

Company registration number: 02948386

Charity registration number: 1045464

Nottingham Counselling Service

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Community Accounting Plus
Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Nottingham Counselling Service

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Nottingham Counselling Service

Reference and Administrative Details

Trustees	Benjamin Waldram Maeve Fitzpatrick Martyn Groves-Williams Maria Arruda Michael Lees Samuel Nichols Christopher Julien Bouyer Sims Hilary Rapinet
Senior Management Team	Shoana Qureshi-Khan, CEO
Charity Registration Number	1045464
Company Registration Number	02948386
Registered Office	Unit 5 Victoria Court Kent Street Nottingham NG1 3LZ
Independent Examiner	John O'Brien, employee of Community Accounting Plus Units 1 & 2 North West 41 Talbot Street Nottingham NG1 5GL

Nottingham Counselling Service

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2024.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Benjamin Waldram (appointed 12 July 2023)
	Maeve Fitzpatrick
	Martyn Groves-Williams (appointed 12 July 2023)
	Maria Arruda
	Michael Lees (appointed 5 September 2023)
	Samuel Nichols (appointed 25 September 2023)
	Christopher Julien Bouyer Sims
	Hilary Rapinet

Structure, governance and management

Nature of 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 charity experienced a year bereft from grief and crisis due to the loss of Leslie Macdonald and an interim Executive director Graham Atkinson 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 four new members appointed July/August 2023. The Company Secretary who is also the Executive Director sits on the board but has no voting rights.

The Executive Director and Service manager 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. Holds accountability 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.

Nottingham Counselling Service

Trustees' Report

Induction and training of trustees

The Trustees have remained highly engaged in supporting the Executive Director with organisational developments and special thanks to Maeve Fitzpatrick as Chair of the board until January 2024 but remained a trustee, with the new appointment of chair Micheal Lees. A key figure in this process is Clinical Lead Martin Simpson, an experienced Clinical Supervisor approved by the British Association for Counselling and Psychotherapy (BACP). Martin plays an important advisory role, providing guidance to both the Executive Director and the Board, ensuring that clinical practice and governance are aligned with best practices and industry standards.

Director's Report

The Trustees are pleased to present their annual report, incorporating the Directors' Report and Financial Statements, for Nottingham Counselling Services (the "Charity") for the year ended 31 March 2024. This report has been prepared in accordance with the legal requirements set out for both the Trustees' Annual Report under the Charities Act and the Directors' Report and Accounts as required by the Companies Act. The Trustees take this opportunity to reflect on the Charity's performance over the past year, acknowledging both its financial health and the continued impact of its services on the local community.

In addition to statutory requirements, this report provides insights into the Charity's activities, its governance framework, and how we have navigated challenges, including the changing demands for mental health services. The Trustees wish to thank the entire team, including our dedicated staff, therapists, and volunteers, for their resilience, professionalism, and commitment to delivering high-quality counselling services throughout this period.

We hope this report accurately reflects the significant progress Nottingham Counselling Services (NCS) has made during a period of unprecedented challenges, including overcoming the impact of the pandemic, the ongoing cost of living crisis, and the profound loss of our esteemed leader, Leslie Macdonald.

In April 2023, we mourned the passing of Leslie, not only a guiding force for NCS but also a pivotal figure in Nottingham's mental health and social equality sectors. Under his visionary leadership, NCS became a key partner in addressing mental health inequalities and race issues in the city. During his 18 years of service, Leslie led the organisation through numerous changes with unparalleled resilience and commitment, particularly during years of turbulence when many similar charities were forced to close.

His leadership, characterised by fortitude and dedication, ensured NCS's survival and growth despite these external pressures. However, his loss left a profound impact on the organisation, resulting in a period of instability and collective grief. For several months, an interim Executive Director was in place to maintain continuity, and in October 2023, Shoana Qureshi-Khan was appointed as the new Chief Executive Officer to lead NCS into its next chapter.

After a year of unexpected costs, covering two leadership transitions and navigating an increasingly difficult financial climate, the organisation's achievements and performance have been exceptional. We are now in a far stronger financial position than could have been anticipated during such a difficult period. This success is a testament to the resilience of the entire team, and we look forward to continuing our vital work in supporting the mental health of the Nottingham community under Shoana's leadership.

Nottingham Counselling Service

Trustees' Report

Clinical Overview from Martin Simpson Clinical Lead

2023-2024 has been a year of significant change and reflection for Nottingham Counselling Services (NCS).

One of the most difficult moments was the loss of Leslie McDonald, our CEO of 18 years. His passing was deeply felt throughout the organisation and across the wider Nottingham community. Leslie's leadership was truly remarkable, guiding NCS through some of its toughest challenges. His legacy will undoubtedly live on in the work we do. I had the privilege of working closely with him throughout his time at NCS, and his impact on both the organisation and the community will never be forgotten.

To help us navigate this transition, the trustees brought in an interim director, and later in the year, we welcomed Shoana Qureshi-Khan as our new CEO. Shoana quickly stepped into her role, focusing on making NCS more sustainable in an ever-changing and challenging funding landscape.

Our main priority, as always, has been to maintain the high standard of clinical practice we offer to those who seek our help. This year, we fully integrated the CORE platform, allowing us to track client records and clinical evaluations more effectively.

Following the surge in demand for services post-COVID, we saw a continued rise in client numbers this year, although we were able to better predict patterns in demand. Claire managed the monthly recruitment of both placement and experienced counsellors, while Rob led the client assessment process and delivered training for new assessors to strengthen our team.

In May 2021, Leslie asked me to take on the role of interim clinical lead, which was expected to last around six months. However, it was decided to keep this role stable until Shoana's appointment brought more certainty to the organisation. A new clinical lead was appointed in February 2024 Lorna Wright.

Nottingham Counselling Service

Trustees' Report

Objectives and activities

Objects and aims

The Need We Are Addressing

Who benefits from our work: those aged 17+ across Nottingham City and Nottinghamshire.

We specialise in meeting the needs of clients experiencing depression, anxiety, trauma, childhood trauma, sexual assault and abuse, suicidal ideations, loss, and other presentations. Service users benefit from accessing one or more of the following services:

- Individual Counselling
- Couples Counselling
- Employee Assistance Program
- Group Therapy
- Surviving Abuse Positively
- Black, Asian and Minority Ethnic Counselling Hub
- Specialist therapeutic support for refugee and asylum seekers

As the demand for mental health services grows nationwide, the need is particularly acute in Nottingham. National estimates indicate that around 110,000 adults in Nottingham are affected by poor mental health. Contributing factors, such as deprivation and high-risk populations, are significantly above the national average. The 2019 Index of Multiple Deprivation ranked Nottingham as the 11th most deprived district out of 317 in England. High levels of deprivation are closely linked with poor mental health outcomes.

Furthermore, Nottingham City has a diverse population, with 43% of its residents from ethnic minority groups (2021 Census), highlighting the need for culturally competent mental health services that address the specific needs of these communities. Nottingham also ranks 8th highest in the country for levels of Severe Multiple Disadvantage (SMD), with many residents experiencing overlapping issues such as homelessness, substance abuse, and criminal justice involvement.

In November 2023, following the city's declaration of bankruptcy, Nottingham City Council approved cuts to jobs and services to fill a £53 million budget gap. This has further strained mental health services already grappling with increased demand and limited resources. Last year, Nottingham Counselling Services (NCS) saw record demand, with an increase of over 1,000 hours of therapy delivered over a 12-month period.

Where We Work and Number of Beneficiaries

NCS operates throughout the city of Nottingham and the wider Nottinghamshire area. We are located in Victoria Court, near Nottingham's city centre, and our facility includes nine individual therapy rooms, each designed to foster a calming and therapeutic atmosphere. Two of these rooms are on the ground floor, providing accessible spaces for clients with mobility issues.

During the last financial year, 670 individuals received in the region of 9,829 therapy hours and counselling sessions through NCS, marking a substantial increase of 4000 hours compared to the previous year. However, the increased demand has also led to a rise in our waiting list, with on average, 30 individuals are now waiting for around 6 and 12 weeks before they can access their first therapy session.

Nottingham Counselling Service

Trustees' Report

The Difference We Make

NCS is committed to breaking the cycle of mental illness, particularly for individuals dealing with post-trauma and those facing complex barriers to accessing therapy. We work with diverse groups and ensure our services are culturally sensitive and accessible to everyone who needs them.

To measure the effectiveness of our interventions, we use both clinician-administered and self-reported tools: A recent sample of 100 clients, measured using the Patient Health Questionnaire (PHQ-9), revealed significant improvements across various mental health outcomes. Specifically, 77% of clients reported better coping strategies, 71% showed improvements in day-to-day functioning, 81% demonstrated enhanced insight and understanding, and 92% exhibited better emotional expression and problem articulation.

NCS continues to play a vital role in addressing the mental health needs of Nottingham's most vulnerable populations, even as the challenges of funding cuts and rising demand persist. We remain one of the few remaining therapy services available and accessible in the local areas, addressing trauma, intersectionality, and complex needs. The therapeutic outcomes and results are transformative, our longer-term approach helps to repair, heal and break cycles which short term therapy is unable to address.

"I have become more aware of my feelings and what has happened in my life."

"I have addressed trauma from my childhood and been given the skills, knowledge and healing techniques to work on these."

"The counselling sessions have given me confidence to self-manage my anxiety and low moods."

"I have become more communicative and open with the people around me than I was, I know more about how my mind works and feel less depressed than when I started."

"My Counselling has been completely life changing. I did not understand that going through what started as grief counselling would have such a dramatic effect on every aspect of my life."

"I feel more confident about myself, improvement in my sleeping patterns, no more panic attacks."

"I feel happy and at peace with myself and I am more aware of my feelings and emotions."

"A sense of identity and self-compassion. A healthy and nurturing toolkit of approaches to dealing with life's challenges, two years sobriety."

Nottingham Counselling Service

Trustees' Report

Our constitutions

The purpose of Nottingham Counselling Services (NCS), as outlined in the company's Memorandum and Articles of Association, is:

- To promote charitable purposes for the benefit of the population primarily within Nottinghamshire and the East Midlands, with a particular focus on the furtherance of health and the relief of distress and sickness associated with emotional, personal, marital, family, or related problems.

In support of this purpose, NCS aims to:

- Provide a high-quality, confidential, and accessible counselling service to individuals in need.
- Build a community of therapists by supporting their education, training, and career development, fostering growth for counselling professionals.
- Develop counselling resources based on internal learning from working with diverse cohorts, as well as external insights derived from the specific needs of the local area, to continuously enhance mental health support.

When shaping our objectives and planning activities, the trustees consistently consider the Charity Commission's guidance on public benefit. Each year, we carefully evaluate the balance between the financial resources required to maintain a sustainable and dependable service and the growing demand for mental health support in our community. We are committed to adapting to the ever-changing environment while ensuring that we continue to meet the needs of those we serve.

Aims of the Charity

Our Vision

Our vision is to provide therapy services that are tailored to the needs of each individual, breaking down barriers to accessing therapy. We aim to pursue this vision with creativity and continuous learning, recognising the transformative impact that therapy can have on lives.

Our Mission

NCS's mission is to be an exemplar Counselling Centre serving the community. We provide a range of high-quality psychological counselling services for individuals aged 18 and over who face enduring and complex mental health challenges. Our goal is to ensure these services are meaningful and have a positive impact on individuals, communities, the economy, and wider society.

Social Value

During the period, we provided counselling support to over 600 individuals, contributing to improvements in family lives, employment, relationships, and social functioning. A key part of our work has focused on reaching and engaging hard-to-reach communities, particularly those from ethnic minority groups, individuals facing Severe Multiple Disadvantage (SMD), and those who have historically been underserved by mental health services. Our outreach efforts have been instrumental in building trust and breaking down the stigma associated with mental health, especially in marginalised communities.

Through dedicated outreach programmes and culturally competent counselling services, we have established strong connections with groups who might otherwise be reluctant to access therapy. By working closely with local organisations and community leaders, we have been able to tailor our services to meet the specific needs of these communities, enhancing both the accessibility and effectiveness of our support. This outreach has also helped foster long-term trust, encouraging continued engagement with our services and contributing to more sustainable mental health outcomes across the city and county.

Nottingham Counselling Service

Trustees' Report

Service Indicators and Metrics

1. Service Review Process: Regular evaluations conducted during board meetings, core staff meetings, and team meetings.

Objective: To ensure timely and responsive service delivery.

2. Referrals and Follow-Through: Total Referrals: Over 1,200 received annually.

Follow-Through Rate: More than one-third do not proceed, commonly due to: lack of awareness as many are unaware that the service is not free or from completion issues: difficulties in completing referral forms.

3. Support Initiatives: Follow-Up System: Implemented to assist individuals struggling with digital aspects of the referral process.

4. Counselling Sessions: Total Individual Sessions: 670 sessions delivered in the last period.

Weekly Average: 170-180 sessions conducted weekly.

5. Targeted Support: Students: Supported 60 students from local universities.

Couples: Provided counselling services to 40 couples.

Employee Wellbeing: Supported 35 individuals through employee wellbeing contracts.

6. Waiting Times Management: Monitoring: Diligently tracked waiting times and individuals on waiting lists.

Reduction Achieved: Waiting times reduced from six months to 6-12 weeks.

Initial Assessment: Average wait time for an initial assessment is approximately four weeks.

NCS Demographics and Reach

1. Gender Breakdown

Total Population:

- Males: 46% (approximately 159,000)
- Females: 54% (approximately 164,600)

This distribution aligns with Nottingham's overall population, where women outnumber men.

Transgender and Non-Binary Individuals:

Specific statistics for transgender individuals in Nottingham are generally not reported. National estimates from the Office for National Statistics indicate that 0.5-1% of the population identifies as transgender. Based on these figures, it is estimated that approximately 1,600 to 3,300 individuals in Nottingham may identify as transgender.

Other Gender Categories:

- Not Specified: 13%
- Identified as Other: 1.5%

2. Ethnic Diversity

Ethnicity Breakdown:

- White British: 69%
- Asian, Dual Heritage, Black Heritage: 31%

There are notably fewer individuals from Black African or Afro-Caribbean heritage within this demographic.

3. Commitment to Inclusion

Future Strategy:

NCS is dedicated to enhancing visibility and cultural understanding within the communities it serves. The organization plans to actively campaign and work towards addressing the specific needs of diverse populations in Nottingham.

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Trustees' Report

Nottingham Counselling Service's percentages for employment status and student status

Employment Status:

- Full-Time Employment- 28.4%
- Not Working Due to Ill Health or Disability- 14.9%
- Part-Time Employment- 19.2%
- Retired- 2.1%
- Self-Employed -7.8%
- Student- 14.2%
- Unemployed- 12.5%

Nottingham Counselling Services (NCS) serves a vulnerable population facing multiple challenges. Many clients experience mental health issues linked to socioeconomic factors, such as unemployment (12.5%) and illness or disability (14.9%). A significant portion are students (14.2%) and part-time workers (19.2%), indicating pressure from education and financial instability. The need for understanding intersectionality for these groups is crucial, as they may encounter barriers in accessing services due to their diverse circumstances. NCS aims to tailor its approach, ensuring that support addresses the unique experiences of individuals, fostering trust and engagement to enhance therapeutic outcomes.

Public benefit

We carry out one to one counselling, couples, families, groups and lead on projects with those marginalised or disadvantaged.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

Nottingham Counselling Services Projects

BAME Parents Partnership with Himmah Charity and Nottingham Counselling Services:

Over the last year, Nottingham Counselling Services (NCS) partnered with Himmah to support parents from BAME (Black, Asian, and Minority Ethnic) backgrounds who were struggling with their adolescent children's mental health and challenging behaviours. This project engaged 22 parents through hybrid group therapy sessions and one-on-one support, addressing a range of issues such as self-harm, low motivation, and aggression towards parents or carers. Despite the flexibility of in-person and online group sessions, many parents faced difficulties in attending due to the severity of challenges at home, prompting NCS to provide additional individual sessions and family therapy when needed.

Parents expressed deep concerns about their children's mental health struggles, echoing national trends. NHS data shows a significant rise in mental health difficulties among young people, with over 1.4 million children and adolescents currently in contact with mental health services in England. BAME communities often face additional barriers to accessing mental health care, which compounds these challenges. Many young people wait over six months for specialist support, leaving families without timely interventions. National statistics further reveal that self-harm among adolescents has increased by 68% over the past decade, while aggression in the home often goes unreported, particularly in minority communities, where cultural stigma or fear of external involvement may prevent families from seeking help.

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Psychological research strongly supports the approach of engaging parents in addressing these challenges. Studies, such as those published in the Journal of Child Psychology and Psychiatry, show that when parents are actively involved in therapeutic interventions, outcomes for young people improve significantly. This is especially important for BAME families, who may experience cultural or systemic barriers when accessing mental health services, making tailored support crucial. By offering culturally sensitive therapy sessions, the project ensured that parents from diverse backgrounds could access the help they needed to manage complex mental health issues in their children.

Supporting the mental health of parents themselves is another critical component of this work. Research from the National Institute for Health and Care Excellence (NICE) stresses that addressing parental stress and well-being is key to improving outcomes for young people. Parents in BAME communities may face additional stresses, including racism, discrimination, or socio-economic barriers, which can further complicate their ability to support their children effectively. By offering one-on-one support and family therapy, NCS and Himmah helped parents navigate both the mental health challenges of their children and their own experiences of stress, creating a more stable and resilient family environment.

Through this partnership with Himmah, NCS offered essential, culturally informed support to parents from BAME backgrounds, helping them manage the complex mental health needs of their adolescents. The project's comprehensive approach, combining group sessions, individual support, family therapy, and psychoeducation, not only supported the well-being of the parents but also contributed to improving the mental health outcomes for their children. This work highlights the ongoing need for accessible and culturally sensitive mental health services, particularly for minority families facing both systemic and personal challenges in navigating their children's mental health care.

Mapping the mental health needs of refugees and Asylum seekers

Over the past year, Nottingham Counselling Services (NCS) undertook a project focused on mapping the mental health needs of asylum seekers and refugees. This project involved weeks of intensive collaboration with local stakeholders, including the Nottingham Refugee Forum, GPs, Public Health teams, and grassroots charities. The aim was to explore ways to engage with refugees and asylum seekers and to identify and address their mental health needs through tailored therapeutic interventions. This collaboration has been a crucial learning exercise, helping NCS develop effective strategies to reach these vulnerable individuals and offer therapy that aligns with their specific challenges.

Initially, the project anticipated that group therapy would be the primary mode of support. However, through the assessment process, it became evident that most refugees and asylum seekers required individual therapy. Clinically, this was considered the most beneficial and relevant approach for addressing their mental health needs. The highly individualised nature of their experiences, sexual abuse, including trauma, displacement, and loss, made one-on-one sessions more appropriate and effective.

Therapists working on the project reported that the therapy sessions were particularly challenging due to the profound lack of support these individuals faced. Many clients had unmet basic needs, including housing, legal support, and access to healthcare. This added layers of complexity to the therapeutic process, as it was difficult for individuals to engage fully in mental health interventions when their survival needs were not being met. Despite these challenges, the project found that integrating principles of signposting, multi-agency work, and ongoing support yielded outstanding outcomes. By connecting clients with local services that could address their immediate needs—such as housing, legal aid, and health care—therapists were able to help stabilise individuals, allowing them to better focus on their mental health and continue navigating the many challenges they face as asylum seekers and refugees.

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The multi-agency approach proved essential in creating a comprehensive support system for clients. Collaborating with local organisations and agencies ensured that asylum seekers and refugees were not only receiving therapy but also accessing critical services that could address their broader social and economic needs. This holistic approach-combining therapeutic support with practical assistance-has been pivotal in fostering resilience and improving mental health outcomes for the individuals involved.

The project has demonstrated that, while individual therapy may be more resource-intensive, it is often the most appropriate intervention for refugees and asylum seekers facing complex trauma and extreme instability. This learning will inform future service delivery, ensuring that NCS continues to provide mental health support that is responsive to the unique needs of this community. Through ongoing collaboration with local partners, NCS is committed to improving access to culturally sensitive, trauma-informed therapy for refugees and asylum seekers, helping them build resilience and stability as they navigate their new lives in the UK.

External Partnerships and Networks Involvement (April 2023 - March 2024)

The NCS Executive Director continues to represent Nottingham Counselling Service (NCS) and advocate for smaller Voluntary and Community Sector (VCS) organisations and ethnic minority groups across various platforms. While not part of the core duties, these activities have grown in importance, positioning NCS as a trusted and leading provider of mental health and wellbeing services.

Key Partnerships and Networks

Himmah - we have previously worked together with Himmah to support families of young people from the BAME community with mental health issues. We are also going to be delivering free therapy sessions for people from BAME communities which will take place at a community centre managed by Himmah.

African Women's Empowerment Forum - working to support female asylum seekers experiencing mental health issues. This group has also been renting space in our building whilst they grew their own resources to be able to purchase their own centre.

Metropolitan Thames Valley Housing Association - NCS are contracted to provide therapy to MTVHA residents.

Nottingham Trent University and University of Nottingham - NCS hosts placements for students from both of these universities and also provides them with therapy sessions. We have also worked on projects focussed on widening access to university and delivered workshops at both institutions.

Nottingham Community and Voluntary Service (NCVS) - working to support mental health needs within the voluntary sector

Switch Up - strategic work looking into support for struggling families and how to support the community on a broader level.

Unit Nottz - Local collaboration initiated by Switch Up to bring voluntary sector partners together to improve joint working and reducing duplication across the city.

Nottingham Citizens - We have joined their teams organising campaigns on migrant justice and young people's mental health. Nottingham Citizens have also supported us to run listening campaigns with our clients which enables us to better understand their needs and the types of services they would like us to provide.

Notts Garden Project - we are undertaking an interim programme to bring groups of our patients into this project through a supported visit, to help our patients to benefit from growing food and working in a team to help build resilience.

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Other boards and local structures that NCS collaborates with

Financial Resilience partnership - we are collecting data from our patients to understand the impact of negative budgets and debt on mental health which can then be used to support funding applications for NCS or the Financial Resilience Partnership.

Nottingham City Public Health - Work with this organisation is mainly around suicide prevention, mental health of refugees and general understanding of mental health in the city. NCS work on any new consultations or strategy development.

Nottingham Social Prescribing - these offer nature based support to help people to build social connections as a means to manage their ongoing mental health. Whilst we also refer people into this programme, the organisations involved in delivery are encouraged to refer people to NCS so that more formal therapeutic support can be given as a means to build mental health resilience.

Integrated Care Board - NCS feeds into this with information on, mapping the area, expertise on volunteer sector, and general health care across the area. NCS is involved in the Race Inequalities and Wellbeing sub-boards.

Place Based Partnerships (part of NHS) - We collaborate to ensure that the NHS locally is working in partnership with those they struggle to reach, and we feed into local risks and strategies. We provide and receive updates and support to help improve both health resources and health outcomes locally.

Severe and Multiple Disadvantage (SMD) Coalition - We attend monthly meetings where SMD operates where it brings different partners together to share updates on recent trends, areas where Nottingham is particularly struggling, are focused on mental health, addiction, homelessness, childhood trauma, crime and insecure accommodation. We work with multiple stakeholders across the city to find local solutions to prominent needs.

Referrals

We receive up to around 20 new referrals a week, which are either GP or self referrals largely but can also be from any of the organisations that we have been involved in developing partnerships with that are listed above. We also have secondary care referrals, which is often people who are coming to the end of NHS therapy as either talking therapy, inpatient or outpatient care, where they have ended what the NHS can provide but would still benefit from continuing therapy which we are able to provide.

Nottingham Counselling Services works alongside and on the following workstreams:

1. Nottingham City Integrated Care Partnership (ICP) Steering Group

a. The NCS Executive Director regularly attends ICP and Board Development meetings, representing smaller VCS providers on the Board. He is a member of the Health and Wellbeing Board (HWBB) Mental Health Steering Group and acts as a champion for mental health.

Nottingham Counselling Service

Trustees' Report

2. Nottingham City Mental Health Collaborative for Better Mental Health

a. This network comprises individuals and organisations working to prevent mental health issues and improve outcomes for those living with poor mental health. The NCS Executive Director is part of this advisory group, which reports to the Nottingham ICP, contributing to progress updates and recommendations.

3. Nottingham ICPB Mental Health Group

a. As part of the Nottingham City ICPB Programme Steering Group, this group involves a wide range of partners, including Primary Care Networks, focusing on mental health prevention and reducing health inequalities. Its primary focus is prevention and early intervention within the city, with ties to the Mental Health Collaborative.

4. Nottingham City Severe Multiple Disadvantage (SMD) Partnership

a. This partnership coordinates key local service providers for individuals facing severe multiple disadvantages. NCS plays a pivotal role in providing evidence on the needs of BAME and the landscape of mental health issues in our communities. Partnership's Race Equity Workstream, one of seven workstreams.

5. ICP BAME Health Inequalities Subgroup

a. This subgroup brings together ICP partners and BAME community representatives to form a collective response to addressing health inequalities. The group works directly with the ICP and partners to address health inequality priorities set by the ICP Board.

6. Nottingham Police & Crime Commissioner - Community Listening Group (CLG)

a. The CLG brings together service providers for the BAME community, forming a network that discusses crime, victimisation, offending, and policing concerns affecting the BAME population. This group offers a platform for stakeholders to voice concerns and collaborate on community safety solutions.

NottsResolve Group and Campaign Against Local Cuts

In addition to these formal partnerships, the NCS Executive Director has been actively involved with the NottsResolve group, a grassroots campaign fighting against local cuts to mental health and community services. This group, which gained significant traction locally, organised a petition that gathered over 11,000 signatures. The petition was delivered to Downing Street, raising national awareness of the devastating impact of funding cuts on vulnerable communities. The campaign received coverage in the local press, with the NCS Executive Director quoted in several articles highlighting the urgent need for sustainable mental health support. This advocacy has been especially pressing following Nottingham City Council's bankruptcy, which has further threatened the availability of vital services. Through these efforts, NCS continues to play a key role in advocating for the protection and restoration of local support services.

Campaigns on Refugee Care, and Early Intervention in Schools with Citizens UK and Nottingham Citizens

The NCS Executive Director has also been deeply involved in campaigns supporting Nottingham as a City of Sanctuary, advocating for refugees and displaced people in the region. This includes collaborating with local citizens, community groups, and national bodies to ensure that refugees receive the care and support they need. NCS has worked closely with local MPs, local business directors, universities, colleges, and primary schools to raise awareness and strengthen support systems for these communities. Advocacy efforts have led to increased recognition of the importance of early intervention in counseling within educational settings and a focused effort on having counsellors available in the education system. By partnering with local counsellors and educators, NCS has helped develop initiatives that embed mental health support earlier in students' academic journeys. These efforts aim to prevent long-term mental health issues by addressing them in the formative school years, ultimately improving outcomes for young people and reducing the future burden on mental health services.

Nottingham Counselling Service

Trustees' Report

Financial review

The primary focus over the past year was on ensuring the organisation's financial survival and resilience. Despite ongoing challenges, NCS has excelled and delivered remarkable results under extraordinary circumstances. Our financial performance reflects both the efforts made to recover and the robust measures we've implemented to secure the charity's future. With strengthened financial controls in place, we have successfully navigated turbulent times, demonstrating both the longevity and resilience of the organisation. These achievements mark a significant step forward in our mission, ensuring that we remain well-positioned for continued impact and sustainability.

For the financial year from April 2023 to March 2024, Nottingham Counselling Services saw a total income of £319,790, slightly below the projected budget of £328,253. The breakdown of income by categories is as follows:

Assessments

Income from assessments totaled £6,013, which fell short of the budgeted amount of £9,000. Although actual income varied month to month, it consistently remained below the target figure.

Contracts

Income from contracts came to £21,765 against a budget of £34,200. There was significant variation throughout the year, with some months performing better than others, but overall, income fell short of the forecast.

Grants

The performance of grant income for Nottingham Counselling Services from April 2023 to March 2024 can be summarised as follows: The total grant income expected in the budget for the year was £107,353. The actual grant income received (not including Gift Aid) during the same period was £79,281, which is £28,072 lower than the budget. This was mainly due to the current local climate and the charities' period of instability due to changes in directors and the loss of Leslie MacDonald.

Counselling

Counselling services, a core component of the organisation's income, generated £139,938, surpassing the budgeted amount of £134,315. This was one of the stronger performing areas, with most months coming close to or exceeding targets.

Donations

Total donations amounted to £4,860. This figure includes various sources such as general donations, fundraising events, and Amazon Smile. Donations were not budgeted, so all contributions provided a boost to the overall income.

Financial Review In Summary

From April 2023 to March 2024, the charity generated £319,790, falling short of its £328,253 target by 2.6%. Counselling services and room hire exceeded expectations, bringing in £139,938 and £25,536, respectively. Donations also performed well at £4,860 despite no budget allocation. However, major shortfalls occurred in grants (£79,281 vs. £107,353) and contracts (£21,765 vs. £34,200), significantly impacting overall income.

Policy on reserves

After the last financial year the plan is to build reserves as at present it is 2 months at best, we need to build towards 3-6 months of operating cost. I am building a reserves policy to help sustain the charity after such a turbulent and challenging 2 years, this will in turn contribute towards increased service demands.

Nottingham Counselling Service

Trustees' Report

Principal risks and uncertainties

During this period, the primary financial risk involved the costs of two Chief Executive salaries over a six-month period and the associated interim Executive costs. Despite these challenges, the focus remains on serving diverse client groups while working towards sustainable income streams and securing funding that aligns with the organisation's long-term ambitions.

The Trustees have continued to actively review and monitor the risks faced by the charity. The Executive Director is responsible for maintaining and updating the organisation's Risk Register and monitors cash flow on a routine basis. Financial statements, including the Balance Sheet and Income and Expenditure Statement, are produced quarterly and presented to the Board for review.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

Nottingham Counselling Service

Trustees' Report

Statement of Responsibilities

The trustees (who are also the directors of Nottingham Counselling Service for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

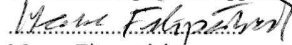
Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its 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 apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 14/01/25 and signed on its behalf by:



Maeve Fitzpatrick
Trustee

Nottingham Counselling Service

Independent Examiner's Report to the trustees of Nottingham Counselling Service ('the Company')

Independent examiner's report to the trustees of Nottingham Counselling Service ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the 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 charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

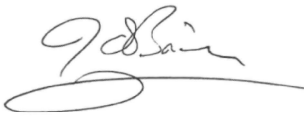
Independent examiner's statement

Since the Company'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 and Fellow of the Association of Charity Independent Examiners, 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 Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of 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 accounts to be reached.



John O'Brien MSc, FAIA, FCCA, FCIE, employee of Community Accounting Plus
Fellow of the Association of Charity Independent Examiners

Units 1 & 2 North West
41 Talbot Street
Nottingham
NG1 5GL

Date: 16/01/2025.....

Nottingham Counselling Service

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income and Endowments from:					
Donations and legacies	2	50,548	-	50,548	14,527
Charitable activities	3	215,782	53,108	268,890	342,460
Investment income	5	352	-	352	92
Total income		<u>266,682</u>	<u>53,108</u>	<u>319,790</u>	<u>357,079</u>
Expenditure on:					
Charitable activities	6	<u>(332,550)</u>	<u>(23,483)</u>	<u>(356,033)</u>	<u>(415,746)</u>
Total expenditure		<u>(332,550)</u>	<u>(23,483)</u>	<u>(356,033)</u>	<u>(415,746)</u>
Net (expenditure)/income		<u>(65,868)</u>	<u>29,625</u>	<u>(36,243)</u>	<u>(58,667)</u>
Net movement in funds		(65,868)	29,625	(36,243)	(58,667)
Reconciliation of funds					
Total funds brought forward		<u>84,442</u>	<u>303,364</u>	<u>387,806</u>	<u>446,473</u>
Total funds carried forward	13	<u>18,574</u>	<u>332,989</u>	<u>351,563</u>	<u>387,806</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for the period is shown in note 13.

The notes on pages 21 to 30 form an integral part of these financial statements.

Nottingham Counselling Service

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

These are the figures for the previous accounting period and are included for comparative purposes

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	2	14,527	-	14,527
Charitable activities	3	221,963	120,497	342,460
Investment income	5	92	-	92
Total income		<u>236,582</u>	<u>120,497</u>	<u>357,079</u>
Expenditure on:				
Charitable activities	6	<u>(294,655)</u>	<u>(121,091)</u>	<u>(415,746)</u>
Total expenditure		<u>(294,655)</u>	<u>(121,091)</u>	<u>(415,746)</u>
Net expenditure		(58,073)	(594)	(58,667)
Transfers between funds		<u>(271)</u>	<u>271</u>	<u>-</u>
Net movement in funds		(58,344)	(323)	(58,667)
Reconciliation of funds				
Total funds brought forward		<u>142,786</u>	<u>303,687</u>	<u>446,473</u>
Total funds carried forward	13	<u><u>84,442</u></u>	<u><u>303,364</u></u>	<u><u>387,806</u></u>

The notes on pages 21 to 30 form an integral part of these financial statements.

Nottingham Counselling Service

(Registration number: 02948386)
Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	8	617,423	621,108
Current assets			
Debtors	9	13,332	13,731
Cash at bank and in hand	10	44,352	78,838
		57,684	92,569
Creditors: Amounts falling due within one year	11	(42,777)	(39,141)
Net current assets		14,907	53,428
Total assets less current liabilities		632,330	674,536
Creditors: Amounts falling due after more than one year	12	(280,767)	(286,730)
Net assets		351,563	387,806
Funds of the charity:			
Restricted income funds			
Restricted funds	13	332,989	303,364
Unrestricted income funds			
Unrestricted funds		18,574	84,442
Total funds	13	351,563	387,806

For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 18 to 30 were approved by the trustees, and authorised for issue on 14/01/25, and signed on their behalf by:

M. R. Groves-Williams
Martyn Groves-Williams
Trustee

The notes on pages 21 to 30 form an integral part of these financial statements.

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

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

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 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

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

Going concern

The financial statements have been prepared on a going concern basis.

The trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees make this assessment in respect of a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement

Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

Expenditure

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

Charitable activities

Charitable expenditure comprises those costs incurred by the charity 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.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity 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.

Tangible fixed assets

Individual fixed assets costing £500 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Land and buildings	in accordance with the lease length (effective 0.1% straight line)
Furniture and equipment	25% reducing balance
Computer equipment	25% reducing balance

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those grants for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	4,860	4,860	3,354
Grants, including capital grants;			
Government grants	30,688	30,688	11,173
Grants from other charities	15,000	15,000	-
	<u>50,548</u>	<u>50,548</u>	<u>14,527</u>

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Assessments	6,013	-	6,013	-
Contracts	21,765	-	21,765	-
Counselling	139,938	-	139,938	-
Room hire	25,536	-	25,536	10,127
Training	21,839	-	21,839	-
Sundry	691	-	691	-
Sales	-	-	-	157,430
Services	-	-	-	11,380
Income in kind support	-	-	-	43,026
Grants & donations	-	53,108	53,108	120,497
	<u>215,782</u>	<u>53,108</u>	<u>268,890</u>	<u>342,460</u>

4 Grants & donations

	Unrestricted funds £	Restricted funds £	Total £
The National Lottery Community Fund	-	19,980	19,980
Tuntum Housing Association	-	10,526	10,526
Nottingham City Council	-	10,000	10,000
NHS Charities Trust	-	9,580	9,580
Severn Trent Water	-	3,022	3,022
HMRC Gift Aid	19,515	-	19,515
The David Riddell Memorial CIO	15,000	-	15,000
Nottinghamshire County Council	11,173	-	11,173
Sundry grants & donations	4,860	-	4,860
	<u>50,548</u>	<u>53,108</u>	<u>103,656</u>

5 Investment income

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Interest receivable and similar income;			
Interest receivable on bank deposits	<u>352</u>	<u>352</u>	<u>92</u>

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

6 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Advertising and Promotion	1,360	-	1,360	26,283
Bank Charges	290	-	290	236
Cleaning	5,129	-	5,129	-
Computer Software	10,710	-	10,710	-
Consultancy	58,535	-	58,535	-
Event Expenses	120	-	120	-
Heat, Light & Other Utilities	12,605	-	12,605	4,833
Hospitality & Catering	1,116	-	1,116	-
Insurance	3,439	-	3,439	3,330
Internet, Website & Software	8,987	-	8,987	28,411
Legal & professional	11,640	-	11,640	-
Loan Interest	25,450	-	25,450	17,505
Non Staff Counselling	3,727	9,628	13,355	21,930
Wages, NI & pensions	135,104	-	135,104	178,636
Postage	102	-	102	505
Rates & Water	1,759	-	1,759	19
Repairs, Renewals & Maintenance	2,598	-	2,598	24,212
Stationery & Printing	994	-	994	-
Subscriptions	1,363	-	1,363	1,001
Sundry Expenses	4,283	-	4,283	7,119
Supervision Fees	31,426	13,548	44,974	80,214
Telephone	7,630	-	7,630	8,377
Training Expenses	805	-	805	-
Depreciation	3,378	307	3,685	4,705
Equipment hire	-	-	-	885
Travel	-	-	-	115
Governance costs	-	-	-	7,430
	332,550	23,483	356,033	415,746

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

7 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	124,966	165,744
Social security costs	7,420	9,648
Pension costs	2,718	3,244
	<u>135,104</u>	<u>178,636</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2024 No	2023 No
Average number of employees	<u>6</u>	<u>8</u>

7 (2023 - 7) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,718 (2023 - £3,244).

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the charity were £38,881 (2023 - £71,574).

8 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Computer equipment £	Total £
Cost				
At 1 April 2023	616,194	88,517	42,954	747,665
At 31 March 2024	<u>616,194</u>	<u>88,517</u>	<u>42,954</u>	<u>747,665</u>
Depreciation				
At 1 April 2023	7,362	82,853	36,342	126,557
Charge for the year	616	1,416	1,653	3,685
At 31 March 2024	<u>7,978</u>	<u>84,269</u>	<u>37,995</u>	<u>130,242</u>
Net book value				
At 31 March 2024	<u>608,216</u>	<u>4,248</u>	<u>4,959</u>	<u>617,423</u>
At 31 March 2023	<u>608,832</u>	<u>5,664</u>	<u>6,612</u>	<u>621,108</u>

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

9 Debtors

	2024 £	2023 £
Trade debtors	12,577	8,874
Prepayments	628	4,857
Other debtors	127	-
	<u>13,332</u>	<u>13,731</u>

10 Cash and cash equivalents

	2024 £	2023 £
Cash on hand	62	-
Cash at bank	44,290	78,838
	<u>44,352</u>	<u>78,838</u>

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Bank loans	8,086	8,086
Trade creditors	22,811	20,928
Other taxation and social security	5,296	4,494
Other creditors	629	1,288
Accruals	5,955	4,345
	<u>42,777</u>	<u>39,141</u>

12 Creditors: amounts falling due after one year

	2024 £	2023 £
Bank loans	<u>280,767</u>	<u>286,730</u>

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

13 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
<i>General</i>					
General	82,003	266,682	(332,550)	2,439	18,574
<i>Designated</i>					
Furniture	2,439	-	-	(2,439)	-
Total unrestricted funds	<u>84,442</u>	<u>266,682</u>	<u>(332,550)</u>	<u>-</u>	<u>18,574</u>
Restricted funds					
Social Investment Fund	303,316	-	(307)	-	303,009
Foundation Capital	48	-	(48)	-	-
NHS Charities Trust	-	9,580	(9,580)	-	-
Asylum & Refugee Trauma NCC	-	10,000	-	-	10,000
Severn Trent Water	-	3,022	(3,022)	-	-
The National Lottery Community Fund	-	19,980	-	-	19,980
Tuntum Housing Comic Relief	-	10,526	(10,526)	-	-
Total restricted funds	<u>303,364</u>	<u>53,108</u>	<u>(23,483)</u>	<u>-</u>	<u>332,989</u>
Total funds	<u><u>387,806</u></u>	<u><u>319,790</u></u>	<u><u>(356,033)</u></u>	<u><u>-</u></u>	<u><u>351,563</u></u>

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
<i>General</i>					
General	139,534	236,582	(293,842)	(271)	82,003
<i>Designated</i>					
Furniture	3,252	-	(813)	-	2,439
Total unrestricted funds	<u>142,786</u>	<u>236,582</u>	<u>(294,655)</u>	<u>(271)</u>	<u>84,442</u>
Restricted					
Social Investment Fund	303,623	-	(307)	-	303,316
Foundation Capital	64	-	(16)	-	48
NHS Charities Trust	-	36,328	(36,328)	-	-
Severn Trent Water	-	27,196	(27,196)	-	-
Tuntum Housing Comic Relief	-	27,483	(28,371)	888	-
Postcode Places Trust	-	24,490	(23,873)	(617)	-
The Jones 1986 Charitable Trust	-	5,000	(5,000)	-	-
Total restricted funds	<u>303,687</u>	<u>120,497</u>	<u>(121,091)</u>	<u>271</u>	<u>303,364</u>
Total funds	<u><u>446,473</u></u>	<u><u>357,079</u></u>	<u><u>(415,746)</u></u>	<u><u>-</u></u>	<u><u>387,806</u></u>

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

Social Investment Fund - This represents the capital grant used to purchase Unit 5, Victoria Court.

Foundation Capital - funding toward core costs.

NHS Charities Trust - funding toward core costs.

Asylum Trauma NCC - funding toward sessional costs, overheads, lead therapist and the CEO's salary.

Severn Trent Water - funding toward supervision costs.

The National Lottery Community Fund - funding toward sessional costs, overheads, lead therapist and the CEO's salary.

Tuntum Housing Comic Relief - funding toward overall delivery costs of counselling at full cost recovery.

Nottingham Counselling Service

Notes to the Financial Statements for the Year Ended 31 March 2024

14 Analysis of net assets between funds

	Unrestricted		2024
	General	Restricted	Total funds
	£	£	£
Tangible fixed assets	9,207	608,216	617,423
Current assets	21,247	36,437	57,684
Current liabilities	(11,880)	(30,897)	(42,777)
Creditors over 1 year	-	(280,767)	(280,767)
Total net assets	18,574	332,989	351,563

	Unrestricted			2023
	General	Designated	Restricted	Total funds
	£	£	£	£
Tangible fixed assets	12,276	-	608,832	621,108
Current assets	79,854	2,439	10,276	92,569
Current liabilities	(10,127)	-	(29,014)	(39,141)
Creditors over 1 year	-	-	(286,730)	(286,730)
Total net assets	82,003	2,439	303,364	387,806

15 Fees payable to independent examiner

During the period, the fees payable (excluding VAT) to the charity's independent examiner Community Accounting Plus are analysed as follows:

	2024	2023
	£	£
Independent examination	1,100	3,375
Other financial services	7,624	-
	8,724	3,375

16 Taxation

The charity is a registered charity and is therefore exempt from taxation.

17 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

18 Related party transactions

There were no related party transactions in the year.