

Chichester Counselling

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 AUGUST 2022

Our Year in Numbers

100% of all clients saw an improvement in their health following counselling

1145 hours of counselling provided by our students

7.5% increase in the number of counselling sessions delivered

43% of our clients are under 40, 8% over 70

1926 hours of counselling provided by our volunteers

53% of our clients disclose relationship/anxiety issues as their main reasons for counselling

82% of counselling lasts less than 3071 hours of counselling provided

Who we are

We offer confidential, supportive counselling for individuals, aged 18 years and upwards. We can help you achieve change – in yourself, at home and at work.

Counselling provides a safe, private space where you can share and explore your thoughts and feelings.

How might counselling help?

We all face challenges throughout our lives, as we cope with relationships, change and loss. Sometimes friends and family can help. But sometimes it can feel easier to talk with someone who has special training in helping you make sense of things, to enable you to build healthier relationships and live a happier, more meaningful life.

The primary disclosed issues that we work with clients on:

- ☐ Anxiety
- ☐ Stress
- ☐ Relationships
- ☐ Depression
- ☐ Self-esteem
- ☐ Confidence

What our clients say about us?

- ☐ *'life changing, fantastic service, incredibly helpful'*
- ☐ *'I joined in a bit of a mess and am leaving in a good frame of mind!'*
- ☐ *'I have no words to explain how much it has helped me! I felt listened to, able to open myself up and learnt a lot. It's been excellent from the admin team to therapist, I felt they were all there to help'*
- ☐ *'The counselling exceeded my expectations. I now have a job and am much happier.'*

Welcome by the Chair of Trustees

2021-2022 was a challenging time. We were still emerging from the Covid pandemic with mental health challenges becoming more mainstream and people generally were more aware of their mental health. The issues that surfaced for many people during this time of isolation, loss and anxiety are still very prevalent. At Chichester Counselling we have seen an increase for those seeking help for their anxiety and stress. We were able to swiftly move to all online counselling during lockdown and we are continuing to embrace the changes that this new world of work has provided. We still offer clients the opportunity to have their counselling online or via the phone but we know that many want face to face and it is great we have been able to provide this to so many more clients.

Our students who are either undertaking their Certificates in Psychodynamic Counselling Theory and Skills or their Diploma in Psychotherapeutic Counselling had been doing so online so it was great to be able to welcome them back to the classroom. They have provided 1000 hours of counselling input as part of their studies. Our student numbers were very healthy and reflected the fact that many people had reconsidered their work and life choices and decided that a counselling career provided a greater sense of satisfaction and personal wellbeing.

2021-22 saw a change at the head of the organisation and we welcomed Guy Pink, an experienced CEO to the role. He is helping Chichester Counselling ensure the future provision of both our training and our counselling services meets the needs of those they are designed for.

2022 also saw one of our long serving trustees and Treasurer, Alan Pickering, standing down due to ill health and then only a few months later we received the deeply sad news of his death.

During the year we received news that one of our former clients left a £10,000 legacy in his will and we are now using this to help support clients who are in counselling and who are finding the cost of living challenges significant. Thank you, Simon Rowlinson, for your generous bequest and we hope that those clients using these funds continue to improve their mental and physical health as a result of your generosity. We are now able to target our other funds into some of our infrastructure projects (such as the new website) that will enable us to operate more professionally. We are in a good financial position having added to our reserves during the year.

As a charity we are particularly reliant on our volunteers for the support and input they provide. I therefore want to thank our Trustees for their unstinting support and our Qualified Volunteer Counsellors who provide such a valuable service to our clients. Thank you to you all.

The year ahead will be a challenging one for many but we are well placed to offer the support that sadly so many now need.

Mark Perry

Chair of the Board of Trustees

Structure, Governance and Management

The trustees who are also directors of the charity for the purposes of the Companies act 2006, present their report with the financial statements of the charity for the year ended 31 August 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Principal activities and charitable objects

The principal activities and charitable objects of the company in the year under review were to provide counselling and the training of counsellors in West Sussex and Hampshire.

Public benefit

Chichester Counselling Services fills a critical gap in the provision of counselling and psychological therapy in Chichester and the surrounding areas of West Sussex and East Hampshire. Those who benefit from our services include people who are beyond the capacity of primary care or do not meet the criteria or process for access for NHS secondary care services. Unlike some other counselling services, we work with clients for as long as they wish within a three-year counselling agreement. This enables clients to address longer term and deeper-seated difficulties and be supported in finding a way through. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Achievements and performance

For a third year, the impact of Covid-19 was felt by the charity and, in particular, its client and student / trainee communities. Face to face counselling returned during the year though the number of online counselling sessions has continued to be a popular option for the organisation. A mix of in-person, telephone and online delivery was provided by the staff team and volunteer counsellors who worked flexibly to adapt to the changing needs of the organisation and statutory regulations. Having developed a hybrid way of working by combining different modes of counselling delivery, the organisation expects to continue providing services in this way. There is also some evidence that some clients prefer this flexible approach to the service we provide.

Income from training was £129,787 (£119,599 2021) some £10,188 higher than the previous year, reflecting a slightly higher number of students.

The charity delivered 3,270 counselling sessions compared to 3,040 the previous year. Income from counselling was £73,881 (£71,716 in 2021) being £2,165 higher than last year. The slight increase is reflected by a higher number of sessions at a lower average contribution. During the year £1,000 was received from bank interest.

The organisation received external donations totalling £21,506 including a £10,000 legacy donation from a former client which is now being used to support clients struggling to afford counselling.

Total income was therefore £226,174 (£216,839 in 2021).

The cost of counselling and training provision was £122,805 (£105,759 in 2021).

Other expenditure, covering management salaries, premises costs and general administration costs were £80,766 compared to £74,666 the previous year. The increase in overhead costs were due to the loss on disposal of assets, an increased spend on repairs and renewals, an increased spend on development and business and an increased spend on management salaries as the business premises starts to be used more following the pandemic.

Total expenditure was therefore £203,571, £23,146 higher than the previous year total of £180,426.

Training and counselling activities delivered a contribution to overall costs of £80,863 (£85,436 2021) which, after other income and overhead expenditure, resulted in a surplus of £1,097 (£23,395 2021) before external grants and donations (donations and legacies). Income from external donations and grants (donations and legacies) was £21,506 resulting in net income of £22,602.

The net movement in funds between the end of August 2021 and August 2022 was therefore £22,602 and total funds increased from £257,059 to £279,661.

Financial review

Reserves policy

Chichester Counselling Services rely on income from Counselling and Training services to cover other operating and overhead costs. Any shortfall between income generation from activities and indirect costs and overheads is reduced by external grants and donations (donations and legacies) received which are not guaranteed year on year. For these reasons, the Trustees consider that unrestricted reserves equivalent to twelve months operating overhead cost should constitute their Reserves Policy. The 2021-2022 unrestricted reserve available to meet this expenditure equates to 42 months of spend in this category.

Trustees and the executive management team continually keep this policy under review in the light of the changing needs of the charity.

The Charity holds the following reserves and funds:

Unrestricted Reserves

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and are separated into the following:

a) Designated Funds

Designated funds are unrestricted funds earmarked by the executive management team for particular purposes.

b) The Development Fund

The Development Fund contains unrestricted funds retained for the purpose of charitable activities.

Restricted Reserves

Restricted funds may only be expended on the activities and objects specified by the donor.

Going Concern

The Trustees consider that there is sufficient money in the Barclays bank accounts to cover the short-term commitments of the charity for the coming year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The organisation is a charitable company limited by guarantee, incorporated on 27 August 1996. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and appointment of new trustees

TRUSTEES AND DIRECTORS

The trustees and directors in office in the year were:

Keith Campbell
Dr Rob Jackson

Deceased 1 November 2021

Dr Kevin O'Shea
Margaret Overington
Mark Perry (Chair)
Neil Pettitt
Alan Pickering (Deputy Chair) Resigned 5 May 2022
Marian Pottinger Appointed 13 April 2022

EXECUTIVE MANAGEMENT TEAM

Day-to-day management of the charity is delegated by the trustees to an executive management team comprising:

Chief Executive	Guy Pink (from 14.03.22)	Wendy Evans (until 13.03.22)
Training Manager	Paul Brand	
Counselling Manager	Chloe West	
Finance Manager	Sue Newey	

The Board of Trustees meets at least four times a year and consists of not less than six full members of the Association. The members of the committee are elected at the Annual General Meeting of the charity. Election to the committee shall be for two years. The executive management team reports to the Trust Board via the Chief Executive.

During the year, there was one new appointment and one resignation. The Board wanted to acknowledge the significant contribution made by the Treasurer Alan Pickering before his death and how much he will be missed. There has been a number of new Trustees joining subsequent to the end of year to ensure the Trust Board has the requisite skills and breadth of knowledge appropriate for the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

3242075 (England and Wales)

Registered Charity number

1052264

Registered office

106-108 The Hornet
Chichester
West Sussex
PO19 7JR

Trustees

Kevin Campbell (deceased 1 November 2021)
Dr Rob Jackson
Dr Kevin O'Shea
Margaret Overington
Mark Perry (Chair)
Neil Pettitt
Alan Pickering (resigned 5 May 2022)
Marian Pottinger (appointed 13 April 2022)

Company Secretary

Guy Pink

Independent examiner

Michael Merritt FCA
Lewis Brownlee (Chichester) Limited
Chartered Accountants
Appledram Barns
Birdham Road
Chichester
West Sussex
PO20 7EQ

Solicitors

Chamberlain Martin
42 Sudley Road
Bognor Regis
West Sussex
PO21 1ES

Principle Bankers

Barclays Bank Plc
74-75 East Street
Chichester
West Sussex
PO19 1HR

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on and
signed on its behalf by:

.....
Mark Perry JP - Trustee_



Document Details:

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Client of:	Lewis Brownlee (Chichester) Limited

Signature Details

Name:	Mark Perry
Email:	mark.perry@ccs-counselling.org.uk
Date & Time:	13/04/2023 22:50:06 PM (BST)
IP Address:	146.199.7.235
Signing Statement:	Mark Perry confirms that the information is correct and complete to the best of their knowledge and belief.

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REGISTERED COMPANY NUMBER: 03242075 (England and Wales)
REGISTERED CHARITY NUMBER: 1052264

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022
FOR
CHICHESTER COUNSELLING SERVICES**

Lewis Brownlee (Chichester) Limited
Chartered Accountants
Appledram Barns
Birdham Road
Chichester
West Sussex
PO20 7EQ

CHICHESTER COUNSELLING SERVICES
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FOR THE YEAR ENDED 31 AUGUST 2022

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CHICHESTER COUNSELLING SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

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ACHIEVEMENT AND PERFORMANCE

For a third year, the impact of Covid-19 was felt by the charity and, in particular, its client and student / trainee communities. Face to face counselling returned during the year though the number of online counselling sessions has continued to be a popular option for the organisation. A mix of in-person, telephone and online delivery was provided by the staff team and volunteer counsellors who worked flexibly to adapt to the changing needs of the organisation and statutory regulations. Having developed a hybrid way of working by combining different modes of counselling delivery, the organisation expects to continue providing services in this way. There is also some evidence that some clients prefer this flexible approach to the service we provide.

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CHICHESTER COUNSELLING SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2022

FINANCIAL REVIEW

Reserves policy

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CHICHESTER COUNSELLING SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

TRUSTEES AND DIRECTORS

The trustees and directors in office in the year were:

Keith Campbell Deceased 1 November 2021

Dr Rob Jackson

Dr Kevin O'Shea

Margaret Overington

Mark Perry (Chair)

Neil Pettitt

Alan Pickering (Deputy Chair) Resigned 9 May 2022

Marian Pottinger Appointed 13 April 2022

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Training Manager Paul Brand

Counselling Manager Chloe West

Finance Manager Sue Newey

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During the year, there was one new appointment and one resignation. The Board wanted to acknowledge the significant contribution made by the Treasurer Alan Pickering before his death and how much he will be missed. There has been a number of new Trustees joining subsequent to the end of year to ensure the Trust Board has the requisite skills and breadth of knowledge appropriate for the charity.

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03242075 (England and Wales)

Registered Charity number

1052264

Registered office

106-108 The Hornet

Chichester

West Sussex

PO19 7JR

Trustees

K Campbell (deceased 1/11/2021)

Dr R Jackson

Mrs M Overington

M Perry JP

A Pickering (resigned 5/5/2022)

Dr K O'Shea

N Pettitt

Ms J Anderson (appointed 19/1/2023)

Ms E A Allchurch (appointed 19/1/2023)

G J Slay (appointed 19/1/2023)

Ms K M Dunn (appointed 2/11/2022)

Ms M E Pottinger (appointed 13/4/2022)

Company Secretary

J G Pink

CHICHESTER COUNSELLING SERVICES

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2022**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Michael Merritt FCA
Lewis Brownlee (Chichester) Limited
Chartered Accountants
Appledram Barns
Birdham Road
Chichester
West Sussex
PO20 7EQ

Solicitors

Chamberlain Martin
42 Sudley Road
Bognor Regis
West Sussex
PO21 1ES

Principal Bankers

Barclays Bank Plc
74-75 East Street
Chichester
West Sussex
PO19 1HR

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on and signed on its behalf by:

.....
M Perry JP - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHICHESTER COUNSELLING SERVICES**

Independent examiner's report to the trustees of Chichester Counselling Services ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2022.

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

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:

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.

DocuSigned by:

Michael Merritt

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Michael Merritt FCA

Lewis Brownlee (Chichester) Limited
Chartered Accountants
Appledram Barns
Birdham Road
Chichester
West Sussex
PO20 7EQ

17 April 2023 | 12:35 BST

Date:

CHICHESTER COUNSELLING SERVICES**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2022**

		2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations, grants and legacies	3	21,506	12,897
Charitable activities	5		
Charity		203,668	201,203
Investment income	4	1,000	1,147
Other income		-	1,592
Total		226,174	216,839
EXPENDITURE ON			
Raising funds	6	1,238	1,612
Charitable activities	7		
Charity		194,316	170,447
Governance costs		8,018	8,367
Total		203,572	180,426
NET INCOME		22,602	36,413
RECONCILIATION OF FUNDS			
Total funds brought forward		257,059	220,646
TOTAL FUNDS CARRIED FORWARD		279,661	257,059

The notes form part of these financial statements

CHICHESTER COUNSELLING SERVICES

BALANCE SHEET
31 AUGUST 2022

		2022 Unrestricted fund £	2021 Total funds £
FIXED ASSETS	Notes		
Tangible assets	13	2,728	2,006
CURRENT ASSETS			
Debtors	14	7,517	7,385
Cash at bank		333,282	327,582
		340,799	334,967
CREDITORS			
Amounts falling due within one year	15	(63,866)	(79,914)
NET CURRENT ASSETS		276,933	255,053
TOTAL ASSETS LESS CURRENT LIABILITIES		279,661	257,059
NET ASSETS		279,661	257,059
FUNDS	17		
Unrestricted funds		279,661	257,059
TOTAL FUNDS		279,661	257,059

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
M Perry JP - Trustee

The notes form part of these financial statements

CHICHESTER COUNSELLING SERVICES**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022****1. STATUTORY INFORMATION**

The Charity is an incorporated charity, registered with the Charity Commissioners for England and Wales (1052264) and a company incorporated in England (3245075). The Charity is limited by Guarantee to a maximum of £1 contribution per member. At the year end date there was six (2021 seven) members. The Charity is governed by its Articles of Association. Its principle objectives and registered office can be found in the report of the trustees.

2. ACCOUNTING POLICIES**Basis of preparation**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements are presented in sterling (£), which is also the functional currency of the company.

Income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Incoming resources from charitable trading activity are accounted for when earned. Training fees received in advance are deferred over the period of the training.
- Gift aid income is accounted for when received.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs of the charity include those costs associated with meeting the constitutional and statutory requirements of the charity and include costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Tangible fixed assets

Fixed assets are included at cost. Fixed assets are capitalised if they can be used for more than one year and cost at least £500. Depreciation is provided to write off the cost less estimated residual value of fittings and equipment over their expected useful lives. It is calculated at the following rate:

Fittings and equipment - 25% of the written down value brought forward plus 12½% on additions in the year
Fixtures - Straight line over the lease period of the related property

Taxation

The charity is exempt from corporation tax on its charitable activities.

CHICHESTER COUNSELLING SERVICES**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2022****2. ACCOUNTING POLICIES - continued****Fund accounting**

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

Reserves policy

The company's unrestricted funds consist of funds which the charity may use for its purpose at its discretion.

3. DONATIONS, GRANTS AND LEGACIES

	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Donations, grants and legacies	21,506	-	21,506	12,897

4. INVESTMENT INCOME

	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Investment Income	1,000	-	1,000	1,147

5. INCOME FROM CHARITABLE ACTIVITIES

	2022 Charity £	2021 Total activities £
Counselling assessments	4,571	3,753
Counselling contributions	67,180	62,911
Tax relief on gift aid	-	9,887
Training fees	129,787	119,599
Counselling funded	2,130	5,053
	203,668	201,203

Deferred training fees for the year totalled £50,822 (2021: £69,217).

6. RAISING FUNDS**Raising donations and legacies**

	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Staff costs	1,238	-	1,238	1,612

CHICHESTER COUNSELLING SERVICES**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2022****7. CHARITABLE ACTIVITIES COSTS**

	Direct Costs (see note 8) £	Support costs £	Totals £
Charity	193,672	644	194,316
Governance costs	-	8,018	8,018
	<u>193,672</u>	<u>8,662</u>	<u>202,334</u>

Fees to the independent examiner amounted to £2,326 during the year (2021 : £2,830)

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022 £	2021 £
Staff costs	43,557	38,965
Rent and rates	14,527	14,599
Insurance	1,541	1,557
Light and heat	1,246	1,194
PPS and telephone	1,746	2,430
Repairs and maintenance	1,872	1,060
Advertising and development	1,527	57
Subscriptions and sundries	3,876	3,812
Direct counselling costs	38,169	35,098
Other counselling costs	18,220	14,717
Direct training costs	37,727	32,255
Other training costs	28,689	23,689
Depreciation	676	669
Interest payable and similar charges	299	234
	<u>193,672</u>	<u>170,336</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022 £	2021 £
Depreciation - owned assets	676	668
Deficit on disposal of fixed assets	643	111

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2022 nor for the year ended 31 August 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2022 nor for the year ended 31 August 2021.

CHICHESTER COUNSELLING SERVICES**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2022****11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations, grants and legacies	12,897
Charitable activities	
Charity	201,203
Investment income	1,147
Other income	1,592
Total	<u>216,839</u>
EXPENDITURE ON	
Raising funds	1,612
Charitable activities	
Charity	170,447
Governance costs	8,367
Total	<u>180,426</u>
NET INCOME	36,413
RECONCILIATION OF FUNDS	
Total funds brought forward	220,646
TOTAL FUNDS CARRIED FORWARD	<u><u>257,059</u></u>

12. FINANCIAL INSTRUMENTS

Financial instruments are classified by the directors as basic following the conditions in FRS 102. Basic financial instruments are recognised at amortised cost using the effective interest method.

CHICHESTER COUNSELLING SERVICES

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2022**13. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 September 2021	21,911	-	21,911
Additions	1,398	743	2,141
Disposals	-	(743)	(743)
At 31 August 2022	23,309	-	23,309
DEPRECIATION			
At 1 September 2021	19,905	-	19,905
Charge for year	676	-	676
At 31 August 2022	20,581	-	20,581
NET BOOK VALUE			
At 31 August 2022	2,728	-	2,728
At 31 August 2021	2,006	-	2,006

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	-	(1)
Other debtors	2,980	3,547
Prepayments and accrued income	4,537	3,839
	7,517	7,385

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	443	334
Social security and other taxes	999	1,327
Accruals and deferred income	62,424	78,253
	63,866	79,914

16. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022 £	2021 £
Within one year	11,550	11,550
Between two and five years	8,663	20,213
Greater than five years	-	-
	20,213	31,763

CHICHESTER COUNSELLING SERVICES

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2022**17. MOVEMENT IN FUNDS**

	At 1/9/21 £	Net movement in funds £	At 31/8/22 £
Unrestricted funds			
The Development Fund	257,059	22,602	279,661
TOTAL FUNDS	<u>257,059</u>	<u>22,602</u>	<u>279,661</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
The Development Fund	226,174	(203,572)	22,602
TOTAL FUNDS	<u>226,174</u>	<u>(203,572)</u>	<u>22,602</u>

Comparatives for movement in funds

	At 1/9/20 £	Net movement in funds £	At 31/8/21 £
Unrestricted funds			
The Development Fund	220,646	36,413	257,059
TOTAL FUNDS	<u>220,646</u>	<u>36,413</u>	<u>257,059</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
The Development Fund	216,839	(180,426)	36,413
TOTAL FUNDS	<u>216,839</u>	<u>(180,426)</u>	<u>36,413</u>

CHICHESTER COUNSELLING SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2022**

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2022.

19. ULTIMATE CONTROLLING PARTY

The company is controlled by the Trustees.

CHICHESTER COUNSELLING SERVICES
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2022

	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS		
Donations, grants and legacies		
Donations, grants and legacies	21,506	12,897
Investment income		
Investment Income	1,000	1,147
Charitable activities		
Counselling assessments	4,571	3,753
Counselling contributions	67,180	62,911
Tax relief on gift aid	-	9,887
Training fees	129,787	119,599
Counselling funded	2,130	5,053
	203,668	201,203
Other income		
Job retention scheme grant	-	1,592
Total incoming resources	226,174	216,839
EXPENDITURE		
Raising donations and legacies		
Management salaries	1,238	1,612
Charitable activities		
Management salaries	43,557	38,965
Rent and rates	14,527	14,599
Insurance	1,541	1,557
Light and heat	1,246	1,194
PPS and telephone	1,746	2,430
Repairs and maintenance	1,872	1,060
Advertising and development	1,527	57
Subscriptions and sundries	3,876	3,812
Direct counselling costs	38,169	35,098
Other counselling costs	18,220	14,717
Direct training costs	37,727	32,255
Other training costs	28,689	23,689
Depreciation of tangible fixed assets	676	669
Bank interest	299	234
	193,672	170,336
Support costs		
Finance		
Loss on sale of tangible fixed assets	643	111

This page does not form part of the statutory financial statements

CHICHESTER COUNSELLING SERVICES
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2022

	2022 Total funds £	2021 Total funds £
Finance		
Governance costs		
Management salaries	5,693	5,537
Fees to independent examiner	2,326	2,830
	8,019	8,367
Total resources expended	203,572	180,426
Net income	22,602	36,413

This page does not form part of the statutory financial statements

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHICHESTER COUNSELLING SERVICES

Independent examiner's report to the trustees of Chichester Counselling Services
('the Company')

I report to the charity trustees on my examination of the accounts of the Company
for the year ended 31 August 2022. 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 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:

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.

Michael Merritt FCA Lewis Brownlee (Chichester) Limited Chartered Accountants

Appledram Barns

Birdham Road

Chichester West Sussex PO20 7EQ

17 April 2023 | 12:35 BS