

Counselling Pastoral Trust (a charitable company limited by guarantee)



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

“Psychological therapy services are essential services that save lives.”

ever.

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

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

curative.

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.



**Children & Young People's
Mental Health Coalition**



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 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

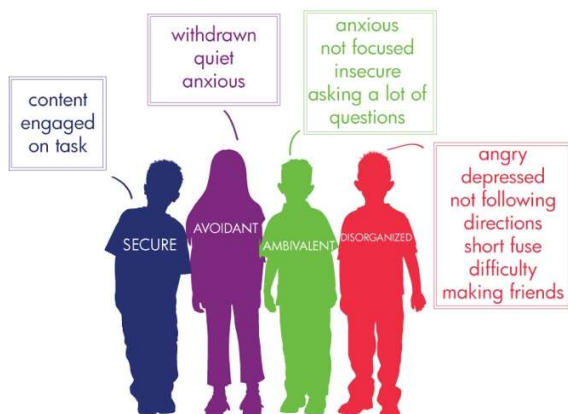
previously would have indicated face to face psychotherapy in the room. Decisions about the method of delivery have been made in collaboration with service users, and where appropriate their families, with clear information being provided about safe options. Client preferences have been consistently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



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

Psychoeducation groups 'Learning to Live, Learning to Love'



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to unpack

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.

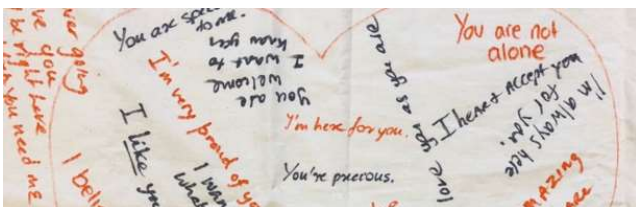


Schema Therapy Certification Trainings Approved by the ISST

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





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.

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."

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

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.

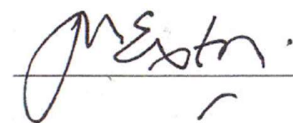
Form of this Report

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

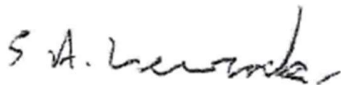
In accordance with the engagement letter dated 2 November 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes, from the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

Approved by the Trustees on: 25th June, 2024

And signed by: Agnes Sullivan Trustee
and L.G. Shortt L.G. Shortt

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

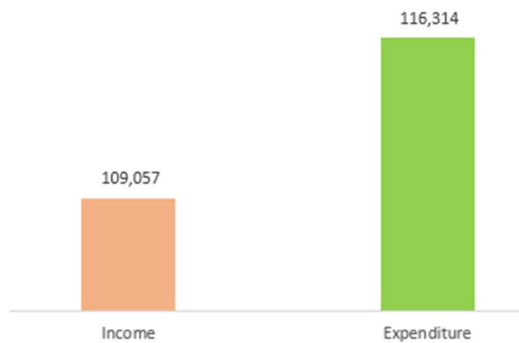
Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

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

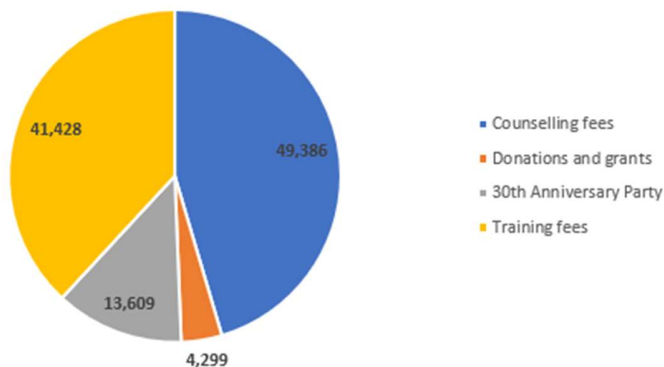
2023 Income and Expenditure Summary

Income vs Expenditure



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

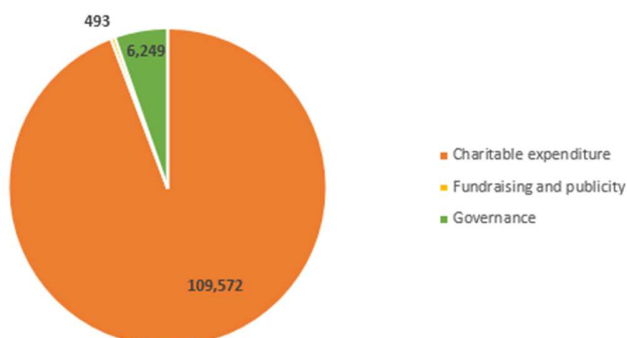
Income and Endowments



2023 income was split as follows:

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

Expenditure



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.

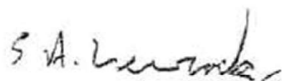
In accordance with the engagement letter dated 2 November 2012, and in order to assist you fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and related notes, from the accounting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



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

24th May 2024

Counselling Pastoral Trust (a charitable company limited by guarantee)

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	
		<u>14,557</u>		<u>36,721</u>	
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
Creditors and accruals	8	<u>9,555</u>		<u>15,919</u>	
NET CURRENT ASSETS			5,002		20,802
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR					
Loan	9		(26,533)		(36,212)
TOTAL ASSETS			<u>(18,127)</u>		<u>(10,870)</u>
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)
			<u>(18,127)</u>		<u>(10,870)</u>

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 LG Short

Counselling Pastoral Trust (a charitable company limited by guarantee)

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

		Restricted Funds	Unrestricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Income and Endowments					
Counselling fees		0	49,386	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	41,428	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 2022		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 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 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)

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)

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	<u>8,263</u>	<u>27,248</u>	<u>35,511</u>
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	<u>7,416</u>	<u>24,691</u>	<u>32,107</u>
Net Book Value			
at 31 August 2023	<u>847</u>	<u>2,557</u>	<u>3,404</u>
at 31 August 2022	<u>1,130</u>	<u>3,410</u>	<u>4,540</u>

7. Debtors

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

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
	<u>9,555</u>	<u>15,919</u>

9. Creditors: amounts falling due after more than one year

	2023 £	2022 £
Bounce back loan	26,533	36,212
	<u>26,533</u>	<u>36,212</u>

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)

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)