

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

Trustees' Report

CONTENTS

	Page
Trustees' Report	
Executive Summary	1
Performance	2
Statement of purpose	2
Priorities	3-4
Principles	5-6
Financial Review	6-7
Future Developments Looking forward	8-9
Governance	10-11
Statement of Trustees' responsibilities for the financial statements	12
Independent Examiner's Report	13
Statement of Financial Activities	14
Balance Sheet	15
Statement of Cash Flows	16
Notes to the Financial Statements	17-26
Legal and Administrative Details	27

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.

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.

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.

Trustees' Report

- **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.

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.

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).

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.

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.

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.

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.

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 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, 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).

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 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)

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H Fry
Secretary

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.

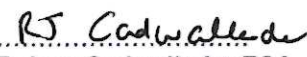
Independent Examiner's statement

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.


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 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.

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:-

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

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.

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.

SOMERSET COUNSELLING CENTRE

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.

SOMERSET COUNSELLING CENTRE

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).

SOMERSET COUNSELLING CENTRE

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).

SOMERSET COUNSELLING CENTRE

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).

SOMERSET COUNSELLING CENTRE

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
	-----	-----

SOMERSET COUNSELLING CENTRE

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.

SOMERSET COUNSELLING CENTRE

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
	-----	-----	-----	-----	-----

SOMERSET COUNSELLING CENTRE

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

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 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

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

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Apsley House
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TA1 4BH

Registered Office

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TA1 4BH

Company Registration Number

02926858

Charity Registration Number

1038975

Bankers

Lloyds Bank plc
31 Fore Street
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Independent Examiner

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