

**NORTH DEVON MENTAL HEALTH  
SERVICE USERS FORUM**

**UNAUDITED**

**TRUSTEES' REPORT**

**AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED  
5 APRIL 2023**

**CHARITY NUMBER  
1055224**

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

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**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Report of the trustees**  
**for the year ended 5 April 2023**

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**Message from the Chair of the Board - Dr Richard Holman**

The past year has seen the charity return to normal operations following Covid-19. Nevertheless, the effects of the pandemic have far-reaching impacts on the mental health of the nation, and we continue to address the impact on our individual and collective emotional wellbeing. Bereavement, loneliness, anxiety, depression, relationship difficulties and addictive behaviours have all increased, and we are able to support people struggling in these areas with our one to one counselling service, and a renewed therapeutic groups programme.

In 2022/23 we met our aims and goals by providing 1671 hours of one to one counselling - face to face, by telephone and online. We also provided 184 hours of group therapy in our Let's Talk groups for people with enduring mental health issues.

As the leading provider in North Devon of clinical placements for counselling trainees, we provided learning opportunities, peer support, line management and clinical supervision for 8 trainees at any one time.

All this is made possible by the unwavering support of our army of volunteer counsellors. Their passion, commitment and expertise ensure the community of North Devon can access affordable counselling and support, which is unavailable elsewhere. We take great pride in our work, and the quality of our delivery, and have been members of the BACP (British Association of Counselling & Psychotherapy) since 1996.

Covid-19 has created huge gaps in public mental health services. An already overstretched NHS was quickly overwhelmed, and now only support people at opposite ends of the mental health spectrum - those with serious and psychotic mental illness such as schizophrenia, or those with mild anxiety. This leaves a huge number of people in the mid ranges totally unsupported - people with complex and debilitating mental health problems like depression, bereavement, relationship breakdown, difficult life events, suicidal thoughts, historical trauma or more recent sexual abuse. Without hope of finding an appropriate service through the NHS, those who are unable to afford private fees make their way to Clarity.

**Dr Richard Holman**

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Report of the trustees**  
**for the year ended 5 April 2023**

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The trustees present their report and the financial statements for the year ended 5 April 2023. The trustees who served during the year and up to the date of this report are set out on page 7.

**Our Purpose**

To provide accessible, timely and affordable counselling and therapeutic group support to those experiencing mental health and emotional issues within the communities of North Devon.

**Our Vision**

That everyone over the age of 18 in North Devon can receive prompt, professional and high-quality mental health care no matter their income or background.

**Our Ethos**

We believe in every person's right to have access to therapeutic services that meet their needs and will improve their mental wellbeing.

To provide excellence in the counselling and group work we deliver, we will always promote a culture of sensitivity, trust and respect for those who need our services.

**Our Public Benefit**

The charity operates for the public benefit by providing mental health support to adults in North Devon by way of counselling and group therapy, using appropriately and professionally trained counsellors. The Trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

**Our Strategy**

Over the next 5 years we remain committed to supporting as many people as possible, with the shortest possible waiting time. In order to achieve this our strategic goals are as follows:

1. To identify and meet the mental health needs of the community by expanding and developing the range of therapies available.
2. To ensure continuing growth and development, by reviewing and providing the appropriate skills and expertise required to support the service and community
3. To continue developing the counselling team and supporting them in their continuing professional development.
4. To provide a welcoming, supportive and safe environment for therapy, and investing in our premises and resources as required to meet this goal
5. To ensure that Clarity is well known locally for the service it provides, with easy and accessible self-referral for the public, or referral processes for other organisations.
6. In order to meet the strategic aims and needs described, to develop and increase fundraising activities and income generation from both public and private sources.

**North Devon Mental Health Service Users Forum**  
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**Report of the trustees**  
**for the year ended 5 April 2023**

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In line with the strategy outlined above, for the year 2022-23 we set and met the following objectives:

1. Relaunched our programme of psychoeducation therapeutic groups, with themes focussed on identified needs.
2. Refocussed our strategic and service development through recruitment of a charity manager to provide consistent leadership for the volunteer team, and two new trustees with relevant and transferrable skills.
3. Recruited and/or trained volunteer counsellors with skills to meet emerging needs, namely couples counselling, eating disorders, addictive behaviours and trauma informed therapy.
4. Improved the client experience within our premises by securing funding for redecoration, new furniture, a new security system and new website which incorporates an easy self-referral process.
5. Raised awareness of Clarity and the services available by networking with voluntary and statutory organisations across northern Devon, in line with the Community Mental Health framework.
6. Developed a funding strategy for greater financial sustainability and stability.

**Our Objectives For 2023-24**

In line with the strategy outlined above, this coming year we have set the following objectives:

1. To introduce a new programme of therapeutic groups, with specialist focus in areas of need such as addictive behaviours, coping with challenging relationships and parenting through neurodiversity.
2. To increase our capacity with longer opening hours, and to pilot evening and weekend sessions.
3. To identify and meet client needs by providing a programme of Continuous Professional Development opportunities for our volunteer counsellors.
4. To raise awareness of Clarity services by launching a new website, and social media platform.

**Our Fundraising Activity**

We are immensely grateful to all those people and organisations that have supported and raised money for the charity during the year. It is only with this support that we are able to continue to provide our vital mental health support to the people of North Devon.

In 2021-22 we had a planned operational deficit, which utilised some of the emergency Covid-19 funding accrued and awarded in 2020. In 2022-23 we returned to a sustainable position with a small surplus, and are grateful to those organisations who have provided vital unrestricted funding that has helped us achieve this, including: Turnstyle Designs, Albert Hunt Trust, 29th May 1961 Charity, Arnold Clark Community Fund, Elmgrant Trust, The Inner Wheel and The Forrester Family Charitable Trust.

We remain indebted to The National Lottery Reaching Communities Fund for their core funding which underpins all our activities and makes all our other fundraising activities possible.

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Report of the trustees**  
**for the year ended 5 April 2023**

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As we plan for the next financial year, 2023-24, we acknowledge the impact of the cost of living crisis on our local community. We are aware that the national situation is exacerbated in North Devon by a local housing crisis, and the affect this continues to have on our clients and community fundraisers.

We are conscious of the need to secure additional grant funding for long term sustainability in a challenging and competitive economic climate and have adopted a funding strategy that attempts to broaden our funder base. By approaching a range of local and national small grant funders, and cultivating relationships with a select number of larger trusts and foundations, we hope to secure the funds needed to allow us to maintain the service we currently offer, while growing our infrastructure and capacity to meet the future needs of our community.

**Our Financial and performance**

Our total receipts in the year amounted to £113,662 (2021-22: £80,184) reflecting a 42% increase this year. Total payments for the year were £109,750 (2021-22: £109,939), resulted in net receipts of £3,912 (2021-22: net payments £29,755).

The increase in receipts of £33,478 in 2022-23 compared to the previous year is as a result of over £37,000 additional fundraising from charitable trusts in the year, including almost £11,000 more in unrestricted grants.

In addition to the National Lottery Reaching Communities grant, this year we have also received substantial income from John's Charity and the National Lottery's Awards for All.

Going into 2023-24, the charity is seeking new sources of funding to support its service provision, including long-term funding for more than 12 months, so that the service capacity can be expanded with the confidence that it can be sustained for the benefit of our clients.

**Reserves Policy**

The trustees have set a reserves policy which includes a designated fund to allow a structured closure of the charity should operational reserves deplete to a level at which the charity is no longer sustainable. This designated fund is reviewed annually and currently stands at £40,000 (2022-23 £26,686). This increase represents the full cost of service provision, beyond the end of the current National Lottery Reaching Communities funding in January 2024.

Due to the nature of our service, the trustees have also set an unrestricted reserve policy of a minimum of three months total costs to ensure that the charity is able to support its clients safely through the wind-down period. Based on current expectations, this amounts to approximately £15,000 in addition to those costs represented by designated funds.

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Report of the trustees**  
**for the year ended 5 April 2023**

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Currently, unrestricted reserves are £12,057 (2021-22: £21,828). Combined with relevant designated funds, this represents 2.7 months of anticipated total costs. In 2023-24, trustees will be working to increase the unrestricted reserves to achieve the level required. However, it should be noted that restricted funding is in place until December 2023 to cover the majority of the charity's counselling and premises costs.

The trustees believe that the designated fund totalling £40,000 is, in current circumstances, sufficient to allow a structured closure of the charity, if necessary, beyond the current funding provision, but consider that the charity is sustainable for the immediate future.

**Our Organisational Structure**

Clarity registered as a charity in May 1996. The charity is managed by a Board of Trustees who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management.

The trustees are responsible for the overall management and control of the charity and receive regular reports from the clinical team involved in the day-to-day service delivery, and from the administrative and fundraising team tasked with maintaining, recording and safeguarding the charity's finances and supporting the clinical team. All matters and powers of strategic management and control are vested in the Board. The trustees have assessed the major risks to which the charity is exposed in the year and have taken steps to mitigate these risks.

Meeting quarterly, the Trustee Board bring a range of skills to the charity's governance including a retired GP Partner as Chairman and a retired project manager for a major pharmaceutical company as Secretary. Other Trustees bring experience and expertise in marketing and communications, digital marketing, leadership coaching and business consultancy, human resources and wellbeing, project management and fundraising. Most trustees bring lived experience of mental health concerns either through the experience of close family members, or their own personal journey. Two are past service users who were ineligible for statutory support following a life-changing experience. For them, joining the Board of Clarity is an opportunity to give back by bringing expertise in website and optimisation, project management and marketing and charity governance. All give their time freely.

New trustees are appointed by existing trustees, who actively recruit based on experience and skills.

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Report of the trustees**  
**for the year ended 5 April 2023**

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Clarity is traditionally a volunteer led charity. Our counselling services are delivered by qualified counsellors or final year counselling students, led by our experienced, passionate team. Our team of volunteer counsellors comprises both male and female qualified therapists, as well as trainees completing their qualifications. All counsellors bring with them a vast range of knowledge and expertise, ensuring that we can provide the very best service to the charity's beneficiaries.

The trustees would like to acknowledge and thank the commitment and care that has been given by counsellors, students and volunteers during the year.

**Statement of trustees' responsibilities**

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the board



**Dr Christopher Arber**  
Trustee

21<sup>st</sup> July 2023



**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Legal and administrative information**

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**Status**

North Devon Mental Health Service Users Forum (also known as Clarity) is an unincorporated charity governed by a formal constitution adopted 9 May 1996.

**Charity number** 1055224

**Business address** 104A Boutport Street  
Barnstaple  
Devon  
EX31 1SW

**Trustees**

Dr Alison Judith Ayers	(Appointed 10 January 2023)
Christopher Bale	(Resigned 20 October 2022)
Jonathan Webber ACA	(Resigned 13 October 2022)
Dr Christopher Arber	
Dr Richard Holman	
Michelle McCartan	(Resigned 17 October 2022)
Christopher McDonald	(Appointed 8 February 2022)
Bryony McDonald	(Appointed 8 February 2022)

**Accountants**

Westcotts  
47 Boutport Street  
Barnstaple  
Devon  
EX31 1SQ

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

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**Independent examiner's report to the trustees on the unaudited financial statements of North Devon Mental Health Service Users Forum.**

**Independent examiner's report to the trustees of North Devon Mental Health Service Users Forum.**

I report to the trustees on my examination of the accounts of North Devon Mental Health Service Users Forum for the year ended 5 April 2023.

**Responsibilities and basis of report**

As the charity's trustees of North Devon Mental Health Service Users Forum 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 North Devon Mental Health Service Users Forum accounts carried out under section 145 of the 2011 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 statement**

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 North Devon Mental Health Users Forum 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 examinations to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**Catherine Williams FCA DChA**

**Independent Examiner**  
**Westcotts (SW) LLP**  
**47 Boutport Street**  
**Barnstaple**  
**Devon**  
**EX31 1SQ**

Dated: 26<sup>th</sup> July 2023

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Receipts and Payments Account**

**For the year ended 5 April 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
<b>Receipts</b>					
Incoming resources from generating funds:					
Donations and grants	2	33,469	75,083	108,552	76,127
Investment income	3	201	-	201	7
Incoming resources from charitable activities	4	4,909	-	4,909	4,050
<b>Total receipts</b>		<u>38,579</u>	<u>75,083</u>	<u>113,662</u>	<u>80,184</u>
<b>Payments</b>					
Employment costs	5	10,417	26,101	36,518	42,548
Other Staff costs		158	775	933	4,128
Self Employed costs		9,918	32,655	42,573	32,247
Establishment costs		-	3,634	3,634	11,081
Travel costs		462	4,796	5,258	6,518
Legal and Professional Fees		1,080	266	1,346	1,686
Accountancy fees		3,550		3,550	3,380
Telephone and IT costs		-	3,610	3,610	2,770
Office Costs		484	1,225	1,709	1,413
Subscriptions		240	-	240	240
Sundry expenses		234	1,652	1,886	2,095
Fundraising costs		8,493	-	8,493	1,833
<b>Total payments</b>		<u>35,036</u>	<u>74,714</u>	<u>109,750</u>	<u>109,939</u>
<b>Net of receipts/(payments)</b>		3,543	369	3,912	(29,755)
Cash funds brought forward		48,514	51,266	99,780	129,535
<b>Cash funds carried forward</b>		<u>52,057</u>	<u>51,635</u>	<u>103,692</u>	<u>99,780</u>

All of the above amounts relate to continuing activities.

The notes on pages 11 to 16 form an integral part of these financial statements.

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Statement of Assets and Liabilities**

**As At 5 April 2023**

	Notes	£	2023 £	£	2022 £
<b>Cash funds</b>					
Bank and cash		103,692		99,780	
		<u>103,692</u>		<u>99,780</u>	
<b>Assets and liabilities</b>			<u>103,692</u>		<u>99,780</u>
<b>Funds</b>					
Restricted income funds	8		51,635		51,266
Unrestricted income funds	7		12,057		21,828
Unrestricted designated funds	7		40,000		26,686
<b>Total funds</b>			<u>103,692</u>		<u>99,780</u>

The financial statements were approved by the trustees on 21<sup>st</sup> July 2023 and signed on its behalf by



**Dr Christopher Arber**  
**Trustee**

**The notes on pages 11 to 16 form an integral part of these financial statements.**

**North Devon Mental Health Service Users Forum**  
**Charity Number 1055224**

**Notes to the financial statements**  
**for the year ended 5 April 2023**

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**1. Accounting policies**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

**1.1. Basis of accounting**

The financial statements are prepared under the receipts and payments basis and in accordance with FRS102, the Charities SORP (FRS102) and the requirement of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Charities SORP (FRS102) and the Charities Act 2011.

**1.2. Cashflow**

The charity has taken advantage of the exemption in FRS102 from the requirement to produce a cashflow statement as it is classed as a small charity.

**1.3. Fund accounting**

Unrestricted funds are donations and other incoming resources received or generated for the objects of the charity without further specific purpose and which the charity may use for its purpose at its discretion.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

**1.4. Incoming resources**

All incoming resources are included in the Receipts and Payments when the charity receives the income. The following specific policies are applied to particular categories of income:

Donations are received by way of grants, donations and gifts and is included in full in the Receipts and Payments when received.

The value of services provided by volunteers has not been included.

Fees are included in full in the Receipts and Payments when received. All other incoming resources are also included in full in the Receipts and Payments when received.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Receipts and Payments in the year in which they are received.

**1.5. Resources expended**

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

**North Devon Mental Health Service Users Forum**  
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**Notes to the financial statements**  
**for the year ended 5 April 2023**

**1.6. Defined contribution pension schemes**

The pension costs charged in the financial statements represent the contribution paid by the charity during the year.

**2. Donations and grants**

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2023 Total</b>	<b>2022 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Donations > £100	6,966	700	7,666	9,218
Donations < £100	1,819	-	1,819	1,388
Counselling Donations	9,076	-	9,076	13,393
Grants Received	11,750	71,708	83,458	46,442
Regular giving	1,175	-	1,175	706
Government grants	-	2,675	2,675	3,440
Fundraising Income	2,683	-	2,683	1,540
	<u>33,469</u>	<u>75,083</u>	<u>108,552</u>	<u>76,127</u>

**Funders**

Turnstyle Designs - are a Barnstaple based company delivering luxury door hardware for high-end residential, commercial and yacht projects. The company strives wherever possible to support local causes and give back to the community, and Clarity is grateful for their continued support in the form of unrestricted donations (included above)

<https://www.turnstyledesigns.com/sustainability/>

We are also grateful to the following funders for making unrestricted grants that make our work possible:

Albert Hunt Trust  
29th May 1961 Charity  
Arnold Clark Community Fund  
Elmgrant Trust  
The Inner Wheel  
Forrester Family Charitable Trust

**North Devon Mental Health Service Users Forum**  
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**Notes to the financial statements**  
**for the year ended 5 April 2023**

**3. Investment income**

	<b>Unrestricted funds £</b>	<b>2023 Total £</b>	<b>2022 Total £</b>
Bank interest received	201	201	7
	<u>201</u>	<u>201</u>	<u>7</u>

**4. Incoming resources from charitable activities**

	<b>Unrestricted funds £</b>	<b>2023 Total £</b>	<b>2022 Total £</b>
Counselling Lead	4,170	4,170	3,585
Travel Costs	679	679	465
Counselling fees	60	60	-
	<u>4,909</u>	<u>4,909</u>	<u>4,050</u>

**5. Employees**

<b>Employment costs</b>	<b>2023 £</b>	<b>2022 £</b>
Wages and salaries	35,926	41,878
Pension costs	592	670
	<u>36,518</u>	<u>42,548</u>

No employee received emoluments of more than £60,000 (2022 : None).

**Number of employees**

The average monthly numbers of employees during the year was as follows:

	<b>2023 Number</b>	<b>2022 Number</b>
Employees	<u>2</u>	<u>3</u>

**North Devon Mental Health Service Users Forum**  
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**Notes to the financial statements**  
**for the year ended 5 April 2023**

**6. Analysis of net assets between funds**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total funds £</b>
Fund balances at 5 April 2023 as represented by:			
Current assets	52,057	51,635	103,692
	<u>52,057</u>	<u>51,635</u>	<u>103,692</u>

**7. Unrestricted funds**

	<b>At 6 April 2022 £</b>	<b>Incoming resources £</b>	<b>Outgoing resources £</b>	<b>Transfers £</b>	<b>At 5 April 2023 £</b>
Unrestricted funds	21,828	38,579	(35,036)	(13,314)	12,057
Designated fund	26,686	-	-	13,314	40,000
	<u>48,514</u>	<u>38,579</u>	<u>(35,036)</u>	<u>-</u>	<u>52,057</u>

**Purposes of unrestricted funds**

Unrestricted funds are used to further the objects of the charity, but are subject to no restrictions on their use within those objects.

Designated funds are used to cover potential costs if the charity finds that it is unable to continue to operate.



**North Devon Mental Health Service Users Forum**  
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**Notes to the financial statements**  
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<b>8. Restricted funds</b>	<b>At 6 April 2022 £</b>	<b>Incoming resources £</b>	<b>Outgoing resources £</b>	<b>At 5 April 2023 £</b>
Break the Cycle	3,001	-	(1,523)	1,478
Danny's Line	13,330	700	-	14,030
Devon County Council - Covid Outbreak Management Fund	1,000	2,000	(3,000)	-
Fullabrook CIC	-	1,000	(1,000)	-
John's Charity	-	11,790	(788)	11,002
National Lottery - Awards for All	-	10,000	(10,000)	-
National Lottery	33,935	45,918	(54,728)	25,125
North Devon Council	-	675	(675)	-
Schreier Foundation	-	3000	(3,000)	-
	<u>51,266</u>	<u>75,083</u>	<u>(74,714)</u>	<u>51,635</u>

**North Devon Mental Health Service Users Forum**  
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**Notes to the financial statements**  
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**Purposes of restricted funds**

Break the Cycle is an initiative funded by North Devon Police to provide counselling aimed to reduce the repetitive behaviour of individuals that results in police attendance to incidents. In addition to supporting the individuals concerned, this intervention frees up police time, reduces the need for other emergency services and reduces the impact on the wider community.

Danny's Line is an ongoing fundraising initiative to provide a telephone support service, staffed by experienced counsellors, to help individuals experiencing suicidal thoughts and intention.

Devon County Council - Covid Outbreak Management Fund - This grant aims to increase community resilience and support community action, and will be used to increase our service delivery to those needing our support, through more counselling hours and stronger caseload management.

Fullabrook CIC - This grant provided very welcome funding towards the running costs and essential overheads of delivering our counselling service.



John's Charity - This funding is to cover various capital improvements to the charity's office environment and technology. This will improve the experience of clients engaging with our service, by improving comfort and security as well as increasing the efficiency and effectiveness of staff. Funding will be used for new phones, IT equipment, door entry system, furniture, internal redecoration, and a new website to improve our branding and increase awareness of the charity.

The National Lottery - Awards for All - Funding generously provided to support the charity with increasing costs of administrative staff, case management, and additional PPE and cleaning costs to help support the ongoing impact of Covid-19. As demand for our services increases, this management and administration work also needs to expand to be able to effectively deal with this demand.



National Lottery - Funding is provided over a five year period to help the charity finance its service delivery, both directly for counsellors' fees and travel, and in respect of administrative costs such as payroll, office costs and insurance.

North Devon Council - Community Councillor Grants have given Clarity a grant towards an ongoing programme of training for the counsellors. This ensures that we provide the best opportunities for our volunteers to meet best practice guidelines and clinical excellence.

Schreier Foundation - A generous grant towards the cost of providing counsellors with quality clinical supervision to the professionally recommended level and standard. This ensures that we support our volunteers and their mental health, and meet best practice in clinical excellence.

