SOMERSET COUNSELLING CENTRE

England & Wales · Charity number 1038975

Details

Other names	SOMERSET PSYCHODYNAMIC COUNSELLING CENTRE
Status	Registered
Legal form	Charitable company
Company number	02926858
Registered	1994-06-28
Register	View on the Charity Commission register

Contact

Address	Apsley House Tower Street Taunton TA1 4BH
Phone	01823337049
Email	info@scctaunton.org.uk
Website	www.scctaunton.org.uk

Activities

Objects: TO PROMOTE MENTAL HEALTH AND WELLBEING , PRIMARILY (BUT WITHOUT LIMITATION) BY:-1. THE PROVISION OF ACCESSIBLE COUNSELLING;2. THE PROMOTION OF GREATER UNDERSTANDING OF THE ROLE OF EMOTIONS IN PSYCHOLOGICAL HEALING;3. TRAINING AND EDUCATING OTHERS INVOLVED IN THE PRACTICE OF COUNSELLING; AND4. THE PROMOTION OF RESEARCH INTO EFFICACY OF THE METHODS AND PRACTICE OF COUNSELLING AND THE PUBLICATION OF THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: To provide a Community based low cost Counseling service for those who seek relief from emotional difficulties and mental health issues.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

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Geography

- Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£476,163	£404,150	-	-
2024-10-31	£342,616	£356,629	-	-
2023-10-31	£344,093	£341,633	-	-
2022-10-31	£254,287	£246,293	-	-
2021-10-31	£313,019	£251,781	-	-
2020-10-31	£193,088	£163,122	-	-

Trustees

Name	Role	Appointed
Andrew David Palmer		2022-11-30
Caroline Barrett		2024-02-20
HELEN JANE FRY		2017-01-31
Simon John Peck		2026-06-01
Zillah Morris		2023-10-16

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SOMERSET COUNSELLING CENTRE

England & Wales - Charity number 1038975

Accounts

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Company registration No. 02926858
Charity registration No. 1038975

SOMERSET COUNSELLING CENTRE
(A company limited by guarantee)

Annual Report and Unaudited Financial Statements
For the 12 months ended 31 October 2025

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Trustees' Report

Executive Summary

Our Mission

To deliver high-quality, long-term, and affordable counselling services that strengthen emotional health, wellbeing, and resilience in our community.

Key Achievements (2020–2025)

- **Service Growth**: Doubled counselling sessions while maintaining affordability.
- **Workforce Development**: Expanded and diversified counsellors and volunteers with robust training and supervision.
- **Strategic Partnerships**: Collaborated with Somerset Council and local organisations to deliver specialist services (domestic abuse, bereavement, family therapy).
- **Innovation**: Introduced hybrid counselling (in-person and online) for greater accessibility.

Our Purpose

- Vision: **Be recognised as a leading provider of accessible, high-quality counselling services.**
- Mission: **Deliver safe, affordable counselling; train counsellors; promote mental health awareness; and provide outreach services.**

Strategic Priorities

- **Access**: Remove barriers to care through flexible service models.
- **Reach**: Engage communities and stakeholders to amplify impact.
- **Impact**: Deliver evidence-based, tailored services.
- **Capacity**: Invest in workforce development and operational systems.
- **Sustainability**: Diversify income streams for financial resilience.
- **EDI**: Embed inclusive practices across all services.
- **Safety & Quality**: Maintain BACP accreditation and clinical excellence.

Future Plans (2026–2030)

- **Expand service capacity and affordability.**
- **Strengthen partnerships and advance research.**
- **Innovate delivery models to meet evolving needs.**
- **Build a sustainable, resilient organisation for long-term impact.**

✓ **Our Commitment**: Somerset Counselling Centre will continue to evolve as a beacon of quality and accessibility, ensuring mental wellbeing is prioritised for all.

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Trustees' Report

Performance

At Somerset Counselling Centre (SCC), our mission is to deliver high-quality, long-term, and affordable counselling services that strengthen emotional health, wellbeing, and resilience across our community. Since launching our strategy in 2020, we have transformed plans into action—expanding our services, deepening our impact, and building a foundation for sustainable growth.

In 2025, we conducted a rigorous review of our strategic objectives and business plan to strengthen income generation and amplify our community impact. This work lays the foundation for our next five-year strategy, launching in October 2026, which will focus on innovation, accessibility, and resilience. Our commitment remains clear: to create a mentally healthy future for our community. We will continue to build on our achievements, deepen our partnerships, and pursue ambitious targets through to 2030—ensuring SCC remains a trusted, dynamic, and forward-thinking organisation.

Statement of purpose

SCC's Vision is that

SCC is recognised for the provision of high-quality, long-term counselling services for everyone. The services that it provides support an increase in access to affordable counselling, thereby helping to improve emotional health, wellbeing, and resilience in local communities.

The Centre will grow the qualified counsellor workforce through the provision of high-quality supervised work placements for the up-and-coming trainee workforce, alongside expert-led Continuing Professional Development (CPD) for existing and qualified workforce, thus ensuring a strong pipeline of counsellors to meet both the current and the future needs of our services and clients and for those looking to undertake a career in counselling.

SCC's Mission is

- To provide high-quality and accessible places including affordable counselling in a safe space
- To train new and established counsellors to develop their skills and experience
- To promote awareness and understanding of health and wellbeing
- To collaborate with local county council and statutory services to ensure that the mental wellbeing needs of the community are met.

SCC's Strategic Objectives are

- to promote mental health and well being
- to provide accessible counselling
- to promote greater understanding of the role of emotions in psychological healing
- to advance education and training in the practice of counselling
- to promote research into the efficacy of the methods and practice of counselling and to publish the useful results of such study and research.

The strategy for achieving these objectives is contained in the five-year business plan (2021-2025) which is delivered by the senior management team in consultation with the Trustees.

SCC's Values are

Embracing - accessible to everyone who needs us in our communities
Effective - providing a confidential, high-quality, personalised service to our clients
Energetic - offering the service in a dynamic, choice-led, and enthusiastic way
Empowering - helping our clients find the way to greater self-understanding and personal growth.

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Trustees' Report

Priorities

Access

We are committed to ensuring that anyone who needs support can reach us easily and receive high-quality counselling. In 2025, SCC delivered **4,856 sessions to 405 clients**, reflecting our dedication to accessibility and impact.

Our hybrid model—combining in-person and online counselling—has become a cornerstone of service delivery. This approach:

- **Expands reach** across Somerset, enabling clients who cannot attend in-person to access care.
- **Enhances flexibility** for both clients and counsellors, ensuring inclusivity and responsiveness.
- **Strengthens resilience** by integrating technology into our core service model.

We also provide specialist services tailored to vulnerable groups:

- **Leaving Care Counselling** – Supporting young people in transition, now in its fifth successful year.
- **Domestic Abuse Support** – Delivered under an exclusive agreement with Somerset Council until 2028, offering individual counselling, group work, and children's services for high-risk cases.
- **Bereavement Counselling** – Through the 2 Wish contract, supporting families affected by the sudden loss of a child or young adult.
- **Family and Couples Therapy** – Including innovative approaches such as equine therapy under the My Family Talking Gateway programme.

Reach

Our goal is to connect with every part of the community so that mental health support is visible and accessible. We actively engage stakeholders to understand their needs and incorporate their perspectives into decision-making, in line with **section 172 of the Companies Act 2006**.

Collaboration remains central to our strategy. We maintain strong alliances with:

- **Somerset Council** for domestic abuse support.
- **Avon and Somerset Police, SARSAS, and local GP surgeries** for safeguarding.
- **Somerset Open Mental Health and other statutory bodies** for integrated service delivery.

We also raise our profile through networking and fundraising events, including:

- Jurassic Coast Ultra Challenge
- Somerset Chamber of Commerce
- Taunton Flower Show
- Taunton Vale Rotary Club (Charity of the Year)
- Local business community events

These partnerships and engagements strengthen our visibility and amplify our impact.

Impact

We design services to meet community needs and deliver measurable outcomes. Our portfolio includes:

- **Adult Counselling** – Long-term, affordable psychodynamic therapy addressing deep-seated trauma.
- **Couples Counselling** – Supporting relationships and training counsellors in this specialist area.

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- **Young Persons Counselling (16–18)** – Safe, confidential support for adolescents.
- **Children's Services** – a safe, confidential space for children to explore feelings and challenges with a trained professional.
- **Employee Wellbeing (EAP)** – Comprehensive packages for organisations, including workshops and bespoke consultancy.

Capacity

Building capacity is central to sustaining high-quality counselling services. In 2025, SCC continued to invest in the professional development of our counsellors and operational infrastructure to support growth and resilience.

Professional Development

- Delivered a comprehensive programme of **Continuing Professional Development (CPD)** workshops for SCC counsellors and external practitioners.
- Strengthened our **placement programme**, enabling trainees to gain hands-on experience under expert supervision.
- Supported counsellors through regular training and feedback sessions, fostering continuous improvement and clinical excellence.

Operational Capability

As service demand increased, we enhanced our operational systems to maintain quality and efficiency:

- Expanded **supervision resources** to ensure robust clinical governance.
- Implemented improved **booking and reporting procedures**, streamlining administration and reducing manual processes.
- Upgraded **data capture and analysis**, enabling better insights and informed decision-making.

These investments ensure SCC remains agile, responsive, and equipped to deliver exceptional care as an organisation whilst supporting the professional growth of our workforce.

Sustainability

Resilience and sustainability are at the heart of SCC's long-term success. Our goal is to maintain financial stability and operational strength by diversifying income streams and reducing reliance on any single funding source.

Funding Model

We generate income through a balanced mix of:

- **Client contributions** for counselling services.
- **Targeted grants** for community-based bursary work, including support from the National Lottery Awards for All, and Somerset Community Foundation.
- **Employee Assistance Programme (EAP) and consultancy**, partnering with employers to enhance workplace wellbeing.
- **Fundraising events and sponsorships**, which also strengthen community engagement.
- **Contracts for targeted counselling services** to address the needs of specific population groups within our community.

Social Value and Volunteer Support

Our diverse activities attract volunteers who contribute across the organisation, reinforcing our social impact. Volunteers support SCC in various roles, alongside counsellors who actively participate in fundraising initiatives.

By maintaining this blended approach, SCC ensures financial resilience, operational flexibility, and the capacity to meet growing demand for mental health services.

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Trustees' Report

Principles

Equality, Diversity, and Inclusion (EDI)

At SCC, we are committed to creating an inclusive environment where every individual feels respected, valued, and supported.

Our Approach

- **Accessibility for All**: We provide practical support such as hearing loops for clients with hearing impairments and accessible rooms for those with mobility challenges. Building maintenance incorporates sensory-friendly features, including low-odour paints and appropriate lighting.
- **Inclusive Service Delivery**: We actively challenge assumptions and biases by asking clients about their preferences rather than making decisions on their behalf. For example, we never assume a client's choice of therapist based on gender or background.
- **Data with Purpose**: We review our registration processes to ensure data collection is meaningful and respectful. Instead of standardised ethnicity categories, we use open-ended questions to better understand clients' cultural identity and experiences.

Our Values in Practice

- **Awareness**: All counsellors receive training and supervision to identify and address unconscious bias.
- **Allyship**: Our team works alongside clients, respecting their lived experiences and promoting equality.
- **Ask, Don't Assume**: We engage clients in decisions about their care, ensuring their voice shapes their experience.

Our commitment to EDI is not just policy—it is a lived practice that informs how we deliver services, support our workforce, and engage with the community.

Safety and quality

Ensuring safety, quality, and trust is fundamental to SCC's work. We are committed to delivering a secure, effective, and positive experience for every individual who engages with our services.

Clinical Excellence and Governance

- SCC holds **accreditation from the British Association for Counselling and Psychotherapy (BACP)**, reflecting our adherence to the highest standards of organisational practice and clinical governance.
- All counsellors are supported and encouraged to achieve **individual professional accreditation** with BACP or other recognised bodies, ensuring depth and consistency in service quality.
- Provision of **high-quality supervision** is a cornerstone of effective practice and is further supported by ongoing, relevant, and up to date CPD.

Safeguarding and Risk Management

We maintain rigorous safeguarding protocols for children and adults at risk, prioritising their safety at every stage of care. Our team is equipped to manage complex cases effectively, leveraging supervisory and management support to ensure adherence to best practice standards and statutory requirements.

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Trustees' Report

Continuous Professional Development
To uphold quality and innovation, SCC offers:

- **Accreditation Pods:** Monthly sessions for experienced counsellors seeking BACP accreditation, fostering peer learning and professional growth.
- **Expert-Led Workshops:** Specialist training in areas such as trauma-informed care and advanced therapeutic techniques.
- **EMDR Training:** A structured programme to equip counsellors with skills to support clients with severe trauma, enhancing therapeutic outcomes.

Our commitment to safety and quality is unwavering. Through robust governance, ongoing training, and a culture of excellence, SCC ensures that every client receives care that is ethical, effective, and transformative.

Environmental responsibility

We will build a sustainable approach as we embrace hybrid working and volunteering, and develop a better understanding of our energy footprint. SCC is committed to promoting environmental sustainability and minimising the adverse impacts of our activities on the environment. We recognise our responsibility to the environment beyond legal and regulatory requirements, and strive to continuously improve our environmental performance as an integral part of our business strategy and operating methods.

Innovation

SCC is committed to fostering a culture of continuous innovation to create value, enhance competitiveness, and deliver maximum possible positive impact on our local community. We will use research findings, practice data, professional guidance, and insights to inform all our services, activities, and digital offerings. Where evidence is not available or clear, we will look to work with partners to fill those gaps.

Financial Review

Overview

Thanks to the hard work of our team and our supporters over the last couple of years, we are in a positive position to deliver on our strategy to respond to the growing mental health need.

Overall result

Our total income of £476,163 and total expenditure of £404,150 resulted in a net surplus for the year of £72,013 (2024: net deficit of £14,013).

Our income from charitable activities

Our income for the year in total was £ 433,914 (2024: £295,497) and we offered 4,856 sessions overall in the year (2024: 5,751 sessions).We offered 3,898 (2024: 3,481) Business As Usual counselling sessions which brought in £194,754 of income (2024: £138,220) in the year with a mix of subsidised rates per session and some standard rate sessions. The Domestic Abuse and other contract work delivered 701 (2024: 1,535) sessions with £ 200,286 of income (2024: £132,669). Other income came to £ 38,874 (2024: £24,608)

By the end of October 2025, the number of clients that we offered sessions to in the year came to 405 (2024: 417).

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Trustees' Report

Income from grants

During the year, we received £33,000 in grant income (2024: £24,444). £nil is unrestricted (2024: £nil), £33,000 is restricted (2024: £24,444). In 2025, grant income was received from Somerset Community Foundation and Somerset Council. In 2024, the funders included the following:

- National Lottery
- Somerset Community Foundation

Of the restricted funds, £17,160 (2024: £43,061) has been utilised in 2025 with the balance to be used in the next 12 months to support both individual and group counselling sessions.
Much of the Centre's work is Open-ended or 'long-term' counselling, which is a type of talking therapy where it is understood that the client will probably attend for at least several months or even years, and so no official end date is set to be worked towards. Funding streams therefore will inevitably spread over a two-year period to support this type of work.

Domestic Abuse contract

In collaboration with Somerset Council, we have managed a client list of 21 adults experiencing domestic abuse. During the year, we have offered 522 sessions.

Expenditure

Expenditure in 2025 totalled £404,150 (2024: £356,629). Our unrestricted charitable expenditure rose to £370,079 (2024: £299,608). The cost of generating funds for our unrestricted fundraising was £16,911 (2024: £13,960) and the cost of charitable activities for our restricted grants received was £17,160 (2024: £43,061).

Net assets

SCC's net assets increased to £203,410 (2024: £131,397). This is due to the surplus that the Centre has made in the year. £26,500 (2024: £10,660) of this is restricted and will be utilised to fund places for clients in 2025/2026.

Reserves Policy

The Board of Trustees sets the reserves policy to ensure financial stability and support the Centre's long-term objectives. This policy safeguards against potential income shortfalls, maintains adequate working capital, and ensures that funds are available for future service development. At the same time, we balance this with the need to deploy resources effectively to meet the immediate needs of our beneficiaries.

As at 31 October 2025, total funds stand at **£203,410** (2024: £131,397), comprising **£176,910** in unrestricted funds (2024: £120,737) and **£26,500** in restricted funds (2024: £10,660). Within the unrestricted funds, a designated closure reserve of **£20,000** remains in place (2024: £20,000) to provide for an orderly wind-down if ever required.

Our strategy for resilience and growth is critical to sustaining services and mitigating unforeseen disruptions. During this year, the Centre experienced significant growth, with income increasing from **£342,616** to **£476,163.** Correspondingly, the level of reserves has strengthened to support this expansion.

Unrestricted operating expenditure represented by the General Fund equates to **148 days** (2024: 117 days), rising to **167 days** (2024: 141 days) when designated funds are included. This demonstrates a robust financial position that underpins our ability to deliver services effectively.

We are confident that our current reserves provide a strong foundation for continued operations and, if necessary, would enable the Centre to close in an orderly manner.

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Trustees' Report

Future Developments Looking forward

Driving Sustainable Positive Change

As SCC looks ahead to 2025/26 and beyond, we are entering a decisive phase of growth and innovation. Our Board-approved business plan provides a clear roadmap to realise our long-term strategy and position SCC as the leading provider of accessible, high-quality counselling services. We will scale our impact, strengthen quality, and expand equitable access—so that mental wellbeing is prioritised and attainable for all.

Strategic Priorities

Expand Service Capacity - Increase the number of sessions delivered while protecting affordability and quality, ensuring timely access for clients who need support most.

Enhance Workforce Development - Ensure the robust training of Counsellor skills and knowledge to meet the range of client need.

Innovate in Service Delivery- Advance our hybrid model to offer greater flexibility and inclusivity, enabling clients and counsellors to engage safely and effectively—in-person and online.

Deepen Community Impact - Strengthen partnerships with statutory bodies, local organisations, and businesses to extend our reach, reduce barriers to care, and influence positive system-level change.

Advance Research and Evidence-Based Practice - Collaborate with partners to address gaps in mental health research and apply insights to improve outcomes, inform commissioning, and shape best practice.

Our Commitment to Excellence

We are evolving to meet rising demand for mental health support while maintaining SCC's reputation for quality, accessibility, and resilience. In our next strategic cycle, we will balance institutional and individual needs, delivering sustainable solutions for clients, councils, employers, and the wider community. Implementation of our new five-year strategy will begin in October 2026, and we will continue to adapt, learn, and strengthen our approach to ensure measurable progress.

Priorities for the Year Ahead

- **Organisational Development** - Build scalable systems and structures that support growth, streamline operations, and ensure resources are aligned to deliver our strategy, whilst ensuring long-term operational and financial stability.
- **Culture and Engagement** - Foster a positive, inclusive culture where counsellors, staff, and volunteers feel safe, inspired, and empowered to contribute their best.
- **Service Accessibility and Capacity** - Maximise engagement with counselling and training services; expand capacity to meet rising demand while maintaining high standards of care.
- **Employer Partnerships** - Grow our market share in workplace mental health and wellbeing, partnering with employers to safeguard affordable access for clients and deliver demonstrable impact.
- **Impact and Quality Reporting** - Strengthen data-driven insights through enhanced CMS reporting, evidencing outcomes, and informing continuous improvement and decision-making.

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Trustees' Report

- **Marketing and Sustainability** - Execute a focused marketing strategy to reach new and existing markets, diversifying income streams and ensuring long-term financial resilience.
- **Community Inclusion and Equity** - Build capacity to reach all sections of the community, improve inclusion, and embed robust measures for equality, diversity, and inclusion across our services.
- **Flexible, Safe, and Inclusive Counselling** - Our blended counselling options—online and in-person—remove traditional barriers while maintaining client safety, confidentiality, and choice. This adaptability allows us to meet diverse needs across our communities and deliver care where, when, and how it is most effective.
- **Sustainability and Workforce Development** - Demand for counselling has never been greater. We are strengthening sustainability through a diversified funding model that protects access for all, regardless of circumstance. At the same time, we recognise the urgent need for a qualified mental health workforce. It is our intention to develop our basic counselling skills courses—followed by Foundation Diplomas—which will develop new talent, support career progression, and enhance service quality across the sector.
- **Governance and Accountability** - SCC is committed to aligning resources and capabilities to deliver on our five-year strategy and annual business plans. We will track progress against clear objectives and report outcomes transparently, ensuring accountability to clients, partners, funders, and our community.

Together, We Lead Positive Change

With our dedicated team, volunteers, and partners, we are shaping a future in which mental wellbeing is prioritised and accessible to all. By scaling capacity, innovating delivery, deepening partnerships, and investing in people, SCC will continue to deliver sustainable, evidence-based impact for the communities we serve.

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Trustees' Report

Governance

The organisation is a private charitable company, limited by guarantee with no share capital, incorporated on 9th May 1994 in England and Wales, and has been registered as a Charity since 28th June 1994 (number 1038975). It is governed by its Articles of Association, which were revised and updated on 25th November 2013. It uses the "Limited" exemption.

The Trustees consider the senior management team (the Operations Director and the Clinical Director) to be the key management personnel of the Charitable Company in charge of directing and controlling, running, and operating the Charitable Company on a day-to-day basis.

Throughout the last year, the Trustees have met regularly on operational matters and the strategic direction and policy of the Charity. In addition, there are full counsellor meetings held a minimum of three times a year, to engage all involved with the ongoing work and life of the Centre, to advise and support where there are difficulties, and to monitor the finances and plans for the future. The senior management team attends all meetings.

Recruitment and Appointment of Trustees

The Trustees of the Charitable Company at the date of this report and those who have served for the duration of the year are set out on page 27.

The Directors of the Charitable Company are also Trustees for the purposes of Charity law and are known as Trustees under the Charitable Company's Articles. They are elected to serve for a period of three years after which they must stand down and be re-elected at the AGM. All Trustees give their time voluntarily and no Trustee received remuneration in the year for fulfilling the role of Trustee. Details of Trustee expenses and related party transactions are disclosed in note 8 to the financial statements.

Through proactive and targeted recruitment, the Board of Trustees seeks to build a governance structure enriched by diverse professional and personal expertise, ensuring strong oversight of SCC objectives.

During the year, Deborah Howell resigned and, after the end of the year, Simon Malley resigned.

Trustee Induction and Training

Trustees and members of the Centre actively seek to enhance the potential pool of Trustees through publicity and 'word of mouth' in the community at large.

Most potential Trustees are already familiar with the practical work of the Centre having been associated with the work for some time.

Additionally, new Trustees are invited and encouraged to attend Management/Trustee meetings in order to familiarise themselves with the Charity and the context in which it operates. Other areas covered by their induction will be:

- The Obligations of Trustees and Management Committee Members
- The main documents which set out the operational framework for the Charity, including the Articles
- Resourcing and the current financial position as set out in the latest published financial statements
- Future plans and objectives
- To be made aware of the Charity Commission guide 'the Essential Trustee' and other relevant information available from the Charity Commission website
- The opportunity to join Counsellor Network meetings

Public Benefit

SCC is a registered Charity and a non-profit making organisation; we receive no regular external financial support. Its aim is to provide accessible counselling for all and so it provides a number of places at a reduced rate according to means. No one is excluded because they cannot afford the full cost of counselling.

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Trustees' Report

SCC has referred to the guidance contained in the Charity Commission's general guidance on public benefit and their specific guidance on fee-charging when reviewing its aims and objectives and in planning its future activities. Having done that, the Trustees are satisfied that our main activity of the provision of low-cost counselling services to the general public continues to meet our charitable purposes for the public benefit.

Risk Management

SCC reviews risk on an ongoing basis through our Board of Trustees. We monitor profiles of risk and give particular attention to the management of the most severe risks. The Board of Trustees is satisfied that the major risks have been identified and have been adequately mitigated where necessary. It is recognised that systems and processes cannot provide absolute assurance and for this reason the Board remains vigilant.

Internal control risks are minimised by the implementation of procedures for the authorisation and control of projects. Procedures are in place to ensure compliance with health and safety of staff, clients, and visitors to the Centre. All these procedures are periodically reviewed to ensure that they continue to meet the needs of the Charity.

To help manage clinical risk, SCC is bound by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework (2018) and its pending update in 2026. This helps us to maintain a highquality of service delivery and clinical practice. These are verified by annual assessment allowing us to maintain our BACP accreditation. We have clear safeguarding policies and procedures, and our counsellors work closely with our Safeguarding Officer, Clinical Lead, and Clinical Director. Safeguarding cases are reviewed weekly with high-risk cases reviewed more frequently as required.

In addition, the Centre maintains insurance cover at a level appropriate for all the relevant professional and operational risks of the Centre.

Quality Assurance

The Centre is a member of the British Association for Counselling and Psychotherapy (BACP) and is subject to regular accreditation. The Centre is guided by this internationally recognised organisation alongside local and national NHS policy relevant to the work undertaken.

SCC is accredited with the BACP and complies with its Ethical Framework (2018).

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Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as Directors of Somerset Counselling Centre for the purposes of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with the requirements of the Companies Act and the Charities Act.

Company law requires the Trustees to prepare financial statements for each financial period. Under that law, the Trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including income and expenditure, of the Charitable Company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the Charitable Company will continue its activities.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006 ('the 2006 Act'). They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charitable Company and financial information included on the Charitable Company's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report for the 12 months ended 31 October 2025 has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on 30 March 2026 and signed on its behalf by:

H Fry

Helen Fry 16 Apr 2026 10:58:45 BST (UTC +1)

.....

H Fry
Secretary

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL STATEMENTS OF SOMERSET COUNSELLING CENTRE

I report to the Trustees of Somerset Counselling Centre (Charity No. 1038975) on my examination of the unaudited financial statements of the Charitable Company for the 12 months ended 31 October 2025, which are set out on pages 14 to 26.

Responsibilities and basis of report

As the Trustees of the Charitable Company (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the financial statements of the Charitable Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your Charitable Company's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination, I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's statement

Since Somerset Counselling Centre's gross income exceeded £250,000, your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

RJ Cadwallader

Robert Cadwallader FCA
Milsted Langdon LLP
Chartered Accountants
Winchester House
Deane Gate Avenue
Taunton
Somerset
TA1 2UH

17-APR-26

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SOMERSET COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

12 MONTHS ENDED 31 OCTOBER 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Income and endowments from:					
Donations and legacies	2	7,992	-	7,992	20,755
Grants	3	-	33,000	33,000	24,444
Investments	4	1,257	-	1,257	1,920
Charitable activities	5	433,914	-	433,914	295,497
Total		443,163	33,000	476,163	342,616
Expenditure on:					
Raising funds	6	16,911	-	16,911	13,960
Charitable activities	6	370,079	17,160	387,239	342,669
Total		386,990	17,160	404,150	356,629
Net movement in funds	14	56,173	15,840	72,013	(14,013)
Reconciliation of funds					
Total funds brought forward at 1 November 2024	16	120,737	10,660	131,397	145,410
Total funds carried forward at 31 October 2025	14 & 16	176,910	26,500	203,410	131,397

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

The notes on pages 17 to 26 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE
Registered Number: 02926858
BALANCE SHEET AS AT 31 OCTOBER 2025

	Notes	£	2025 £	£	2024 £
Fixed assets					
Tangible assets	10		9,561		11,187
Current assets					
Debtors	11	31,552		57,421	
Cash at bank and in hand		218,910		114,882	
		250,462		172,303	
Liabilities: creditors falling due within one year	12	(56,613)		(52,093)	
Net current assets			193,849		120,210
Net assets			203,410		131,397
Represented by:					
The funds of the Charity:					
Restricted funds	14		26,500		10,660
Unrestricted income funds					
General fund	14	156,910		100,737	
Designated funds	14	20,000		20,000	
Total unrestricted funds			176,910		120,737
Total funds	14		203,410		131,397

The Charitable Company is entitled to exemption from audit for the 12 months ended 31 October 2025 under section 477 of the Companies Act 2006 relating to small companies and section 144(2) of the Charities Act 2011.

The members have not required the Charitable Company to obtain an audit of its financial statements for the 12 months ended 31 October 2025 in accordance with section 476 of the Companies Act 2006 relating to small companies.

The Trustees acknowledge their responsibilities for:-

(i) Ensuring that the Charitable Company keeps accounting records which comply with section 386 of the 2006 Act.

(ii) Preparing financial statements which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of sections 394 and 395 of the 2006 Act, and which otherwise comply with the requirements of this Act relating to financial statements, so far as applicable to the Charitable Company.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved and authorised by the Board on 30 March 2026 and signed on its behalf by:

H Fry
Helen Fry 16 Apr 2026 10:58:45 BST (UTC +1)

H Fry
Secretary

Z Morris
Zillah Morris 16 Apr 2026 11:39:12 BST (UTC +1)

Z Morris
Trustee

The notes on pages 17 to 26 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE

STATEMENT OF CASH FLOWS FOR THE 12 MONTHS ENDED 31 OCTOBER 2025

	2025 £	2024 £
Reconciliation of net movement in funds to net cash flow from operating activities:		
Net movement in funds	**72,013**	**(14,013)**
Add back depreciation charge	4,300	4,886
(Deduct) interest shown on investing activities	(1,257)	(1,920)
Decrease/(increase) in debtors	25,869	(48,129)
Increase/(decrease) in creditors	4,520	(31,006)
Cash generated from operating activities	105,445	(90,182)
Cash flows from investing activities:		
Investment income	1,257	1,920
(Purchase) of tangible fixed assets	(2,674)	(4,364)
	(1,417)	(2,444)
Cash flows from financing activities:		
Increase/(decrease) in cash and cash equivalents	104,028	(92,626)
Cash and cash equivalents at 1 November 2024	114,882	207,508
Cash and cash equivalents at 31 October 2025	218,910	114,882

All of the cash flows are derived from continuing operations during the above two years.

Reconciliation of net cash flow to movement in net funds

Net increase/(decrease) in cash and cash equivalents in the year	104,028	(92,626)
Movement in net funds in the year		
Net funds at the start of the year	114,882	207,508
Net funds at the end of the year	218,910	114,882

The notes on pages 17 to 26 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE

NOTES TO THE FINANCIAL STATEMENTS

1 ACCOUNTING POLICIES

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Basis of preparation

Somerset Counselling Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The financial statements are prepared in sterling, which is the functional and presentational currency of the Charitable Company, and rounded to the nearest £.

Going concern

The Trustees consider that there are no material uncertainties about the Charitable Company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of the assets held by the Charitable Company.

Income and endowments

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received, and the amount of the income receivable can be measured reliably.

Grants receivable

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the Charitable Company has entitlement to the funds, any performance conditions attached to the grant have been met, it is probable that the income will be received, and the amount can be measured reliably.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable, and the amount can be reliably measured. No gifts in kind were received during the year (2024: £nil).

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charitable Company has unconditional entitlement.

Income received for services provided under contract is recognised when the performance conditions attached have been met.

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Fundraising events

Income from fundraising events is included in incoming resources in the period in which the relevant event takes place.

Investment income

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the bank.

Gift aid

Income from tax reclaims is included in the Statement of Financial Activities at the same time as the gift to which it relates.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required, and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the assets' use.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments, and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the Charitable Company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include the costs of the preparation and examination of the statutory financial statements, the costs of Trustee meetings, and the cost of any legal advice to Trustees on governance or constitutional matters. These costs are included within charitable expenditure.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis as set out in note 6.

Fixed assets

Fixed assets are stated at their purchase price, together with any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of fixed assets over the expected useful economic lives of the assets concerned. The principal annual rates used for this purpose are:

Leasehold improvements	- straight line over the period of the lease
Equipment and furnishings	- 25% straight line

Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that such income or gains are applied exclusively to charitable purposes.

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Debtors

Debtors are amounts due from clients for services performed in the ordinary course of business.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid, net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the Charitable Company, and which have not been designated for other purposes.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objectives of the Charitable Company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The movement in these funds can be seen in notes 14 and 15.

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest, less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Donations and legacies:				
Donations from Taunton Rotary Club	-	-	-	15,000
Donations from Taunton Swimathon	-	-	-	3,000
Donations from The Somerset Collective	-	-	-	1,804
Donations from The Stand Club	1,680	-	1,680	-
Donations from the London Marathon	1,765	-	1,765	-
Donations from fundraising activities	3,892	-	3,892	851
Donations from individuals	655	-	655	100
	7,992	-	7,992	20,755

The income from donations and legacies was £7,992 (2024: £20,755) of which £7,992 was unrestricted (2024: £20,755) and £nil was restricted (2024: £nil).

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3 GRANT INCOME

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Grant income from:				
National Lottery	-	-	-	20,000
Somerset Community Foundation	-	5,000	5,000	4,444
Somerset Council	-	28,000	28,000	-
Total	-	33,000	33,000	24,444

Grant income was £33,000 (2024: £24,444) of which £nil was unrestricted (2024: £nil) and £33,000 was restricted (2024: £24,444).

4 INVESTMENT INCOME

	Unrestricted funds £	Total 2025 £	Total 2024 £
Interest from cash held on deposit	1,257	1,257	1,920

Investment income was £1,257 (2024: £1,920) of which £1,257 was unrestricted (2024: £1,920) and £nil was restricted (2024: £nil).

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Total 2025 £	Total 2024 £
Supervision fees	9,352	9,352	1,829
Room hire	22,068	22,068	16,668
Client voluntary contributions	194,754	194,754	138,220
Contract work	200,286	200,286	132,669
Training	7,454	7,454	6,111
	433,914	433,914	295,497

The income from charitable activities was £433,914 (2024: £295,497) of which £433,914 was unrestricted (2024: £295,497) and £nil was restricted (2024: £nil).

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6 EXPENDITURE

	Basis of Allocation	Raising funds (unrestricted) £	Charitable activities (unrestricted) £	Charitable activities (restricted) £	Total 2025 £	Total 2024 £
Direct Costs:						
Counsellors and supervisors	Direct	-	90,895	8,663	99,558	101,097
Travelling expenses	Direct	-	1,897	-	1,897	1,693
Training fees and expenses	Direct	-	7,856	-	7,856	11,635
Fundraising expenses	Direct	232	-	-	232	982
Subscription and affiliation fees	Direct	-	14,668	-	14,668	17,717
		232	115,316	8,663	124,211	133,124
Support Costs:						
Office administration (including wages)	Staff time	9,177	140,905	4,140	154,222	138,498
Heat, light and water	Floor area	246	3,615	277	4,138	4,581
Rates and insurance	Floor area	253	3,716	285	4,254	3,570
Rent payable	Floor area	845	12,404	951	14,200	14,199
Repairs and maintenance	Usage	335	4,923	378	5,636	3,700
Advertising, printing and stationery	Usage	868	6,566	534	7,968	14,568
Postage and telephone	Usage	163	2,386	183	2,732	2,424
Sundries	Usage	439	6,440	494	7,373	3,439
Bank charges and interest	Direct	-	2,516	181	2,697	1,830
Bad debts	Direct	698	10,251	786	11,735	-
Depreciation	Usage	256	3,756	288	4,300	4,886
		13,280	197,478	8,497	219,255	191,695
Governance:						
Independent Examiner's fee	Direct	-	6,352	-	6,352	3,562
Professional fees	Direct	3,399	50,933	-	54,332	28,248
		3,399	57,285	-	60,684	31,810
		16,911	370,079	17,160	404,150	356,629

Expenditure on raising funds was £16,911 (2024: £13,960) of which £16,911 was unrestricted (2024: £13,960) and £nil was restricted (2024: £nil).

Expenditure on charitable activities was £387,239 (2024: 342,669) of which £370,079 was unrestricted (2024: £299,608) and £17,160 was restricted (2024: £43,061).

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7 NET (INCOMING)/OUTGOING RESOURCES

	2025	2024
	£	£
Net (incoming)/outgoing resources are stated after charging:		
Rent payable	14,200	14,199
Depreciation	4,300	4,886
Independent Examiner's fee	3,390	2,412
Other accountancy fees	2,962	1,150

8 RELATED PARTIES

The Trustees of SCC did not receive any remuneration for their services as Trustees or reimbursed expenditure within the year.
The Trustee, Helen Fry, is the wife of one of the partners of Milsted Langdon LLP who is not involved in the Independent Examination process. Fees amounting to £3,728 including VAT were charged by Milsted Langdon LLP during the year.

9 EMPLOYEE COSTS

	2025	2024
	number	number
Average number of employees (including part time) during the year	7	8
	£	£
Cost in respect of these employees		
Wages and salaries	145,078	139,445
Employer's NIC	4,950	2,201
Employer's defined contribution pension costs	2,767	2,351
	152,795	143,997

There are no employees with emoluments over £60,000.

Key management personnel remuneration and benefits	£	£
Wages and salaries	52,338	39,916
Employer's NIC	2,066	797
Employer's defined contribution pension costs	1,196	746
	55,600	41,459

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10 TANGIBLE FIXED ASSETS

	Leasehold improvements £	Equipment and furnishings £	Total £
Cost			
At 1 November 2024	7,911	16,500	24,411
Charge for the year	862	1,812	2,674
Disposals	-	(1,137)	(1,137)
At 31 October 2025	8,773	17,175	25,948
Depreciation			
At 1 November 2024	4,503	8,721	13,224
Charge for the year	687	3,613	4,300
Disposals	-	(1,137)	(1,137)
At 31 October 2025	5,190	11,197	16,387
Net book value			
At 31 October 2025	3,583	5,978	9,561
At 31 October 2024	3,408	7,779	11,187

11 DEBTORS

	2025 £	2024 £
Trade debtors	18,833	50,120
Prepayments	12,719	7,301
	31,552	57,421

12 CREDITORS: amounts falling due within one year

	2025 £	2024 £
Trade creditors	10,229	4,771
Other creditors and accruals	6,384	5,505
Deferred income	40,000	41,817
	56,613	52,093

	2025 £	2024 £
Deferred income at 1 November	41,817	55,620
Deferred income released from previous year	(41,817)	(55,620)
Deferred income in the year	40,000	41,817
Deferred income at 31 October	40,000	41,817

Income has been deferred because it does not meet the criteria for recognition as income in the Statement of Financial Activities because entitlement to the income did not exist at the balance sheet date. The remaining balance will be utilised in the coming year.

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13 LEGAL STATUS

The Charitable Company is limited by guarantee and does not have share capital. In the event of the Charitable Company being wound up, the liability of the members is limited to £1 each.

14 FUNDS

	Balance at 1 November 2024	Income	Expenditure	Transfer between funds	Balance at 31 October 2025
	£	£	£	£	£
Restricted funds					
National Lottery	4,200	-	(4,200)	-	-
Somerset Community Foundation	4,260	5,000	(4,260)	-	5,000
Somerset Council	2,200	28,000	(8,700)	-	21,500
Total restricted funds	10,660	33,000	(17,160)	-	26,500
Unrestricted funds					
General fund	100,737	443,163	(386,990)	-	156,910
Designated funds					
Closure fund	20,000	-	-	-	20,000
	131,397	476,163	(404,150)	-	203,410

	Balance at 1 November 2023	Income	Expenditure	Transfer between funds	Balance at 31 October 2024
	£	£	£	£	£
Restricted funds					
National Lottery	-	20,000	(15,800)	-	4,200
Somerset Community Foundation	13,427	4,444	(13,611)	-	4,260
Somerset Council	15,850	-	(13,650)	-	2,200
Total restricted funds	29,277	24,444	(43,061)	-	10,660
Unrestricted funds					
General fund	96,133	318,172	(313,568)	-	100,737
Designated funds					
Closure fund	20,000	-	-	-	20,000
	145,410	342,616	(356,629)	-	131,397

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The specific purposes for which the funds are to be applied are as follows:

Restricted funds

National Lottery - The Hardship Fund
Somerset Community Foundation - My Family Talking Gateway and Art Heals
Somerset Council - Leaving Care Counselling Service.

Designated funds

The Closure fund was set up in May 2003 to hold funds for the closure of the service, should it become necessary. The balance of this fund is £20,000.

15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	General fund	Restricted funds	Designated funds	Total 2025
	£	£	£	£
Fixed assets	9,561	-	-	9,561
Net current assets	147,349	26,500	20,000	193,849
Net assets	156,910	26,500	20,000	203,410

Prior year

	General fund	Restricted funds	Designated funds	Total 2024
	£	£	£	£
Fixed assets	11,187	-	-	11,187
Net current assets	89,550	10,660	20,000	120,210
Net assets	100,737	10,660	20,000	131,397

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16 COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

12 MONTHS ENDED 31 OCTOBER 2024

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and endowments from:				
Donations and legacies	2	20,755	-	20,755
Grants	3	-	24,444	24,444
Investments	4	1,920	-	1,920
Charitable activities	5	295,497	-	295,497
Total		318,172	24,444	342,616
Expenditure on:				
Raising funds	6	13,960	-	13,960
Charitable activities	6	299,608	43,061	342,669
Total		313,568	43,061	356,629
Net movement in funds	14	4,604	(18,617)	(14,013)
Reconciliation of funds				
Total funds brought forward at 1 November 2023		116,133	29,277	145,410
Total funds carried forward at 31 October 2024		120,737	10,660	131,397

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SOMERSET COUNSELLING CENTRE

LEGAL AND ADMINISTRATIVE DETAILS

Trustees	Helen Fry (Secretary and Treasurer) Deborah Howell (resigned 25 March 2025) Andrew Palmer Simon Malley (resigned 4 November 2025) Zillah Morris Caroline Barrett
Principal Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Registered Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Company Registration Number	02926858
Charity Registration Number	1038975
Bankers	Lloyds Bank plc 31 Fore Street Taunton Somerset TA1 1HN
Independent Examiner	Robert Cadwallader FCA Milsted Langdon LLP Chartered Accountants Winchester House Deane Gate Avenue Taunton Somerset TA1 2UH

SOMERSET COUNSELLING CENTRE

England & Wales - Charity number 1038975

Accounts

Docusign Envelope ID: 53109BB6-C7F9-4CF9-870E-1B2B3B916D46

Company registration No. 02926858
Charity registration No. 1038975

SOMERSET COUNSELLING CENTRE
(A company limited by guarantee)

Annual Report and Financial Statements
For the 12 months ended 31 October 2024

Docusign Envelope ID: 53109BB6-C7F9-4CF9-870E-1B2B3B916D46

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Trustees' Report

Introduction

This has been another year full of activity for Somerset Counselling Centre ("SCC"). There is unprecedented demand for our services as the understanding of mental health and the role of counselling continues to grow alongside an economic backdrop of increasing financial hardship in our communities. As the nature of demand and our existing relationships continue to develop new opportunities, we have adapted in terms of both scale and process to meet this significant demand within our community.

Online face-to-face counselling has become established as a successful 'remote' delivery model, increasing our ability to provide services to clients across the county, who cannot attend in person. It has enabled the Charity to extend its reach and resources, as counsellors can offer greater access and more flexibility when working from home to provide a wider cross-section of clients' access to high-quality, long-term counselling. As an organisation, we continue to provide counselling, to clients' flexibility in how they wish to manage their counselling sessions. Adding online capability to our core model of face-to-face delivery has extended our inclusivity, accessibility and responsivity, increasing opportunities for both clients and the counsellors who serve them.

The mix of counselling services provided means we have been able to achieve our target for the provision of affordable counselling to the community yet again this year, whilst managing the increased volume of total sessions delivered. With this performance, the Charity has been successful in delivering the five-year goal for affordable counselling.

In August, our counselling service passed the annual review maintaining our accreditation status awarded by the British Association for Counselling and Psychotherapy ("BACP"). This is an indicator of our commitment to the highest of organisational standards, excellent quality of counselling service delivery and strong clinical governance. We support and expect that counsellors also achieve personal professional accreditation with BACP or another recognised association, so that there is strength in depth across the organisation. This year we saw four of our counsellors achieve BACP accreditation of which we are very proud.

The collaboration with Somerset Council to provide specialist mental health support to individuals affected by domestic abuse was extended during the year, with an exclusive agreement in place until 2028. The comprehensive programme will deliver individual counselling sessions as well as two different types of group work to support the Council in its objectives. This is a complex programme of work involving multi-agency engagement and high-risk safeguarding cases. The team have been exceptional in maintaining their professional standards and responding effectively to the complexities and needs of this client group.

As the organisation has increased the scale of sessions delivered it has continued to develop its operational capability to ensure both the client experience and commercial resilience is managed most effectively. This has included greater supervision resources to help manage clinical delivery as well as enhanced booking and reporting procedures to further streamline administrative processes, reduce manual interventions and improve data capture and analysis.

We continued to invest in the professional development of our counsellors. We ran an enriching programme of Continued Professional Development courses and workshops for both SCC counsellors and external therapists. Our courses included a workshop with Sally Openshaw discussing Resilience and Vicarious trauma, an introduction to EMDR and a masterclass in the support system around survivors of domestic abuse. We also ran an online workshop discovering dreams and how they can be used in the therapeutic work and our Clinical Director, Noelle Adler, led training on working with couples. Our fundamental course, The Frame, training event was well attended. The Centre remains committed to developing trainees through our placement programme, enabling them to gain experience and make use of SCC's high-quality supervision. Trainees and counsellors are actively supported by senior colleagues in their advancement to registration and accreditation.

The changes in our personnel and organisational structure, to create more agile, flatter support systems to leave the counsellors freer to concentrate on client delivery, have been further established

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during the year. Our Board of Trustees has been strengthened in its numbers and skillset, ensuring we have a robust mix of experience and expertise when heading into the next financial year.

We would like to extend our thanks and gratitude to all the counsellors and support team at the Centre who have all contributed to the success of the organisation as it has grown and developed, to reflect the needs of the market and of individual clients, seeking more accessible and affordable support. During a period of rapid expansion and change for the Charity, each and every member of the team have consistently delivered the highest levels of quality and commitment, whatever has been asked of them.

It is important also to mention the significance and value to the smooth running of the organisation that is contributed by our volunteers. Everyone in the Centre is involved in meeting our charitable objectives and our vision of being a valuable outreach option for health care and directly appointed clients throughout Somerset. The talent and energy put into every aspect of running the organisation, from administration, clinical supervision, clinical leadership, the maintenance of high standards by all counsellors working with clients and the willingness of our colleagues to take on new and exciting challenges, is highly rewarding to witness. Without the blend of counselling experience, knowledge and the professionalism of our office teams supporting "behind the scenes", we would not have made the journey to doubling the number of sessions annually delivered so successfully.

We are delighted to be leading SCC into what promises to be an exciting next phase as the recognition and importance of mental wellbeing grows. Our intention is to continue to evolve to meet this need and be a beacon of quality and accessibility for everyone seeking support. We will shortly be entering our next strategic cycle and will be considering how best to respond to the challenges of meeting both institutional and individual counselling services in the most effective and sustainable way for clients, councils and the Centre itself. We look forward to the journey ahead.

Statement of purpose

SCC's vision is that

SCC is recognised for the provision of high-quality long-term counselling services for everyone. The services that it provides support an increase in access to affordable counselling, thereby helping to improve emotional health, wellbeing and resilience in local communities.

The Centre will grow the qualified counsellor workforce through the provision of high-quality supervised work placements for the up-and-coming trainee workforce; alongside expert-led Continuing Professional Development (CPD) for existing and qualified workforce. Thus ensuring a strong pipeline of counsellors to meet both the current and the future needs of our services and clients and for those looking to undertake a career in counselling.

SCC will collaborate proactively with other organisations and initiatives to conduct research to support this vision, and to promote increased awareness and understanding of emotional health and wellbeing and will be a key enabler of growth for high quality counselling services regionally and nationally.

SCC's Mission is

- To provide high quality and accessible places including affordable counselling in a safe space
- To train new and established counsellors to develop their skills and experience
- To promote awareness and understanding of health and wellbeing
- To offer outreach capacity to the County Council to help it fulfil its social care obligations

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Trustees' Report

SCC's Strategic Objectives

The objectives and principal activities of the Charitable Company ('Somerset Counselling Centre') contained in the Charitable Company's Articles of Association are:

- to promote mental health and well being
- to provide accessible counselling
- to promote greater understanding of the role of emotions in psychological healing
- to advance education and training in the practice of counselling
- to promote research into the efficacy of the methods and practice of counselling and to publish the useful results of such study and research.

The strategy for achieving these objectives is contained in the five-year business plan (2021-2025) which is delivered by the senior management team in consultation with the Trustees.

SCC's Values are

Embracing - accessible to everyone who needs us in our communities
Effective - providing a confidential, high-quality, personalised service to our clients
Energetic - offering the service in a dynamic, choice-led and enthusiastic way
Empowering - helping our clients find the way to greater self-understanding and personal growth.

How we structure the delivery of services to meet the needs of the market

- **Adult counselling**. We offer safe and confidential counselling for individual adults experiencing personal, emotional or psychological difficulties. Our main focus is to offer counselling without the traditional time restrictions to help clients achieve better wellbeing on a weekly commitment basis (for as long as the client needs us) on the most affordable basis available to the Centre. A psychodynamic approach to therapy ensures there is adequate time to address early and deep-seated trauma and to then move forward and rebuild.
- **Couples counselling.** A small arm of the organisation provides therapy for couples and relationships. We also provide training and supervision for counsellors looking to develop their skills for couples counselling.
- **Young Persons (age 16-18).** We offer safe and confidential counselling for individuals in this age bracket, if assessed as suitable.
- **Employee Wellbeing (Employee Assistance Programme (EAP)).** We offer remote/online services, on-demand packages, and face-to-face work. The range of services includes 1:2:1 therapy, group/team workshops, individual MOT/drop-in sessions and bespoke consultancy for emotional health and wellbeing at work for employees.

How we help with professional contracts

- **Counselling for Survivors of Domestic Abuse.** We are entering a fourth year of working with clients in recovery from domestic violence and abuse. We are continuing to develop ways to support clients in their recovery from trauma, to help them deal with the effects of trauma in their children and to support them in rebuilding new and secure lives.
- **Leaving Care Counselling Service.** This service is in its fifth year, working alongside the Council commissioners. We have learned many lessons and gained insights into the care for those at a point of significant transition and how to approach this work to meet their needs.
- **My Family Talking Gateway (MFTG).** This service recently completed its fourth year. We have delivered 1:2:1 and couples therapy and offered systemic family therapy. An innovative approach has included equine therapy as part of the package of services in this programme.
- **2 Wish**. This is a new contract established in 2024. We provide bereavement support through 1:2:1 counselling to people affected by the sudden and unexpected death of a child or young adult aged 25 or under

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Trustees' Report

Training and Development Programmes

- **Individual Accreditation:** The Centre has developed monthly ongoing BACP accreditation pods for experienced counsellors, with 350 hours or more, who wish to move to the next level of their qualifications and recognition. This not only offers the counsellors an opportunity to upskill, but to also review what they know and who they are in their counselling work. This is invaluable and enables counsellors to learn through the process. The ability to join on Zoom, discuss and share, in a seminar situation, is also a vital part of the growth, support and cohesion of counsellors.
- **One day workshops:** We have a group of highly experienced, experts in their field, consultants who have delivered successful workshops and training sessions.
- **Introduction to Counselling:** A significant development is to start to deliver workshops and short courses for the community here in Somerset. We will build further on this with an aim to introduce basic counselling skills courses from Autumn 2026 and then Foundation Diplomas in counselling beyond this**.**
- **A 3 stage EMDR training.** The neurological effects of trauma can hinder the work of therapy when the trauma is so great that clients cannot work effectively with talking therapy. EMDR can help clients place traumatic memories into the part of the brain where the memories aren't as easily triggered in current daily life. Clients can then take on the work of psychotherapy without being retraumatised in sessions. EMDR is a complex process requiring specific training and long experience, and some of our counsellors are taking on the challenge of mastering this work.

How we raise funds

At the Centre, resilience and sustainability are key. We do not want to become over-reliant on any singular opportunity but develop a mix of income streams that enable us to be largely self-sufficient.

We raise funds in the following ways:

- Client contributions
- Local and contemporary grants to deliver specific bursary work within our local community, such as the National Lottery Awards for All fund and Somerset Community Foundation grant
- One-off collaboration projects
- Employee Assistance Programme (EAP) and consultancy, working with employers to support employees
- Event fundraising and sponsorship.

Volunteering

The variety of work we attract allows for increased interest in volunteer support, which further illustrates the impact of our social value as an organisation. Volunteers support the organisation in a number of ways and currently we have around fifteen people across the organisation who give their time to support our work. All our counsellors give their time to participate in our fundraising activities to promote the Centre.

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Trustees' Report

Community and Collaboration

Collaboration with other organisations involved in the provision of mental wellbeing counselling is critical to our strategic aims. We continue to have strong working alliances with multiple agencies in the community, particularly through the Domestic Abuse collaboration with Somerset Council and The You Trust. Our safeguarding work means we work closely with Avon and Somerset Police, SARSAS and local GP surgeries.

We have begun to raise our profile in other areas of the community, engaging in networking events and fundraising opportunities. These include:

Jurassic Coast Ultra Challenge fundraising event
National Counselling Network
Somerset Chamber of Commerce
Somerset Community Foundation
Somerset Council
Somerset Ladies in Business
Southwest Lottery
Taunton Chamber of Commerce
Taunton Flower Show
Taunton Round Table Swimathon (SCC were the beneficiaries)
Taunton Vale Rotary Club (SCC were the Charity of the Year)
Tone FM
YouTrust
2 Wish
Charter for Compassion (Oct) - signed by Taunton Town Council and Sangha House
Local business community networking events

Working with other statutory organisations and key stakeholders such as Somerset Open Mental Health is also critical in our blend of partners for service delivery, community work, fund raising and is a priority to continue to build a strong network in the coming years.

Equality, Diversity and Inclusion

Somerset Counselling Centre takes the Equality Act 2010 to heart. For our clients and employees, not only do we believe that these areas need to be protected but we do everything in our power to enact an accessible service that allows for equality no matter what the financial, educational, mental health, race, gender, sexual identification, physical, age, or faith status of our clients is.

For those with hearing or mobility impairments we provide practical support with hearing loops for the hard of hearing and accessible rooms for people with limited mobility. When maintaining the building we source lighting and low odour paints for those who experience sensory issues. We endeavour to not restrict people by our own assumptions or judgements.

As accredited members of the British Association of Counselling and Psychotherapy (re-awarded in July 2023) we adopt the approach of the Good Practice guides regarding ED&I, of Awareness, Allyship, Ask and Assumptions.

For example, in terms of Awareness we endeavour to walk the talk. Our counsellors are all highly trained therapists and therefore are aware of conscious and unconscious prejudices that need to be noticed in self and in a collective. In addition, all counsellors have supervision to help them find a place to embrace difference.

In Allyship we see our operational skills and therapeutic skills as essential to demonstrate active support of this marginalised group. Our therapists and supporting officers do not take sides with, but live alongside, our client experiences. A number of the office support team have experience of

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counselling themselves and working with neurodiversity and educational difficulties, helping support clients to access our services in the least stressful way.

We are keen to challenge the purpose of data gathering and therefore become curious about how it is helpful. For example, we regularly review our registration process, to manage the relevance and necessity to capture race and ethnic origin information. We feel this is inadequate to capture the complexities of how a client may experience their culture and identity and may in fact contribute to clients' experiences of racial discrimination. We believe that replacing the standardised ethnic background question with an open-ended one, we invite our clients to talk more openly about any discrimination they may have suffered.

Assumption and Ask are closely linked: to not assume means to ask. We therefore encourage our clients to be included in deciding their options. It would be easy to assume, through our own biases, that we know best for the client. We could easily assume that a female victim of domestic abuse will not want to work with a male therapist, therefore we ensure that this something we ask our clients. In line with BACP ED&I policy we understand that as humans we have fear and anxiety and out of that place we may well make assumptions and judgements that aren't fair. Awareness allows us to question that and readjust to the four A's.

Financial Review

Overview

Thanks to the hard work of our team and our supporters over the last couple of years, we are in a positive position to deliver on our strategy to respond to the growing mental health need.

Overall result

Our total income of £342,616 and total expenditure of £356,629 resulted in a net deficit for the year of £14,013 (2023: surplus of £2,460).

Our income from charitable activities

Our income for the year in total was £295,497 and we offered 5,751 sessions overall in the period (2023: 6,428 sessions)..We offered 3,576 business as usual counselling sessions which brought in £138,220 of income (2023: £112,262) in the period with a mix of subsidised rates per session and some standard rate sessions. The Domestic Abuse and other contract work delivered 1,440 sessions with £132,669 of income (2023: £160,551). Other income came to £24,608 (2023: £18,288)

At the end of October, the number of clients that we have offered sessions to came to 417 (2023: 437).

Income from grants

During the period we received £24,444 in grant income (2023: £47,558). £nil is unrestricted (2023: £nil), £24,444 is restricted (2023: £47,558). In 2024 grant income was received from The National Lottery and the Somerset Community Foundation, in 2023 the funders included the following:

- Somerset County Council and the Somerset Clinical Commissioning Group
- Somerset Community Foundation

Of the restricted funds £43,061 (2023: £39,405) has been utilised in 2024 with the balance to be used in the next 12 months to support both individual and group counselling sessions.
Much of the Centre's work is Open-ended or 'long-term' counselling, which is a type of talking therapy where it is understood that the client will probably attend for at least several months or even years, and so no official end date is set to be worked towards. Funding streams therefore will inevitably spread over a two-year period to support this type of work.

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Trustees' Report

Domestic Abuse contract

In collaboration with Somerset Council, we have managed a client list of nearly 300 adults experiencing domestic abuse. During the period we have offered 1,440 sessions.

Expenditure

Expenditure in 2024 totalled £356,629 (2023: £341,633). Our unrestricted charitable expenditure rose to £299,608 (2023: £293,439). The cost of generating funds for our unrestricted fundraising was £13,960 (2023: £8,789) and the cost of charitable activities for our restricted grants received was £43,061 (2023: £39,405).

Net assets

SCC's net assets reduced to £131,397 (2023: £145,410). This is due to the deficit that the Centre has made in the year. £10,660 of this is restricted and will be utilised to fund places for clients in 2024/2025.

Reserves Policy

The objective of SCC reserves policy is to ensure that the Charity maintains sufficient cash and readily realisable assets to enable it to withstand any shortfall in income or unforeseen expenditure while any necessary adjustments are made to the Charity's operations.

The level of unrestricted operating expenditure represented by the General fund is 117 days (2023: 116 days) increasing to 141 days (2023: 140 days) if Designated funds are included.

At the present time we remain of the opinion that our present level of reserves would be sufficient to wind up the Centre in an orderly fashion should the need ever arise.

Future Developments Looking forward

"Achieve sustainable positive change on your journey" is one of our straplines for service delivery.

SCC continues to adapt our resources to deliver the agreed five-year strategy and annual business plans to support these objectives. We began implementation of this strategy from May 2020.

The key elements that we wish to focus on for the coming year are:

- Continue to develop our organisation as it grows, ensuring systems and structure are suitably resourced and efficiently provided
- Support a positive culture within the organisation where our counsellors and staff feel safe, engaged and inspired to work with us.
- Ensure maximum take-up of counselling and training services, ensuring that we have sufficient capacity to respond to ever increasing demand for our services
- Increase our market share in supporting employers with employee mental health and wellbeing, which directly impacts on safeguarding the proportion of affordable sessions
- Develop further our impact and quality reporting from the CMS system
- Develop our marketing strategy to penetrate new and existing markets to ensure our sustainability
- Build more aligned capacity within the Centre to support growth; review how we ensure we reach all sections of the community for even better inclusion and think more about how to measure equality, diversity and inclusion.

The range of client choices of face-to-face in-person or face-to-face online-counselling provide greater opportunities for support than previously offered and reach many more who might have had issues with the traditional model of delivery. So long as we can safeguard our clients, classic boundaries are no longer an inhibitor.

We have continuously adapted details within our plans to ensure that we effectively build our sustainability. The need for our counselling services has never been more important to our

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communities and securing sufficient funding within our robust and mixed funding model to enable access for all, is vital. Equally, we are acutely aware that there is a need for a growing, suitably qualified mental and emotional wellbeing workforce and we are in an excellent position to respond to this need.

Governance

The organisation is a charitable company limited by guarantee, incorporated on 9th May 1994, and has been registered as a Charity since 28th June 1994 (number 1038975). The Company's Articles of Association were revised and updated in 2013.

The Trustees consider the senior management team (the Operations Director and the Clinical Director) to be the key management personnel of the Charitable Company in charge of directing and controlling, running, and operating the Charitable Company on a day-to-day basis.

Throughout the last year the Trustees have met regularly on operational matters and the strategic direction and policy of the Charity. In addition, there are full counsellor meetings held a minimum of three times a year, to engage all involved with the ongoing work life of the Centre, to advise and support where there are difficulties and to monitor the finances and plans for the future. The senior management team attends all meetings.

Recruitment and Appointment of Trustees

The Trustees of the Charitable Company at the date of this report and those who have served for the duration of the year are set out on page 25.

The Directors of the Charitable Company are also Trustees for the purposes of Charity law and are known as Trustees under the Charitable Company's Articles. They are elected to serve for a period of three years after which they must stand down and be re-elected at the AGM. All Trustees give their time voluntarily and no Trustee received remuneration in the year for fulfilling the role of Trustee. Details of Trustee expenses and related party transactions are disclosed in note 8 to the accounts. Through the Trustees, the Centre has access to a broad range of business and counselling skills and in this way seeks to ensure that the diverse needs of the client body are fully represented at Trustee level.

During the period a new Trustee, Caroline Barrett, has been appointed.

Trustee Induction and Training

Trustees and members of the Centre actively seek to enhance the potential pool of Trustees through publicity and 'word of mouth' in the community at large.

Most potential Trustees are already familiar with the practical work of the Centre having been associated with the work for some time.

Additionally, new Trustees are invited and encouraged to attend Management/Trustee meetings in order to familiarise themselves with the Charity and the context in which it operates. Other areas covered by their induction will be:

- The Obligations of Trustees and Management Committee Members
- The main documents which set out the operational framework for the Charity, including the Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives
- To be made aware of the Charity Commission guide 'the Essential Trustee' and other relevant information available from the Charity Commission website.

Public Benefit

SCC is a registered Charity and a non-profit making organisation; we receive no regular external financial support. Its aim is to provide accessible counselling for all and so it provides a number of

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places at a reduced rate according to means. No one is excluded because they cannot afford the full cost of counselling.

SCC has referred to the guidance contained in the Charity Commission's general guidance on public benefit and their specific guidance on fee-charging when reviewing its aims and objectives and in planning its future activities. Having done that, the Trustees are satisfied that our main activity of the provision of low-cost counselling services to the general public continues to meet our charitable purposes for the public benefit.

Risk Management

SCC reviews risk on an ongoing basis through our Board of Trustees. We consider the impact and likelihood of every risk and give particular attention to the management of the most severe risks. The Board of Trustees are satisfied that the major risks have been identified and have been adequately mitigated where necessary. It is recognised that systems and processes cannot provide absolute assurance and for this reason the Board remain vigilant.

Internal control risks are minimised by the implementation of procedures for the authorisation and control of projects. Procedures are in place to ensure compliance with health and safety of staff, clients and visitors to the Centre. All these procedures are periodically reviewed to ensure that they continue to meet the needs of the Charity.

To help manage clinical risk SCC is bound by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for Good Practice in Counselling and Psychotherapy. This helps us to maintain a high quality of service delivery and clinical practice. These are verified by annual assessment allowing us to maintain our BACP accreditation. We have clear safeguarding policies and procedures, and our counsellors work closely with our Safeguarding Officer and Clinical Director. Safeguarding cases are reviewed weekly with high-risk cases reviewed more frequently if required.

In addition, the Centre maintains insurance cover at a level appropriate for all the relevant professional and operational risks of the Centre.

Quality assurance

The Centre is a member of the British Association for Counselling and Psychotherapy (BACP) and is subject to regular accreditation. The Centre is guided by this internationally recognised organisation alongside local and national NHS policy relevant to the work undertaken.

SCC is accredited with the BACP and complies with its Ethical Framework for the Counselling profession.

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Trustees' Report

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as Directors of Somerset Counselling Centre for the purposes of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with the requirements of the Companies Act and of the Charities Act.

Company law requires the Trustees to prepare financial statements for each financial period. Under that law the Trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including income and expenditure, of the Charitable Company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006 ('the 2006 Act'). They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charitable Company and financial information included on the Charitable Company's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

By Order of the Board

DocuSigned by:
Helen Fry
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H Fry
Secretary

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF SOMERSET COUNSELLING CENTRE

I report to the Trustees of Somerset Counselling Centre (Charity No. 1038975) on my examination of the unaudited accounts of the Charitable Company for the 12 months ended 31 October 2024, which are set out on pages 12 to 24.

Responsibilities and basis of report

As the Trustees of the Charitable Company (and also its directors for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the 2006 Act.

Having satisfied myself that the accounts of the Charitable Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your Charitable Company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination, I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's statement

Since Somerset Counselling Centre's gross income exceeded £250,000, your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

……
Robert Cadwallader FCA
Milsted Langdon LLP
Chartered Accountants
Winchester House
Deane Gate Avenue
Taunton
Somerset
TA1 2UH

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SOMERSET COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

12 MONTHS ENDED 31 OCTOBER 2024

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income and endowments from:					
Donations and legacies	**2**	20,755	-	20,755	3,684
Grants	**3**	-	24,444	24,444	47,558
Investments	**4**	1,920	-	1,920	1,750
Charitable activities	**5**	295,497	-	295,497	291,101
Total		318,172	24,444	342,616	344,093
Expenditure on:					
Raising funds	**6**	13,960	-	13,960	8,789
Charitable activities	**6**	299,608	43,061	342,669	332,844
Total		313,568	43,061	356,629	341,633
Net movement in funds	**14**	4,604	(18,617)	(14,013)	2,460
Reconciliation of funds					
Total funds brought forward at 1 November 2023	**16**	116,133	29,277	145,410	142,950
Total funds carried forward at 31 October 2024		120,737	10,660	131,397	145,410

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derives from continuing activities.

The notes on pages 15 to 24 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE
Registered Number: 02926858
BALANCE SHEET AS AT 31 OCTOBER 2024

	Notes	£	2024 £	£	2023 £
Fixed assets					
Tangible assets	10		11,187		11,709
Current assets					
Debtors	11	57,421		9,292	
Cash at bank and in hand		114,882		207,508	
		172,303		216,800	
Liabilities: creditors falling due within one year	12	(52,093)		(83,099)	
Net current assets			120,210		133,701
Net assets			131,397		145,410
Represented by:					
The funds of the Charity:					
Restricted funds	14		10,660		29,277
Unrestricted income funds					
General fund	14	100,737		96,133	
Designated funds	14	20,000		20,000	
Total unrestricted funds			120,737		116,133
Total funds			131,397		145,410

The Charitable Company is entitled to exemption from audit for the 12 months ended 31 October 2024 under Section 477 of the Companies Act 2006 and Section 144(2) of the Charities Act 2011.

The members have not required the Charitable Company to obtain an audit of its financial statements for the 12 months ended 31 October 2024 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:-

(i) Ensuring that the Charitable Company keeps accounting records which comply with Section 386.

(ii) Preparing financial statements which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of this Act relating to financial statements, so far as applicable to the Charitable Company.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on 25th March 2025

DocuSigned by:
Helen Fry
0A8P056C7B5A45P...

H Fry
Secretary

Signed by:
7FGEC256DC74495...

S Malley
Trustee

The notes on pages 15 to 24 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE

STATEMENT OF CASH FLOWS FOR THE 12 MONTHS ENDED 31 OCTOBERr 2024

	2024 £	2023 £
Reconciliation of net movement in funds to net cash flow from operating activities:		
Net movement in funds	**(14,013)**	**2,460**
Add back depreciation charge	4,886	4,506
(Deduct) interest shown on investing activities	(1,920)	(1,750)
(Increase)/decrease in debtors	(48,129)	11,743
(Decrease) in creditors	(31,006)	(142,660)
Cash generated from operating activities	(90,182)	(125,701)
Cash flows from investing activities:		
Investment income	1,920	1,750
(Purchase) of tangible fixed assets	(4,364)	(5,091)
	(2,444)	(3,341)
Cash flows from financing activities:		
(Decrease) in cash and cash equivalents	(92,626)	(129,042)
Cash and cash equivalents at 1 November 2023	207,508	336,550
Cash and cash equivalents at 31 October 2024	114,882	207,508

All of the cash flows are derived from continuing operations during the above two periods.

Reconciliation of net cash flow to movement in net funds		
Net (decrease) in cash and cash equivalents in the year	(92,626)	(129,042)
Movement in net funds in the year		
Net funds at the start of the year	207,508	336,550
Net funds at the end of the year	114,882	207,508

The notes on pages 15 to 24 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE

NOTES TO THE FINANCIAL STATEMENTS

1 ACCOUNTING POLICIES

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Somerset Counselling Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The Trustees consider that there are no material uncertainties about the Charitable Company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of the assets held by the Charitable Company.

Income and endowments

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Grants receivable

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the Charitable Company has entitlement to the funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured. No gifts in kind were received during the year (2023: £nil).

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charitable Company has unconditional entitlement.

Income received for services provided under contract is recognised when the performance conditions attached have been met.

Fundraising events

Income from fundraising events is included in incoming resources in the period in which the relevant event takes place.

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Investment income

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the bank.

Gift aid

Income from tax reclaims is included in the Statement of Financial Activities at the same time as the gift to which it relates.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the assets' use.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the Charitable Company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include the costs of the preparation and examination of the statutory accounts, the costs of Trustee meetings and the cost of any legal advice to Trustees on governance or constitutional matters. These costs are included within charitable expenditure.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis as set out in note 6.

Fixed assets

Fixed assets are stated at their purchase price, together with any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of fixed assets over the expected useful economic lives of the assets concerned. The principal annual rates used for this purpose are:

Leasehold improvements	- straight line over the period of the lease
Equipment and furnishings	- 25% straight line

Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

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Debtors

Debtors are amounts due from clients for services performed in the ordinary course of business.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the Charitable Company, and which have not been designated for other purposes.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the Charitable Company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The movement in these funds can be seen in notes 14 and 15.

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest, less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Operating leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Donations and legacies:				
Donations from Taunton Rotary Club	15,000	-	15,000	315
Donations from Taunton Swimathon	3,000	-	3,000	-
Donations from The Somerset Collective	1,804	-	1,804	3,000
Donations from fundraising activities	851	-	851	-
Donations from individuals	100	-	100	369
	20,755	-	20,755	3,684

The income from donations and legacies was £20,755 (2023: £3,684) of which £20,755 was unrestricted (2023: £3,684) and £nil was restricted (2023: £nil).

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3 GRANT INCOME

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Grant income from:				
National Lottery	-	20,000	20,000	-
Somerset Community Foundation	-	4,444	4,444	27,358
Somerset County Council and the Somerset Clinical Commissioning Group	-	-	-	20,200
Total	-	24,444	24,444	47,558

Grant income was £24,444 (2023: £47,558) of which £nil was unrestricted (2023: £nil) and £24,444 was restricted (2023: £47,558).

4 INVESTMENT INCOME

	Unrestricted funds £	Total 2024 £	Total 2023 £
Interest from cash held on deposit	1,920	1,920	1,750

Investment income was £1,920 (2023: £1,750) of which £1,920 was unrestricted (2023: £1,750) and £nil was restricted (2023: £nil).

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Total 2024 £	Total 2023 £
Supervision fees	1,829	1,829	3,553
Room hire	16,668	16,668	14,137
Client voluntary contributions	138,220	138,220	112,262
Contract work	132,669	132,669	160,551
Training	6,111	6,111	598
	295,497	295,497	291,101

The income from charitable activities was £295,497 (2023: £291,101) of which £295,497 was unrestricted (2023: £291,101) and £nil was restricted (2023: £nil).

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6 EXPENDITURE

	Basis of Allocation	Raising funds (unrestricted) £	Charitable activities (unrestricted) £	Charitable activities (restricted) £	Total 2024 £	Total 2023 £
Direct Costs:						
Counsellors and supervisors	Direct	-	83,067	18,030	101,097	165,005
Travelling expenses	Direct	-	1,693	-	1,693	386
Training fees and expenses	Direct	-	11,635	-	11,635	3,743
Fundraising expenses	Direct	982	-	-	982	-
Subscription and affiliation fees	Direct	-	17,717	-	17,717	16,648
		982	114,112	18,030	133,124	185,782
Support Costs:						
Office administration (including wages)	Staff time	8,241	126,118	4,139	138,498	76,317
Heat, light and water	Floor area	273	2,509	1,799	4,581	4,353
Rates and insurance	Floor area	212	1,956	1,402	3,570	2,858
Rent payable	Floor area	845	7,777	5,577	14,199	15,019
Repairs and maintenance	Usage	220	2,027	1,453	3,700	3,597
Advertising, printing and stationery	Usage	867	7,980	5,721	14,568	11,792
Postage and telephone	Usage	144	1,328	952	2,424	1,540
Sundries	Usage	204	1,885	1,350	3,439	1,757
Bank charges and interest	Direct	-	1,111	719	1,830	3,314
Bad debts	Direct	-	-	-	-	65
Depreciation	Usage	291	2,676	1,919	4,886	4,506
		11,297	155,367	25,031	191,695	125,118
Governance:						
Independent Examiner's fee	Direct	-	3,562	-	3,562	4,817
Professional fees	Direct	1,681	26,567	-	28,248	25,916
		1,681	30,129	-	31,810	30,733
		13,960	299,608	43,061	356,629	341,633

Expenditure on raising funds was £13,960 (2023: £8,789) of which £13,960 was unrestricted (2023: £8,789) and £nil was restricted (2023: £nil).

Expenditure on charitable activities was £342,669 (2023: 332,844) of which £299,608 was unrestricted (2023: £293,439) and £43,061 was restricted (2023: £39,405).

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7 NET INCOMING/OUTGOING RESOURCES

	2024	2023
	£	£
Net incoming/outgoing resources are stated after charging:		
Rent payable	14,199	15,019
Depreciation	4,886	4,506
Independent Examiner's fee	2,412	2,100
Other accountancy fees	1,150	2,717

8 RELATED PARTIES

The Trustees of SCC did not receive any remuneration for their services as Trustees within the year or reimbursed expenditure

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9 EMPLOYEE COSTS

	2024	2023
	number	number
Average number of employees (including part time) during the year	8	8
	£	£
Cost in respect of these employees		
Wages and salaries	139,445	128,122
Employer's NIC	2,201	3,096
Pension costs	2,351	2,296
	143,997	133,514

There are no employees with emoluments over £60,000.

10 TANGIBLE FIXED ASSETS

	Leasehold improvements	Equipment and furnishings	Total
	£	£	£
Cost			
At 1 November 2023	6,994	13,053	20,047
Additions	917	3,447	4,364
~~Disposals~~	-	-	-
At 31 October 2024	7,911	16,500	24,411
Depreciation			
At 1 November 2023	3,190	5,148	8,338
Charge for the period	1,313	3,573	4,886
~~Disposals~~	-	-	-
At 31 October 2024	4,503	8,721	13,224
Net book value			
At 31 October 2024	3,408	7,779	11,187
At 31 October 2023	3,804	7,905	11,709

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11 DEBTORS

	2024	2023
	£	£
Trade debtors	50,120	3,926
Prepayments	7,301	5,366
	57,421	9,292

12 CREDITORS: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	4,771	17,722
Other creditors and accruals	5,505	9,757
Deferred income	41,817	55,620
	52,093	83,099

	2024	2023
	£	£
Deferred income at 1 November	55,620	209,086
Deferred income released from previous period	-55,620	-
Deferred income in the period	41,817	(153,466)
Deferred income at 31 October	41,817	55,620

Income has been deferred because it does not meet the criteria for recognition as income in the Statement of Financial Activities because entitlement to the income did not exist at the balance sheet date. Deferred income has decreased in the year due to the utilisation of the funding received for the Domestic Abuse projects. The remaining balance will be utilised in the coming year.

13 LEGAL STATUS

The Charitable Company is limited by guarantee and does not have share capital. In the event of the Charitable Company being wound up, the liability of the members is limited to £1 each.

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14 FUNDS

	Balance at 1 November 2023	Income	Expenditure	Transfer between funds	Balance at 31 October 2024
	£	£	£	£	£
Restricted funds					
National Lottery	-	20,000	(15,800)	-	4,200
Somerset Community Foundation	13,427	4,444	(13,611)	-	4,260
Somerset County Council and the Somerset Clinical Commissioning Group	15,850	-	(13,650)	-	2,200
Total restricted funds	29,277	24,444	(43,061)	-	10,660
Unrestricted funds					
General fund	96,133	318,172	(313,568)	-	100,737
Designated funds					
Closure fund	20,000	-	-	-	20,000
	145,410	342,616	(356,629)	-	131,397

	Balance at 1 November 2022	Income	Expenditure	Transfer between funds	Balance at 31 October 2023
	£	£	£	£	£
Restricted funds					
Somerset Community Foundation	11,424	27,358	(25,355)	-	13,427
Somerset County Council and the Somerset Clinical Commissioning Group	9,700	20,200	(14,050)	-	15,850
Total restricted funds	21,124	47,558	(39,405)	-	29,277
Unrestricted funds					
General fund	101,826	296,535	(302,228)	-	96,133
Designated funds					
Closure fund	20,000	-	-	-	20,000
	142,950	344,093	(341,633)	-	145,410

The specific purposes for which the funds are to be applied are as follows:

Restricted funds

National Lottery - The Hardship Fund
Somerset Community Foundation - My Family Talking Gateway and Art Heals
Somerset County Council and the Somerset Clinical Commissioning Group - Leaving Care Counselling Service.

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Designated funds

The Closure fund was set up in May 2003 to hold funds for the closure of the service, should it become necessary. The balance of the Fund was fixed at that time at £10,000. Last year, the Trustees decided to increase the fund to £20,000 to reflect the growing size of the Charity.

15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	General fund	Restricted funds	Designated funds	Total 2024
	£	£	£	£
Fixed assets	11,187	-	-	11,187
Net current assets	89,550	10,660	20,000	120,210
Net assets	100,737	10,660	20,000	131,397

Prior year

	General fund	Restricted funds	Designated funds	Total 2023
	£	£	£	£
Fixed assets	11,709	-	-	11,709
Net current assets	84,424	29,277	20,000	133,701
Net assets	96,133	29,277	20,000	145,410

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SOMERSET COUNSELLING CENTRE

16 COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

12 MONTHS ENDED 31 OCTOBER 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and endowments from:				
Donations and legacies	2	3,684	-	3,684
Grants	3	-	47,558	47,558
Investments	4	1,750	-	1,750
Charitable activities	5	291,101	-	291,101
Total		296,535	47,558	344,093
Expenditure on:				
Raising funds	6	8,789	-	8,789
Charitable activities	6	293,439	39,405	332,844
Total		302,228	39,405	341,633
Net movement in funds	14	(5,693)	8,153	2,460
Reconciliation of funds				
Total funds brought forward at 1 November 2022		121,826	21,124	142,950
Total funds carried forward at 31 October 2023		116,133	29,277	145,410

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SOMERSET COUNSELLING CENTRE

LEGAL AND ADMINISTRATIVE DETAILS

Trustees	Helen Fry (Secretary and Treasurer) Deborah Howell Andrew Palmer Simon Malley Zillah Morris Caroline Barrett (appointed 20 February 2024)
Principal Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Registered Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Company Registration Number	02926858
Charity Registration Number	1038975
Bankers	Lloyds Bank plc 31 Fore Street Taunton Somerset TA1 1HN
Independent Examiner	Robert Cadwallader FCA Milsted Langdon LLP Chartered Accountants Winchester House Deane Gate Avenue Taunton Somerset TA1 2UH

SOMERSET COUNSELLING CENTRE

England & Wales - Charity number 1038975

Accounts

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Company registration No. 02926858
Charity registration No. 1038975

SOMERSET COUNSELLING CENTRE
(A company limited by guarantee)

Annual Report and Financial Statements
For the 12 months ended 31 October 2023

DocuSign Envelope ID: 3A703F92-100E-4168-A10D-AA75677AB9C5

Trustees' Report

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Trustees' Report

Introduction

This has been another year full of activity for Somerset Counselling Centre ("SCC") . There is unprecedented demand for our services across counselling and in the context of increased financial hardship in our communities. This year continues to present our organisation with new opportunities. We continue to adapt and adjust to meet significant growth in requests for help from within our community.

Online face-to-face counselling has proven a successful 'remote' delivery model, increasing our ability to provide services to clients who cannot attend in person. Counsellors can offer greater access and more flexibility when working from home and clients whose resources are limited, and those based outside Taunton, can still access high-quality, long-term counselling. We continue to provide in-person counselling to clients who wish to be seen "in the room". Adding online offerings to our original model of face-to-face delivery has increased our inclusivity, accessibility and responsivity, increasing opportunities for both clients and the counsellors who serve them.

One key measurable outcome to highlight is our year-on-year counselling session delivery increase of significantly more affordable sessions than at any other time in the organisation's history. This growth means that we have already met our five-year target of doubling the annual delivery of counselling sessions, safeguarding the provision of affordable counselling, earlier than anticipated.

In August, our counselling service successfully retained accreditation by the British Association for Counselling and Psychotherapy (BACP), receiving praise for the quality of service we provide to our clients and the support we provide to our counsellors. This is an indicator of our commitment to the highest of organisational standards, excellent quality of counselling service delivery and strong clinical governance. We support and expect that counsellors also achieve personal professional accreditation with BACP or another recognised association, so that there is strength in depth across the organisation. This year we saw four of our counsellors achieve BACP accreditation of which we are very proud.

In 2022 we entered into a collaboration with Somerset Council to provide specialist mental health support to individuals affected by domestic abuse. This contract was for a period of 18 months. The comprehensive programme will deliver over 3,500 counselling sessions, including two different types of group work as well as up to 40 individual sessions of personal therapy per person. This has been a challenging programme of work with multi-agency engagement and high-risk safeguarding cases. The team have been exceptional in maintaining their professional standards and responding effectively to the complexities and needs of this client group.

Increased demand for our services offered an opportunity to improve our existing process and reduce inefficiencies. This year we implemented new accounting software to process invoices and payments more efficiently. The project included changes to our Client Management System. The project resulted in streamlined processes, reduced manual interventions and improved data quality and reporting.

We continued to invest in the professional development of our counsellors. We ran an enriching programme of Continued Professional Development courses and workshops for both SCC counsellors and external therapists. Our fundamental courses such as The Frame and Assessment and Brief Work training events were well attended, as well as the popular Art of Psychodynamic Therapy training run by our Clinical Director, Noelle Adler. The Centre remains committed to developing trainees through our placement programme, enabling trainees to gain experience and make use of SCC's high-quality supervision. Trainees and counsellors are actively supported by senior colleagues in their advancement to registration and accreditation.

This year also saw changes in our personnel and organisational structure. We have a highly skilled and capable team and therefore introduced a flat structure to promote autonomy and accountability. Our Board of Trustees has been strengthened in its numbers and skillset, ensuring we have a robust structure when heading into the next financial year.

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Trustees' Report

We would like to thank personally all at the Centre who each have an important role to play in the journey and experience our clients receive. It is important also to mention the significance and the added value of the contribution of our volunteers in meeting our charitable objectives and whose contribution links directly to our vision and objectives. The talent in administration, clinical supervision, clinical leadership, the maintenance of high standards by all counsellors working with clients and the willingness of our colleagues to take on new and exciting challenges, is highly rewarding to witness. Without the blend of counselling experience, Trustees' knowledge and the professionalism of our office teams supporting "behind the scenes", we would not have made the journey since the pandemic so successfully.

We are delighted to be leading SCC into what promises to be an exciting next phase of its history. We will shortly be entering our next strategic cycle and will be considering how best to respond to the challenges that remain. We look forward to the journey ahead.

Statement of purpose

SCC's vision is that

SCC is recognised for the provision of high-quality long-term counselling services for everyone. The services that it provides support an increase in access to affordable counselling, thereby helping to improve emotional health, wellbeing and resilience in local communities.

The Centre will grow the qualified counsellor workforce through the provision of high-quality supervised work placements for the up-and-coming trainee workforce; alongside expert-led Continuing Professional Development (CPD) for existing and qualified workforce; thus, ensuring there is a strong pipeline of counsellors to meet both the current and the future needs of our services and clients.

SCC will collaborate proactively with other organisations and initiatives to conduct research to support this vision, and to promote increased awareness and understanding of emotional health and wellbeing and will be a key enabler of growth for high quality counselling services regionally and nationally.

SCC's mission is

- To provide high quality and accessible places including affordable counselling in a safe space
- To train counsellors
- To promote awareness and understanding of health and wellbeing.

SCC's Strategic objectives

The objectives and principal activities of the Charitable Company ('Somerset Counselling Centre') contained in the Charitable Company's Articles of Association are:

- to promote mental health and well being
- to provide accessible counselling
- to promote greater understanding of the role of emotions in psychological healing
- to advance education and training in the practice of counselling
- to promote research into the efficacy of the methods and practice of counselling and to publish the useful results of such study and research.

The strategy for achieving these objectives is contained in the five-year business plan (2021-2025) which is delivered by the senior management team in consultation with the Trustees.

SCC's values are to be

Embracing - accessible to everyone who needs us in our communities
Effective - providing a confidential, high-quality, personalised service to our clients
Energetic - offering the service in a dynamic, choice-led and enthusiastic way
Empowering - helping our clients find the way to greater self-understanding and personal growth.

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Trustees' Report

Statement of purpose

How we help with our core services

- **Adult counselling**. We offer safe and confidential counselling for individual adults experiencing personal, emotional or psychological difficulties. Our main focus is for weekly open-ended counselling (for as long as the client needs us). A psychodynamic approach to therapy ensures there is adequate time to address early and deep-seated trauma and to then move forward and rebuild.
- **Couples counselling.** A small arm of the organisation provides therapy for couples and relationships. We also provide training and supervision for counsellors looking to develop their skills for couples counselling.
- **Young Persons (age 16-18).** We offer safe and confidential counselling for individuals in this age bracket, if assessed as suitable.
- **Employee Wellbeing (Employee Assistance Programme (EAP)).** We offer remote/online services, on-demand packages, and face-to-face work. The range of services includes 1:2:1 therapy, group/team workshops, individual MOT/drop-in sessions and bespoke consultancy for emotional health and wellbeing at work for employees.

How we help with professional contracts

- **Counselling for Survivors of Domestic Abuse.** We are beginning a third year of working with clients in recovery from domestic violence and abuse. We are always discovering new ways to work with clients to support their recovery from trauma, to help them deal with the effects of trauma in their children and to support them in rebuilding new and secure lives.
- **Leaving Care Counselling Service.** This service is in its fourth year working alongside the Council commissioners. We have worked hard and learned many lessons with the care leavers themselves, and how to approach this work to meet their needs.
- **My Family Talking Gateway (MFTG).** This service recently completed its third year. We have delivered 1:2:1 and couples therapy and offered systemic family therapy. Equine therapy was part of the package of services in this programme.

How we help with training

- **Individual Accreditation:** Monthly ongoing BACP accreditation pods for those with 350 hours or more and who wish to move to the next level of their qualifications and recognition. This not only offers the counsellors an opportunity to upskill, but to also review what they know and who they are in their counselling work. This is invaluable and enables counsellors to learn through the process. The ability to join on Zoom, discuss and share, in a seminar situation, is also a vital part of the growth, support and cohesion of counsellors.
- **One day workshops:** We have a group of highly experienced, experts in their field, consultants who have delivered successful workshops and training sessions.
- **Introduction to Counselling:** A significant development is to start to deliver workshops and short courses for the community here in Somerset. We will build further on this with an aim to introduce basic counselling skills courses from Autumn 2025 and then Foundation Diplomas in counselling beyond this.
- **A 3 stage EMDR training.** The neurological effects of trauma can hinder the work of therapy when the trauma is so great that clients cannot work effectively with talking therapy. EMDR can help clients place traumatic memories into the part of the brain where the memories aren't as easily triggered in current daily life. Clients can then take on the work of psychotherapy without being retraumatised in sessions. EMDR is a complex process requiring specific training and long experience, and some of our counsellors are taking on the challenge of mastering this work.
- **Bluestream online training** is a tool for more broad subjects such as record keeping, Levels 2 and 3 Safeguarding as examples. This is accessible to all in the organisation and certain modules are mandatory for counsellors wishing to work with SCC clients.

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Trustees' Report

Statement of purpose

How we raise funds

At the Centre, resilience and sustainability are key. We do not want to become over-reliant on any singular opportunity.

We raise funds in the following ways:

- Client contributions
- Local and contemporary grants to deliver specific bursary work within our local community
- One-off collaboration projects
- Employee Assistance Programme (EAP) and consultancy, working with employers to support employees
- Event fundraising.

Volunteering

The variety of work we attract allows for increased interest in volunteer support, which further illustrates the impact of our social value as an organisation. Volunteers support the organisation in a number of ways and currently we have around twelve people across the organisation who give their time to support our work.

Community and Collaboration

Collaboration is critical to our strategic aims. This year we have formed strong working alliances with multiple agencies in the community, particularly through the Domestic Abuse collaboration with Somerset Council and The You Trust. Our safeguarding work means we work closely with Avon and Somerset Police, SARSAS and local GP surgeries.

We have begun to raise our profile in other areas of the community, engaging in networking events and fundraising opportunities. These include:

Taunton Vale Rotary Club - as their Charity of the Year, we have taken part in their fundraising events including the Moonraker Challenge; a night-time orienteering walk across the Quantocks.
Taunton Round Table
National Counselling Network
The Somerset Collective
Somerset Chamber of Commerce – new members
Somerset Ladies in Business
Southwest Lottery
Milsted Langdon networking event

Working with other statutory organisations and key stakeholders such as Somerset Open Mental Health is also critical in our blend of partners for service delivery, community work, fund raising and is a priority to continue to build a strong network in the coming years.

Equality, Diversity and Inclusion

Somerset Counselling Centre takes the Equality Act 2010 to heart. For our clients and employees, not only do we believe that these areas need to be protected but we do everything in our power to enact an accessible service that allows for equality no matter what your financial, educational, mental health, race, gender, sexual identification, physical, age, or faith status is.

On a practical level, we provide hearing loops for the hard of hearing and accessible rooms for people with limited mobility. When maintaining the building we source lighting and low odour paints for those who experience sensory issues. We endeavour to not restrict people by our own assumptions or judgements.

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Trustees' Report

As accredited members of the British Association of Counselling and Psychotherapy (re-awarded in July 2023) we adopt the approach of the Good Practice guides regarding ED&I, of Awareness, Allyship, Ask and Assumptions.

For example, in terms of Awareness we endeavour to walk the talk. We are all highly trained therapists and therefore are aware of conscious and unconscious prejudices that need to be noticed in self and in a collective. All our counsellors have supervision to help them find a place to embrace difference.

In Allyship we see our operational skills and therapeutic skills as essential to demonstrate active support of this marginalised group. Our therapists and supporting officers do not take sides with, but live alongside, our client experiences. Our office team have experience of working with neurodiversity and educational difficulties and endeavour to help the client access our services in the least stressful way.

We are keen to challenge the purpose of data gathering and therefore become curious about how it is helpful. For example, we are currently reviewing our registration process to remove the capture of race and ethnic origin information as we feel this is inadequate to capture the complexities of how a client may experience their culture and identity and may in fact contribute to clients' experiences of racial discrimination. We believe that replacing the standardised ethnic background question with an open-ended one, we invite our clients to talk more openly about any discrimination they may have suffered.

Assumption and Ask are closely linked: to not assume means to ask. We therefore encourage our clients to be included in deciding their options. It would be easy to assume, through our own biases, that we know best for the client. We could easily assume that a female victim of domestic abuse will not want to work with a male therapist, therefore we ensure that this something we ask our clients. In line with BACP ED&I policy we understand that as humans we have fear and anxiety and out of that place we may well make assumptions and judgements that aren't fair. Awareness allows us to question that and readjust to the four A's.

Financial Review

Overview

Thanks to the hard work of our team and our supporters over the last couple of years, we are in a positive position to deliver on our strategy to respond to the growing mental health need.

Overall result

Our total income of £344,093 and total expenditure of £341,633 resulted in a net surplus for the year of £2,460 (2022: £7,994).

Our income from charitable activities

Our income for the year in total was £291,101 and we offered 6,428 sessions overall in the period (2022: 3,885 sessions).We offered 3,361 business as usual counselling sessions which brought in £112,262 of income (2022: £151,333) in the period with a mix of subsidised rates per session and some standard rate sessions. The Domestic Abuse and other contract work delivered 2,325 sessions with £160,551 of income (2022: £33,679). Other income came to £18,288 (2022: £13,292)

At the end of October, the number of clients that we have offered sessions to came to 437 (2022: 147).

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Trustees' Report

Financial Review

Income from grants

During the period we received £47,558 in grant income (2022: £51,420). £nil is unrestricted (2022: £nil), £47,558 is restricted (2022: £51,420). Funders included the following:

- Somerset County Council and the Somerset Clinical Commissioning Group
- Somerset Community Foundation

Of the restricted funds £39,405 (2022: £52,508) has been utilised in 2023 with the balance to be used in the next 12 months to support both individual and group counselling sessions.
Much of the Centre's work is Open-ended or 'long-term' counselling, which is a type of talking therapy where it is understood that the client will probably attend for at least several months or even years, and so no official end date is set to be worked towards. At the start of the pandemic the average length of counselling duration was 16 months. Funding streams therefore will inevitably spread over a two-year period to support this type of work.

Domestic Abuse contract

In collaboration with Somerset Council, we have managed a client list of nearly 300 adults experiencing domestic abuse. As the project comes to an end, we currently have c.60 clients attending 1:2:1 counselling and have facilitated a talking therapy group and two art groups. During the period we have offered 2,325 sessions. This is an ongoing project which will be completed in the next 6 months.

Expenditure

Expenditure in 2023 totalled £341,633 (2022: £246,293). Our unrestricted charitable expenditure rose to £293,439 (2022: £187,063) reflecting the large increase in sessions delivered. The cost of generating funds for our unrestricted fundraising was £8,789 (2022 £6,722) and the cost of charitable activities for our restricted grants received was £39,405 (2022: £52,508).

Net assets

SCC's net assets grew to £145,410 (2022: £142,950). This is due to the surplus that the Centre has made in the year. £29,277 of this is restricted and will be utilised funding places for clients in 2023/2024.

Reserves Policy

The objective of SCC reserves policy is to ensure that the Charity maintains sufficient cash and readily realisable assets to enable it to withstand any shortfall in income or unforeseen expenditure while any necessary adjustments are made to the Charity's operations.

The level of unrestricted operating expenditure represented by the General fund is 116 days (2022: 192 days) increasing to 140 days (2022: 229 days) if Designated funds are included.

At the present time we remain of the opinion that our present level of reserves would be sufficient to wind up the Centre in an orderly fashion should the need ever arise.

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Trustees' Report

Looking forward Future Developments

"Achieve sustainable positive change on your journey" is one of our straplines for service delivery.

SCC continues to adapt our resources to deliver the agreed five-year strategy and annual business plans to support these objectives. We began implementation of this strategy from May 2020.

The key elements that we wish to focus on for the coming year are:

- Continue to develop our organisation as it grows, ensuring systems and structure are suitably resourced and efficiently provided
- Support a positive culture within the organisation where our counsellors and staff feel safe, engaged and inspired to work with us.
- Ensure maximum take-up of counselling and training services, ensuring that we have sufficient capacity to respond to ever increasing demand for our services
- Increase our market share in supporting employers with employee mental health and wellbeing, which directly impacts on safeguarding the proportion of affordable sessions
- Develop further our impact and quality reporting from the CMS system
- Develop our marketing strategy to penetrate new and existing markets to ensure our sustainability
- Build more aligned capacity within the Centre to support growth; review how we ensure we reach all sections of the community for even better inclusion and think more about how to measure equality, diversity and inclusion.

The range of client choices of face-to-face in-person or face-to-face online-counselling provide greater opportunities for support than previously offered and reach many more who might have had issues with the traditional model of delivery. So long as we can safeguard our clients, classic boundaries are no longer an inhibitor.

We have continuously adapted details within our plans to ensure that we effectively build our sustainability. The need for our counselling services has never been more important to our communities and securing sufficient funding within our robust and mixed funding model to enable access for all, is vital. Equally, we are acutely aware that there is a need for a growing, suitably qualified mental and emotional wellbeing workforce and we are in an excellent position to respond to this need.

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Trustees' Report

Governance

The organisation is a charitable company limited by guarantee, incorporated on 9th May 1994, and has been registered as a Charity since 28th June 1994 (number 1038975). The Company's Articles of Association were revised and updated in 2013.

The Trustees consider the senior management team (the Operations Director and the Clinical Director) to be the key management personnel of the Charitable Company in charge of directing and controlling, running, and operating the Charitable Company on a day-to-day basis.

Throughout the last year the Trustees have met regularly on operational matters and the strategic direction and policy of the Charity. In addition, there are full counsellor meetings held a minimum of three times a year, to engage all involved with the ongoing work life of the Centre, to advise and support where there are difficulties and to monitor the finances and plans for the future. The senior management team attends all meetings.

Recruitment and Appointment of Trustees

The Trustees of the Charitable Company at the date of this report and those who have served for the duration of the year are set out on page 25.

The Directors of the Charitable Company are also Trustees for the purposes of Charity law and are known as Trustees under the Charitable Company's Articles. They are elected to serve for a period of three years after which they must stand down and be re-elected at the AGM. All Trustees give their time voluntarily and no Trustee received remuneration in the year for fulfilling the role of Trustee. Details of Trustee expenses and related party transactions are disclosed in note 8 to the accounts. Through the Trustees, the Centre has access to a broad range of business and counselling skills and in this way seeks to ensure that the diverse needs of the client body are fully represented at Trustee level.

During the period and since the period end the following Trustees resigned: Alli Baldwin. During the period and since the period end four new Trustees have been appointed: Andrew Palmer, Simon Malley, Zillah Morris and Caroline Barrett.

Trustee Induction and Training

Trustees and members of the Centre actively seek to enhance the potential pool of Trustees through publicity and 'word of mouth' in the community at large.

Most potential Trustees are already familiar with the practical work of the Centre having been associated with the work for some time.

Additionally, new Trustees are invited and encouraged to attend Management/Trustee meetings in order to familiarise themselves with the Charity and the context in which it operates. Other areas covered by their induction will be:

- The Obligations of Trustees and Management Committee Members
- The main documents which set out the operational framework for the Charity, including the Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives
- To be made aware of the Charity Commission guide 'the Essential Trustee' and other relevant information available from the Charity Commission website.

Public Benefit

SCC is a registered Charity and a non-profit making organisation; we receive no regular external financial support. Its aim is to provide accessible counselling for all and so it provides a number of places at a reduced rate according to means. No one is excluded because they cannot afford the full cost of counselling.

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Trustees' Report

SCC has referred to the guidance contained in the Charity Commission's general guidance on public benefit and their specific guidance on fee-charging when reviewing its aims and objectives and in planning its future activities. Having done that, the Trustees are satisfied that our main activity of the provision of low-cost counselling services to the general public continues to meet our charitable purposes for the public benefit.

Risk Management

SCC reviews risk on an ongoing basis through our Board of Trustees. We consider the impact and likelihood of every risk and give particular attention to the management of the most severe risks. The Board of Trustees are satisfied that the major risks have been identified and have been adequately mitigated where necessary. It is recognised that systems and processes cannot provide absolute assurance and for this reason the Board remain vigilant.

Internal control risks are minimised by the implementation of procedures for the authorisation and control of projects. Procedures are in place to ensure compliance with health and safety of staff, clients and visitors to the Centre. All these procedures are periodically reviewed to ensure that they continue to meet the needs of the Charity.

To help manage clinical risk SCC is bound by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for Good Practice in Counselling and Psychotherapy. This helps us to maintain a high quality of service delivery and clinical practice. These are verified by annual assessment allowing us to maintain our BACP accreditation. We have clear safeguarding policies and procedures, and our counsellors work closely with our Safeguarding Officer and Clinical Director. Safeguarding cases are reviewed weekly with high-risk cases reviewed more frequently if required.

In addition, the Centre maintains insurance cover at a level appropriate for all the relevant professional and operational risks of the Centre.

Quality assurance

The Centre is a member of the British Association for Counselling and Psychotherapy (BACP) and is subject to regular accreditation. The Centre is guided by this internationally recognised organisation alongside local and national NHS policy relevant to the work undertaken.

SCC is accredited with the BACP and complies with its Ethical Framework for the Counselling profession.

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Trustees' Report

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as Directors of Somerset Counselling Centre for the purposes of company law, are responsible for preparing the Trustees' report and the financial statements in accordance with the requirements of the Companies Act and of the Charities Act.

Company law requires the Trustees to prepare financial statements for each financial period. Under that law the Trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including income and expenditure, of the Charitable Company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charitable Company and financial information included on the Charitable Company's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

By Order of the Board

DocuSigned by:
Helen Fry
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H Fry
Secretary

26 March 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF SOMERSET COUNSELLING CENTRE

I report to the Trustees of Somerset Counselling Centre (Charity No. 1038975) on the unaudited accounts for the 12 months ended 31 October 2023 , which are set out on pages 12 to 23.

Respective responsibilities of Trustees and Independent Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 ('the Charities Act') and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to audit under Part 16 of the Companies Act 2006 and is eligible for independent examination, it is my responsibility to:

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

Basis of Independent Examiner's report

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

Independent Examiner's statement

Since Somerset Counselling Centre's gross income exceeded £250,000, your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

(1) which gives me reasonable cause to believe that, in any material respect, the requirements:
   - to keep accounting records in accordance with Section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Companies Act have not been met, or

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

Rob Cadwallader FCA
Milsted Langdon LLP
Chartered Accountants
Winchester House
Deane Gate Avenue
Taunton
Somerset
TA1 2UH

2 May 2024

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SOMERSET COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES

12 MONTHS ENDED 31 October 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income and endowments from:					
Donations and legacies	**2**	3,684	-	3,684	4,516
Grants	**3**	-	47,558	47,558	51,420
Investments	**4**	1,750	-	1,750	47
Charitable activities	**5**	291,101	-	291,101	198,304
Total		296,535	47,558	344,093	254,287
Expenditure on:					
Raising funds	**6**	8,789	-	8,789	6,722
Charitable activities	**6**	293,439	39,405	332,844	239,571
Total		302,228	39,405	341,633	246,293
Net movement in funds	**14**	(5,693)	8,153	2,460	7,994
Reconciliation of funds					
Total funds brought forward at 1 November 2022		121,826	21,124	142,950	134,956
Total funds carried forward at 31 October 2023		116,133	29,277	145,410	142,950

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derives from continuing activities.

The notes on pages 15 to 23 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE
Registered Number: 2926858
BALANCE SHEET AS AT 31 OCTOBER 2023

	Notes	£	2023 £	£	2022 £
Fixed assets					
Tangible assets	10		11,709		11,124
Current assets					
Debtors	11	9,292		21,035	
Cash at bank and in hand		207,508		336,550	
		216,800		357,585	
Liabilities: creditors falling due within one year	12	(83,099)		(225,759)	
Net current assets			133,701		131,826
Net assets			145,410		142,950
Represented by:					
The funds of the Charity:					
Restricted funds	14		29,277		21,124
Unrestricted income funds					
General fund	14	96,133		101,826	
Designated funds	14	20,000		20,000	
Total unrestricted funds			116,133		121,826
Total funds			145,410		142,950

The Charitable Company is entitled to exemption from audit for the 12 months ended 31 October 2023 under Section 477 of the Companies Act 2006 and Section 144(2) of the Charities Act 2011.

The members have not required the Charitable Company to obtain an audit of its financial statements for the 12 months ended 31 October 2023 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:-

(i) Ensuring that the Charitable Company keeps accounting records which comply with Section 386.

(ii) Preparing financial statements which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of this Act relating to financial statements, so far as applicable to the Charitable Company.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on 26 March 2024

DocuSigned by:
Helen Fry
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H Fry
Secretary

DocuSigned by:
S Malley
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S Malley
Trustee

The notes on pages 15 to 23 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE

STATEMENT OF CASH FLOWS FOR THE 12 MONTHS ENDED 31 October 2023

	2023 £	2022 £
Reconciliation of net movement in funds to net cash flow from operating activities:		
Net movement in funds	2,460	7,994
Add back depreciation charge	4,506	2,130
(Deduct) interest shown on investing activities	(1,750)	(47)
Decrease in debtors	11,743	10,979
(Decrease)/increase in creditors	(142,660)	195,715
Cash generated from operating activities	(125,701)	216,771
Cash flows from investing activities:		
Investment income	1,750	47
(Purchase) of tangible fixed assets	(5,091)	(6,618)
	(3,341)	(6,571)
Cash flows from financing activities:		
Increase in cash and cash equivalents	(129,042)	210,200
Cash and cash equivalents at 1 November 2022	336,550	126,350
Cash and cash equivalents at 31 October 2023	207,508	336,550

All of the cash flows are derived from continuing operations during the above two periods.

Reconciliation of net Cash flow to Movement in Net funds

Net increase in cash and cash equivalents in the year	(129,042)	210,200
Movement in Net funds in the year		
Net funds at the start of the year	336,550	126,350
Net funds at the end of the year	207,508	336,550

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SOMERSET COUNSELLING CENTRE

NOTES TO THE FINANCIAL STATEMENTS

1 ACCOUNTING POLICIES

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Somerset Counselling Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The Trustees consider that there are no material uncertainties about the Charitable Company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of the assets held by the Charitable Company.

Income and endowments

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Grants receivable

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the Charitable Company has entitlement to the funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured. No gifts in kind were received during the year (2022 – £nil).

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charitable Company has unconditional entitlement.

Income received for services provided under contract is recognised when the performance conditions attached have been met.

Fundraising events

Income from fundraising events is included in incoming resources in the period in which the relevant event takes place.

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Investment income

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the bank.

Gift aid

Income from tax reclaims is included in the Statement of Financial Activities at the same time as the gift to which it relates.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the assets' use.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the Charitable Company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include the costs of the preparation and examination of the statutory accounts, the costs of Trustee meetings and the cost of any legal advice to Trustees on governance or constitutional matters. These costs are included within charitable expenditure.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis as set out in Note 6.

Fixed assets

Fixed assets are stated at their purchase price, together with any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of fixed assets over the expected useful economic lives of the assets concerned. The principal annual rates used for this purpose are:

Leasehold improvements	- straight line over the period of the lease
Equipment and furnishings	- 25% straight line

Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

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Debtors
Debtors are amounts due from clients for services performed in the ordinary course of business.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Fund accounting
Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the Charitable Company, and which have not been designated for other purposes.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the Charitable Company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The movement in these funds can be seen in notes 14 and 15.

Financial instruments
The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest, less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Operating leases
Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Donations and legacies:				
Donations from Taunton Rotary Club	315	-	315	-
Donations from The Somerset Collective	3,000	-	3,000	-
Donations from individuals	369	-	369	4,516
	3,684	-	3,684	4,516

The income from donations and legacies was £3,684 (2022: £4,516) of which £3,684 was unrestricted (2022: £4,516) and £nil was restricted (2022: £nil).

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3 GRANT INCOME

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Grant income from:				
Somerset Big Tent	-	-	-	5,000
Taunton Round Table	-	-	-	12,883
Somerset Community Foundation	-	27,358	27,358	19,737
Somerset County Council and the Somerset Clinical Commissioning Group	-	20,200	20,200	13,800
Total	-	47,558	47,558	51,420

Grant income was £47,558 (2022: £51,420) of which £nil was unrestricted (2022: £nil) and £47,558 was restricted (2022: £51,420).

4 INVESTMENT INCOME

	Unrestricted funds £	Total 2023 £	Total 2022 £
Interest from cash held on deposit	1,750	1,750	47

Investment income was £1,750 (2022: £47) of which £1,750 was unrestricted (2022: £47) and £nil was restricted (2022: £nil).

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Total 2023 £	Total 2022 £
Supervision fees	3,553	3,553	629
Room hire	14,137	14,137	8,576
Client voluntary contributions	112,262	112,262	151,333
Contract work	160,551	160,551	33,679
Training	598	598	4,087
	291,101	291,101	198,304

The income from charitable activities was £291,101 (2022: £198,304) of which £291,101 was unrestricted (2022: £198,304) and £nil was restricted (2022: £nil).

SOMERSET COUNSELLING CENTRE

6 EXPENDITURE

	Basis of Allocation	Raising funds (unrestricted) £	Charitable activities (unrestricted) £	Charitable activities (restricted) £	Total 2023 £	Total 2022 £
Direct Costs:						
Counsellors and supervisors	Direct	-	125,600	39,405	165,005	94,043
Travelling expenses	Direct	-	386	-	386	221
Training fees and expenses	Direct	-	3,743	-	3,743	24,734
Subscription and affiliation fees	Direct	-	16,648	-	16,648	6,435
		-	146,377	39,405	185,782	125,433
Support Costs:						
Office administration (including wages)	Staff time	4,540	71,777	-	76,317	73,466
Heat, light and water	Floor area	259	4,094	-	4,353	1,872
Rates and insurance	Floor area	170	2,688	-	2,858	3,723
Rent payable	Floor area	893	14,126	-	15,019	15,001
Repairs and maintenance	Usage	214	3,383	-	3,597	2,808
Advertising, printing and stationery	Usage	702	11,090	-	11,792	8,743
Postage and telephone	Usage	92	1,448	-	1,540	728
Sundries	Usage	105	1,652	-	1,757	2,382
Bank charges and interest	Direct	-	3,314	-	3,314	3,908
Bad debts	Direct	4	61	-	65	845
Depreciation	Usage	268	4,238	-	4,506	2,130
		7,247	117,871	-	125,118	115,606
Governance:						
Independent Examiner's fee	Direct	-	4,817	-	4,817	3,984
Professional fees	Direct	1,542	24,374	-	25,916	1,270
		1,542	29,191	-	30,733	5,254
		8,789	293,439	39,405	341,633	246,293

Expenditure on raising funds was £8,789 (2022: £6,722) of which £8,789 was unrestricted (2022: £6,722) and £nil was restricted (2022: £nil).

Expenditure on charitable activities was £332,844 (2022: £239,571) of which £293,439 was unrestricted (2022: £187,063) and £39,405 was restricted (2022: £52,508).

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7 NET INCOMING/OUTGOING RESOURCES

	2023	2022
	£	£
Net incoming resources are stated after charging:		
Rent payable	15,019	15,001
Depreciation	4,506	2,130
Independent Examiner's fee	2,100	2,040
Other accountancy fees	2,717	1,944

8 RELATED PARTIES

The Trustees of SCC did not receive any remuneration for their services as Trustees within the year or reimbursed expenditure

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9 EMPLOYEE COSTS

	2023	2022
	number	number
Average number of employees (including part time) during the year	8	8
	£	£
Cost in respect of these employees		
Wages and salaries	128,122	126,265
Employer's NIC	3,096	5,254
Pension costs	2,296	1,355
	133,514	132,874

There are no employees with emoluments over £60,000.

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10 TANGIBLE FIXED ASSETS

	Leasehold improvements £	Equipment and furnishings £	Total £
Cost			
At 1 November 2022	6,277	9,798	16,075
Additions	1,687	3,404	5,091
Disposals	(970)	(149)	(1,119)
At 31 October 2023	6,994	13,053	20,047
Depreciation			
At 1 November 2022	3,054	1,897	4,951
Charge for the period	1,106	3,400	4,506
Disposals	(970)	(149)	(1,119)
At 31 October 2023	3,190	5,148	8,338
Net book value			
At 31 October 2022	3,223	7,901	11,124
At 31 October 2023	3,804	7,905	11,709

11 DEBTORS

	2023 £	2022 £
Trade debtors	3,926	5,574
Prepayments	5,366	15,461
	9,292	21,035

12 CREDITORS: amounts falling due within one year

	2023 £	2022 £
Trade creditors	17,722	7,736
Other creditors and accruals	9,757	8,937
Deferred income	55,620	209,086
	83,099	225,759

	2023 £	2022 £
Deferred income at 1 November	209,086	-
Deferred income in the period	(153,466)	209,086
Deferred income at 31 October	55,620	209,086

Deferred income has decreased in the year due to the utilisation of the funding received for the Domestic Abuse project. The remaining balance will be utilised in the coming year.

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13 LEGAL STATUS

The Charitable Company is limited by guarantee and does not have share capital. In the event of the Charitable Company being wound up, the liability of the members is limited to £1 each.

14 FUNDS

	Balance at 1 November 2022	Income	Expenditure	Transfer between funds	Balance at 31 October 2023
	£	£	£	£	£
Restricted funds					
Somerset Community Foundation	11,424	27,358	(25,355)	-	13,427
Somerset County Council and the Somerset Clinical Commissioning Group	9,700	20,200	(14,050)	-	15,850
Total restricted fund	21,124	47,558	(39,405)	-	29,277
Unrestricted funds					
General fund	101,826	296,535	(302,228)	-	96,133
Designated funds					
Closure fund	20,000	-	-	-	20,000
	142,950	344,093	(341,633)	-	145,410

	Balance at 1 November 2021	Income	Expenditure	Transfer between funds	Balance at 31 October 2022
	£	£	£	£	£
Restricted funds					
Somerset Big Tent	-	5,000	(5,000)	-	-
Somerset Community Foundation	10,662	19,737	(18,975)	-	11,424
Somerset County Council and the Somerset Clinical Commissioning Group	11,550	13,800	(15,650)	-	9,700
Taunton Round Table	-	12,883	(12,883)	-	-
Total restricted fund	22,212	51,420	(52,508)	-	21,124
Unrestricted funds					
General fund	102,744	202,867	(193,785)	(10,000)	101,826
Designated funds					
Closure fund	10,000	-	-	10,000	20,000
	134,956	254,287	(246,293)	-	142,950

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The specific purposes for which the funds are to be applied are as follows:

Restricted funds

Somerset Community Foundation - My Family Talking Gateway
Somerset County Council and the Somerset Clinical Commissioning Group - Leaving Care Counselling Service.

Designated funds

The Closure fund was set up in May 2003 to hold funds for the closure of the service, should it become necessary. The balance of the Fund was fixed at that time at £10,000. Last year, the Trustees decided to increase the fund to £20,000 to reflect the growing size of the Charity.

15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	General fund	Restricted funds	Designated funds	Total 2023
	£	£	£	£
Fixed assets	11,709	-	-	11,709
Net current assets	84,424	29,277	20,000	133,701
Net assets	96,133	29,277	20,000	145,410

Prior year

	General fund	Restricted funds	Designated funds	Total 2022
	£	£	£	£
Fixed assets	11,124	-	-	11,124
Net current assets	90,702	21,124	20,000	131,826
Net assets	101,826	21,124	20,000	142,950

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SOMERSET COUNSELLING CENTRE

LEGAL AND ADMINISTRATIVE DETAILS

Trustees	Alli Baldwin (resigned 30 November 2022) Helen Fry (Secretary and Treasurer?) Deborah Howell Andrew Palmer (appointed 30 November 2022) Simon Malley (appointed 27 March 2023) Zillah Morris (appointed 16 October 2023) Caroline Barrett (appointed 20 February 2024)
Principal Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Registered Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Company Registration Number	02926858
Charity Registration Number	1038975
Bankers	Lloyds Bank plc 31 Fore Street Taunton Somerset TA1 1HN
Independent Examiner	Rob Cadwallader FCA Milsted Langdon LLP Chartered Accountants Winchester House Deane Gate Avenue Taunton Somerset TA1 2UH

SOMERSET COUNSELLING CENTRE

England & Wales - Charity number 1038975

Accounts

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Company registration No. 02926858
Charity registration No. 1038975

SOMERSET COUNSELLING CENTRE
(A company limited by guarantee)

Annual Report and Financial Statements
For the 12 months ended 31 October 2022

FRIDAY
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COMPANIES HOUSE

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Trustees report

Introduction

This has been another year full of activity for SCC. There is unprecedented demand for our services across counselling and in the context of increased financial hardship in our communities. During the Covid-19 pandemic in order to survive we had to be responsive, flexible and strategic in meeting the immediate needs of our community. The landscape and our position within it changed rapidly and this year continues to present new challenges for the organisation to address. We continue to adapt and adjust to meet, safely, significant growth in demand for our services.

Counsellors continued to build on the transition to online face-to-face counselling as a successful, 'remote' delivery model. Our delivery models (online and in-person) have proved an excellent juxtaposition of core service delivery. There can be significant benefits for each way of working, for counsellors and for clients receiving their counselling/therapy, depending on their situation and point of view. This allows us to achieve even greater inclusion and accessibility, to be more responsive, and importantly gives clients and counsellors appropriate choices that best meet their needs.

One key measurable outcome to highlight is our year-on-year counselling session delivery increase of significantly more affordable sessions than at any other time in the organisation's history. This growth positions us strongly to build upon and meet our five-year target of doubling the annual delivery of counselling sessions, safeguarding the provision of affordable counselling, earlier than anticipated.

In 2022 we entered into a collaboration with Somerset County Council for a comprehensive programme of innovative delivery of specialist mental health support to individuals who are affected by domestic violence. This contract is for a period of 18 months.

In order to achieve these aims SCC will provide 1:2:1 counselling and counsellor led workshops including discussion forums. This excellent and innovative work is ongoing into the next financial year and will be fully reported at that time.

Our counselling service is accredited by the (BACP) British Association for Counselling and Psychotherapy. This is an indicator of our commitment to the highest of organisational standards, excellent quality of counselling service delivery and strong clinical governance. We support and expect that counsellors also achieve personal professional accreditation with BACP or another recognised association, so that there is strength in depth across the organisation. Alongside an enriching programme of Continued Professional Development provision, this gives everyone looking to be supported by us reassurance and confidence in our standards of skills, knowledge and experience.

We would like to thank personally all the teams at the Centre who each have an important role to play in the journey and experience our clients receive, and whose contribution links directly to our vision and objectives. The talent in administration, clinical supervision, clinical leadership, the maintenance of high standards by all counsellors working with clients and the willingness of our colleagues to take on new and exciting challenges, is highly rewarding to witness. Without the blend of counselling experience, trustee knowledge and the professionalism of our office teams supporting "behind the scenes", we would not have made the journey since the pandemic so successfully.

It is important also to mention the significance and the added value of the contribution of our volunteers in meeting our charitable objectives. Having a proportion of voluntary counsellors within the organisation is a way of meeting the increased demand on services where funding is limited or the clients' ability to contribute restricted. Allied with a policy of offering placements for trainees we have developed a more diverse staff group with the potential of developing personal and professional growth through these different roles and transition between them.

We are delighted to be leading SCC into what promises to be an exciting next phase of its history. We will shortly be entering our next strategic cycle and will be considering how best to respond to the challenges that remain. We look forward to the journey ahead.

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Trustees report

Statement of purpose

SCC's vision is that

Somerset Counselling Centre ("SCC") is recognised for the provision of high quality counselling services for everyone. The services that it provides support an increase in access to affordable counselling, thereby helping to improve emotional health, wellbeing and resilience in local communities.

The Centre will grow the qualified counsellor workforce through the provision of high quality supervised work placements for the up and coming trainee workforce; alongside expert-led Continuing Professional Development (CPD) for existing and qualified workforce; thus ensuring there is a strong pipeline of counsellors to meet both the current and the future needs of our services and clients.

SCC will collaborate proactively with other organisations and initiatives to conduct research to support this vision, and to promote increased awareness and understanding of emotional health and wellbeing, and will be a key enabler of growth for high quality counselling services regionally and nationally.

SCC's mission is

- To provide high quality and accessible places including affordable counselling in a safe space
- To train counsellors
- To promote awareness and understanding of health and wellbeing.

SCC's Strategic objectives

The objectives and principal activities of the Charitable Company ('Somerset Counselling Centre') contained in the Charitable Company's Articles of Association are:

- to promote mental health and well being
- to provide accessible counselling
- to promote greater understanding of the role of emotions in psychological healing
- to advance education and training in the practice of counselling
- to promote research into the efficacy of the methods and practice of counselling and to publish the useful results of such study and research.

The strategy for achieving these objectives is contained in the five-year business plan (2021-2025) which is delivered by the senior management team in consultation with the trustees.

SCC's values are to be

Embracing - accessible to everyone who needs us in our communities
Effective - providing a confidential, high-quality, personalised service to our clients
Energetic - offering the service in a dynamic, choice-led and enthusiastic way
Empowering - helping our clients find the way to greater self-understanding and personal growth

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Trustees report

Statement of purpose

How we help with our core services

Counselling Services

- **Adult counselling.** We offer safe and confidential counselling for individual adults experiencing personal, emotional or psychological difficulties. Our main focus is for weekly open-ended counselling (for as long as the client needs us). A psycho-dynamic approach to therapy ensures there is adequate time to address early and deep-seated trauma and to then move forward and rebuild from this.
- **Couples counselling.** We have had, traditionally, a small arm of the organisation supporting therapy for couples and relationships. We have spent some time training our counsellors looking to develop their skills for couples counselling.
- **Young Persons (age 16-18).** We offer safe and confidential counselling for individuals in this age bracket, if assessed as suitable.
- **Employee Wellbeing (Employee Assistance Programme (EAP)).** We offer remote/online services, on-demand packages, and face-to-face work. The range of services includes 1:2:1 therapy, group/team workshops, individual MOT/drop-in sessions and bespoke consultancy for emotional health and wellbeing at work for employees.

How we help with professional contracts

- **Leaving Care Counselling Service**. This service is in its second year working alongside the Council commissioners. We have worked hard and learned many lessons with the care leavers themselves, and how to approach this work to meet their needs
- **My Family Talking Gateway (MFTG).** This service is now in its second year and it is hoped to be a three–year funded programme. We have delivered 1:2:1 and couples therapy and are offering systemic family therapy with the support of equine therapy as part of the package of services in this programme

How we help with training

- **Individual Accreditation**: Monthly ongoing BACP accreditation pods for those with 350 hours or more and who wish to move to the next level of their qualifications and recognition. This not only offers the counsellors an opportunity to upskill, but to also review what they know and who they are in their counselling work. This is invaluable and enables counsellors to learn through the process. The ability to join on Zoom, discuss and share, in a seminar situation, is also an invaluable part of the growth, support and cohesion of counsellors.
- **One day workshops**: We have a group of highly experienced, experts in their field, consultants who have delivered successful workshops and training sessions.
- **Introduction to Counselling:** A significant development is to start to deliver workshops and short courses for the community here in Somerset. We will build further on this with an aim to introduce basic counselling skills courses from Spring 2023 and then Foundation Diplomas in counselling beyond this.
- **A 3 stage EMDR training**. This is a step-change in delivery in partnership with Dr Robin Logie.
- **Bluestream online training** is a tool for more broad subjects such as record keeping, Levels 2 and 3 Safeguarding as examples. This is accessible to all in the organisation and certain modules are mandatory for counsellors wishing to work with SCC clients.

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Trustees report

How we raise funds

At the Centre, resilience and sustainability are key. We do not want to become over-reliant on any one particular funding opportunity.

We raise funds in the following ways:

- Client contributions
- Local and contemporary grants to deliver specific bursary work within our local community
- One off collaboration projects
- Employee Assistance Programme (EAP) and consultancy, working with employers to support employees
- Event fundraising

Volunteering

The variety of work we attract allows for increased interest in volunteer support, which further illustrates the impact of our social value as an organisation. Volunteers support the organisation in a number of ways and currently we have around twelve people across the organisation who give their time to support our work.

Community and Collaboration

Collaboration is critical to our strategic aims.

Somerset Counselling Youth Access is a partnership of six leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Somerset. We are working together, to find ways to best support young people across the county access counselling from trusted providers. This means that we are in a good position to help improve outcomes for children and young people. *These organisations are part of the SCYA partnership with us:*

Somerset Counselling Centre, Taunton, online Somerset-wide counselling
In Charley's Memory, Highbridge, Bridgwater
Wellington Community Counselling, Wellington
The Space, Cheddar Valley
Somerset & Wessex Eating Disorder Association, Somerset-wide counselling
Kooth, Somerset-wide on-line counselling

Working with other statutory organisations and key stakeholders such as Somerset Open Mental Health is also critical in our blend of partners for service delivery, community work, fund raising and is a priority to continue to build a strong network in the coming years.

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Trustees report

Financial Review

Overview

As for many organisations 2022/23 is still a year of uncertainty as we move from the pandemic to the current financial crisis. The centre continues to prove to be very resilient.

Overall result

During the period SCC reported a net increase in funds for the period of £9,082 (2021: £58,598) in unrestricted funds and a net deficit of £1,088 in restricted funds (2021: surplus £2,640).

Our income

Session numbers during the period were at a good level considering the uncertainty during the period. We offered 4,986 sessions which brought in £151,333 of income (2021: £121,796) in the period with a mix of subsidised rates per session and some standard rate sessions. Room hire income has started to return as face-to-face counselling has gained momentum at £8,576 (2021: £878). At the end of October active clients have increased from 122 at the beginning of the year to 147 in October 2022 with enquiries being received consistently each month.

The sublease of Apsley house came to an end at 31/3/2020.

Income from grants

During the period we received £51,420 in grant income (2021: £48,775). £nil is unrestricted (2021: £8,938), £51,420 is restricted (2021: £39,837). Funders included the following:

- Somerset County Council and the Somerset Clinical Commissioning Group
- Somerset Community Foundation
- Taunton Round Table
- Somerset Big Tent

The receipt of these grants has meant that we have been able to subsidise 70% of sessions below the standard rates.

Of the restricted funds £52,508 (2021: £37,197) has been utilised in 2022 with the balance to be used in the next 12 months to support both individual and group counselling sessions.

Much of the centre's work is Open-ended or 'long-term' counselling, which is a type of talking therapy where it is understood that the client will probably attend for at least several months or even years, and so no official end date is set to be worked towards. At the start of the pandemic the average length of counselling duration was 16 months. Funding streams therefore will inevitably spread over a two-year period to support this type of work.

Domestic violence contract

This contract will be fully reported on in next year's accounts, once completed.

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Trustees report

Expenditure.

Expenditure in 2022 totalled £246,293 (2021: £251,781).

Net assets

SCC's net assets grew to £142,950 (2021: £134,956). This is due to the surplus that the centre has made in the year. £21,124 of this is restricted and will be utilised funding places for clients in 2022/2023.

Reserves Policy

The objective of SCC reserves policy is to ensure that the Charity maintains sufficient cash and readily realisable assets to enable it to withstand any shortfall in income or unforeseen expenditure while any necessary adjustments are made to the Charity's operations.

In May 2003 the Trustees set aside £10,000 in a designated fund to facilitate an orderly closure of the Centre should that ever become necessary. We have not needed to dip into that fund this year. The trustees have decided to designate a further £10,000 into this designated fund, as a result of the increase in the size of the centre.

The level of operating expenditure represented by the General Fund is 192 days (2021: 175 days) increasing to 229 days (2021: 192 days) if designated funds are included.

At the present time we remain of the opinion that our present level of reserves would be sufficient to wind up the Centre in an orderly fashion should the need ever arise.

Trustees report

Looking forward

"Achieve sustainable positive change on your journey" is one of our straplines for service delivery.

SCC continues to adapt our resources to deliver the agreed five-year strategy and annual business plans to support these objectives. We began implementation of this strategy from May 2020.

The key elements that we wish to focus on for the coming year are:

- Continue to develop our organisation as it grows, ensuring systems and structure are suitably resourced and efficiently provided
- Support a positive culture within the organisation where our counsellors and staff feel safe, engaged and inspired to work with us.
- Ensure maximum take-up of counselling and training services, ensuring that we have sufficient capacity to respond to ever increasing demand for our services
- Increase our market share in supporting employers with employee mental health and wellbeing, which directly impacts on safeguarding the proportion of affordable sessions;
- Develop further our impact and quality reporting from the CMS system
- develop our marketing strategy to penetrate new and existing markets to ensure our sustainability
- Build more aligned capacity within the Centre to support growth; review how we ensure we reach all sections of the community for even better inclusion and think more about how to measure equality, diversity and inclusion.

The range of client choices of face-to-face in-person or face-to-face online-counselling provide greater opportunities for support than previously offered and reach many more who might have had issues with the traditional model of delivery. So long as we can safeguard our clients, classic boundaries are no longer an inhibitor.

We have continuously adapted details within our plans to ensure that we effectively build our sustainability. The need for our counselling services has never been more important to our communities and securing sufficient funding within our robust and mixed funding model to enable access for all, is vital. Equally, we are acutely aware that there is a need for a growing, suitably qualified mental and emotional wellbeing workforce and we are in an excellent position to respond to this need.

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Trustees report

Governance

The organisation is a charitable company limited by guarantee, incorporated on 9th May 1994 and has been registered as a charity since 28th June 1994 (number 1038975). The Company's Articles of Association were revised and updated in 2013.

The Trustees consider the senior management team (the Chief Executive Officer and the Clinical Lead) to be key management personnel of the Charitable Company in charge of directing and controlling, running and operating the Charitable Company on a day-to-day basis.

Throughout the last year the Trustees have met regularly on operational matters and the strategic direction and policy of the charity. In addition, there are full counsellor meetings held a minimum of three times a year, to engage all involved with the ongoing work life of the Centre, to advise and support where there are difficulties and to monitor the finances and plans for the future. The senior management team attends all meetings.

Recruitment and Appointment of Trustees

The Trustees of the Charitable Company at the date of this report and those who have served for the duration of the year are set out on page 25.

The Directors of the Charitable Company are also Trustees for the purposes of charity law and are known as Trustees under the Charitable Company's Articles. They are elected to serve for a period of three years after which they must stand down and be re-elected at the AGM. All Trustees give their time voluntarily and no trustee received remuneration in the year for fulfilling the role of trustee. Details of trustee expenses and related party transactions are disclosed in note 8 to the accounts. Through the Trustees, the Centre has access to a broad range of business and counselling skills and in this way seeks to ensure that the diverse needs of the client body are fully represented at Trustee level.

During the period and since the period end the following trustees resigned: Beverley Alderson, Alli Baldwin. Since the period end two new trustees have been appointed – Andrew Palmer and Simon Malley

Trustee Induction and Training

Trustees and members of the Centre actively seek to enhance the potential pool of Trustees through publicity and 'word of mouth' in the community at large.

Most potential Trustees are already familiar with the practical work of the Centre having been associated with the work for some time.

Additionally, new Trustees are invited and encouraged to attend Management/Trustee meetings in order to familiarise themselves with the charity and the context in which it operates. Other areas covered by their induction will be:

- The Obligations of Trustees and Management Committee Members
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives
- To be made aware of the Charity Commission guide 'the Essential Trustee' and other relevant information available from the Charity Commission website.

Public Benefit

SCC is a registered charity and a non-profit making organisation; we receive no regular external financial support. Its aim is to provide accessible counselling for all and so it provides a number of

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places at a reduced rate according to means. No one is excluded because they cannot afford the full cost of counselling.

SCC has referred to the guidance contained in the Charity Commission's general guidance on public benefit and their specific guidance on fee-charging when reviewing its aims and objectives and in planning its future activities. Having done that, the Trustees are satisfied that our main activity of the provision of low-cost counselling services to the general public continues to meet our charitable purposes for the public benefit.

Risk Management

SCC reviews risk on an ongoing basis through our board of trustees. We consider the impact and likelihood of every risk and give particular attention to the management of the most severe risks. The Board of Trustees are satisfied that the major risks have been identified and have been adequately mitigated where necessary. It is recognised that systems and processes cannot provide absolute assurance and for this reason the Board remain vigilant.

Internal control risks are minimised by the implementation of procedures for the authorisation and control of projects. Procedures are in place to ensure compliance with health and safety of staff, clients and visitors to the Centre. All these procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

To help manage clinical risk SCC is bound by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for Good Practice in Counselling and Psychotherapy. This helps us to maintain a high quality of service delivery and clinical practice. These are verified by annual assessment allowing us to maintain our BACP accreditation.

In addition, the Centre maintains insurance cover at a level appropriate for all the relevant professional and operational risks of the Centre.

Quality assurance

The Centre is an member of the British Association for Counselling and Psychotherapy ("BACP") and is subject to regular accreditation. The Centre is guided by this internationally recognised organisation alongside local and national NHS policy relevant to the work undertaken.

SCC is accredited with the BACP and complies with its Ethical Framework for the Counselling profession. We are heading into our third year of a five-year accreditation cycle and have successfully passed the 2022 annual monitoring report.

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Trustees report

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as Directors of Somerset Counselling Centre for the purposes of company law, are responsible for preparing the Trustees' report and the financial statements in accordance with the requirements of the Companies Act and of the Charities Act.

Company law requires the Trustees to prepare financial statements for each financial period. Under that law the Trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including income and expenditure, of the Charitable Company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charitable Company and financial information included on the Charitable Company's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

By Order of the Board

DocuSigned by:
Helen Fry
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H Fry
Secretary

27 March 2023

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF SOMERSET COUNSELLING CENTRE

I report to the Trustees of Somerset Counselling Centre for the 12 months ended 31 October 2022 (Charity number: 1038975) which are set out on pages 12 to 24.

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 ('the Charities Act') and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to audit under Part 16 of the Companies Act 2006 and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's report

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

Independent examiner's statement

Since Somerset Counselling Centre's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

(1) which gives me reasonable cause to believe that, in any material respect, the requirements:
   - to keep accounting records in accordance with Section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Companies Act have not been met, or

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

RJ Cadwallader

Rob Cadwallader FCA
Milsted Langdon LLP
Chartered Accountants
Winchester House
Deane Gate Avenue
Taunton
Somerset
TA1 2UH

5-MAY-23

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SOMERSET COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES

12 MONTHS ENDED 31 October 2022

	Note	Unrestricted funds	Restricted funds	Total 2022	Total 2021
Income and endowments from:					
Donations and legacies	**2**	4,516	-	4,516	130
Grants	**3**	-	51,420	51,420	48,775
Investments	**4**	47	-	47	11
Charitable activities	**5**	198,304	-	198,304	264,103
Total		202,867	51,420	254,287	313,019
Expenditure on:					
Raising funds	**6**	6,722	-	6,722	7,526
Charitable activities	**6**	187,063	52,508	239,571	244,255
Total		193,785	52,508	246,293	251,781
Net movement in funds	**14**	9,082	(1,088)	7,994	61,238
Reconciliation of funds					
Total funds brought forward at 1 November 2021		112,744	22,212	134,956	73,718
Total funds carried forward at 31 October 2022		121,826	21,124	142,950	134,956

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derives from continuing activities.

The notes on pages 15 to 24 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE
Registered Number: 2926858
BALANCE SHEET AS AT 31 OCTOBER 2022

	Notes	£	2022 £	£	2021 £
Fixed assets					
Tangible assets	10		11,124		6,636
Current assets					
Debtors	11	21,035		32,014	
Cash at bank and in hand		336,550		126,350	
		357,585		158,364	
Liabilities: creditors falling due within one year	12	(225,759)		(30,044)	
Net current assets			131,826		128,320
Net assets			142,950		134,956
Represented by:					
The funds of the charity:					
Restricted funds	14		21,124		22,212
Unrestricted income funds					
General fund	14	101,826		102,744	
Designated funds	14	20,000		10,000	
Total unrestricted funds			121,826		112,744
Total funds			142,950		134,956

The Charitable Company is entitled to exemption from audit for the 12 months ended 31 October 2022 under Section 477 of the Companies Act 2006 and Section 144(2) of the Charities Act 2011.

The members have not required the Charitable Company to obtain an audit of its financial statements for the 12 months ended 31 October 2022 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:-

(i) Ensuring that the Charitable Company keeps accounting records which comply with Section 386.

(ii) Preparing financial statements which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of this Act relating to financial statements, so far as applicable to the Charitable Company.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on 27 March 2023

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Helen Fry ..... H Fry
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S Malley ..... S Malley
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The notes on pages 15 to 24 form part of these financial statements.

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SOMERSET COUNSELLING CENTRE

STATEMENT OF CASH FLOWS FOR THE 12 MONTHS ENDED 31 October 2022

	2022 £	2021 £
Reconciliation of net movement in funds to net cash flow from operating activities:		
Net movement in funds	7,994	61,238
Add back depreciation charge	2,130	2,213
(Deduct) interest shown on investing activities	(47)	(11)
Decrease in debtors	10,979	3,663
Increase in creditors	195,715	8,019
Cash generated from operating activities	216,771	75,122
Cash flows from investing activities:		
Investment income	47	11
(Purchase) of tangible fixed assets	(6,618)	(3,645)
	(6,571)	(3,634)
Cash flows from financing activities:		
(Repayment) of bounce-back loan	-	(20,000)
Increase in cash and cash equivalents	210,200	51,488
Cash and cash equivalents at 1 November 2021	126,350	74,862
Cash and cash equivalents at 31 October 2022	336,550	126,350

All of the cash flows are derived from continuing operations during the above two periods.

Reconciliation of net Cash flow to Movement in Net funds

Net increase in cash and cash equivalents in the year	210,200	51,488
Decrease in debt	-	20,000
Change in net funds arising from cash flows	210,200	71,488
Movement in Net funds in the year		
Net funds at the start of the year	126,350	54,862
Net funds at the end of the year	336,550	126,350

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SOMERSET COUNSELLING CENTRE

NOTES TO THE FINANCIAL STATEMENTS

1 ACCOUNTING POLICIES

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Somerset Counselling Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the Charitable Company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of the assets held by the Charitable Company.

Income and endowments

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Grants receivable

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the Charitable Company has entitlement to the funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured. No gifts in kind were received during the year (2021 – £nil).

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charitable Company has unconditional entitlement.

Income received for services provided under contract is recognised when the performance conditions attached have been met.

Fundraising events

Income from fundraising events is included in incoming resources in the period in which the relevant event takes place.

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Investment income

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the bank.

Gift aid

Income from tax reclaims is included in the Statement of Financial Activities at the same time as the gift to which it relates.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the assets' use.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the Charitable Company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include the costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters. These costs are included within charitable expenditure.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis as set out in Note 6.

Fixed assets

Fixed assets are stated at their purchase price, together with any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of fixed assets over the expected useful economic lives of the assets concerned. The principal annual rates used for this purpose are:

Leasehold improvements	- straight line over the period of the lease
Equipment and furnishings	- 25% straight line

Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

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Debtors

Debtors are amounts due from clients for services performed in the ordinary course of business.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the Charitable Company, and which have not been designated for other purposes.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the Charitable Company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The movement in these funds can be seen in notes 14 and 15.

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Operating leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Fund	Restricted Fund	Total 2022	Total 2021
	£	£	£	£
Donations and legacies:				
Donations from individuals	4,516	-	4,516	130
	4,516	-	4,516	130

The income from donations and legacies was £4,516 (2021: £130) of which £4,516 was unrestricted (2021: £130) and £nil was restricted (2021: £nil).

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3 GRANT INCOME

	Unrestricted funds	Restricted funds	Total 2022	Total 2021
Grant income from:				
Somerset West and Taunton Deane Borough council	-	-	-	7,125
Somerset Big Tent	-	5,000	5,000	-
Albert Hunt	-	-	-	2,000
Somerset Open Mental Health	-	-	-	1,800
Taunton Round Table	-	12,883	12,883	1,813
Somerset Community Foundation	-	19,737	19,737	22,237
Somerset County Council and the Somerset Clinical Commissioning Group	-	13,800	13,800	13,800
Total	-	51,420	51,420	48,775

Grant income was £51,420 (2021: £48,775) of which £nil was unrestricted (2021: £8,938) and £51,420 was restricted (2021: £39,837).

4 INVESTMENT INCOME

	Unrestricted funds £	Total 2022 £	Total 2021 £
Interest from cash held on deposit	47	47	11

Investment income was £47 (2021: £11) of which £47 was unrestricted (2021: £11) and £nil was restricted (2021: £nil).

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Total 2022 £	Total 2021 £
Supervision fees	629	629	88
Room hire	8,576	8,576	878
Client voluntary contributions	151,333	151,333	121,796
Contract work	33,679	33,679	137,585
Training	4,087	4,087	3,756
	198,304	198,304	264,103

The income from charitable activities was £198,304 (2021: £264,103) of which £198,304 was unrestricted (2021: £264,103) and £nil was restricted (2021: £nil).

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6 EXPENDITURE

	Basis of Allocation	Raising funds (unrestricted)	Charitable activities (unrestricted)	Charitable activities (restricted)	Total 2022	Total 2021
		£	£	£	£	£
Direct Costs:						
Counsellors and supervisors	Direct	-	54,418	39,625	94,043	67,127
Travelling expenses	Direct	-	221	-	221	86
Training fees and expenses	Direct	-	11,851	12,883	24,734	50,478
Subscription and affiliation fees	Direct	-	6,435	-	6,435	1,605
		-	72,925	52,508	125,433	119,296
Support Costs:						
Office administration (including wages)	Staff time	4,371	69,095	-	73,466	90,566
Heat, light and water	Floor area	111	1,761	-	1,872	2,102
Rates and insurance	Floor area	222	3,501	-	3,723	2,723
Rent payable	Floor area	893	14,108	-	15,001	15,381
Repairs and maintenance	Usage	167	2,641	-	2,808	2,690
Advertising, printing and stationery	Usage	520	8,223	-	8,743	7,608
Postage and telephone	Usage	43	685	-	728	758
Sundries	Usage	142	2,240	-	2,382	1,654
Bank charges and interest	Direct	-	3,908	-	3,908	2,761
Bad debts	Direct	50	795	-	845	280
Depreciation	Usage	127	2,003	-	2,130	2,213
		6,646	108,960	-	115,606	128,736
Governance:						
Independent Examiner's fee	Direct	-	3,984	-	3,984	3,213
Professional fees	Direct	76	1,194	-	1,270	536
		76	5,178	-	5,254	3,749
		6,722	187,063	52,508	246,293	251,781

Expenditure on raising funds was £6,722 (2021: £7,526) of which £6,722 was unrestricted (2021: £7,526) and £nil was restricted (2021: £nil).

Expenditure on charitable activities was £239,571 (2021: £244,255) of which £187,063 was unrestricted (2021: £207,058) and £52,508 was restricted (2021: £37,197).

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7 NET INCOMING/OUTGOING RESOURCES

	2022	2021
	£	£
Net incoming resources are stated after charging:		
Rent payable	15,001	15,381
Depreciation	2,130	2,213
Independent Examiner's fee	2,040	1,675
Other accountancy fees	1,944	1,538

8 RELATED PARTIES

The Trustees of SCC did not receive any remuneration for their services as Trustees within the year.

In the prior year, up until her resignation from the Board of Trustees, C Pineda-Langford received £1,500 for Mobilization consultancy services. This remuneration was provided by the power given in the governing document and in accordance with the provisions of the Charities Act 2011.

9 EMPLOYEE COSTS

	2022	2021
	number	number
Average number of employees (including part time) during the year	8	7

Cost in respect of these employees	£	£
Wages and salaries	126,265	86,817
Employer's NIC	5,254	2,954
Pension costs	1,355	795
	132,874	90,566

There are no employees with emoluments over £60,000.

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10 TANGIBLE FIXED ASSETS

	Leasehold Improvements £	Equipment and furnishings £	Total £
Cost			
At 1 November 2021	5,214	6,072	11,286
Additions	1,063	5,555	6,618
Disposals	-	(1,829)	(1,829)
At 31 October 2022	6,277	9,798	16,075
Depreciation			
At 1 November 2021	2,113	2,537	4,650
Charge for the period	941	1,189	2,130
Disposals	-	(1,829)	(1,829)
At 31 October 2022	3,054	1,897	4,951
Net book value			
At 31 October 2021	3,101	3,535	6,636
At 31 October 2022	3,223	7,901	11,124

11 DEBTORS

	2022 £	2021 £
Trade debtors	5,574	5,159
Prepayments	15,461	26,855
	21,035	32,014

12 CREDITORS: amounts falling due within one year

	2022 £	2021 £
Trade creditors	7,736	26,613
Other creditors	8,937	-
Accruals and deferred income	209,086	3,431
	225,759	30,044

	2022 £	2021 £
Deferred income at 1 November 2021	-	-
Deferred income in the period	209,086	-
Deferred income at 31 October 2022	209,086	-

Deferred income has increased in the year due to the funding received for the domestic violence project. This will be utilised in the coming year.

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13 LEGAL STATUS

The Charitable Company is limited by guarantee and does not have share capital. In the event of the Charitable Company being wound up, the liability of the members is limited to £1 each.

14 FUNDS

	Balance at 1 November 2021	Income	Expenditure	Transfer between funds	Balance at 31 October 2022
	£	£	£	£	£
Restricted funds					
Somerset Big Tent	-	5,000	(5,000)	-	-
Somerset Community Foundation	10,662	19,737	(18,975)	-	11,424
Somerset County Council	11,550	13,800	(15,650)	-	9,700
Taunton Round Table	-	12,883	(12,883)	-	-
Total restricted fund	22,212	51,420	(52,508))	-	21,124
Unrestricted funds					
General fund	102,744	202,867	(193,785)	(10,000)	101,826
Designated funds					
Closure fund	10,000	-	-	10,000	20,000
	134,956	254,287	(246,293)	-	142,950

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	Balance at 1 November 2020	Income	Expenditure	Transfer between funds	Balance at 31 October 2021
	£	£	£	£	£
Restricted funds					
National Lottery	12,680	-	(12,680)	-	-
Albert Hunt	-	2,000	(2,000)	-	-
Somerset Community Foundation	-	22,237	(11,575)	-	10,662
Somerset County Council	6,892	13,800	(9,142)	-	11,550
Somerset Open Mental Health	-	1,800	(1,800)	-	-
Total restricted fund	19,572	39,837	(37,197)	-	22,212
Unrestricted funds					
General fund	44,146	273,182	(214,584)	-	102,744
Designated funds					
Closure fund	10,000	-	-	-	10,000
	73,718	313,019	(251,781)	-	134,956

The specific purposes for which the funds are to be applied are as follows:

Restricted funds

Somerset Big Tent funded by the Somerset Clinical Commissioning Group - Winter diversion funding.
Somerset Community Foundation –My Family Talking Gateway
Somerset County Council (and the Somerset Clinical Commissioning Group) - Leaving Care Counselling Service.
Taunton Round Table - Trauma counselling funding
National lottery – funding for the provision of low-cost mental health services in Somerset
Albert Hunt –a donation to support those who otherwise couldn't afford to continue with their therapy
Somerset Open Mental Health- one off support for provision of low cost counselling to local people

Designated funds

The Closure Fund was set up in May 2003 to hold funds for the closure of the service should it become necessary. The balance of the Fund was fixed at that time at £10,000. During the year the Trustees decided to increase this fund to £20,000 reflecting the growing size of the charity.

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15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	General fund	Restricted funds	Designated funds	Total 2022
	£	£	£	£
Fixed assets	11,124	-	-	11,124
Net current assets	90,702	21,124	20,000	131,826
Net assets	101,826	21,124	20,000	142,950

Prior year

	General fund	Restricted funds	Designated funds	Total 2021
	£	£	£	£
Fixed assets	6,636	-	-	6,636
Net current assets	96,108	22,212	10,000	128,320
Net assets	102,744	22,212	10,000	134,956

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SOMERSET COUNSELLING CENTRE

LEGAL AND ADMINISTRATIVE DETAILS

Trustees	Alli Baldwin (resigned 30 November 2022) Helen Fry (Secretary) Deborah Howell Andrew Palmer (appointed 30 November 2022) Simon Malley (appointed 27 March 2023) Beverley Alderson (resigned 19 June 2022)
Principal Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Registered Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Company Registration Number	02926858
Charity Registration Number	1038975
Bankers	Lloyds Bank plc 31 Fore Street Taunton Somerset TA1 1HN
Independent Examiner	Rob Cadwallader FCA Milsted Langdon LLP Chartered Accountants Winchester House Deane Gate Avenue Taunton Somerset TA1 2UH

SOMERSET COUNSELLING CENTRE

England & Wales - Charity number 1038975

Accounts

Company registration No. 02926858
Charity registration No. 1038975

SOMERSET COUNSELLING CENTRE

SOMERSET COUNSELLING CENTRE
(A company limited by guarantee)

Annual Report and Financial Statements
For the 12 months ended 31 October 2021

"Achieve sustainable change on your journey"

SOMERSET COUNSELLING CENTRE

Website: www.scctaunton.org.uk
Email: info@scctaunton.org.uk
Telephone: 01823 337049
Address: Apsley House, Tower Street, Taunton TA1 4BH

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Joint Statement and Introduction from the Chair of Trustees and Chief Executive Officer for the 12 months ended 31 October 2021

The organisation approached the start of this financial year by having to accept that there was very little certainty but everything was in place for us to continue to be dynamic, take control of what was within our gift, work safely and realise the art of the possible. It has been a very busy and rewarding year on all fronts.

Counsellors continued to build on our highly successful transition to online face-to-face counselling as a relatively new, but largely successful, 'remote' delivery model. Our delivery models (online and in-person) have proved an excellent juxtaposition of both core service delivery, or 'out-reach' service delivery when needed, making us agile during this pandemic. There is a growing list of significant benefits for each way of working, for counsellors and for clients receiving their counselling/therapy, depending on their situation and point of view. This allows us to achieve even greater inclusion and accessibility, to be more responsive, and importantly gives clients and counsellors appropriate choices that best meet their needs.

We wanted to resume work from Apsley House after the lockdowns and uncertainties of the Spring and Summer of 2020. Appropriate measures and mitigating actions, via our COVID_19 risk assessments, were taken and we put in place safe and compliant working practices to begin a return to the in-person face-to-face counselling provision. This traditional delivery model is so vital for many people's mental health and wellbeing locally. We now continue to work towards a healthy provision of both models of service delivery (in-person and online) to meet the variety of needs, for both counsellors and our clients.

Based on careful management, all national lockdowns were successfully navigated.

In spite of these challenges and complexities, we have seen outstanding leadership from our Trustees. There have been some retirements from the Board and a new Board member to welcome. Having a broad set of experiences at Trustee Board level is crucial for the reassurance of being in safe hands and for the charity's sustainability. Our organisational values supported by a culture of openness, respect, excellence and inclusion has allowed our working relationships to thrive across the entire organisation. Our shared purpose keeps us on track to continue to align to our vision, and achieve set goals for the organisation. We continue to adapt and adjust to meet, safely, significant growth in demand for our services.

One key measurable outcome to highlight is our year-on-year counselling session delivery increase of 34% significantly more affordable sessions than at any other time in the organisation's history. This growth positions us strongly to build upon and meet our five-year target of doubling the annual delivery of counselling sessions, safeguarding the provision of affordable counselling, earlier than anticipated.

One key collaboration was the delivery of a successful, significant and innovative project with Weston and Gateshead Colleges as part of the Department of Education (DfE) College Collaboration Fund (CCF). This was vitally important for us (detailed further in the collaboration section) and has resulted in a step change in the delivery of innovative on-demand therapy products to market. This supported a further step-change with associated modernisation of internal systems and processes/procedures and their efficiencies, in turn allowing for further enhancements to monitoring of service compliance, quality and external regulation.

Introduction from Alli and Zillah for the 12 months ended 31 October 2021

Organisation wide

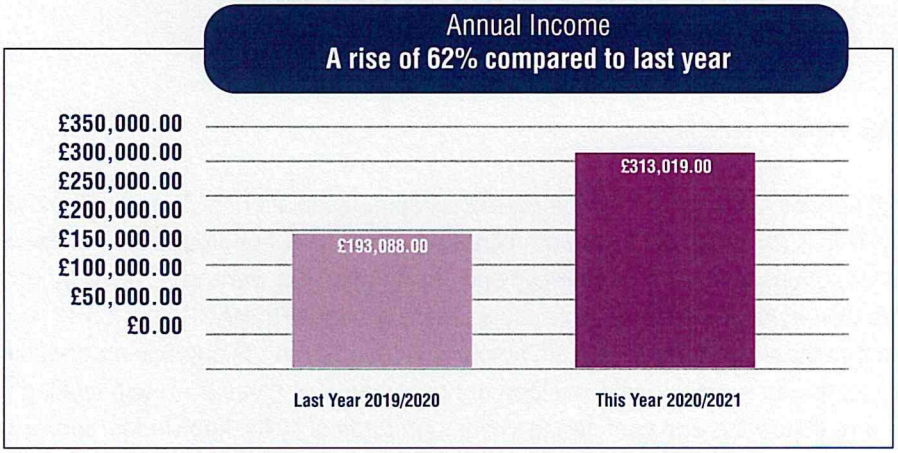
Our counselling service is accredited by the (BACP) British Association for Counselling and Psychotherapy. This is an indicator of our commitment to the highest of organisational standards, excellent quality of counselling service delivery and strong clinical governance. We support and expect that counsellors also achieve personal professional accreditation with BACP or another recognised association, so that there is strength in depth across the organisation. Alongside an enriching programme of Continued Professional Development provision, this gives everyone looking to be supported by us reassurance and confidence in our standards of skills, knowledge and experience.

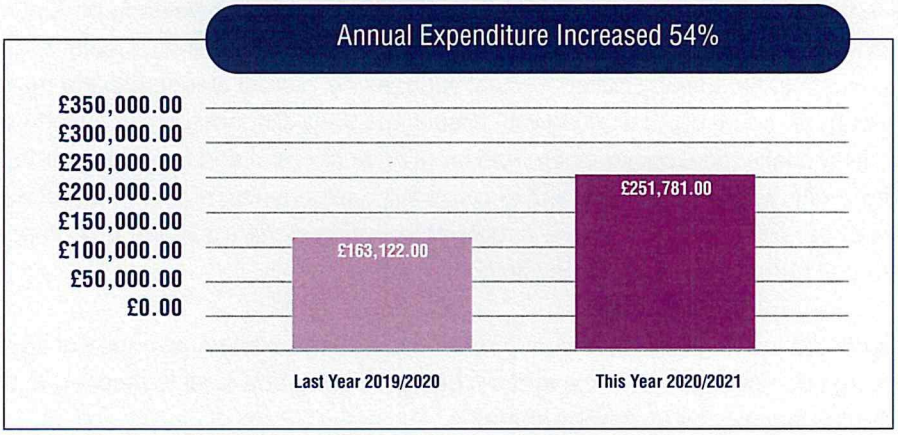
We would like to thank personally all the teams at the Centre who each have an important role to play in the journey and experience our clients receive, and whose contribution links directly to our vision and objectives. The talent in administration, clinical supervision, clinical leadership, the maintenance of high standards by all counsellors working with clients and the willingness of our colleagues to take on new and exciting challenges, owning them and creating successful and fulfilling experiences, is highly rewarding to witness. Without the blend of counselling experience, trustee knowledge and the professionalism of our office teams supporting "behind the scenes", we would not have made the journey through 2020 to 2021 and beyond so successfully.

We are delighted to be leading SCC into what promises to be an exciting next phase of its history. We will shortly be entering our next strategic cycle and will be considering how best to respond to the challenges that remain. We look forward to the journey ahead.

Alli Baldwin & Zillah Morris
Chair of Trustees & Chief Executive Officer
Somerset Counselling Centre

Year at a glance





Item	Previous Year 2019/2020	Reporting Year 2020/2021	% Increase
Surplus	£29,966	£61,238	104
Funds Carried Forward	£73,718	£134,956	83

SCC has continued to drive forward its strategic goals over the last year, even as it has had to manage the impacts of the pandemic and plot a route to recovery. Throughout this report, we showcase examples of the progress our charity has made during these difficult times.

From December 2021 we welcome our first Chief Executive Officer position, reflecting our commitment to focus on the strategy of the organisation, supporting organisation growth to deliver our vision, including increasing the provision of accessible places in the community. Zillah Morris will continue to lead the centre through the next phase of our journey in this post. We thank Alli Baldwin as Chair and all of our Trustees for their leadership and achievements – and for steering our organisation through such a challenging period. Our thanks also go to our Clinical Director Noelle Adler, all our colleagues and our wider network of supporters and collaborators. We head into the next year with a healthy financial position, which will ensure the continued support of our low cost places vital to the community in the coming periods.

Statement of Purpose

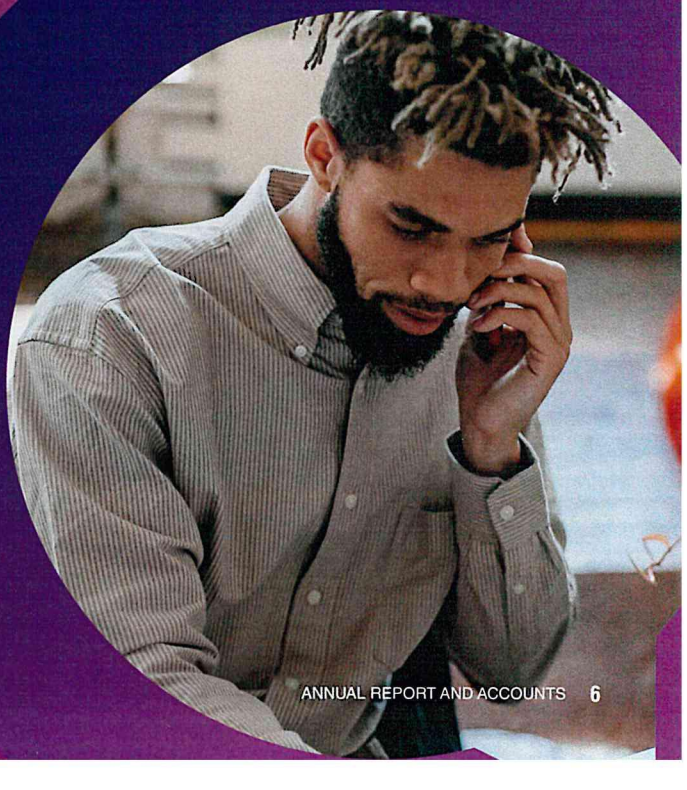
SCC's vision is that

Somerset Counselling Centre ("SCC") is recognised for the provision of high quality counselling services for everyone. The services that it provides support an increase in access to affordable counselling, thereby helping to improve emotional health, wellbeing and resilience in local communities.

SCC is now seen as the magnet organisation for partnership, collaboration and alliance - locally, regionally and nationally - for high quality and innovative support for emotional health and wellbeing needs. The Centre has a proven record of accomplishment in sectors and industries such as education, healthcare and business support.

The Centre will grow the qualified counsellor workforce through the provision of high quality supervised work placements for the up and coming trainee workforce; alongside expert-led Continuing Professional Development (CPD) for existing and qualified workforce; thus ensuring there is a strong pipeline of counsellors to meet both the current and the future needs of our services and clients.

SCC will collaborate proactively with other organisations and initiatives to conduct research to support this vision, to promote increased awareness and understanding of emotional health and wellbeing and to a key enabler of growth for high quality counselling services regionally and nationally.



SCC's mission is

- To provide high quality and accessible places including affordable counselling in a safe space
- To train counsellors
- To promote awareness and understanding of health and wellbeing.

SCC's strategic objectives

The objectives and principal activities of the Charitable Company ('Somerset Counselling Centre') contained in the Charitable Company's Articles of Association are:

- to promote mental health and well being
- to provide accessible counselling
- to promote greater understanding of the role of emotions in psychological healing
- to advance education and training in the practice of counselling
- to promote research into the efficacy of the methods and practice of counselling and to publish the useful results of such study and research.

The strategy for achieving these objectives is contained in the five year business plan (2021-2025) which is delivered by the senior management team in consultation with the trustees.

SCC's values are to be

Embracing - accessible to everyone who needs us in our communities
Effective - providing a confidential, high-quality, personalised service to our clients
Energetic - offering the service in a dynamic, choice-led and enthusiastic way
Empowering - helping our clients find the way to greater self-understanding and personal growth

How we help with our core services

Counselling Services

- **Adult counselling.** We offer safe and confidential counselling for individual adults experiencing personal, emotional or psychological difficulties. Our main focus is for weekly open ended counselling i.e. for as long as the client needs us. A psycho-dynamic approach to therapy ensures there is adequate time to address early and deep-seated trauma and to then move forward and rebuild from this. Ours is a unique offering, unlike anything that is available locally in our community. More and more however, there is demand for sessional or time-limited counselling (models of 6,12,18,24 weekly sessions). This approach is solution-focused counselling to clients assessed as suitable.
- **Couples counselling.** We have had, traditionally, a small arm of the organisation supporting therapy for couples and relationships. This year we planned and delivered a 6 week bespoke therapy course for counsellors looking to develop their skills for couples counselling. This is as a direct response to an increased need, owing to the public's Covid experiences. Demand continues to rise. Our experienced couples' clinical supervision, held in groups, provides shared learning for our network of counsellors.
- **Young Persons (age 16-18).** We offer safe and confidential counselling for individuals in this age bracket if assessed as suitable. The demand within this group, either from self-referral or by their parents, has seen a significant rise in enquiries throughout the year.
- **Employee Wellbeing (Employee Assistance Programme (EAP)).** We offer remote/online services, on-demand packages, and face-to-face work. The range of services includes 1:2:1 therapy, group/team workshops, individual MOT/drop in sessions and bespoke consultancy for emotional health and wellbeing at work for employees. We have seen a fluctuation in demand over the last year, but are actively promoting this valuable work from 2021 and into 2022.

How we help with professional contracts

- **Leaving Care Counselling Service.** This service is in its second year working alongside the Council commissioners. We have worked hard and learned many lessons with the care leavers themselves, and how to approach this work to meet their needs. It has been vital to engage appropriately with the network supporting them, ensuring that confidentiality of the counselling remains within the room between the counsellor and care leaver. The resultant positive progress is incredibly rewarding for all to see. This counselling is time-limited, but we ensure that we judge carefully how long clients would like support for: some could be as little as 8-12 sessions, others are now in excess of 30 weekly sessions and will remain for as long as needed.
- **My Family Talking Gateway (MFTG).** This service has run for the first few months of this year and it is hoped to be a three year funded programme. We have delivered 1:2:1 and couples therapy and are just starting to offer systemic family therapy with the support of equine therapy as part of the package of services in this programme. These are all time-limited sessions for example with 12+12 weekly sessions.
- **College Collaboration Fund (CCF).** Working with Weston College and Gateshead College to deliver 782 sessions of 1:2:1 therapy. We achieved 44 workshops, 183 MOT drop ins, 18 themes of on-demand webinar videos. All majoring on themes within emotional wellbeing such as anxiety, loneliness, stress, resilience, anger as well as the 4 pillars of wellbeing: eat, sleep, move, relax.

TALKING HELPS TO

Expand the provision of accessible counselling

Strategic objective 01

- Doubling the number of sessions offered during this time
- Safeguarding the proportion of affordable sessions
- Growing the service provision: online and face-to-face
- Increasing the number and blend of counsellors
- Networking, collaborating and forming alliances with other providers to increase reach for counselling provision

How have we performed so far on our Roadmap to 2025 for SO1?

A	B	C
• Pricing/Bursary strategy complete • Client income increased by 46% from last year to this year • Project income increased by 15 times its value in 20/21 compared to last year • Yearly number of sessions increased from base (2019) of 3097 to 3444 (in 2020) through to this year (2021) 4787, a 39% increase from last year. On target to reach 6000 annual sessions by 2024 or earlier • Safeguarded 75% of all sessions delivered at low cost/affordable rates • Growing overall sessions with split of 30:70 for face-to-face in person : face-to-face online	• Increased our numbers of counsellors in each category of counsellor role • Created a pilot role of Senior Counselling Co-ordinator • Increased number of couples counsellors • Retained more experienced counsellors • Implemented strategy to increase capacity of accredited counsellors • Increased supervision capacity in-house • Decisions made regarding employment of counsellors	• Innovative on-demand psycho-educational video packages complete • Wider in-house experience of delivering focus groups and workshops for emotional health and wellbeing across multiple sectors, online and face-to-face • Started engagement strategy for increase in EAP provision in our local south west area

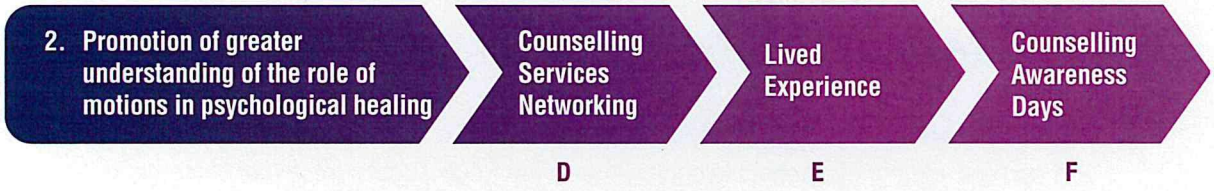
TALKING HELPS TO

Talking helps to – Promote greater understanding of the role of emotions in psychological healing

Strategic objective 02

- Therapeutic work with clients
- The growth of self-knowledge and development
- Offering high quality supervision to our counsellors
- Facilitating sharing of ideas and experiences of clients and/or counsellors
- Engaging, raising awareness with professionals and collaborating with the communities in which SCC works

How have we performed so far on our Roadmap to 2025 for SO2?



D	E	F
• Formed the Somerset Counselling Youth Alliance • Engage with Open Mental Health in Taunton and West Somerset Locality • Continue to actively participate in National Counselling Network (NCN) • 3 times a year held Counselling Network meetings, including significant training events i.e. record keeping, and sharing of ideas	• High quality supervision increased to five supervisors, holding individual and group sessions • High quality client feedback received on projects, grant work and individual private clients • Lived experience to be developed	• To develop when more safe, stable and certain face-to-face events are enabled. Two fold requirement to raise awareness of what counselling can achieve and counselling as a career (See SO3) • Engagement with local safeguarding teams (adults and young people), collaborating with local crisis team, engagement with probation services, domestic and sexual violence services as examples

TALKING HELPS TO

Train and educate in the practice of counselling

Strategic objective 03

We want to ensure the workforce of therapists for the future. We will provide student placements and professional training opportunities. We will maintain high standards in education and continued professional development by supporting online and group courses. We will actively promote counselling as a career opportunity.

How have we performed so far on our Roadmap to 2025 for SO3?

- We are now seen as the high quality and trusted Centre for training and educational experiences and we have a magnetic appeal to counsellors in the South West - volume of placement applications outstrips places available and quality of counsellors is exceptionally high.

- We have three main in-takes a year of between 6-8 students each time. We have a rolling average of 6-8 volunteer counsellors; four employed counsellors and we are looking to expand this offer; as well as a number of contract counsellors supporting the work of the charity.

- We have had a productive and solid year for training, please see training review section later in this report but some points of highlight include:

    - Our Clinical Director supports pods for accreditation of Counsellors with the BACP, with six counsellors looking to achieve this in the coming year
    - We have taken a strategic decision to support more trauma specific training of EMDR in 2022
    - There are plans to set up Supervision training
    - Feasibility is underway to start some initial short, pre-Diploma Counsellor training courses, which is going back to the roots of the original organisation from 1990.

TALKING HELPS TO

Promote research into efficacy of the methods and practice of counselling and the publication of the useful results of such research

Strategic objective 04

In order to evidence the benefits of therapy at SCC, we will contribute to CORE (Clinical Outcomes Routine Evaluation) measures and support research. We will look to collaborate with local clinical mental health researchers and contribute to and influence regional and national initiatives where appropriate.

How have we performed so far on our Roadmap to 2025 for SO4?

4. Promotion of research efficacy	Identify and implement CORE & CMS	Build efficacy outputs to support BIDs	Connect with researchers
	CMS and CORE implemented Refine and align for needs	Weston results CMS outputs quarterly	*To develop*

- During the second year of our strategy, we identified and implemented a CMS system which efficiently monitors our CORE results and other key data required for insights and monitoring. We are currently bedding in and maturing the data inputs and outputs of the CMS.
- This maturity will support decision-making and build further quality assurances of our service and efficacy of the work achieved within the Centre. We will be able to use evidence in the coming 12-24 months to support BIDs for counselling work.
- We are looking to develop connectivity with researchers at appropriate times in the coming 24-36 months.

Overall, Somerset Counselling Centre is mapping exceptionally well to the vision and strategic objectives set within the five year plan and we are preparing to bring forward the next strategic steps.

How We Raise Funds

At the Centre, resilience and sustainability are key. We do not want to become over-reliant on any one particular funding opportunity.

We raise funds in the following ways:

- **Client contributions**

  We have achieved our aim for 70-75% of all sessions at affordable fees (bursary places based on a sliding scale of income). Overall growth in sessions increased 39% on last year.

- **Local grants to deliver specific bursary work within our local community**
  - We currently service two main local grant projects:
    - Counselling for young people leaving care at Somerset County Council
    - Somerset Community Foundation supports our My Family Talking Gateway (MFTG) work, which looks to support families by offering a range of counselling approaches to meet needs and enable change to a more positive trajectory for responsible adults within the families in particular

- **Contemporary grants, e.g. Covid-based funding**
  - £2000 from the Albert Hunt Trust to put directly to bursary places for 1:2:1 therapy.
  - £1800 from our application to the Somerset Open Mental Health funds to deliver • mental health and wellbeing support in early New Year 2021
  - National Lottery Community Fund, as part of their COVID support for mental health and wellbeing (from 19/20)
  - Local authority COVID recovery funds

- **One-off/pilot step change contracts or collaboration projects**
  - Working with an Outstanding College, Weston College alongside Gateshead College on an innovative project, allowed us to grow into new areas of work and deliver on some of our strategic aims. This step-change project is highlighted in the Collaborations section below

- **Employee Assistance Programme (EAP) and consultancy, working with employers to support employees**
  - We currently work with eight local employers to support their employees' mental health and wellbeing

- **Event fundraising**
  - SCC received a welcome and significant sum of £1813 towards 1:2:1 therapy for those on our bursary scheme as a direct result of the funds they raised during the Taunton Round Table Christmas Float 2020 event.

- **Volunteering**
  - The variety of work we attract allows for increased interest in volunteer support, which further illustrates the impact of our social value as an organisation.
  - Volunteers support the organisation in a number of ways and currently we have around twelve people across the organisation who give their time to support our work.

Community and Collaboration

Collaboration is critical to our strategic aims.

In September 2020 Weston College of Further and Higher Education received grant funding from the department for education (DfE) via the College Collaboration Fund (CCF) for a comprehensive programme of innovative delivery of remote/online only specialist mental health support, which supports learner and staff mental health and wellbeing, recognising the profound impact that COVID-19 is having on our community. The provision included:

- online 121 counselling provision to improve mental health/wellbeing for staff and learners
- online counsellor led workshops and staff discussion forums to recognise the emotional wellbeing of learners/staff
- a modular program of lifestyle medicine and talking health counsellor led workshops providing a toolkit to identify, focus and improve the day-to-day challenges which may represent a barrier to achieving potential

A key success was the creation of the Let's Chat website that houses SCC's on-demand content (18 emotional wellbeing videos/webinars of 20-30 minutes each, and 4 videos/webinars going through the four pillars of wellbeing) and resources that focus on self-empowerment.

This collaboration in particular has enabled an internal step change in modernising our Client Management processes with a specific Client Management System, and supported access to new services such as a Corporate HR partner. The table below summarises some outcomes:

Lets Chat Website		Target	Project end	% of target
	Total website views	-	10,379	-
Talking Health series	Resources created	18	18	100.00%
	Webinar views*	1,824	2,278	124.8%
Four Pillars series	Resources created	4	4	100.00%
	Webinar views*	2,304	3,401	147.5%

SOMERSET Counselling Youth Access

Somerset Counselling Youth Access is a partnership of six leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Somerset. We are working together, to find ways to best support young people across the county access counselling from trusted providers. This means that we are in a good position to help improve outcomes for children and young people. These organisations are part of the SCYA partnership with us:

Somerset Counselling Centre, Taunton, online Somerset wide counselling
In Charley's Memory, Highbridge, Bridgwater
Wellington Community Counselling, Wellington
The Space, Cheddar Valley
Somerset & Wessex Eating Disorder Association, Somerset wide counselling
Kooth, Somerset wide on-line counselling

Working with other statutory organisations and key stakeholders such as Somerset Open Mental Health is also critical in our blend of partners for service delivery, community work, fund raising and is a priority to continue to build a strong network in the coming years.

Training

The CPD programme delivery and attendance this year has been disrupted as a result of COVID-19, there has been more active focus from the Centre on the delivery of our counselling service and making plans for counsellor training and CPD for 2022 and 2023.

The Clinical Director has put together some in-demand packages including:

Individual Accreditation: Monthly ongoing BACP accreditation pods for those with 350 hours or more and who wish to move to the next level of their qualifications and recognition. This not only offers the counsellors an opportunity to upskill, but to also review what they know and who they are in their counselling work. This is invaluable and enables counsellors to learn through the process. The ability to join on Zoom, discuss and share, in a seminar situation, is also an invaluable part of the growth, support and cohesion of counsellors.

Couples Counselling: From March through to mid-April Sally Openshaw and Noelle Adler (SCC's Clinical Director), trained counsellors in couple work. Sian Tennant an experienced couples therapist supported this process and provided an important thread through the training and on-going supervision. This has proven invaluable, given a significant up-tick in couples looking for therapy.

One day workshops: We have a group of highly experienced, experts in their field consultants who have delivered successful workshops and training sessions on topics such as:

- 'Shame'
- 'Working with Young People'
- 'After the Affair'
- 'Early Trauma'

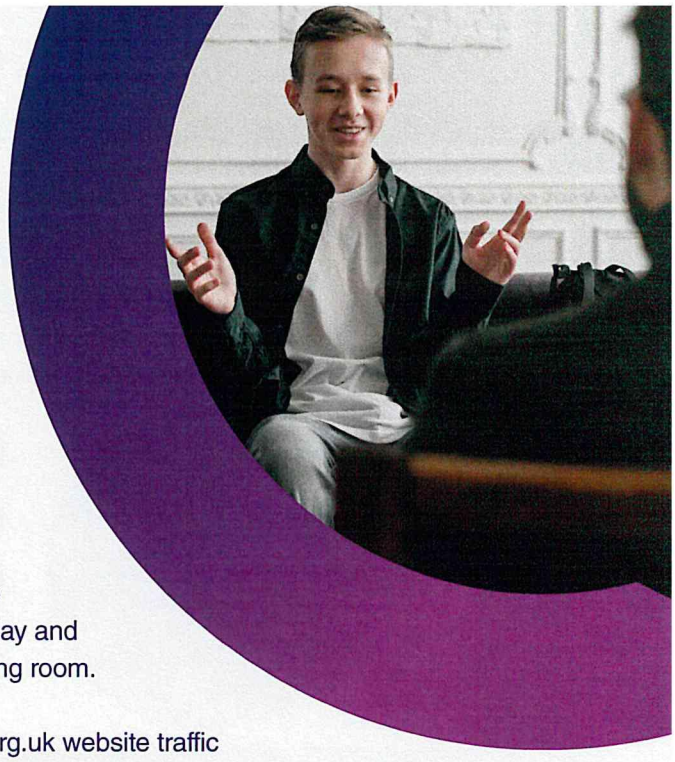
Looking forward: Plans are in development for training on:

- 'Assessments'
- 'Narcissism'
- 'The Frame'
- 'Brief work'
- 'Therapist Resilience'.

Introduction to Counselling: A significant development is to start to deliver workshops and short courses for the community here in Somerset. We will build further on this with an aim to introduce basic counselling skills courses from Spring 2023 and then Foundation Diplomas in counselling beyond this.

A 3 stage EMDR training is booked to start February 2022. This is a step-change in delivery in partnership with Dr Robin Logie.

Bluestream online training is a tool for more broad subjects such as record keeping, Levels 2 and 3 Safeguarding as examples. This is accessible to all in the organisation and certain modules are mandatory for counsellors wishing to work with SCC clients.

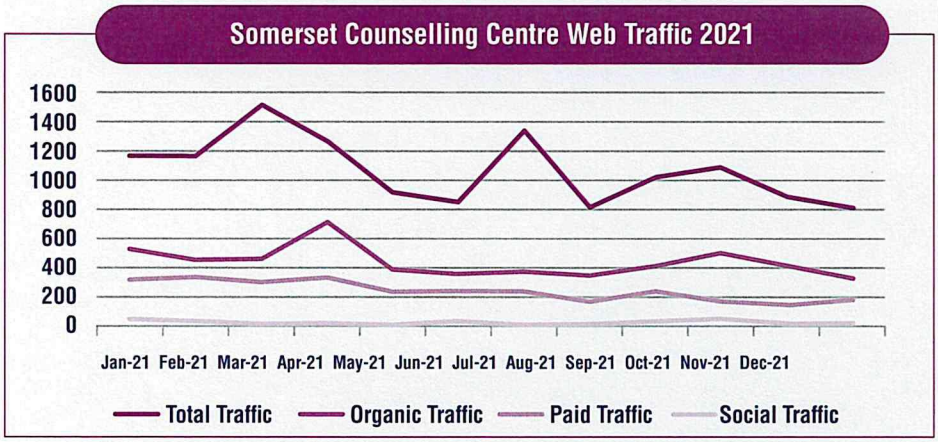


Awareness raising

There have been a significant number of opportunities for us to raise awareness of our work.

- For the footfall clients through our doors at Apsley House: we have replaced all our Notice Boards. These include a general welcoming board with our Charity's vision, mission, values and the services we provide, as well as areas where we can add current notices too. Updated at the same time has been "The Journey of Somerset Counselling Centre" 1990 to today and beyond and finally the CPD notice board in the Training room.

- For digital audiences: Our website www.scctaunton.org.uk website traffic for 2021 is illustrated below:



Traffic	2020	2021	Change
Total	7506	12891	+71.74%
Organic	3751	5302	+41.35%
Paid	677	2911	+329.99%
Social	218	292	+33.94%

There has been a total of 26,232 page views on the website in 2021. The increase in web visitors has been significant in 2021 compared to 2020 and previous years. 86% of all traffic is from new visitors, people who have never been to our website before.

The graph clearly illustrates that our outcomes could be enhanced, with a new approach to our social media postings for the year ahead. Our social media channels work well, in that people do engage, and they stay on the channel. We will look at trying to drive more traffic to the website, where we have a better opportunity of conversion, especially business prospects. At year end 2021, we have 107 Facebook followers and 177 Twitter followers as our benchmark for growth.

- Insights to support our work towards developing our ED&I (Equality, Diversity and Inclusion) strategy will be supported by the new Client Management System data on gender identity, ethnicity, disability and age to ensure we are monitoring and pro-actively supporting genuine inclusion in all the services we provide.

Client Feedback

Weston/Gateshead CCF Project Feedback for SCC

For 1:2:1 Therapy; 100% rated the service as excellent/good (83% excellent)

"XX was excellent. I felt at ease, and that I had a space to be honest. He helped me to understand my thoughts and guided me to challenge aspects I had not considered."

"XX was so supportive and understanding and showed empathy and kindness. She armed me with the tools I need to navigate my grief. She was the best part of my week!"

For MOT Drop ins; 100% of staff found them useful; 100% want them continued

"It has helped me through a very challenging time and supported me in developing strategies to support my mental health"

Overall staff wellbeing at the colleges: 21% reduction in staff days lost due to mental ill-health and 60% less days lost due to stress at work during the project compared with the previous year.

Leaving Care Counselling Service Testimonials

Care Leaver: **"I think the service has been remarkable. You have always listened and guided me to the things I should be doing and saying rather than the things that haven't been good for me. Without the counselling, without talking to you, I wouldn't be here now, or I wouldn't be in such as good a place as I am now. Talking to someone who understands is different to talking to a friend. You know the things to say."**

Counsellor: **"It has been really powerful and humbling to work with L, to see an individual who had hopes and dreams for his future, but who struggled with getting through every day move to a place where he is talking about getting a job and making actual plans to go and do things is a testament to the power of counselling and I am proud that SCC has been able to support L in this way."**

Leaving Care Worker: **"My experience of the Somerset Counselling Centre service for one individual in particular is that it was positively life changing for them. They live with a diagnosis of autism and the counselling allowed them time and space to understand how to interpret and work with the world around them, which they had struggled. The sessions were extended to meet his needs and this work continues very well for him"**

Financial Review

Overview

As for many organisations 2020/21 was a year of great uncertainty for SCC. At the start of the pandemic the trustees were concerned that the charity would lose significant portions of our income and that clients would experience considerable stress and uncertainty at the loss of our service. The centre proved to be very resilient with online counselling being provided very promptly and clients who felt confident to, quickly moving to this new platform.

Overall result

During the period SCC reported a net increase in funds for the period of £58,598 (2020: £10,394) in unrestricted funds and £2,640 in restricted funds (2020: £19,572). These funds will be used to increase the closure fund by £10,000, a necessary requirement as the centre grows and to support subsidised places over the coming year.

Our income

Session numbers during the period were at a good level considering the uncertainty during the period. We offered 4,027 sessions which brought in £130,605 of income (2020: £92,305) in the period with a mix of subsidised rates per session and some standard rate sessions. SCC entered into a collaboration with Weston and Gateshead college in 2020 which comprised of 760 counselling sessions together with a suite of workshops. The income from this collaboration in 2021 was £128,554 (2020: £26,916). Room hire income however due to the loss of face to face counselling has dropped to very low levels at £878 (2020: £7,260). In April at the start of the pandemic the active number of clients dropped to 65. At the end of October active clients have increased up to 122 with enquiries being received consistently each month.

The sublease of Apsley house came to an end at 31/3/2020 - the effect of COVID-19 has paralysed the ability to rent these rooms, meaning that our rental income for the period has fallen to £nil (2020: £2,714)

Income from grants

During the period we received £48,775 in grant income (2020: £63,147). £8,938 is unrestricted (2020 :£25,000), £39,837 is restricted (2020: £38,147). Funders included the following

- Somerset County Council and the Somerset Clinical Commissioning group
- Albert Hunt Trust
- Somerset Open Mental Health fund
- Somerset Community Foundation
- Taunton Round Table
- Somerset West and Taunton Deane Borough Council

The receipt of these grants has meant that in the period of Coronavirus we have been able to subsidise 74 % of sessions below the standard rates.

Of the restricted funds £37,197 (2020: £18,575) has been utilised in 2021 with the balance to be used in the next 12 months to support both individual and group counselling sessions.

Financial review

Much of the Centre's work is open-ended or 'long-term' counselling, which is a type of talking therapy where it is understood that the client will probably attend for at least several months or even years, and so no official end date is set to be worked towards. At the start of the pandemic the average length of counselling duration was 16 months. Funding streams therefore will inevitably spread over a two year period to support this type of work.

At the year end there is £22,212 of restricted funds that remain to be allocated to sessions (2020: £19,952). These funds will be utilised over the coming year to fund the continued offer of low cost places in line with the aims of the charity.

Weston College Collaboration Fund

The Weston college collaboration totals £155,469, and covered a period up until 31/3/2021. At 31 October SCC had given counselling sessions and workshops totalling £128,553 (2020: £26,916).

Expenditure

Expenditure in 2021 totalled £251,781 (2020: £163,122). The increase is due to the large increase in activity during the year.

Net assets

SCC's net assets grew to £134,956 (2020: £73,718). This is due to the surplus that the centre has made in the year. £22,212 of this is restricted and will be utilised funding places for clients in 2021/2022.

Reserves Policy

The objective of SCC reserves policy is to ensure that the Charity maintains sufficient cash and readily realisable assets to enable it to withstand any shortfall in income or unforeseen expenditure while any necessary adjustments are made to the Charity's operations.

In May 2003 the Trustees set aside £10,000 in a designated fund to facilitate an orderly closure of the Centre should that ever become necessary. We have not needed to dip into that fund this year. The trustees have decided post the year end to designate a further £10,000 into the closure fund, as a result of the increase in the size of the centre.

The level of operating expenditure represented by the General Fund is 175 days (2020: 111 days) increasing to 192 days (2020: 137 days) if designated funds are included.

At the present time we remain of the opinion that our present level of reserves would be sufficient to wind up the Centre appropriately should the need ever arise.

"Achieve sustainable positive change on your journey"

Future Developments

"Achieve sustainable positive change on your journey" is one of our straplines for service delivery.

SCC continues to adapt our resources to deliver the agreed five-year strategy and annual business plans to support these objectives. We began implementation of this strategy from May 2020.

The key elements that we wish to focus on for the coming year are: increase our market share in supporting employers with employee mental health and wellbeing, which directly impacts on safeguarding the proportion of affordable sessions; develop further our impact and quality reporting from the newly implemented CMS system; look to find another project of significance or equivalent; continue our marketing strategy and improve our social media consistency; look to partner locally for additional fund raising opportunities, build more aligned capacity within the Centre to support growth; review how we ensure we reach all sections of the community for even better inclusion and think more about how to measure equality, diversity and inclusion.

The range of client choices of face-to-face in-person or face-to-face online-counselling provide greater opportunities for support than previously offered and reach many more who might have had issues with the traditional model of delivery. So long as we can safeguard our clients, classic boundaries are no longer an inhibitor.

We have continuously adapted details within our plans to ensure that we effectively recover and build our sustainability amid the context of Covid-19 and the impact this is having on the mental health of our communities and hand-in-hand economic stability. The need for our counselling services has never been more important to our communities and securing sufficient funding within our robust and mixed funding model to enable access for all, is vital. Equally, we are acutely aware that there is a need for a growing, suitably qualified mental and emotional wellbeing workforce and we are in an excellent position to respond to this need.

Governance

The organisation is a charitable company limited by guarantee, incorporated on 9th May 1994 and has been registered as a charity since 28th June 1994 (number 1038975). The Company's Articles of Association were revised and updated in 2013.

The Trustees consider the senior management team (the Service Director and the Clinical Lead) to be key management personnel of the Charitable Company in charge of directing and controlling, running and operating the Charitable Company on a day to day basis.

Throughout the last year the Trustees have met regularly on operational matters and the strategic direction and policy of the charity. In addition, there are full counsellor meetings held a minimum of three times a year, to engage all involved with the ongoing work life of the Centre, to advise and support where there are difficulties and to monitor the finances and plans for the future. The senior management team attends all meetings.

Recruitment and Appointment of Trustees

The Trustees of the Charitable Company at the date of this report and those who have served for the duration of the year are set out on page 37.

The Directors of the Charitable Company are also Trustees for the purposes of charity law and are known as Trustees under the Charitable Company's Articles. They are elected to serve for a period of three years after which they must stand down and be re-elected at the AGM. All Trustees give their time voluntarily and no trustee received remuneration in the year for fulfilling the role of trustee. Details of trustee expenses and related party transactions are disclosed in note 9 to the accounts. Through the Trustees the Centre has access to a broad range of business and counselling skills and in this way seeks to ensure that the diverse needs of the client body are fully represented at Trustee level.

During the period the following trustees resigned: Clive North, Clare Pineda-Langford. A new trustee was appointed - Beverley Alderson.

Trustee Induction and Training

Trustees and members of the Centre actively seek to enhance the potential pool of Trustees through publicity and 'word of mouth' in the community at large.

Most potential Trustees are already familiar with the practical work of the Centre having been associated with the work for some time.

Additionally new Trustees are invited and encouraged to attend Management/Trustee meetings in order to familiarise themselves with the charity and the context in which it operates. Other areas covered by their induction will be:

- The Obligations of Trustees and Management Committee Members
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives
- To be made aware of the Charity Commission guide 'the Essential Trustee' and other relevant information available from the Charity Commission website.

Public Benefit

SCC is a registered charity and a non-profit making organisation; we receive no regular external financial support. Its aim is to provide accessible counselling for all and so it provides a number of places at a reduced rate according to means. No one is excluded because they cannot afford the full cost of counselling.
SCC has referred to the guidance contained in the Charity Commission's general guidance on public benefit and their specific guidance on fee-charging when reviewing its aims and objectives and in planning its future activities. Having done that the Trustees are satisfied that our main activity of the provision of low cost counselling services to the general public continues to meet our charitable purposes for the public benefit.

Risk Management

The impact of the coronavirus pandemic has caused significant disruption to the original course of delivery for the centre's charitable activities. SCC has, at all times, followed government guidance to safeguard our staff, volunteers and beneficiaries. This has meant closing the centre for a period of time, and cancelling some activities. The impact of these measures will be felt for some time. We are continuing to review and adapt our response to the pandemic to mitigate its impact on our work, performance and finances. The Trustees believe that available free reserves together with the measures being taken are sufficient to manage this disruption and uncertainty.

The Trustees have identified significant external risks to funding and have developed an annually updated business plan and budget which promotes the diversification of funding and activities. During the pandemic these have been monitored closely.

Internal control risks are minimised by the implementation of procedures for the authorisation and control of projects. Procedures are in place to ensure compliance with health and safety of staff, clients and visitors to the Centre. All these procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

In addition the Centre maintains insurance cover at a level appropriate for all the relevant professional and operational risks of the Centre.

Related Parties

The Centre is an affiliate member of the British Association for Counsellors and Psychotherapists and is subject to regular accreditation. The Centre is guided by this internationally recognised organisation alongside local and national NHS policy relevant to the work undertaken.

Quality assurance and accreditation

SCC is accredited with the British Association for Counselling and Psychotherapy ("BACP") and complies with its Ethical Framework for the Counselling profession. We are heading into our third year of a five year accreditation cycle and have successfully passed the 20/21 annual monitoring report.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Somerset Counselling Centre for the purposes of company law, are responsible for preparing the Trustees' report and the financial statements in accordance with the requirements of the Companies Act and of the Charities Act.

Company law requires the Trustees to prepare financial statements for each financial period. Under that law the Trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including income and expenditure, of the Charitable Company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charitable Company and financial information included on the Charitable Company's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

By Order of the Board

.....

H Fry
Secretary

28 March 2022

Independent examiner's report to the trustees on the unaudited accounts of Somerset Counselling Centre

I report to the trustees of Somerset Counselling Centre for the 12 months ended 31 October 2021 (Charity number: 1038975) which are set out on pages 25 to 36.

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 ('the Charities Act') and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to audit under Part 16 of the Companies Act 2006 and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's report

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

Independent examiner's statement

Since Somerset Counselling Centre's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
   - to keep accounting records in accordance with Section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Companies Act have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

R Cadwallader

Rob Cadwallader FCA
Milsted Langdon LLP
Chartered Accountants
Winchester House
Deane Gate Avenue
Taunton
TA1 2UH

19 APR 22

Statement of Financial Activities

(Including income and expenditure account and statement of total recognised gains and losses)

12 Months Ended 31 October 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Income and endowments from:					
Donations and legacies	2	130	-	130	385
Grants	3	8,938	39,837	48,775	63,147
Investments	4	11	-	11	16
Charitable activities	5	264,103	-	264,103	126,826
Other trading activities	6	-	-	-	2,714
Total		**273,182**	**39,837**	**313,019**	**193,088**
Expenditure on:					
Raising funds	7	7,526	-	7,526	5,641
Charitable activities	7	207,058	37,197	244,255	157,481
Total		214,584	37,197	251,781	163,122
Net movement in funds	16	58,598	2,640	61,238	29,966
Reconciliation of funds					
Total funds brought forward at 1 November 2020		**54,146**	**19,572**	**73,718**	**43,752**
Total funds carried forward at 31 October 2021		**112,744**	**22,212**	**134,956**	**73,718**

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derives from continuing activities.

The notes on pages 28 to 36 form part of these financial statements.

Balance Sheet as at 31 October 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	11	6,636	5,204
Current assets			
Debtors	12	32,014	35,677
Cash at bank in hand		126,350	74,862
		158,364	**110,539**
Liabilities: creditors falling due within one year	13	(30,044)	(24,025)
Net current assets		128,320	86,514
Liabilities: creditors falling due after more than one year	14	-	(18,000)
Net assets		**134,956**	**73,718**
Represented by: **The funds of the charity**			
Restricted funds	16	22,212	19,572
Unrestricted income funds			
General funds	16	102,744	44,146
Designated funds	16	10,000	10,000
Total unrestricted funds		**112,744**	**54,146**
Total funds		**134,956**	**73,718**

The Charitable Company is entitled to exemption from audit for the 12 months ended 31 October 2021 under Section 477 of the Companies Act 2006 and Section 144(2) of the Charities Act 2011.

The members have not required the Charitable Company to obtain an audit of its financial statements for the 12 months ended 31 October 2021 in accordance with Section 476 of the Companies Act 2006.
The Trustees acknowledge their responsibilities for:-
(i) Ensuring that the Charitable Company keeps accounting records which comply with Section 386.
(ii) Preparing financial statements which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of this Act relating to financial statements, so far as applicable to the Charitable Company.
These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on 28 March 2022

.....
A Baldwin) Trustees
.....
B Alderson

The notes on pages 28 to 36 form part of these financial statements

Statement of Cash Flows for the 12 Months Ended 31 October 2021

Reconciliation of net movement in funds to	2021 £	2020 £
Net cash flow from operating activities:		
Net movement in funds	61,238	29,966
Add back depreciation charge	2,213	2,528
Deduct interest shown on investing activities	(11)	(16)
Decrease/(Increase) in debtors	3,663	(23,525)
Increase in creditors	8,019	10,385
Cash generated from operating activities	**75,122**	**19,338**
Cash flows from investing activities:		
Investment income	11	16
Purchase of tangible fixed assets	(3,645)	(919)
	(3,634)	**(903)**
Cash flows from financing activities:		
(Repayment)/Drawdown of bounce-back loan	(20,000)	20,000
Increase in cash and cash equivalents	51,488	38,435
Cash and cash equivalents at 1 November 2019	74,862	36,427
Cash and cash equivalents at 31 October 2020	**126,350**	**74,862**

All of the cash flows are derived from continuing operations during the above two periods.

Reconciliation of net Cash flow to Movement in Net funds	2021 £	2020 £
Net increase in cash and cash equivalents in the year	51,488	38,435
Decrease/(Increase) in debt	20,000	(20,000)
Change in net funds arising from cash flows	71,488	18,435
Movement in Net funds in the year		
Net funds at the start of the year	54,862	36,427
Net funds at the end of the year	**126,350**	**54,862**

Notes to the Financial Statements

1 Accounting Policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Somerset Counselling Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the Charitable Company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of the assets held by the Charitable Company.

Income and endowments

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Grants receivable

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the Charitable Company has entitlement to the funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured. No gifts in kind were received during the year (2020 – £nil).

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charitable Company has unconditional entitlement.

Fundraising events

Income from fundraising events is included in incoming resources in the period in which the relevant event takes place.

Investment income

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the bank.

Gift aid

Income from tax reclaims is included in the Statement of Financial Activities at the same time as the gift to which it relates.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the assets' use.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the Charitable Company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include the costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters. These costs are included within charitable expenditure.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis as set out in Note 7.

Fixed assets

Fixed assets are stated at their purchase price, together with any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of fixed assets over the expected useful economic lives of the assets concerned. The principal annual rates used for this purpose are:

Leasehold improvements	- straight line over the period of the lease
Equipment and furnishings	- 25% straight line

Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Debtors

Debtors are amounts due from clients for services performed in the ordinary course of business.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the Charitable Company, and which have not been designated for other purposes.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the Charitable Company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The movement in these funds can be seen in notes 16 and 17.

Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Operating leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight-line basis over the lease term.

2 Income From Donations And Legacies

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Donations and legacies:				
Donations from individuals	130	-	130	385
	130	**-**	**130**	**385**

The income from donations and legacies was £130 (2020: £385) of which £130 was unrestricted (2020: £385) and £nil was restricted (2020: £nil).

3 Grant Income

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Grant income from:				
Somerset West and Taunton Deane Borough Council	7,125	-	7,125	25,000
National Lottery Fund	-	-	-	19,080
Somerset Coronavirus Response and Recovery Fund	-	-	-	4,075
Charities Aid Foundation	-	-	-	8,100
Albert Hunt	-	2,000	2,000	-
Somerset Open Mental Health	-	1,800	1,800	-
Taunton Round table	1,813	-	1,813	-
Somerset Community Foundation	-	22,237	22,237	6,892
Somerset County Council and Somerset Clinical Commissioning Group	-	13,800	13,800	-
Total	**8,938**	**39,837**	**48,775**	**63,147**

Grant income was £48,775 (2020: £63,147) of which £8,938 was unrestricted (2020: £25,000) and £39,837 was restricted (2020: £38,147).

4 Investment Income

	Unrestricted funds £	Total 2021 £	Total 2020 £
Interest from cash held on deposit	11	11	16

Investment income was £11 (2020: £16) of which £11 was unrestricted (2020: £16) and £nil restricted (2020: £nil).

5 Income From Charitable Activities

	Unrestricted funds £	Total 2021 £	Total 2020 £
Supervision fees	88	88	-
Room hire	878	878	7,260
Client voluntary contributions	121,796	121,796	83,464
Contract work	137,585	137,585	8,841
Training	3,756	3,756	27,261
Total	**264,103**	**264,103**	**126,826**

The income from charitable activities was £264,103 (2020: £126,826) of which £264,103 was unrestricted (2020: £126,826) and £nil restricted (2020: £nil).

6 Income From Other Trading Activities

	Unrestricted funds £	Total 2021 £	Total 2020 £
Rental income	-	-	2,714

Income from other trading activities was £nil (2020: £2,714) of which £nil was unrestricted (2020: £2,714) and £nil was restricted (2020: £nil).

7 Expenditure

	Basis of Allocation	Raising funds	Charitable activities (unrestricted)	Charitable activities (restricted)	Total 2021	Total 2020
	£	£	£	£	£	£
Direct Costs:						
Counsellors and supervisors	Direct	-	30,630	36,497	67,127	40,611
Travelling expenses	Direct	-	86	-	86	1,000
Training fees and expenses	Direct	-	50,478	-	50,478	20,397
Subscription and affiliation fees	Direct	-	1,605	-	1,605	1,468
		-	**82,799**	**36,497**	119,296	63,476
Support Costs:						
Office administration (including wages)	Staff time	5,388	84,478	700	90,566	58,446
Heat, light and water	Floor area	125	1,977	-	2,102	2,024
Rates and insurance	Floor area	162	2,561	-	2,723	2,408
Rent payable	Floor area	915	14,466	-	15,381	15,811
Repairs and maintenance	Usage	160	2,530	-	2,690	1,519
Advertising, printing and stationery	Usage	452	7,156	-	7,608	6,644
Postage and telephone	Usage	45	713	-	758	999
Sundries	Usage	98	1,556	-	1,654	3,186
Bank charges and interest	Direct	-	2,761	-	2,761	1,408
Bad debts	Direct	17	263	-	280	125
Depreciation	Usage	132	2,081	-	2,213	2,528
		7,494	**120,542**	**700**	**128,736**	**95,098**
Governance:						
Independent Examiner's fee	Direct	-	3,213	-	3,213	1,600
Professional fees	Usage	32	504	-	536	2,948
		32	**3,717**	**-**	**3,749**	**4,548**
		7,526	**207,058**	**37,197**	**251,781**	**163,122**

Expenditure on raising funds was £7,526 (2020: £5,641) of which £7,526 was unrestricted (2020: £5,641) and £nil was restricted (2020: £nil).

Expenditure on charitable activities was £244,255 (2020: £157,481) of which £207,058 was unrestricted (2020: £138,906) and £37,197 was restricted (2020: £18,575).

8 Net Incoming/Outgoing Resources

	Total 2021 £	Total 2020 £
Net incoming resources are stated after charging:		
Rent payable	15,381	15,811
Depreciation	2,213	2,528
Independent Examiner's fee	1,675	1,600
Other accountancy fees	1,538	-

9 Related Party Transactions

Key management personnel (Trustees of the charity)

Up until her resignation from the board of trustees in the prior year V Lane received £nil (2020: £752) in her role as a counsellor.

Up until her resignation from the board of trustees, C Pineda-Langford received £1500 (2020: £nil) for Mobilization consultancy services.

This remuneration was provided by the power given in the governing document and in accordance with the provisions of the Charities Act 2011.

10 Employee Costs

	2021 number	2020 number
Average number of employees (including part time) during the year	7	4

Cost in respect of these employees	£	£
Wages and salaries	86,817	48,739
Employer's NIC	2,954	1,776
Pension costs	795	406
	90,566	**50,921**

There are no employees with emoluments over £60,000.

11 Tangible Fixed Assets

Cost	Leasehold Improvements £	Equipment and furnishings £	Total £
At 1 November 2020	6,977	3,369	10,346
Additions	689	2,956	3,645
Disposals	(2,452)	(253)	(2,705)
At 31 October 2021	5,214	6,072	11,286
Depreciation			
At 1 November 2020	3,658	1,484	5,142
Charge for the period	907	1,306	2,213
Disposals	(2,452)	(253)	(2,705)
At 31 October 2021	2,113	2,537	4,650
Net book value			
At 31 October 2020	3,319	1,885	5,204
At 31 October 2021	3,101	3,535	6,636

12 Debtors

	2021 £	2020 £
Trade debtors	5,159	30,542
Prepayments	26,855	5,135
	32,014	**35,677**

13 Creditors: Amounts Falling Due Within One Year

	2021 £	2020 £
Bank loan	-	2,000
Trade creditors	26,613	18,323
Accruals and deferred income	3,431	3,702
	30,044	**24,025**

	2021 £	2020 £
Deferred income at 1 November 2020	-	470
Amounts released from previous periods	-	(470)
Deferred income at 31 October 2021	-	-

Deferred income related to workshop fees received relating to the next financial year.

14 Bank Loan

CREDITORS: amounts falling due after more than one year	2021 £	2020 £
Bank loan	-	18,000
	-	**18,000**

During 2020 the charity took out a bounce back loan of £20,000. This is repayable over 6 years at an interest rate of 2.5%. This was repaid in 2021.

15 Legal Status

The Charitable Company is limited by guarantee and does not have a share capital. In the event of the Charitable Company being wound up, the liability of the members is limited to £1 each.

16 Funds

	Balance at 1 November 2020 £	Income £	Expenditure £	Transfer between funds £	Balance at 31 October 2021 £
Restricted funds					
National Lottery	12,680	-	(12,680)	-	-
Albert hunt	-	2,000	(2,000)	-	-
Somerset Community Foundation	-	22,237	(11,575)	-	10,662
Somerset Open Mental Health	-	1,800	(1,800)	-	-
Somerset County Council	6,892	13,800	(9,142)		11,550
Total restricted fund	**19,572**	**39,837**	**(37,197)**	**-**	**22,212**
Unrestricted funds					
General fund	44,146	273,182	(214,584)	-	102,744
Designated funds					
Closure fund	10,000	-	-	-	10,000
	73,718	**313,019**	**(251,781)**	**-**	**134,956**

The specific purposes for which the funds are to be applied are as follows:

Restricted funds

National lottery – funding for the provision of low-cost mental health services in Somerset
Albert Hunt – a donation to support those who otherwise couldn't afford to continue with their therapy
Somerset Community Foundation – Leaving Care Counselling Service and My Family Talking Gateway
Somerset County Council-Leaving Care Counselling Service
Somerset Open Mental Health – one off support for provision of low cost counselling to local people
Coronavirus emergency fund – For the provision of short-term mental health and wellbeing therapy in the COVID period.
Somerset coronavirus response and recovery fund – To provide COVID equipment and IT support to enable the transition to working in the COVID restrictions.

Designated funds

The Closure Fund was set up in May 2003 and was set up to hold funds for the closure of the service should it become necessary. The balance of the Fund was fixed at that time at £10,000 and has remained at that amount during the year as the Trustees have appropriated accumulated interest received to the General Fund.

The Louise Robinson Award Fund was set up following a donation from the estate of the late Louise Robinson, a previous Director of the Centre. The Bursary Fund was set up with a windfall donation from Devon Counselling Centre and the proceeds of a Centre fundraising initiative to provide a fund from which to subsidise low cost counselling for persons in need. The Simon Milner-Barry Fund was set up following a donation from the estate of the late Simon Milner-Barry, a long term supporter and Trustee of the Centre, to provide an enduring enhancement of the Centre in his memory.

During this pandemic the centre was forced to close, face to face counselling ceased, and rooms could not be let to counsellors thus reducing the income available for supporting low cost places. At that time the trustees took the decision to redesignate the Louise Robinson fund, the Bursary Fund and the Simon Milner-Barry Fund to enable the continued support of low cost places to clients at a vital time.

17 Analysis of Net Assets Between Funds

Current year

	General Fund £	Restricted Funds £	Designated Funds £	Total 2021 £
Fixed assets	6,636	-	-	6,636
Net current assets	96,108	22,212	10,000	128,320
Net assets	102,744	22,212	10,000	134,956

Prior year

	General Fund £	Restricted Funds £	Designated Funds £	Total 2020 £
Fixed assets	5,204	-	-	5,204
Net current assets	56,942	19,572	10,000	86,514
Creditors due in greater than one year	(18,000)	-	-	(18,000)
Net assets	44,146	19,572	10,000	73,718

Reference and Administrative Details

Trustees	Alli Baldwin Helen Fry Deborah Howell Clive North (resigned 20 June 2021) Clare Pineda-Langford (resigned 20 September 2021) Beverley Alderson (appointed 19 June 2021)
Principal Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Registered Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Company Registration Number	02926858
Charity Registration Number	1038975
Bankers	Lloyds Bank PLC 31 Fore Street Taunton Somerset TA1 1HN
Independent Examiner	Rob Cadwallader FCA Milsted Langdon LLP Winchester House Deane Gate Avenue Taunton Somerset TA1 2UH

SOMERSET
COUNSELLING
CENTRE

SOMERSET COUNSELLING CENTRE

England & Wales - Charity number 1038975

Accounts

Company registration No. 02926858
Charity registration No. 1038975

SOMERSET COUNSELLING CENTRE
(A COMPANY LIMITED BY GUARANTEE)

ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE 12 MONTHS ENDED 31 October 2020

SOMERSET COUNSELLING CENTRE

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SOMERSET COUNSELLING CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Alli Baldwin Helen Fry Deborah Howell Clive North Clare Pineda-Langford Valerie Lane (resigned 21.04.20) Angela McCormack (resigned 21.04.20) Claire Merchant-Jones (resigned 21.04.20) Alison Chisholm (appointed 21.04.20, resigned 07.10.20)
Principal Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Registered Office	Somerset Counselling Centre Apsley House Tower Street Taunton Somerset TA1 4BH
Company Registration Number	02926858
Charity Registration Number	1038975
Bankers	Lloyds Bank plc 31 Fore Street Taunton Somerset TA1 1HN
Independent Examiner	Rob Cadwallader FCA Milsted Langdon LLP Winchester House Deane Gate Avenue Taunton Somerset TA1 2UH

SOMERSET COUNSELLING CENTRE

STATEMENT OF PURPOSE

SCC's vision is that
Somerset Counselling Centre ("SCC") will be recognised for the provision of high quality counselling services for everyone. The services that it provides will support an increase in access to affordable counselling, thereby helping to improve emotional good health, wellbeing and resilience in local communities.

SCC are now seen as the magnet organisation to partner/collaborate and alliance with; locally, regionally and nationally for high quality innovative support for emotional health and wellbeing needs. The Centre has a proven track record in sectors and industries such as education, healthcare and business support.

The Centre will grow the qualified counsellor workforce through the provision of very high quality supervised work placements for the up and coming trainee workforce; alongside expert-led Continuing Professional Development (CPD) for existing and qualified workforce; thus ensuring there is a strong pipeline of counsellors to meet both the current and the future needs of our services and clients.

SCC will proactively collaborate with other organisations and initiatives to conduct research to support this vision and to promote increased awareness and understanding of emotional health and wellbeing and be a key enabler of growth for high quality counselling services nationally.

SCC's mission is

- To provide high quality, accessible as well as increased places for affordable counselling in a safe space
- To train counsellors
- To promote awareness and understanding of health and wellbeing.

SCC's values are to be
Embracing - accessible to everyone who needs us in our communities
Effective - providing a confidential, high-quality, personalised service to our clients
Energetic - offering the service in a dynamic, choice-led and enthusiastic way
Empowering - helping our clients find the way to greater self-understanding and personal growth

How we help with our core services
Individual counselling

SCC provides a safe confidential space (whether online, face-to-face or telephone) to reflect, away from the pressures of everyday life and explore with a skilled counsellor the way that individuals think and act, without fear of criticism, rejection or retaliation.

Relationship counselling

Relationship counselling is open to all, our experienced counsellors have undergone additional training to work with couples and relationship issues. Like people, all relationships change and develop through the years; events outside the relationship, such as the death of parents, growing children or work problems can also affect it and bring about changes**.**

Young people's counselling

Working alongside the Somerset Children and Young Persons Alliance we are growing our young person's provision and counselling services. We can help young people to explore and develop coping strategies for issues such as family breakdown, bullying, peer relationships, bereavement, self-esteem, the formation of new families or the absence of a family member**.**

Quality assurance and accreditation

SCC is accredited with the British Association for Counselling and Psychotherapy ("BACP") and complies with its Ethical Framework for the Counselling professions. We are heading into our third year of a five year accreditation cycle and have successfully passed the 19/20 annual monitoring report.

SOMERSET COUNSELLING CENTRE

TRUSTEES' REPORT
FOR THE 12 MONTHS ENDED 31 October 2020

The Trustees present their report and the financial statements of the Charitable Company for the 12 months ended 31 October 2020. The comparative period was for the 12 months ended 31 October 2019.

Structure, Governance and Management

Governance

The organisation is a charitable company limited by guarantee, incorporated on 9th May 1994 and has been registered as a charity since 28th June 1994 (number 1038975). The Company's Articles of Association were revised and updated in 2013.

The Trustees consider the senior management team (the Service Director and the Clinical Lead) to be key management personnel of the Charitable Company in charge of directing and controlling, running and operating the Charitable Company on a day to day basis.

Throughout the last year the Trustees have met regularly on operational matters and the strategic direction and policy of the charity. In addition, there are full counsellor meetings held a minimum of three times a year, to engage all involved with the ongoing work life of the Centre, to advise and support where there are difficulties and to monitor the finances and plans for the future. The senior management team attends all meetings.

Additional meetings were scheduled by Trustees to support the Charity navigate through the early part of the COVID-19 pandemic. To steer, guide and support the charity and to ensure outcomes of viability and safe working practices were monitored and supported throughout.

Recruitment and Appointment of Trustees

The Trustees of the Charitable Company at the date of this report and those who have served for the duration of the year are set out on page 1.

The Directors of the Charitable Company are also Trustees for the purposes of charity law and are known as Trustees under the Charitable Company's Articles. They are elected to serve for a period of three years after which they must stand down and be re-elected at the AGM. All Trustees give their time voluntarily and no trustee received remuneration in the year for fulfilling the role of trustee. Details of trustee expenses and related party transactions are disclosed in note 9 to the accounts. Through the Trustees the Centre has access to a broad range of business and counselling skills and in this way seeks to ensure that the diverse needs of the client body are fully represented at Trustee level.

During the period the following trustees resigned: Valerie Lane (Chair) – replaced by Alli Baldwin, Angela McCormack, Claire Merchant-Jones and Ali Chisholm.

Trustee Induction and Training

Trustees and members of the Centre actively seek to enhance the potential pool of Trustees through publicity and 'word of mouth' in the community at large.

Most potential Trustees are already familiar with the practical work of the Centre having been associated with the work for some time.

Additionally new Trustees are invited and encouraged to attend Management/Trustee meetings in order to familiarise themselves with the charity and the context in which it operates. Other areas covered by their induction will be:

- The Obligations of Trustees and Management Committee Members
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives
- To be made aware of the Charity Commission guide 'the Essential Trustee' and other relevant information available from the Charity Commission website.

SOMERSET COUNSELLING CENTRE

TRUSTEES' REPORT
FOR THE 12 MONTHS ENDED 31 October 2020

Objectives and Activities

The objectives and principal activities of the Charitable Company ('Somerset Counselling Centre') contained in the Charitable Company's Articles of Association are:

- to promote mental health and well being
- to provide accessible counselling
- to promote greater understanding of the role of emotions in psychological healing
- to advance education and training in the practice of counselling
- to promote research into the efficacy of the methods and practice of counselling and to publish the useful results of such study and research.

The strategy for achieving these objectives is contained in the five year business plan (2020-2025) which is delivered by the senior management team in consultation with the trustees. We will know if we have been successful in achieving our objectives by a quarterly dashboard of KPIs and management information, annual monitoring and review of the five year plan and achievements, including the continued high level use of our counselling services, maintaining the standards required for service accreditation, through new digital platform presence to build awareness and understanding and through bi-annual monitoring of client feedback.

Public Benefit

SCC is a registered charity and a non-profit making organisation; we receive no regular external financial support. Its aim is to provide accessible counselling for all and so it provides a number of places at a reduced rate according to means. No one is excluded because they cannot afford the full cost of counselling.

SCC has referred to the guidance contained in the Charity Commission's general guidance on public benefit and their specific guidance on fee-charging when reviewing its aims and objectives and in planning its future activities. Having done that the Trustees are satisfied that our main activity of the provision of low cost counselling services to the general public continues to meet our charitable purposes for the public benefit.

Achievements and performance

Organisation wide
This year has been an exceptional one for SCC and the charity at close of the year has performed above expectations.

The year began with new appointments to the roles of clinical lead and service director. The first tasks was to review the purpose, mission and vision of the charity involving all in the charity over a couple of months. Engagement activities took place across the service; client survey results scrutinised and so developed the refreshed key goals and strategy of the charity. This process sharpened the business' focus on its mission, ensuring marketing, digital transformation (internal and external), new services online, pricing strategy, new collaborations identified and clear targets and limitations for services to remain viable, sustainable and to thrive. The charity's aims are set out in its Statement of purpose on page 2.

Counselling
During the early Covid-19 pandemic period the centre followed government guidance and closed the building from mid-March 2020. The organisational workforce moved to remote working where possible.

The new leadership team were clear in their support of SCC and set about creating a positive sense of change, despite uncertainty. Regular and relevant communication, transparency and compassion all stitched together to leave everyone feeling connected, helped and positive around the art of the possible.

Responding to individual needs around the challenges of the newly blurred lines of work and home life was critical.

All counsellors underwent a professionally guided set of training sessions, support 'pods' and whole organisation zoom ins weekly to respond to the presenting challenges.

The pandemic has facilitated a digital revolution. The need to work from home and to carry out remote consultations with clients led to a rapid adoption of digital technologies. This was something the service was starting to look at pre-COVID 19 but had been considered, in some areas, risky and needing a long run in to achieve. This has actually shown to be a different, but highly acceptable, effective and newly accessible (for many – not all) approach from both a counsellor and client point of view.

The whole SCC community pulled together to make this happen, ensuring not only the survival of the charity, but establishing a successful new service delivery arm and providing where possible continuity of service for our service users. Credit and thanks must go to everyone associated with the charity for this high level of sustained performance and achievement in such uncertain and distressing times.

In the period SCC received some key grant funding. These welcome interventions were directly from the local authority, the local Somerset Community Foundation and two other national awards, which meant that we were able to continue the core mission of the charity. It also meant that SCC was able to provide continued subsidised places for those in severe hardship and distress, even at a time when our income streams too decreased and were under considerable threat.

There continues to be a great demand for our counselling services, awareness of support available as well as partnerships to deliver new services. SCC will continue to focus on adapting to the needs of the communities who need support in emotional health and wellbeing. The combination of a clear sustainable strategy, volunteering, collaborations and securing grant funds plays an integrated and significant part in our future, as our income streams are inevitably squeezed through the impact of COVID-19.

During the 12 month period to 31 October 2020, SCC provided 2,998 counselling sessions compared to 3,106 sessions for a comparable period in the previous year. This achievement is significant given the pandemic dominated for seven of the twelve months of the year. We are projecting to grow significantly in the coming year.

Some of the direct results of the services delivered by counselling and therapy has not only enabled clients to improve their self-esteem, grow in confidence and build resilience, but it has given many a lifeline, it has equipped them with an ability to have some insight into understanding and start to work on solving what they are believing to be problems or barriers to good or better health and emotional wellbeing. They have the opportunity to work alongside those with expertise, they have the space to think and reflect and importantly are supported with the tools to improve their overall sense of good and better wellbeing for them.

Client feedback

- " I have never met someone so patient and understanding. This experience has changed my life, I have now learnt to trust again and believe that things can get better. It has been my lifeline."
- "Xx is a brilliant person, she is empathetic and reasonable, able to help me sort the jumble that was my mind into something approaching normalcy. I owe her more than I can ever repay"
- "My counsellor has really been a major bell in my life. I have longer, happier moods more often than I did before and my coping mechanisms have become a lot healthier. I also understand my past much better and it's helped me to heal, as well as understand and forgive those around me. A really life changing experience."
- "All I can ever say is great things about my counselling experience. I was at a place where I had no hope, no trust in anyone or anything and not a lot of fight left. But my counsellor has been patient, understanding and consistent which has helped me to engage in the process and start my journey to a better and healthier mindset and happier life"

We carefully monitor demand for the important subsidisation of counselling. Over the COVID-19 period from April 2020 86% of our sessions have been offered below the standard fee. Over half of these contributions are significantly below half of this standard fee.

In order to remain viable and balance the finances of the organization we need to continue our strands of a mixed strategy to remain viable. This includes, as previously mentioned, the need to support students, volunteers, to attract grant funding, to collaborate on projects, to implement our pricing strategy, to set targets and limits to manage subsidies.

Our core mission remains to ensure we aim to support those who seek help, but we need to ensure we are here for the long-term too. We could see a slight reduction in this subsidised percentage if we are challenged in any one of those strategic areas.

Fundraising
Grant income has not factored in the charities recent past. However, it was a key aim for this financial year. SCC has received £63,147 in grant income. An excellent reflection on the funders faith in the charity to provide much needed subsidised mental health support in local communities. Of this £32,250 has been utilised this year supporting our low cost places and ensuring the continuation of service to our clients. The balance will be used similarly in 2021.

We welcome the mix of funders that are available to us at this time. Our aim is to both take opportunities as they arise, but also to form more long term relationships with a number of different funders for both general subsidy for counselling but also for specific work including collaborative delivery. It is important not to overly rely on any one funding stream, but to have a healthy blend of different funders. We will continue to build on this achievement going forward.

The agility, strength and collaboration of the voluntary sector and local funding organisations together with national charities was very apparent this year. We were in a position to quickly engage with them to secure funding, even at this difficult time. These resources have been invaluable in supporting SCC's clients throughout this period and the centre is very grateful to have received their support and look forward to building further on these relationships.

Collaboration
In September 2020 Weston College of Further and Higher Education received grant funding from the department for education (DfE) via the College Collaboration Fund (CCF) for a comprehensive programme of innovative delivery of specialist mental health support which supports learner and staff mental health and wellbeing, recognising the profound impact that COVID-19 is having on our community.

In order to achieve these aims Weston college entered into a collaboration with Gateshead college and SCC to provide the following

- online 121 counselling provision to improve mental health/wellbeing for staff and learners
- online counsellor led workshops and staff discussion forums to recognise the emotional wellbeing of learners/staff
- a modular program of lifestyle medicine and talking health counsellor led workshops providing a toolkit to identify, focus and improve the day-to-day challenges which may represent a barrier to achieving potential

This excellent and innovative work is ongoing into the next financial year and will be fully reported at that time.

Training
The CPD programme delivery and attendance this year was disrupted as a result of the COVID-19 outbreak as the Centre focused on the delivery of its counselling service.

Looking ahead to 2021 the CPD diary will be re-instated with a blended offer of online and face to face services (where permitted) and a comprehensive training programme resumed. In 2019/20 this contributed £ 940 (2019: £5,665).

Awareness raising

SCC's new website and new social media platforms are all now launched and will into the next financial year expand in their content and reach. There are now video, audio and written blogs on the website helping people understand what counselling and therapy is and what recent experiences people have had.

Looking forward

SCC continues to be person-centred and the recent COVID-19 experiences have served to enhance this. The range of client choices of in-person or video-counselling provide greater opportunities for support than formerly offered and reach many more who might previously have had issues with getting to a particular location. So long as we can safeguard our clients, classic boundaries are no longer an inhibitor.

Our plans for the next five years

1. Expand the provision of accessible counselling by:

- Doubling the number of sessions offered during this time
- Safeguarding the proportion of affordable sessions
- Growing the service provision: online and face-to-face
- Increasing the number and blend of counsellors
- Networking, collaborating and forming alliances with other providers to increase reach for counselling provision

2. Promote greater understanding of the role of emotions in psychological healing by:

- Therapeutic work with clients
- The growth of self-knowledge and development
- Offering high quality supervision to our counsellors
- Facilitating sharing of ideas and experiences of clients and/or counsellors
- Engaging, raising awareness with professionals and collaborating with the communities in which SCC works

3. Training and educating others in the practice of counselling

We want to ensure the workforce of therapists for the future. We will provide student placements and professional training opportunities. We will maintain high standards in education and continued professional development by supporting online and group courses. We will actively promote counselling as a career opportunity.

4. Promote research into efficacy of the methods and practice of counselling and the publication of the useful results of such research

In order to evidence the benefits of therapy at SCC, we will contribute to CORE (Clinical Outcomes Routine Evaluation) measures and support research. We will look to collaborate with local clinical mental health researchers and contribute to and influence regional and national initiatives where appropriate.

Financial Review

Overview

As for many organisations 2019/20 was a year of great uncertainty for SCC. At the start of the pandemic the trustees were concerned that the charity would lose significant portions of our income and that clients would experience considerable stress and uncertainty at the loss of our service. The centre proved to be very resilient with online counselling being provided very promptly and clients who felt confident to, quickly moving to this new platform.

TRUSTEES' REPORT
FOR THE 12 MONTHS ENDED 31 October 2020

Our income

Session numbers during the period were at a good level considering the uncertainty during the period. We offered 2,998 sessions which brought in £92,305 of income (2019: £99,773) in the period with a mix of subsidised rates per session and some standard rate sessions. Room hire income however due to the loss of face to face counselling has dropped to very low levels at £7,260 (2019: £14,693). In April at the start of the pandemic the active number of clients dropped to 65. At the end of October active clients have increased up to 92 with enquiries being received consistently each month.

The sublease of Apsley house came to an end at 31/3/2020 the effect of COVID-19 has paralysed the ability to rent these rooms, meaning that our rental income for the period has fallen to £2,714 (2019: £6,752)

Income from grants

During the period we received £63,147 in grant income. £25,000 was from the local authority and is unrestricted, £38,147 was from the following funders and is restricted as to its use.

National Lottery Fund
Somerset Coronavirus Response and Recovery fund
Charities Aid Foundation
Somerset Community Foundation

The receipt of these grants has meant that in the period of Coronavirus we have been able to subsidise 86% of our sessions below the standard rates.

In the period we have utilised half of the local authority grant in supporting low cost places and this is to be repeated in 2021 with the balance being utilised to support these places. Of the restricted funds £18,575 has been utilised in 2020 with the balance to be used in the next 12 months to support both individual and group counselling sessions.

Much of the centre's work is Open-ended or 'long-term' counselling, which is a type of talking therapy where it is understood that the client will probably attend for at least several months or even years, and so no official end date is set to be worked towards. At the start of the pandemic the average length of time our client base at that time had been receiving counselling was 16 months. Funding streams therefore will inevitably spread over a two year period to support this type of work.

The overall increase in funds at 31 October 2020 of £29,966 will therefore be used over the coming year to fund the continued offer of low cost places in line with the aims of the charity.

Weston College Collaboration Fund

The Weston college collaboration is totalling £160,995, covers a period up until 31/3/2021. At 31 October SCC had given counselling sessions and workshops totalling £26,916. The remainder of the collaboration will be supplied in the first six months of 2021.

Profit/(loss) for the period

During the period SCC reported a net increase in funds for the period of £10,394 (2019: £512) in unrestricted funds and £19,572 in restricted funds (2019: £nil). This is as a result of receiving £25,000 from the local authority and £38,147 from external sources. These funds will be used to support subsidised places over the coming year.

Financial review - continued

Reserves Policy

The objective of SCC reserves policy is to ensure that the Charity maintains sufficient cash and readily realisable assets to enable it to withstand any shortfall in income or unforeseen expenditure while any necessary adjustments are made to the Charity's operations.

In May 2003 the Trustees set aside £10,000 in a designated fund to facilitate an orderly closure of the Centre should that ever become necessary. We have not needed to dip into that fund this year.

During this year under the Government's COVID-19 restrictions and the subsequent uncertainty with our reserves, the trustees took the view that they should move £6,293 from designated to undesignated funds, this was to support the continuing provision of low cost counselling during this time.

The level of operating expenditure represented by the General Fund is 111 days (2019: 79 days) increasing to some 137 days (2019: 126 days) if designated funds are included.

At the present time we remain of the opinion that our present level of reserves would be sufficient to wind up the Centre in an orderly fashion should the need ever arise.

Risk Management

The impact of the coronavirus pandemic has caused significant disruption to the original course of delivery for the centre's charitable activities. SCC has, at all times, followed government guidance to safeguard our staff, volunteers and beneficiaries. This has meant closing the centre for a period of time, and cancelling some activities. The impact of these measures will be felt for some time. We are continuing to review and adapt our response to the pandemic to mitigate its impact on our work, performance and finances. The Trustees believe that available free reserves together with the measures being taken are sufficient to manage this disruption and uncertainty.

The Trustees have identified significant external risks to funding and have developed an annually updated business plan and budget, which promotes the diversification of funding and activities. During the pandemic these have been monitored closely and when the centre was closed and the changing environment meant that there was significant uncertainty with regard to funding, the trustees reviewed the reserves of the charity and took a decision to redesignate certain funds from designated to the general fund in order to ensure that subsidised places could continue to be funded over this changing landscape. The closure fund remains in designated at 31 October 2020.

Internal control risks are minimised by the implementation of procedures for the authorisation and control of projects. Procedures are in place to ensure compliance with health and safety of staff, clients and visitors to the Centre. All these procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

In addition the Centre maintains insurance cover at a level appropriate for all the relevant professional and operational risks of the Centre.

Related Parties

The Centre is an affiliate member of the British Association for Counsellors and Psychotherapists and is subject to regular accreditation. The Centre is guided by this internationally recognised organisation alongside local and national NHS policy relevant to the work undertaken.

Statement of Trustees' responsibilities for the financial statements

The Trustees, who act as directors of Somerset Counselling Centre for the purposes of company law, are responsible for preparing the Trustees' report and the financial statements in accordance with the requirements of the Companies Act and of the Charities Act.

Company law requires the Trustees to prepare financial statements for each financial period. Under that law the Trustees have prepared the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including income and expenditure, of the Charitable Company for that period. In preparing these financial statements, the Trustees are required to:

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charitable Company and financial information included on the Charitable Company's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

By Order of the Board

H Fry
Secretary

15 March 2021

SOMERSET COUNSELLING CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS OF SOMERSET COUNSELLING CENTRE

I report to the trustees of Somerset Counselling Centre for the 12 months ended 31 October 2020 (Charity number: 1038975) which are set out on pages 12 to 24.

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 ('the Charities Act') and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to audit under Part 16 of the Companies Act 2006 and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;

- follow the procedures laid down in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act; and

- state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

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

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

    - to keep accounting records in accordance with Section 130 of the Charities Act; and

    - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Companies Act have not been met, or

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

Rob Cadwallader FCA
Milsted Langdon LLP
Chartered Accountants
Winchester House
Deane Gate Avenue
Taunton TA1 2UH

30th March 2021

SOMERSET COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

12 MONTHS ENDED 31 October 2020

	Note	Unrestricted funds	Restricted funds	Total 2020	Total 2019
Income and endowments from:					
Donations and legacies	**2**	385	-	385	538
Grants	**3**	25,000	38,147	63,147	-
Investments	**4**	16	-	16	14
Charitable activities	**5**	126,826	-	126,826	120,204
Other trading activities	**6**	2,714	-	2,714	6,752
Total		154,941	38,147	193,088	127,508
Expenditure on:					
Raising funds	**7**	5,641	-	5,641	4,604
Charitable activities	**7**	138,906	18,575	157,481	122,392
Total		144,547	18,575	163,122	126,996
Net movement in funds	**17**	10,394	19,572	29,966	512
Reconciliation of funds					
Total funds brought forward at 1 November 2019		43,752	-	43,752	43,240
Total funds carried forward at 31 October 2020		54,146	19,572	73,718	43,752

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derives from continuing activities.

The notes on pages 15 to 24 form part of these financial statements.

SOMERSET COUNSELLING CENTRE (Registered Number: 2926858)

BALANCE SHEET AS AT 31 OCTOBER 2020

	Notes	£	2020 £	£	2019 £
Fixed assets					
Tangible assets	11		5,204		6,813
Current assets					
Debtors	12	35,677		12,152	
Cash at bank and in hand		74,862		36,427	
		110,539		48,579	
Liabilities: creditors falling due within one year	13	(24,025)		(11,640)	
Net current assets			86,514		36,939
Liabilities: creditors falling due after more than one year	14		(18,000)		-
Net assets			73,718		43,752
Represented by:					
The funds of the charity:					
Restricted funds	**17**		19,572		-
Unrestricted income funds					
General fund	17	44,146		27,459	
Designated funds	17	10,000		16,293	
Total unrestricted funds			54,146		43,752
Total funds			73,718		43,752

The Charitable Company is entitled to exemption from audit for the 12 months ended 31 October 2020 under Section 477 of the Companies Act 2006 and Section 144(2) of the Charities Act 2011.

The members have not required the Charitable Company to obtain an audit of its financial statements for the 12 months ended 31 October 2020 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:-

(i) Ensuring that the Charitable Company keeps accounting records which comply with Section 386.

(ii) Preparing financial statements which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Sections 394 and 395, and which otherwise comply with the requirements of this Act relating to financial statements, so far as applicable to the Charitable Company.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board on 15 March 2021

)
A Baldwin) Trustees
)
)

C Pineda-Langford

The notes on pages 15 to 24 form part of these financial statements

SOMERSET COUNSELLING CENTRE

STATEMENT OF CASH FLOWS FOR THE 12 MONTHS ENDED 31 October 2020

	2020 £	2019 £
Reconciliation of net movement in funds to net cash flow from operating activities:		
Net movement in funds	29,966	512
Add back depreciation charge	2,528	2,428
Deduct interest shown on investing activities	(16)	(14)
Increase in debtors	(23,525)	(1,168)
Increase in creditors	10,385	3,671
Cash generated from operating activities	19,338	5,429
Cash flows from investing activities:		
Investment income	16	14
Purchase of tangible fixed assets	(919)	(3,695)
	(903)	(3,681)
Cash flows from financing activities:		
Drawdown of bounce-back loan	20,000	-
Increase in cash and cash equivalents	38,435	1,748
Cash and cash equivalents at 1 November 2019	36,427	34,679
Cash and cash equivalents at 31 October 2020	74,862	36,427

All of the cash flows are derived from continuing operations during the above two periods.

Reconciliation of net Cash flow to Movement in Net funds

Net increase in cash and cash equivalents in the year	38,435	1,748
Cash flow from the increase in debt financing	(20,000)	-
Change in net funds arising from cash flows	18,435	1,748
Movement in Net funds in the year		
Net funds at the start of the year	36,427	34,679
Net funds at the end of the year	54,862	36,427

1 ACCOUNTING POLICIES

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Basis of preparation
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Somerset Counselling Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the Charitable Company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of the assets held by the Charitable Company.

Income and endowments
All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Grants receivable
Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the Charitable Company has entitlement to the funds, any performance conditions attached to the grant have been met, it is probable that the income will be received and the amount can be measured reliably.

Donations and legacies
Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured. No gifts in kind were received during the year (2019 – £nil).

Deferred income
Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charitable Company has unconditional entitlement.

Fundraising events
Income from fundraising events is included in incoming resources in the period in which the relevant event takes place.

Investment income
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the bank.

Gift aid
Income from tax reclaims is included in the Statement of Financial Activities at the same time as the gift to which it relates.

1 ACCOUNTING POLICIES (Continued)

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the assets' use.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Raising funds
These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities
Charitable expenditure comprises those costs incurred by the Charitable Company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include the costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters. These costs are included within charitable expenditure.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis as set out in Note 7.

Fixed assets
Fixed assets are stated at their purchase price, together with any incidental expenses of acquisition.

Depreciation is calculated so as to write off the cost of fixed assets over the expected useful economic lives of the assets concerned. The principal annual rates used for this purpose are:

Leasehold improvements	- straight line over the period of the lease
Equipment and furnishings	- 25% straight line

Taxation
The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Debtors
Debtors are amounts due from clients for services performed in the ordinary course of business.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Fund accounting
Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the objectives of the Charitable Company, and which have not been designated for other purposes.

Designated funds are funds set aside by the Trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds are funds that can only be used for particular restricted purposes within the objects of the Charitable Company. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The movement in these funds can be seen in notes 17 and 18.

Financial instruments
The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Operating leases
Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight-line basis over the lease term.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Fund £	Restricted Fund £	Total 2020 £	Total 2019 £
Donations and legacies:				
Donations from individuals	385	-	385	538
	385	-	385	538

The income from donations and legacies was £385 (2019: £538) of which £385 was unrestricted (2019: £538) and £nil was restricted (2019: £nil).

3 GRANT INCOME

	Unrestricted funds	Restricted funds	Total 2020	Total 2019
Grant income from:				
Somerset West and Taunton Deane Borough council	25,000	-	25,000	-
National Lottery Fund	-	19,080	19,080	-
Somerset Coronavirus Response and Recovery fund	-	4,075	4,075	-
Charities Aid Foundation	-	8,100	8,100	-
Somerset Community Foundation	-	6,892	6,892	-
Total	25,000	38,147	63,147	-

4 INVESTMENT INCOME

	Unrestricted funds £	Total 2020 £	Total 2019 £
Interest from cash held on deposit	16	16	14

Investment income was £16 (2019: £14) of which £16 was unrestricted (2019: £14) and £nil restricted (2019: £nil).

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Total 2020 £	Total 2019 £
Supervision fees	-	-	73
Room hire	7,260	7,260	14,693
Client voluntary contributions	83,464	83,464	86,678
Contract work	8,841	8,841	13,095
Training	27,261	27,261	5,665
	126,826	126,826	120,204

The income from charitable activities was £126,826 (2019: £120,204) of which £126,826 was unrestricted (2019: £120,204) and £nil restricted (2019: £nil).

6 INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted funds £	Total 2020 £	Total 2019 £
Rental income	2,714	2,714	6,752

Income from other trading activities was £2,714 (2019: £6,752) of which £2,714 was unrestricted (2019: £6,752) and £nil was restricted (2019: £nil).

7 EXPENDITURE

	Basis of Allocation £	Raising funds £	Charitable activities (unrestricted) £	Charitable activities (restricted) £	Total 2020 £	Total 2019 £
Direct Costs:						
Counsellors and supervisors	Direct	-	25,911	14,700	40,611	41,172
Travelling expenses	Direct	-	1,000	-	1,000	2,779
Training fees and expenses	Direct	-	20,397	-	20,397	2,505
Subscription and affiliation fees	Direct	-	1,468	-	1,468	672
		-	48,776	14,700	63,476	47,128
Support Costs:						
Office administration (including wages)	Staff time	3,479	52,167	2,800 -	58,446	39,849
Heat, light and water	Floor area	120	1,904	-	2,024	1,971
Rates and insurance	Floor area	143	2,265	-	2,408	3,199
Rent payable	Floor area	942	14,869	-	15,811	16,760
Repairs and maintenance	Usage	90	1,429	-	1,519	4,231
Advertising, printing and stationery	Usage	395	6,249	-	6,644	5,124
Postage and telephone	Usage	59	940	-	999	365
Sundries	Usage	190	1,921	1,075	3,186	3,036
Bank charges and interest	Direct	-	1,408	-	1,408	998
Bad debts	Direct		125	-	125	-
Depreciation	Usage	150	2,378	-	2,528	2,428
		5,568	85,655	3,875	95,098	77,961
Governance:						
Independent Examiner's fee	Direct	-	1,600	-	1,600	1,500
Professional fees	Usage	73	2,875	-	2,948	407
		73	4,475	-	4,548	1,907
		5,641	138,906	18,575	163,122	126,996

Expenditure on raising funds was £5,641 (2019: £4,604) of which £5,641 was unrestricted (2019: £4,604) and £nil was restricted (2019: £nil).

Expenditure on charitable activities was £157,481 (2019: £122,392) of which £138,906 was unrestricted 2019: £122,392) and £18,575 was restricted (2019: £nil).

8 NET INCOMING/OUTGOING RESOURCES	2020	2019
	£	£
Net incoming resources are stated after charging:		
Rent payable	15,811	16,760
Depreciation	2,528	2,428
Independent Examiner's fee	1,600	1,500

9 RELATED PARTY TRANSACTIONS

Key management personnel (Trustees of the charity)

Up until her resignation from the board of trustees V Lane received remuneration of £752 (2019 - £1,528) in her role as a counsellor.

V Lane received £nil (2019 – nil) for the reimbursement of travelling expenses and £nil (2019 - £60) in respect of expenditure incurred on behalf of the Centre.

This remuneration was provided by the power given in the governing document and in accordance with the provisions of the Charities Act 2011.

10 EMPLOYEE COSTS	2020	2019
	number	number
Average number of employees (including part time) during the year	4	3
	£	£
Cost in respect of these employees		
Wages and salaries	50,921	39,643
	50,921	39,643

There are no employees with emoluments over £60,000.

11 TANGIBLE FIXED ASSETS

	Leasehold Improvements £	Equipment and furnishings £	Total £
Cost			
At 1 November 2019	10,951	7,916	18,867
Additions	297	622	919
Disposals	(4,271)	(5,169)	(9,440)
At 31 October 2020	6,977	3,369	10,346
Depreciation			
At 1 November 2019	6,048	6,006	12,054
Charge for the period	1,881	647	2,528
Disposals	(4,271)	(5,169)	(9,440)
At 31 October 2020	3,658	1,484	5,142
Net book value			
At 31 October 2019	4,903	1,910	6,813
At 31 October 2020	3,319	1,885	5,204

12 DEBTORS

	2020 £	2019 £
Trade debtors	30,542	8,081
Other debtors	-	2,500
Prepayments	5,135	1,571
	35,677	12,152

13 CREDITORS: amounts falling due within one year

	2020 £	2019 £
Bank loan	2,000	-
Trade creditors	18,323	7,645
Accruals and deferred income	3,701	3,995
	24,024	11,640

	2020 £	2019 £
Deferred income at 1 November 2019	470	710
Resources deferred in the year	-	470
Amounts released from previous periods	(470)	(710)
Deferred income at 31 October 2020	-	470

Deferred income related to workshop fees received relating to the next financial year.

14 BANK LOAN

CREDITORS: amounts falling due after more than one year	**2020**	**2019**
	£	**£**
Bank loan	18,000	-
	18,000	-

During the period the charity took out a bounce back loan of £20,000. This is repayable over 6 years at an interest rate of 2.5%. During the first year the government will cover the cost of the interest.

15 LEGAL STATUS

The Charitable Company is limited by guarantee and does not have a share capital. In the event of the Charitable Company being wound up, the liability of the members is limited to £1 each.

16 OPERATING LEASE

Operating lease - lessee

On 1 May 2014 Somerset Counselling Centre entered into a six year lease on Apsley House, Tower Street, Taunton. The rent is £11,700 (plus VAT) per annum plus an annual service charge capped at £1,000 per annum (plus VAT). The lease term ended on 30 April 2020. SCC continues to lease Apsley House under a continuation tenancy for the present time.

On 10 June 2014 Somerset Counselling Centre executed a Managed Print Service Agreement with ITEC Connect Limited for photocopier hire and usage. Somerset Counselling Centre has contracted under this agreement to pay quarterly for five years a sum which varies with print usage but which is currently £359.04 per quarter (inclusive of VAT). This lease has now expired and the asset returned.

At 31 October 2020 the total future minimum lease payments the Charity had under non-cancellable operating leases were as follows:

	2020	**2019**
	£	**£**
Within one year	-	7,020
Within two to five years	-	-
	-	7,020

Operating lease – lessor

On 1 May 2016 Somerset Counselling Centre entered into a lease for three years and eleven months to let two rooms at Apsley House, Tower Street, Taunton to Wessex Business School Limited for £6,000 per annum. The lessor vacated the property in March 2020 at the end of the lease.

At 31 October 2020 the total future minimum lease payments receivable the Charity had under non-cancellable operating leases were as follows:

	2020	**2019**
	£	**£**
Within one year	-	1,500

17 FUNDS

	Balance at 1 November 2019	Income	Expenditure	Transfer between funds	Balance at 31 October 2020
	£	£	£	£	£
Restricted funds					
National Lottery	-	19,080	(6,400)	-	12,680
Coronavirus Emergency Fund	-	8,100	(8,100)	-	-
Somerset Coronavirus Response and Recovery Fund	-	4,075	(4,075)	-	-
Somerset Community Foundation	-	6,892	-	-	6,892
Total restricted fund	-	38,147	(18,575)	-	19,572
Unrestricted funds					
General fund	27,459	154,941	(144,547)	6,293	44,146
Designated funds					
Louise Robinson award fund	72	-	-	(72)	-
Closure fund	10,000	-	-	-	10,000
Bursary fund	3,168	-	-	(3,168)	-
Simon Milner-Barry fund	3,053	-	-	(3,053)	-
	43,752	193,088	163,122	-	73,718

	Balance as at 1 November 2018	Income	Expenditure	Balance as at 31 October 2019
	£	£	£	£
Unrestricted Funds				
Unrestricted fund	26,947	127,508	(126,996)	27,459
Designated funds				
Louise Robinson award fund	72	-	-	72
Closure fund	10,000	-	-	10,000
Bursary fund	3,168	-	-	3,168
Simon Milner-Barry fund	3,053	-	-	3,053
Total funds	43,240	127,508	(126,996)	43,752

The specific purposes for which the funds are to be applied are as follows:

Restricted funds

National lottery – funding for the provision of low-cost mental health services in Somerset.
Coronavirus emergency fund – For the provision of short-term mental health and wellbeing therapy in the COVID period.
Somerset coronavirus response and recovery fund – To provide COVID equipment and IT support to enable the transition to working in the COVID restrictions.
Somerset community Foundation – funding for up to 12 care leavers receiving emotional support and wellbeing.

Designated funds

The Closure Fund was set up in May 2003 and was set up to hold funds for the closure of the service should it become necessary. The balance of the Fund was fixed at that time at £10,000 and has remained at that amount during the year as the Trustees have appropriated accumulated interest received to the General Fund.

The Louise Robinson Award Fund was set up following a donation from the estate of the late Louise Robinson, a previous Director of the Centre. The Bursary Fund was set up with a windfall donation from Devon Counselling Centre and the proceeds of a Centre fundraising initiative to provide a fund from which to subsidise low cost counselling for persons in need. The Simon Milner-Barry Fund was set up following a donation from the estate of the late Simon Milner-Barry, a long term supporter and Trustee of the Centre, to provide an enduring enhancement of the Centre in his memory.

During this pandemic the centre was forced to close, face to face counselling ceased, and rooms could not be let to counsellors thus reducing the income available for supporting low cost places. At that time the trustees took the decision to redesignate the Louise Robinson fund, the Bursary Fund and the Simon Milner-Barry Fund to enable the continued support of low cost places to clients at a vital time.

18 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	General Fund	Restricted Funds	Designated Funds	Total 2020
	£	£	£	£
Fixed assets	5,204	-	-	5,204
Net current assets	56,942	19,572	10,000	86,514
Creditors due in greater than one year	(18,000)	-	-	(18,000)
Net assets	44,146	19,572	10,000	73,718

Prior year

	General Fund	Restricted Funds	Designated Funds	Total 2020
	£	£	£	£
Fixed assets	6,813	-	-	6,813
Net current assets	20,646	-	16,293	36,939
Net assets	27,459	-	16,293	43,752