

Charity registration number 1045464

Company registration number 02948386 (England and Wales)

NOTTINGHAM COUNSELLING SERVICE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

NOTTINGHAM COUNSELLING SERVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees Ms M M Fitzpatrick
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Arruda
Mrs H J Rapinet
Mr C J B Sims

Secretary Mr L McDonald

Charity number 1045464

Company number 02948386

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NOTTINGHAM COUNSELLING SERVICE

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NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees are very pleased to present their report incorporating director's report and financial statements for the Charity for the year ended 31 March 2022, which are also prepared to meet requirements for the directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective January 1,2016).

We hope the report accurately reflects the significant progress made during a challenging year, on all fronts as a result of the COVID-19 pandemic and lockdown. Our achievements and performance have been exceptional, and the organisation is now in a far stronger financial position than it could have hoped for given the circumstances.

The trustees acknowledge with thanks the hard work, goodwill, dedication and determination of the small committed staff comprised of the Executive Director, Senior Administrator, Finance Officer and new Clinical Services Manager for steering the organisation through this transformative period. We also recognise and value the work of our counselling workforce whom resolutely supported our vulnerable clients and responded positively to the new approach of delivering our services online.

Objectives and activities

The NCS activities focus on promoting excellent quality counselling services which support the local population to manage mental and emotional related wellbeing issues. The impact of our service can be measured in terms of a holistic process for sustainable: recovery, and management of psychological problems and other life's changes and challenges as presented by individual clients.

NCS provide a safe community friendly space in which local people with mental health challenges can have someone to talk to and help them to reflect on the issues affecting them. This results in improved mental and physical health and better day to day functioning for the individual as well as contributing to healthier communities.

NCS's purpose as set out in the objects contained in the company's Memorandum and Articles of association are:

- To promote charitable purposes for the benefit of the population primarily within the counties of Nottinghamshire and East Midlands and in particular but not exclusively the furtherance of health and the relief of distress and sickness associated with emotional, personal, marital, family or related problems
- In support of the above purposes, to provide a confidential counselling service, education, training and support for counselling, and to develop counselling resources.

In shaping our objectives and planning our activities the trustees have considered the charity commission's guidance on public benefit. Each year we consider carefully the balance between the financial resources we require in order to continue delivering a sustainable and reliable service in response to local demands in an ever-transforming environment.

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Aims of the charity

Our vision

Our vision is that people from all walks of life should enjoy good mental health and well-being and have access to services tailored to their needs regardless of background, ethnicity or circumstances.

Our mission

NCS mission is to be an exemplar Counselling Centre serving the community, providing a range of quality psychological counselling services for adults with enduring and complex mental health that are meaningful and have a positive impact on individuals, communities, economy and wider society.

Social value

During the period we provided counselling support to 366 clients and delivered a total of 4,841 counselling sessions, for vulnerable adults that self-referred. The equivalent cost for therapy provided, would have the equivalent value of around £1.02m for IAPT delivered through the NHS. A programme of counselling has been shown to have a value to society over 12 months of at least £4,800 per client. We estimated value of our service to the public £1.76m during the period.

Awards and recognition

NCS has won another from SME News Midlands Enterprise Awards 2022, as the **Best Counselling Service in Nottinghamshire**. We were also pleased to receive from Nottingham City Council, Nottingham Star recognition for the support we provide to vulnerable adults during the National Mental Health Week, with special thank you from Cllr Rebecca Langton on behalf of Nottingham City Council. In addition, we were featured in the BACP Therapy Today Magazine, January 2022 edition, in recognition of our achievement as an accredited service.

Our values

We aim to treat people with dignity and respect, recognise cultural and other differences and work with diverse communities and service users. As an accredited counselling service and member of the BACP, NCS operates within the strict confidential guidelines and practice according to the BACP Ethical Framework for the Counselling Professions working to serve the community and change lives. These values are underpinned by the following goals:

- a warm, friendly and welcoming therapeutic environment
- a quality service personalised to each client's needs
- professional, reliable and trustworthy counselling personnel
- cross cultural workforce and client base

Achievements and performance

NCS routinely monitor six Key Performance Indicators (KPI's) and produce quarterly reports throughout the year for the Board of Trustees and other stakeholders. Also, we measure the social value of our work and the summary of both are below for the year:

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Key performance management indicators:

- **Counselling sessions** – a record year, 4,985 sessions delivered, closed the target the organisation to reach by 2024. This comprised of 4,706 sessions with individuals in long term counselling contracts, 144 Employee Counselling sessions and for 105 Couples counselling and 30 group sessions. The total was 228 more than last year.
- **Waiting times** (time taken to see a client from initial enquiry to assessment) the waiting time reduced from 31 days for the year.
- **Waiting list** at the year-end (number of assessed clients waiting to be assigned a counsellor) was just 11, which was much double last year's total.
- **Cost** (based on actual numbers of counselling sessions delivered) was £64.72 per session.
- **Income** from activities (based on total income divided by actual counselling sessions delivered) was £77.88 per session.

Social impact of NCS services locally - for the year 366 people received counselling from NCS. We estimate the value of the service to society to be in the region of £1.76 million and this saved the public purse £1.02m. For the period, our workforce of volunteer counsellors provided an estimated £373,875 of counselling/therapy support free of charge.

About the beneficiaries of our services

New referrals – During the period 1,026 clients registered with us for support, 506 more than last year 97%. The majority 92% was for individual support and 8% for couples counselling. Over a half (58%) 596 lived in Nottingham City. 430 referrals lived outside Nottingham City: 41 Ashfield borough (4%), 123 Broxtowe borough Council (12%), 92 from Gedling borough (9%), 89 Rushcliffe borough (8.7%), from, and 85 from Other areas (11%).

Profile of clients entering counselling & therapy support – over the period 366 individuals received one or more sessions of counselling support from NCS. 168 clients started during period and the end of the year we had a caseload of 198 clients continuing. The summary below shows the characteristics and diversity of the clients served:

- **Gender:** *Female* 57%; *Male* 35% and 8% *did not specify*
- **Age:** 20 and below (6%), 20-29 years old (39%), 30-39 years old (23%), 40-49 years old (23%), 50-64 years old (7%) and 64 years and older (2%). The average age was 33.5 years.
- **Ethnicity:** *White/ European* (81.2%), *Non-white* (18.8%);
- **Economic Status:** Employed Full-time (28.7%), Part-time Employment (9.6%), Unemployed (7.5%), Students (12.8%) Self-Employed (5%), Retired/Disabled and other (1.4%), preferred not to say (35%) .
- **Income:** < £17.5k pa (74%), £17.5- 29k pa (19%) and £30k pa and above (7%). The overwhelming majority of our clients (93%) had income below £30,000. They were from households with income below the average Household Income for Nottingham City. This demonstrates we are providing affordable access to counselling therapy which many would not otherwise be unable to access privately.

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Outputs - During the year 366 clients received therapy. 161 clients started their counselling and 98 completed counselling. We delivered 4,706 counselling sessions relating to the NCS open-ended counselling service. The number of long-term counselling sessions was 79 more than last year representing an increase of 1.7%. We provided on average 252.6 days of support with each person attending 21.4 sessions of support for people completing therapy. The attendance rate on average was 89%.

Outcomes the key outcomes measure for our clients are below taken from CORE Net:

- 65% of clients completing therapy made reliable clinical/change
- 70% were helped to improve their decision making
- 63% day to day functioning improved
- 70% of clients recorded they develop coping strategies/techniques
- 84% of clients recorded they were able to explore their feelings/problems
- 73% of clients counselling helped to improved their personal insight/understanding

External partnerships and networks involvement

The NCS Executive Director represents NCS and acts as a voice for the other small VCS organisation and/or ethnic minority groups on a variety of platforms as summarised below. Although this is not part of his core work, these activities, nonetheless have become very important both for the positioning the organisation as a trusted and leading provider of mental health and wellbeing services. This has become more important since COVID-19 as call for action between VCS and mainstream providers was necessary to responded in timely manner to serve the community. Below are the key links and partnerships which we are involved which helps to raise our profile:

- **Nottingham City Health & Wellbeing Board (HWBB)** – the NCS Executive Director continued to regularly attended HWBB Board and Board Development meetings as the voice of smaller providers and representing the Voluntary and Community Sector Enterprises on the Board. He is a member of HWBB Mental Health Steering group and a champion for mental health.
- **Nottingham City – Integrated Care Partnership (ICP) Steering Group** - the NCS Executive Director continued to regularly attended ICP and Board Development meetings as the voice of smaller providers and representing the Voluntary and Community Sector Enterprises on the Board. He is a member of HWBB Mental Health Steering group and a champion for mental health.
- **Nottingham City Mental Health Collaborative for Better Mental Health** - is a network of individuals and organisations that aims to work together to prevent mental health problems and to improve the lives of people living with poor mental health. It is an advisory group to the Nottingham Integrated Care Partnership (ICP) - reporting progress, issues and making recommendations.
- **Nottingham ICPB Mental Health Group** - The group Nottingham City ICPB Programme Steering Group which has representation from a broad range of partners across the City. One of the objectives of this group is to foster closer working between ICPB partners (including Primary Care Networks) on mental health prevention and health inequalities. This group and most of the members are also linked to the mental health collaborative. This group focus on prevention and early intervention to services in the city.

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

- **Nottingham City Severe Multiple Disadvantage (SMD) Partnership:** The bring together all key delivery partners in the city that provide services for people with SMD. It will lead ICP's priority for supporting this cohort of local service users. The partnership has secure £4m funding over the next two years to deliver the Changing Futures Programme. NCS played a leading role in providing evidence about the needs of people from BAME for the funding application. We expect to continue playing a leading role with this partnership. The Executive Director is leading the Partnership Race Equity Workstream which is one of seven workstream of the SMD Partnership.
- **ICP BAME Health Inequalities Subgroup:** Bring together ICP partners and representatives from BAME communities to establish a collective response to addressing health inequalities experienced by BAME communities in Nottingham.
- **Nottingham Together BAME Subgroup** – the group is led by community and third sector representatives. It aims and objectives are to examine key identified areas and then offer constructive advice and recommend actions to the Nottingham Together Board for it to promote. The ICP BAME Health Inequalities subgroup remit is to work with the ICP and partners to address the priorities identified by the ICP Board.
- **Nottingham Police & Crime Commissioner – Community Listening Group:** The CLG will involve individuals, organisations or groups that have a remit of providing services to the BAME community, coming together to form a network. The CLG will provide a mechanism for any stakeholder to discuss concerns and issues relating to crime, victimisation, offending and policing affecting the BAME community.

Financial review

The financial year showed a surplus of £65,631. The balance of reserves at 31 March 2022 was £446,471 made up of £303,687 restricted funds; £3,252 of designated funds and £139,532 of unrestricted reserves.

The summary of the significant activities and achievements over the past twelve months were as follows:

Funding & income

Our primary focus for the year was financial survival and resilience. Our achievements below show we had another exceptional year. Financially the achievements have been made during a continued challenging in which the organisation has excelled and delivered a very strong performance. This gives a great deal of satisfaction, assurance and confidence going into the new financial year. The achievements summarised as follows:

- **Grants & donations** - total receipts were £169,307 for the period. We are particularly grateful for to all our funders for their support: £52,803 from the Department of Health & Social Care (DHSC) – Suicide Prevention Scheme, £48,005 Social Enterprise Investment Scheme (SEIS), £12,000 Nottingham City Council – Covid-19, Tier 4 & Lockdown, £7,750 Nottinghamshire County Council -Local Improvement Scheme, £27,862 Comic Relief, £9,288 HMRC Job Retention scheme, £7,565 Kickstart. We also received £4,034 NHS Nottinghamshire Charities Together (NHSCT) part payment.
- **Income in-kind** - total amount was £74,470 this comprised of: Google AdGrant which allowed the organisation to for Pay Per Click advertising (AdWords advertising). We spent the equivalent of £24,168 from this grant. The Transform Foundation and Raising IT £4,224 (40% subsidy) for our digital website platform plus from £3,600 Raising IT for the management of our AdWords Account. The University of Nottingham Digital Academy also provided two consultancy projects of 10 days each undertaken by a team of students. Plus, we had Mindfulness-based training for counsellors which was not charged for by Lesley Kidd, Bien-Etre Therapy.
We are acknowledged Nottingham City for the 100% Business Rates Relief £19,942 and HMRC £4,000 Small Employer compensation Allowance. These are not included in the accounts.
- **Service users contributions** for the period the amount received from service user's contributions was £109,76. We also claimed £6,938 Gift Aid from HMRC from those that client who signed the Gift Aid Declaration. During the period we've started to reclaim Gift Aid from client that make payment via our Stripe Account included in the above amount. The amount from Gift Aid is lower £ because of some eligible clients finishing therapy and no new donor have been signed up since lock down.
- **Income from investments** - due to the premises being close we generated Nil receipts from the property relating to room hire or rental. The premises have been closed since February 2020.
- **Employer assistance programme (EAP) & other services** - due to the pandemic, income from Employers and Other contracted services generated £10,060. This exclude £5K advance payment from the Nottingham MS Centre, to deliver therapy support for the service users during 2022/22. Income from other activities amounted to £14,096 for the period.

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Reserves policy

The charity recognises the need to generate sufficient reserves so that the organisation can operate on a sound financial basis. It has an established policy whereby unrestricted investment funds not committed or invested in tangible fixed assets held by the organisation should be equivalent to or equal to three months of operational expenditure. At the end of the period the general funds showed reserves of £139,532.

Plans for future periods

The main focus of NCS over the coming financial year will be to deliver our promise to make counselling accessible for all and not restrict access due to a client's background or circumstances. The focus of our activities and approaches are outline below.

Continue delivering access to accredited counselling and therapy services for people from Black and Asian background under the age of 30 through the Milestone Partnership led by Tuntum Housing Association. The partnership had already secured over £450K through Comic Relief, to deliver the Headwize Project. This include retaining the Lamplight Database Administrator on behalf of the partnership to support their staff to engage with and maintain client's data for Headwize.

We will continue develop the Black & Asian Health Alliance Group (BHAG). This is the collective of five organisations (AWEF, BAC-IN, NCS, Pathways Housing & Support for Survivors). Through the SESF funding we will employ a Partnership Manager to develop capacity, joint working and co-production of services for ethnic communities.

Continue to make the services affordable for all client groups by securing grant funding to provide free/subsidised counselling for up to a year. Ethnic clients' now accounts for 40% of all clients supported by NCS. We want to ensure we can continue to maintain a diverse workforce and client base that is representative of the population in Nottingham City and Nottinghamshire. We will utilise funding received from Nottinghamshire County Council and Nottinghamshire NHS Charities Trust to develop the BAME Counselling Hub, supporting more ethnic clients and recruiting and retaining counsellors from diverse ethnic backgrounds. Making our services culturally respectful and appropriate. Working collaborative with the above

The organisation is positioned to play a significant role within the Nottingham City Integrated Care Partnership (ICP). NCS along with BAC-IN and Pathways Housing Association has played a major role in helping the ICP to secure £4m, Changing Futures funding to provide better support for people with Severe Multiple Disadvantages (SMD). Through the partnership with BHAG we were successful in securing commission to undertake "Rapid needs assessment for the ethnic minority communities" valued £3.5K. we were also commission to develop Race & Cultural Training Resources for the SMD Partnership working with the Product Development Unit, a learning resource managed by NCVS. The value of this work was £2k. Going forward. Given the above, we expect to continue having a major role with "Changing Futures, including delivering services/activities commissioned to address people from Black and Asian ethnic backgrounds through the BHAG collective.

The SMD Partnership has endorsed the NCS Executive Director to lead its RACE Equity Workstream well as continuing as a leading expert and member of the Nottingham ICPB-Health Inequalities working group and also the ICPB Mental Health Collaborative. NCS is also committed to developing further support and recognition for adult Survivors of Childhood Sexual Abuse. We will continue to work to develop the BAME Alliance Group (BAG) incorporating the Breaking the Silence Partners.

We will also seek ways to promote our time limited and solution focused services local employers and VCS organisations. This will contribute toward our plans to increase and improved earned income.

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Priorities for the future

We will continue to implement our 2020-2024 Business Strategy. Our priorities over the next 12 months are as follows:

- Review and refresh our current strategic plans for 2020-2024
- To continue transforming our services, responding post COVID-19 challenges and opportunities
- Develop our blended service approach/offer (online and in-person counselling)
- Secure new grant funding to cover core staff and overheads, making the organisation more resilient
- Fully embed the Factorial and Cademi platforms used by all practitioners for communication
- Maintain ISO 9001 and BS76000 Quality Systems and BACP Accredited Service standards
- Work in partnership with Nottingham City ICPB as a key partner addressing health inequalities
- Utilise the Google AdWords grant in order to promote NCS causes
- Facilitate Continuous Professional Development (CPD) opportunities for our practitioners
- The Executive Director will continue representing the organisation within the various partnership
- Developing further collaboration between NCS and local ethnic led organisations as appropriate
- Recruiting new Trustees to support and complement the existing team
- Consolidate the staffing structure especially clinical management of the services

Governing document

The organisation is a charitable company limited by guarantee, registered as a Charity since 1983 and incorporated 14 July 1994. The company was established under a Memorandum of Association (amended 13 August 2013) which establishes the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up the members are required to contribute an amount not exceeding £1.

Organisational governance

The period was relatively stable and the Trustees held 4 meetings in total. The members of the board are responsible for the strategic direction and policies of the charity. Board members are drawn from a variety of professional backgrounds, including the three new members appointed February 2022. The Company Secretary who is also the Executive Director sits on the board but has no voting rights.

The Executive Director and Senior Administrator were the only full-time employees during the year. The Executive Director is responsible for all aspects of day to day operations, functional management and developing the services. He is accountable to the Board of Trustees for governance and ensuring that the charity delivers the services specified in all contractual agreements. Other key operational management responsibilities include Quality Management, reviewing and monitoring the Risk Register, the achievements of Key Performance Outcomes, developing and implementing Digital and Communication Strategy, Fundraising and Financial Management and Partnership Development.

The charity operated with the extra paid employees. The Clinical Services Manager, Social Media Manager and AdWords Campaign Manager were contracted to provide support services. We did not provide cover for Administrative Assistant who had taken a second period of maternity leave and also the Receptionist has been on the Governments Furlough programme since April 2020. For the period the key personnel employed by the charity were as follows:

Leslie McDonald	Executive Director
Shaz Majid	Counselling Service Manager
Sylvia MacDougall	Finance Administrator (12/2021 Left)
Shameem Khan	Administrative Assistant (Maternity leave/Furloughed)
Louise Blonde	Senior Administrator (Furloughed)
Joseph McDonald	Digital Administrator – CORE Net
Adriane Mina	Database Administrator - Lamplight (Headwise Project)
Claire Barber	Development & Communications Manager (started 01/22)
Juliet Edwards	Social Media Management (External consultant) (Left 07/21)
Access Group	AdWords Campaign Management (External consultant)

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr L Edwards MBE	(Resigned 11 March 2022)
Ms J Gray	(Resigned 21 December 2021)
Ms M M Fitzpatrick	
Miss J Smith	(Resigned 21 December 2021)
Ms K Smith	(Resigned 21 December 2021)
Dr M A Borges Cursino De Freitas Arruda	
Mr C Udenze	(Resigned 21 December 2021)
Mrs H J Rapinet	
Mr C J B Sims	

Recruitment and appointment of board of trustees

The charity's work is focused on promoting access to quality accessible counselling and psychotherapy services for all, which is affordable to adults aged sixteen and over from all communities and backgrounds throughout Nottinghamshire and the East Midlands.

The Directors of the company are also charity Trustees. They are known as members of the Board of Trustees. For the purpose of charity law and under the company's articles of association and Articles of Association they are responsible for governing the organisation. The members are elected at the Annual General Meeting (AGM) .

All the Board members give their time voluntarily and receive no benefits or payments from the charity. The Board of Trustees seek to ensure that diversity is reflected within the trustee body. As shown above we sadly said goodbye to several long standing trustees, who due to personal circumstance during the COVID-19 pandemic had become inactive. We did not undertake any new appointments during the period.

Trustees induction, training & governance

The Trustees were highly active in supporting the Executive Director with developments. The role of Clinical Lead previously undertaken by Jinny Gray is now being undertaken indefinitely by Martin Simpson, one of our experienced Clinical Supervisors with the approval of the BACP. He acts as an adviser to both the Executive Director and Board.

Principal risks and uncertainties - The trustees continued to review and monitor the risks faced by the charity. The Executive Director maintains and monitors the organisation's Risk Register and monitors Cashflow routinely. Internally prepared Financial Statements including the Balance sheet are produced and presented Quarterly alongside the Income and Expenditure Statement by the Executive Director. There were no significant risks identified over this period. The focus remains on serving diverse client groups and to achieve sustainable income streams and funding to match the organisation's ambitions.

Clinical service development

This was a transformational year for the organisation, one in which we moved from deliver all services and activities from in person to online. During the period we appointed Nick Dear as Clinical Services Manager. This provided a focal point and some consistency in clinical approach, practices and administration which had had arisen as a result of the transformation from in-person service provisions to online. Jinny Gray, Trustee, continued the role of Clinical Lead until March 2022. But in March 2022 this position was relinquished. This role is currently held interim by Martin Simpson. There were no significant clinical issues.

We are very grateful to Nick Dear, for overseeing client's assessments, the training of new Assessors and supporting the Executive Director, and tireless support to the Counselling Services Manager.

NOTTINGHAM COUNSELLING SERVICE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Non-staff supervisors:

We were pleased to retain the services of the team of eight regular approved supervisors that support our clinical workforce of 32 experienced clinicians and 30 trainees/students. Caroline Phillip and Elizabeth Cooksley, external supervisor also contributed to the work of the regular team below.

Non-staff personnel:

Ian Boorn	Approved Clinical Supervisor
Alison Cooney	Approved Clinical Supervisor
Manisha Dickenson	Approved Clinical Supervisor (left 04/21)
Faith Hewitt	Approved Clinical Supervisor (left 08/21)
Rachel Keetley	Approved Clinical Supervisor
Martin Simpson	Approved Clinical Supervisor
Rob Spicer	Approved Clinical Supervisor
Sarah Chadderton	Trainee Clinical Supervisor

The Clinical Supervisors held bi-monthly meetings to share and exchange ideas and concerns. Martin Simpson Clinical Lead along with the above team, developed: consistent supervision approach, practice, safeguarding guidance, plus ongoing development of supervision practices. The Counselling Services Manager (Shaz) provided support to both the supervisors, counsellors and clients, managing the ongoing transition and development of our blended service (online and in-person).

Non-staff counsellors:

During the period we completed 184 assessments. It has been a record year surpassing expectation. 66 more sessions completed, representing 56% increase. Delivered by the pool of senior counselling personnel. Responding to increase demands and the needs of an increasing vulnerable clients with multiple and complex needs post COVID-19. The pool of trained and experienced counsellors below.

Helen Arnold	Assessor/Associate
Claire Barber	Assessor/ Associate
Stuart Barnes	Assessor/Associate
Katie Boyd	Assessor/Associate
Susan Bradley	Assessor
Sarah Chadderton	Assessor/Associate
Sharron Cotterill	Assessor/Associate
Sarah Crutchley	Assessor (left 05/21)
Rob Green	Associate/ Associate
Katrina Kirkbride	Associate
Karen Parsons	Assessor/Associate
Leila Simms	Assessor/Associate
Jo Solomon	Group Counsellor (left 12/21)
David Wilkes	Assessor/Associate
Mary Wilson	Couples Counsellor

Counselling workforce

During the period 66 counsellors practiced at NCS. The workforce comprised; a pool of 40 experienced counsellors and 26 trainee counsellors. 12 new counsellors started their placement, they were mainly from The Sherwood Psychological Training Institute (SPTI). For the financial ended 31 March, we lost the services of 14 experienced counsellors, who left for personal reasons.

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Business development

Digital strategy – Our website hosted by Access Group is a pivotal part of our strategy. We have not employed a dedicated staff member to maintain and administer the platform. But in spite of this we've achieved a good year with increased new visitors and the key metrics showing up well for the period. This has been aided by spending using our Google AdWords Grant. Google my Business Page and limited social media postings. More about these below. We continued use CORE Net to record our clients contact and outcomes. All counsellors and clients are now engaged with the platform. We have commissioned four new digital platforms which will help deliver our services and improve operations. All this made possible through successful funding secured:

- **BT- One-line** broadband and phone system – giving better connectivity, flexibility and mobility
- **Zoom** – Corporate multiple licenses for counsellors to deliver online therapy
- **Cademi** – Learning Programmes and resources, including approved ROSPA CPD
- **Factorial** – HR & Personnel, maintain workforce information and help with onboarding

Website - www.nottinghamcounsellingcentre.org.uk had 15k users for the year, of which 14.7 were new. Of the visitors 44.4 % found us through organic search. The level of referrals increased by 38%.

Google AdWords grant – for the period we spent \$29.2 for online advertising to promote six campaigns to raise awareness of our services and causes.

Other marketing and promotion – We maintained our free entries in the local Nottinghamshire Help your Self and Ask LiON, plus Yell.com online Directories. Plus have free listings in the NG Healthcare Publications. We also continued to display our poster and leaflets at the Nottingham City Hospital.

Social media – We took over responsibility for our social media platforms which Juliet Edwards managed for us up to July 21. The Executive Director took over responsibility for this function. In spite of not having a dedicated professional support service for most of the year, support for the organisation grew significantly on all platforms. At the year-end, we had the following number of followers and supporter on our platforms as follows: 562 Facebook (68%), 238 on LinkedIn (42.5%) and 357 on Twitter (77%).

Memberships including: of BACP www.bacp.co.uk ; Chamber of Commerce www.dnccc.co.uk ; National Council for Voluntary Organisations (NCVO) and local Adult Providers Networks locally.

The Trustees report was approved by the Board of Trustees.

.....
Mr L McDonald
Trustee

Date:

NOTTINGHAM COUNSELLING SERVICE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NOTTINGHAM COUNSELLING SERVICE

I report to the Trustees on my examination of the financial statements of Nottingham Counselling Service (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the Trustees of the charity (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 charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity'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 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 charity 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 accounts 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 the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (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.

Philip Handley FCA

HSKS Greenhalgh
Chartered Accountants
3rd Floor Butt Dyke House
33 Park Row
Nottingham
NG1 6EE

Dated:

NOTTINGHAM COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

Current financial year

		Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
	Notes					
<u>Income and endowments from:</u>						
Donations and legacies	3	43,807	-	27,862	71,669	56,422
Charitable activities	4	137,255	-	104,842	242,097	264,920
Other income	5	74,470	-	-	74,470	48,254
Total income		255,532	-	132,704	388,236	369,596
<u>Expenditure on:</u>						
Charitable activities	6	181,309	1,084	127,308	309,701	242,242
Other	10	12,902	-	-	12,902	11,118
Total expenditure		194,211	1,084	127,308	322,603	253,360
Net incoming resources before transfers		61,321	(1,084)	5,396	65,633	116,236
Gross transfers between funds		5,724	-	(5,724)	-	-
Net income/(expenditure) for the year/ Net movement in funds		67,045	(1,084)	(328)	65,633	116,236
Fund balances at 1 April 2021		72,489	4,336	304,015	380,840	264,604
Fund balances at 31 March 2022		139,534	3,252	303,687	446,473	380,840

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

NOTTINGHAM COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

		Unrestricted funds general 2021 £	Unrestricted funds designated 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes				
<u>Income and endowments from:</u>					
Donations and legacies	3	56,422	-	-	56,422
Charitable activities	4	124,406	-	140,514	264,920
Other income	5	48,254	-	-	48,254
Total income		229,082	-	140,514	369,596
<u>Expenditure on:</u>					
Charitable activities	6	99,947	1,445	140,850	242,242
Other	10	11,118	-	-	11,118
Total expenditure		111,065	1,445	140,850	253,360
Net incoming resources before transfers		118,017	(1,445)	(336)	116,236
Net income/(expenditure) for the year/ Net movement in funds		118,017	(1,445)	(336)	116,236
Fund balances at 1 April 2020		(45,528)	5,781	304,351	264,604
Fund balances at 31 March 2021		72,489	4,336	304,015	380,840

NOTTINGHAM COUNSELLING SERVICE

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	11		624,973		625,202
Current assets					
Debtors	12	12,403		6,908	
Cash at bank and in hand		145,764		101,325	
		<u>158,167</u>		<u>108,233</u>	
Creditors: amounts falling due within one year	14	<u>(43,451)</u>		<u>(51,210)</u>	
Net current assets			114,716		57,023
Total assets less current liabilities			739,689		682,225
Creditors: amounts falling due after more than one year	15		(293,216)		(301,385)
Net assets			<u>446,473</u>		<u>380,840</u>
Income funds					
Restricted funds	16	303,687		304,015	
Unrestricted funds - designated		3,252		4,336	
Unrestricted funds - general		139,534		72,489	
		<u>446,473</u>		<u>380,840</u>	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on

.....
Ms M M Fitzpatrick
Trustee

Company registration number 02948386

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Nottingham Counselling Service is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 5, Victoria Court, Kent Street, Nottingham, Nottinghamshire, NG1 3LZ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Donated goods and services are recognised as income when the charity has control over them with goods being valued at market value and services valued at the amount the charity would be willing to pay for them.

The monetary value of volunteer services are not recognised in the Statement of Financial Activities.

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received, and the amount can be measured reliably and is not deferred.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings, they have been allocated to cost of raising funds and expenditure on charitable activities on the basis consistent with use of the resources. Overheads have been allocated on a basis of budgeted turnover.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	in accordance with the lease length
Fixtures and fittings	25% on reducing balance
Computers	25% on reducing balance

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

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

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected.

If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in net income/(expenditure) for the year.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in net income/(expenditure) for the year.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.10 Taxation

The charity is a registered charity and has no liability to corporation tax on its charitable activities under the Corporation Tax Act 2010 (chapters 2 and 3 of part ii, section 466 onwards) or Section 256 of the Taxation for Chargeable Gains Act 1992, to the extent surpluses are applied to its charitable purposes.

1.11 Retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds general 2021 £
Donations and gifts	7,204	-	7,204	18,719
Grant income	36,603	27,862	64,465	37,703
	<u>43,807</u>	<u>27,862</u>	<u>71,669</u>	<u>56,422</u>
Grants receivable for core activities				
Nottingham City Council	19,565	-	19,565	15,995
Coronavirus Job Retention Scheme	9,288	-	9,288	10,398
Nottinghamshire County Council	7,750	-	7,750	10,000
Comic Relief - COVID-19 fund	-	27,862	27,862	-
CAF Bank	-	-	-	1,310
	<u>36,603</u>	<u>27,862</u>	<u>64,465</u>	<u>37,703</u>

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	Counselling services 2022 £	Counselling services 2021 £
Sales within charitable activities	131,905	118,707
Services provided under contract	5,350	5,126
Performance related grants	104,842	140,514
Charitable rental income	-	573
	<u>242,097</u>	<u>264,920</u>
Analysis by fund		
Unrestricted funds - general	137,255	124,406
Restricted funds	104,842	140,514
	<u>242,097</u>	<u>264,920</u>

5 Other income

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Income in kind support	<u>74,470</u>	<u>48,254</u>

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

6 Charitable activities

	Counselling service 2022 £	Counselling service 2021 £
Staff costs	153,945	94,421
Depreciation and impairment	5,795	5,666
Hire of plant and machinery	3,546	4,456
Non staff counselling expenses	8,420	4,885
Rates and water	97	8,554
Insurance	3,052	2,877
Light and heat	2,667	2,181
Telephone	5,334	2,202
Postage and stationery	251	370
Advertising	26,242	35,110
Supervision	49,968	38,646
Bank charges	321	865
Repairs and maintenance	13,568	4,486
Internet and website	26,500	33,123
Travelling	30	126
Subscriptions	600	633
Other charitable expenditure	2,755	95
	<u>303,091</u>	<u>238,696</u>
Share of governance costs (see note 7)	6,610	3,546
	<u>309,701</u>	<u>242,242</u>
Analysis by fund		
Unrestricted funds - general	181,309	99,947
Unrestricted funds - designated	1,084	1,445
Restricted funds	127,308	140,850
	<u>309,701</u>	<u>242,242</u>

7 Support costs

	Support costs £	Governance costs £	2022 £	2021 £
Legal and professional	-	6,610	6,610	3,546
	<u>-</u>	<u>6,610</u>	<u>6,610</u>	<u>3,546</u>
Analysed between Charitable activities	-	6,610	6,610	3,546
	<u>-</u>	<u>6,610</u>	<u>6,610</u>	<u>3,546</u>

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

None of the Trustees (or any persons connected with them) were reimbursed any expenses during the year. (2021: £Nil)

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	7	5

Employment costs

	2022 £	2021 £
Wages and salaries	143,909	90,391
Social security costs	7,715	2,387
Other pension costs	2,321	1,643
	153,945	94,421

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2022 Number	2021 Number
£60,000 to £70,000	1	-

10 Other

	Unrestricted funds general 2022	Unrestricted funds general 2021
Financing costs	12,902	11,118
	12,902	11,118

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

11 Tangible fixed assets

	Leasehold land and buildings £	Fixtures and fittings £	Computers £	Total £
Cost				
At 1 April 2021	616,194	85,652	39,414	741,260
Additions	-	2,865	2,700	5,565
At 31 March 2022	616,194	88,517	42,114	746,825
Depreciation and impairment				
At 1 April 2021	6,130	78,447	31,481	116,058
Depreciation charged in the year	616	2,520	2,658	5,794
At 31 March 2022	6,746	80,967	34,139	121,852
Carrying amount				
At 31 March 2022	609,448	7,550	7,975	624,973
At 31 March 2021	610,064	7,206	7,932	625,202

12 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	3,950	505
Other debtors	4,161	4,162
Prepayments and accrued income	4,292	2,241
	12,403	6,908

13 Loans and overdrafts

	2022 £	2021 £
Bank loans	302,902	310,706
Payable within one year	9,686	9,321
Payable after one year	293,216	301,385
Amounts included above which fall due after five years:		
Payable by instalments	256,597	265,858

Bank loans are secured on a property located at Unit 5, Victoria Court, which has a carrying value of £609,448.

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

14 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Bank loans	13	9,686	9,321
Other taxation and social security		12,737	7,905
Trade creditors		15,995	30,203
Other creditors		1,155	948
Accruals and deferred income		3,878	2,833
		<u>43,451</u>	<u>51,210</u>

15 Creditors: amounts falling due after more than one year

	Notes	2022 £	2021 £
Bank loans	13	<u>293,216</u>	<u>301,385</u>

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2020 £	Resources expended £	Balance at 1 April 2021 £	Movement in funds			Balance at 31 March 2022 £
				Incoming resources £	Resources expended £	Transfers £	
Suicide Prevention Fund (SPF)	-	-	-	52,803	(52,803)	-	-
Social Enterprise Support Fund (SESF)	-	-	-	48,005	(41,205)	(6,800)	-
NHS Charitable Trust (NHSCT)	-	-	-	4,034	(4,034)	-	-
Social investment fund	304,238	(113)	303,930	-	(307)	-	303,623
Foundation capital	113	(28)	85	-	(21)	-	64
Comic Relief	-	-	-	27,862	(28,938)	1,076	-
	<u>304,351</u>	<u>(141)</u>	<u>304,015</u>	<u>132,704</u>	<u>(127,308)</u>	<u>(5,724)</u>	<u>303,687</u>

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

17 Analysis of net assets between funds

	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:								
Tangible assets	-	3,252	621,721	624,973	-	4,336	620,866	625,202
Current assets/(liabilities)	139,534	-	(24,818)	114,716	72,489	-	(15,466)	57,023
Long term liabilities	-	-	(293,216)	(293,216)	-	-	(301,385)	(301,385)
	<u>139,534</u>	<u>3,252</u>	<u>303,687</u>	<u>446,473</u>	<u>72,489</u>	<u>4,336</u>	<u>304,015</u>	<u>380,840</u>

NOTTINGHAM COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2022*

18 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).