectiveness
- Distress tolerance
- Mindfulness (intentional or focused attention)

The program involved 8 children and one or both of their parents. This approach was adopted because a number of research findings highlight the involvement of parents in their children's social emotional development ensures higher success and retention rates compared to student-only interventions. The level of change achieved by the children in terms of their engagement with school and improvement in learning was measured using clinical outcome measures and feedback from teachers and head of year. The change in clinical outcome measures was found to be significant showing the effectiveness of the intervention and the feedback from teachers and head of year was very positive.

Fathers' Support Group Pilot

During this period 37 fathers and male carers have been referred and of these 49% identify themselves as White British; 40% as Asian British, and 11% as Black British. Of these 19 fathers were referred because of domestic abuse related issues while 18 were referred for support with parenting or to overcome isolation.

**CHANGING LIVES PROJECT
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

The program is open to fathers irrespective of their age, cultural background, ethnicity, disability, and sexual orientation and actively seeks the involvement of young fathers, single fathers and fathers-to-be. Since it is part of the integrated and holistic support services Changing Lives offer to families fathers who attend the FSG could also access parenting skills programs, counselling support, personal development programs including apprenticeship and mentoring in support of other fathers who may be struggling in isolation.

Of those assessed 36.4% were shown to have a high level of depression requiring specialist interventions, while the remaining 63% of fathers showed mild to moderate levels of depression that could be managed with self-help strategies.

Outcomes

- Improved emotional intelligence and interpersonal effectiveness of fathers
- Improved self-esteem and confidence
- Improved relationship with their children and their partners
- Improved mental health and wellbeing.

Public Benefit Statement

The Trustees have read the guidance on public benefit issued by the Charity Commission and are mindful of their duty to ensure that all of Changing Lives Project's activities fall within the scope of the guidance.

Exemptions

The trustees have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

Responsibilities of the Trustees

Company Law requires the Trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity at the end of the year and of the surplus or deficiency for the year then ended.

In preparing the financial statements the Trustees are required to: select suitable accounting policies, as described on page 11, and then apply them on a consistent basis, making judgements and estimates that are prudent and reasonable. The members of the Committee must also prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

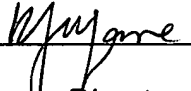

**CHANGING LIVES PROJECT
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

The trustees are responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charity, and enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

Small Company Provisions:

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Signed on behalf of the charity's trustees:

Signed <u></u> Date <u>21/12/2015</u>	Signed <u></u> Date <u>21/12/15</u>
K.J.M. Lane, Director	Caroline Johnston, Director

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHANGING LIVES PROJECT
FOR THE PERIOD ENDED 31 MARCH 2015**

I report on the accounts of the company, which are set out on pages 10 to 18.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of Company Law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity is required by Company Law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Chartered Association of Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- Follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, **no matter** has come to my attention which:


1. Gives me reasonable cause to believe that in any material respect the requirements:
 - a. To keep accounting records in accordance with section 386 of the Companies Act 2006;
and
 - b. To prepare accounts which accord with the accounting records;
and

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHANGING LIVES PROJECT (CONTINUED)
FOR THE PERIOD ENDED 31 MARCH 2015**

- c. Which are consistent with the methods and principles of the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;

Have not been met; or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed  Date 22/11/2015

Gizaw Wolde Yohannes FCCA

Fellow of the Association of Chartered Certified Accountants

113 Bell Lane
Enfield
EN3 5PD

Date: 18 November 2014

CHANGING LIVES PROJECT
STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating the income and expenditure account)
FOR THE YEAR ENDED 31 MARCH 2015

All the activities of the charitable company are classed as continuing

				2014/15	2013/14
		Unrestricted	Restricted	Total	Total
		Funds	Funds		
	Notes	£	£	£	£
INCOMING RESOURCES					
Incoming resources from generating funds:					
Grant/ contract Income	2	141,800	167,147	309,947	278,195
Other income		620		620	3,565
Total incoming resources		142,420	167,147	309,567	281,760
RESOURCES EXPENDED					
Charitable activities	3	128,416	166,647	295,063	242,384
Governance costs	4	1,990	-	1,990	1,755
Total resources expended		130,406	166,647	297,053	244,139
Net incoming/(outgoing resources		12,014	500	12,514	37,621
Total funds brought forward		91,872	2,872	94,744	57,123
Total funds carried forward	10	103,886	3,372	107,258	94,744

The notes form part of these financial statements

**CHANGING LIVES PROJECT
BALANCE SHEET
AT 31 MARCH 2015**

		Unrestricted Funds	Restricted Funds	Total 2014/15	2013/14
	Note	£		£	£
Fixed assets					
Tangible assets	7	<u>432</u>	0		<u>866</u>
Total fixed assets				<u>432</u>	<u>866</u>
Current assets					
Debtors	8	73,229	0	73,229	48,188
Cash at bank and in hand		<u>37,731</u>	<u>3,372</u>	<u>41,103</u>	<u>49,495</u>
		110,960	3,372	114,332	97,683
Liabilities					
Creditors					
Amounts falling due within one year	9	<u>(7,506)</u>	<u>0</u>	<u>(7,506)</u>	<u>(3,805)</u>
Net current assets		<u>103,454</u>	<u>3,372</u>	106,826	93,878
Net assets		<u>103,886</u>	<u>3,372</u>	<u>107,258</u>	<u>94,744</u>
The funds of the charity	10				
Unrestricted funds				103,886	91,872
Restricted funds				<u>3,372</u>	<u>2,872</u>
Total funds				<u>107,258</u>	<u>94,744</u>

Exemption from audit

For the year ended 31 March 2015, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with Section 476.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provision applicable to companies to the small companies' regime and with Financial Reporting Standards for Smaller Entities (effective April 2008)

The notes form part of these financial statements.

The trustees declare that they have approved the accounts above:

Signed on behalf of the charity's trustees:

Signed K.J.M Lane Dated 21/12/15
K.J.M Lane, Director

Signed Caroline Johnston Dated 21/12/15
Caroline Johnston, Director

**CHANGING LIVES PROJECT
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2015**

1. ACCOUNTING POLICIES

Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for small entities (effective April 2008) the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by charities.

Incoming resources

All incoming resources are included on the statements of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Donated Services

No amounts are included in the financial statements for services donated by volunteers. The value of voluntary help is however described in the trustee's annual report.

Investment Income, gains and losses

Investment income is included in the financial statements when received. Gains and losses on sale of investment or resulting from revaluation of investments are determined at point of disposal or revaluation. Gains or losses arising at the point of disposal or revaluation are not included in the accounts.

Resources expended

Expenditure is accounted for on an accrual 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.

Charitable Costs

These are costs incurred directly on the objects of the charity.

Governance Costs

These include costs of raising funds, preparation and auditing of statutory financial statements, trustees meetings and advice to trustees on governance or constitutional matters. These activities provide the governance infrastructure that allows the charity to operate and generate information for public accountability.

CHANGING LIVES PROJECT
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31 MARCH 2015

Recognition of a liability

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to meet the liability.

Tangible Fixed Assets

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

Fixtures and fittings – 20% on cost

Office Equipment – 20% on cost

Other assets – 20% on cost

Tangible fixed assets costing more than £500 are capitalised.

Taxation

The charity is exempt from 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 the funds are raised for particular restricted purposes.

Pension costs and other post- retirement benefits

The charity does not operate a pension scheme. The matter is being discussed by the trustees in consultation with HMRC and the charities solicitors.

CHANGING LIVES PROJECT
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31 MARCH 2015

2. GRANTS/ CONTRACTS

			2014/15	2013/14
	Unrestricted Funds	Restricted Funds	Total	Total
	£	£	£	£
Luton Borough Council	74,800	0	74,800	74,800
Luton Airport	67,000	0	67,000	66,450
Oxford Brooks	0	167,147	167,147	135,445
Others	0	0	0	1,500
	141,800	167,147	308,947	278,195

3. CHARITABLE ACTIVITIES

			2014/15	2013/14
	Unrestricted Funds	Restricted Funds	Total	Total
	£	£	£	£
Staff Salaries & NIC	86,887	135,504	222,391	175,706
Direct Cost	41,095	31,143	72,238	66,244
Depreciation	434	0	434	434
	128,416	166,647	295,063	242,384

4. GOVERNANCE COSTS

			2014/15	2013/14
	Unrestricted Funds	Restricted Funds	Total	Total
	£	£	£	£
Consultancy advice	0	0	0	755
Accounting fee	1,000	0	1,000	1,000
Legal fees	990	0	990	0
	1,990	0	1,990	1,755

5. TRUSTEES REMUNERATION AND BENEFITS

During the period and in the previous year, none of the Trustees received remuneration, benefit in kind, or had reimbursement of expenses.

CHANGING LIVES PROJECT
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31 MARCH 2015

6. STAFF COSTS

			2014/15	2013/14
	Unrestricted Funds	Restricted Funds	Total	Total
			£	£
Salaries	80,792	128,879	209,671	162,953
National Insurance contribution	6,095	6,625	12,720	12,753
	86,887	135,504	222,391	175,706

The average number of employees during the year was as follows.

	2014/15	2013/14
Counsellors	14	14
Administrative and other staff	3	3

No employee received emoluments of more than £60,000.

7. TANGIBLE FIXED ASSETS

	2014/15	2013/14
	£	£
Cost		
At 1 April 2014	2,168	2,168
Improvements/Additions during the year	0	0
At 31 March 2015	2,168	2,168
Depreciation		
At 1 April 2014	1,302	868
Charge for the year	434	434
At 31 March 2015	1,736	868
Net Book Value		
At 31 March 2015/4	432	866

CHANGING LIVES PROJECT
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31 MARCH 2015

8. DEBTORS AMOUNTS FALLING DUE WITHIN ONE YEAR

	2014/15	2013/14
	£	£
Income receivable from funders	70,538	48,188
Prepayments	2,691	0
	73,229	48,188

9. CREDITORS AMOUNTS FALLING DUE WITHIN ONE YEAR

	2014/15	2013/14
	£	£
Taxation and Social Security Costs	5,930	1,463
Accruals	1,576	2,342
	7,506	3,805

10. MOVEMENTS IN FUNDS

		Net Movement Of Funds	
	At 1.4.14		At 31.3.15
	£	£	£
Unrestricted Funds			
General Fund	91,872	12,014	103,886
Restricted Funds	2,872	500	3,372
	94,744	12,514	102,258

CHANGING LIVES PROJECT
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31 MARCH 2015

Net movement of funds included in the above are as follows

	Incoming Resources	Resources Expended	Movement In Funds
	£	£	£
General Fund	142,420	130,406	12,014
Restricted Funds	167,147	166,647	500
Total Restricted Funds	309,567	297,052	12,514