COUNSELLING PASTORAL TRUST

England & Wales · Charity number 1027526

Details

Other names	COUNSELLING AND PRAYER TOWER TRUST, COUNSELLING AND PRAYER TRUST
Status	Registered
Legal form	Charitable company
Company number	02848495
Registered	1993-10-21
Register	View on the Charity Commission register

Contact

Address	Suite 24 Hurlingham Studios Ranelagh Gardens
Phone	02073849212
Email	admin@counsellingpastoraltrust.org
Website	www.counsellingpastoraltrust.org

Activities

Objects: THE MAINTENANCE ADVANCEMENT AND PROMOTION OF THE CHRISTIAN FAITH AND THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC

Activities: Counselling and training

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, The General Public/mankind

Geography

- Throughout London

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£56,251	£52,964	-	-
2024-08-31	£98,571	£87,025	-	-
2023-08-31	£109,057	£116,314	-	-
2022-08-31	£86,272	£123,286	-	-
2021-08-31	£123,004	£121,563	-	-
2020-08-31	£131,897	£133,563	-	-

Trustees

Name	Role	Appointed
Alexander Blythe		2024-09-15
Cathy Vasey		2014-11-24
Dr AGNES SHEILA SULLIVAN		1993-10-21
LISSA GAYE SHORTT		2003-04-10

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COUNSELLING PASTORAL TRUST

England & Wales - Charity number 1027526

Accounts

Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)
Company No: 2848495
Registered Charity No: 1027526

Annual Report and Accounts 1st September 2024 to 31st August 2025



Established in 1993, the Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from chronic stress/anxiety and depression.



Counselling Pastoral Trust, 24 Hurlingham Studios,
Ranelagh Gardens, London SW6 3PA
by Putney Bridge underground

1. Snapshot of the Year

Our mission
To support individuals and families in healing relationships and overcoming trauma through counselling, psychotherapy, and training.

This year at a glance

- Supporting over **130 individuals and families each week**
- Continued delivery of **accessible therapy (in-person and remote)**
- Ongoing **Schema Therapy training programme**
- Over **70% of clients supported with bursaries**



2. What We Do & Why It Matters - where appropriate 'keeping families together'

Childhood trauma has long-lasting effects on emotional and physical health. Without support, many individuals experience anxiety, depression, addiction and relationship difficulties into adulthood. CPT works to:

- Help people **heal trauma and build emotional resilience**
- Support **healthier relationships within families**
- Train new therapists to **meet growing national demand**

Our approach

- Therapy is designed to address **deep relational patterns**
- A "ripple effect" model — helping one person can transform entire families
- Focus on **accessibility**, especially where public services are limited

Impact

- Over 130 people supported weekly; affordable care through **extensive bursary provision**
- Continued support despite high demand and NHS service gaps

Compassionate people, transforming lives.



3. Our Work This Year

Service delivery

- Maintained flexible **face-to-face and remote therapy**
- Expanded support during continued high mental health need

Training

- Continued professional training to ensure **new therapists enter the workforce**
- Strengthened supervision, including **remote delivery models**

Organisation

- Retained experienced practitioners
- Strengthened administrative support to improve delivery and planning

4. Financial Overview

Income sources

- Charitable funding & Donations (including former beneficiaries)

Key principle We prioritise keeping therapy **accessible and affordable**, supported by donor funding and bursaries.

- Total income: £56,251
- Total expenditure: £52,964
- Surplus/(deficit): £3,287

5. Looking Ahead

We will:

- Continue expanding access to **affordable therapy**
- Grow training to address the **shortage of qualified professionals**
- Strengthen community awareness of **trauma-informed care**
- Maintain high-quality, relationship-focused support

6. Governance

Location: Hurlingham Studios, Ranelagh Gardens, Fulham, London SW6 3PA
Trustees & leadership: Dr Agnes Sullivan, Sanjeev Virdee, Lissa Shortt, Cathy Vasey, Alex Blythe

Thank You

We are deeply grateful to our funders, supporters, and volunteers who make this work possible.



7. Accounts – Trustees responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2025. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Companies policy on reserves

The Trust established a reserves guideline sixteen years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. The Charity is working towards £12,500 free reserves to cover 3 months expenditure. The Trustees will be addressing the matter of increasing these Funds within the next two years to the level required by the above policy.

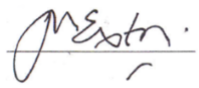
Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically conduct system audits and risk assessments to ensure these procedures continue to correspond with the needs of the charity. Examples of specific risks include: 1. Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling 2. Having to vacate premises – e.g. in event of non-extension of lease, reasons outside of Trust's control 3. Reduction in numbers of volunteers and/or professionally trained staff due to relocation, changes in family circumstances or illness. Although some of these risks materialised, we worked to mitigate them during this financial year.

Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, by Simon Lewcock, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities. Our special thanks to Mr Lewcock.

Signed on behalf of the Board of Trustees



Michael Exton – Company Secretary Date: 25 May 2026

COUNSELLING PASTORAL TRUST

(A charitable company limited by guarantee)

REPORTS AND ACCOUNTS
Year ended 31 August 2025

Company No: 2848495

Registered Charity No: 1027526

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

Reports and Accounts year ended 31 August 2025

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COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2025.

In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting records and information and explanations that you have given me

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, ans state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with the technical guidance issued by the Association of Chartered Certified Accountants, and have compiled with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the Balance Sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.

S.A. Lewcock.

S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
Hounslow
Middlesex TW4 5PN

27th May 2026

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2025

	Note	£	2025 £	£	2024 £
FIXED ASSETS					
Tangible Fixed Assets for charity's use	6		2,196		2,928
CURRENT ASSETS					
Debtors	7	8,585		6,217	
Cash at Bank and in Hand		6,118		10,018	
		14,703		16,235	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	15,599		10,939	
NET CURRENT ASSETS			(896)		5,296
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR					
Loan	9		(4,592)		(14,803)
TOTAL ASSETS			(3,292)		(6,579)
CAPITAL AND RESERVES					
Capital	10		0		0
Income and Expenditure Account					
Restricted Funds	11		0		13,136
Unrestricted Funds	11		(3,292)		(19,715)
			(3,292)		(6,579)

STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on 27/5/2026

and signed by: Dr Agnes Sullivan , Trustee AGNES SULLIVAN

L G Shortt Trustee LISSA SHORTT

COUNSELLING PASTORAL TRUST
(a company limited by guarantee)
Statement of Financial Activities
For the year ended 31 August 2025

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income and Endowments					
Counselling fees		0	36,920	36,920	46,826
Donations and grants		2,000	2,454	4,454	3,800
Gift Aid		0	0	0	450
Training fees		0	14,841	14,841	47,454
Interest		0	36	36	41
Total income		**2,000**	**54,251**	**56,251**	**98,571**
Expenditure					
Charitable expenditure	2	15,136	35,505	50,641	84,866
Fundraising and publicity	3	0	184	184	217
Governance	4	0	2,139	2,139	1,940
Total expenditure		**15,136**	**37,828**	**52,964**	**87,023**
Net income / (expenditure) for the year		**(13,136)**	**16,423**	**3,287**	**11,548**
Balance brought forward at 1 September 2024		13,136	(19,715)	(6,579)	(18,127)
Balance carried forward at 31 August 2025		**0**	**(3,292)**	**(3,292)**	**(6,579)**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2025

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (the SORP 2015).

The charity has aken advantage of the exemption in Financial Reporting Standard No. 102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

NOTES TO THE ACCOUNTS
for the year ended 31 August 2025 (continued)

2. Charitable Expenditure

	Restricted	Unrestricted	2025 Total	2024 Total
	£	£	£	£
Bank charges & interest	0	1,081	1,081	1,009
Cleaning	0	2,094	2,094	2,035
Counselling & Lecturer	15136	(11,746)	3,390	34,295
Depreciation of equipment	0	732	732	976
Insurance	0	844	844	809
I.T. & website costs	0	5,225	5,225	6,527
Literature & materials	0	0	0	0
Maintenance & repairs	0	350	350	179
Printing and stationery	0	1,998	1,998	2,466
Rent and rates	0	25,025	25,025	25,375
Subscriptions	0	3,116	3,116	4,244
Telephone	0	3,998	3,998	3,739
Travel & accommodation	0	128	128	177
Utilities	0	2,660	2,660	3,035
	15,136	**35,505**	**50,641**	**84,866**

3. Fundraising & Publicity

Administration	0	0	0	0
I.T.& website costs	0	112	112	140
Marketing & Advertising	0	0	0	0
Printing and stationery	0	31	31	38
Telephone & office supplies	0	41	41	39
	0	**184**	**184**	**217**

4. Governance

Accountant's fees & expenses	0	250	250	0
Administration	0	0	0	0
Catering	0	0	0	0
I.T	0	280	280	351
Insurance	0	844	844	809
Legal costs	0	0	0	0
Printing and stationery	0	31	31	38
Rent & rates	0	642	642	651
Telephone & office supplies	0	82	82	77
Travel & accommodation	0	10	10	14
	0	**2,139**	**2,139**	**1,940**

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
at 1 September 2024	8,263	27,748	36,011
Additions	0	0	0
Disposals	0	0	0
at 31 August 2025	8,263	27,748	36,011
Depreciation			
at 1 September 2024	7,628	25,455	33,083
Charge for the year	159	573	732
Disposals	0	0	0
at 31 August 2025	7,787	26,028	33,815
Net Book Value			
at 31 August 2025	476	1,720	2,196
at 31 August 2024	635	2,293	2,928

7. Debtors

	2025	2024
	£	£
Gift Aid	750	750
Rent Deposit	3,500	3,500
Prepaid expenses	4,335	1,967
	8,585	6,217

8. Creditors: amounts falling due within one year

	2025	2024
	£	£
Credit card account	138	168
Bounce back loan	10,408	10,000
Deferred Income	4,803	0
Accrued expenses	250	771
	15,599	10,939

9 Creditors: amounts falling due after more than one year

	2025	2024
	£	£
Bounce back loan	4,592	14,803
	4,592	14,803

10 Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

11 Funds

		Balances 1 Sep 2024	Income and Endowments	Expenditure	Balances 31 Aug 2025
		£	£	£	£
Restricted Funds	**Provided by**				
To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	4,515	0	4515	0
Helping those who are disadvantaged in Fulham	Dr Edwards & Bishop King	1000	0	1000	0
To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	845	0	845	0
For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	3,908	0	3,908	0
Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	868	0	868	0
Counselling work in keeping families together	Mauritis Mulder	2,000	2,000	4,000	0
		13,136	**2,000**	**15,136**	**0**
Unrestricted Funds					
General Fund		(19,715)	54,251	(37,828)	(3,292)
		(19,715)	**54,251**	**(37,828)**	**(3,292)**

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2025.

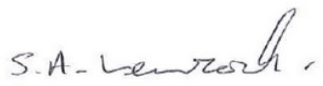
In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting records and information and explanations that you have given me

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, ans state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with the technical guidance issued by the Association of Chartered Certified Accountants, and have compiled with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the Balance Sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
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Middlesex TW4 5PN

COUNSELLING PASTORAL TRUST

England & Wales - Charity number 1027526

Accounts

Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)
Company No: 2848495
Registered Charity No: 1027526

Annual Report and Accounts 1st September 2023 to 31st September 2024



Established in 1993, Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from chronic stress/anxiety and depression.

CPT moved from their Covent Garden offices to Hurlingham Studios at Putney Bridge in 2020. The offices were re-configured to provide a more accessible and flexible space.



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Executive Summary

Counselling Pastoral Trust was formed to keep families together and give support for reconciliation in intimate relationships. With increasing statistics of anxiety and suicide, our work has become more important than ever.

Psychological therapy services are essential services that save lives.

Having created a space that is accessible and flexible to be able to meet clients face to face when possible, and to continue with Schema Therapy Training, we have seen psychotherapy playing a vital role in helping individuals address the psychological and behavioural health impacts especially since the pandemic.

It has also been essential that our professional training programme continues, so that trainees graduate and enter the workforce in the UK as soon as feasible. These individuals are needed to ensure capacity to support the current surge in need.

We determined throughout the year that our services should continue to support the development of trainees, including ensuring sufficient access to quality supervision adapted for remote delivery. We also determined that our most senior and experienced practitioners needed to be maintained in role and where possible full time administrative support be added to help plan and deliver the right psychological responses now and into the future.

At the end of what has been another challenging year, we are keen to promote a message of hope that comes from healing relationships; to penetrate the isolation that is inherently so traumatising to human beings, and to restore emotional connection, which is curative.

This is a time of shared suffering. There are few among us who are unaffected by the extraordinary events in the world today

Our staff and volunteers continue to feel privileged to support our clients' courage and determination as they make powerful changes in their lives, and that of their families.

General information

Company Number:	2848495
Charity Number:	1027526
Registered Office:	Suite 24, Ground Floor Hurlingham Studios Ranelagh Gardens London SW6 3PA
Trustees:	M. Duckworth A. Sullivan R. Chandler L. Shortt C. Vasey
Bankers:	National Westminster Bank plc Finsbury Square Branch
Reporting Accountant:	Simon Lewcock FCCA Windsor Lodge Millfield Road Hounslow Middlesex TW4 5PN

Objectives and Achievements

Individuals who experience trauma as children do not just get over it. The consequences for physical and emotional health can last a lifetime.

CPT acts as an advocate for families, building awareness of how emotional connection and sharing insulates individual family members against depression, anxiety, addiction, poor relationships and many other problems in adulthood. Trauma produces profound helplessness in children. If the trauma is not addressed and children not permitted to express their overwhelming feelings, they will begin to shut down to survive. Later on, even if help becomes available, the growing adolescent/adult may not be able to take in care when it is offered, continuing instead to suffer in isolation. Even though, as adults, some victims of early trauma go on to have families of their own, their emotions and relationships are dogged by reactive patterns of instability and dysregulation.

When one family member receives help there is a real opportunity to transform the lives and the futures of all family members. Close, meaningful relationships offer refuge and nurture for children, and stability and love for adults. Whenever relational bonds break down, the effects are distressing. The counselling and psychotherapy delivered by CPT is designed to help individuals steer away from patterns of relating and the behaviours, which prevent them meeting each other's core emotional needs.

The charity sees 250+ individuals and families per week, aiding recovery from chronic mood and personality disorders, alcohol and substance abuse.

Our programmes are structured with a ripple effect so that those who have had change are able to transfer this benefit to others in their families and community.

CPT operates from the ground floor of Hurlingham Studios, near Putney Bridge. CPT receives grants and financial support from larger charities and companies as well as individual donations from beneficiaries of its programmes who want to ensure others can benefit from similar help.

It is widely known that although wealth does not insulate an individual from suffering, the challenges facing individuals with limited financial means who run into psychological or emotional difficulties can feel insurmountable because of the lack of resources and consistency of publicly funded services.



We are hugely grateful to grant-givers and friends who speak publicly and lend their support for CPT's work. Through its fundraising and volunteerism, CPT endeavours to keep its therapy affordable, delivering varying levels of bursary to > 70% of its clients.

The most common childhood mental disorders include anxiety disorders, depression, panic and attention deficit hyperactivity disorder (ADHD). Despite the proof that

effective counselling and psychotherapy can relieve the suffering of the vast majority of those young people suffering from mental health problems, there remains across the UK, a shortage of trained professionals who can work to provide the high-quality long-lasting services that are needed. NHS waiting lists range from months in and around London to approaching 1-2 years in other areas.

CPT believes that breaking down stigma requires individual and collective activity. It is estimated that, despite debilitating social, emotional and physical effects, over half of those experiencing moderate to severe emotional/mental illness do not seek professional help or other forms of medical treatment through their GP. To address this gap in necessary help, CPT is providing

SCHEMA therapy institute

Schema Therapy clinical training for professionals. CPT offers training via its **Schema Therapy Institute** and **CPT's Training School.**

In 2009, CPT established the **Schema Therapy Institute**, to train counsellors and psychotherapists/psychologists in individual, group and child and adolescent schema therapy. The training and certification programme is approved by the International Society for Schema Therapy (ISST).

Through the Institute, CPT provides Schema Therapy practitioner training to psychologists, psychotherapists and psychiatrists working in the NHS, forensic and private settings, determined to deliver effective help to so-called 'treatment failures,' i.e. individuals who have remained un-helped and sometimes made more hopeless by traditional methods of psychotherapy such as CBT or psychodynamic psychotherapy.

Significant numbers of those who come for psychological help and experience change, feel secure and motivated to go on to train to help others.

We depend on grants and the generosity of partners and our volunteers for this to be sustainable.

CPT's Training School trains professionals who are coming to counselling as a second career and those who use counselling skills in the course of their work. We train students from introductory (Level 2), intermediate (Levels 3/4) and advanced levels of counselling/psychotherapy practice (Levels 5 & 6). All individual one-to-one counselling, group work, self-therapy workshops, couples therapy and family counselling at CPT is provided by therapists with a minimum of 4 years professional training in counselling. Volunteer therapists offering their services at CPT have obtained professional certification and are in supervised practice or supervised training for accreditation by the National Counselling & Psychotherapy Society (NCPS) or BACP (British Association for Counselling and Psychotherapy), and the UKCP (United Kingdom Council for Psychotherapy). In partnership with other agencies, including churches, CPT encourages community involvement in supporting vulnerable individuals and families, and is a member of the Children & Young Peoples Mental Health Coalition.

Children & Young People's Mental Health Coalition

ISST

International Society of Schema Therapy

Review of Activities



CPT's Founder and Principal, Dr Agnes Sullivan is a Consultant Counselling Psychologist (HCPC Registered) and an Advanced Certified Schema Therapist, Supervisor and Trainer. She is on the ISST Training Director's Committee, the Supervision Skills Development Committee and the ISST Committee for Group Certification. She works to maintain standards of professional psychotherapy practice in community settings by promoting the knowledge, training, supervision and adherence to a professional code of ethics.

CPT's mission is to establish accessible psychological help, delivered from within the community so that effective counselling can be an everyday provision. CPT pioneers activities that are inclusive, to reach those on the margins of society who have mental health problems.

Part of my role as CPT Principal, whether psychotherapy or psychotherapy training is conducted in person or online, has been to ensure that high quality treatment is made available to the broadest number of individuals and families.

Demonstrating empathy and appropriate self-disclosure in working together with clients helps all of us optimally manage the overflow from crises all over the world and the cost of living crisis in the UK.

Use of online platforms such as Zoom, to deliver psychotherapy remotely was once a relatively unpopular mode of treatment delivery. However, it became the mainstay of psychotherapy and training practice during the pandemic. Many clients, who moved far out of London, are now treated virtually. Now that government guidelines have changed, the experience of beginning to move back into the room has all been positive. The factors generated from emotional and physical presence combined strengthen outcomes and make it more fulfilling for therapists and clients.

I am proud that as a response to the pandemic and the war in Ukraine, we have offered bursary places and bursary supervision places to Ukrainian therapists. CPT's qualified professionals increased their commitment, and have continued to volunteer thousands of hours in counselling and training provision each month to support our therapeutic activities of individual, group, family and couple therapy.

Assessment and Individual Therapy

Regardless of the nature of the presenting problem, all therapy begins with assessment. During the assessment, several measures are conducted to determine the severity of symptoms and pervasiveness of problems in a person's life. This year, CPT has conducted both in the room and online assessments, although online offers many benefits.

Individual schema therapy is designed to meet specific emotional needs in an individual's life which, if they remain unmet, will continue to cause repetitive problems in his/her intimate relationships, job, social network and ability to be stable when with others, or alone.

We are continuing to make clinical judgements about the best method of delivery, which have been based on balanced individual assessment of the risks and need, taking into account the available measures to reduce risks. This has meant some adjustments for counsellors and trainers and focused effort and resource to plan and deliver remotely what previously would have

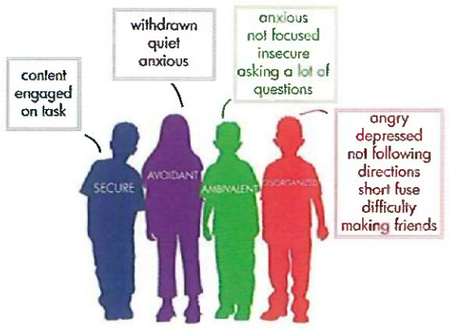
indicated face to face psychotherapy in the room. Decisions about the method of delivery have been made in collaboration with service users, and where appropriate their families, with clear information being provided about safe options. Client preferences have been consistently recorded.

Group Work

Attachment / Schema Groups

All groups including CPT's Attachment/ Schema Mode Groups continue online, offering individuals a stable base of regular weekly group sessions, in which members feel seen, heard and understood amidst anxiety-provoking events such as family pressure, work demands and illness. We meet in the room as far as is agreeable.

Attachment / Schema groups involve an integration of understanding of attachment needs, which underlie all human motivational systems, with Schema Therapy.



These groups transform hard-to-treat patterns of avoidance and anxious pre-occupation that undermine healing, into restorative and nurturing experiences. The positive outcomes measures are assertiveness, increased esteem, openness and flexibility, plus reduced depression, impulsivity/addiction. The groups have a focus of moving individuals from insecure to secure attachment, enhancing emotional regulation, & reducing distressing patterns of mood disturbances that can disrupt the relationships of well-meaning individuals.

Each of CPT's interventions with individuals and families increase emotional capacity, build and access new resources and decrease the feeling of isolation. CPT's interventions have been shown to increase secure attachment, which is linked to increased caregiving, affiliation, emotional intimacy, as well as improving motivation and goal-setting.



Addiction Prevention / Recovery Groups

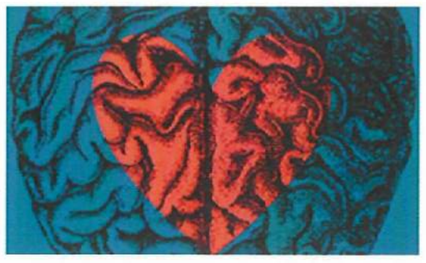
CPT's addiction treatment and prevention works with individuals to modify damaging coping responses that block healing. We foster connection and openness as antidotes to emptiness and shame.

Helping the Helpers

CPT and its funders continue to run initiatives to support those in helping professions, including nurses, health visitors, lawyers, GP's, those in church ministry and psychologists and their families, supporting those whose vocation has led them to be with others at the hardest times of life. Because of its depth and breadth of application, Schema Therapy has several tools to help therapists to maintain resilience: 'Self-Practice/Self-Reflection', Dr Joan M Farrell, and Ida A Shaw.



Psychoeducation groups 'Learning to Live, Learning to Love'



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to unpack the conflicts that arise in individual and family life. The men and women who participated in groups experienced improvement in their anger management, intimacy, assertiveness, and lowering of anxiety and depression.



"The course gave me a structure to do some deep work on my life"

"The course has changed my understanding of myself, and given me information I wish I'd had in my twenties, I wouldn't have struggled so much in mid-life" Geraldine, 55

Couple and Family Therapy

When we make sense of love, we can shape loving connections. Love calms and comforts the neurons in the brain. Our closest relationships are the regulators of physiological and emotional functioning. Couples therapy is about bonds, not bargains, or how contented we can be, it's about being emotionally accessible to one another.

Change takes place through heightened emotions and a strong alliance. CPT holds 'Hold Me Tight' workshops and we've been able to hold four workshops in the room, helping three, four or five couples each time.

Training

Our Training Department continues under the guidance of Dr Sullivan, who provides professional development workshops in schema therapy, emotionally-focused couple and family therapy and self-reflection/self-practice for professionals working in a wide variety of clinical and forensic settings in the UK.

In addition to this, CPT's Training School focuses on its Advanced Diploma in Counselling and the *Learning-to-Live, Learning-to-Love* curriculum, a psycho-educational course.

Skills acquisition and learning requires an environment which models the safety of the therapeutic relationship. As an essential part of learning, students explore their own philosophical, spiritual and moral values and examine the impact of these on practice.

Training takes place in small groups, where considerable interaction with trainers facilitates the learning process. In addition, CPT provides placement opportunities for practitioners working with complex clients in individual and group settings.

It is very important in the current climate that psychological professional training programmes continue apace so that trainees graduate and enter the workforce as soon as feasible.

More than ever, these skilled individuals are needed to ensure capacity to support the surge in need.

The Trustees determined that through the Level 5 Diploma and the work of the Schema Therapy Institute London, CPT should continue to support the development of trainees, including ensuring sufficient access to quality supervision.

The CPT Advanced Diploma in Counselling Practice (NCPS Accredited Level 5 equivalent, 450 g.l.h) had a cohort of 16 trainees.

This Level 5 training, which last year took full advantage of Zoom functionality, using breakout rooms for practice and feedback, was able to return to teaching in the classroom. We successfully delivered 240 hours of professional counselling training through a blend of 70% in the room and 30% online training days.

Trainees learn about the importance of supervision and clinical management of client work; we provide placement opportunities for applying theory in individual and group settings.

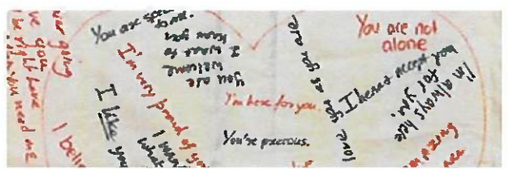


Schema Therapy Certification Trainings Approved by the ISST

Approved by the International Society of Schema Therapy (ISST), CPT has created a centre of Excellence, with the Schema Therapy Institute, London, the only centre in the UK / Europe, approved by the International Society (ISST) to provide four full certification programmes to Standard and Advanced levels. Dr. Sullivan holds the responsibility and demonstrated expertise in each of these disciplines and her energy has adapted and promoted each of these programmes to online accreditation and successful delivery this year, as it was last:

- Individual Schema Therapy
- Group Schema Therapy
- Schema Therapy for Auxiliary Professionals
- Child/Adolescent Schema Therapy

Where prioritisation decisions are needed, training programmes that expand the workforce are prioritised.
CPT's planned expansion of its other training programmes is continuing in order to maximise workforce capacity into future years. In an effort to extend the practice and effectiveness of Schema Therapy to a greater number and range of treatment settings in the UK, the Schema Institute was the second centre world-wide to offer specialist auxiliary



certification training in Schema Therapy for nurses, occupational therapists, social workers, probation officers and mental health teams.

Between September 2023 and August 2024 there were 16 days of Individual Schema Therapy Certification training with 17 people trained, Group Training 12 trained, and there were 8 days of Auxiliary Professional Schema Therapy Certification training, and we hosted Dr Joan Farrell again for *Schema Therapy from the Inside Out.*

Group Schema Therapy Certification Training

The data seems to suggest that, in some situations, schema therapy can work more swiftly in a group, or when group therapy is added to individual therapy.



Groups, in their nature of being like a family, can provide a strong re-parenting vehicle to effect change in individuals with personality disorders. Treatment dropout rates are far below other group treatment approaches. The group process seems to catalyse some aspects of the change process that may be slower in individual work.

This year, 40 trainees from primary, secondary and forensic mental health settings across the UK, completed Group and individual Schema Therapy Certification training held at CPT.

Community Work



Compassionate people, transforming lives

The relationship established in 2019 with the London Film School to provide short-term psychological services to students in crisis, continues. It is a significant resource for the students, particularly those who live on the other side of the world. We have supported many students, enabling them to feel stable enough to finish their course.

Charity Log

We continue to benefit from the use of Charitylog; a web service, contact management system.

Some History

Since 1993, CPT has followed research and applied evidence-based clinical approaches to meet the need in our community. We've consistently fought the stigma of emotional/ mental ill health, and safely worked in three domestic violence shelters, giving women hope and skills for healthier relating.

CPT used its influence and expertise first in Brent and then Hammersmith & Fulham, working with clients of every demographic, and sitting on Brent's Domestic Violence Forum and later the LBH&F's Domestic Violence Specialist Services Group; contributing to furthering understanding of it and helping the progression and development of the response to domestic violence towards the point where it is now.

One photo of our sunny 30th birthday in 2023



Where Agnes Sullivan spoke about our work and thanked all our supporters and volunteers, and everyone who had turned out on the day to join in the activities and bid on the auction. Lissa spoke on behalf of the trustees, drawing special attention to Peter Davidson and Max Davidson, who advised and guided CPT's shift from small, effective beginnings to the fuller vision which crescendoed from that move to Fulham Palace in 2004.

The Strap line competition, which ran alongside ticket sales in 2023, discovered a new description for CPT:

Compassionate people, transforming lives



Appreciation for Support and Funding

Our charity doesn't exist without the thoughtful, practical and tireless work of many people. There are too many to name. If you are reading this, you may be one of them, and I do hope that we've already expressed our heartfelt appreciation. During this period, we would like especially to mention Kate Lumsden of The Fitton Trust, Barbara Robson of The Maurits Mulder Canter Charity, Joseph Rank Trust, and many others, who have been personally generous and particularly responsive to us.

All of our friends, the people who share our heart's desire that therapy facilitates genuine change, are of vital importance to CPT. Our volunteers are accountants, chefs, lawyers, musicians, marketers, teachers, doctors, people who transport people to places and items to the tip! During this year, people have prayed for us, our clients and their families, listened to us, strategised with us, cried and laughed with us, even bought more pieces of carpet to cover up more stains! Each person an invaluable cog in the oiled wheel.

Once again, I speak personally, and on behalf of the volunteers and trustees of CPT, to express thanks to Agnes Sullivan, whose sensitivity to the fine-tuned, non-negotiable elements of good clinical work are an inspiration to us all. The time she spends supporting, guiding, and giving to the Trust keeps the charity safe.

As therapists, we learn a lot from her about where compassion and empathy meet professional and Christian values and ethics.

We always have a list of people to thank in addition for their support during the year, this year I want particularly to include Agnes Sullivan, Cathy Vasey, Stacey Forrester-Charles and Rachel Chandler for their excellent Level 5 training course, also Rachel Blythe, whose foundational support is invaluable.

While were sorry to lose Gabriella Csaszlava, whose husband now works in Canada. Although at almost the same time, Dana Lockhart confirmed that she is preparing to re-join CPT & the Schema Therapy Institute in December 2024, which is wonderful news!

At home, in Hurlingham Studios, we still appreciate 'Matthew's Room' from the Matthew Elvidge Trust, which represents Hamish Elvidge's funding from the charity and his kindness towards our work. Also the team here at Hurlingham Studios, including Maria, Cynthia and Patrizia.

We are indeed privileged to be a part of so many peoples' journeys of healing.

Legal Status and Organisation

The charity was incorporated on 27 August 1993 as a company limited by guarantee and not having a share capital, and is therefore governed by its Memorandum and Articles of Association. The liability of the members is limited to £1. The number of members with which the company is registered is two. Members have full power and discretion as to the admission or refusal of any person as a member.

Management is in the hands of a Board of Trustees, which meets three times a year. Minutes and proceedings of the Trustees are prepared for each meeting. The Board is made up of a composite of skills and consists of representatives from other Christian and professional counselling organisations, and others with an interest in the education and well-being of individuals and families.

The Chairman (elected by the Trustees) presides at Trustee meetings. Every matter is determined by a majority of the Trustees present at the meeting and voting on each question. In the case of equality of votes on any question, the person presiding as chairman of the meeting has a second (casting) vote.

The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee. Appointment of Trustees is governed by the Memorandum and Articles of the charity.

Principal Aim and Objective

CPT's main object, as stated in the charity's Memorandum, is the maintenance, advancement and promotion of the Christian faith and the advancement of the education of the public.

Trustees have a more comprehensive description of our work to be reflected in this wording.

The Trustees have proposed the following:

"The Objects for which the Company is established are the provision of a change process through professional one-to-one counselling and group work for the advancement of Christian compassion and principles.

We have no expectation that clients practise any form of faith or religious belief.

We also emphasise that each volunteer makes commitments that are based on professional ethics, and a driving concern for client self-determination."

Accounts

Trustees' responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2024. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company's policy on reserves

The Trust established a reserves guideline thirteen years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. This amount currently equates to approximately £60,000. The trustees will be addressing the matter of increasing these Funds within the next two years to the level required by the above policy.

Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically conduct system audits and risk assessments to ensure that these procedures continue to correspond with the needs of the charity.

Examples of specific risks include:

- Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling).
- Having to vacate premises – for example, in the event of non-extension of lease or reasons outside of the Trust's control.
- Reduction in numbers of volunteers/ and or/ professionally trained staff due to relocation, changes in family circumstances or illness.

Although some of these risks materialised we worked to mitigate them during the course of this financial year.

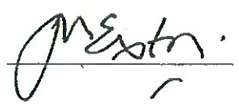
Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities.

Signed on behalf of the Board of Trustees

Michael Exton

Secretary
Date: 25th June 2025



COUNSELLING PASTORAL TRUST

(A charitable company limited by guarantee)

REPORTS AND ACCOUNTS
Year ended 31 August 2024

Company No: 2848495

Registered Charity No: 1027526

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2024.

In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting records and information and explanations that you have given me

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, ans state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with the technical guidance issued by the Association of Chartered Certified Accountants, and have compiled with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the Balance Sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.

S.A. Lewcock.

S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
Hounslow
Middlesex TW4 5PN

23rd May 2025

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2024

	Note	£	2024 £	£	2023 £
FIXED ASSETS					
Tangible Fixed Assets for charity's use	6		2,928		3,404
CURRENT ASSETS					
Debtors	7	6,217		5,000	
Cash at Bank and in Hand		10,018		9,557	
		16,235		14,557	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	10,939		9,555	
NET CURRENT ASSETS			5,296		5,002
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR					
Loan	9		(14,803)		(26,533)
TOTAL ASSETS			(6,579)		(18,127)
CAPITAL AND RESERVES					
Capital	10		0		0
Income and Expenditure Account					
Restricted Funds	11		13,136		13,136
Unrestricted Funds	11		(19,717)		(31,263)
			(6,581)		(18,127)

STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on 27/6/2025

And signed by: Agnes Sullivan **Trustee**

and L G Short LG SHORT

COUNSELLING PASTORAL TRUST
(a company limited by guarantee)
Statement of Financial Activities
For the year ended 31 August 2024

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income and Endowments					
Counselling fees		0	46826	46,826	49,386
Donations and grants		0	3,800	3,800	4,299
30th Anniversary Party		0	0	0	13,609
Gift Aid		0	450	450	281
Training fees		0	47454	47,454	41,428
Interest		0	41	41	54
Total income		**0**	**98,571**	**98,571**	**109,057**
Expenditure					
Charitable expenditure	2	0	84,868	84,868	109,572
Fundraising and publicity	3	0	217	217	493
Governance	4	0	1,940	1,940	6,249
Total expenditure		**0**	**87,025**	**87,025**	**116,314**
Net income / (expenditure) for the year		**0**	**11,546**	**11,546**	**-7,257**
Balance brought forward at 1 September 2023		13,136	(31,263)	(18,127)	-10,870
Balance carried forward at 31 August 2024		**13,136**	**(19,717)**	**(6,581)**	**(18,127)**

NOTES TO THE ACCOUNTS
for the year ended 31 August 2024 (continued)

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has aken advantage of the exemption in Financial Reporting Standard No. 102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

NOTES TO THE ACCOUNTS
for the year ended 31 August 2024 (continued)

2. Charitable Expenditure

	Restricted	Unrestricted	2024 Total	2023 Total
	£	£	£	£
Administration	0	0	0	8,137
Bank charges & interest	0	1009	1,009	2,898
Catering	0	0	0	135
Cleaning	0	2035	2,035	2,353
Counselling & Lecturer	0	34,295	34,295	32,574
Consultancy	0	0	0	1,050
Depreciation of equipment	0	976	976	1,136
30th Anniversary Party	0	0	0	6,326
Insurance	0	809	809	747
I.T. & website costs	0	6,527	6,527	6,444
Maintenance & repairs	0	179	179	0
Printing and stationery	0	2,466	2,466	2,780
Rent and rates	0	25,375	25,375	30,716
Subscriptions	0	4,244	4,244	4,517
Telephone	0	3,739	3,739	6,371
Travel & accommodation	0	177	177	347
Utilities	0	3,037	3,037	3,041
	0	**84,868**	**84,868**	**109,572**

3. Fundraising & Publicity

Administration	0	0	0	175
I.T.& website costs	0	140	140	139
Marketing & Advertising	0	0	0	70
Printing and stationery	0	38	38	43
Telephone & office supplies	0	39	39	66
	0	**217**	**217**	**493**

4. Governance

Accountant's fees & expenses	0	0	0	700
Administration	0	0	0	438
Catering	0	0	0	7
I.T	0	351	351	346
Insurance	0	809	809	747
Legal costs	0	0	0	3,021
Printing and stationery	0	38	38	43
Rent & rates	0	651	651	788
Telephone & office supplies	0	77	77	131
Travel & accommodation	0	14	14	28
	0	**1,940**	**1,940**	**6,249**

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
at 1 September 2023	8,263	27,248	35,511
Additions	0	500	500
Disposals	0	0	0
at 31 August 2024	8,263	27,748	36,011
Depreciation			
at 1 September 2023	7,416	24,691	32,107
Charge for the year	212	764	976
Disposals	0	0	0
at 31 August 2024	7,628	25,455	33,083
Net Book Value			
at 31 August 2024	635	2,293	2,928
at 31 August 2023	847	2,557	3,404

7. Debtors

	2024	2023
	£	£
Gift Aid	750	300
Rent Deposit	3,500	3,500
Prepaid expenses	1,967	1,200
	6,217	5,000

8. Creditors: amounts falling due within one year

	2024	2023
	£	£
Credit card account	168	105
Bounce back loan	10,000	8,333
Accrued expenses	771	1,117
	10,939	9,555

9 Creditors: amounts falling due after more than one year

	2024	2023
	£	£
Bounce back loan	14,803	26,533
	14,803	26,533

10 Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

11 **Funds**

		Balances 1 Sep 2023	Income and Endowments	Expenditure	Balances 31 Aug 2024
		£	£	£	£
Restricted Funds	**Provided by**				
To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	4,515	0	0	4,515
Helping those who are disadvantaged in Fulham	Dr Edwards & Bishop King	1000	-	0	1,000
To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	845	0	0	845
For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	3,908	0	0	3,908
Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	868	0	0	868
Counselling work in keeping families together	Mauritis Mulder	2,000	0	0	2,000
		13,136	0	0	13,136
Unrestricted Funds					
General Fund		(31,263)	98,571	(87,025)	(19,717)
		(31,263)	98,571	(87,025)	(19,717)

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2024.

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S.A. Lewcock

S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
Hounslow
Middlesex TW4 5PN

23rd May 2025

COUNSELLING PASTORAL TRUST

England & Wales - Charity number 1027526

Accounts

Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)
Company No: 2848495
Registered Charity No: 1027526

Annual Report and Accounts 1st September 2022 to 31st August 2023



Established in 1993, Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from chronic stress/anxiety and depression.



CPT moved from their Covent Garden offices to Hurlingham Studios at Putney Bridge in 2020. The offices were re-configured to provide a more accessible and flexible space.

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Executive Summary

Counselling Pastoral Trust was formed to keep families together and give support for reconciliation in intimate relationships.
With increasing statistics of anxiety our work has become more important than ever.

"Psychological therapy services are essential services that save lives."

Having created a space that is accessible and flexible to be able to meet clients face to face when this is possible, and to continue with Schema Therapy Training, we have seen psychotherapy playing a vital role in helping individuals address the psychological and behavioural health impacts of the COVID-19 pandemic.

It has also been essential that our professional training programmes have continued throughout the pandemic, so that trainees graduate and enter the workforce in the UK as soon as feasible. These individuals are needed to ensure capacity to support the surge in need resulting from the pandemic.

We determined throughout the year that our services should continue to support the development of trainees, including ensuring sufficient access to quality supervision adapted for remote delivery. We also determined that our most senior and experienced practitioners needed to be maintained in role and where possible full time administrative support be added to help plan and deliver the right psychological responses now and into the future.

At the end of what has been a very challenging year, we are keen to promote a message of hope that comes from healing relationships; to penetrate the isolation that is inherently so traumatising to human beings, and to restore emotional connection, which is curative.

"This is a time of shared suffering. There are few among us who are unaffected by these extraordinary events."

Our staff and volunteers continue to feel privileged to support our clients' courage and determination as they make powerful changes in their lives, and that of their families.

General information

Company Number:	2848495
Charity Number:	1027526
Registered Office:	Suite 24, Ground Floor Hurlingham Studios Ranelagh Gardens London SW6 3PA
Trustees:	M. Duckworth A. Sullivan R. Chandler L. Shortt C. Vasey J. Francis E. Ferris J. Sturt
Bankers:	National Westminster Bank plc Finsbury Square Branch
Reporting Accountant:	Simon Lewcock FCCA Windsor Lodge Millfield Road Hounslow Middlesex TW4 5PN

Objectives and Achievements

Individuals who experience trauma as children do not just get over it. The consequences for physical and emotional health can last a lifetime.

CPT acts as an advocate for families, building awareness of how emotional connection and sharing insulates individual family members against depression, anxiety, addiction, poor relationships and many other problems in adulthood. Trauma produces profound helplessness in children. If the trauma is not addressed and children not permitted to express their overwhelming feelings, they will begin to shut down to survive. Later on, even if help becomes available, the growing adolescent/adult may not be able to take in care when it is offered, continuing instead to suffer in isolation. Even though, as adults, some victims of early trauma go on to have families of their own, their emotions and relationships are dogged by reactive patterns of instability and dysregulation.

When one family member receives help there is a real opportunity to transform the lives and the futures of all family members. Close, meaningful relationships offer refuge and nurture for children, and stability and love for adults. Whenever relational bonds break down, the effects are distressing. The counselling and psychotherapy delivered by CPT is designed to help individuals steer away from patterns of relating and behaviours, which prevent them meeting each other's core emotional needs.

The charity sees 250+ individuals and families per week, aiding recovery from chronic mood and personality disorders, alcohol and substance abuse.

Our programmes are structured with a ripple effect so that those who have had change are able to transfer this benefit to others in their families and community.

CPT operates from a site in Hurlingham Studios at Putney Bridge. CPT receives grants and financial support from larger charities and companies as well as individual donations from beneficiaries of its programmes who want to ensure others can benefit from similar help.

It is widely known that although wealth does not insulate an individual from suffering, the challenges facing individuals with limited financial means who run into psychological or emotional difficulties can feel insurmountable because of the lack of resources and consistency of publicly funded services.



We are hugely grateful to grant-givers and friends who speak publicly and lend their support for CPT's work. Through its fundraising and volunteerism, CPT endeavours to keep its therapy affordable, delivering varying levels of bursary to > 70% of its clients.

The most common childhood mental disorders include anxiety disorders, depression, panic and attention deficit hyperactivity disorder (ADHD). Despite the proof that effective counselling and psychotherapy can relieve the suffering of the vast majority of those young people suffering from mental health problems, there remains across the UK, a shortage of trained professionals who can

work to provide the high-quality long-lasting services that are needed. NHS waiting lists range from months in and around London to approaching a year in other areas of the UK.

CPT believes that breaking down stigma requires individual and collective activity. It is estimated that, despite debilitating social, emotional and physical effects, over half of those experiencing moderate to severe emotional/mental illness do not seek professional help or other forms of medical treatment through their GP. To address this gap in necessary help, CPT is providing



Schema Therapy clinical training for professionals. CPT offers training via its **Schema Therapy Institute** and **CPT's Training School.**

In 2009, CPT established the **Schema Therapy Institute**, to train counsellors and psychotherapists/psychologists in individual, group and child and adolescent schema therapy. The training and certification programme is approved by the International Society for Schema Therapy (ISST).

Through the Institute, CPT provides Schema Therapy practitioner training to psychologists, psychotherapists and psychiatrists working in the NHS, forensic and private settings, determined to deliver effective help to so-called 'treatment failures,' i.e. individuals who have remained un-helped and sometimes made more hopeless by traditional methods of psychotherapy such as CBT or psychodynamic psychotherapy.

Significant numbers of those who come for psychological help and experience change, feel secure and motivated to go on to train to help others.

We depend on grants and the generosity of partners and our volunteers for this to be sustainable.

CPT's Training School trains professionals who are coming to counselling as a second career and those who use counselling skills in the course of their work. We train students from introductory (Level 2), intermediate (Levels 3 / 4) and advanced levels of counselling/psychotherapy practice (Levels 5 & 6). All individual one-to-one counselling, group work, self-therapy workshops, couples therapy and family counselling at CPT is provided by therapists with a minimum of 4 years professional training in counselling. Volunteer therapists offering their services at CPT have obtained professional certification and are in supervised practice or supervised training for accreditation by the National Counselling Society (NCS) or BACP (British Association for Counselling and Psychotherapy), and the UKCP (United Kingdom Council for Psychotherapy). In partnership with other agencies, including churches, CPT encourages community involvement in supporting vulnerable individuals and families, and is a member of the Children & Young Peoples Mental Health Coalition.





Review of Activities



CPT's Founder and Principal, Dr Agnes Sullivan is a Consultant Counselling Psychologist (HCPC Registered) and an Advanced Certified Schema Therapist, Supervisor and Trainer. She is on the ISST Training Director's Committee, the Supervision Skills Development Committee and the ISST Committee for Group Certification. She works to maintain standards of professional psychotherapy practice in community settings by promoting the knowledge, training, supervision and adherence to a professional code of ethics.

CPT's mission is to establish accessible and effective psychological help, delivered from within the community so that effective counselling can be an everyday provision. CPT pioneers activities that are inclusive, to reach those on the margins of society who have mental health problems.

Part of my role as CPT Principal, whether psychotherapy or psychotherapy training is conducted in person or online, has been to ensure that high quality treatment is made available to the broadest number of individuals and families.

Demonstrating empathy and appropriate self-disclosure in working together with clients helps all of us optimally manage the overflow from the crisis in the Ukraine and the cost of living crisis in the UK. Paradoxically, as we strive to establish even better connections with our clients/patients during difficult times, connecting with them has become more complicated.

Use of online platforms such as Zoom, to deliver psychotherapy remotely was once a relatively unpopular mode of treatment delivery. However, it became the mainstay of psychotherapy and training practice during the pandemic. Many clients, who moved far out of London, are now treated virtually. Now that government guidelines have changed, the experience of beginning to move back into the room has all been positive. The factors generated from emotional and physical presence combined strengthen outcomes and make it more fulfilling for therapists and clients.

I am proud to see that as a response to the pandemic and the war in Ukraine, CPT's qualified professionals have increased their commitment, and have continued to volunteer thousands of hours in counselling and training provision each month to support our therapeutic activities of individual, group, family and couple therapy. Since CPT's operations moved online, client and training has continued consistently.

Assessment and Individual Therapy

Regardless of the nature of the presenting problem, all therapy begins with assessment. During the assessment, several measures are conducted to determine the severity of symptoms and pervasiveness of problems in a person's life. This year, CPT has conducted both in the room and online assessments, although online offers many benefits.

Individual schema therapy is designed to meet specific emotional needs in an individual's life which, if they remain unmet, will continue to cause repetitive problems in his/her intimate relationships, job, social network and ability to be stable when with others, or alone.

We are continuing to make clinical judgements about the best method of delivery, which have been based on balanced individual assessment of the risks and need, (including Covid infection and cost of living crisis) taking into account the available measures to reduce risks. This has meant some adjustments for counsellors and trainers and focused effort and resource to plan and deliver remotely what

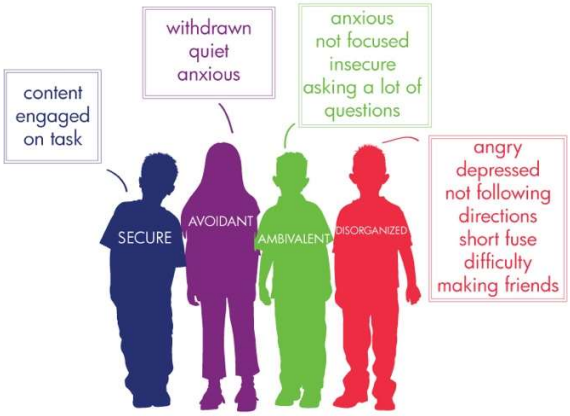
previously would have indicated face to face psychotherapy in the room. Decisions about the method of delivery have been made in collaboration with service users, and where appropriate their families, with clear information being provided about safe options. Client preferences have been consistently recorded.

Group Work

Attachment / Schema Groups

All groups including CPT's Attachment/Schema Mode Groups continue online, offering individuals a stable base of regular weekly group sessions, in which members feel seen, heard and understood amidst anxiety-provoking events such as family pressure, work demands and illness. Our plan continues to meet in the room as far as is agreeable.

Attachment / Schema groups involve an integration of understanding of attachment needs, which underlie all human motivational systems, with Schema Therapy.



These groups transform hard-to-treat patterns of avoidance and anxious pre-occupation that undermine healing, into restorative and nurturing experiences. The positive outcomes measures are assertiveness, increased esteem, openness and flexibility, plus reduced depression, impulsivity/addiction. The groups have a focus of moving individuals from insecure to secure attachment, enhancing emotional regulation, & reducing distressing patterns of mood disturbances that can disrupt the relationships of well-meaning individuals.

Each of CPT's interventions with individuals and families increase emotional capacity, build and access new resources and decrease the feeling of isolation. CPT's interventions have been shown to increase secure attachment, which is linked to increased caregiving, affiliation, emotional intimacy, as well as improving motivation and goal-setting.

Addiction Prevention / Recovery Groups



CPT's addiction treatment and prevention works with individuals to modify damaging coping responses that block healing. We foster connection and openness as antidotes to emptiness and shame.

Helping the Helpers

CPT and its funders continue to run initiatives to support those in helping professions, including nurses, health visitors, lawyers, GP's, those in church ministry and psychologists and their families, supporting those whose vocation has led them to be with others at the hardest times of life. Because of its depth and breadth of application, Schema Therapy has several tools to help therapists to maintain resilience: 'Self-Practice/Self-Reflection', Dr Joan M Farrell, and Ida A Shaw.



Psychoeducation groups 'Learning to Live, Learning to Love'



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to unpack the conflicts that arise in individual and family life. The men and women who participated in groups experienced improvement in their anger management, intimacy, assertiveness, and lowering of anxiety and depression.



"This has changed my understanding of myself, and given me information I wish I'd had in my twenties, I wouldn't have struggled so much in mid-life" Geraldine, 55

Couple and Family Therapy

When we make sense of love, we can shape loving connections. Love calms and comforts the neurons in the brain. Our closest relationships are the regulators of physiological and emotional functioning. Couples therapy is about bonds, not bargains, or how contented we can be, it's about being emotionally accessible to one another.

Change takes place through heightened emotions and a strong alliance. CPT holds 'Hold Me Tight' workshops and we've been able to hold eight workshops in the room, helping three, four or five couples each time.

Training

Our Training Department continues under the guidance of Dr Sullivan, who provides professional development workshops in schema therapy, emotionally-focused couple and family therapy and self reflection/self practice for professionals working in a wide variety of clinical and forensic settings in the UK.

In addition to this, CPT's Training School focuses on its Advanced Diploma in Counselling and the *Learning-to-Live, Learning-to-Love* curriculum, a psycho-educational course.

Skills acquisition and learning requires an environment which models the safety of the therapeutic relationship. As an essential part of learning, students explore their own philosophical, spiritual and moral values and examine the impact of these on practice. Training takes place in small groups, where considerable interaction with trainers facilitates the learning process. In addition, CPT provides placement opportunities for practitioners working with complex clients in individual and group settings.

It is very important in the current climate that psychological professional training programmes continue apace so that trainees graduate and enter the workforce as soon as feasible.

More than ever, these skilled individuals are needed to ensure capacity to support the surge in need.

The Trustees determined that through the Level 4 Diploma and the work of the Schema Therapy Institute London, CPT should continue to support the development of trainees, including ensuring sufficient access to quality supervision. The Level 4 training, which last year took full advantage of Zoom functionality, using breakout rooms for practice and feedback, has begun to meet at times in the room.

Trainees learn about the importance of supervision and clinical management of client work; we provide placement opportunities for applying theory in individual and group settings.

The CPT Advanced Diploma in Counselling Practice (NCS Accredited Level 4 equivalent, 450 g.l.h) had a cohort of 16 trainees. With the emergence from lock down, we were able to return to teaching in the classroom, whilst also continuing with the benefits of online learning via Zoom. We successfully delivered 240 hours of professional counselling training through a blend of 70% in the room and 30% online training days.

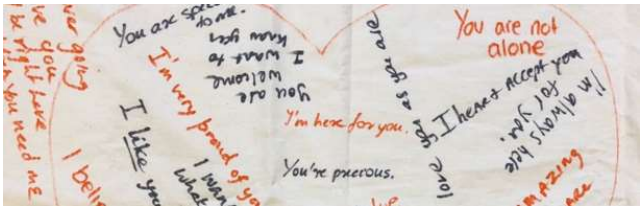


Schema Therapy Certification Trainings Approved by the ISST

Approved by the International Society of Schema Therapy (ISST), CPT has created a centre of Excellence, with the Schema Therapy Institute, London, the only centre in the UK / Europe, approved by the International Society (ISST) to provide four full certification programmes to Standard and Advanced levels. Dr. Sullivan holds the responsibility and demonstrated expertise in each of these disciplines and her energy has adapted and promoted each of these programmes to online accreditation and successful delivery this year, as it was last:

- Individual Schema Therapy
- Group Schema Therapy
- Schema Therapy for Auxiliary Professionals
- Child/Adolescent Schema Therapy

Where prioritisation decisions are needed, training programmes that expand the workforce are prioritised. CPT's planned expansion of its other training programmes is continuing in order to maximise workforce capacity into future years. In an effort to extend the practice and effectiveness of Schema Therapy to a greater number and range of treatment settings in the UK, the Schema Institute was the second centre world-wide to offer specialist auxiliary certification training in Schema Therapy for nurses, occupational



therapists, social workers, probation officers and mental health teams.
Between September 2022 and August 2023 there were 16 days of Individual Schema Therapy Certification training with 12 people trained. There were 8 days of Auxiliary Professional Schema Therapy Certification training with 7 people trained.

Group Schema Therapy Certification Training

The data seems to suggest that, in some situations, schema therapy can work more swiftly in a group, or when group therapy is added to individual therapy.



Groups, in their nature of being like a family, can provide a strong re-parenting vehicle to effect change in individuals with personality disorders. Treatment dropout rates are far below other group treatment approaches. The group process seems to catalyse some aspects of the change process that may be slower in individual work.

This year, 30 trainees from primary, secondary and forensic mental health settings across the UK, completed Group Schema Therapy Certification training held at CPT.

Community Work



Compassionate people, transforming lives

In February this year, with wise spatial awareness, we moved everything back into room 24! This reduced overheads and has been hugely successful.
The relationship established in 2019 with the London Film School to provide short-term psychological services to students in crisis, continues. It is a significant resource for the students, particularly those who live on the other side of the world. We have supported many students, enabling them to feel stable enough to finish their course.

Charity Log

We continue to benefit from the purchase of Charitylog; a web service, contact management system.

Some History

Since 1993, CPT has followed research and applied evidence-based clinical approaches to meet the need in our community. We've consistently fought the stigma of emotional/mental ill health, and safely worked in three domestic violence shelters, giving women hope and skills for healthier relating.

CPT used its influence and expertise first in Brent and then Hammersmith & Fulham, working with clients of every demographic, and sitting on Brent's Domestic Violence Forum and later the LBH&F's Domestic Violence Specialist Services Group; contributing to furthering understanding of it and helping development of the response to domestic violence towards the point where it is now.



2022-2023 has been the year of celebrating 30 years the since inauguration of the Charity in August 1993

Our 30th Birthday!



Trustees: A Garden Party

Thanks to the idea and generosity of one of our trustees, John Sturt, we were invited to join with another charity of which he is also a trustee, The Turville School Trust, to hold a garden party in his garden on June 4th.

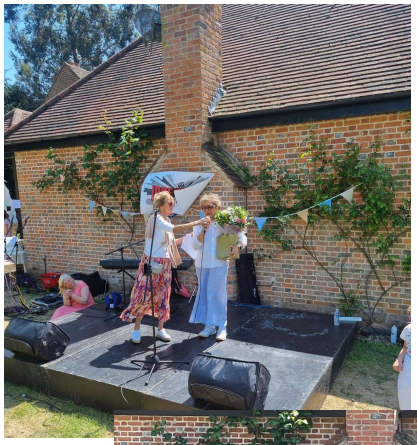


It's a relief and the happiest of experiences when THE day is as exceptional as 4th was – north-to-south and east-to-west sunshine with a slight breeze and rich blue skies!

A leisurely, country-style, fun-filled, delicious afternoon and, as a result, we have many people to appreciate: the entire Sturt family, who shouldered the most, including pony rides, face painting, a bouncy castle and days of clearing up, etc.: COOK for their generosity, and that of the Cambridge Samosa Company, Gwen Ventris who patiently and professionally oversaw and wrote the minutes of each planning meeting from January until the end of May. Ian MacEwan who brought The Irregulars a reggae and ska band, Tiff Kertesz and Rebecca Duckworth, and Adrian Cooke of Datarhyme who amplified their beautiful voices. Graham Weller of Partyline, stepped in at the last moment with the Hog Roast. The Turville Trustees and CPT volunteers worked together and Bob (who manned the bar) with his band of helpers made erecting and taking down the marquee seem easier than most of us would find it to put up a two-man tent!

Agnes Sullivan spoke about our work and thanked all our supporters and volunteers, and everyone who had turned out on the day to join in the activities and bid on the auction. Lissa spoke on behalf of the trustees, drawing special attention to Peter Davidson and Max, his son, who guided and enabled CPT to shift from small, effective beginnings to the fuller vision which crescendoed from the move to Fulham Palace in 2004. The Strap line competition, which ran alongside ticket sales, discovered the new description for CPT

Compassionate people, transforming lives





Appreciation for Support and Funding

Our charity doesn't exist without the thoughtful, practical and tireless work of many people. There are too many to name. If you are reading this, you may be one of them, and I do hope that we've already expressed our heartfelt appreciation. During this period, we would like especially to mention Kate Lumsden of The Fitton Trust, Barbara Robson of The Maurits Mulder Canter Charity, Robert Rolls of Robert Rolls Fine Wine and Victoria Mitchell, all of whom have been personally generous and particularly responsive to us.

All of our friends, the people who share our heart's desire that therapy facilitates genuine

change, are of vital importance to CPT. Our volunteers are accountants, chefs, lawyers, musicians, people who transport people to places and items to the tip. During this year, someone constructed a 4-drawer filing cabinet from 70 pieces, others pray for us, our clients and their families, or buy pieces of carpet to cover up stains! Each person an invaluable cog in the oiled wheel.

Once again, I speak personally, and on behalf of all the volunteers and trustees of CPT, to express thanks to Agnes Sullivan, whose sensitivity to the fine-tuned, non-negotiable elements of good clinical work are an inspiration to us. The time she spends supporting, guiding, and giving to the Trust keeps the charity safe. As therapists, we learn a lot from her about where compassion and empathy meet professional and Christian values and ethics … at a depth I've not met before.

We have a long list of people to thank in addition for their support during the year, they include Cathy Vasey for master-minding the Auction, Agnes, Cathy, Stacey Forrester-Charles and Rachel Chandler for their excellent Level 4 training course, and Rachel Blythe and Gabriella Csaszlava.

We so appreciate the contributions of David Hews, the Hammond Giles, the Heathcoat Amory's, Anthea Del Mar, The Swallows, The Sants Charitable Trust, The Ashley Charitable Trust, Mr Andrew Ingram, Mrs Scouller, Richard Cotton, Geoff Bowman, Jays Shortt, Mr Dickson, Laurianne Brophy and family, and the entire Turville Trust team.

At home, in Hurlingham Studios, we continue to appreciate 'Matthew's Room' from the Matthew Elvidge Trust, which represents Hamish Elvidge's funding from the charity and his kindness towards our work.

We are privileged to be a part of so many peoples' journeys of healing.







OUR 30TH BIRTHDAY!









GARDEN PARTY

The IRREGULARS




IRREGULARS






Garden
Party






SWEETS £1






IRREGULARS



Legal Status and Organisation

The charity was incorporated on 27 August 1993 as a company limited by guarantee and not having a share capital, and is therefore governed by its Memorandum and Articles of Association. The liability of the members is limited to £1. The number of members with which the company is registered is two. Members have full power and discretion as to the admission or refusal of any person as a member.

Management is in the hands of a Board of Trustees, which meets three times a year. Minutes and proceedings of the Trustees are prepared for each meeting. The Board is made up of a composite of skills and consists of representatives from other Christian and professional counselling organisations, and others with an interest in the education and well-being of individuals and families.

The Chairman (elected by the Trustees) presides at Trustee meetings. Every matter is determined by a majority of the Trustees present at the meeting and voting on each question. In the case of equality of votes on any question, the person presiding as chairman of the meeting has a second (casting) vote.

The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee. Appointment of Trustees is governed by the Memorandum and Articles of the charity.

Principal Aim and Objective

CPT's main object, as stated in the charity's Memorandum, is the maintenance, advancement and promotion of the Christian faith and the advancement of the education of the public. Trustees have a more comprehensive description of our work to be reflected in this wording. The Trustees have proposed the following: "The Objects for which the Company is established are the provision of a change process through professional one-to-one counselling and group work for the advancement of Christian compassion and principles. We have no expectation that clients practise any form of faith or religious belief. We also emphasise that each volunteer makes commitments that are based on professional ethics, and a driving concern for client self-determination."

Accounts

Trustees' responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2023. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company's policy on reserves

The Trust established a reserves guideline thirteen years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. This amount currently equates to approximately £60,000. The trustees will be addressing the matter of increasing these Funds within the next two years to the level required by the above policy.

Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically conduct system audits and risk assessments to ensure that these procedures continue to correspond with the needs of the charity.

Examples of specific risks include:

- Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling).
- Having to vacate premises – for example, in the event of non-extension of lease or reasons outside of the Trust's control.
- Reduction in numbers of volunteers/ and or/ professionally trained staff due to relocation, changes in family circumstances or illness.

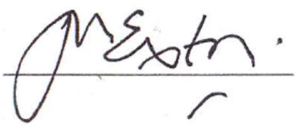
Although most of these risks materialised we worked to mitigate them during the course of this financial year.

Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities.

Signed on behalf of the Board of Trustees

Michael Exton
Secretary
Date: 25th May 2024



Accountants' reports to the Trustees

On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2023

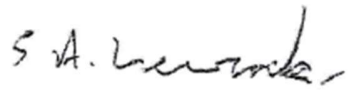
In accordance with the engagement letter dated 2 November 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes, from the accounting records and information and explanations that you have given me.

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, and state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with technical guidance issued by the Association of Chartered Certified Accountants, and have complied with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



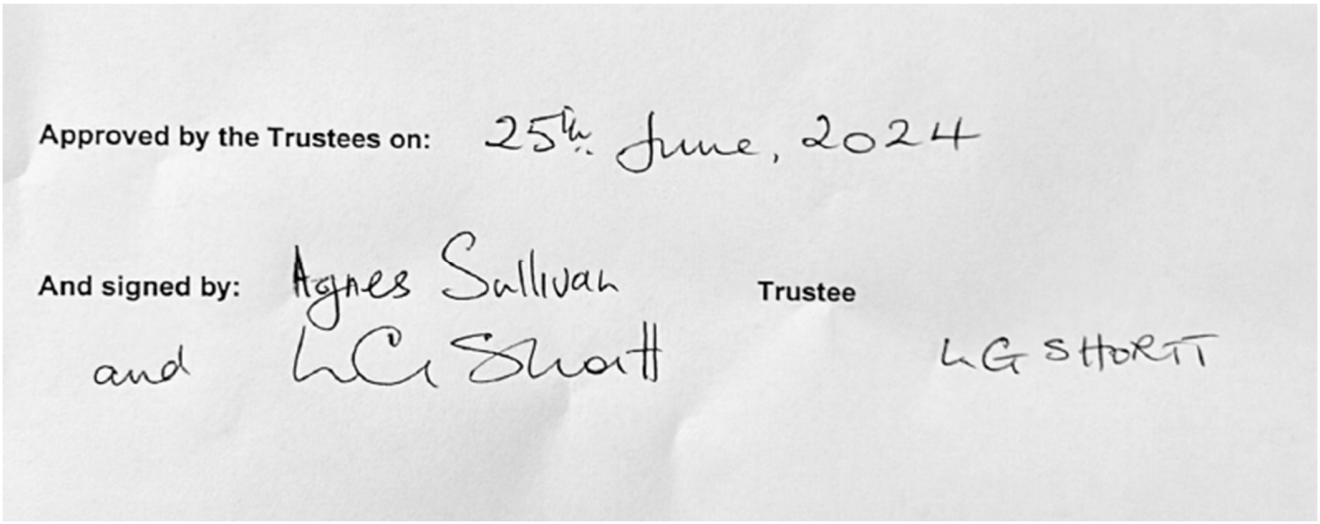
SIMON LEWCOCK
Chartered Certified Accountant
Windsor Lodge
Millfield Road
Hounslow
Middlesex
TW4 5PN

Statement required by Section 475(2) of the Companies Act 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).



Notes to the Accounts

for the year ended 31 August 2023

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has taken advantage of the exemption in Financial Reporting Standard No.102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

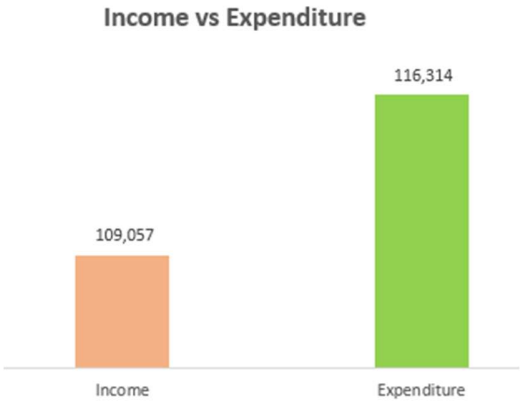
1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

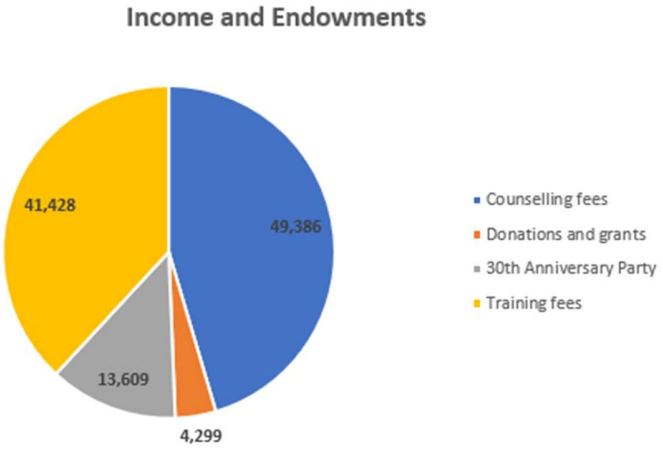
1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

2023 Income and Expenditure Summary

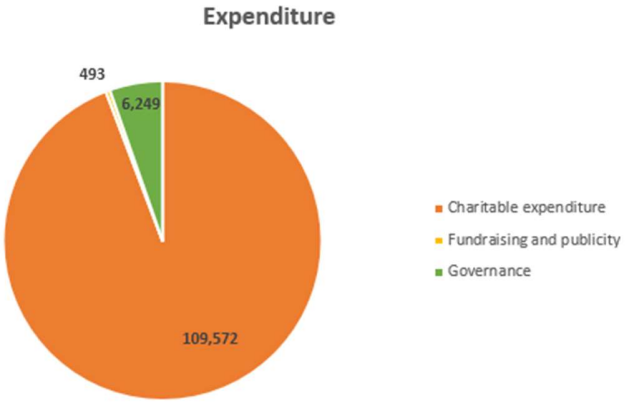


2023 Income of £109,057 compared to expenditure of £116,314



2023 income was split as follows:

- **45% from Counselling fees**
- **38% from Training Fees**
- **13% from 30th Anniversary Party**
- **4% from Donations and Grants**



Almost all expenditure was Charitable Expenditure, which is comprised of the administration costs of running the charity

Appendix: 1 Sept 2022 to 31 Aug 2023 Accounts

COUNSELLING PASTORAL TRUST

(A charitable company limited by guarantee)

REPORTS AND ACCOUNTS
Year ended 31 August 2023

Company No: 2848495

Registered Charity No: 1027526

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2023.

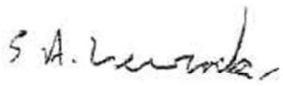
In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting records and information and explanations that you have given me

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, ans state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with the technical guidance issued by the Association of Chartered Certified Accountants, and have compiled with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the Balance Sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
Hounslow
Middlesex TW4 5PN

24th May 2024

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2023

	Note	£	2023 £	£	2022 £
FIXED ASSETS					
Tangible Fixed Assets for charity's use	6		3,404		4,540
CURRENT ASSETS					
Debtors	7	5,000		12,523	
Cash at Bank and in Hand		9,557		24,198	
		14,557		36,721	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	9,555		15,919	
NET CURRENT ASSETS			5,002		20,802
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR					
Loan	9		(26,533)		(36,212)
TOTAL ASSETS			(18,127)		(10,870)
CAPITAL AND RESERVES					
Capital	10		0		0
Income and Expenditure Account					
Restricted Funds	11		13,136		11,136
Unrestricted Funds	11		(31,263)		(22,006)
			(18,127)		(10,870)

STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on: 25th June, 2024

And signed by: Agnes Sullivan **Trustee**

and L G Shortt L G SHORTT

COUNSELLING PASTORAL TRUST
(a company limited by guarantee)
Statement of Financial Activities
For the year ended 31 August 2023

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income and Endowments					
Counselling fees		0	49386	49,386	67,882
Donations and grants		2,000	2,299	4,299	4,624
30th Anniversary Party		0	13,609	13,609	0
Gift Aid		0	281	281	0
Training fees		0	41428	41,428	13,752
Interest		0	54	54	14
Total income		**2,000**	**107,057**	**109,057**	**86,272**
Expenditure					
Charitable expenditure	2	0	109,572	109,572	119,907
Fundraising and publicity	3	0	493	493	267
Governance	4	0	6,249	6,249	3,112
Total expenditure		**0**	**116,314**	**116,314**	**123,286**
Net income / (expenditure) for the year		**2,000**	**(9,257)**	**(7,257)**	**(37,014)**
Balance brought forward at 1 September 202		11,136	(22,006)	(10,870)	26,144
Balance carried forward at 31 August 2023		**13,136**	**(31,263)**	**(18,127)**	**(10,870)**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2023 (continued)

1. Accounting Policies

1.1 Basis of preparation of accounts
The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has aken advantage of the exemption in Financial Reporting Standard No. 102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation
Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income
Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with associated costs included in fundraising costs. No permanent endowments have been received in the period.

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

1.5 Fundraising costs
Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs
Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2023 (continued)

2. Charitable Expenditure

	Restricted £	Unrestricted £	2023 Total £	2022 Total £
Administration	0	8,137	8,137	0
Bank charges & interest	0	2898	2,898	2,068
Catering	0	135	135	571
Cleaning	0	2353	2,353	1,555
Counselling & Lecturer	0	32,574	32,574	55,586
Consultancy	0	1,050	1,050	0
Depreciation of equipment	0	1,136	1,136	1,514
30th Anniversary Party	0	6,326	6,326	0
Insurance	0	747	747	762
I.T. & website costs	0	6,444	6,444	8,344
Literature & materials	0	0	0	183
Maintenance & repairs	0	0	0	400
Printing and stationery	0	2,780	2,780	3,353
Rent and rates	0	30,716	30,716	33,260
Subscriptions	0	4,517	4,517	5,181
Telephone	0	6,371	6,371	3,413
Travel & accommodation	0	347	347	1,198
Utilities	0	3,041	3,041	2,519
	0	**109,572**	**109,572**	**119,907**

3. Fundraising & Publicity

Administration	0	175	175	0
I.T.& website costs	0	139	139	179
Marketing & Advertising	0	70	70	0
Printing and stationery	0	43	43	52
Telephone & office supplies	0	66	66	36
	0	**493**	**493**	**267**

4. Governance

Accountant's fees & expenses	0	700	700	800
Administration	0	438	438	0
Catering	0	7	7	30
I.T	0	346	346	449
Insurance	0	747	747	762
Legal costs	0	3,021	3,021	0
Printing and stationery	0	43	43	52
Rent & rates	0	788	788	852
Telephone & office supplies	0	131	131	70
Travel & accommodation	0	28	28	97
	0	**6,249**	**6,249**	**3,112**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2023 (Continued)

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
at 1 September 2022	8,263	27,248	35,511
Additions	0	0	0
Disposals	0	0	0
at 31 August 2023	8,263	27,248	35,511
Depreciation			
at 1 September 2022	7,133	23,838	30,971
Charge for the year	283	853	1,136
Disposals	0	0	0
at 31 August 2023	7,416	24,691	32,107
Net Book Value			
at 31 August 2023	847	2,557	3,404
at 31 August 2022	1,130	3,410	4,540

7. Debtors

	2023	2022
	£	£
Gift Aid	300	5,862
Rent Deposit	3,500	3,500
Prepaid expenses	1,200	3,161
	5,000	12,523

8. Creditors: amounts falling due within one year

	2023	2022
	£	£
Accounts payable	0	5,711
Credit card account	105	125
Bounce back loan	8,333	8,333
Accrued expenses	1,117	1,750
	9,555	15,919

9 Creditors: amounts falling due after more than one year

	2023	2022
	£	£
Bounce back loan	26,533	36,212
	26,533	36,212

10 Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2023 (Continued)

11 Funds

		Balances 1 Sep 2022	Income and Endowments	Expenditure	Balances 31 Aug 2023
		£	£	£	£
Restricted Funds	**Provided by**				
To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	4,515	0	0	4,515
Helping those who are disadvantaged in Fulham	Dr Edwards & Bishop King	1000	-	0	1,000
To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	845	0	0	845
For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	3,908	0	0	3,908
Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	868	0	0	868
Counselling work in keeping families together	Mauritis Mulder	0	2,000	0	2,000
		11,136	**2,000**	**0**	**13,136**
Unrestricted Funds					
General Fund		(22,006)	107,057	(116,314)	(31,263)
		(22,006)	**107,057**	**(116,314)**	**(31,263)**

COUNSELLING PASTORAL TRUST

England & Wales - Charity number 1027526

Accounts

The Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)
Company No: 2848495
Registered Charity No: 1027526

Annual Report and Accounts 1st September 2021 to 31st August 2022



Established in 1993, the Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from chronic stress/anxiety and depression.



CPT moved from their Covent Garden offices to Hurlingham Studios at Putney Bridge in 2020. The offices were re-configured to provide a more accessible and flexible space.

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Review of Activities 7
Group Work 8
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Executive Summary

Counselling Pastoral Trust was formed to keep families together and give support for reconciliation in intimate relationships.
As we have lived through another year of the pandemic our work has become more important than ever. Covid lockdowns and unpredictability resulted in unbearable distress and a pressing need to face problems, which, in many cases had been suppressed until Covid.

"Psychological therapy services are essential services that save lives."

Having relocated last year to create a space that is accessible and flexible to be able to meet clients face to face when this is again possible, and to continue with Schema Therapy Training, we have seen psychotherapy playing a vital role in helping individuals address the psychological and behavioural health impacts of the COVID-19 pandemic.

It has also been essential that our professional training programmes have continued throughout the pandemic, so that trainees graduate and enter the workforce in the UK as soon as feasible. These individuals are needed to ensure capacity to support the surge in need resulting from the pandemic.

We determined throughout the year that our services should continue to support the development of trainees, including ensuring sufficient access to quality supervision adapted for remote delivery. We also determined that our most senior and experienced practitioners needed to be maintained in role and where possible full time administrative support be added to help plan and deliver the right psychological responses now and into the future.

This is a time of shared suffering. There are few among us who is unaffected by the pandemic, the war in Ukraine and fears of a downturn in the economy. At the end of what has been a very challenging year, we are keen to promote a message of hope that comes from healing relationships; to penetrate the isolation that is inherently so traumatising to human beings, and to restore emotional connection, which is curative.

"This is a time of shared suffering. There are few among us who are unaffected by these extraordinary events."

Our staff and volunteers continue to feel privileged to support our clients' courage and determination as they make powerful changes in their lives, and that of their families.

General information

Company Number:	2848495
Charity Number:	1027526
Registered Office:	Suite 24, Ground Floor Hurlingham Studios Ranelagh Gardens London SW6 3PA
Trustees:	M. Duckworth A. Sullivan R. Chandler L. Shortt C. Vasey J. Francis E. Ferris J. Sturt
Bankers:	National Westminster Bank plc Finsbury Square Branch
Reporting Accountant:	Simon Lewcock FCCA Windsor Lodge Millfield Road Hounslow Middlesex TW4 5PN

Objectives and Achievements

Individuals who experience trauma as children do not just get over it. The consequences for physical and emotional health can last a lifetime.

CPT acts as an advocate for families, building awareness of how emotional connection and sharing insulates individual family members against depression, anxiety, addiction, poor relationships and many other problems in adulthood. Trauma produces profound helplessness in children. If the trauma is not addressed and children not permitted to express their overwhelming feelings, they will begin to shut down to survive. Later on, even if help becomes available, the growing adolescent/adult may not be able to take in care when it is offered, continuing instead to suffer in isolation. Even though, as adults, some victims of early trauma go on to have families of their own, their emotions and relationships are dogged by reactive patterns of instability and dysregulation.

When one family member receives help there is a real opportunity to transform the lives and the futures of all family members. Close, meaningful relationships offer refuge and nurture for children, and stability and love for adults. Whenever relational bonds break down, the effects are distressing. The counselling and psychotherapy delivered by CPT is designed to help individuals steer away from patterns of relating and behaviours, which prevent them meeting each other's core emotional needs.

The charity sees 250+ individuals and families per week, aiding recovery from chronic mood and personality disorders, alcohol and substance abuse.

Our programmes are structured with a ripple effect so that those who have had change are able to transfer this benefit to others in their families and community.

CPT operates from a site in Hurlingham Studios at Putney Bridge. CPT receives grants and financial support from larger charities and companies as well as individual donations from beneficiaries of its programmes who want to ensure others can benefit from similar help.

It is widely known that although wealth does not insulate an individual from suffering, the challenges facing individuals with limited financial means who run into psychological or emotional difficulties can feel insurmountable because of the lack of resources and consistency of publicly funded services.



We are hugely grateful to grant-givers and friends who speak publicly and lend their support for CPT's work. Through its fundraising and volunteerism, CPT endeavours to keep its therapy affordable, delivering varying levels of bursary to > 70% of its clients. Due to Covid, we were able to benefit from a grant, part of the government's support for charities, which provided stabilisation.

The most common childhood mental disorders include anxiety disorders, depression, panic and attention deficit hyperactivity disorder (ADHD). Despite the proof that effective counselling and psychotherapy can relieve the suffering of the vast majority of

those young people suffering from mental health problems, there remains across the UK, a shortage of trained professionals who can work to provide the high-quality long-lasting services that are needed. NHS waiting lists range from months in and around London to approaching a year in other areas of the UK.

CPT believes that breaking down stigma requires individual and collective activity. It is estimated that, despite debilitating social, emotional and physical effects, over half of those experiencing moderate to severe emotional/mental illness do not seek professional help or other forms of medical treatment through their GP. To address this gap in necessary help, CPT is providing

SCHEMA therapy institute

Schema Therapy clinical training for professionals. CPT offers training via its **Schema Therapy Institute** and **CPT's Training School.**

In 2009, CPT established the **Schema Therapy Institute**, to train counsellors and psychotherapists/psychologists in individual, group and child and adolescent schema therapy. The training and certification programme is approved by the International Society for Schema Therapy (ISST).

Through the Institute, CPT provides Schema Therapy practitioner training to psychologists, psychotherapists and psychiatrists working in the NHS, forensic and private settings, determined to deliver effective help to so-called 'treatment failures,' i.e. individuals who have remained un-helped and sometimes made more hopeless by traditional methods of psychotherapy such as CBT or psychodynamic psychotherapy.

Significant numbers of those who come for psychological help and experience change, feel secure and motivated to go on to train to help others.

We depend on grants and the generosity of partners and our volunteers for this to be sustainable.

CPT's Training School trains professionals who are coming to counselling as a second career and those who use counselling skills in the course of their work. We train students from introductory (Level 2), intermediate (Levels 3 / 4) and advanced levels of counselling/psychotherapy practice (Levels 5 & 6). All individual one-to-one counselling, group work, couples therapy and family counselling at CPT is provided by therapists with a minimum of 4 years professional training in counselling. Volunteer therapists offering their services at CPT have obtained professional certification and are in supervised practice or supervised training for accreditation by the National Counselling Society (NCS) or BACP (British Association for Counselling and Psychotherapy), and the UKCP (United Kingdom Council for Psychotherapy). In partnership with other agencies, including churches, CPT encourages community involvement in supporting vulnerable individuals and families, and is a member of the Children & Young Peoples Mental Health Coalition.

Children & Young People's Mental Health Coalition

ISST
International Society of Schema Therapy

Review of Activities



CPT's Founder and Principal, Agnes Sullivan is a Consultant Counselling Psychologist (HCPC Registered) and an Advanced Certified Schema Therapist, Supervisor and Trainer who works to maintain standards of professional psychotherapy practice in community settings by promoting the knowledge, training, supervision and adherence to a professional code of ethics.

CPT's mission is to establish accessible and effective psychological help, delivered from within the community so that effective counselling can be an everyday provision. CPT pioneers activities that are inclusive, to reach those on the margins of society who have mental health problems.

Part of my role as CPT Principal, whether psychotherapy or psychotherapy training is conducted in person or online, has been to ensure that high quality treatment is made available to the broadest number of individuals and families.

During this year, in this time of shared suffering from lockdown restrictions and the fear and trauma triggered by Russia's invasion of Ukraine, there are few among us who are unaffected by extraordinary events. Demonstrating empathy and appropriate self-disclosure in working together with clients helps all of us optimally manage this crisis. Paradoxically, as we strive to establish even better connections with our clients/patients during difficult times, connecting with them has become even more complicated.

Use of online platforms such as Zoom, to deliver psychotherapy remotely was once a relatively unpopular mode of treatment delivery. However, it became the mainstay of psychotherapy and training practice during the pandemic. Some clients, who moved far out of London, continue to need on-line, and we are still in discussion about in-person and online. Now that government guidelines have changed, the experience of beginning to move back into the room has all been positive. The factors generated from emotional and physical presence combined strengthen outcomes and make it more fulfilling for therapists and clients.

I am proud to see that as a response to the pandemic and the war in Ukraine, CPT's qualified professionals have increased their commitment, and have continued to volunteer thousands of hours in counselling and training provision each month to support our therapeutic activities of individual, group, family and couples therapy. Since CPT's operations moved online client and training has continued consistently.

Assessment and Individual Therapy

Regardless of the nature of the presenting problem, all therapy begins with assessment. During the assessment, several measures are conducted to determine the severity of symptoms and pervasiveness of problems in a person's life. This year, CPT has conducted both in the room and online assessments, although online offers many benefits.

Individual schema therapy is designed to meet specific emotional needs in an individual's life which, if they remain unmet, will continue to cause repetitive problems in his/her intimate relationships, job, social network and ability to be stable when with others, or alone.

We are continuing to make clinical judgements about the best method of delivery, which have been based on balanced individual assessment of the risks and need, (including Covid infection) taking into account the available measures to reduce risks. In addition, this has meant quite an adjustment

for counsellors and trainers and has taken focused effort and resource to plan and deliver remotely what previously would have indicated face to face psychotherapy in the room. Decisions about the method of delivery have been made in collaboration with service users, and where appropriate their families, with clear information being provided about safe options. Client preferences have been consistently recorded.

Group Work

Attachment / Schema Groups

All groups including CPT's Attachment/Schema Mode Groups moved online last year, and continue online, offering individuals a stable base of regular weekly group sessions, in which members feel seen, heard and understood amidst anxiety-provoking events such as lockdown, family pressure, work demands and illness. Our plan over the next 12 months is to meet in the room as far as is agreeable.

Attachment / Schema groups involve an integration of understanding of attachment needs, which underlie all human motivational systems, with Schema Therapy.



These groups transform hard-to-treat patterns of avoidance and anxious pre-occupation that undermine healing, into restorative and nurturing experiences. The positive outcomes measures are assertiveness, increased esteem, openness and flexibility, plus reduced depression, impulsivity/addiction. The groups have a focus of moving individuals from insecure to secure attachment, enhancing emotional regulation, & reducing distressing patterns of mood disturbances that can disrupt the relationships of well-meaning individuals.

Each of CPT's interventions with individuals and families increase emotional capacity, build and access new resources and decrease the feeling of isolation. CPT's interventions have been shown to increase secure attachment, which is linked to increased caregiving, affiliation, emotional intimacy, as well as improving motivation and goal-setting.

Addiction Prevention / Recovery Groups



CPT's addiction treatment and prevention works with individuals to modify damaging coping responses that block healing. We foster connection and openness as antidotes to emptiness and shame.

Helping the Helpers

CPT and its funders continue to run initiatives to support those in helping professions, including those in church ministry and psychologists and their families, supporting those whose vocation has led them to be with others at the hardest times of life. Because of its depth and breadth of application, Schema Therapy has several tools to help therapists to maintain resilience: 'Self-Practice/Self-Reflection', Joan M Farrell, and Ida A Shaw.



Psychoeducation groups 'Learning to Live, Learning to Love'



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to unpack the conflicts that arise in individual and family life. The men and women who participated in groups experienced improvement in their anger management, intimacy, assertiveness, and lowering of anxiety and depression.



"I wish I'd done this course when I left school. It's changed me, and how I see others" Gordon, 33

Couple and Family Therapy

When we make sense of love, we can shape loving connections. Love calms and comforts the neurons in the brain. Our closest relationships are the regulators of physiological and emotional functioning. Couples therapy is about bonds, not bargains, or how contented we can be, it's about being emotionally accessible to one another.

Change takes place through heightened emotions and a strong alliance. CPT holds 'Hold Me Tight' workshops and, in line with current government guidelines, we've been able to hold eight workshops in the room, helping three, four or five couples each time.

Training

Under the professional leading of Dr. Agnes Sullivan, the Schema Institute conducts specialist professional development workshops in schema therapy, emotionally-focused couple and family therapy and self reflection/self practice for professionals working in a variety of clinical and forensic settings in the UK.

In addition to this, CPT's Training School focuses on its Advanced Diploma in Counselling and the *Learning-to-Live, Learning-to-Love* curriculum, a psycho-educational course.

Skills acquisition and learning requires an environment which models the safety of the therapeutic relationship. As an essential part of learning, students explore their own philosophical, spiritual and moral values and examine the impact of these on practice. Training takes place in small groups, where considerable interaction with trainers facilitates the learning process. In addition, CPT provides placement opportunities for practitioners working with complex clients in individual and group settings.

It has also been very important that psychological professional training programmes continue throughout the pandemic, so that trainees graduate and enter the workforce as soon as feasible.

More than ever, these skilled individuals are needed to ensure capacity to support the surge in need resulting from the pandemic.

The Trustees determined that through the Level 4 Diploma and the work of the Schema Therapy Institute London, CPT should continue to support the development of trainees, including ensuring sufficient access to quality supervision. The Level 4 training, which last year took full advantage of Zoom functionality, using breakout rooms for practice and feedback, has begun to meet at times in the room.

Trainees learn about the importance of supervision and clinical management of client work; we provide placement opportunities for applying theory in individual and group settings.

The CPT Advanced Diploma in Counselling Practice (NCS Accredited Level 4 equivalent, 450 g.l.h) had a cohort of 16 trainees. With the emergence from lock down, we were able to return to teaching in the classroom, whilst also continuing with the benefits of online learning via Zoom. We successfully delivered 240 hours of professional counselling training through a blend of 70% in the room and 30% online training days.

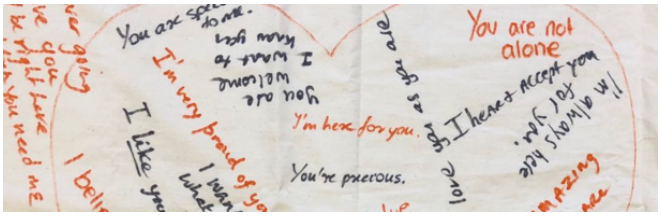


Schema Therapy Certification Trainings Approved by the ISST

Approved by the International Society of Schema Therapy (ISST), CPT has created a centre of Excellence, with the Schema Therapy Institute, London, the only centre in the UK / Europe, approved by the International Society (ISST) to provide four full certification programmes to Standard and Advanced levels. Dr. Sullivan holds the responsibility and demonstrated expertise in each of these disciplines and her energy has adapted and promoted each of these programmes to online accreditation and successful delivery this year, as it was last:

- Individual Schema Therapy
- Group Schema Therapy
- Schema Therapy for Auxiliary Professionals
- Child/Adolescent Schema Therapy

Where prioritisation decisions are needed, training programmes that expand the workforce are prioritised. CPT's planned expansion of its other training programmes is continuing in order to maximise workforce capacity into future years. In an effort to extend the practice and effectiveness of Schema Therapy to a greater number and range of treatment settings in the UK, the Schema Institute was the second centre world-wide to offer specialist auxiliary certification training in Schema Therapy for nurses, occupational



therapists, social workers, probation officers and mental health teams.
Between September 2021 and August 2022 there were 16 days of Individual Schema Therapy Certification training with 12 people trained. There were 8 days of Auxiliary Professional Schema Therapy Certification training with 7 people trained.

Group Schema Therapy Certification Training

The data seems to suggest that, in some situations, schema therapy can work more swiftly in a group, or when group therapy is added to individual therapy.



Groups, in their nature of being like a family, can provide a strong re-parenting vehicle to effect change in individuals with personality disorders. Treatment dropout rates are far below other group treatment approaches. The group process seems to catalyse some aspects of the change process that may be slower in individual work.

This year, 12 trainees from primary, secondary and forensic mental health settings across the UK, completed Group Schema Therapy Certification training held at CPT.

Community Work



The rooms achieved as a result of alterations in Suite 24 are so accommodating that we have been able to hold trainings here on site. This has been helpful in many ways; saving on room hire, and saving time, which it took to find appropriate rooms.

Hold Me Tight couples sessions on Saturdays are now held at Hurlingham Studios, as is our training.

Good relationships have followed CPT throughout 29 years. We appreciated James Darby letting us know that he was releasing Room 15 in September 2021. This additional administrative space for telephones and the duty counsellor desk, has allowed more space for in-house training, self-therapy, family and couple therapy and Level 4 training downstairs.

During the year, as government guidelines eased, the National Counselling Society's request that Level 4 be 70% face to face and 30% on Zoom, has been welcomed by trainees and trainers alike.

The relationship established with the London Film School to provide short-term psychological services to students in crisis, continues. It is a significant resource for students, particularly those who live on the other side of the world. During 2021-2022 CPT's contract with the London Film School has strengthened; throughout the year we have supported many students, enabling them to continue and/or finish their course.

Our focus has been on meeting the need, as so many people are presenting for therapy, and keeping our volunteer family refreshed – we managed this year to have a small but fun Christmas party!



Charity Log

This year, we continue to benefit from the purchase of Charitylog; a web service, contact management system, which provides a centralised place to keep all our data.

Appreciation for Support and Funding

Our charity doesn't exist without the thoughtful, practical and tireless work of many people. There are too many of these to name. If you are reading this, you may be one of them. During this period, we would like to mention Kate Lumsden of The Fitton Trust, and Alexander Hoare of The Golden Bottle Trust, both of whom have been especially responsive at this time, the Dr Edwards & Bishop Kings' Fulham Charity and Mr Michael Dobson. CPT continues to pay off the government loan, which we had taken advantage of, to stabilise the charity.

Our friends, the people who share our heart for change, are so dear to us. I speak personally, and on behalf of all the volunteers and trustees of CPT, when I express my appreciation of Agnes Sullivan, whose sensitivity to the fine-tuned, non-negotiable elements of good clinical work are an inspiration to us all. I thank John Sturt for his guidance and expert advocacy, and Rachel Chandler for her sustained and timely efforts, and we continue to appreciate 'Matthew's Room' from the Matthew Elvidge Trust.

Legal Status and Organisation

The charity was incorporated on 27 August 1993 as a company limited by guarantee and not having a share capital, and is therefore governed by its Memorandum and Articles of Association. The liability of the members is limited to £1. The number of members with which the company is registered is two. Members have full power and discretion as to the admission or refusal of any person as a member.

Management is in the hands of a Board of Trustees, which meets three times a year. Minutes and proceedings of the Trustees are prepared for each meeting. The Board is made up of a composite of skills and consists of representatives from other Christian and professional counselling organisations, and others with an interest in the education and well-being of individuals and families.

The Chairman (elected by the Trustees) presides at Trustee meetings. Every matter is determined by a majority of the Trustees present at the meeting and voting on each question. In the case of equality of votes on any question, the person presiding as chairman of the meeting has a second (casting) vote.

The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee. Appointment of Trustees is governed by the Memorandum and Articles of the charity.

Principal Aim and Objective

CPT's main object, as stated in the charity's Memorandum, is the maintenance, advancement and promotion of the Christian faith and the advancement of the education of the public. Trustees have a more comprehensive description of our work to be reflected in this wording. The Trustees have proposed the following: "The Objects for which the Company is established are the provision of a change process through professional one-to-one counselling and group work for the advancement of Christian compassion and principles. We have no expectation that clients practise any form of faith or religious belief. We also emphasise that each volunteer makes commitments that are based on professional ethics, and a driving concern for client self-determination."

Accounts

Trustees' responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2021. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company's policy on reserves

The Trust established a reserves guideline thirteen years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. This amount currently equates to approximately £60,000. The trustees will be addressing the matter of increasing these Funds within the next two years to the level required by the above policy.

Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically conduct system audits and risk assessments to ensure that these procedures continue to correspond with the needs of the charity.

Examples of specific risks include:

- Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling).
- Having to vacate premises – for example, in the event of non-extension of lease or reasons outside of the Trust's control.
- Reduction in numbers of volunteers/ and or/ professionally trained staff due to relocation, changes in family circumstances or illness.

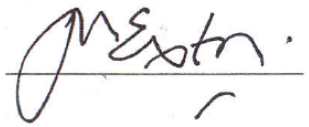
Although most of these risks materialised we worked to mitigate them during the course of this financial year.

Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities.

Signed on behalf of the Board of Trustees

Michael Exton
Secretary
Date: 24th February 2023



Accountants' reports to the Trustees

On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2022

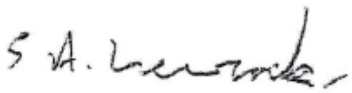
In accordance with the engagement letter dated 2 November 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes, from the accounting records and information and explanations that you have given me.

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, and state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with technical guidance issued by the Association of Chartered Certified Accountants, and have complied with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



SIMON LEWCOCK
Chartered Certified Accountant
Windsor Lodge
Millfield Road
Hounslow
Middlesex
TW4 5PN

Statement required by Section 475(2) of the Companies Act 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on: 28th May 2023

And signed by:

Trustee LISSA G. SHORTT

CATHERINE VASEY

Notes to the Accounts

for the year ended 31 August 2022

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has taken advantage of the exemption in Financial Reporting Standard No.102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

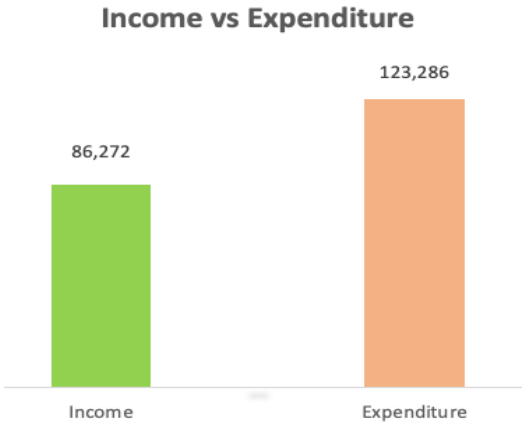
1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

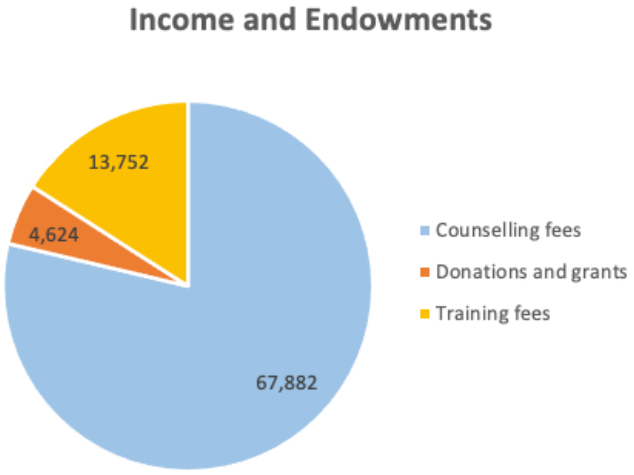
1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

2022 Income and Expenditure Summary



2022 Income of £86,272 compared to expenditure of £123,286



Approximately 79% of total 2022 income was from Counselling fees, followed by Training Fees and Donations and Grants



Almost all expenditure was Charitable Expenditure, which is comprised of the administration costs of running the charity

Appendix: 1 Sept 2021 to 31 Aug 2022 Accounts

COUNSELLING PASTORAL TRUST

(A charitable company limited by guarantee)

REPORTS AND ACCOUNTS
Year ended 31 August 2022

Company No: 2848495

Registered Charity No: 1027526

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

Reports and Accounts 2022

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Payments	**4**
Notes to the Financial Statements	**5**
Resticted Funds	**6**

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2022.

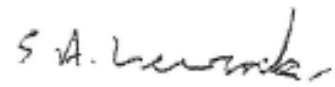
In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting records and information and explanations that you have given me

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, ans state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with the technical guidance issued by the Association of Chartered Certified Accountants, and have compiled with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the Balance Sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
Hounslow
Middlesex TW4 5PN

13th December 2022

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2022

	Note	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible Fixed Assets for charity's use	6		4,540		6,054
CURRENT ASSETS					
Debtors	7	12,523		13,125	
Cash at Bank and in Hand		24,198		59,243	
		36,721		72,368	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	15,919		7,733	
NET CURRENT ASSETS			20,802		64,635
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR					
Loan	9		(36,212)		(44,545)
TOTAL ASSETS			(10,870)		26,144
CAPITAL AND RESERVES					
Capital	10		0		0
Income and Expenditure Account					
Restricted Funds	11		11,136		10,136
Unrestricted Funds	11		(22,006)		16,008
			(10,870)		26,144

STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on: 28th May 2023

And signed by:

Trustee LISSA G. SHORTT

CATHERINE VASEY

COUNSELLING PASTORAL TRUST
(a company limited by guarantee)
Statement of Financial Activities
For the year ended 31 August 2022

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Income and Endowments					
Counselling fees		0	67,882	67,882	69,254
Donations and grants		1,000	3,624	4,624	13,282
Gift Aid		0	0	0	3,000
Training fees		0	13,752	13,752	37,465
Interest		0	14	14	3
Total income		**1,000**	**85,272**	**86,272**	**123,004**
Expenditure					
Charitable expenditure	2	0	119,907	119,907	117,928
Fundraising and publicity	3	0	267	267	408
Governance	4	0	3,112	3,112	3,227
Total expenditure		**0**	**123,286**	**123,286**	**121,563**
Net income / (expenditure) for the year		**1,000**	**(38,014)**	**(37,014)**	**1,441**
Balance brought forward at 1 September 2021		10,136	16,008	26,144	24,703
Balance carried forward at 31 August 2022		**11,136**	**(22,006)**	**(10,870)**	**26,144**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2022 (continued)

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has aken advantage of the exemption in Financial Reporting Standard No. 102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2022 (continued)

2. Charitable Expenditure

	Restricted	Unrestricted	2022 Total	2021 Total
	£	£	£	£
Administration	0		0	2,646
Bank charges & interest	0	2,068	2,068	1,762
Catering	0	571	571	67
Cleaning	0	1,555	1,555	985
Counselling & Lecturer	0	55,586	55,586	53,776
Consultancy	0	0	0	2,050
Depreciation of equipment	0	1,514	1,514	2,018
Insurance	0	762	762	701
I.T. & website costs	0	8,344	8,344	12,967
Literature & materials	0	183	183	0
Maintenance & repairs	0	400	400	2,190
Printing and stationery	0	3,353	3,353	1,884
Rent and rates	0	33,260	33,260	24,498
Subscriptions	0	5,181	5,181	5,933
Telephone	0	3,413	3,413	4,183
Travel & accommodation	0	1,198	1,198	486
Utilities	0	2,519	2,519	1,782
	0	**119,907**	**119,907**	**117,928**

3. Fundraising & Publicity

Administration	0	0	0	57
I.T.& website costs	0	179	179	279
Printing and stationery	0	52	52	29
Telephone & office supplies	0	36	36	43
	0	**267**	**267**	**408**

4. Governance

Accountant's fees & expenses	0	800	800	900
Administration	0	0	0	143
Catering	0	30	30	4
I.T	0	449	449	697
Insurance	0	762	762	701
Printing and stationery	0	52	52	29
Rent & rates	0	852	852	628
Telephone & office supplies	0	70	70	86
Travel & accommodation	0	97	97	39
	0	**3,112**	**3,112**	**3,227**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2022 (Continued)

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings £	Computer Equipment £	Total £
Cost			
at 1 September 2021	8,263	27,248	35,511
Additions	0	0	0
Disposals	0	0	0
at 31 August 2022	8,263	27,248	35,511
Depreciation			
at 1 September 2021	6,756	22,701	29,457
Charge for the year	377	1,137	1,514
Disposals	0	0	0
at 31 August 2022	7,133	23,838	30,971
Net Book Value			
at 31 August 2022	1,130	3,410	4,540
at 31 August 2021	1,507	4,547	6,054

7. Debtors

	2022 £	2021 £
Gift Aid	5,862	5,862
Rent Deposit	3,500	3,500
Prepaid expenses	3,161	3,763
	12,523	13,125

8. Creditors: amounts falling due within one year

	2022 £	2021 £
Accounts payable	5,711	0
Credit card account	125	328
Bounce back loan	8,333	5,455
Accrued expenses	1,750	1,950
	15,919	7,733

9 Creditors: amounts falling due after more than one year

	2022 £	2021 £
Bounce back loan	36,212	44,545
	36,212	44,545

10 Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2022 (Continued)

11 Funds

		Balances 1 Sep 2021	Income and Endowments	Expenditure	Balances 31 Aug 2022
		£	£	£	£
Restricted Funds	**Provided by**				
To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	4,515	0	0	4,515
Helping those who are disadvantaged in Fulham	Dr Edwards & Bishop King	0	1,000	0	1,000
To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	845	0	0	845
For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	3,908	0	0	3,908
Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	868	0	0	868
		10,136	**1,000**	**0**	**11,136**
Unrestricted Funds					
General Fund		16,008	85,272	(123,286)	(22,006)
		16,008	**85,272**	**(123,286)**	**(22,006)**

COUNSELLING PASTORAL TRUST

England & Wales - Charity number 1027526

Accounts

The Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)
Company No: 2848495
Registered Charity No: 1027526

Annual Report and Accounts 1st September 2020 to 31st August 2021



Established in 1993, the Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from chronic stress/anxiety and depression.



In July 2020, CPT moved from their Covent Garden offices to Hurlingham Studios at Putney Bridge. The offices were re-configured to provide a more accessible and flexible space.

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Executive Summary

Counselling Pastoral Trust was formed to keep families together and give support for reconciliation in intimate relationships.
As we have lived through another year of the pandemic our work has become more important than ever. Covid lockdowns and unpredictability resulted in unbearable distress and a pressing need to face problems, which, in many cases had been suppressed until Covid.

"Psychological therapy services are essential services that save lives."

We relocated our offices in July 2020 to create a space that is accessible and flexible to meet clients where face to face is again possible, and continue with Schema Therapy Training.

We have seen psychotherapy playing a vital role in helping individuals address the psychological and behavioural health impacts of the COVID-19 pandemic. It has also been essential that our professional training programmes have continued throughout the pandemic, so that trainees graduate and enter the workforce in the UK as soon as feasible. These individuals are needed to ensure capacity to support the surge in need resulting from the pandemic. We determined throughout the year that our services should continue to support the development of trainees, including ensuring sufficient access to quality supervision adapted for remote delivery. We also determined that our most senior and experienced practitioners needed to be maintained in role and where possible full time administrative support be added to help plan and deliver the right psychological responses now and into the future.

This is a time of shared suffering. There are few among us who is unaffected by the pandemic. At the end of what has been a very challenging year, we are keen to promote a message of hope that comes from healing relationships. Penetrating the isolation that is inherently so traumatising to human beings, restores emotional connection and is curative.

"This is a time of shared suffering. There are few among us who are unaffected by these extraordinary events."

Our staff and volunteers continue to feel privileged to support our clients' courage and determination as they make powerful changes in their lives, and that of their families.

General information

Company Number:	2848495
Charity Number:	1027526
Registered Office:	Suite 24, Ground Floor Hurlingham Studios Ranelagh Gardens London SW6 3PA
Trustees:	M. Duckworth A. Sullivan R. Chandler L. Shortt C. Vasey J. Francis E. Ferris J. Sturt
Bankers:	National Westminster Bank plc Finsbury Square Branch
Reporting Accountant:	Simon Lewcock FCCA Windsor Lodge Millfield Road Hounslow Middlesex TW4 5PN

Objectives and Achievements

Individuals who experience trauma as children do not just get over it. The consequences for physical and emotional health can last a lifetime.

CPT acts as an advocate for families, building awareness of how emotional connection and sharing insulates individual family members against depression, anxiety, addiction, poor relationships and many other problems in adulthood. Trauma produces profound helplessness in children. If the trauma is not addressed and children not permitted to express their overwhelming feelings, they will begin to shut down to survive. Later on, even if help becomes available, the growing adolescent/adult may not be able to take in care when it is offered, continuing instead to suffer in isolation. Even though, as grown-ups, some victims of early trauma go on to have families of their own, their emotions and relationships are dogged by reactive patterns of instability and dysregulation.

When one family member receives help there is a real opportunity to transform the lives and the futures of all family members. Close, meaningful relationships offer refuge and nurture for children, and stability and love for adults. Whenever relational bonds break down, the effects are distressing. The counselling and psychotherapy delivered by CPT is designed to help individuals steer away from patterns of relating and behaviours, which prevent them meeting each other's core emotional needs.

The charity sees 250+ individuals and families per week, aiding recovery from chronic mood and personality disorders, alcohol and substance abuse.

Our programmes are structured with a ripple effect so that those who have had change are able to transfer this benefit to others in their families and community.

CPT operates from a site in Hurlingham Studios at Putney Bridge. CPT receives grants and financial support from larger charities, and companies as well as individual donations from beneficiaries of its programmes who want to ensure others can benefit from similar help.

It is widely known that although wealth does not insulate an individual from suffering, the challenges facing individuals with limited financial means who run into psychological or emotional difficulties can feel insurmountable because of the lack of resources and consistency of publicly funded services.



We are hugely grateful to grant-givers and friends who speak publicly and lend their support for CPT's work. Through its fundraising and volunteerism, CPT endeavours to keep its therapy affordable, delivering varying levels of bursary to > 70% of its clients.

The most common childhood mental disorders are anxiety disorders, depression, and attention deficit hyperactivity disorder (ADHD). Despite the proof that effective counselling and psychotherapy can relieve the suffering of the vast majority of those young people suffering from mental health problems, there remains across the UK, a shortage of trained professionals who can

work to provide the high-quality long-lasting services that are needed. NHS waiting lists range from months in and around London to approaching one year in other areas of the UK.

CPT believes that breaking down stigma requires individual and collective activity. It is estimated that, despite debilitating social, emotional and physical effects, over half of those experiencing moderate to severe emotional/mental illness do not seek professional help or other forms of medical treatment through their GP. To address this gap in necessary help, CPT is providing



Schema Therapy clinical training for professionals. CPT offers training via its **Schema Institute** and **CPT's Training School.**

In 2009, CPT established the **Schema Institute**, to train counsellors and psychotherapists/psychologists in individual, group and child and adolescent schema therapy. The training and certification programme is approved by the International Society for Schema Therapy (ISST).

Through the Institute, CPT provides Schema Therapy practitioner training to psychologists, psychotherapists and psychiatrists working in the NHS and private settings, determined to deliver effective help to so-called 'treatment failures,' i.e. individuals who have remained un-helped and sometimes made more hopeless by traditional methods of psychotherapy such as CBT or psychodynamic psychotherapy.

Significant numbers of those who come for psychological help and experience change, feel secure and motivated to go on to train to help others. We depend on grants and the generosity of partners and our volunteers for this to be sustainable.

CPT's Training School trains professionals who are coming to counselling as a second career and those who use counselling skills in the course of their work. We train students from introductory (Level 2), intermediate (Levels 3 / 4) and advanced levels of counselling/psychotherapy practice (Levels 5 & 6). All individual one-to-one counselling, group work, couples therapy and family counselling at CPT is provided by therapists with a minimum of 4 years professional training in counselling. Volunteer therapists offering their services at CPT have obtained professional certification and are in supervised practice or supervised training for accreditation by the National Counselling Society (NCS) or BACP (British Association for Counselling and Psychotherapy), and the UKCP (United Kingdom Council for Psychotherapy). In partnership with other agencies, including churches, CPT encourages community involvement in supporting vulnerable individuals and families, and is a member of the Children & Young Peoples Mental Health Coalition.





CPT (the Schema Institute) is a UK training centre, approved by the International Society for Schema Therapy (ISST) to provide Individual and Group Standard and Advanced, Child and Adolescent and Auxiliary Schema Therapy Certification training.

Review of Activities



CPT's Founder and Principal, Agnes Sullivan is a Consultant Counselling Psychologist (HCPC Registered) and an Advanced Certified Schema Therapist, Supervisor and Trainer who works to maintain standards of professional psychotherapy practice in community settings by promoting the knowledge, training, supervision and adherence to a professional code of ethics.

This has been a prolonged time of shared suffering. There are few among us who are unaffected by extraordinary events. Demonstrating empathy and appropriate self-disclosure in working together with clients helps all of us optimally manage this crisis. Paradoxically, as we strive to establish even better connections with our clients/patients during these difficult times, connecting with them has become even more complicated.

Use of online platforms such as Zoom, to deliver psychotherapy remotely was once a relatively unpopular mode of treatment delivery, however, has become the mainstay of psychotherapy and training practice during the pandemic. The learning curve has been steep for some, especially psychotherapists and some patients who are less comfortable or less experienced with technology. Fortunately, there is strong empirical support for online therapy.

CPT's mission is to establish accessible and effective psychological help, delivered from within the community so that effective counselling can be an everyday provision. CPT pioneers activities that are inclusive and reach those on the margins of society who have mental health problems.

Part of my role as CPT Principal whether psychotherapy or psychotherapy training is conducted in person or online, has been to ensure high quality treatment is made available to the broadest number of individuals and families.

I am proud to see that as a response to the pandemic, CPT's qualified professionals have increased their commitment, and have continued to volunteer thousands of hours in counselling and training provision each month to support our therapeutic activities of individual, group, family and couples therapy. Since CPT's operations moved online not a single client or training session has been missed.

Assessment and Individual Therapy

Regardless of the nature of the presenting problem, all therapy begins with assessment. During the assessment, several measures are conducted to determine the severity of symptoms and pervasiveness of problems in a person's life. This year, CPT conducted over 104 assessment sessions.

Individual schema therapy is designed to meet specific emotional needs in an individual's life which, if they remain unmet, will continue to cause repetitive problems in his/her intimate relationships, job, social network and ability to be stable when with others, or alone.

Impact of COVID-19 on risk profiles

Clinical judgements about the best method of delivery have been based on balanced individual assessment of the risks (including of COVID infection), and need taking into account the available measures to reduce risks. In addition, this has meant quite an adjustment for counselors and trainers and has taken focused effort and resource to plan and deliver remotely what previously would have indicated

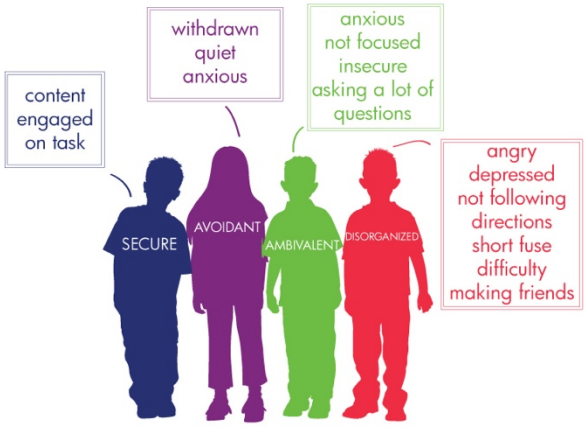
face to face psychotherapy in the room. Decisions about the method of delivery have been made in collaboration with service users, and where appropriate their families, with clear information being provided about safe options. Client preferences have been consistently recorded.

Group Work

Attachment / Schema Groups

All groups including CPT's nine Attachment / Schema Groups moved online seamlessly and have continued online offering individuals a stable base and regular weekly group sessions in which members feel seen, heard and understood amidst tumultuous anxiety provoking events such as lockdown, family pressure, key-working demands and illness.

Attachment / Schema groups involve an integration of understanding of attachment needs, which underlie all human motivational systems, with Schema Therapy.



These groups transform hard-to-treat patterns of avoidance and anxious pre-occupation that undermine healing, into restorative and nurturing experiences. The positive outcomes measures are assertiveness, esteem, openness, and flexibility, plus reduced depression, impulsivity and addiction. The groups have a focus of moving individuals from insecure to secure attachment, enhancing emotional regulation, reducing the distressing patterns of mood disturbances that disrupt the relationships of otherwise well-meaning individuals.

Each of CPT's interventions with individuals, group and families increase emotional capacity, build and access new resources and decrease the feeling of isolation. CPT's interventions have been shown to increase secure attachment which is linked to increased care-giving, affiliation, emotional intimacy, as well as improving motivation and goal-setting.

Addiction Prevention / Recovery Groups



CPT's addiction treatment and prevention works with individuals to modify damaging coping responses that block healing. We support men and women from age 16 upwards, fostering connection and openness as antidotes to emptiness and shame.

Helping the Helpers

Over the last eleven years, CPT and its funders have worked hard to develop programmes to provide specialist psychological support for individuals working in church ministry and their families supporting those whose vocation has led them to be with others at the hardest times of life.



Psychoeducation groups 'Learning to Live, Learning to Love'



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to unpack the conflicts that arise in individual and family life. The 32 men and women who participated in groups experienced improvement in their anger management, intimacy, assertiveness, and lowered anxiety/depression.

"*This course has changed what I knew about relationships, of which I had no idea, and I've been able to apply it. I am beyond grateful!*"
William, aged 37



Couple and Family Therapy

When we make sense of love, we can shape loving connections. Love calms and comforts the neurons in the brain. Our closest relationships are the regulators of physiological and emotional functioning. Couples therapy is about bonds, not bargains, or how contented we can be, it's about being emotionally accessible to one another. Change takes place through heightened emotions and a strong alliance. CPT's holds 'Hold Me Tight' workshops on Saturdays.

Training

Under the professional leading of Dr. Agnes Sullivan, the Schema Institute conducts specialist professional development workshops in schema therapy, emotionally-focused couple and family therapy and self reflection/self practice for professionals working in a variety of clinical and forensic settings in the UK. In addition to this, CPT's Training School focuses on its Advanced Diploma in Counselling and the *Learning-to-Live, Learning-to-Love* curriculum, a psycho-educational course.

Skills acquisition and learning requires an environment which models the safety of the therapeutic relationship. As an essential part of learning, students explore their own philosophical, spiritual and moral values and examine the impact of these on practice. Training takes place in small groups, where considerable interaction with trainers facilitates the learning process. In addition, CPT provides placement opportunities for practitioners working with complex clients in individual and group settings.

Impact of the Pandemic

Covid lockdowns and unpredictability resulted in unbearable distress and pressing need to face problems, which, in some cases had been 'on hold' until Covid. The focus was to meet the need as there were so many people presenting for therapy.

It has also been very important that psychological professional training programmes continue throughout the pandemic, so that trainees graduate and enter the workforce as soon as feasible. More than ever, these skilled individuals are needed to ensure capacity to support the surge in need resulting from the pandemic.

Since September 2020, CPT has been working online via zoom. There have been nine Mode/Attachment groups, two *Learning-to-Live*, *Learning-to-Love* groups, and one addiction group running. The Trustees determined that CPT through the Level 4 Diploma and also the work of Schema Therapy Institute London, should continue to support the development of trainees, including ensuring sufficient access to quality supervision. The Level 4 training has taken advantage of full Zoom functionality using breakout rooms for practice and feedback.

Trainees learn about the importance of supervision and clinical management of client work; we provide placement opportunities for applying theory in individual and group settings.

The CPT Advanced Diploma in Counselling Practice (NCS Accredited Level 4 equivalent, 450 g.l.h) had a cohort of 12 trainees. Learning via Zoom proved even more accessible in the online environment, with students locked down outside of London, able to participate. The online environment worked well to support some of the students, who as key workers, were able to access recorded lectures and skills sessions if, on occasion, they were unable to take planned leave to attend training. We successfully delivered 238 hours of professional counselling training through remote delivery.

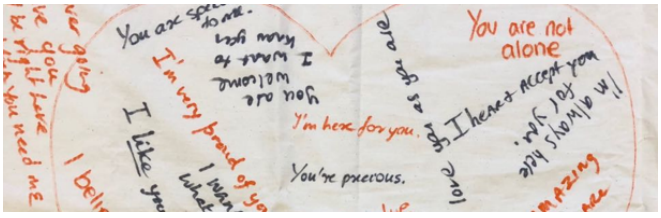


Schema Therapy Certification Trainings Approved by the ISST

Approved by the International Society of Schema Therapy (ISST), CPT has created a centre of Excellence, with the Schema Institute, London the only centre in the UK / Europe, approved by the International Society (ISST) to provide four full certification programmes to Standard and Advanced levels. Dr. Sullivan holds the responsibility and demonstrated expertise in each of these disciplines and her energy has adapted and promoted each of these programmes to online accreditation and successful delivery this year:

- Individual Schema Therapy
- Group Schema Therapy
- Schema Therapy for Auxiliary Professionals
- Child/Adolescent Schema Therapy

Where prioritisation decisions are needed, training programmes that expand the workforce are prioritised. CPT's planned expansion of its other training programmes is continuing in order to maximise workforce capacity into future years. In an effort to extend the practice and effectiveness of Schema Therapy to a greater number and range of treatment settings in the UK, the Schema Institute was only the second centre world-wide to offer specialist auxiliary certification training in Schema Therapy for nurses, occupational therapists, social workers, probation officers and mental health teams.



Between September 2020 and August 2021 there were 16 days of Individual Schema Therapy Certification training with 12 people trained. There were 8 days of Auxiliary Professional Schema Therapy Certification training with 5 people trained.

Group Schema Therapy Certification Training

The data seems to suggest that, in some situations, schema therapy can work more swiftly in a group, or when group therapy is added to individual therapy.



Groups, in their nature of being like a family, can provide a strong re-parenting vehicle to effect change in individuals with personality disorders. Treatment dropout rates are far below other group treatment approaches. The group process seems to catalyse some aspects of the change process that may be slower in individual work. 12 trainees coming from primary, secondary and forensic mental health settings across the UK, completed Group Schema Therapy Certification training held at CPT this year.

Community Work



During the early part of 2020, in Covent Garden, our focus had been to expand links to local funders, educational and care organisations. We established a relationship with the London Film School to provide short-term psychological services to students in crisis. This service has continued online, and been a significant resource for students, particularly those unable to return home to family and stability during lockdown. During 2021 CPT's contract with the London Film School has strengthened; throughout the year we have supported many students, enabling them to continue and/or finish their course.

Relocation and Office Move

The circumstances of working through the initial months of the pandemic were hard to comprehend; isolation, loneliness, and the experiences of frightened, locked down communities. CPT moved its operations online.



In July 2020 we relocated away from the central zone, thereby reducing rent and travel costs, and improving access when lockdown eased. We moved from Covent Garden to Hurlingham Studios in SW6. Having proximity to excellent transport links we modified and built sound-proofed rooms, dividing the brightly furnished office space in Room 24 for use from the beginning of August 2020, one of which is Matthew's Room, for which we continue to appreciate the Matthew Elvidge Trust.

As lockdown has eased, we've been able to utilise this amazingly flexible and usable site. *Hold Me Tight* couples sessions on Saturdays are now held at Hurlingham Studios, as well as trainings, both of which have at times needed to be off-site. This has been easier all round and more cost-effective than hiring rooms. The move to Hurlingham Studios has allowed more space for in-house training, self-therapy, family and couple therapy and Level 4 training: a cohort of students graduated in July 2021. The focus has been on meeting the need, as so many people are presenting for therapy.

Charity Log

This year, we have benefitted hugely from our purchase of Charitylog; a web service, contact management system, which provides a centralised place to keep all our data.

Appreciation for Support and Funding

Our charity doesn't exist without the thoughtful, practical and tireless work of many people. There are too many of these to name. If you are reading this, you may be one of them. During this period, which was almost exclusively online, we would like to mention Kate Lumsden of The Fitton Trust, and Alexander Hoare of The Golden Bottle Trust, both of whom have been especially responsive at this time. Our friends, the people who share our heart for change, are so dear to us. I speak personally, and on behalf of all the volunteers and trustees of CPT, when I express my appreciation of Agnes Sullivan, whose sensitivity to the fine-tuned, non-negotiable elements of good clinical work are an inspiration to us all. I thank John Sturt for his guidance and expert advocacy, and Rachel Chandler for her sustained and timely effort.

Legal Status and Organisation

The charity was incorporated on 27 August 1993 as a company limited by guarantee and not having a share capital, and is therefore governed by its Memorandum and Articles of Association. The liability of the members is limited to £1. The number of members with which the company is registered is two. Members have full power and discretion as to the admission or refusal of any person as a member.

Management is in the hands of a Board of Trustees, which meets three times a year. Minutes and proceedings of the Trustees are prepared for each meeting. The Board is made up of a composite of skills and consists of representatives from other Christian and professional counselling organisations, and others with an interest in the education and well-being of individuals and families.

The Chairman (elected by the Trustees) presides at Trustee meetings. Every matter is determined by a majority of the Trustees present at the meeting and voting on each question. In the case of equality of votes on any question, the person presiding as chairman of the meeting has a second (casting) vote.

The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee. Appointment of Trustees is governed by the Memorandum and Articles of the charity.

Principal Aim and Objective

CPT's main object, as stated in the charity's Memorandum, is the maintenance, advancement and promotion of the Christian faith and the advancement of the education of the public. Trustees have a more comprehensive description of our work to be reflected in this wording. The Trustees have proposed the following: "The Objects for which the Company is established are the provision of a change process through professional one-to-one counselling and group work for the advancement of Christian compassion and principles. We have no expectation that clients practise any form of faith or religious belief. We also emphasise that each volunteer makes commitments that are based on professional ethics, and a driving concern for client self-determination."

Accounts

Trustees' responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2021. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company's policy on reserves

The Trust established a reserves guideline thirteen years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. This amount currently equates to approximately £60,000. The trustees will be addressing the matter of increasing these Funds within the next two years to the level required by the above policy.

Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically conduct system audits and risk assessments to ensure that these procedures continue to correspond with the needs of the charity.

Examples of specific risks include:

- Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling).
- Having to vacate premises – for example, in the event of non-extension of lease or reasons outside of the Trust's control.
- Reduction in numbers of volunteers/ and or/ professionally trained staff due to relocation, changes in family circumstances or illness.

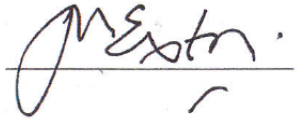
Although most of these risks materialised we worked to mitigate them during the course of this financial year.

Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities.

Signed on behalf of the Board of Trustees

Michael Exton
Secretary
Date: 25 May 2022



Accountants' reports to the Trustees

On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2021

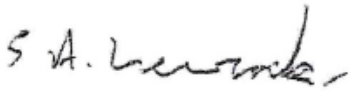
In accordance with the engagement letter dated 2 November 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes, from the accounting records and information and explanations that you have given me.

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, and state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with technical guidance issued by the Association of Chartered Certified Accountants, and have complied with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



SIMON LEWCOCK
Chartered Certified Accountant
Windsor Lodge
Millfield Road
Hounslow
Middlesex
TW4 5PN

Statement required by Section 475(2) of the Companies Act 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on 25th May 2022

and signed by: , Trustee

Catherine Vasey

(COMPANY SECRETARY)

Agnes Sullivan Trustee

Notes to the Accounts

for the year ended 31 August 2021

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has taken advantage of the exemption in Financial Reporting Standard No.102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

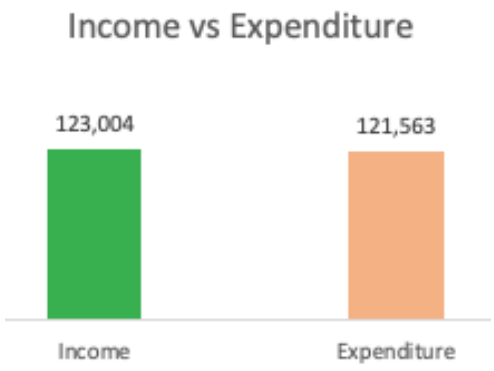
1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

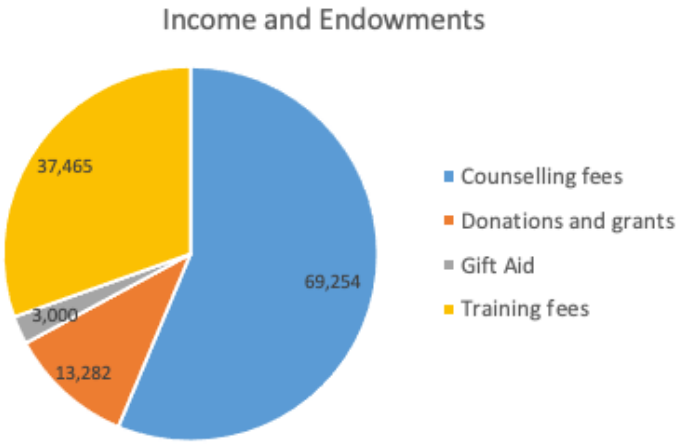
1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

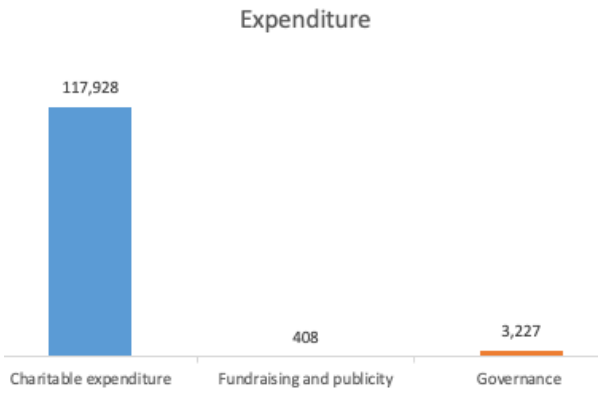
2021 Income and Expenditure Summary



2021 Income of £123,004 compared to expenditure of £121,563



Approximately 56% of total 2021 income was from Counselling fees, followed by Donations and Grants, Gift Aid, and Training Fees



Almost all expenditure was Charitable Expenditure, which is comprised of the administration costs of running the charity

Appendix: 1 Sept 2020 to 31 Aug 2021 Accounts

COUNSELLING PASTORAL TRUST

(A charitable company limited by guarantee)

REPORTS AND ACCOUNTS
Year ended 31 August 2021

Company No: 2848495

Registered Charity No: 1027526

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

Reports and Accounts 2021

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Accountant's Report	1
Statement of Assets and Liabilities	2
Receipts and Payments Account	3
Payments	4
Notes to the Financial Statements	5
Resticted Funds	6

COUNSELLING PASTORAL TRUST
(A charitable company limited by guarantee)

ACCOUNTANT'S REPORT TO THE TRUSTEES
On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2021.

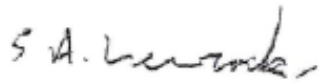
In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting records and information and explanations that you have given me

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, ans state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

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S.A. Lewcock FCCA
Windsor Lodge
Millfield Road
Hounslow
Middlesex TW4 5PN

25th May 2022

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2021

	Note	£	2021 £	£	2020 £
FIXED ASSETS					
Tangible Fixed Assets for charity's use	6		6,054		3,865
CURRENT ASSETS					
Debtors	7	13,125		7,523	
Cash at Bank and in Hand		59,243		18,096	
		72,368		25,619	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	2,278		4,781	
NET CURRENT ASSETS			70,090		20,838
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR					
Loan			(50,000)		0
TOTAL ASSETS			26,144		24,703
CAPITAL AND RESERVES					
Capital	9		0		0
Income and Expenditure Account					
Restricted Funds	10		10,136		10,136
Unrestricted Funds	10		16,008		14,567
			26,144		24,703

STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on 25th May 2022

and signed by: Catherine Vasey, Trustee
Alexa (COMPANY SECRETARY)
Agnes Sullivan Trustee

COUNSELLING PASTORAL TRUST
(a company limited by guarantee)
Statement of Financial Activities
For the year ended 31 August 2021

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income and Endowments					
Counselling fees		0	69,254	69,254	71,169
Donations and grants		0	13,282	13,282	13,709
Gift Aid		0	3,000	3,000	2,869
Training fees		0	37,465	37,465	44,149
Interest		0	3	3	1
Total income		**0**	**123,004**	**123,004**	**131,897**
Expenditure					
Charitable expenditure	2	0	117,928	117,928	129,016
Fundraising and publicity	3	0	408	408	933
Governance	4	0	3,227	3,227	3,714
Total expenditure		**0**	**121,563**	**121,563**	**133,663**
Net income / (expenditure) for the year		**0**	**1,441**	**1,441**	**(1,766)**
Balance brought forward at 1 September 2020		10,136	14,567	24,703	26,469
Balance carried forward at 31 August 2021		**10,136**	**16,008**	**26,144**	**24,703**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2021 (continued)

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has aken advantage of the exemption in Financial Reporting Standard No. 102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2021 (continued)

2. Charitable Expenditure

	Restricted £	Unrestricted £	2021 Total £	2020 Total £
Administration	0	2,646	2,646	940
Bank charges & interest	0	1,762	1,762	1,778
Catering	0	67	67	2,783
Cleaning	0	985	985	0
Counselling & Lecturer	0	53,776	53,776	53,635
Consultancy	0	2,050	2,050	0
Depreciation of equipment	0	2,018	2,018	1,289
Equipment leases	0	0	0	0
Insurance	0	701	701	919
I.T. & website costs	0	12,967	12,967	5,019
Literature & materials	0	0	0	190
Maintenance & repairs	0	2,190	2,190	2,714
Printing and stationery	0	1,884	1,884	3,602
Rent and rates	0	24,498	24,498	42,195
Subscriptions	0	5,933	5,933	4,655
Telephone	0	4,183	4,183	4,541
Travel & accommodation	0	486	486	3,738
Utilities	0	1,782	1,782	1,018
	0	**117,928**	**117,928**	**129,016**

3. Fundraising & Publicity

Administration	0	57	57	20
I.T.& website costs	0	279	279	147
Equipment leases	0	0	0	0
Marketing expenses	0	0	0	601
Printing and stationery	0	29	29	119
Telephone & office supplies	0	43	43	46
	0	**408**	**408**	**933**

4. Governance

Accountant's fees & expenses	0	900	900	800
Administration	0	143	143	50
Catering	0	4	4	147
Equipment leases	0		0	0
I.T	0	697	697	202
Insurance	0	701	701	919
Printing and stationery	0	29	29	119
Rent & rates	0	628	628	1,082
Telephone & office supplies	0	86	86	92
Travel & accommodation	0	39	39	303
	0	**3,227**	**3,227**	**3,714**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2021 (Continued)

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings £	Computer Equipment £	Total £
Cost			
at 1 September 2020	6,466	24,838	31,304
Additions	1,797	2,410	4,207
Disposals	0	0	0
at 31 August 2021	8,263	27,248	35,511
Depreciation			
at 1 September 2020	6,254	21,185	27,439
Charge for the year	502	1,516	2,018
Disposals	-	-	-
at 31 August 2021	6,756	22,701	29,457
Net Book Value			
at 31 August 2021	1,507	4,547	6,054
at 31 August 2020	212	3,653	3,865

7. Debtors

	2021 £	2020 £
Gift Aid	5,862	2,862
Rent Deposit	3,500	3,500
Prepaid expenses	3,763	1,161
	13,125	7,523

8. Creditors: amounts falling due within one year

	2021 £	2020 £
Credit card account	328	1,413
Accrued expenses	1,950	3,368
	2,278	4,781

9. Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2021 (Continued)

10. Funds

		Balances 1 Sep 2020	Income and Endowments	Expenditure	Balances 31 Aug 2021
		£	£	£	£
Restricted Funds	**Provided by**				
To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	4,515	0	0	4,515
To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	845	0	0	845
For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	3,908	0	0	3,908
Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	868	0	0	868
		10,136	**0**	**0**	**10,136**
Unrestricted Funds					
General Fund		14,567	123,004	121,563	16,008
		14,567	**123,004**	**121,563**	**16,008**

COUNSELLING PASTORAL TRUST

England & Wales - Charity number 1027526

Accounts

Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)
Company No: 2848495
Registered Charity No: 1027526

Annual Report and Accounts Sept 1st 2019 to August 31st 2020



Established in 1993, the Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from mental illness.

Counselling Pastoral Trust's registered address is
Suite 24 Ground Floor, Hurlingham Studios, Ranelagh Gardens,
London SW6 3PA

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Executive Summary

Counselling Pastoral Trust was formed to keep families together and give support for reconciliation in intimate relationships. This has been a year of two halves. Beginning with expansions in operations and services adding 50 days of advanced trainings between Q 1 and Q2. The year ended with more than 350 clients and trainees working online with sessions and materials adapted to a real-time electronic environment, where much of our psychotherapy and training programmes remain.

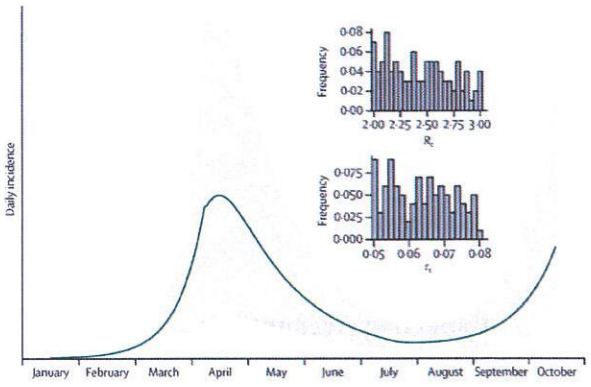
"This is a time of shared suffering. There are few among us who are unaffected by these extraordinary events."

September 2019 to early March 2020

Before the start of the pandemic, CPT offered major trainings in London, attended by 250+ clinicians. In September we trained a group of Auxiliary Professionals in Schema Therapy. In October we launched the first professional training in Emotionally Focussed Family Therapy (EFFT) in the UK. November and December featured specialist workshops to address personality disorders and group work. Participants travelled from around the UK, Europe, and North America to attend in person.

Mid March 2020-August 2020

We have seen psychotherapy playing a vital role in helping individuals address the psychological and behavioural health sequelae of the COVID-19 pandemic. It has also been essential that our professional training programmes have continued throughout the pandemic period, so that trainees graduate and enter the workforce in the UK as soon as feasible. These individuals are needed to ensure capacity to support the surge in need resulting from the pandemic; we determined throughout this year that our services should continue to support the development of trainees, including ensuring sufficient access to quality supervision adapted for remote delivery. We also determined that our most senior and experienced practitioners needed to be maintained in role and where possible full time administrative support by added to help plan and deliver the right psychological responses now and into the future



This is a time of shared suffering. There are few among us unaffected by the pandemic. At the end of what has been a very challenging year, we are keen to promote a message of hope that comes from healing relationships. Penetrating the isolation that is inherently so traumatizing to human beings, restores emotional connection and is curative.

"Psychological therapy services are essential services that save lives."

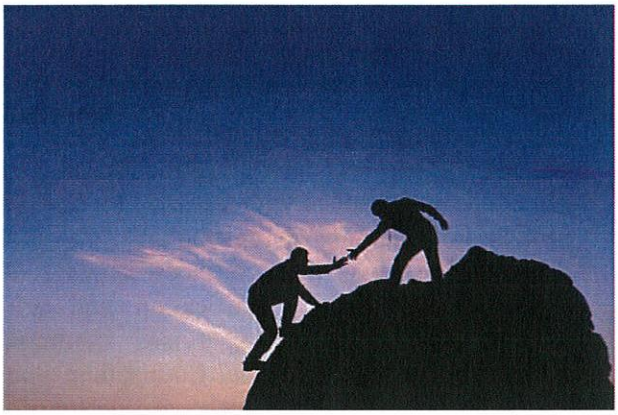
Our staff and volunteers continue to feel privileged to support our clients' courage and determination as they make powerful changes in their lives, and that of their families.

General information

Company Number:	2848495
Charity Number:	1027526
Registered Office:	Suite 24 Ground Floor, Hurlingham Studios, Ranelagh Gardens, London SW6 3PA
Trustees:	M. Duckworth A. Sullivan R. Chandler L. Shortt C. Vasey J. Francis E. Ferris J. Sturt
Bankers:	National Westminster Bank plc Finsbury Square Branch
Reporting Accountant:	Simon Lewcock FCCA Windsor Lodge Millfield Road Hounslow Middlesex TW4 5PN

Objectives

We believe that all psychological care in the community should be of an excellent standard, and that effective treatment should be accessible to every human being, when they are in need Individuals experiencing trauma during childhood unfortunately experience problematic reactive fear and shame leading to physical and emotional health consequences which can last a lifetime.



CPT acts as an advocate for families, building awareness of how emotional connection and sharing insulates individual family members against depression, anxiety, addiction, poor relationships and many other problems in adulthood. Trauma produces profound helplessness in children. If the trauma is not addressed and children not permitted to express their overwhelming feelings, they will begin to shut down to survive. Later on, even if help becomes available, the growing adolescent/adult may not be able to take in care when it is offered, continuing instead to suffer in isolation. Even though, as grown-ups, some victims of early trauma go on to have families of their own, their emotions and relationships are dogged by reactive patterns of instability and dysregulation.

When one family member receives help there is a real opportunity to transform the lives and the futures of all family members. Close, meaningful relationships offer refuge and nurture for children, and stability and love for adults. Whenever relational bonds break down, the effects are distressing. The counselling and psychotherapy delivered by CPT is designed to help individuals steer away from patterns of relating and behaviours, which prevent them meeting each other's core emotional needs.

CPT receives grants and financial support from larger charities, and companies as well as individual donations from beneficiaries of its programmes who want to ensure others can benefit from similar help. The charity sees 250+ individuals and families per week, aiding recovery from chronic mood and personality disorders, alcohol and substance abuse. Our programmes are structured with a ripple effect so that those who have had change are able to transfer this benefit to others in their families and community.

It is widely known that although wealth does not insulate an individual from suffering, the challenges facing individuals with limited financial means who run into psychological or emotional difficulties can feel insurmountable because of the lack of resources and consistency of publically-funded services.

We are hugely grateful to grant-givers and friends who speak publically and lend their support for CPT's work. Through its fundraising and volunteerism, CPT endeavours to keep its therapy affordable, delivering varying levels of bursary to > 70% of its clients.

The most common childhood mental disorders are anxiety disorders, depression, and attention deficit hyperactivity disorder (ADHD. Despite the proof that effective counselling and psychotherapy can relieve the suffering of the vast majority of those young people suffering from mental health problems, there remains across the UK, a shortage of trained professionals who can work to provide the high quality long-lasting services that are needed. NHS waiting lists range from months in and around London to approaching one year in other areas of the UK.

CPT believes that breaking down stigma requires individual and collective activity. It is estimated that, despite debilitating social, emotional, and physical effects, over half of those experiencing moderate to severe emotional/mental illness do not seek professional help or other forms of medical treatment through their GP. To address this gap in necessary help, CPT is providing clinical training for professionals. CPT offers training via its

SCHEMA therapy institute

Schema Therapy Institute and CPT's Training School

In 2009, CPT established the **Schema Therapy Institute**, to train psychotherapists/psychologists in schema therapy. Our training and certification programmes have been approved by the International Society for Schema Therapy (ISST).

Through the Institute, CPT provides Schema Therapy practitioner training to psychologists, psychotherapists and psychiatrists working in the NHS and private settings determined to deliver effective help to so-called 'treatment failures,' i.e. individuals who have remained un-helped and sometimes made more hopeless by traditional methods of psychotherapy such as CBT or psychodynamic psychotherapy.

As the Schema Therapy Institute, CPT was involved in the UK government's Green Paper consultation with the Department of Health and Education, setting out plans for improved mental health provision and prevention work for young people in the UK. Significant numbers of those who come for psychological help and experienced change, feel secure and motivated to go on to train to help others. We depend on grants and the generosity of partners and our volunteers for this to be sustainable.

CPT's Training School trains professionals who are coming to counselling as a second career and those who use counselling skills in the course of their work. We train students from introductory (Level 2), intermediate (Levels 3 / 4) and advanced levels of counselling/psychotherapy practice (Levels 5 & 6).

NCS ACCREDITED COURSE — THE NATIONAL COUNSELLING SOCIETY

All individual one-to-one counselling, group work, couples therapy and family counselling at CPT is provided by therapists with a minimum of 4 years professional training in counselling. Volunteer therapists offering their services at CPT have obtained professional certification and are in supervised practice or supervised training for accreditation by the National Counselling Society (NCS) or BACP (British Association for Counselling and Psychotherapy), and the UKCP (United Kingdom Council for Psychotherapy). In partnership with other agencies, including churches, CPT encourages community involvement in supporting vulnerable individuals and families.

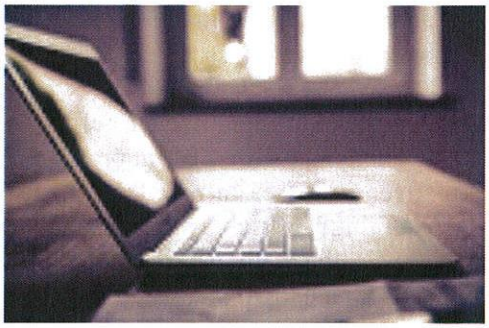
CPT (the Schema Therapy Institute) is the only training centre in the UK to be approved by the International Society for Schema Therapy (ISST) to provide Individual and Group Standard and Advanced, Child and Adolescent and Auxiliary Schema Therapy Certification training. Newly added this year, is the UK's first ISST-approved training programme for certification training for Auxiliary Professionals.

Review of Activities



CPT's Founder and Principal, Agnes Sullivan is a Consultant Psychologist and Advanced Certified Schema Therapist, Supervisor and Trainer who maintains standards of professional practice by promoting training, supervision and adherence to a professional code of ethics.

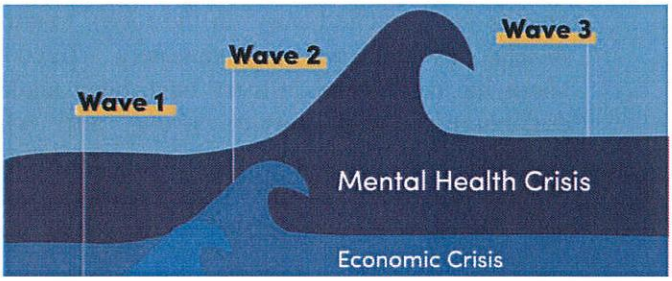
This is a time of shared suffering. There are few among us who are unaffected by extraordinary events. Demonstrating empathy and appropriate self-disclosure in working together with clients helps all of us optimally manage this crisis. Paradoxically, as we strive to establish even better connections with our clients/patients during these difficult times, connecting with them has become even more complicated.



Use of video platforms such as Zoom and telephone video chats of Facetime/WhatsApp etc. to deliver psychotherapy remotely, once a relatively unpopular mode of treatment delivery, has become the mainstay of psychotherapy and training practice during the pandemic. The learning curve has been steep for some, especially psychotherapists and some patients who are less comfortable or less experienced with technology. Fortunately, there is strong empirical support for online therapy.

CPT's mission is to establish accessible and effective psychological help, delivered from within the community so that effective counselling can be an everyday provision. CPT pioneers activities that are inclusive reach also those on the margins of society who have mental health problems. During the early part of this year, we received more than 20 new calls every week.

Part of my role as CPT Principal whether psychotherapy or psychotherapy training is conducted in person or online, has been to ensure high quality treatment is made available to the broadest number of individuals and families.



I am proud to see that as a response to the pandemic, CPT's qualified professionals have increased their commitment, and have continued to volunteer 1000s hours in counselling and training provision each month to support our therapeutic activities of individual, group, family and couples therapy. Since CPT's operations moved online officially Friday March 20th 2020, (our last day in our Central London office) not a single client or training session has been missed.

Assessment and Individual Therapy

Regardless of the nature of the presenting problem, all therapy begins with assessment. During the assessment, several measures are conducted to determine the severity of symptoms and pervasiveness of problems in a person's life. This year, CPT has conducted detailed assessment sessions in person and online (post March 2020).

Individual therapy treatment plans are designed to meet specific emotional needs in an individual's life which, if they remain unmet, will continue to cause repetitive problems in his/her intimate

relationships, job, social network and ability to be stable when with others, or alone.

Impact of COVID-19 on risk profiles

Clinical judgments about the best method of delivery have been based on balanced individual assessment of the risks (including of COVID infection), and need, taking into account available measures to reduce risks. This has meant that at times work that previously would have indicated face to face psychotherapy in the room, treatment instead has been delivered remotely. Decisions about the method of delivery have been made in collaboration with service users, and where appropriate their families, with clear information being provided about the options. Client preferences have consistently been recorded.

Online Groups

All groups including CPT's nine Attachment / Schema groups moved online seamlessly and have continued online offering individuals a stable base and regular weekly group sessions in which members feel seen, heard and understood midst tumultuous anxiety provoking events such as lockdown, family pressure, key-working demands and illness.

Attachment/Schema Groups involve an integration of understanding of attachment needs, which underlie all human motivational systems, with Schema Therapy. These groups transform hard-to-treat patterns of avoidance and anxious pre-occupation that undermine healing, into restorative and nurturing experiences. The positive outcomes measures are assertiveness, esteem, openness, and flexibility, plus reduced depression, impulsivity and addiction. Group facilitators focus on moving individuals from insecure to secure attachment, enhancing emotional regulation, reducing the distressing patterns of mood disturbances that disrupt the relationships of otherwise well-meaning individuals.

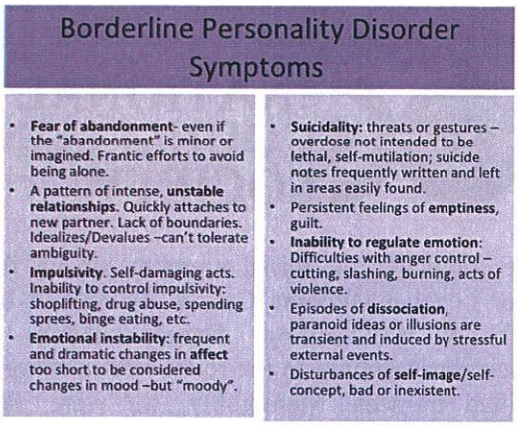
Each of CPT's interventions with individuals, group and families and to increase emotional capacity, build and access new resources and decrease the feeling of isolation. CPT's interventions have been show to increase secure attachment which is linked to increased care-giving, affiliation, emotional intimacy, as well as improving motivation and goal-setting.

Schema Therapy

Schema Therapy synthesizes concepts and approaches from a broad range of schools of psychotherapy including cognitive-behavioral, object relations, attachment theory, psychodynamic therapy, and emotion-focused therapies. The model sees the most effective way of treating problems rooted in early development as being the provision of therapeutic experiences that promote integration. Schema Therapy has been strongly influenced by the work of John Bowlby and his seminal works on attachment, separation and loss.

Schema Therapy is more than twice as effective as traditional psychodynamic or CBT approaches. It's greater effectiveness arises in part from its use of "limited reparenting," which is not part of other approaches. In this, the therapist tries to fulfill those emotional needs for a patient that were not fully met in childhood, while respecting the healthy limits of a therapy relationship.

Schema Therapy enables changes in clients who feel hopeless about their self-destructive patterns and gives a way through and change pathway when problematic behaviours seem so entrenched that they appear to be part of a person's identity. Thus, Schema Therapy is especially helpful in treating recurrent depression and anxiety and chronic relationship difficulties, helping also to prevent relapse among substance abusers.



Addiction Prevention Groups

CPT's addiction treatment and prevention works with individuals to modify damaging coping responses that block healing. We support men and women from age 16 upwards, fostering connection and openness as antidotes to emptiness and shame.

Helping the Helpers

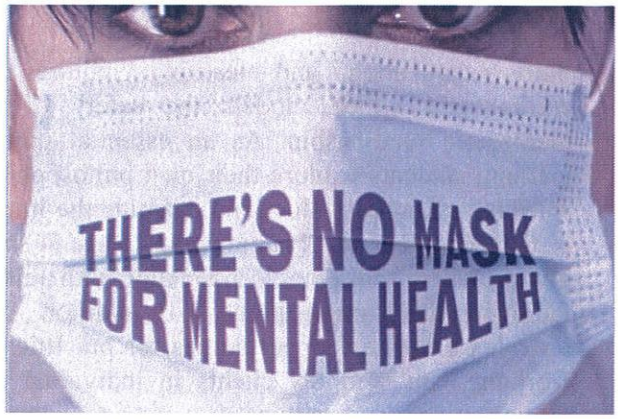
Over the last nine years, CPT and its funders have worked hard to develop programmes to provide specialist psychological support for individuals working in church ministry and their families supporting those who vocation has led them to be with others at the hardest times of life.



Psychoeducation groups *'Learning to Live, Learning to Love'*



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to unpack the conflicts that arise in individual and family life. The 51 men and women participated in groups experienced improvements in anger management, intimacy, assertiveness, and lowered anxiety/depression.



Couple and Family Therapy

When we make sense of love, we can shape loving connections. Love calms and comforts the neurons in the brain. Our closest relationships are the regulators of physiological and emotional functioning. Couples therapy is about bonds, not bargains, or how contented we can be, it's about being emotionally accessible to one another. Change takes place through heightened emotions and a strong alliance.



Training



CPT trains counsellors providing a ladder to move from introductory to advanced levels of practice. Under the professional leading of Dr. Agnes Sullivan, the Schema Therapy Institute conducts specialist professional development workshops in schema therapy, emotionally focused family therapy and self reflection/self practice for professionals working in a variety of clinical settings in the UK.

Skills acquisition and learning requires an environment which models the safety of the therapeutic relationship. As an essential part of learning students explore their own philosophical, spiritual and moral values and examine the impact of these on practice. Training takes place in small groups, where considerable interaction with trainers facilitates the learning process. In addition, CPT provides placement opportunities for practitioners working with complex clients in individual and group settings.

Impact of the Pandemic

It has been very important that psychological professional training programmes continue through the pandemic period, so that trainees graduate and enter the workforce as soon as feasible. More than ever, these skilled individuals are needed to ensure capacity to support the surge in need resulting from the pandemic. The Trustees determined in March 2020 that above all, CPT through the Level 4 Diploma and also the Schema Therapy Institute, training and certification programmes should continue to support the development of clinicians, including ensuring sufficient access to quality supervision (adapted for remote delivery).

NCS Accredited Level 4 *Diploma in Counselling Practice (450 hours)*

We completed the initial 6 months of our first 2-year Level 4 Diploma Course Accredited by the National Counselling Society (NCS) with classroom teaching in the room with a cohort of 8 skilled trainees. Memorably, we were able to conduct our midterm skills assessments on the final weekend before the first National Lockdown in March 2020.

The first year ended online using the Zoom platform where classroom learning was facilitated by interactive skills sessions in breakout rooms and student-led reflections. Learning seems to have proved even more accessible in the online environment, with students locked down outside London being able to continue to attend learning sessions. The online environment worked well to support students who are key workers such that they could access recorded lectures and skills sessions if unable to take leave to attend training. We successfully delivered 250 hours of professional counselling training on the Diploma course using the online format. Attendance has been strong and all learning objectives achieved.



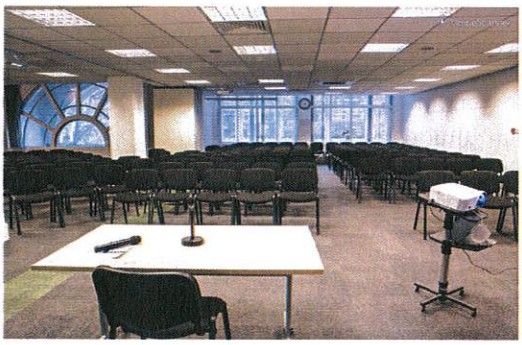
New Trainings Including Emotionally Focussed Family Therapy (EFFT)

One of the standout achievements of this year has been that CPT and the Schema Therapy Institute combined, provided close to one hundred days of training and supervision for students of counselling and qualified mental health professionals.

In November 2019 the Schema Therapy Institute delivered the first Emotionally Focussed Family Therapy (EFFT) training programme in the UK to include a special workshop on working with stepfamilies. This programme was delivered by Gail Palmer of the International Centre for Emotionally Focussed Therapy (ICEEFT).

In addition, the Institute hosted a two-day workshop approved the International Society of Schema Therapy (ISST) entitled *"From Merging and Disconnection to Attachment and Autonomy"* delivered by the ISST's Director of Training Jeff Conway from New York.

CPT found it necessary to expand to larger venues to accommodate the number of delegates participating in the Autumn trainings. We successfully collaborated with Resource for London and rented appropriate conference rooms to seat up to 100 delegates for these breakthrough trainings.

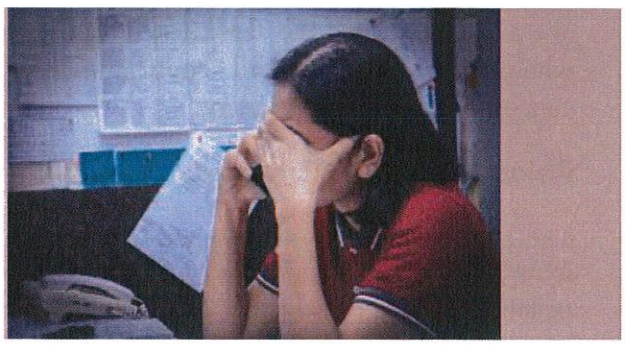


Schema Therapy Certification Trainings Approved by ISST

Approved by the International Society of Schema Therapy (ISST), CPT has created a Centre of Excellence, with the Schema Therapy Institute London as the only centre in the UK and /Europe, approved by the International Society (ISST) to provide four full certification programmes to Standard and Advanced levels. Dr. Sullivan holds the responsibility and demonstrated expertise in each of these disciplines and her energy has adapted and promoted each of these programmes to online accreditation and successful delivery this year:

- Individual Schema Therapy (Spring and Autumn series)
- Group Schema Therapy
- Schema Therapy for Auxiliary Professionals (Spring and Autumn series)
- Child/Adolescent Schema Therapy

Where prioritisation decisions are needed, training programmes that expand the workforce should be prioritised. CPT's planned expansion of its other training programmes is continuing in order to maximise workforce capacity into future years. In an important advance, extending the practice and effectiveness of .Schema Therapy to a greater number and range of treatment settings in the UK, the Schema Therapy Institute was only the second centre world-wide to offer specialist certification training in Schema Therapy for nurses, occupational therapists, social workers, probation officers and mental health teams.



Community Work



Although focus since March 2020 has been on maintaining CPT's operations in a virtual (online) environment, it is important to remember that for the first six months of this year, CPT worked to expand links to local funders, educational and care organizations in Covent Garden.

In late Autumn of 2019, we hosted participants from across the UK and Europe to our Central London base for our international trainings and established relationships with local hotels and received beneficial arrangements for speakers and delegates. We conducted introductory meetings with local charities and corporations in Westminster including Enabling Assessment Service London (EASL), a mental health team supporting homeless people across London.

We established a relationship with the London Film School adjacent to our office on Long Acre to provide short term psychological services to students in crisis. Commencing in November 2019, this vital service continued on-line and has been a significant resource for students particularly those unable to return home to family and stability during lockdown.

Fundraising

CPT appreciated the financial support of grants from The Fitton Trust, The Henry Smith Charity, and the responsiveness of The Golden Bottle Trust. We also appreciated the sensitivity of individuals who gave generously toward administration and IT support for CPT's management.

Relocation and Office Move

The circumstances of working through the initial months of the pandemic were hard to comprehend; isolation, loneliness, and the experiences of frightened, locked down communities. CPT moved its operations on-line.

"Without targeted intervention, grassroots charity organisations risk being wiped out altogether at an incalculable cost to our society, and its future generations…"
New Philanthropy Capital

In April 2020, CPT Trustees met to consider the challenge that, having paid rent for Q2 (till June 30th 2020) that we would need to relocate away from the central zone – thereby reducing rent and travel costs and improving access when lockdown eased. With collaboration from our landlords, the Mercer's Company, CPT's Trustees negotiated release from our lease of First Floor at 116 Long Acre and moved to vacant premises in Hurlingham Studios in SW6. Having proximity to excellent transport links we modified and built sound-proofed-rooms, dividing the brightly furnished office space on the ground floor for CPT's use from the beginning of August 2020.

"If charities have to cut services or even close down because of the funding and delivery challenges of the pandemic, it will be the most vulnerable who suffer."
Polly Mackenzie, CEO of Demos

Our Trustees have motivated and inspired the charity with their individual strengths and resources to maintain access to services during this tumultuous year.

Acknowledgements

The Henry Smith Charity, the Fitton Trust, Axis Capital and the Golden Bottle Trust. We also thank the many individuals who have given privately and through Gift Aid. In addition, we should like to thank: Agnes Sullivan, Rachel Chandler, Mike

Exton, Cathy Vasey, Simon Burgess, Joanne Marsden, Rebecca, Paul and Oliver Hone, John Sturt, Emma Ferris, Rebecca and Mark Duckworth, Alex Boulton, Leo Cortes, Veronica Chavarria, Chris Ferris, Julian Churcher, Andrew Chandler, Jansel and David Hews, David and Louise Lancaster, Gabriella Csaszlava, Ed Hicks of Pam Insight, Patrick Katzenberg of the Radisson Blu Hotel Mercer Street, Nasra Kassim of Radisson Blu Bloomsbury, Alexander Hoare of The Golden Bottle Trust, Kate Lumsden of The Fitton Trust, The Rector The Rev. Simon Grigg, James O'Shaughnessey, Christine Muskett of The Henry Smith Charity, Michael and Phil Robinson of Fincomp, Simon Taylor of The Mercers' Company, Mike Mike Tuohy and Randall Osborne of Knight Frank, Clare Atkinson of Resource for London, Ethical Property Company, Gail Palmer, Joan Farrell and Ida Shaw, Charanjit Gil, Izzy Walsh of Hall Brown and Peter Davidson.

Legal Status and Organisation

The charity was incorporated on 27 August 1993 as a company limited by guarantee and not having a share capital, and is therefore governed by its Memorandum and Articles of Association. The liability of the members is limited to £1. The number of members with which the company is registered is two. Members have full power and discretion as to the admission or refusal of any person as a member.

Management is in the hands of a Board of Trustees, which meets three times a year. Minutes and proceedings of the Trustees are prepared for each meeting. The Board is made up of a composite of skills and consists of representatives from other Christian and professional counselling organisations, and others with an interest in the education and well-being of individuals and families.

The Chairman (elected by the Trustees) presides at Trustee meetings. Every matter is determined by a majority of the Trustees present at the meeting and voting on each question. In the case of equality of votes on any question, the person presiding as chairman of the meeting has a second (casting) vote.

The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee. Appointment of Trustees is governed by the Memorandum and Articles of the charity.

Principal Aim and Objective

CPT's main object, as stated in the charity's Memorandum, is the maintenance, advancement and promotion of the Christian faith and the advancement of the education of the public. Trustees have a more comprehensive description of our work to be reflected in this wording. The Trustees have proposed the following: "The Objects for which the Company is established are the provision of a change process through professional one-to-one counselling and group work for the advancement of Christian compassion and principles. We have no expectation that clients practise any form of faith or religious belief. We also emphasise that each volunteer makes commitments that are based on professional ethics, and a driving concern for client self-determination."

Accounts

Trustees' responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2020. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company's policy on reserves

The Trust established a reserves guideline twelve years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. This amount currently equates to approximately £55,000. The Trustees are addressing the matter of increasing these Funds to the level required by the above policy.

Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically conduct system audits and risk assessments to ensure that these procedures continue to correspond with the needs of the charity.

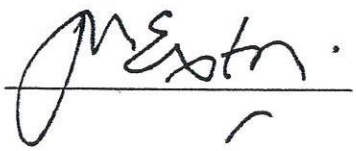
Examples of specific risks include:

- Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling).
- **Having to vacate premises** – for example, in the event of non-extension of lease **or for reasons outside of the Trust's control.**
- Reduction in numbers of volunteers/ and or/ professionally trained staff due to relocation, changes in family circumstances or illness.

Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities.

Signed on behalf of the Board of Trustees



Michael Exton
Secretary

6th August 2021

Accountants' reports to the Trustees

On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2020.

In accordance with the engagement letter dated 2 November 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes, from the accounting records and information and explanations that you have given me.

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, and state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with technical guidance issued by the Association of Chartered Certified Accountants, and have complied with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.

Approved by the Reporting Accountant on 6th August 2021

S A. Lewcock

SIMON LEWCOCK
Chartered Certified Accountant
Windsor Lodge
Millfield Road
Hounslow
Middlesex
TW4 5PN

Statement required by Section 475(2) of the Companies Act 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on 6th August 2021

and signed by: LCShortt

LISSA G. SHORTT

RACHEL CHANDLER

Trustee

Notes to the Accounts

for the year ended 31 August 2020

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2020

	Note	£	2020 £	£	2019 £
FIXED ASSETS					
Tangible Fixed Assets for charity's use	6		3,865		5,154
CURRENT ASSETS					
Debtors	7	7,523		5,310	
Cash at Bank and in Hand		18,096		17,772	
		25,619		23,082	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	4,781		1,767	
			20,838		21,315
TOTAL ASSETS			**24,703**		**26,469**
CAPITAL AND RESERVES					
Capital	9		-		-
Income and Expenditure Account					
Restricted Funds	10		10,136		10,136
Unrestricted Funds	10		14,567		16,333
			24,703		**26,469**

STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act, and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on

and signed by: , Trustee

RACHEL CHANDLER

LCShortt

LISSA G. SHORTT

COUNSELLING PASTORAL TRUST
(a company limited by guarantee)
Statement of Financial Activities
For the year ended 31 August 2020

	Note	Restricted Funds £	Unrestricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Income and Endowments					
Counselling fees		0	71,169	71,169	57,343
Donations and grants		0	13,709	13,709	46,907
Gift Aid		0	2,869	2,869	2,216
Training fees		0	44,149	44,149	46,055
Interest		0	1	1	97
Total income		**0**	**131,897**	**131,897**	**152,618**
Expenditure					
Charitable expenditure	2	0	129,016	129,016	165,229
Fundraising and publicity	3	0	933	933	3,254
Governance	4	0	3,714	3,714	6,259
Total expenditure		**0**	**133,663**	**133,663**	**174,742**
Net income / (expenditure) for the year		**0**	**-1,766**	**-1,766**	**-22,124**
Balance brought forward at 1 September 2019		10,136	16,333	26,469	48,593
Balance carried forward at 31 August 2020		**10,136**	**14,567**	**24,703**	**26,469**

NOTES TO THE ACCOUNTS
for the year ended 31 August 2020 (continued)

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has aken advantage of the exemption in Financial Reporting Standard No. 102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

Tangible fixed assets for use by the charity are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

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Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

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

1.5 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2020 (continued)

2. Charitable Expenditure

	Restricted	Unrestricted	2020 Total	2019 Total
	£	£	£	£
Administration	0	940	940	5,436
Bank charges & interest	0	1,778	1,778	1,850
Catering	0	2,783	2,783	4,594
Counsellors' fees	0	40,975	40,975	18,080
Depreciation of equipment	0	1,289	1,289	1,719
Donations and gifts	0	0	0	55
Equipment leases	0	0	0	2,566
Gilead Exam Registration	0	0	0	1,525
Insurance	0	919	919	846
I.T. & website costs	0	5,019	5,019	5,611
Lecturer	0	12,660	12,660	40,616
Literature & materials	0	190	190	811
Maintenance & repairs	0	2,714	2,714	1,117
Office Furniture & Equipment	0	0	0	441
Printing and stationery	0	3,602	3,602	3,634
Rent and rates	0	42,195	42,195	55,469
Subscriptions	0	4,655	4,655	3,541
Telephone	0	4,541	4,541	3,435
Training course	0	0	0	934
Travel & accommodation	0	3,738	3,738	9,640
Utilities	0	1,018	1,018	3,309
	0	**129,016**	**129,016**	**165,229**

3. Fundraising & Publicity

Administration	0	20	20	117
I.T.& website costs	0	147	147	164
Equipment leases	0		0	139
Fundraising	0	0	0	1,000
Marketing expenses	0	601	601	1,670
Office Furniture & Equipment	0	0	0	24
Printing and stationery	0	119	119	105
Telephone & office supplies	0	46	46	35
	0	**933**	**933**	**3,254**

4. Governance

Accountant's fees & expenses	0	800	800	800
Administration	0	50	50	292
Bookkeeper	0	0	0	1,026
Catering	0	147	147	242
Equipment leases	0		0	84
I.T	0	202	202	226
Insurance	0	919	919	846
Office Furniture & Equipment	0	0	0	14
Penalties	0	0	0	350
Printing and stationery	0	119	119	105
Rent & rates	0	1,082	1,082	1,422
Telephone & office supplies	0	92	92	71
Travel & accommodation	0	303	303	781
	0	**3,714**	**3,714**	**6,259**

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
at 1 September 2019	6,466	24,838	31,304
Additions	0	0	0
Disposals	0	0	0
at 31 August 2020	6,466	24,838	31,304
Depreciation			
at 1 September 2019	6,183	19,967	26,150
Charge for the year	71	1,218	1,289
Disposals	-	-	-
at 31 August 2020	6,254	21,185	27,439
Net Book Value			
at 31 August 2020	212	3,653	3,865
at 31 August 2019	283	4,871	5,154

7. Debtors

	2020	2019
	£	£
Gift Aid	2,862	2,216
Rent Deposit	3,500	0
Prepaid expenses	1,161	2,637
Donation	0	457
	7,523	5,310

8. Creditors: amounts falling due within one year

	2020	2019
	£	£
Credit card account	1,413	0
Accrued expenses	3,368	1,767
	4,781	1,767

9. Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

10. Funds

		Balances 1 Sep 2019	Income and Endowments	Expenditure	Balances 31 Aug 2020
		£	£	£	£
Restricted Funds	**Provided by**				
To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	4,515	0	0	4,515
To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	845	0	0	845
For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	3,908	0	0	3,908
Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	868	0	0	868
		10,136	**0**	**0**	**10,136**
Unrestricted Funds					
General Fund		16,333	131,897	133,663	14,567
		16,333	**131,897**	**133,663**	**14,567**