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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”**

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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

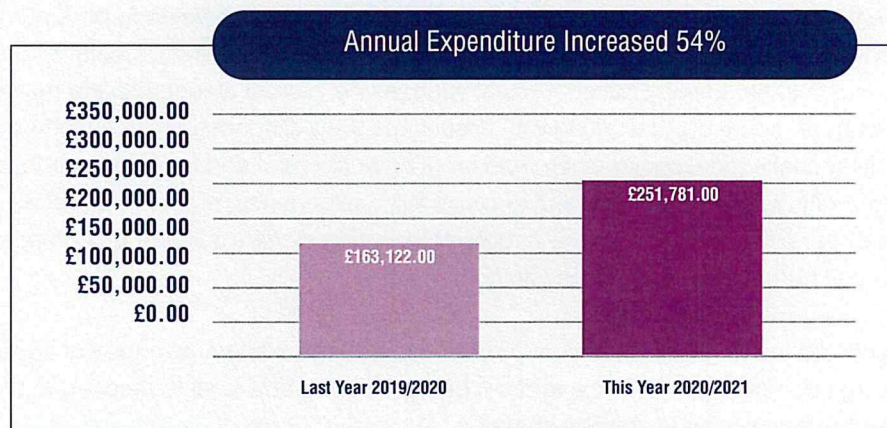
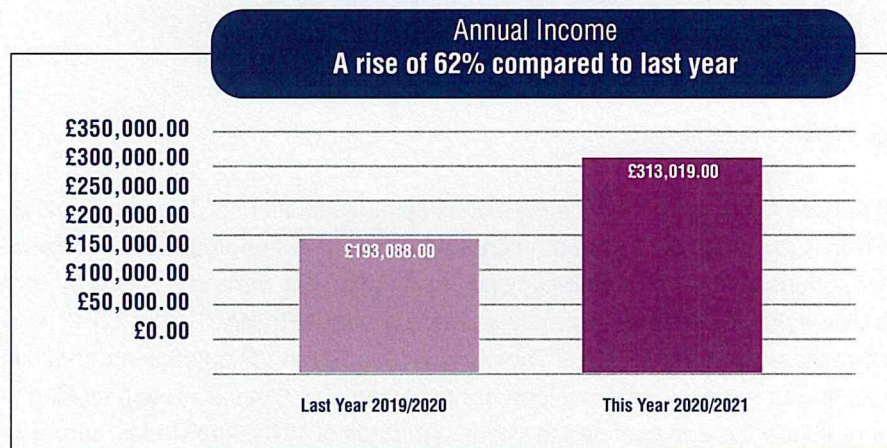
Our counselling service is accredited by the (BACP) British Association for Counselling and Psychotherapy. This is an indicator of our commitment to the highest of organisational standards, excellent quality of counselling service delivery and strong clinical governance. We support and expect that counsellors 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.

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?

1. Provision of accessible counselling	Optimise Income	Increase Capacity	Create Innovative Packages
A	B	C	
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	

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?

2. Promotion of greater understanding of the role of motions in psychological healing				Counselling Services Networking	Lived Experience	Counselling Awareness Days
				D	E	F
D				E		F
<ul style="list-style-type: none">• 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				<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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

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.

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?



- 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 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.

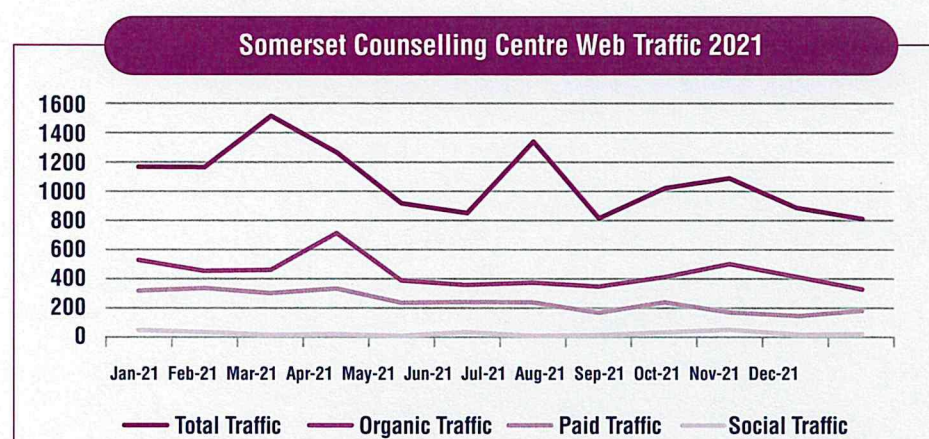
A 3 stage EMDR training is booked to start February 2022. This is a step-change in delivery in partnership with Dr Robin Logie.

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%

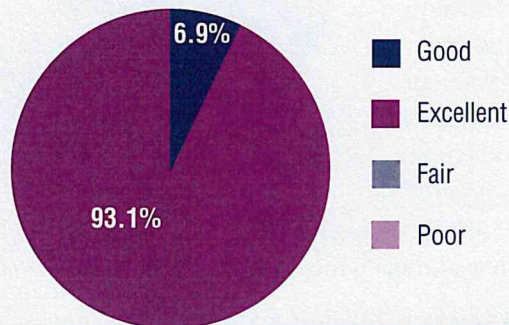
There has been a total of 26,232 page views on the website in 2021. The increase in web visitors has been significant in 2021 compared to 2020 and previous years. 86% of all traffic is from new visitors, people who have never been to our website before.

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

Client Feedback on level of Professionalism, Understanding, Skill, Warmth and Trustworthiness (2020/2021)



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.

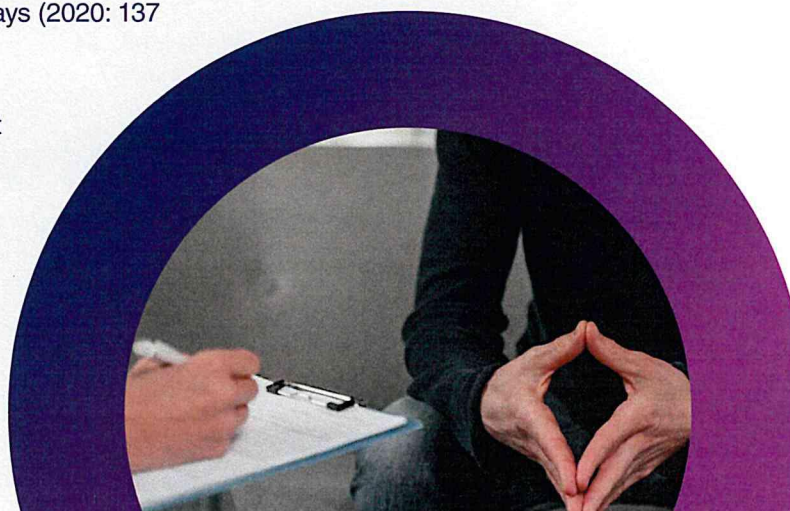
Reserves Policy

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.



Future Developments

“Achieve sustainable positive change on your journey”

“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

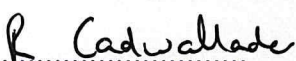
My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or 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.



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

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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.

Notes to the Financial Statements (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.

Notes to the Financial Statements (continued)

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

Notes to the Financial Statements (continued)

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).

Notes to the Financial Statements (continued)

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
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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).

Notes to the Financial Statements (continued)

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.

Notes to the Financial Statements (continued)

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.

Notes to the Financial Statements (continued)

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.

Notes to the Financial Statements (continued)

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

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TA1 4BH

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Company Registration Number

02926858

Charity Registration Number

1038975

Bankers

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