

Registered number: 05672529

Charity number: 1124422

Churn Project Limited

UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31/07/2019

Prepared By:

J D Frost Accountants

Chartered Accountants

7 Links View

Cirencester

Gloucestershire

GL7 2NF

Churn Project Limited

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31/07/2019**

TRUSTEES

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D W Bellamy
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SECRETARY

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COMPANY NUMBER

05672529

CHARITY NUMBER

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ACCOUNTANTS

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**ACCOUNTS
FOR THE YEAR ENDED 31/07/2019**

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FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

The trustees present their report and accounts for the year ended 31/07/2019

REPORT OF THE CHAIR

The Churn continues to provide a service at the heart of the community of Cirencester, which is highly valued both by service-users and the wider public. By supporting people who are experiencing difficulties and helping them to navigate crises successfully we make our town a happier, safer, more connected place to live for everyone.

Over the last year, our numbers have increased, to the point where we are operating at capacity; all our groups are full. In addition, we are seeing people presenting with increasingly complex and serious issues, as other services close, or fold, or raise the threshold of eligibility for support. This presents a challenge in terms of meeting an increasing level of need, with limited resources.

We seek to ensure that all our interventions are relevant, well-targeted, responsive to need, and as impactful as possible. As a small independent charity, we operate on limited resources and make the most of what we have. Our services are developed through listening to clients and referrers, and informed by our awareness of broader strategy, both locally and nationally. Everything we offer must be relevant to service-users, to referring partners, and to the funders who support the costs.

We always aim to identify need and produce quality outcomes that make a difference, both for individuals and indirectly for the wider community. We regularly review our services and delivery to ensure we are utilising our opportunities to the optimum to yield the best outcomes for our clients.

Having reviewed the quality and results of our services last year, this year we have focused on developing more relevant services that make a difference to lives, that referrers feel confident in and that funders see as worth supporting. This has resulted in a more integrated approach to achieving outcomes away from siloed service delivery. Services have become more diverse and outward-looking as they were developed in collaboration with clients and partners. For example, Practical Action for Living is a new 'pinboard' collection of activities and solutions, tackling issues through peer support groups, collaboration with expert organisations (eg Fire Service, Cruse, Dementia Link, PCSOs) and producing quick responses to emerging needs by utilising the broader resources of The Churn team.

"Cirencester would be lost without The Churn Project. Everyone needs to be aware of how lucky we all are".
Daughter of a Good Neighbours client.

OBJECTIVES AND ACTIVITIES

Purpose & Aims

The Churn Project's purposes are set out in the objects stated in its Memorandum & Articles of Association:

- Relief of financial hardship
- Relief of unemployment
- Creating training and employment opportunities
- Providing activities and services for unemployed people, older people and those facing disadvantage due to financial hardship or social and economic circumstances
- Promotion of good health.

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

Our vision that all people should be included, involved and invested in their community is met through our mission to change lives by:

- reducing and preventing isolation;
- creating opportunities to learn and achieve;
- supporting people through crisis;
- providing early help and interventions;
- encouraging personal responsibility;
- making use of the best resources through wise procurement and positive partnerships.

We tackle inequalities which contribute to economic hardship, social isolation and unemployment, by developing solutions and services which focus on giving purpose, belonging, hope. We aim to work with those in and around the Cirencester community most marginalised by those issues, especially those who are unemployed or low-skilled, older people, and vulnerable families.

To meet our objectives, we provide a range of services:

- Family services, focusing on the first 1000 days of children's lives and the family lives beyond that time, promoting strong family bonds, offering early help and interventions.
- Employment and skills support for those furthest from the labour market, offering 1:1 support and practical help through accredited courses
- Engagement and support services tackle mental health issues, provide information promoting good health practices, and offer practical solutions.
- Services to help people age well, tackling isolation and promoting resilience and well being.

We pride ourselves on offering services of excellent quality with very limited resources, this year our total output has cost £248,357. Although we operate with a paid staff of 15 part-time workers constituting around 6 full-time equivalents, we optimise our offer by forming robust partnerships with other local organisations and making full use of community goodwill through our volunteers. This year 468 volunteers gave 14,260 hours of time, which means £128,344 given in kind (based on the UK Living Wage 2018 of £9.00ph).

Ensuring our work delivers our aims

We regularly review our work ensuring that our aims, objectives and all activities remain relevant to what we have stated we will achieve. We evaluate our work in relation to the outcomes and benefits it produces for our clients. The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the work planned.

Churn Project Limited

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

How our services deliver public benefit.

During the year our services were accessed by over 1900 people from Cirencester and the surrounding area. We have seen an increase in demand across the entire range with over 670 people benefiting from our work every week.

ACHIEVEMENTS AND PERFORMANCE

SERVICE	SERVICE USERS
Ageing Well	
Good & Young Neighbours	184
Friendship groups	130
Memory Club	33
Employment & Skills	
GEM	22
Work Club	283
Courses	202
Engagement	
Time for You	15
Men's Shed	28
PAL	36
Wellbeing groups	172
Individuals & activities	230
Families	
Ready Steady Baby	44
Ready Steady Baby's Here	52
New Baby New Life	355
Families Matter	151
	1937

Although we are still working with set target groups, where appropriate we are developing a more integrated approach to delivering services. The outcomes we aim to achieve run across the community, and are reflected in our report of performance and achievement this year

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

REDUCTION & PREVENTION OF LONELINESS & ISOLATION

"I have no family, so I look forward to talking to someone from outside" Young Neighbours friend living in a local care home.

The Churn has 18 years' experience in tackling loneliness and isolation. This year we have received the first part of a 27-month grant from The Big Lottery Reaching Communities fund as a result of the national loneliness strategy outlined in "A Connected Society: A Strategy for Tackling Loneliness" Oct 2018, a legacy of the work of the MP, Jo Cox.

We know that loneliness isn't just an issue of age. This year 93% of the respondents to our Listening Fortnight consultation, from young parents to older people living alone, told us they felt less isolated or had made new friends through coming along to The Churn. Having social connections and a feeling of belonging in their own community makes a significant difference to wellbeing.

We know that there is no one simple solution to overcoming loneliness and isolation, just as there is no single reason for feeling lonely. We support people at all the major transition points in life, when the risk of loneliness is highest; during early parenthood (over 50% of parents report feeling lonely), after job loss, retirement, relationship breakdown, bereavement, being new to the area, or becoming a full-time carer. We offer an unrivalled breadth of services locally, supporting people right through, from birth to the end of life. Our approach and services provide a range of options so we can offer a tailor-made plan for each individual.

Young, vulnerable parents find The Churn provides an environment where they can make friends and support each other and where their children can become more sociable and confident. Many of the parents we work with have very limited social networks due to relationship breakdown, estrangement from family and a difficulty forming meaningful friendships. 307 parents have accessed Family Services this year with 100% of those who completed the Listening Fortnight evaluation telling us they feel less isolated, more part of the community and have made friends.

Working-age adults accessing our weekly Work Club are often those most isolated, many have been out of work for a long time and lack the social networks a regular job can offer. We find that people come along not only for practical support with finding work, training or volunteering opportunities, but also to make friends and find the camaraderie that they miss. 95% reported feeling less isolated, with 95% also saying they felt more part of the community.

Our Ageing Well programme focuses on reducing loneliness and isolation by helping to build resilience and keep people active and sociable longer. People living alone report that Sunday is the loneliest day, so our twice-monthly Sunday tea club has provided company for 24 older people. Our weekly friendship group, hobby and interest groups and a monthly memory club have supported over 160 people to feel less isolated. We have introduced a volunteer buddying scheme to support those lacking confidence through isolation or illness to access our groups and stay connected for longer. For those who can't visit us, we visit them through our two befriending schemes, taking the community to the most isolated. Ninety-nine volunteers, from 6th formers at our local college joining Young Neighbours to a 94 year-old D-Day veteran, have given around 4300 hours of time and company.

It is not only those using our services who report feeling less isolated. We have over 450 volunteers helping us every year, over half of those volunteering on a regular basis. 60% tell us that regular volunteering helps them feel less isolated.

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

REDUCTION OF ISOLATION: CASE STUDY

DH was referred to us as he was struggling with the huge grief of unexpectedly losing his wife 2 years ago. His family are all overseas and he has no links with the Cirencester area as he moved here when he retired. He was recently advised to stop driving which has greatly contributed to his sense of isolation. He lives in an out-of-town site with no neighbours or facilities nearby. Initially he was reluctant to have a Good Neighbour but agreed in order to placate his daughter who was worried about his mental health. For DH it was difficult for him to identify himself as someone who needed support. Six months after his visits from his CGN started he describes the service as a life saver. He finds it hard to communicate his true feelings with his family and in his own words, *“community support has been lacking and J has helped to fill that gap. I can talk openly, honestly and in confidence to her. I talk (and talk!) and she listens. Please tell the world about how much support and confidence she has provided, and particularly for helping me over the massive 'Emotional Hurdles' that I have had to climb over, since losing my wife”*.

SUPPORT & PROMOTION OF WELLBEING

"I live on my own so it's nice to get out and get things off your chest" Cirencester Men's Shed.

Promotion and support of wellbeing is at the heart of what we do and runs through every aspect of our strategic planning. Our planning is strongly influenced and informed by county strategy: “Gloucestershire Leading the Way to Wellbeing” (2018) and the issues raised in consultation for the “Gloucestershire Joint Health and Wellbeing Strategy” (Draft – 2019-30) where some of the identified priorities form the backbone of The Churn's current wellbeing approach: these include isolation & loneliness, mental wellbeing, adverse childhood experiences (ACEs), early years & a best start, and healthy lifestyles.

We understand our remit in helping people to achieve the balance in their lives which will lead to an improved sense of wellbeing. 56% of Listening Fortnight respondents (with 95% of parents who responded) said that accessing Churn services had contributed to an improved feeling of wellbeing, whilst 63% reported increased confidence. We know that good quality of life needs a number of ingredients, some of which we can help people to acquire or achieve. “Purpose, belonging and hope” are central themes to The Churn offer. We strongly believe that feeling useful, feeling connected to and part of the community, and having something to look forward to are key to a good sense of mental wellbeing.

Co-produced groups such as Men's Shed (we have 2 sheds running 3 sessions per week) and Stitch, Knit and Natter offer members a social setting whilst contributing to the local community through their skills. Men's Shed has made a WW1 memorial plaque for a community group, mended fencing at a local pre-school and made flower troughs for the Royal British Legion Memorial Garden. The Knitters have provided knitted props for The Corinium Museum, they have made celebration bunting for Love Parks Week, and make Christmas decorations for the Parish Church Christmas tree festival. Many of the shedders (their term for themselves) and Knitters have chronic health issues such as bi-polar disorder, depression, dementia, Parkinson's, epilepsy, COPD. Referrals come from social prescribers, Frailty Team, Stroke Club, Dementia Nurses, CPNs. Yet, by coming along to the shed and SKN they report a reduction of isolation, feeling more purposeful and that “It gives me something to get up for in the morning”.

The Time for You Group is a women-only group funded through the Tampon Tax. The group aims to help women increase their confidence and self-esteem and their general wellbeing by sharing their experiences and creating a support network with each other. It is a co-produced group where they together decide the programme of extra advice and support. They have organised sessions on family first aid, creating story sacks, healthy cooking on a budget. By gaining new skills, working together and supporting each other they have gone on to meet each other outside of the group environment, have family days out together and forge new friendships with new people. 15 women and their families have so far benefited.

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

Support to access individualised help from partner organisations has resulted in 10 people receiving Barnwood Trust grants to improve their immediate situation, 6 receiving Opportunities Awards, 8 receiving Wellbeing Awards (4 received both). 251 people have accessed groups designed to improve mental wellbeing such as Time for You, Men's Shed, the Allotment and activities such as Yoga and Mindfulness. We work with partner organisations to broaden our offer – Shine postnatal depression support, Artlift providing therapeutic visual arts for those with long-term conditions, Macular Society and Insight supporting those with visual impairment.

MENTAL HEALTH & WELLBEING: CASE STUDY

S is a single mum of 3 children (two are older teenagers) one primary school age with health issues. S joined Time for You as she needed some support around mental health issues including depression, severe anxiety and (in the past) suicidal thoughts. Since joining, S has completed a short course in Family First Aid, Healthy Cooking on a Budget sessions and has become an active member within the group. She has worked with the engagement worker (EW) to help start up her beauty and holistic therapy business as she is a fully qualified therapist who has worked previously in local spas. S worked with the EW to complete a Barnwood Trust Opportunities Grant form, showing all her needs to help start the business from products, advertising costs, office equipment with a detailed budget and a case as to why she would benefit long-term from having a Barnwood Trust Grant. After attending the panel meeting at Barnwood Trust, supported by The Churn EW, she found she had been successful. She has given demos within the Time for You group to other ladies on skincare and wellbeing. Recently she has also successfully applied to Barnwood Trust for a Wellbeing Grant for a Washing Machine.

S has really gained confidence from being in the Time for You group and now regularly links up with others in the group outside of session time. She has had others in the group to her house with their children forming a great bond and support system themselves. She stated her "Wow Moment" as "Coming from nothing and now having everything - family, home and my own business. Knowing that I have brought up well-rounded children"

SUPPORT THROUGH CRISIS

"I am so grateful for the support of The Churn. They were there for me when I was in a dark place."

People often first access The Churn when they are at their lowest ebb, whether through self-referral, recommendation of a family member or friend, or through statutory referral. We give time, we listen, we are kind. The relationships that develop with clients are based on trust, confidence and a deep understanding and rapport – none of this happens overnight. It can take some time for people to feel ready to disclose the issues really affecting their lives.

Our two part-time Engagement Workers are often the first point of contact, they spend time talking and getting to know the people who come through our door. They work alongside individuals to identify the right service or advice that person needs, whether it's a Churn service or signposting to another local organisation. More people with extremely difficult circumstances are approaching The Churn for help; the issues we are dealing with include significant mental health concerns, housing problems, debt, poverty, food poverty, and benefit cuts or sanctions.

Many of the people we work with have multiple issues largely stemming from mental health conditions such as depression, anxiety, low self-esteem, and chronic illnesses such as stroke, dementia, Parkinsons, COPD, cancer. It is often the unexpected events and illnesses that catapult people into a downward spiral, the interventions we put in place help to halt the descent, even if by simply allowing people to feel there is someone there for them at such a low point in their life.

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TRUSTEES' REPORT

We are a partner of Citizens' Advice 'Help Through Crisis' project which has enabled us to work on a one-to-one basis with 52 people in crisis this year. We have responded to people whose landlords have threatened eviction by helping them with hoarding issues, advocated for people with learning disability to navigate employment and housing problems, supported people to access debt advice and consolidation. We have distributed Winter Fuel Allowance to 16 individuals and families.

Our Families Team is increasingly called upon to assist parents going through custody or court proceedings. This year we have accompanied 6 vulnerable mothers through this process, helping them to resolve issues of contact with partners who can pose a risk to their children or themselves.

Future developments are a 'Tea, Toast, Talk' service for vulnerable adults, offering a designated time of day for people to drop in, have breakfast and offload any issues bothering them. We will also be offering the Freedom Programme for people who have suffered domestic abuse.

SUPPORT THROUGH CRISIS: CASE STUDY

An elderly lady living on her own was really struggling to pay for the gas to keep her home warm. Her main concern was that her dog, who is her only companion, was not cold. This lady has no immediate family within the county and survives on a minimum state pension, which over the winter months was not stretching far enough to allow her to put on the heating.

She is not only isolated, but also suffers from poor mental health, post-traumatic stress from a childhood incident and depression; she felt that there was no-one out there that she could turn to for help. She now accesses The Churn on a regular basis coming along to the Stitch Knit and Natter Group, ArtLift and has volunteered at events on behalf of the Churn. She still has ongoing support with regards to her mental health and depression with regular visits from The Churn Team.

By offering her the Surviving Winter Fuel Grant of £125 she was able to confidently put on the heating throughout winter and keep herself and her dog warm.

EARLY HELP & INTERVENTION

"I love it here. I feel better in myself, it is good for my mental health and my daughter enjoys it too!"

Our early intervention work with vulnerable families in and around Cirencester is in line with the Healthy Child Programme and Early Intervention Foundation priorities. Many of our families live with challenging issues including domestic abuse, poor mental health, traumatic childhood experiences, drugs or alcohol dependency, Child Protection issues, children with additional needs. We work to mitigate the effects of these circumstances for both the parents and the children of these families by offering support and social connection, activities to engage with and look forward to which increase resilience, in the knowledge that Adverse Childhood Experiences (ACEs) are strongly linked with poor physical and mental health, chronic disease, increased levels of violence, and lower academic success both in childhood and adulthood.

Our work initially focuses on the first 1000 days of children's lives, maximising the chance of healthy, positive, nurturing starts in life, so children grow into socially, emotionally secure people with the tools to become loving parents themselves. Our holistic approach helps parents address issues that compromise their children's development and life outcomes - 84% accessing Churn family services reported that their parenting skills had improved as a result.

The Peter Lang Children's Trust gives generous funding support to our early intervention programme. Ready Steady Baby, our antenatal sessions, concentrate on forging the strongest family bonds, increasing parenting self-confidence and improving knowledge of an infant's needs and realistic development. We work with a qualified community midwife to offer the very best information available. 41 new parents have accessed this group, some of whom have Child Protection Plans in place and attendance is required as part of the plan.

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We run two groups for parents and their babies under 12 months old. New Baby New Life is a universally accessed group nominated a Baby Hub by the Health Visiting team that partners us in delivering the service. Testimony to its efficacy, it is held up as a good example of community based early intervention and has been included in GP training. It is a hub for information, reassurance and forging of friendships – we have speakers to talk about groups and activities open to new parents, parenting information, access to current advice – it is a lifeline to many local parents. This group welcomed 173 mums, 9 dads and 173 babies this year. Ready, Steady, Baby's Here is a smaller group for young or very vulnerable parents. It focuses more on the appropriate social and emotional development of the children, on supporting the parents to gain in confidence and understanding of their children's needs, it is also the bridge between initial engagement and connecting parents to services which can help them. This year we had 25 of the most vulnerable mums and 27 children access the group. Both these groups aim to reduce parental stress and anxiety.

Families Matter group is supported through funding from BBC Children in Need and Cotswold Primrose Trust and offers support for families with pre-school aged children during term-time and embraces the older children with school holiday trips and activities, as well as supporting a child enrichment programme. The term-time sessions focus on sociability and school-readiness for the children and social support and crisis management for the parents. It has supported 51 parents, 6 grandparents and 94 children this year.

The eligibility thresholds for statutory interventions are high, some of our families have input through these services but need additional support within the community. Our Family Team is increasingly called upon to offer individual support to families in crisis.

EARLY INTERVENTION: CASE STUDY

Family A started attending The Churn over three years ago, coming to Ready Steady Baby's Here. Mum was very isolated and suffered from anxiety and depression and history of alcohol dependency. She had a lack of family support and struggled as a new parent. She moved on to the Families Matter group and slowly started to make friends with other parents. Coming once a week was the only time she got out of the house. Through exposure to support from The Churn she was able to access additional support and groups. After the birth of a second child she was encouraged to access a nursery placement for the older child. From being isolated and not going out she now has some supportive friends and socialises more and has one child in part-time nursery. Becoming more confident she has attended a parenting course run by The Churn and adapted strategies at home that have helped reduce her frustration and improved her relationships with her children. She has now moved on to part-time employment.

OPPORTUNITIES TO LEARN & ACHIEVE

"I feel more confident, understand a lot more, feel ready to take my exam in maths."

The Churn Project tackles inequalities caused by low educational achievement and opportunities.

We offer people a second chance through the adult education options we make available. We work in partnership with Adult Education in Gloucestershire, Stroud & South Gloucestershire College, and Cirencester College to provide a range of accredited and skills-based courses, including English, Maths, English for Speakers of Other Languages, and IT. For a few people who are not ready to join a large group, or whose skills are too limited, we offer one-to-one tuition through a team of accomplished volunteer tutors – some are subsequently able to join the larger groups, others achieve great strides in their own acquisition of essential life-skills by starting out on their road to literacy. This year 175 accessed training and accredited courses through The Churn. 77% of people completing our Listening Fortnight survey confirmed they learnt a new skill through The Churn.

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TRUSTEES' REPORT

The Churn Project is also a partner in the highly successful GEM Project (Building Better Opportunities: Going the Extra Mile), a consortium of Gloucestershire organisations funded through the National Lottery and European Social Fund to help people furthest from the labour market towards paid work. Our Navigator Developer has worked on a one-to-one basis with 22 participants, 6 of whom have gone on to full-time paid work, 4 to paid part-time work, and 12 have volunteered on a regular basis, gaining valuable experience. These results are significant because the participants are those with complex needs and circumstances which stand in the way of them successfully finding employment. They often need a very high level of support and encouragement, which requires ongoing input from our staff team. Referrals come from a number of sources, JobCentre, Mental Health professionals, Social Prescribers, and are often for people who are simply not ready to hold down a job. We work through a long series of stages to help people gain the confidence and skills and sometimes to overcome periods of acute illness that have set them back. Our worker engages, sometimes over many months, to help break down these barriers; increased confidence and the knowledge that someone is on their side makes such a difference to participants.

One of our central aims is to help people find purpose as it is such a cornerstone of wellbeing. 60% respondents reported feeling more useful as a result of Churn groups and engagement.

OPPORTUNITIES TO LEARN & ACHIEVE: CASE STUDY

E came to us aged 21, a young woman with Learning Disabilities. She was disheartened as she couldn't find any good work opportunities locally and she desperately wanted a career in the catering industry. We could see E was a lovely positive young person with lots of potential, she was just lacking confidence. We signed her onto the GEM Project.

E engaged well at The Churn Project immediately, she enjoyed the social and friendly aspect when she joined in a range of classes and training, such as Confidence for Work, yoga, and KUDOS, as well as regularly attending Work Club and engagement meetings.

We arranged meetings and an interview with local Exemplar Employer partner Philippa from Relish and E is now working with them part-time at St James' Place Canteen and at Jack's Bistro. She also signed up to join our Be Kind to your Mind and English classes for September 2019.

E undertook Lift Training in partnership with National Star College which enabled her to confidently and safely walk to various work and educational establishments in Cirencester.

RESPONSIBILITY (PERSONAL & COMMUNITY)

"As I'm unable to work, volunteering makes me feel useful and part of the community. My friend has told me how much she enjoys my visits, which makes me feel good about myself."

The Churn's approach is to work alongside people to find their own solutions to the issues in their lives. Whether it's health, employment or issues such as debt affecting people, we offer practical support and make opportunities and information available to forge their own path to improving their situation. We believe that encouraging personal responsibility yields more long-lasting results and builds resilience and confidence to deal with future concerns.

Where appropriate, we develop our services along a co-production model using the strengths and assets among the members of each group or service. Men's Sheds and Stitch, Knit & Natter are fully co-productive with the group deciding their own programme and supporting each other to take part. We have a support worker overseeing safety and inclusion for Men's Shed as power tools are in use, but Stitch, Knit & Natter has identified volunteer support within its own ranks for members needing additional support to attend.

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TRUSTEES' REPORT

Our Work Club has helped hundreds of people down the years to find paid work. This year 283 people have accessed it with 52 successfully finding paid work and 77 going on to regular volunteering. We give the social support needed as well as our team offering encouragement, practical help with job applications and mock interviews to improve skills. Having somebody 'on your side' can make all the difference.

Our extensive volunteering programme expands personal responsibility to benefiting others in the community. This year 468 people have volunteered their time to help at The Churn, some giving a few hours over the year to others giving several hours every week. The 14,260 hours of time given by our volunteers is the difference between The Churn working to its optimum or having to make difficult decisions to close services in order to stick within budget.

PERSONAL RESPONSIBILITY: CASE STUDY

J came to The Churn Project a desperate man in Dec 2018. He had just been caught by the police again under the influence of drugs with his son in the car. This was a wake-up call. He knew he had to turn his life around quickly. J had a history of drug abuse and violence.

A car crash in 2013 had left him permanently disabled with brain injuries and memory loss. He was desperate to turn his life around from being a drug dependant dealer to a great father and a useful citizen. We knew he needed lots more help than just a CV and place to apply for jobs. Also, we recognised his potential. There was a sparkle inside hidden deep and we wanted to help him find it.

We partnered with The Barnwood Trust and Gloucestershire Disability Fund and with our support he was able to buy a laptop and start a programme of 1 to 1 confidence-building sessions at the Barn Theatre. Six months on and his confidence has grown enormously, and he has started to record and deliver his story through Theatre and Drama. The plan is to present his story to young people in schools and young offender institutions to try and deter them from using drugs and alcohol.

We are now in the second stage of J's action plan, where we are applying for further funding to keep progressing with The Barn Theatre coaching sessions. J has also been supported with his CV and is regularly applying for part-time jobs.

J's son is also benefiting from the support received, he has widened his social networks with families who access the Churn services and is also enjoying food cooked by his dad from home grown vegetables and eggs laid by their chickens in their garden.

POSITIVE RELATIONSHIPS

"We are thrilled to have been able to strike up a partnership with an organisation that is so relevant to local needs, so inspiring and effective, so professional and pleasant to deal with."

Over the years we have built robust partnerships and networks and value the high regard of our Cirencester community and the wider county network in which we operate. Our established reputation means we are invited to local networks and partnerships, (such as Cotswold Health & Wellbeing Board, Good Mental Health Group, Cotswold Youth Partnership, Cotswold Learning partnership, as well as other interest groups) which enable us to keep abreast of county and national strategy and priorities.

We believe that working in collaboration with appropriate partner organisations is the most efficient way for us to optimise outcomes for our service-users. Our collaboration with expert organisations, such as the Health Visiting Team, Community Midwives, Cruse, and local colleges give us access to the best specialist input we need to deliver the depth and breadth of our services.

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By bringing in professionals to a place where people feel safe, we are also enabling some of our service-users to improve their own relationships with organisations they find difficult to access. Many of our partners find that working alongside The Churn gives them easier access to people they find do not readily engage. The Churn supporting introductions enables more productive engagement.

Community partnerships and collaborations are essential to the richness of our work. We couldn't achieve the sheer volume and quality of our outcomes alone. We are grateful to our funders (listed below), our professional partners and the input and goodwill we receive from our own community. The contribution from our corporate partners such as St James' Place, Relish, Perry Bishop, Corin, Burkert (and more) has been invaluable, from offering financial support and fundraising, to providing work experience placements and many hours of volunteer hours – we couldn't do our work without this support.

Newsletter:

We produce three colourful newsletters each year, 5000 copies per issue are delivered by more than 50 volunteers to local homes, doctors' surgeries, businesses and local partners. This year our newsletters included one compiled by clients and another focussing on the work of our volunteers. News and information about our services are disseminated to reach as many local people as we can.

FUNDERS

Funders 2018-2019:

Trusts/Foundations/Lottery/Statutory:

Big Lottery Fund – Reaching Communities
BBC Children in Need
Charlotte Heber Percy Charitable Trust
Cotswold District Council
David Thomas Charitable Trust
Dorothy Minnis Trust
Going the Extra Mile (GEM)
Gloucestershire County Council
Gloucestershire Police & Crime Commissioner
Greggs Foundation
Help through Crisis
Henry Smith Charity
Honourable Company of Gloucestershire
Mrs K D Winstone Trust
Mrs WE Bagnall Family Trust
National Lottery Awards for All
Peter Lang Children's Trust
Soroptimist International of Cirencester & District
Woodroffe Benton Foundation
Zurich Community Trust Foundation

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TRUSTEES' REPORT

Companies and Community Groups

Burkert Fluid Control Systems
Charles Russell Speechlys LLP
Churn Valley Harriers
Cirencester Band
Cirencester Choral Society
Cirencester Civic Society
Cirencester Girls Club
Cirencester Parish Men's Group
Perry Bishop
Phoenix Gardeners
South Cerney Street Fair and Duck Race
St James's Place Wealth Management
St Peter Stratton PCC
Tanners Solicitors LLP
The Hair Group
The Lakes Care Centre
The Working Manager
Truffle Hunter
Watermoor Community Group

50+ Individual supporters

RESERVES POLICY

The Churn Project needs reserves in the eventuality of closure. The level set for necessary reserves of funds is £24,550, made up as follows:

Rent 6,250
Salaries 16,700
Pensions 600
Charges 1000

This allows for a quarter's rent and a month's notice for all staff and service providers. This amount will be maintained through applying for unrestricted funding and, where allowed, making provision in restricted funding applications for 5% to provide reserves.

This policy will be updated on an annual basis, at the time of annual accounts being prepared, in accordance with the organisation's current outgoings.

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

RISK MANAGEMENT

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Trustees manage and mitigate risks to the charity through reviews of operations and procedures at Trustee Meetings held every 8 weeks. Under constant review:

- Finance – ongoing cashflow model and budget control, internal authorisation procedures for management of transactions.
- Health and safety – an agenda item at every meeting (trustees & staff) to ensure compliance with regulations, and a general common-sense approach to maintaining safe practices
- External risk – to funding and services, strategic planning ensures relevant service development and diversifications paying heed to wider county and national strategic direction.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document Memorandum & Articles of Association and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. It was incorporated 11th January 2006 and registered as a charity on 9th June 2008.

Recruitment and Appointment of Trustees

The directors of the company are also trustees of the charity. All trustees give their time voluntarily and receive no benefits from the charity; they can, however, recover expenses incurred directly as a result of their role.

The board currently consists of the Chair (appointed from the existing trustees) and seven further trustees – there must be at least 3 serving trustees with no maximum limit. Trustees are recruited to ensure a diversity of relevant skills and expertise needed for effective governance of the charity. They are invited to complete a skills audit and attend a meeting as an observer before commitment from either side.

One third of trustees must retire from office at the Annual General Meeting but can be re-elected by remaining trustees.

Trustee Induction and Training

On appointment, trustees sign a declaration of eligibility, undertake an enhanced DBS check and sign a code of conduct agreement. They undergo online safeguarding training. They receive a Trustee Information Pack, which includes:

- Trustee role and responsibilities outlined
- Key documents setting out the framework for the charity including the Memorandum and Articles, all current policies, Business Plan.
- Financial and funding information including the latest published accounts
- A copy of the Charity Commission: Essential Trustee guide

Trustees are also invited to a tour of the building to see The Churn in action and to meet the staff and volunteer team.

ORGANISATIONAL STRUCTURE

The Churn Project has a board of trustees of at least 3 members, currently comprising 8, which meets every 8 weeks. It is responsible for the strategic direction of the charity and monitoring systems and procedures to ensure good governance. The Chief Executive manages the day-to-day operation of the organisation, leading the staff team to implement strategy and ensuring that they continue to develop their skills and working practices to produce the best outcomes for our clients.

Churn Project Limited

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

Chief Executive Officer - Fran Embleton-Smith

Office Administrator - Linda Davis

Fundraising Manager - Caroline Hukins (from May 2019)

Churn Good Neighbours Manager - Liz Folkes

Churn Young Neighbours Co-ordinator – Barbara Russell

Memory Club & Volunteer Co-ordinator - Julie Battishill

Group Co-ordinator - Lorna Stevens

GEM Navigator Developer - Amanda Griffiths

Engagement Worker – Michelle Bradburn

Engagement Support Worker – Ray Paterson

Family Services Lead - Sarah Bourne

Family Worker - Rachel Stainton

Fundraiser - Ailsa O'Connor (left post April 2019, but remains running Community Liaison & Events)

Book-keeper - Katie Bannister

Administrative Assistant - Lissie Rand

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The charity trustees (who are also the directors of The Churn Project for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Statement as to Disclosure to our Auditors

Trustees, who are also directors for the purpose of company law, who served during the year and up to the date of this report are set out on page 1.

In accordance with company law, as the company's directors, we certify that:

- So far as we are aware, there is no relevant financial information withheld from our independent assessor
- As the directors of the company we have taken all steps we ought to have taken in order to make ourselves aware of any relevant information and to ensure the independent assessor is made aware of that information.

Churn Project Limited

FOR THE YEAR ENDED 31/07/2019

TRUSTEES' REPORT

This report was prepared in accordance with the special provisions within Part 15 of the Companies Act 2006.

This report was approved by the Board of Trustees on

R Lynn
Chair of Trustees

INDEPENDENT EXAMINER'S STATEMENT

FOR THE YEAR ENDED 31/07/2019

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHURN PROJECT LIMITED

I report on the accounts of the company for the year ended 31/07/2019 .

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.

Having satisfied myself that the charity is not subject to an 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 EXAMINERS STATEMENT

My examination was carried out in accordance with 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 EXAMINERS STATEMENT

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with 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.

..... Date:

J D Frost Accountants
Chartered Accountants
7 Links View
Cirencester
Gloucestershire
GL7 2NF

01285 652208

Churn Project Limited

**Statement of Financial Activities
for the year ended 31/07/2019**

	Unrestricted funds	Restricted funds	2019 Total	2018 Total
	£	£	£	£
Income				
Income from generated funds				
Donations and legacies	121,788	133,557	255,345	220,287
Income from Investments	-	-	-	18
Total Income and endowments	121,788	133,557	255,345	220,305
Expenses				
Costs of generating funds				
Expenditure on Raised funds	5,006	132,466	137,472	111,085
Expenditure on Charitable activities	110,885	-	110,885	102,191
Total Expenses	115,891	132,466	248,357	213,276
Net gains on investments				
Net Income	5,897	1,091	6,988	7,029
Transfers between funds	(3,220)	3,220	-	-
Gains/(losses) on revaluation of fixed assets				
Net movement in funds:				
Net income for the year	2,677	4,311	6,988	7,029
Total funds brought forward	43,594	35,057	78,651	71,622
Net funds carried forward	46,271	39,368	85,639	78,651

This statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

Churn Project Limited

BALANCE SHEET AT 31/07/2019

	Notes	2019 £	2018 £
CURRENT ASSETS			
Debtors (amounts falling due within one year)	4	21,619	33,906
Cash at bank and in hand		<u>69,077</u>	<u>50,321</u>
		90,696	84,227
CREDITORS: Amounts falling due within one year	5	<u>5,057</u>	<u>5,576</u>
NET CURRENT ASSETS		<u>85,639</u>	<u>78,651</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>85,639</u>	<u>78,651</u>
CAPITAL AND RESERVES			
Unrestricted funds	7		
General fund		46,271	43,594
Restricted funds	8	<u>39,368</u>	<u>35,057</u>
		<u>85,639</u>	<u>78,651</u>

For the year ending 31/07/2019 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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 provisions applicable to companies subject to the small companies regime.

**Approved by the board of trustees on and
Signed on their behalf by**

.....
R Lynn
Chair of Trustees

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31/07/2019**

1. ACCOUNTING POLICIES

1a. Basis Of Accounting

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with FRS102 - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

1b. Change In Accounting Policy

In preparing the financial statements for the current year, the company has adopted the following Financial Reporting Standards:

Statement of Recommended Practice (FRS 102)

1c. Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1d. Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where cost cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1e. 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 where applicable.

1f. Cash Flow Statement

The Charity is exempt from including a statement of cash flows in its accounts in accordance with Financial Reporting Standard (FRS102) as it is not a large charity.

1g. Pension Costs

The company operates a defined contribution pension scheme. The pension charge represents the amounts payable by the company to the fund in respect of the year.

Churn Project Limited

2. DIRECTORS AND EMPLOYEES

Particulars of employees (including directors) are shown below:

Employee costs during the year amounted to:	2019	<i>2018</i>
	£	£
Wages and salaries	157,428	132,378
Social security costs	4,933	3,228
Pension costs	4,357	2,636
	<u>166,718</u>	<u>138,242</u>

The average weekly numbers of employees during the year were as follows:

	2019	<i>2018</i>
	No.	No.
Management and administration	13	13
	<u>13</u>	<u>13</u>

No employees had employee benefits in excess of £60,000 (2018: £nil).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2018: £nil) neither were they reimbursed expenses during the year (2018: £nil). No charity trustee received payment for professional or other services supplied to the charity (2018: £nil)

The key management personnel of the charity comprise the Chief Executive. The total employee benefits of the key management personnel were £26,075 (2018: £25,820)

3. PENSION CONTRIBUTIONS

	2019	<i>2018</i>
	£	£
Pension contributions	4,357	2,636
	<u>4,357</u>	<u>2,636</u>

4. DEBTORS

	2019	<i>2018</i>
	£	£
Amounts falling due within one year:		
Trade debtors	10,783	25,434
Other debtors	10,836	8,472
	<u>21,619</u>	<u>33,906</u>

Churn Project Limited

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019	<i>2018</i>
	£	<i>£</i>
Trade creditors	1,545	1,492
Taxation and social security	1,760	1,449
Other creditors	<u>1,752</u>	<u>2,635</u>
	<u><u>5,057</u></u>	<u><u>5,576</u></u>

6. LIMITED BY GUARANTEE

The company is limited by guarantee and does not have a share capital. Each member gives a guarantee to contribute a sum not exceeding £1, to the company should it be wound up. At 31/07/2019 there were 8 members.

7. UNRESTRICTED FUNDS

	Brought forward	Incoming resources	Outgoing resources	Transfers	Carried forward
	£	£	£	£	£
General fund	43,594	121,788	(115,891)	(3,220)	46,271
	<u>43,594</u>	<u>121,788</u>	<u>(115,891)</u>	<u>(3,220)</u>	<u>46,271</u>

8. RESTRICTED FUNDS

	Brought forward	Incoming resources	Outgoing resources	Transfers	Carried forward
	£	£	£	£	£
Employment & Skills	1,219	22,029	(23,457)	1,700	1,491
Family Services	9,944	32,372	(44,442)	2,520	394
Ageing Well	9,408	52,669	(38,013)	1,231	25,295
Older People Services	3,661	250	(138)	(3,183)	590
Hardship Fund	2,702	695	(517)	-	2,880
Well Being	7,660	25,230	(25,529)	952	8,313
Mens Shed	463	312	(370)	-	405
	<u>35,057</u>	<u>133,557</u>	<u>(132,466)</u>	<u>3,220</u>	<u>39,368</u>

Churn Project Limited

**Incoming Resources
for the year ended 31/07/2019**

	2019	2018
	£	£
Incoming resources		
Incoming resources from generated funds		
Grants		
Grants	<u>170,454</u>	<u>149,549</u>
	170,454	149,549
Donations		
Donations	<u>63,672</u>	<u>50,973</u>
	63,672	50,973
Other		
Other	<u>21,219</u>	<u>19,765</u>
	21,219	19,765
	<u>255,345</u>	<u>220,287</u>
Deposit account interest		
Deposit account interest	<u>-</u>	<u>18</u>
	-	18
	<u>-</u>	<u>18</u>
	<u>255,345</u>	<u>220,305</u>

Churn Project Limited

**Expenses
for the year ended 31/07/2019**

Expenses	2019	<i>2018</i>
	£	£
Costs of generating funds		
Costs Of Generating Voluntary Income		
Employment & Skills	23,457	25,900
Family Services	44,442	35,476
Churn classes	4,264	5,812
Ageing Well	38,013	27,962
Older People Services	138	3,331
Hardship Fund	517	931
Well Being	26,271	11,571
Mens Shed	370	102
	<u>137,472</u>	<u>111,085</u>
	<u>137,472</u>	<u>111,085</u>
 Charitable Activities		
Rates	288	162
Insurance	1,859	1,623
Heat and light	1,662	1,785
Premises costs	4,924	5,589
Rent	25,000	25,000
General wages	157,428	132,378
NIC employer (wages and salaries)	4,933	3,228
Pension contributions	4,357	2,636
Pension contributions allocated to restricted funds	(2,193)	(963)
General wages allocated to restricted funds	(103,377)	(77,959)
NIC employer allocated to restricted funds	(5,407)	(3,543)
Office equipment	4,313	1,606
Computer costs	919	876
Travelling	118	145
Accountancy fees	800	800
Newsletter costs	2,582	2,477
Stationery & office supplies	2,594	2,522
Computer support and maintenance	5,712	-
Telephone	936	834
Training, coaching and mentoring	1,054	-
Subscriptions	299	-
Advertising	1,721	2,496
Sundry expenses	363	499
	<u>110,885</u>	<u>102,191</u>
	<u>248,357</u>	<u>213,276</u>

