Charity Registration Number 1166253

2025

Support 4 Change Trustees' Annual Report 2025

SUPPORT 4 CHANGE

ANNUAL REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2025

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SUPPORT 4 CHANGE
LEGAL AND ADMINISTRATIVE DETAILS

31ST DECEMBER 2025

A Charitable Incorporated Organisation (CIO)
Registered Company Number:- CE006073 (England & Wales)

Charity Registration Number:- 1166253

Trustees

Kim Smithson - Chair
Maria Antoniw - Treasurer
Julie Mallinson
Emma Leishman
Sheila Seymour
Verna Holmes

Registered Office

Capital Office
Kemp House,
152-160 City Road,
London
EC1V 2NX
Telephone : 07736 477812

Bankers

National Westminster Bank plc
12 High Street,
Doncaster
DN1 1ED

Independent Examiner

R.A. Prior, FCCA, FCIE, DChA,
W.H. Prior
Chartered Certified Accountants,
Railway Court,
Doncaster. DN4 5FB

SUPPORT 4 CHANGE

REPORT OF THE TRUSTEES

31ST DECEMBER 2025

Support4Change
Supporting those who support others

Support for Change Annual Report 2025

Introduction

As we conclude another impactful year at Support 4 Change(S4C) we reflect on our journey and our commitment to supporting individuals and families affected by drug and alcohol substance abuse.

Over the past year, our services have continued to grow, providing essential support, empowering change, and helping individuals regain control of their lives. This report highlights our achievements, the challenges we have overcome, and our future goals as we strive to expand our reach and deepen our impact.

Our Mission

Support 4 Change is dedicated to fostering recovery, resilience, and empowerment for those affected by somebody else's substance use.

Our mission is to provide holistic, compassionate, and person-centred support to individuals, families, and communities.

Through one-to-one therapy, support groups, family interventions, and mental health programmes, we aim to instil hope, build self-esteem, and enhance the overall mental well-being of those we serve.



Mission Statement…

- Support4Change is dedicated to fostering resilience, well-being, and community cohesion among families and individuals affected by substance use in Doncaster.
- We aim to provide a safe and supportive environment for our members to heal, learn, and grow together.

Key achievements



- **Clients Supported.**

In 2025, we have provided direct support to over 100 families, including one to one therapy, family support, and Group sessions.

- **Family Interventions**

Our programme for families of those affected by substance abuse resulted in families benefiting from workshops, groups and counselling.

- **Group Therapy Sessions**

We facilitated 144 Group support sessions, where individuals could share their experiences, fostering a sense of community and solidarity.

We are pleased to announce that following our 2024 vision, we now have 4 group sessions operating EVERY week- In three different localities; North Doncaster (Bentley) being our latest, in addition to East Doncaster (Thorne & Moorends); Central Doncaster; and South Doncaster (Conisborough & Mexborough) making Support4Change even more accessible to those that need it. We are also looking to relocate our Central Doncaster group to more suitable premises.

- **Expansion of digital services**

We continued with the WhatsApp peer support which has supported over 60 participants, allowing clients to access guidance and support in real time.

- **Mental health focus**

Our members reported improved mental health, self-esteem, and overall well-being after attending our workshops.

<u>Service delivery</u>

Our range of services has been crucial in offering both immediate and longer-term support for individuals and their families:

- **One to one therapeutic support**

We provide individualised therapeutic support, tailored to meet the unique needs of each client. This is critical in addressing a wide range of mental health issues, helping individuals regain control over their lives, and enhancing personal empowerment. Over the past year, our qualified psychotherapists have so far delivered 160 sessions, facilitating personal growth and emotional healing.

With over 160 therapy sessions delivered so far this year, our qualified counsellors work closely with members to address underlying trauma, addiction triggers and to create personalised plans.

- **Group sessions with individual support offered if needed.**

We have delivered 144 group session over the year. Our group sessions foster a sense of community, allowing clients to share experiences and offer mutual support. These sessions are structured to encourage open discussions, and participants benefit from the camaraderie and shared understanding that comes from others facing similar challenges.

The group setting not only provides emotional support but also creates an environment where individuals can learn from each other's coping strategies, boosting their overall well-being.

Our group sessions offer a safe and nonjudgmental environment for individuals to share their stories and support one another, reinforcing a sense of community.

- **Family support programmes**

Families often struggle alongside their loved ones battling addiction. Our family focused interventions including educational workshops, CRAFT (Community reinforcement and Family training) and Counselling to help them navigate these changes.

- **WhatsApp Peer support**

In response to the increasing demand for remote services our WhatsApp peer support group has been instrumental in offering instant access to help, advise and encourage, especially for those unable to attend in person to sessions.

- **Walking Group**

Support for change offered a peer led weekly walking group. Physical movement can symbolically and literally help participants feel like they are moving forward. Exposure to nature can also help alleviate symptoms of depression and anxiety as walking releases endorphins which enhances mood and promotes a sense of well-being. Unfortunately, this has had to be put on hold for the foreseeable.

- **Complementary Therapies**

At Support4Change, we provide complementary therapies to our members as part of our commitment to holistic wellbeing. These therapies are designed to promote relaxation, reduce stress, and enhance overall mental and physical health.

- **Bitesize Training sessions**

At Support4Change, we recognise that our members face a range of challenges in their daily lives. To empower them and promote well-being, we offered targeted training sessions such as Empowering in Nature, Aromatherapy and the following:

Resilience: Equipping individuals with the tools to bounce back from adversity and develop a positive mindset, enabling them to face life's challenges with confidence.

Mindfulness: Teaching techniques to enhance self-awareness, focus and emotional regulation, fostering a sense of common balance.

Sleep: Providing strategies to improve sleep quality, recognising its vital role in physical and mental health.

Managing stress and anxiety: Offering practical methods to understand and cope with stresses, reducing their impact on daily life and improving mental health.

For 2026/2027 we aim to provide First aid: Empowering members to respond effectively to emergencies, fostering a sense of preparedness and responsibility in their communities.

These training sessions align with our mission to boost confidence, self-esteem, and overall mental health while fostering a supportive and empowered community.

- **Recreational Activities**

By prioritising recreational activities, Support4Change invest in our members' well-being, which ultimately benefits their loved ones as well. A refreshed and emotionally balanced caregiver/member is better equipped to provide quality care and to maintain their own well-being. We offered pottery and Art

workshops, to promote Mindful activities and also offer meals out and group outings. Fun recreational activities play a vital role in helping members decompress when they are regularly dealing with the emotional and physical challenges of supporting loved ones. Here is how these activities can be beneficial:

Mental escape: Engaging in fun activities provides a temporary break from caregiving responsibilities. It allows the mind to shift focus away from stress and problem solving, creating space for relaxation and rejuvenation.

Stress reduction: Activities or creative hobbies release endorphins- natural mood boosters. These activities help reduce stress hormones, leading to an uplift and more balanced emotional state.

Restoration of identity: Caregivers often lose sight of their own identity amidst their responsibilities. Recreational activities remind them of their personal interests and passions, helping to rebuild their sense of self beyond their caregiving role.

Social connection: Group activities or events promote social interaction, which can combat feelings of isolation. Sharing laughter and experiences with others fosters a sense of belonging and support.

Physical health benefits: Physical recreation activities such as the walking group improves overall health, boosting energy levels, and enhancing resilience-important for managing caregiving demands.

Improved coping skills: Regular breaks through fun activities provide caregivers with the emotional bandwidth to return to their responsibilities with a fresh perspective and renewed patience.

Encouraging positivity: Fun experiences create positive memories, which can act as a counterbalance to the more challenging moments of caregiving, helping maintain hope and optimism.

<u>Member Testimonials:</u>

The following feedback has been shared directly by members attending Support 4 Change groups and reflects the personal impact of the service from those with lived experience. These comments highlight the emotional, practical and peer support received through the groups, as well as the

Importance of providing a safe, non-judgemental space for families and individuals affected by addiction. Their words demonstrate the value of sustained community-based support and the difference it continues to make in reducing isolation, building resilience and helping members feel heard, understood and supported;

No words can ever be enough to express how I feel about support 4 change. My son is an addict and the journey we have been on for the last 13 years has been one of Hope, love, loss, grief and guilt. This journey has been an extremely lonely one until I found support 4 change. The strength and support is overwhelming and I'm not sure I could've survived without it, from feelings of hurt, desperation and loss. They were overwhelming and I was drowning from the chaos and the guilt. Then suddenly I had a small light at the end of a very dark tunnel but more than that I was no longer alone in the tunnel but had friends and support. No one can do the journey for you but knowing you're not alone is an incredible feeling. I just wish I'd found it sooner. If I can reach one person and help them through their nightmare then I'm extremely privileged. Support 4 change is a shining light in the darkest hours. Thank you.

Member (Doncaster Group)

I could say what I have gained in just a few words…I now realise my life matters too x

Member (Thorne Group)

As all my dear friends at s4c know, my story had a happy ending, when my daughter (who was given 2wks approx left to live when admitted to hospital for the last time through alcohol abuse) went into rehab at Scarborough for 6 months. My life was a living hell with her, after everyone else in her life walked away. Support for change was a very wanted and welcome lifeline for me. I could speak about her without the shame and stigma of her addiction judging me. Through this I learnt that love and compassion whilst also setting boundaries was the right way to go, rather than shouting, physical violence (of which I'm so deeply ashamed), cajoling etc. Even though my daughter has been alcohol free for nearly 9 years now, I still continue to attend the Monday meetings at s4c, because I feel that if I can give others hope by relating my story, then it's time well spent. I'm also a trustee of the charity, and feel, and always will, that it's a much needed and important charity. So much emphasis is placed on the addict, when the ones living in the shadow of the addict is overlooked. We're just as important - perhaps more so, because we're the ones who suffer the most.

Member (Doncaster Group)

I recently found my way to Support4Change after years of feeling alone and helpless with my wife's 10yr plus alcohol addiction, and what a special group of people I found. Each person there has their own story to tell, the humility I feel in hearing their life destroying accounts, but for the first time ever I've been able to openly share my story. No longer a secret, the stresses, arguments, the lies, deceit, worries, desperation, loss, isolation, frustration and the feeling of being utterly unable to find answers, caught between loving my wife and despising her alcoholism. These wonderful, caring, selfless people have helped me understand my situation, giving me the strength and direction to reassess and change my position, my love and thanks go out to each and every one of them.

My difficult journey is only just starting, but I am without doubt that this group, guided by Sandra and Paul, has given me the hope and impetus to take my tottering first steps. Without them I'd still be drowning.

Member (Doncaster Group)

Words hardly say enough Sandra! But here's my attempt!

4 years ago I was near nervous breakdown.

S4C provided invaluable support through 121 professional sessions, and group sessions where warmth, compassion, education about addiction and self care, and the support and wisdom from others in the same situation helped more than I could have hoped. It gave me understanding and the strength to cope, and I will be eternally grateful.

I continue to attend group drawing strength and comfort every session. And hopefully helping to support others on their own journeys.

Member- (Thorne & Doncaster Group)

I was recommended to support4change when I had nowhere/no one to turn to during the darkest worst days of my son's alcoholism , their support & advice from the psychotherapist who understands & being among other like minded people was & still is priceless, because of the long term effects I know, when I'm struggling they are always there
Long may S4C continue

Member (Doncaster & Thorne Group)

Community and partnerships

Collaborative efforts have played a key role in our success this year, we have partnered with:

- **Local government**

Our partnerships ensure we can continue to provide our services free of charge to those who need them most.

- **Local health authorities**

Strengthening our referral system and ensuring that clients receive the care that they need.

- **Community services and businesses**

We have attended many local events and presented our services to raise awareness of the support that we can offer those affected by another's substance abuse.

Achievements and Performance

The charity's income increased in 2025 and we are very grateful to the City of Doncaster Council who provided grant funding from 1st April 2025 to 31st March 2026 for the project. Total income was £39,400 and total expenditure was £39,558, leaving a net deficit of £158 (2024: £2,979 net surplus).

Reserves

The charity's reserves as at 31st December 2025 were £25,422, including £2,326 Restricted Funds, leaving £23,096 Unrestricted Reserves which represents just under 10 months' expenditure.

Impact on clients

Our services have had a tangible positive impact on members' lives. Through consistent support, we have seen significant improvements in mental health, emotional resilience, and overall well-being. Members' report enhanced self-esteem, greater confidence, and a renewed sense of purpose. For many, the empowerment they experience translates into better relationships, increased motivation to pursue personal goals, and a reduction in feelings of isolation.

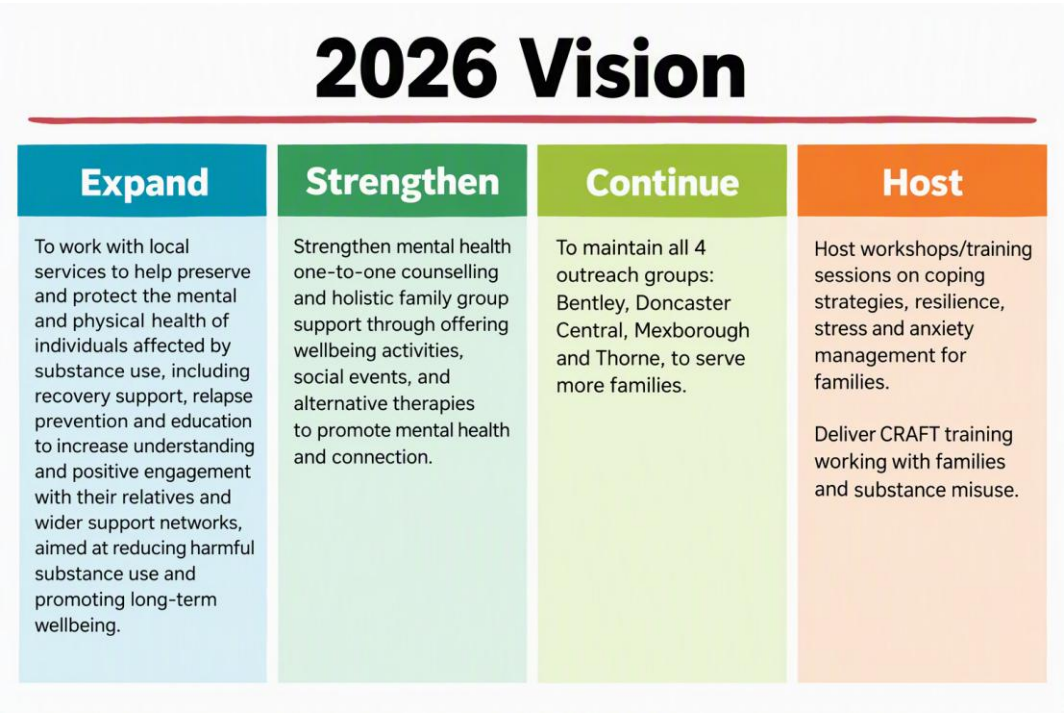
Empowerment confidence and mental health improvements

A central goal of support for change is to empower our members. We help them rebuild confidence and self-esteem, particularly after traumatic experiences or long-term challenges. Our services, particularly one to one

therapy, groups and peer support, are designed to create a safe space for individuals to explore their strengths, build resilience, and feel capable of taking control of their lives. Over the last year, we have observed that a substantial percentage of our clients leave our programmes with improved mental health and the confidence to face new challenges independently.

***As we look to 2026*, we aim to maintain our outreach, in our four communities. We will also continue to monitor and evaluate the effectiveness of our programmes to ensure we are delivering the best possible support to our members. Additionally, we plan to increase our engagement through online social media platforms, broadening access to our peer support networks and making help available to more people regardless of their location and expand our outreach support to underserved communities.**

- **Increase our Family Services, providing more educational resources and workshops.**
- **Continue our partnerships with local authorities and community services to streamline support service referrals.**
- **Our primary aim will always be to support our members, placing their wellbeing and individual needs at the heart of our service. Alongside this, we will aim to engage with people experiencing substance use difficulties to promote stability and encourage their loved ones to access our support.**



Acknowledgements

The past year has been one of growth and success for Support4Change. We are particularly proud that we have expanded from offering three weekly support meetings to now offering four per week, in 4 separate locations.

We continue to provide essential services that cater to the diverse needs of individuals and families affected by substance use and mental health challenges. As trustees, we are proud of the positive impact we are making and remain committed to expanding our services and reaching even more people in need.



None of this year's accomplishments would have been possible without the dedication of our workers, volunteers, donors, funders, and community partners. --To our members, your courage and resilience inspire us every day. Thank you for trusting us to walk alongside you on your own recovery journey. Together, we are creating lasting change.

On behalf of the Trustees

Kim Smithson

Chair of Trustees (Support 4 Change)

31st October 2026

SUPPORT 4 CHANGE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SUPPORT 4 CHANGE

I report on the accounts of the Support 4 Change for the Year Ended 31st December 2025 which are set out on pages 14 to 18.

Respective responsibilities of Trustees and Examiner

As the Charity's Trustees (and also the 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.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for Independent Examination, I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ("the 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.

My role is to state whether any material matters have come to my attention giving me cause to believe.

1. that accounting records were not kept as required by section 386 of the Companies Act 2006; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the requirements of section 396 of the Companies Act 2006 and with the methods and principles of the 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; or
4. that there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

R.A. Prior, F.C.C.A., F.C.I.E., DChA
Chartered Certified Accountant
Fellow of the Association of Charity Independent Examiners

W. H. Prior
Chartered Certified Accountants
Railway Court,
Doncaster. DN4 5FB

31st October 2026

SUPPORT 4 CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total 2025 £	2024 £
INCOME					
Donations and Grants					
Donations	**2**	250	-	**250**	300
Grants	**3**	2,000	37,150	**39,150**	30,000
Charitable activities					
Fundraising by Members		-	-	**-**	364
TOTAL INCOME		**2,250**	**37,150**	**39,400**	30,664
EXPENDITURE					
Direct charitable expenditure:-					
Counselling, Group Sessions & Holistic Therapy		2,000	28,105	**30,105**	20,655
Other Office costs		98	295	**393**	1,108
Administration Costs		765	1,080	**1,845**	883
Group Activities		586	1,071	**1,657**	1,677
Room Hire		805	1,086	**1,891**	462
Website		186	559	**745**	437
Insurance		98	295	**393**	456
Telephone		15	45	**60**	45
Advertising & Promotion		-	1,337	**1,337**	631
Other costs		-	406	**406**	641
Independent Examination		181	545	**726**	690
TOTAL EXPENDITURE		**4,734**	**34,824**	**39,558**	27,685
NET MOVEMENT IN FUNDS		**(2,484)**	**2,326**	**(158)**	2,979
Reconciliation of funds:-					
TOTAL FUNDS AT START OF THE PERIOD		25,580	-	**25,580**	22,601
TOTAL FUNDS AT END OF THE PERIOD		**23,096**	**2,326**	**25,422**	**25,580**

All of the above results are derived from continuing activities.

There were no other recognised gains or losses other than those stated above.

SUPPORT 4 CHANGE

BALANCE SHEET AS AT 31ST DECEMBER 2025

	Note	£	2025 £	£	2024 £
Fixed assets					
Tangible assets	**5**		**-**		-
Current assets					
Debtors		**159**		159	
Cash at bank and in hand	**6**	**26,179**		26,801	
		26,338		26,960	
Liabilities : amounts falling due within one year	**7**	(**916**)		(1,380)	
Net current assets			**25,422**		25,580
Net assets	**10**		**25,422**		25,580
Represented by:					
Restricted Funds :-	**8**		**2,326**		**-**
Unrestricted Funds :-					
General Fund	**9**		**23,096**		25,580
			25,422		25,580

The charitable company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the Year Ended 31st December 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st December 2025 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 386and 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 the financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 395 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 special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Effective 1st January 2019).

The financial statements on pages 14 to 18 were approved on 31st October 2026 on behalf of the Trustees by:

Kim Smithson
Chair

Maria Antoniw
Treasurer

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2025

1 Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost accounting rules and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (Effective 1st January 2019) and the Charities Act 2011.

Income

All income is treated as unrestricted income, unless the donor has placed restrictions on the manner in which the donation or grant may be spent, in which case it is treated as restricted income. The restricted funds are detailed in Note 8. Designated Funds represent amounts set aside for specific areas of expenditure by the Trustees, and are detailed in Note 9.

Fixed Assets

Depreciation of fixed assets is provided on the straight-line method at the following rates in order to write off each asset over its estimated useful life:

Computer Equipment : 33% Straight Line

2 Donations

TOTAL	Unrestricted Funds £	Restricted Funds £	2025 TOTAL £	2024 £
Institute of Our Lady of Mercy	-	-	-	300
Other Donations	250	-	250	-
	250	-	250	300

3 Grants received

	Unrestricted Funds £	Restricted Funds £	2025 TOTAL £	2024 TOTAL £
City of Doncaster Council	-	37,150	37,150	30,000
South Yorkshire Community Foundation	2,000	-	2,000	-
	2,000	37,150	39,150	30,000

4 Trustees

There were no trustees' remuneration or other benefits for the Year Ended 31st December 2025.
There were no trustees' expenses paid for the Year Ended 31st December 2025.

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2025

5 Fixed assets

	Computer Equipment £	TOTAL £
Cost		
1st January 2025	1,651	1,651
31st December 2025	1,651	1,651
Depreciation		
1st January 2025	1,651	1,651
Charge for the Year	-	-
31st December 2025	1,651	1,651
Net book values		
31st December 2025	-	-
31st December 2025	-	-

All fixed assets are held by the charity for use in meeting its charitable objectives.

6 Cash at bank and in hand

	2025 £	2024 £
National Westminster Bank Current Account	26,175	26,797
Cash	4	4
	26,179	26,801

7 Liabilities: amounts falling due within one year

	2025 £	2024 £
Creditors	25	690
Accruals	891	690
	916	1,380

SUPPORT 4 CHANGE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2025

8 Restricted Funds

	Balance 1.1.25 £	Incoming Resources £	Resources Expended £	Transfers £	31.12.25 £
City of Doncaster Council Fund	-	32,250	(29,924)	-	2,326
Family Support Service Fund	-	4,900	(4,900)	-	-
	-	37,150	(34,824)	-	2,326

(a) The City of Doncaster Council Fund represents the core grant received from the City of Doncaster Council towards the project.
(b) The Family Support Service Fund represents funds received from City of Doncaster Council for the delivery of a Family Support Service in Thorne.

9 Unrestricted Funds

	Balance 1.1.25 £	Incoming Resources £	Resources Expended £	Transfers £	31.12.25 £
General Fund	25,580	2,250	(4,734)	-	23,096
	25,580	2,250	(4,734)	-	23,096

10 Analysis of Net Assets between Funds

	Tangible Fixed Assets £	Net Current Assets £	2025 TOTAL £	2024 TOTAL £
Restricted Funds				
City of Doncaster Council Fund	-	2,326	2,326	-
Family Support Service Fund	-	-	-	-
Unrestricted Funds				
General Fund	-	23,096	23,096	25,580
	-	25,422	25,422	25,580

11 Capital Commitments

As at 31st December 2025 there were no Capital Commitments (2024: £ Nil).