

# COMMUNITY COUNSELLING

England & Wales · Charity number 1049519

## Details

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**Status** Registered

**Legal form** Other

**Registered** 1995-09-29

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Community Counselling  
St. Bartholomews Church & Centre  
292b Barking Road  
London  
E6 3BA

**Phone** 0754789370

**Email** [info@communitycounselling.org.uk](mailto:info@communitycounselling.org.uk)

**Website** [www.communitycounselling.org.uk](http://www.communitycounselling.org.uk)

## Activities

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**Objects:** TO RELIEVE PERSONS RESIDENT IN THE LONDON BOROUGH OF NEWHAM WHO ARE SUFFERING FROM SEVERE OR PROLONGED DEPRESSION WHICH THREATENS THEIR MENTAL AND EMOTIONAL STABILITY. TO ADVANCE THE EDUCATION OF THE PUBLIC BY THE PROVISION OF CLASSES IN COUNSELLING.

**Activities:** Counselling and training in East London

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

- **Area of benefit:** LONDON BOROUGH OF NEWHAM
- Barking And Dagenham
- Hackney
- Newham
- Redbridge
- Waltham Forest

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£47,505	£47,759	-	-
2024-05-31	£39,158	£41,633	-	-
2023-05-31	£35,783	£36,967	-	-
2022-05-31	£33,859	£38,016	-	-
2021-05-31	£40,214	£27,300	-	-

## Trustees

Name	Role	Appointed
<b>Damian Castello</b>	Chair	2015-07-04
Clare Caroline Jane Hawes		2022-03-05
Jennifer Anne O'Connor		2022-03-05
LOVA RAJAONARIMANANA		2005-12-14
Maria Spyrou		2022-03-05
Nadayna Alexander-Johnson		2025-03-15
Rachel Remedios		2023-03-25
Rosemary Margaret Williams		2016-02-13
Sally Jane Higgs		2021-01-30
Sharon Patricia Anderson		2017-10-14
Vincent Foxcroft		2021-01-30
Will Buckley		2025-03-15

**COMMUNITY COUNSELLING**

England & Wales - Charity number 1049519

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# Accounts

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**Community Counselling**

**Accounts for the year ended**

**31st May 2025**

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**Accounts for the  
Year to 31st May 2025**

- Pages 1-2** Trustees report
- Page 3** Receipts and Payments Account
- Page 4** Statement of Assets and Liabilities
- Page 5** Notes to the accounts
- Page 6** Independent Examiner's Report

<b>Community Counselling Trustees Report Year to 31st May 2025</b>
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**Reference And Administration Details**

The name of the charity is: Community Counselling.

Charity registration number is: 1049519

The address of the charity is: St. Bartholomews Church & Centre, 292b Barking Road, London, E6 3BA

The Trustees who served during the year are:

Served during the year

Damian Castello (Chairperson)

Sharon Anderson (Vice Chair)

Lova Rajaonarimanana (Treasurer)

Rosemary Williams (Secretary)

Nadayna Alexander

Will Buckley

Vincent Foxcroft

Clare Hawes

Sally Higgs

Rachel Remedios

Maria Spyrou

The Trustees have had regard to Charity Commission guidance on public benefit.

**Aims and Objects**

Community Counselling has been working in the London Borough of Newham for over 30 years. We provide one-to-one counselling for anyone in East London who is suffering from psychological distress that threatens their mental and emotional health and wellbeing, such as depression, anxiety, feelings of loneliness and isolation, bereavement, childhood trauma and low self-esteem. We are an independent voluntary organisation and are able to offer low-cost medium and long-term counselling, sometimes supporting clients over several years. We do not receive any public funding and our counsellors offer their time without charging. In the current year we have 24 counsellors working with us and currently see 78 clients a week.

**Structure**

We are a collective of qualified counsellors and counsellors in training who volunteer our services part-time. We are an organisational member of the BACP (British Association for Counselling and Psychotherapy) and work within their guidelines for good practice.

Our structure is defined by the Constitution which was adopted on 13<sup>th</sup> February 2016. The quarterly meeting is our main decision-making body, supported by smaller Clinical Issues and Service Delivery groups. Our trustees are elected at our Annual General Meeting from our body of counsellors, who are given a detailed induction and introduction to our policies and procedures at their initial supervision session. We have a team of four qualified supervisors who provide monthly low-cost supervision. All our counsellors are further supported by monthly peer supervision groups and, when possible, by free quarterly continuing professional development workshops.

**Community Counselling  
Trustees Report (continued)  
Year to 31st May 2025**

**Activities, achievements and performance**

In the year 2024/25 we assessed 90 clients and on average our team of 24 counsellors was seeing 78 clients per week. We continue to work remotely, either by Zoom or by telephone, or in person at St Bart's in East Ham, according to the preference of counsellors and clients. Six student counsellors completed their placements with us and qualified and have stayed on as volunteers. We are grateful to those qualified counsellors who continue to volunteer with us. We were able to offer placements to three new counselling students.

**Financial review and funds**

Community Counselling continues to support clients who are unable to meet the cost of counselling charged by private practitioners. We have been able to keep our fees low (most clients pay £15 or £20 per session) and we have been able to support a few clients at a lower fee or no fee. We were not in receipt of any funding this year. We continue to pay our experienced counsellors a token amount for some of their client work, since only a small number of clients are working face to face (currently 25 out of 78 clients) and there is not much rent payable for rooms. This has helped us to retain our experienced counsellors and support those counsellors who have also suffered financial hardship because of the pandemic.

The trustees have a policy to retain sufficient reserves to be able to fund activities for the year ahead. Reserves held at 31<sup>st</sup> May 2025 totalled £18,315.

*RmWilliams*

Rosie Williams  
Secretary, Community Counselling  
12th March 2026

**Community Counselling  
Receipts and Payments Account  
Year to 31st May 2025**

	Year to 31st May 2025			Year to 31st May 2024		
	£ Total	£ Restricted	£ Unrestricted	£ Total	£ Restricted	£ Unrestricted
<b>Receipts</b>						
Donations	45,752		45,752	39,149		39,149
Fundraising	1,743		1,743	0		0
Grant	0		0	0		0
Interest received	9		9	9		9
	<b>47,505</b>	<b>0</b>	<b>47,505</b>	<b>39,158</b>	<b>0</b>	<b>39,158</b>
<b>Payments</b>						
Rent	5,361		5,361	4,353		4,353
Professional body membership fee	252		252	242		242
Insurance	282		282	385		385
Accounting	820		820	732		732
Telephone	240		240	385		385
Printing, postage & stationery	0		0	0		0
Workshop expenses	0		0	0		0
Administrative cost	4,545		4,545	3,280		3,280
Supervision cost	7,573		7,573	6,210		6,210
Volunteer expenses	28,285		28,285	26,047		26,047
Gifts	400		400	0		0
	<b>47,759</b>	<b>0</b>	<b>47,759</b>	<b>41,633</b>	<b>0</b>	<b>41,633</b>
<b>Surplus/-Deficit for the year</b>	<b>-254</b>	<b>0</b>	<b>-254</b>	<b>-2,474</b>	<b>0</b>	<b>-2,474</b>

**Community Counselling**  
**Statement of Assets and Liabilities**  
**At 31st May 2025**

	<u>2025</u>	<u>2024</u>
	£	£
<b>Assets</b>		
Bank account balances	18,318	18,570
<b>Net assets</b>	<b>18,318</b>	<b>18,570</b>
<b>Reserves</b>		
Unrestricted Funds		
As at 1st June 2024	18,570	21,044
Surplus/-Deficit for year	-254	-2,474
	18,315	18,570
Restricted Funds (see note 2)		
As at 1st June 2024	0	0
Surplus/-Deficit for year	0	0
	0	0
<b>Total reserves</b>	<b>18,315</b>	<b>18,570</b>

Accounts approved by:

*RmWilliams*

Rosie Williams  
 (Secretary)

Date of approval  
 12th March 2026

**Community Counselling**  
**Independent Examiner's Report to the Trustees of Community Counselling**  
**For the year to 31st May 2025**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st May 2025, which are set out on pages 1 to 5.

**Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's report**

I have completed my examination. I confirm that no material 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 130 of the Act; or
2. the accounts do not accord with those records

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.



R M Holland FCA BSc (Econ)

*12th March 2026*

Holland Harper LLP  
Chartered Accountants  
26 High Street  
Battle  
East Sussex  
TN33 0EA

**COMMUNITY COUNSELLING**

England & Wales - Charity number 1049519

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# Accounts

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**Community Counselling**

**Accounts for the year ended**

**31st May 2024**

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**Accounts for the  
Year to 31st May 2024**

- Pages 1-2** Trustees report
- Page 3** Receipts and Payments Account
- Page 4** Statement of Assets and Liabilities
- Page 5** Notes to the accounts
- Page 6** Independent Examiner's Report

<b>Community Counselling Trustees Report Year to 31st May 2024</b>
--

**Reference And Administration Details**

The name of the charity is: Community Counselling.

Charity registration number is: 1049519

The address of the charity is: St. Bartholomews Church & Centre, 292b Barking Road, London, E6 3BA

The Trustees who served during the year are:

**Served during the year**

Damian Castello (chairperson)

Susan Kelly (vice chair)

Lova Rajaonarimanana (treasurer)

Rosemary Margaret Williams (secretary)

Sharon Patricia Anderson

Vincent Foxcroft

Anja Frykegard

Clare Hawes

Sally Jane Higgs

Jennie O'Connor (stepped down March 2024)

Rachel Remedios

Michelle Roddy

Maria Spyrou

Nadayna Alexander

The Trustees have had regard to Charity Commission guidance on public benefit.

**Aims and Objects**

Community Counselling has been working in the London Borough of Newham for over 30 years. We provide one-to-one counselling for anyone in East London who is suffering from psychological distress that threatens their mental and emotional health and wellbeing, such as depression, anxiety, feelings of loneliness and isolation, bereavement, childhood trauma and low self-esteem. We are an independent voluntary organisation and are able to offer low-cost medium and long-term counselling, sometimes supporting clients over several years. We do not receive any public funding and our counsellors offer their time without charging. In the current year we have 24 counsellors working with us and currently see 80 clients a week.

**Structure**

We are a collective of qualified counsellors and counsellors in training who volunteer our services part-time. We are an organisational member of the BACP (British Association for Counselling and Psychotherapy) and work within their guidelines for good practice.

Our structure is defined by the Constitution which was adopted on 13<sup>th</sup> February 2016. The quarterly meeting is our main decision-making body, supported by smaller Clinical Issues and Service Delivery groups. Our trustees are elected at our Annual General Meeting from our body of counsellors, who are given a detailed induction and introduction to our policies and procedures at their initial supervision session. We have a team of four qualified supervisors who provide monthly low-cost supervision. All our counsellors are further supported by monthly peer supervision groups and, when possible, by free quarterly continuing professional development workshops.

**Community Counselling  
Trustees Report (continued)  
Year to 31st May 2024**

**Activities, achievements and performance**

In the year 2023/24 we assessed 70 clients and on average our team of 24 counsellors was seeing 80 clients per week. We continue to work remotely, either by Zoom or by telephone, or in person at St Bart's in East Ham, according to the preference of counsellors and clients. Seven student counsellors completed their placements with us and qualified and of these, two moved on to work elsewhere. We are grateful to those qualified counsellors who continue to volunteer with us. We were able to offer placements to three new counselling students.

**Financial review and funds**

Community Counselling continues to support clients who are unable to meet the cost of counselling charged by private practitioners. We have been able to keep our fees low (most clients pay £15 per session) and we aim to be able to support a few clients who are unable to pay at all. We were not in receipt of any funding this year. We continue to pay our experienced counsellors a token amount for some of their client work, since only a small number of clients are working face to face (currently 28 out of 80 clients) and there is not much rent payable for rooms. This has helped us to retain our experienced counsellors and support those counsellors who have also suffered financial hardship because of the pandemic.

The trustees have a policy to retain sufficient reserves to be able to fund activities for the year ahead. Reserves held at 31<sup>st</sup> May 2024 totalled £18,570.

*R Williams*

Rosie Williams  
Secretary, Community Counselling  
26th March 2025

**Community Counselling  
Receipts and Payments Account  
Year to 31st May 2024**

	Year to 31st May 2024			Year to 31st May 2023		
	£ Total	£ Restricted	£ Unrestricted	£ Total	£ Restricted	£ Unrestricted
<b>Receipts</b>						
Donations	39,149		39,149	35,781		35,781
Fundraising	0		0	0		0
Grant	0		0	0		0
Interest received	9		9	2		2
	<b>39,158</b>	<b>0</b>	<b>39,158</b>	<b>35,783</b>	<b>0</b>	<b>35,783</b>
<b>Payments</b>						
Rent	4,353		4,353	4,021		4,021
Professional body membership fee	242		242	240		240
Insurance	385		385	341		341
Accounting	732		732	830		830
Telephone	385		385	344		344
Printing, postage & stationery	0		0	0		0
Workshop expenses	0		0	0		0
Administrative cost	3,280		3,280	3,442		3,442
Supervision cost	6,210		6,210	6,780		6,780
Volunteer expenses	26,047		26,047	20,970		20,970
Gifts	0		0	0		0
	<b>41,633</b>	<b>0</b>	<b>41,633</b>	<b>36,968</b>	<b>0</b>	<b>36,968</b>
<b>Surplus/-Deficit for the year</b>	<b>-2,474</b>	<b>0</b>	<b>-2,474</b>	<b>-1,185</b>	<b>0</b>	<b>-1,185</b>

**Community Counselling  
Statement of Assets and Liabilities  
At 31st May 2024**

	<u>2024</u> £	<u>2023</u> £
<b>Assets</b>		
Bank account balances	18,570	21,044
<b>Net assets</b>	<b>18,570</b>	<b>21,044</b>
<b>Reserves</b>		
Unrestricted Funds		
As at 1st June 2023	21,044	22,229
Surplus/-Deficit for year	-2,474	-1,185
	18,570	21,044
Restricted Funds (see note 2)		
As at 1st June 2023	0	0
Surplus/-Deficit for year	0	0
	0	0
<b>Total reserves</b>	<b>18,570</b>	<b>21,044</b>

Accounts approved by:

*R M Williams*

Rosie Williams  
(Secretary)

Date of approval  
26th March 2025

**Community Counselling**  
**Notes to the accounts**  
**For the year to 31st May 2024**

**1 Accounting policies**

These accounts are prepared on a receipts and payments (rather than accruals) basis.

The income and expenditure shown therefore reflects the cash/bank receipts and payments during the period.

**2 Restricted funds**

	<b>2024</b>
Reserves at 1st June 2023	0
Income	
Expenditure	
Reserves at 31st May 2024	0

**3 Payments to trustees**

During the year, some trustees were paid for services provided (at far below normal commercial rates) to the charity in respect of counselling, supervision and administrative work. There are now agreements in place between the charity and trustees who are paid for providing services and there have been changes to the board of trustees to ensure that the majority of trustees are not paid.

**Community Counselling  
Independent Examiner's Report to the Trustees of Community Counselling  
For the year to 31st May 2024**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st May 2024, which are set out on pages 1 to 5.

**Responsibilities and basis of report**

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1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
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R M Holland FCA BSc (Econ)

26th March 2025

Holland Harper LLP  
Chartered Accountants  
26 High Street  
Battle  
East Sussex  
TN33 0EA

**COMMUNITY COUNSELLING**

England & Wales - Charity number 1049519

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# Accounts

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# **Community Counselling**

**Accounts for the year ended**

**31st May 2023**

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**Accounts for the  
Year to 31st May 2023**

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- Page 3** Receipts and Payments Account
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<b>Community Counselling Trustees Report Year to 31st May 2023</b>
--

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The trustees have a policy to retain sufficient reserves to be able to fund activities for the year ahead. Reserves held at 31<sup>st</sup> May 2023 totalled £21,044.

Rosie Williams  
Secretary, Community Counselling  
*27th March 2024*

**Community Counselling  
Receipts and Payments Account  
Year to 31st May 2023**

	Year to 31st May 2023			Year to 31st May 2022		
	£ Total	£ Restricted	£ Unrestricted	£ Total	£ Restricted	£ Unrestricted
<b>Receipts</b>						
Donations	35,781		35,781	28,939		28,939
Fundraising	0		0	1,000		1,000
Grant	0		0	3,920	3,920	0
Interest received	2		2			
	<b>35,783</b>	<b>0</b>	<b>35,783</b>	<b>33,859</b>	<b>3,920</b>	<b>29,939</b>
<b>Payments</b>						
Rent	4,021		4,021	860		860
Professional body membership fee	240		240	216		216
Insurance	341		341	340		340
Accounting	830		830	420		420
Telephone	344		344	338		338
Printing, postage & stationery	0		0	0		0
Workshop expenses	0		0	0		0
Administrative cost	3,442		3,442	3,380		3,380
Supervision cost	6,780		6,780	9,395	3,920	5,475
Volunteer expenses	20,970		20,970	23,007		23,007
Gifts	0		0	60		60
	<b>36,967</b>	<b>0</b>	<b>36,967</b>	<b>38,016</b>	<b>3,920</b>	<b>34,096</b>
<b>Surplus/-Deficit for the year</b>	<b>-1,185</b>	<b>0</b>	<b>-1,185</b>	<b>-4,157</b>	<b>0</b>	<b>-4,157</b>

<b>Community Counselling</b> <b>Statement of Assets and Liabilities</b> <b>At 31st May 2023</b>
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	<u>2023</u>	<u>2022</u>
	<u>£</u>	<u>£</u>
<b>Assets</b>		
Bank account balances	21,044	22,229
<b>Net assets</b>	<b>21,044</b>	<b>22,229</b>
<b>Reserves</b>		
Unrestricted Funds		
As at 1st June 2022	22,229	26,386
Surplus/-Deficit for year	-1,185	-4,157
	21,044	22,229
Restricted Funds (see note 2)		
As at 1st June 2022	0	0
Surplus/-Deficit for year	0	0
	0	0
<b>Total reserves</b>	<b>21,044</b>	<b>22,229</b>

Accounts approved by:

Rosie Williams  
(Secretary)

Date of approval  
27th March 2024

**Community Counselling**  
**Notes to the accounts**  
**For the year to 31st May 2023**

**1 Accounting policies**

These accounts are prepared on a receipts and payments (rather than accruals) basis.

The income and expenditure shown therefore reflects the cash/bank receipts and payments during the period.

**2 Restricted funds**

	<b>2023</b>
Reserves at 1st June 2022	0
Income	
Expenditure	
Reserves at 31st May 2023	0

**3 Payments to trustees**

During the year, some trustees were paid for services provided (at far below normal commercial rates) to the charity in respect of counselling, supervision and administrative work. There are now agreements in place between the charity and trustees who are paid for providing services and there have been changes to the board of trustees to ensure that the majority of trustees are not paid.

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**Independent Examiner's Report to the Trustees of Community Counselling**  
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*27th March 2024*

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TN33 0EA

**COMMUNITY COUNSELLING**

England & Wales - Charity number 1049519

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# Accounts

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**Community Counselling**  
**Accounts for the year ended**  
**31st May 2022**

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**Accounts for the  
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**Page 3** Receipts and Payments Account

**Page 4** Statement of Assets and Liabilities

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**Page 6** Independent Examiner's Report

<b>Community Counselling Trustees Report Year to 31st May 2022</b>
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Charity registration number is: 1049519

The address of the charity is: St. Bartholomews Church & Centre, 292b Barking Road, London, E6 3BA

The Trustees who served during the year are:

#### Served during the year

Sally Jane Higgs

Rosemary Margaret Williams (secretary)

Lova Rajaonarimanana (treasurer)

Anja Frykegard

Damian Castello (chairperson)

Vincent Foxcroft

Annabel Emma Jane Katherine Buck (resigned 05/03/22)

Susan Kelly (vice chair)

Marilyn Elizabeth Oscar (resigned 05/03/22)

Lisa Marie Vann (resigned 05/03/22)

Sharon Patricia Anderson

Clare Hawes

Jennie O'Connor

Michelle Roddy

Maria Spyrou

The Trustees have had regard to Charity Commission guidance on public benefit.

### Aims and Objects

Community Counselling has been working in the London Borough of Newham for over 30 years. We provide one-to-one counselling for anyone in East London who is suffering from psychological distress that threatens their mental and emotional health and wellbeing, such as depression, anxiety, feelings of loneliness and isolation, bereavement, childhood trauma and low self-esteem. We are an independent voluntary organisation and are able to offer low-cost medium and long-term counselling, sometimes supporting clients over several years. We do not receive any public funding and our counsellors offer their time without charging. In the current year we have 24 counsellors working with us and currently see 80 clients a week.

### Structure

We are a collective of qualified counsellors and counsellors in training who volunteer our services part-time. We are an organisational member of the BACP (British Association for Counselling and Psychotherapy) and work within their guidelines for good practice.

Our structure is defined by the Constitution which was adopted on 13<sup>th</sup> February 2016. The quarterly meeting is our main decision-making body, supported by smaller Clinical Issues and Service Delivery groups. Our trustees are elected at our Annual General Meeting from our body of counsellors, who are given a detailed induction and introduction to our policies and procedures at their initial supervision session. We have a team of four qualified supervisors who provide monthly low-cost supervision. All our counsellors are further supported by monthly peer supervision groups and, when possible, by free quarterly continuing professional development workshops.

### **Activities, achievements and performance**

In the year 2021/22 we assessed 100 clients and on average our team of 24 counsellors was seeing 70 clients per week. At the start of the year we were all working remotely, either by Zoom or by telephone, but in July 2021 some counsellors began to see clients in person at St Bart's. We continue to work in all three methods, according to the preference of counsellors and clients. Six student counsellors completed their placements with us and qualified and of these, four moved on to work elsewhere. We are grateful to those qualified counsellors who continue to volunteer with us. We were able to offer placements to five new counselling students and took on one more qualified counsellor.

### **Financial review and funds**

Community Counselling continues to support clients who are unable to meet the cost of counselling charged by private practitioners. We have been able to keep our fees low (most clients pay £15 per session) and we aim to be able to support a few clients who are unable to pay at all. We received a small grant of £3,920 from London Borough of Newham's Covid-19 Community Grant in June 2021, which we put towards the cost of supervision for our counsellors. We have also been able to pay our experienced counsellors a token amount for some of their client work, since only a small number of clients are working face to face (currently 17 out of 79 clients) and there is not much rent payable for rooms. This has helped us to retain our experienced counsellors and support those counsellors who have also suffered financial hardship because of the pandemic.

The trustees have a policy to retain sufficient reserves to be able to fund activities for the year ahead. Reserves held at 31st May 2022 totalled £22,229.

Rosie Williams  
Secretary, Community Counselling  
*22nd March 2023*

**Community Counselling  
Receipts and Payments Account  
Year to 31st May 2022**

	Year to 31st May 2022			Year to 31st May 2021		
	£	£	£	£	£	£
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted
<b>Receipts</b>						
Donations	28,939		28,939	25,793		25,793
Fundraising	1,000		1,000	12,006		12,006
Grant	3,920	3,920	0	2,415	2,415	0
	<b>33,859</b>	<b>3,920</b>	<b>29,939</b>	<b>40,214</b>	<b>2,415</b>	<b>37,799</b>
<b>Payments</b>						
Rent	860		860	0		0
Professional body membership fee	216		216	264		264
Insurance	340		340	0		0
Accounting	420		420	0		0
Telephone	338		338	336		336
Printing, postage & stationery	0		0	10		10
Workshop expenses	0		0	75		75
Administrative cost	3,380		3,380	4,083		4,083
Supervision cost	9,395	3,920	5,475	10,881	2,415	8,466
Volunteer expenses	23,007		23,007	11,651		11,651
Gifts	60		60	0		0
	<b>38,016</b>	<b>3,920</b>	<b>34,096</b>	<b>27,300</b>	<b>2,415</b>	<b>24,885</b>
<b>Surplus/-Deficit for the year</b>	<b>-4,157</b>	<b>0</b>	<b>-4,157</b>	<b>12,914</b>	<b>0</b>	<b>12,914</b>

<b>Community Counselling</b> <b>Statement of Assets and Liabilities</b> <b>At 31st May 2022</b>
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	<u>2022</u>	<u>2021</u>
	<u>£</u>	<u>£</u>
<b>Assets</b>		
Bank account balances	22,229	26,386
<b>Net assets</b>	<b>22,229</b>	<b>26,386</b>
<b>Reserves</b>		
Unrestricted Funds		
As at 1st June 2021	26,386	13,472
Surplus/-Deficit for year	-4,157	12,914
	22,229	26,386
Restricted Funds (see note 2)		
As at 1st June 2021	0	0
Surplus/-Deficit for year	0	0
	0	0
<b>Total reserves</b>	<b>22,229</b>	<b>26,386</b>

Accounts approved by:

Rosie Williams  
(Secretary)

Date of approval  
*22nd March 2023*

**Community Counselling  
Notes to the accounts  
For the year to 31st May 2022**

**1 Accounting policies**

These accounts are prepared on a receipts and payments (rather than accruals) basis.

The income and expenditure shown therefore reflects the cash/bank receipts and payments during the period.

**2 Restricted funds**

<b>Newham BC re Supervision</b>
0
3,920
-3,920
<b>0</b>

Reserves at 1st June 2021  
Income  
Expenditure  
Reserves at 31st May 2022

**3 Payments to trustees**

During the year, some trustees were paid for services provided (at far below normal commercial rates) to the charity in respect of counselling, supervision and administrative work. There are now agreements in place between the charity and trustees who are paid for providing services and there have been changes to the board of trustees to ensure that the majority of trustees are not paid.

**Community Counselling**  
**Independent Examiner's Report to the Trustees of Community Counselling**  
**For the year to 31st May 2022**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st May 2022, which are set out on pages 1 to 5.

**Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's report**

I have completed my examination. I confirm that no material 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 130 of the Act; or
2. the accounts do not accord with those records

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.



R M Holland FCA BSc (Econ)

*22nd March 2023*

Holland Harper LLP  
Chartered Accountants  
26 High Street  
Battle  
East Sussex  
TN33 0EA

**COMMUNITY COUNSELLING**

England & Wales - Charity number 1049519

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# Accounts

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**Community Counselling**

**Accounts for the year ended**

**31st May 2021**

**Community Counselling  
Index**

**Accounts for the  
Year to 31st May 2021**

<b>Pages 1-2</b>	Trustees report
<b>Page 3</b>	Receipts and Payments Account
<b>Page 4</b>	Statement of Assets and Liabilities
<b>Page 5</b>	Notes to the accounts
<b>Page 6</b>	Independent Examiner's Report

<b>Community Counselling Trustees Report Year to 31st May 2021</b>
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**Reference And Administration Details**

The name of the charity is: Community Counselling.

Charity registration number is: 1049519

The address of the charity is: St. Bartholomews Church & Centre, 292b Barking Road, London, E6 3BA

The Trustees who served during the year and are current at the report approval date are:

Served during the year

Sally Jane Higgs

Rosemary Margaret Williams

Lova Rajaonarimanana

Anja Frykegard

Damian Castello (chair)

Vincent Foxcroft

Annabel Emma Jane Katherine Buck

Susan Kelly

Marilyn Elizabeth Oscar

Lisa Marie Vann

Sharon Patricia Anderson

Current at report approval date

Clare Hawes

Jennie O'Connor

Michelle Roddy

Maria Spyrou

The Trustees have had regard to Charity Commission guidance on public benefit.

**Aims and Objects**

Community Counselling has been working in the London Borough of Newham for over 30 years. We provide one-to-one counselling for anyone in East London who is suffering from psychological distress that threatens their mental and emotional health and wellbeing, such as depression, anxiety, feelings of loneliness and isolation, bereavement, childhood trauma and low self-esteem. We are an independent voluntary organisation and are able to offer low-cost medium and long-term counselling, sometimes supporting clients over several years. We do not receive any public funding and our counsellors offer their time without charging. In the current year we have 26 counsellors working with us and currently see 90 clients a week.

**Structure**

We are a collective of qualified counsellors and counsellors in training who volunteer our services part-time. We are an organisational member of the BACP (British Association for Counselling and Psychotherapy) and work within their guidelines for good practice.

Our structure is defined by the Constitution which was adopted on 13<sup>th</sup> February 2016. The quarterly meeting is our main decision-making body, supported by smaller Clinical Issues and Service Delivery groups. Our trustees are elected at our Annual General Meeting from our body of counsellors, who are given a detailed induction and introduction to our policies and procedures at their initial supervision session. We have a team of four qualified supervisors who provide monthly low-cost supervision. All our counsellors are further supported by monthly peer supervision groups and, when possible, by free quarterly continuing professional development workshops.

**Community Counselling  
Trustees Report (continued)  
Year to 31st May 2021**

**Activities, achievements and performance**

In the year 2020/21 we assessed 130 clients and on average our team of 26 counsellors was seeing 90 clients per week. At the start of the Covid pandemic we were able to move rapidly to working remotely, either by Zoom or by telephone. Our counsellors took the BACP course *How to do counselling online: a coronavirus primer*, to familiarise themselves with this new way of working. Ten student counsellors completed their placements with us and qualified and of these, five moved on to work elsewhere. We are grateful to those qualified counsellors who continue to volunteer with us. We were able to offer placements to six new counselling students and took on one more qualified counsellor.

**Financial review and funds**

Community Counselling continues to support clients who are unable to meet the cost of counselling charged by private practitioners. We have been able to keep our fees low (most clients pay £10 per session) and we aim to be able to support a few clients who are unable to pay at all. One of our counsellors raised £12,000 through the philanthropy department at her workplace and the Charities Aid Foundation. We also received a small grant of £2,415 from London Borough of Newham's Covid-19 Community Grant, which we put towards the cost of supervision for our counsellors. This has helped us to retain our experienced counsellors and support those counsellors who have also suffered financial hardship because of the pandemic.

The trustees have a policy to retain sufficient reserves to be able to fund activities for the year ahead. Reserves held at 31st May 2021 totalled £26,386.

*Rm Williams*

Rosie Williams  
Secretary, Community Counselling  
5<sup>th</sup> March 2022

**Community Counselling  
Receipts and Payments Account  
Year to 31st May 2021**

	Year to 31st May 2021			Year to 31st May 2020		
	£	£	£	£	£	£
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted
<b>Receipts</b>						
Donations	25,793		25,793	12,042		12,042
Members fees contribution	0		0	200		200
Fundraising	12,006		12,006	577		577
Grant	2,415	2,415	0	0		0
Interest received	0		0	1		1
	<b>40,214</b>	<b>2,415</b>	<b>37,799</b>	<b>12,820</b>	<b>0</b>	<b>12,820</b>
<b>Payments</b>						
Rent	0		0	12,380		12,380
Professional body membership fee	264		264	240		240
Telephone	336		336	337		337
Printing, postage & stationery	10		10	110		110
Workshop expenses	75		75	0		0
Administrative cost	4,083		4,083	0		0
Supervision cost	10,881	2,415	8,466	0		0
Volunteer expenses	11,651		11,651	0		0
	<b>27,300</b>	<b>2,415</b>	<b>24,885</b>	<b>13,067</b>	<b>0</b>	<b>13,067</b>
<b>Surplus/-Deficit for the year</b>	<b>12,914</b>	<b>0</b>	<b>12,914</b>	<b>-247</b>	<b>0</b>	<b>-247</b>

**Community Counselling  
Statement of Assets and Liabilities  
At 31st May 2021**

	<u>2021</u> £	<u>2020</u> £
<b>Assets</b>		
Bank account balances	26,386	13,472
<b>Net assets</b>	<b>26,386</b>	<b>13,472</b>
<b>Reserves</b>		
Unrestricted Funds		
As at 1st June 2020	13,472	13,719
Surplus/-Deficit for year	12,914	-247
	<b>26,386</b>	<b>13,472</b>
Restricted Funds (see note 2)		
As at 1st June 2020	0	0
Surplus/-Deficit for year	0	0
	<b>0</b>	<b>0</b>
<b>Total reserves</b>	<b>26,386</b>	<b>13,472</b>

Accounts approved by:

*R Williams*

Rosie Williams  
(Secretary)

Date of approval

*11th March 2022*

**Community Counselling  
Notes to the accounts  
For the year to 31st May 2021**

**1 Accounting policies**

These accounts are prepared on a receipts and payments (rather than accruals) basis.

The income and expenditure shown therefore reflects the cash/bank receipts and payments during the period.

**2 Restricted funds**

	<b>Covid-19 Community Grant</b>
Reserves at 1st June 2020	0
Income	2,415
Expenditure	-2,415
Reserves at 31st May 2021	0

**3 Payments to trustees**

During the year, some trustees were paid for services provided (at far below normal commercial rates) to the charity in respect of counselling, supervision and administrative work. There are now agreements in place between the charity and trustees who are paid for providing services and there have been changes to the board of trustees to ensure that the majority of trustees are not paid.

**Community Counselling  
Independent Examiner's Report to the Trustees of Community Counselling  
For the year to 31st May 2021**

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**Independent examiner's report**

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1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
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R M Holland FCA BSc (Econ)

11th March 2022

Holland Harper LLP  
Chartered Accountants  
26 High Street  
Battle  
East Sussex  
TN33 0EA