WESSEX COUNSELLING SERVICE

England & Wales · Charity number 1056310

Details

Status	Registered
Legal form	Charitable company
Company number	03171892
Registered	1996-06-21
Register	View on the Charity Commission register

Contact

Address	5 King Street Frome Somerset BA11 1BH
Phone	01373453355
Email	office@wessexcp.co.uk
Website	www.wessexcp.co.uk

Activities

Objects: TO PROMOTE FOR THE PUBLIC BENEFIT, PSYCHOLIGICAL AND MENTAL HEALTH: 1) BY PROVIDING COUNSELLING TO THOSE SUFFERING FROM PHYSCOLOGICAL OR EMOTIONAL ILLNESS OR DISTRESS. 2) BY PROVIDING EDUCATION AND TRAINING IN THE PROVISION OF SUCH COUNSELLING. 3) BY UNDERTAKING RESEARCH INTO AND STUDY OF SUCH ILLNESS AND DISTRESS AND PUBLISHING THE USEFUL RESULTS OF SUCH RESEARCH AND STUDY.

Activities: Wessex Counselling & Psychotherapy provides low cost professional counselling in Frome and the surrounding area in Bath, Bristol and Street. We also provide diploma level psychodynamic counselling training and post graduate psychotherapy training in Frome.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

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Geography

- Bath And North East Somerset
- Bristol City
- Somerset
- Wiltshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£308,649	£326,052	-	-
2024-08-31	£325,615	£307,983	-	-
2023-08-31	£309,262	£291,467	-	-
2022-08-31	£276,048	£287,302	-	-
2021-08-31	£247,824	£225,991	-	-
2020-08-31	£236,627	£220,268	-	-

Trustees

Name	Role	Appointed
Robert Kelso	Chair	2022-08-05
Hannah Patchett		2025-07-11
Karen de Groot		2026-04-07
Tamsin Bruce-Gardyne		2023-10-13

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WESSEX COUNSELLING SERVICE

England & Wales - Charity number 1056310

Accounts

Wessex Counselling Service

Charity No. 1056310

Company No. 03171892

Trustees' Report and Unaudited Accounts

31 August 2025

Wessex Counselling Service
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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 August 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03171892

Charity No. 1056310

Principal Office

5 King Street
Frome
Somerset
BA11 1BH

Registered Office

5 King Street
Frome
England
BA11 1BH

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

V.T. Bruce-Gardyne	
S. Hart	(Resigned 18 November 2025)
A. Heath	(Resigned 30 January 2026)
R. Kelso	
C. Nowlan	(Resigned 13 December 2024)
H. Patchett	
S. Tillard	(Resigned 30 January 2026)

Key Management Personnel

Chair	Robert Kelso
Head of Operations	Jo-Anne Graham
Finance and Office Coordinator	Jacqui Lake

Accountants

R. E. Froud & Associates Ltd
61 Robins Lane
Frome
Somerset
BA11 3ET

Bankers

CAF Bank

Wessex Counselling Service
Trustees Annual Report

25 Kings Hill Avenue
Kings Hill
Kent
ME16 4TA

National Westminster Bank
250 Bishopsgate
London
EC2M 4AA

OBJECTIVES AND ACTIVITIES

The principal purpose of the charity is promoting, for the public benefit, psychological and mental health. Wessex does this by providing counselling to those suffering from psychological or emotional illness or distress and by training people to be psychodynamic counsellors and psychodynamic psychotherapists.

ACHIEVEMENTS AND PERFORMANCE

A big thank you Jo-Anne Graham the Head of Service for her excellent work in transforming Wessex after such a turbulent two years. Her leadership and ability to crack on with essential issues is impressive. Wessex is now in a much more secure position.

Jane Bennett has been a strong, loyal and dynamic Training Co-ordinator and her expertise is far reaching. She has been an essential presence especially during the transition. Thank you goes to Gini Ryan, who has stepped into the clinical/counselling co-ordinator role and has made great progress in all parts of the service. A big thank you to Louise and Clare for their loyalty and hard work. Jacqui Lake started after the new financial year, but a big thank you for getting the accounts into a much better system.

Thanks to Bryony Cranston for all her hard work on Youth Space - we are proud of the work they do. The Post Graduate Group has made an important contribution to Wessex' success and their ethic committee is now an essential part of the charity. A big thanks goes to Georgina Hale, chair, and the team.

A big thanks to all the trustees for their continued support. Thanks to those trustees who resigned in this last financial year Kate Nowlan and Sue Pollock. We are still looking to recruit a treasurer, so please contact me if you know someone.

FINANCIAL REVIEW

In the draft audited accounts report, our reserves were over 9% down on the previous year. We try to break even and keep this figure close to zero. Training costs were c.10% higher than previous year, due to lack of control of the budget. The head of training has resigned and Jo-Anne, Head of Service, has a much firmer grasp on the budget. Counselling costs were also up c.17% due to fall in the number of client referrals and increase in staff/counsellor fees. We had significant staff recruitment problems, which hopefully have been resolved thanks to Jo-Anne and the team. At the training open day, we had a great response, so hopefully our training places will be fully subscribed this academic year. A big thank you to Natalie Froud the auditor and more, for sorting out the accounts, which were in a big muddle.

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

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

R. Kelso
Trustee
31 March 2026

Independent Examiner's Report to the trustees of Wessex Counselling Service

I report to the charity trustees on my examination of the financial statements of Wessex Counselling Service for the year ended 31 August 2025.

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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act.

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements 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.

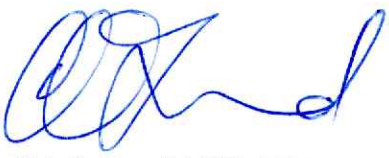
Independent examiner's statement

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ACMA CGMA, which is one of the listed bodies.

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Natalie Froud ACMA CGMA
Chartered Institute of Management Accountants
R. E. Froud & Associates Ltd
61 Robins Lane
Frome
Somerset

BA11 3ET
31 March 2026

Wessex Counselling Service
Statement of Financial Activities
for the year ended 31 August 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:					
Donations and legacies	4	2,604	-	2,604	16,036
Charitable activities	5	287,148	11,020	298,168	303,020
Other trading activities	6	3,818	-	3,818	4,976
Investments	7	4,059	-	4,059	1,583
Total		297,629	11,020	308,649	325,615
Expenditure on:					
Charitable activities	8	313,140	11,912	325,052	306,472
Other	9	1,000	-	1,000	1,511
Total		314,140	11,912	326,052	307,983
Net gains on investments		-	-	-	-
Net (expenditure)/income	10	(16,511)	(892)	(17,403)	17,632
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(16,511)	(892)	(17,403)	17,632
Other gains and losses					
Net movement in funds		(16,511)	(892)	(17,403)	17,632
Reconciliation of funds:					
Total funds brought forward		172,991	17,073	190,064	172,432
Total funds carried forward		156,480	16,181	172,661	190,064

Wessex Counselling Service
Summary Income and Expenditure Account
for the year ended 31 August 2025

	2025 £	2024 £
Income	304,590	324,032
Interest and investment income	4,059	1,583
Gross income for the year	308,649	325,615
Expenditure	320,287	307,983
Depreciation and charges for impairment of fixed assets	5,765	2,170
Total expenditure for the year	326,052	310,153
Net (expenditure)/income before tax for the year	(17,403)	15,462
Net (expenditure)/income for the year	(17,403)	15,462

Wessex Counselling Service
Balance Sheet

at 31 August 2025

Company No. 03171892	**Notes**	**2025**	**2024**
		£	**£**
Fixed assets			
Tangible assets	12	4,985	10,751
		4,985	10,751
Current assets			
Debtors	13	1,466	8,302
Cash at bank and in hand		239,374	257,982
		240,840	266,284
Creditors: Amount falling due within one year	14	(73,164)	(86,971)
Net current assets		167,676	179,313
Total assets less current liabilities		172,661	190,064
Net assets excluding pension asset or liability		172,661	190,064
Total net assets		172,661	190,064
The funds of the charity			
Restricted funds	16		
Restricted income funds		16,181	17,073
		16,181	17,073
Unrestricted funds	16		
General funds		151,578	159,706
Designated funds		4,902	13,285
		156,480	172,991
Total funds		172,661	190,064

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 31 August 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 31 March 2026

And signed on its behalf by:

R. Kelso
Trustee
31 March 2026

Wessex Counselling Service
Statement of Cash flows
for the year ended 31 August 2025

	2025 £	2024 £
Cash flows from operating activities		
Net (expenditure)/income per Statement of Financial Activities	(17,403)	17,632
Adjustments for:		
Depreciation of property, plant and equipment	5,767	2,170
Dividends, interest and rents from investments	(4,059)	(1,583)
Other gains/losses	-	-
Decrease/(Increase) in trade and other receivables	6,836	(8,302)
(Decrease)/Increase in trade and other payables	(13,807)	86,972
Net cash (used in)/provided by operating activities	(22,666)	96,889
Cash flows from investing activities		
Dividends, interest and rents from investments	4,059	1,583
Net cash from investing activities	4,059	1,323
Net cash from financing activities	-	-
Net (decrease)/increase in cash and cash equivalents	(18,607)	98,212
Cash and cash equivalents at the beginning of the year	257,982	-
Cash and cash equivalents at the end of the year	239,375	98,212
Components of cash and cash equivalents		
Cash and bank balances	239,374	257,982
	239,374	257,982

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

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

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Leasehold property	20% Straight line
Office Equipment	25% Straight line

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2024	Restricted funds 2024	Total funds 2024
	£	£	£
Income and endowments from:			
Donations and legacies	8,036	8,000	16,036
Charitable activities	299,807	3,213	303,020
Other trading activities	4,976	-	4,976
Investments	1,583	-	1,583
Total	314,402	11,213	325,615
Expenditure on:			
Charitable activities	296,296	10,176	306,472
Other	1,511	-	1,511
Total	297,807	10,176	307,983
Net income	16,595	1,037	17,632
Net income before other gains/(losses)	16,595	1,037	17,632
Other gains and losses:			
Net movement in funds	16,595	1,037	17,632
Reconciliation of funds:			
Total funds brought forward	156,396	16,036	172,432
Total funds carried forward	172,991	17,073	190,064

4 Income from donations and legacies

	Unrestricted	Total 2025	Total 2024
	£	£	£
Counselling bursary	(1,021)	(1,021)	585
Other bursaries	3,625	3,625	15,451
	2,604	2,604	16,036

5 Income from charitable activities

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Counselling fees	135,387	6,731	142,118	153,392
Training fees	147,394	-	147,394	136,861
Subscriptions	4,367	4,289	8,656	12,767
	287,148	11,020	298,168	303,020

6 Income from other trading activities

	Unrestricted	Total 2025	Total 2024
	£	£	£
Other miscellaneous income	3,818	3,818	4,976
	3,818	3,818	4,976

7 Income from investments

	Unrestricted	Total 2025	Total 2024
	£	£	£
Interest receivable on bank deposits	4,059	4,059	1,583
	4,059	4,059	1,583

8 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2025	Total 2024
Expenditure on charitable activities	£	£	£	£
Wages & Salaries inc outsourced labour	94,180	-	94,180	92,158
General costs - You-th Space	2,983	-	2,983	6,080
General costs - Training	101,687	-	101,687	91,981
General costs - Counselling	53,106	11,912	65,018	56,365
Support costs	61,184	-	61,184	59,887
	313,140	11,912	325,052	306,471

Breakdown of Support costs	Unrestricted	Restricted	Total	Total
Motor and travel costs	432		432	434
Premises costs	23,771	-	23,771	37,451
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	5,765		5,765	2170
General administrative costs	24,343	-	24,343	15,539
Legal and professional costs	6,873	-	6,873	4,293
	61,184	-	61,184	59,887

9 Other expenditure

	Unrestricted	Total 2025	Total 2024
	£	£	£
Independent examination	1,000	1,000	1,511
	1,000	1,000	1,511

10 Net (expenditure)/income before transfers

	2025	2024
This is stated after charging:	£	£
Depreciation of owned fixed assets	5,765	2,170
Independent Examiner's fee	1,000	1,511

11 Staff costs

	2025	2024
Salaries and wages	71,700	84,880
Social security costs	873	1,292
Pension costs	1,256	1,595
	73,829	87,767

No employee received emoluments in excess of £60,000.

The average monthly number of full time equivalent employees during the year was as follows:

	2025 Number	2024 Number
Frome office	5	7
	5	7

The charitys pension for employees is held with NEST.

12 Tangible fixed assets

	Leasehold Improvements	Office Equipment	Total
	£	£	£
Cost or revaluation			
At 1 September 2024	13,924	34,210	48,134
At 31 August 2025	13,924	34,210	48,134
Depreciation and impairment			
At 1 September 2024	6,684	30,698	37,382
Depreciation charge for the year	2,785	2,982	5,767
At 31 August 2025	9,469	33,680	43,149
Net book values			
At 31 August 2025	4,455	530	4,985
At 31 August 2024	7,240	3,512	10,752

13 Debtors

	2025	2024
	£	£
Trade debtors	103	7,336
Other debtors	-	966
Prepayments and accrued income	1,363	-
	1,466	8,302

14 **Creditors:**

amounts falling due within one year

	2025	2024
	£	£
Trade creditors	3,512	16,076
Other taxes and social security	644	-
Other creditors	9,883	-
Accruals	3,788	1,510
Deferred income	55,337	69,385
	73,164	86,971

15 **Deferred Income**

Movement of the deferred income shown in Creditors: amounts falling due within one year

	2025	2024
	£	£
At 1 September	69,385	69,624
Released in current year	(90,990)	(99,196)
Deferred in current year	76,942	98,957
At 31 August	55,337	69,385

16 **Movement in funds**

	At 1 September 2024	Incoming resources (including other gains/losses)	Resources expended	At 31 August 2025
		£	£	£
Restricted funds:				
Restricted income funds:				
Key Centre	631	-	(631)	-
Training Bursary	4,109	331	-	4,440
Youth Space - Other	1,604	-	(1,604)	-
Youth Space - Rotary Somerset Comm	1,133	-	(1,133)	-
Youth Space - Somerset Comm Fund	3,088	3,000	(4,638)	1,450
BPC Post Graduate	6,002	4,289	-	10,291
Inner Wheel	506	-	(506)	-
Others	-	3,400	(3,400)	-
Total	17,073	11,020	(11,912)	16,181
Unrestricted funds:				
General funds	159,706	295,930	(304,058)	151,578
Designated funds:				
Counselling Bursary	4,694	-	(4,694)	-
Key Deposit	30	-	-	30
You-the Space	8,561	1,700	(5,388)	4,872
Total	13,285	1,700	(10,082)	4,902
Total funds	190,064	308,649	(326,052)	172,661

Purposes and restrictions in relation to the funds:

Restricted funds:

Key Centre	This was funding donated to Wessex to provide free short term counselling to people living in The Mount area in Frome who would not otherwise be able to afford counselling
Training Bursary	Money donated to help our trainees who maybe experiencing financial difficulties.
Youth Space - Other	The funds were given to provide counselling to young people between the age of 15-18
Youth Space - Rotary Somerset Comm	Somerset Community £4000 to be used for counsellor fees and supervision. Rotary club £2500 to be used to cover up to 8 Youth Space clients who cannot afford to pay for their counselling

Youth Space - Somerset Comm Fund	To support children leaving the care system
BPC Post Graduate	Membership Money held for the Wessex BPC Postgraduate Body
Inner Wheel	Money to support up to 5 adult counselling clients who cannot afford to pay our minimum fee

17 **Analysis of net assets between funds**

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	4,985	-	4,985
Net current assets	151,495	16,181	167,676
	156,480	16,181	172,661

18 **Reconciliation of net debt**

	At 1 September 2024	Cash flows	At 31 August 2025
	£	£	£
Cash and cash equivalents	257,982	(18,608)	239,374
	257,982	(18,608)	239,374
Net debt	257,982	(18,608)	239,374

19 **Commitments**

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2025 Land and buildings	2025 Other	2024 Land and buildings	2024 Other
	£	£	£	£
Operating leases with expiry date:				

Pension commitments

	2025	2024
	£	£
The pension cost charge to the company amounted to:	1,256	1,595
Unpaid contributions due to the fund are included in other creditors and amounted to:	300	(317)

20 **Related party disclosures**

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Wessex Counselling Service
Detailed Statement of Financial Activities
for the year ended 31 August 2025

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:				
Donations and legacies				
Counselling bursary	(1,021)	-	(1,021)	585
Other bursaries	3,625	-	3,625	15,451
	2,604	-	2,604	16,036
Charitable activities				
Counselling fees	135,387	6,731	142,118	153,392
Training fees	147,394	-	147,394	136,861
Subscriptions	4,367	4,289	8,656	12,767
	287,148	11,020	298,168	303,020
Other trading activities				
Other miscellaneous income	3,818	-	3,818	4,976
	3,818	-	3,818	4,976
Investments				
Interest receivable on bank deposits	4,059	-	4,059	1,583
	4,059	-	4,059	1,583
Total income and endowments	297,629	11,020	308,649	325,615
Expenditure on:				
Charitable activities				
Counselling fees	53,106	11,912	65,018	56,365
Training fees	101,687	-	101,687	91,981
You-the Space	2,983	-	2,983	6,080
	157,776	11,912	169,688	154,426
Employee costs				
Salaries/wages	71,700	-	71,700	84,880
Employer's NIC	873	-	873	1,292
Pension costs	1,256	-	1,256	1,595
Staff training	4,137	-	4,137	326
Temporary staff	16,214	-	16,214	4,065
	94,180	-	94,180	92,158
Support costs				
Motor and travel costs				
Travel and subsistence	432	-	432	434
	432	-	432	434
Premises costs				
Rent	16,416	-	16,416	20,453
Rates	457	-	457	634

Light, heat and power	5,315	-	5,315	7,263
Premises cleaning	40	-	40	145
Premises repairs and maintenance	1,543	-	1,543	8,956
	23,771	-	23,771	37,451
General administrative costs, including depreciation				
Depreciation of land and buildings	2,785	-	2,785	-
Depreciation of Office Equipment	2,980	-	2,980	2,170
Bad debts	1,630	-	1,630	2,132
Bank charges	1,123	-	1,123	172
Equipment expensed	1,200	-	1,200	65
Equipment leasing and hire charges	891	-	891	256
General insurances	93	-	93	757
Advertising	6,556	-	6,556	733
Postage and couriers	12	-	12	109
Software, IT support and related costs	5,159	-	5,159	3,238
Stationery and printing	1,620	-	1,620	270
Subscriptions	2,263	-	2,263	4,168
Sundry expenses	3,394	-	3,394	3,083
Telephone, fax and broadband	402	-	402	556
	30,108	-	30,108	17,709
Legal and professional costs				
Accountancy and bookkeeping	897	-	897	262
Other legal and professional costs	5,976	-	5,976	4,031
	6,873	-	6,873	4,293
Total of expenditure of support costs	61,184	-	61,184	59,887

WESSEX COUNSELLING SERVICE

England & Wales - Charity number 1056310

Accounts

Docusign Envelope ID: 19EAFF19-D810-423B-8E95-10761E047146

WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

31 AUGUST 2024

Company Registration Number 03171892
Charity Number 1056310

Docusign Envelope ID: 19EAFF19-D810-423B-8E95-10761E047146

WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

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WESSEX COUNSELLING SERVICE

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2024

Charity Name	Wessex Counselling Service
Company number	03171892
Charity number	1056310
Registered office and operational address	No 5, King Street, Frome, Somerset, BA11 1BH

Trustees

Trustees who are also directors under company law, who served during the year and up to the date of this report were as follows:

Antony Perry	Chair	Resigned July 2024
Robert Kelso	Chair	
Sarah Tillard		
Andrew Pullin		resigned June 24
David Davies		resigned May 2024
Victoria Bruce-Gardyne		appointed Nov 2023
Sam Hart		appointed Nov 2024
Catherine Nolan		appointed April 2024 resigned Dec 2024

Key Management Personnel

Penny Old	Head of Operations – retired July 2024
Fran Milliner	Office Manager
Jenny Lanyon	Chair Training Executive
Jo-Anne Graham	Head of Clinical Services

Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, Kent, ME19 4TA National Westminster Bank, 250 Bishopsgate, London, EC2M 4AA
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park, Daventry Road, Bristol, BS4 1DQ

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Wessex Counselling Service
The Trustees present the Report and Accounts for the year ended 31 August 2024 which also comprises the Directors' Report required by the Companies Act 2006.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Legal Structure, Governance and Management
The charity is constituted as a company limited by guarantee, registered under the Companies Acts and its governing document is a memorandum and Articles of Association under company legislation. Its certificate of incorporation is dated 13 March 1996 and the last amendment to the governing document is dated 29 September 1997.

The charity registered with the Charity Commission on 21 June 1996.

By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

Method of Recruiting and Appointing New Charity Trustees
Trustees are elected by the Members of the charity at the Annual General Meeting: there must be no more than 10 trustees who must all be members of the charitable company. When recruiting new trustees, the Board considers any specialist skills needed, considering either existing or new areas of operation when seeking potential new candidates who could fulfil certain roles. They would then be proposed, elected and appointed by the management committee.

Organisational structure
The Board of Trustees administers the charity. The trustees have examined the major strategic, business and operational risks that the charity faces and are satisfied that systems are in place to adequately mitigate these risks.

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

Objectives, strategies and activities

The principal purpose of the charity is promoting, for the public benefit, psychological and mental health. Wessex does this by providing counselling to those suffering from psychological or emotional illness or distress and by training people to be psychodynamic counsellors and psychodynamic psychotherapists.

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Trustees' report

This has been a challenging year for Wessex as Penny Old, who has worked tirelessly as Head of Operation also covering vacancies of Head of Training and Head of Clinical Services, retired on 31st July after over 25 years loyal service. The trustees have struggled to recruit a replacement for Penny and we were delighted to appoint Fran Milliner as Office Manager; Jenny Lanyon as Chair of Training Executive and Jo-Anne Graham as Head of Clinical Services. The next financial year will be an opportunity for the management team to make significant progress on all fronts.

Tony Perry resigned as chair at the March 2024 AGM and his loyal service as trustee for 15 years will be sorely missed. Andrew Pullin resigned after 6 years as trustee and the trustees will miss his experience working in a variety of roles for Wessex. David Davies, formerly head of Clinical Services also resigned. Robert Kelso a 1990s-graduate of Wessex, was elected Chair of Trustees.

Training

The last year has been one of transition, extending over the period leading up to Penny Old's retirement as Acting Head of Training, to the induction and appointment of Jenny Lanyon as the new Head of Training in May 2024. This created some understandable uncertainty during the recruitment phase. Once an appointment was made, the training function settled back into its normal routine.

As always, we have offered a wide range of training opportunities in the last year, including running three Introduction to 'Counselling Skills Course, an Intensive Foundation Course, a Year-Long Foundation Course', as well as a Diploma in Psychodynamic Counselling. We also offered a series of successful continuing professional development workshops to our graduate counsellors and other therapists. This year also saw our newly convened Postgraduate Group fully assume its responsibilities to our graduates, and it has grown to be an impressive Wessex voice.

All courses have been well supported. Trainee numbers were very slightly lower than the previous year for the Diploma, but the Foundation numbers were as anticipated. All courses continued, nonetheless, to be well-supported. Our Diploma course is accredited by both the British Psychoanalytic Council (BPC) and the British Association of Counselling and Psychotherapy (BACP). In November 2023, we received a reaccreditation visit from the BPC. The feedback received was very good, and the BPC was happy to reaccredit our course. As one of only five counselling trainings accredited by this body in the UK, we are very proud of our BPC status. This accreditation confirms that our training is both rigorous and delivered to the highest standards. The training team works hard to ensure that we continue to meet the requirements of our accrediting bodies. The success of our training courses is a key element in the ongoing success of the organisation.

Each year in November we hold a graduation evening where the organisation comes together to review the year and celebrate with people who have successfully completed their course. This event was held in person at Frome Town Hall and was attended by graduates from our Foundation and Diploma Courses together with their families and supporters. This was a celebratory occasion where, as a thriving training organisation, we were able to acknowledge the success of our new graduates.

Counselling

We provide both long and short term professional low-cost psychodynamic counselling to clients aged 18 and above with a wide range of emotional problems in our premises in Bath, Bristol, Street,

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Frome and the surrounding area. The counselling service is accredited by the British Association of Counselling and Psychotherapy.

Over this year we have continued to offer counselling sessions remotely though the number of clients who are now being seen in person has increase by 3% to 93%. Referrals have remained stable during the year and over the year we were working with an average of 120 clients per week, an increase of 25. We ended the financial year seeing 132 clients which is an increase of 27, paying an average fee of £30.27 which is an increase of £2.51.

Our bursary scheme has been called on to support 12 clients over the year. We have allocated a total of £3,135 to support these clients who face financial difficulties to help them cover the cost of their counselling. The trustees in support of our charitable aims consider it is vital that when a client is experiencing financial difficulties, they have support in place to help them with the issues they are experiencing.

We continue to offer a discounted assessment fee to clients on low incomes.

Youth Space Project

THE MODEL
Our Youth Space service provides up to 12 weekly sessions of psychodynamic counselling for young people aged 15-18 years who live in the Mendip area (although the geographical area can be extended but this is determined on a case-by-case basis). Fees are income-based and we use the same household income structure as the adult service, the difference being that where necessary we offer the counselling free of charge. The majority of parents/referrers pay something towards the counselling and a number pay the full £45 fee.

OUR STAFF
We currently have 3 counsellors working for Youth Space, 2 on a paid basis, one volunteer who is using her YS work as part of her placement on the Wessex/Bridge Foundation CCYP course. Counsellors are required to hold a caseload of up to 3 clients.

CLIENT INFORMATION / WAITING LIST
Our counsellors are currently working with 2 young people, and we have one on the waiting list.

REFERRALS
Referrals come from a number of different sources. Primarily Frome College, Frome Medical Practice, Beckington Family Practice, Google searches and recommendations from ex-clients and their families. Since our move from Fairfield House, some parents have contacted us after noticing our window. More recently we have had referrals from social workers and CAMHS. We have also had referrals from GP surgeries in Warminster and Westbury.

The majority of assessments are undertaken with parents/key workers but some young people (particularly the Year 12 and 13 Frome College students) like to do their own.

July 2023 – August 2024
Over the year YS received 44 referrals, worked with 26 young people, provided 208 client hours and provided sessions both in person and on zoom. 6 of the young people were returners (i.e. had had previous sessions and applied for a further 12 sessions).

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Of the 26 young people who started their counselling, 15 attended 9 or more of their sessions. 10 clients paid the full fee of £45.00 and 6 received their counselling free of charge. 4 grant-funded clients were care-leavers or in foster-care and one client was funded by Social Services.

FEES, GRANTS AND FUNDRAISING
Total Session Fees received - £4438

Staffing
Penny Old Head of Operations retired in July 2024 after 25 years' service. Fran Milliner started as Office Manager in March 2024. Jenny Lanyon started as Chair of Training Executive in May 2024. Jo-Anne Graham started as Head of Clinical Services in July 2024

Fund Raising Donations and Bursary Funding

Our trainee and associate counsellors generously gave 2594 voluntary counselling hours over the year. This represents a financial benefit to Wessex of £32,425.00 for which we are extremely grateful. It is important to recognise that without the support of the local community and our counsellors we would not be able to continue offering low cost counselling. We would like to acknowledge our gratitude to the following people and organisations who have contributed time and or money to Wessex Counselling.

Wessex Counselling Service
DAG Design
Staff, Counsellors and Supporters of Wessex Counselling
Somerset Community Trust
Frome Rotary Club
Youth with a Future

Counselling Bursary Fund
Trustees, Staff and supporters of Wessex Counselling

Youth Space
Frome Town Council
Hansons
Youth Space Counsellors, Trustees, Staff and Supporters of Wessex Counselling

Benefit to the public

Wessex Counselling has become an essential part of mental health provision in Frome and beyond. It was originally set up to provide affordable low-cost counselling to people in Frome, Bristol and the surrounding area and in conjunction with this to train psychodynamic counsellors and psychotherapists. While we provide a successful, dynamic, academic training programme, we also enable the trainee to examine in detail their self-awareness to enable them to be competent, empathetic counsellor/psychotherapists. We continue to raise funds as well as allocating funds from our reserves in order to subsidise the counselling we do. This enables the service to keep counselling sessions affordable and available to people in need. We also offer subsidised assessment sessions to prospective clients on a low income.

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

British Psychoanalytic Council Membership

As a membership organisation of the British Psychodynamic Council (BPC) we have a growing body of qualified psychodynamic counsellors and psychodynamic psychotherapists registered with the BPC through Wessex. With our recently qualified counsellors and psychotherapists becoming members we now have 77 members affiliated to Wessex. This body of members is important as we are committed to developing a community of registered psychodynamic counsellors and psychotherapists who work together to maintain professional standards and support Wessex's aim to provide professional low-cost psychodynamic counselling to local people. A steering group has been set up for what has been renamed the Post Graduate Group. The steering group has been involved with setting up an Ethics Committee, developing a website of resources for the membership to access and a membership committee.

Results and Reserve Policy

We continue to provide low-cost counselling to people in need and a well-regarded training programme. The result for the year shows a surplus of £17,632 compared to a surplus of £17,795 for 2023. Our freely available unrestricted reserves balance at the 31st August 2024 was £148,955.

The trustees have developed a reserves policy based on the amount of money required to close Wessex Counselling over a six-month period and honour our commitments to our clients, students and counsellors in training. At the start of each financial year the organisation looks at its liabilities and obligations for the following year and calculates what funds are required these figures are then reviewed on a quarterly basis. In 2023/24 we calculated that £129,878 is needed to be held in permanent reserve to cover this.

Trustees

The Trustees who held office during the year were:

Chair of Trustees – Anthony Perry 1.8.23 to 1.3.24
Chair of Trustees - Robert Kelso 1.3.24
Sarah-Jane Tillard
Andrew Pullin
David Davies
Tamsin Bruce Gardyne

Anthony Perry resigned June 2024
Andrew Pullin resigned in June 2024
David Davies resigned April 2024
Catherine Nowlan resigned Dec 2024

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Statement of responsibilities of the Management Committee

The trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those 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 accounting standards and statements of recommended practice 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 business.

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

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Independent examiners

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charitable company's independent examiner during the year.

4/4/2025

Approved by the trustees on ..... and signed on its behalf by

Signed by:
robert kelso
64C2489331C04BD...

Robert Kelso
Chair of Trustees

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WESSEX COUNSELLING SERVICE

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2024

I report on the accounts of the company for the year ended 31st August 2024 which are set out on pages 9 to 18.

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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of MAAT.

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:
C2F8368E1B574EA...

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle
Bristol
BS4 1DQ

Date: 4/4/2025

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WESSEX COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2024

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
		£	£	£	£
Incoming and Endowments from:					
Donations and legacies	**3**	8,036	8,000	16,036	11,365
Charitable activities	**4**	299,807	3,213	303,020	294,687
Other trading activities	**5**	4,976	-	4,976	1,649
Investments	**6**	1,583	-	1,583	1,561
Total Income		314,402	11,213	325,615	309,262
Expenditure On:					
Charitable activities	**7**	296,296	10,176	306,472	290,028
Other	**8**	1,511	-	1,511	1,439
Total Expenditure		297,807	10,176	307,983	291,467
Net income		16,595	1,037	17,632	17,795
Net movement in funds		16,595	1,037	17,632	17,795
Total funds brought forward		156,396	16,036	172,432	154,637
Total funds carried forward		172,991	17,073	190,064	172,432

All of the activities of the charity are classed as continuing

The notes on pages 11 to 18 form part of these financial statements

Details of the allocation of 2023 total funds between unrestricted and restricted are shown in note 18

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WESSEX COUNSELLING SERVICE

BALANCE SHEET

YEAR ENDED 31 AUGUST 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	**15**	10,751	12,661
Current assets			
Debtors	**12**	8,302	5,893
Cash at bank and in hand		257,983	240,333
Total current assets		266,285	246,226
Creditors : Amounts falling due within one year	**13**	(86,972)	(86,455)
Net current assets or liabilities		179,313	159,771
Total net assets or liabilities		190,064	172,432
The Funds of the Charity	**16**		
Restricted funds		17,073	16,036
Unrestricted funds		172,991	156,396
		190,064	172,432

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on and are signed on their behalf by:

Signed by:
robert kelso
64C2489331C04BD...

Robert Kelso Date: 4/4/2025
Director

The notes on pages 11 to 18 form part of these financial statements

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1 Basis of Preparation

a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

b) The accounts have been prepared on the assumption that the charitable company is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charitable company's ability to continue as a going concern.

c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Office equipment - 25% straight line
Leasehold Improvements - 20% straight line

e) Unrestricted funds are available to spend on activities that further any of the purposes of the charitable company. Designated funds are unrestricted funds of the charitable company which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable company's work or for specific projects being undertaken by the charitable company.

f) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

g) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

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Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Counselling bursary	585	-	585	3,545
Other bursary	7,451	8,000	15,451	7,820
	8,036	8,000	16,036	11,365
Donations and Legacies prior year				
Counselling bursary	*545*	*3,000*	*3,545*	
Other bursary	*4,420*	*3,400*	*7,820*	
	4,965	*6,400*	*11,365*	

4 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Counselling fees	153,392	-	153,392	127,033
Training fees	136,861	-	136,861	150,385
Subscriptions	9,554	3,213	12,767	17,269
	299,807	3,213	303,020	294,687
Charitable Activities prior year				
Counselling fees	*127,033*	*-*	*127,033*	
Training fees	*150,385*	*-*	*150,385*	
Subscriptions	*14,994*	*2,275*	*17,269*	
	292,412	*2,275*	*294,687*	

5 Other Trading Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Other miscellaneous income	4,976	-	4,976	1,649
	4,976	-	4,976	1,649

Other Trading Activities prior year - all unrestricted

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6 Investment Income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Interest receivable on bank deposits	1,583	-	1,583	1,561

Investment Income prior year - all unrestricted

Expenditure on:

7 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Wages & salaries inc outsourced labour	92,158	-	92,158	90,441
General costs - You-th Space	2,538	3,542	6,080	7,494
General costs - Training	91,981	-	91,981	99,028
General costs - Counselling	56,365	-	56,365	45,829
General costs	51,084	6,634	57,718	41,642
Depreciation	2,170	-	2,170	5,594
	296,296	10,176	306,472	290,028

Charitable Activities prior year

Wages & salaries	*90,441*	*-*	*90,441*	
General costs - You-th Space	*108*	*7,386*	*7,494*	
General costs - Training	*99,028*	*-*	*99,028*	
General costs - Counselling	*45,829*	*-*	*45,829*	
General costs	*36,025*	*5,617*	*41,642*	
Depreciation	*5,594*	*-*	*5,594*	
	277,025	*13,003*	*290,028*	

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Independent Examiner's fee & accounts preparation	1,511	-	1,511	1,439
	1,511	-	1,511	1,439

Other prior year - all unrestricted

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9 Net incoming resources for the year

This is stated after charging:

	2024	2023
	£	£
Depreciation of owned fixed assets	2,170	5,594
Independent Examiner's Fees	1,057	1,007

10 Staff costs and numbers

The aggregate payroll costs were:	2024	2023
	£	£
Wages and Salaries	84,880	84,628
Social Security Costs	1,292	938
Pension Costs	1,595	1,550
	87,767	87,116

No employee received emoluments of more than £60,000 (2023: £Nil)
The average monthly head count was 7 staff (2023: 7)

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023: £nil) neither were they reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

Total employee benefits paid to key management personnel during the year were £47,370 (2023: £42,647)

There were no other related party transactions during the year (2023: £nil)

11 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

12 Debtors

	2024	2023
	£	£
Trade debtors	7,336	5,893
HMRC	966	-
	8,302	5,893

13 Creditors

	2024	2023
	£	£
Trade creditors	16,076	15,392
Deferred income (see note)	69,385	69,624
Accruals	1,511	1,439
	86,972	86,455

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13a Deferred income

Movement in deferred income account	2024	2023
	£	£
Balance at the start of the reporting period	69,624	77,008
Amounts added in current period	98,957	69,624
Amounts released to income from previous periods	(99,196)	(77,008)
Balance at the end of the reporting period	69,385	69,624

The deferred income for 2024 and 2023 represent course fees and deposits received in advance of services supplied.

14 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

15 Tangible fixed assets

	Leasehold Improvements	Furniture & Equipment	Total
	£	£	£
Cost			
At 1 September 2023	13,924	33,950	47,874
Additions	-	260	260
At 31 August 2024	13,924	34,210	48,134
Depreciation			
At 1 September 2023	5,570	29,643	35,213
Charge for the year	1,114	1,056	2,170
At 31 August 2024	6,684	30,699	37,383
Net book value			
At 31 August 2024	7,240	3,511	10,751
At 31 August 2023	8,354	4,307	12,661

Docusign Envelope ID: 19EAFF19-D810-423B-8E95-10761E047146

16 Movement in funds

	At 01-Sep 2023	Incoming resources	Outgoing resources	Transfers	At 31-Aug 2024
	£	£	£	£	£
Restricted funds					
Frome Town Council	75	-	(75)	-	-
Key Centre	631	-	-	-	631
Training Bursary	5,109	-	(1,000)	-	4,109
Youth Space - Other	4	2,000	(400)	-	1,604
Youth Space - Rotary Somerset Comm	2,433	-	(1,300)	-	1,133
Youth Space - Somerset Comm Fund	-	6,000	(2,912)	-	3,088
Hanson	1,000	-	(1,000)	-	-
Big Lottery	1,948	-	(1,948)	-	-
BPC Post Graduate	3,822	3,213	(1,033)	-	6,002
Somerset Community Energy Fund	14	-	(14)	-	-
Inner Wheel	1,000	-	(494)	-	506
Total Restricted funds	16,036	11,213	(10,176)	-	17,073
Unrestricted Funds				-	
General fund	146,320	304,285	(290,899)	-	159,706
Counselling Bursary (Designated)	1,559	3,135	-	-	4,694
Key Deposit (Designated)	40	(10)	-	-	30
You-the Space (Designated)	8,477	6,992	(6,908)	-	8,561
Total unrestricted funds	156,396	314,402	(297,807)	-	172,991
Total funds	172,432	325,615	(307,983)	-	190,064

Purpose of restricted funds

Frome Town Centre	Donation to cover the cost of providing free counselling to Children and Young people aged between 15 and 18 in Frome
Key Centre	This was funding donated to Wessex to provide free short term counselling to people living in The Mount area in Frome who would not otherwise be able to afford counselling.
Training Bursary	Money donated to help our trainees who maybe experiencing financial difficulties. The latest donation of £3000 was given to us to help trainees but the trustees have not yet agreed how it should be spent.
Youth Space - Other	The funds were given to provide counselling to young people between the age of 15-18
Youth Space - Rotary Somerset Comm	Somerset Community £4000 to be used for counsellor Fees and Supervision. Rotary Club £2500 to be used to cover up to 8 Youth Space Clients who cannot afford to pay for their Counselling

Docusign Envelope ID: 19EAFF19-D810-423B-8E95-10761E047146

Purpose of restricted funds (continued)

Youth Space - Somerset Comm Fund	To support children leaving the care system.
Hanson	Donation to cover the cost of providing free counselling to Children and Young people aged between 15 and 18 in Frome and the surrounding area.
Big Lottery	For Improvements to new building to allow more disabled access and to comply with Fire regulations.
BPC Post Graduate	Membership Money held for the Wessex BPC Postgraduate Body.
Somerset Community Energy Fund	To help with the cost of heating our building after the increase energy prices in 2022.
Inner Wheel	Money to support up to 5 adult counselling clients who cannot afford to pay our minimum fee

17 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	10,751	-	10,751
Current assets	249,212	17,073	266,285
Current liabilities	(86,972)	-	(86,972)
	172,991	17,073	190,064

Docusign Envelope ID: 19EAFF19-D810-423B-8E95-10761E047146

18 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Incoming and Endowments from:			
Donations and legacies	4,965	6,400	11,365
Charitable activities	292,412	2,275	294,687
Other Trading activities	1,632	17	1,649
Investments	1,561	-	1,561
Total income	300,570	8,692	309,262
Expenditure On:			
Charitable activities	277,025	13,003	290,028
Other	1,439	-	1,439
Total expenditure	278,464	13,003	291,467
Net Income	22,106	(4,311)	17,795
Total funds brought forward	134,290	20,347	154,637
Total funds carried forward	156,396	16,036	172,432

WESSEX COUNSELLING SERVICE

England & Wales - Charity number 1056310

Accounts

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WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

31 AUGUST 2023

Company Registration Number 03171892
Charity Number 1056310

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WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2023

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WESSEX COUNSELLING SERVICE

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2023

Charity Name	Wessex Counselling Service
Company number	03171892
Charity number	1056310
Registered office and operational address	No 5, King Street, Frome, Somerset, BA11 1BH
Trustees	Trustees who are also directors under company law, who served during the year and up to the date of this report were as follows: Antony Perry — Chair Robert Kelso — Secretary Sarah Tillard Andrew Pullin David Davies Victoria Bruce-Gardyne — Appointed Nov 2023
Key Management Personnel	Penny Old — Head of Operations
Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, Kent, ME19 4TA National Westminster Bank
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park, Daventry Road, Bristol, BS4 1DQ

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

Wessex Counselling Service
The Trustees present the Report and Accounts for the year ended 31 August 2023 which also comprises the Directors' Report required by the Companies Act 2006.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Legal Structure, Governance and Management
The charity is constituted as a company limited by guarantee, registered under the Companies Acts and its governing document is a memorandum and Articles of Association under company legislation. Its certificate of incorporation is dated 13 March 1996 and the last amendment to the governing document is dated 29 September 1997.

The charity registered with the Charity Commission on 21 June 1996.

By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

Method of Recruiting and Appointing New Charity Trustees
Trustees are elected by the Members of the charity at the Annual General Meeting: there must be no more than 10 trustees who must all be members of the charitable company. When recruiting new trustees, the Board considers any specialist skills needed, considering either existing or new areas of operation when seeking potential new candidates who could fulfil certain roles. They would then be proposed, elected and appointed by the management committee.

Organisational structure
The Board of Trustees administers the charity. The trustees have examined the major strategic, business and operational risks that the charity faces and are satisfied that systems are in place to adequately mitigate these risks.

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

Objectives, strategies and activities

The principal purpose of the charity is promoting, for the public benefit, psychological and mental health. Wessex does this by providing counselling to those suffering from psychological or emotional illness or distress and by training people to be psychodynamic counsellors and psychodynamic psychotherapists.

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

40th Year Anniversary

Over 2023 we celebrated the 40th anniversary of the founding of Wessex Counselling. Wessex was set up in Warminster by therapists linked to The Westminster Pastoral Foundation based in London. The aim was to be offer people in the surrounding area affordable psychodynamic counselling. The centre of the organisation moved to Frome and were for many years based at Fairfield House in King Street Frome. Over the year we celebrated our anniversary with various events which culminated in a music event which was supported by the Frome Town Mayor and a Summer Party. For the Summer Party we invited people who had been involved in Wessex in the past so they could help celebrate where Wessex is now.

Counselling

We provide both long and short term professional low-cost psychodynamic counselling to clients aged 18 and above with a wide range of emotional problems in our premises in Bath, Bristol, Street, Frome and the surrounding area. The counselling service is accredited by the British Association of Counselling and Psychotherapy.

Over this year we have continued to offer counselling sessions remotely though 90% of our clients are now being seen in person counselling. Referrals have remained stable during the year and over the year we were working with an average of 95 clients. We ended the financial year seeing 103 clients paying an average fee of £27.96.

Our bursary scheme has been called on to supported 15 clients over the year. We have allocated a totalled of £2645 to support these clients who face financial difficulties to help them cover the cost of their counselling. The trustees in support of our charitable aims consider it is vital that when a client is experiencing financial difficulties, they have support in place to help them with the issues they are experiencing.

We continue to offer a discounted assessment fee to clients on low incomes.

Training

During the year we have offered a wide range of training opportunities including running three Introduction to Counselling Skills Course, an Intensive Foundation Course, a year long Foundation Course and a Diploma in Psychodynamic Counselling. We also offered a series of successful continuing professional development workshops, some of them on Zoom, to our own graduate counsellors and other therapists.

All courses have been well supported, and we have received applications from students prepared to travel considerable distance to undertake the trainings we offer. Our Diploma course is accredited by both the British Psychoanalytical Council and the British Association of Counselling and Psychotherapy. This means that our training is rigorous, externally accredited and of the highest standards. The training team works hard to ensure that we have continue to meet the requirements of our accrediting bodies. We have been able to recruit applicants for our diploma training course. The success of our training courses is a key element of the ongoing success of the organisation.

Each year in November we hold a graduation evening where the organisation comes together to review the year and celebrate with people who have successfully completed their course. This event

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was held in person at Frome Town Hall and was attended by graduates from our Foundation and Diploma Courses together with their family and supporters.

Youth Space Project

We restructure the Youth Counselling so that the project is less reliant on fund raising. The scheme now offers young people between 15-18 up to 12 counselling sessions which parents are asked to make a contribution to if they have the means to. This year we received £3955 from parents. For parents or young people not able to make a financial contribution the counselling is free and we fund raise to cover the cost of providing these sessions. We did receive funding in March from Frome Town Council who generously donated £2400 to the project and Hansons who donated £10000. We also raised £617.69 from other fund-raising events. This has enabled the project to be secure for the next financial year.

We have worked in person with our Youth Space clients and have received 44 referrals during the year and offered 32 young people counselling.

Staffing

There have been some changes to our team during the year and we acknowledge our gratitude to the following people for the expertise, dedication and skills they have bought to the organisation. Although some of them are leaving roles within the organisation they are continuing to do other work for us for those who have left Wessex Counselling we wish them well for the future.

Andrea Berry resigned as Head of Clinical Services
Diane Barlow resigned as Pre Clinical Course Lead

We are grateful to the following people who have taken on interim clinical roles as Wessex goes through a process of restructuring.

Jenny Ryder
Charlotte MacKean
Carol Ellis
Gillian Cowley McPhee

Fund Raising Donations and Bursary Funding

Our trainee and associate counsellors generously gave 2570 voluntary counselling hours over the year. This represents a financial benefit to Wessex of £32125 for which we are extremely grateful. It is important to recognise that without the support of the local community and our counsellors we would not be able to continue offering low cost counselling. We would like to acknowledge our gratitude to the following people and organisations who have contributed time and or money to Wessex Counselling.

Wessex Counselling Service
DAG Design
Staff, Counsellors and Supporters of Wessex Counselling
Somerset Community Trust

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Counselling Bursary Fund
Trustees, Staff and supporters of Wessex Counselling

You-th Space
Frome Town Council
Hansons
You-th Space Counsellors, Trustees, Staff and Supporters of Wessex Counselling

Benefit for the public

Wessex Counselling was set up to provide affordable low-cost counselling to people in Bristol, Frome and the surrounding area and in conjunction with this to train psychodynamic counsellors and psychotherapists. By running a vibrant training service, we can subsidise the counselling we offer. We continue to raise funds as well as allocating funds from our reserves in order to subsidise the counselling we do. This enables the service to keep counselling sessions affordable and available to people in need. We also offer subsidised assessment sessions to prospective clients on a low income.

British Psychoanalytic Council Membership

As a membership organisation of the British Psychodynamic Council (BPC) we have a growing body of qualified psychodynamic counsellors and psychodynamic psychotherapists registered with the BPC through Wessex. With our recently qualified counsellors and psychotherapists becoming members we now have 65 members affiliated to Wessex. This body of members is important as we are committed to developing a community of registered psychodynamic counsellors and psychotherapists who work together to maintain professional standards and support Wessex's aim to provide professional low cost psychodynamic counselling to local people. A steering group has been set up for what has been renamed the Post Graduate Group. The steering group has been involved with setting up an Ethics Committee, developing a website of resources for the membership to access and a membership committee.

Results and Reserve Policy

We continue to provide low-cost counselling to people in need and a well-regarded training programme. The result for the year shows a surplus of £17,795 compared to a deficit of £11,254 for 2022. Our freely available unrestricted reserves balance at the 31st August 2023 was £143,734.

The trustees have developed a reserves policy based on the amount of money required to close Wessex Counselling over a six-month period and honour our commitments to our clients, students and counsellors in training. At the start of each financial year the organisation looks at its liabilities and obligations for the following year and calculates what funds are required these figures are then reviewed on a quarterly basis. In 2022/23 we calculated that £129,878 is needed to be held in permanent reserve to cover this.

Trustees

The Trustees who held office during the year were:

Chair of Trustees – Anthony Perry
Secretary - Robert Kelso

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

Sarah-Jane Tillard
Andrew Pullin
David Davies - was appointed as a trustee on the 25th November 2022

Dr Christopher Ellis resigned 20th January 2023
John Christopher Sledge resigned 20th January 2023

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

Statement of responsibilities of the Management Committee

The trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those 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 accounting standards and statements of recommended practice 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 business.

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

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Independent examiners

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charitable company's independent examiner during the year.

Approved by the trustees on 15/3/2024 and signed on its behalf by

DocuSigned by:
Tony Perry
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Anthony Perry

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WESSEX COUNSELLING SERVICE

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2023

I report on the accounts of the company for the year ended 31st August 2023 which are set out on pages 9 to 18.

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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of MAAT.

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:
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Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle
Bristol
BS4 1DQ

Date: 15/3/2024

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WESSEX COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2023

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
		£	£	£	£
Incoming and Endowments from:					
Donations and legacies	**3**	4,965	6,400	11,365	20,153
Charitable activities	**4**	292,412	2,275	294,687	254,051
Other trading activities	**5**	1,632	17	1,649	1,742
Investments	**6**	1,561	-	1,561	102
Total Income		300,570	8,692	309,262	276,048
Expenditure On:					
Charitable activities	**7**	277,025	13,003	290,028	286,008
Other	**8**	1,439	-	1,439	1,294
Total Expenditure		278,464	13,003	291,467	287,302
Net income		22,106	(4,311)	17,795	(11,254)
Gross transfers between funds		-	-	-	-
Net movement in funds		22,106	(4,311)	17,795	(11,254)
Total funds brought forward		134,290	20,347	154,637	165,891
Total funds carried forward		156,396	16,036	172,432	154,637

All of the activities of the charity are classed as continuing

The notes on pages 11 to 18 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

Details of the allocation of 2022 total funds between unrestricted and restricted are shown in note 18

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WESSEX COUNSELLING SERVICE

BALANCE SHEET

YEAR ENDED 31 AUGUST 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	**15**	12,661	16,659
Current assets			
Debtors	**12**	5,893	6,046
Cash at bank and in hand		240,333	219,056
Total current assets		246,226	225,102
Creditors : Amounts falling due within one year	**13**	(86,455)	(87,124)
Net current assets or liabilities		159,771	137,978
Total net assets or liabilities		172,432	154,637
The Funds of the Charity	**16**		
Restricted funds		16,036	20,347
Unrestricted funds		156,396	134,290
		172,432	154,637

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on and are signed on their behalf by:

DocuSigned by:
Tony Perry
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Anthony Perry. Date: 15/3/2024
Director

The notes on pages 11 to 18 form part of these financial statements

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1 Basis of Preparation

a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

b) The accounts have been prepared on the assumption that the charitable company is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charitable company's ability to continue as a going concern.

c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Office equipment - 25% straight line
Leasehold Improvements - 20% straight line

e) Unrestricted funds are available to spend on activities that further any of the purposes of the charitable company. Designated funds are unrestricted funds of the charitable company which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable company's work or for specific projects being undertaken by the charitable company.

f) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

g) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

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Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Counselling bursary	545	3,000	3,545	1,100
Other bursary	4,420	3,400	7,820	19,053
	4,965	6,400	11,365	20,153
Donations and Legacies prior year				
Counselling bursary	*-*	*1,100*	*1,100*	
Other bursary	*2,878*	*16,175*	*19,053*	
	2,878	*17,275*	*20,153*	

4 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Counselling fees	127,033	-	127,033	102,631
Training fees	150,385	-	150,385	146,726
Subscriptions	14,994	2,275	17,269	4,694
	292,412	2,275	294,687	254,051
Charitable Activities prior year				
Counselling fees	*102,631*	*-*	*102,631*	
Training fees	*146,726*	*-*	*146,726*	
Subscriptions	*2,413*	*2,281*	*4,694*	
	251,770	*2,281*	*254,051*	

5 Other Trading Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Other miscellaneous income	1,632	17	1,649	1,742
	1,632	17	1,649	1,742

Other Trading Activities prior year - all unrestricted

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6 Investment Income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Interest receivable on bank deposits	1,561	-	1,561	102

Investment Income prior year - all unrestricted

Expenditure on:

7 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Wages & Salaries -Training	72	-	72	13
Wages & Salaries - General	90,369	-	90,369	92,507
General Costs - You-th Space	108	7,386	7,494	5,205
General Costs - Training	99,028	-	99,028	79,283
General Costs - Counselling	45,829	-	45,829	44,975
General Costs - Street Project	-	-	-	1,269
General Costs	36,025	5,617	41,642	57,587
Depreciation	5,594	-	5,594	5,169
	277,025	13,003	290,028	286,008

Note: Wages and salaries expense include outsourced labour costs.

Charitable Activities prior year

Wages & Salaries -Training	*13*	*-*	*13*	
Wages & Salaries - General	*92,030*	*477*	*92,507*	
General Costs - You-th Space	*5,205*	*-*	*5,205*	
General Costs - Training	*79,283*	*-*	*79,283*	
General Costs - Counselling	*43,430*	*1,545*	*44,975*	
General Costs - Street Project	*1,269*	*-*	*1,269*	
General Costs	*54,609*	*2,978*	*57,587*	
Depreciation	*5,169*	*-*	*5,169*	
	281,008	*5,000*	*286,008*	

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Independent Examiner's fee & accounts	1,439	-	1,439	1,294
	1,439	-	1,439	1,294

Other prior year - all unrestricted

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9 Net incoming resources for the year

This is stated after charging:

	2023	2022
	£	£
Depreciation of owned fixed assets	5,594	5,169
Independent Examiner's Fees	1,439	1,294

10 Staff costs and numbers

The aggregate payroll costs were:

	2023	2022
	£	£
Wages and Salaries	84,628	85,787
Social Security Costs	938	1,164
Pension Costs	1,550	1,508
	87,116	88,459

No employee received emoluments of more than £60,000 (2022: £Nil)
The average monthly head count was 7 staff (2022: 7)

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

Total employee benefits paid to key management personnel during the year were £42,647 (2022: £37,459)

There were no other related party transactions during the year.

11 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

12 Debtors

	2023	2022
	£	£
Trade debtors	5,893	6,046
	5,893	6,046

13 Creditors

	2023	2022
	£	£
Trade creditors	15,392	8,822
Deferred income (see note)	69,624	77,008
Accruals	1,439	1,294
	86,455	87,124

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13a Deferred income

Movement in deferred income account	2023	2022
	£	£
Balance at the start of the reporting period	77,008	76,308
Amounts added in current period	69,624	77,008
Amounts released to income from previous periods	(77,008)	(76,308)
Balance at the end of the reporting period	69,624	77,008

The deferred income for 2023 and 2022 represent course fees and deposits received in advance of services supplied.

14 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

15 Tangible fixed assets

	Leasehold Improvements	Furniture & Equipment	Total
	£	£	£
Cost			
At 1 September 2022	13,924	32,354	46,278
Additions	-	1,596	1,596
At 31 August 2023	13,924	33,950	47,874
Depreciation			
At 1 September 2022	2,785	26,834	29,619
Charge for the year	2,785	2,809	5,594
At 31 August 2023	5,570	29,643	35,213
Net book value			
At 31 August 2023	8,354	4,307	12,661
At 31 August 2022	11,139	5,520	16,659

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16 Movement in funds

	At 01-Sep 2022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Aug 2023 £
Restricted funds					
Frome Town Council	-	2,400	(2,325)	-	75
Key Centre	631	-	-	-	631
Training Bursary	5,109	-	-	-	5,109
Youth Space - Other	998	-	(994)	-	4
Youth Space - Rotary Somerset Comm	6,500	-	(4,067)	-	2,433
Hanson	-	1,000	-	-	1,000
Big Lottery	3,828	-	(1,880)	-	1,948
BPC Post Graduate	2,281	2,292	(751)	-	3,822
Somerset Community Energy Fund	-	3,000	(2,986)	-	14
Inner Wheel	1,000	-	-	-	1,000
Total Restricted funds	20,347	8,692	(13,003)	-	16,036
Unrestricted Funds				-	
General fund	124,492	294,057	(272,229)	-	146,320
Counselling Bursary (Designated)	3,742	462	(2,645)	-	1,559
Key Deposit (Designated)	20	20	-	-	40
You-th Space (Designated)	6,036	6,031	(3,590)	-	8,477
Total unrestricted funds	134,290	300,570	(278,464)	-	156,396
Total funds	154,637	309,262	(291,467)	-	172,432

Purpose of restricted funds

Frome Town Centre	Donation to cover the cost of providing free counselling to Children and Young people aged between 15 and 18 in Frome
Key Centre	This was funding donated to Wessex to provide free short term counselling to people living in The Mount area in Frome who would not otherwise be able to afford counselling.
Training Bursary	Money donated to help our trainees who maybe experiencing financial difficulties. The latest donation of £3000 was given to us to help trainees but the trustees have not yet agreed how it should be spent.
Youth Space - Other	The funds were given to provide counselling to young people between the age of 15-18
Youth Space - Rotary Somerset Comm	Somerset Community £4000 to be used for counsellor Fees and
Hanson	Donation to cover the cost of providing free counselling to Children and Young people aged between 15 and 18 in Frome and the surrounding area.

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Purpose of restricted funds (continued)

Big Lottery	For Improvements to new building to allow more disabled access and to comply with Fire regulations
BPC Post Graduate	Membership Money held for the Wessex BPC Postgraduate Body
Somerset Community Energy Fund	To help with the cost of heating our building after the increase energy prices in 2022.
Inner Wheel	Money to support up to 5 adult counselling clients who cannot afford to

17 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Tangible fixed assets	12,661	-	12,661
Current assets	230,190	16,036	246,226
Current liabilities	(86,455)	-	(86,455)
	156,396	16,036	172,432

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18 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Incoming and Endowments from:			
Donations and legacies	2,878	17,275	20,153
Charitable activities	251,770	2,281	254,051
Other Trading activities	1,742	-	1,742
Investments	102	-	102
Total income	256,492	19,556	276,048
Expenditure On:			
Raising Funds	-	-	-
Charitable activities	281,008	5,000	286,008
Other	1,294	-	1,294
Total expenditure	282,302	5,000	287,302
Net Income	(25,810)	14,556	(11,254)
Transfer between funds	5,582	(5,582)	-
Total funds brought forward	154,518	11,373	165,891
Total funds carried forward	134,290	20,347	154,637

WESSEX COUNSELLING SERVICE

England & Wales - Charity number 1056310

Accounts

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WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

31 AUGUST 2022

Company Registration Number 03171892
Charity Number 1056310

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WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2022

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Balance sheet	**10**
Notes to the financial statements	**11 to 17**

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WESSEX COUNSELLING SERVICE

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2022

Charity Name	Wessex Counselling Service
Company number	03171892
Charity number	1056310
Registered office and operational address	Fairfield House, King Street, Frome, Somerset, BA11 1BH

Trustees

Trustees who are also directors under company law, who served during the year and up to the date of this report were as follows:

Dr Christohper Ellis		Resigned Jan 2023
John Sledge	Finances	Resigned Jan 2023
Antony Perry	Secretary	
Sarah Tillard		
Andrew Pullin		
David Davies		Appointed Nov 2022
Robert Kelso		Appointed Nov 2022

Key Management Personnel

Chris Davies	Head of Clinical Services
Penny Old	Head of Operations

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, Kent, ME19 4TA
National Westminster Bank

Independent Examiners

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park, Daventry Road, Bristol, BS4 1DQ

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Wessex Counselling Service
The Trustees present the Report and Accounts for the year ended 31 August 2022 which also comprises the Directors' Report required by the Companies Act 2006.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Legal Structure, Governance and Management
The charity is constituted as a company limited by guarantee, registered under the Companies Acts and its governing document is a memorandum and Articles of Association under company legislation. Its certificate of incorporation is dated 13 March 1996 and the last amendment to the governing document is dated 29 September 1997.

The charity registered with the Charity Commission on 21 June 1996.

By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

Method of Recruiting and Appointing New Charity Trustees
Trustees are elected by the Members of the charity at the Annual General Meeting: there must be no more than 10 trustees who must all be members of the charitable company. When recruiting new trustees, the Board considers any specialist skills needed, considering either existing or new areas of operation when seeking potential new candidates who could fulfil certain roles. They would then be proposed, elected and appointed by the management committee.

Organisational structure
The Board of Trustees administers the charity. The trustees have examined the major strategic, business and operational risks that the charity faces and are satisfied that systems are in place to adequately mitigate these risks.

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

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Objectives, strategies and activities

The principal purpose of the charity is promoting, for the public benefit, psychological and mental health. Wessex does this by providing counselling to those suffering from psychological or emotional illness or distress and by training people to be psychodynamic counsellors and psychodynamic psychotherapists.

The trustees would like to acknowledge the hard work and dedication of everybody involved in Wessex Counselling which has enable the service to continue to offer counselling and training during the pandemic and its aftermath.

Change of Premises

Over the past few years, it had become obvious we had outgrown our premises at Fairfield House, Frome. Our trustees have led the project to find us new premises. This culminated in January 2022 when the service moved to No 5 King Street, Frome. Our new building has five counselling rooms and disabled access throughout the building. We obtained a grant to install a stairlift to enable staff and students who may have mobility issues to access the upper floor. We have also got funding to install a hearing loop in one of our counselling rooms and the training room so we can offer therapy and training to people with impaired hearing. We are committed to making our counselling and training accessible to all.

The move to new premises has resulted in extra costs and an increase in ongoing overheads however these are offset by being able to offer counselling to an increased number of people.

Counselling

We provide both long and short term professional low-cost psychodynamic counselling to clients aged 18 and above with a wide range of emotional problems in our premises in Bath, Bristol, Street, Frome and the surrounding area. The counselling service is accredited by the British Association of Counselling and Psychotherapy.

Over this year we have continued to offer counselling sessions remotely though 83% of our clients are now being seen in person counselling. Referrals gradually increased during the year and over the year we were working with an average of 96 clients. We ended the financial year seeing 98 clients paying an average fee of £24.65.

Our bursary scheme has been called on to supported 23 clients over the year. We have allocated a totalled of £4,977 to support these clients who face financial difficulties to help them cover the cost of their counselling. This is an increase of 50% in both applications received and bursary money allocated. The trustees in support of our charitable aims consider it is vital that when a client is experiencing financial difficulties, they have support in place to help them with the issues they are experiencing.

We continue to offer a discounted assessment fee to clients on low incomes.

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Training

During the year we have offered a wide range of training opportunities including running three Introduction to Counselling Skills Course, an Intensive Foundation Course, a year long Foundation Course, a Diploma in Psychodynamic Counselling, and a Counselling Children and Young People Post Graduate Diploma. We also offered a series of successful continuing professional development workshops, some of them on Zoom, to our own graduate counsellors and other therapists.

All courses have been well supported, and we have received applications from students prepared to travel considerable distance to undertake the trainings we offer. Our Diploma course is accredited by both the British Psychoanalytical Council and the British Association of Counselling and Psychotherapy. This means that our training is rigorous, externally accredited and of the highest standards. The training team works hard to ensure that we have continue to meet the requirements of our accrediting bodies. We have been able to recruit applicants for our diploma training course and have a full complement of trainees who started in September 2021. The success of our training courses is a key element of the ongoing success of the organisation.

Each year in November we hold a graduation evening where the organisation comes together to review the year and celebrate with people who have successfully completed their course. This is usually held in person but because of Covid restrictions we held the ceremony online and celebrated 27 people graduating from a variety of courses.

Youth Space Project

Our funding from Children in Need came to an end in September. After an unsuccessful application to Children in Need for funding to continue the project, it was decided that we would restructure the Youth Counselling to be less reliant on fund raising. The scheme now offers 12 counselling sessions which parents are asked to make a contribution to if they have the means to. For parents or young people not able to make a financial contribution the counselling is free. We did receive funding in June and July from Frome Selwood Rotary Club generously donated £2,500 to support the scheme and Somerset Community trust gave us a grant of £4,000. This has enabled the project to be secure for the next financial year.

We have worked in person with our Youth Space clients and have 41 referrals during the year and offered 30 young people counselling.

Staffing

There have been some changes to our team during the year and we acknowledge our gratitude to the following people for the expertise, dedication and skills they have bought to the organisation. Although some of them are leaving roles within the organisation they are continuing to do other work for us for those who have left Wessex Counselling we wish them well for the future.

Mike Keating Resigned as Head of Training
Kate Varney Resigned as Diploma Course Lead

And we welcome

Andrea Berry as Head of Clinical Services

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Sarah Sanger as Diploma Course Lead (Academic) and Continuing Professional Development Manager

Fund Raising Donations and Bursary Funding

Our trainee and associate counsellors generously gave 1714 voluntary counselling hours over the year. This represents a financial benefit to Wessex of £19,711 for which we are extremely grateful. It is important to recognise that without the support of the local community and our counsellors we would not be able to continue offering low cost counselling. We would like to acknowledge our gratitude to the following people and organisations who have contributed time and or money to Wessex Counselling.

Wessex Counselling Service
Lawrence Fairfield
DAG Design
Staff, Counsellors and Supporters of Wessex Counselling
Big Lottery

Counselling Bursary Fund
Trustees, Staff and supporters of Wessex Counselling
Frome Relief in Sickness
Frome Inner Wheel

You-th Space
Frome Rotary Club
Somerset Community Trust
Staff and Supporters of Wessex Counselling

Benefit for the public

Wessex Counselling was set up to provide affordable low-cost counselling to people in Bristol, Frome and the surrounding area and in conjunction with this to train psychodynamic counsellors and psychotherapists. By running a vibrant training service, we can subsidise the counselling we offer. We continue to raise funds as well as allocating funds from our reserves in order to subsidise the counselling we do. This enables the service to keep counselling sessions affordable and available to people in need. We also offer subsidised assessment sessions to prospective clients on a low income.

British Psychoanalytic Council Membership

As a membership organisation of the British Psychodynamic Council (BPC) we have a growing body of qualified psychodynamic counsellors and psychodynamic psychotherapists registered with the BPC through Wessex. With our recently qualified counsellors and psychotherapists becoming members we now have 60 members affiliated to Wessex. This body of members is important as we are committed to developing a community of registered psychodynamic counsellors and psychotherapists who work together to maintain professional standards and support our aim to provide professional low cost psychodynamic counselling. During the year members had the opportunity to attend a regular reading group.

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Results and Reserve Policy

Despite the impact of the pandemic this has been a successful year for the counselling service as we continue to provide low-cost counselling to people in need and a well-regarded training programme. The result for the year shows a loss of £11,254 compared to the surplus of £21,833 for 2021. The money held in our general fund stands at £134,290.

The trustees have developed a reserves policy based on the amount of money required to close Wessex Counselling over a six-month period and honour our commitments to our clients, students and counsellors in training. At the start of each financial year the organisation looks at its liabilities and obligations for the following year and calculates what funds are required these figures are then reviewed on a quarterly basis. In 2021/22 we calculated that £81,212 needed to be held in permanent reserve to cover this. The figure that needs to be held for 2022/23 has increased substantially to £129,878 because of the increase in rent and overheads having moved premises.

At the end of 2021 we finalised negotiating a lease for a new premises in Frome. The service moved into the new premises at No 5 King Street, Frome.

Trustees

The Trustees who held office during the year were:

Chair of Trustees – Dr Christopher Ellis
Secretary - Anthony Perry
Finances - John Christopher Sledge
Sarah-Jane Tillard
Andrew Pullin
and
Robert Kelso and David Davies were appointed as trustees in January 2023.

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WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Statement of responsibilities of the Management Committee

The trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those 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 accounting standards and statements of recommended practice 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 business.

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

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Independent examiners

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charitable company's independent examiner during the year.

12/5/2023

Approved by the trustees on ..... and signed on its behalf by

DocuSigned by:

Tony Perry

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Anthony Perry

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WESSEX COUNSELLING SERVICE

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2022

I report on the accounts of the company for the year ended 31st August 2022 which are set out on pages 9 to 17.

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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of MAAT.

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:
C2F8368E1B574EA...

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle
Bristol
BS4 1DQ

Date: 12/5/2023

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WESSEX COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2022

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
		£	£	£	£
Incoming and Endowments from:					
Donations and legacies	**3**	2,878	17,275	20,153	12,610
Charitable activities	**4**	251,770	2,281	254,051	234,627
Other trading activities	**5**	1,742	-	1,742	575
Investments	**6**	102	-	102	12
Total Income		256,492	19,556	276,048	247,824
Expenditure On:					
Charitable activities	**7**	281,008	5,000	286,008	225,032
Other	**8**	1,294	-	1,294	959
Total Expenditure		282,302	5,000	287,302	225,991
Net income		(25,810)	14,556	(11,254)	21,833
Gross transfers between funds		5,582	(5,582)	-	-
Net movement in funds		(20,228)	8,974	(11,254)	21,833
Total funds brought forward		154,518	11,373	165,891	144,058
Total funds carried forward		134,290	20,347	154,637	165,891

All of the activities of the charity are classed as continuing

The notes on pages 11 to 17 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

Details of the allocation of 2021 total funds between unrestricted and restricted are shown in note 18

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WESSEX COUNSELLING SERVICE

BALANCE SHEET

YEAR ENDED 31 AUGUST 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	**15**	16,659	7,399
Current assets			
Debtors	**12**	6,046	2,908
Cash at bank and in hand		219,056	241,611
Total current assets		225,102	244,519
Creditors : Amounts falling due within one year	**13**	(87,124)	(86,027)
Net current assets or liabilities		137,978	158,492
Total net assets or liabilities		154,637	165,891
The Funds of the Charity	**16**		
Restricted funds		20,347	11,373
Unrestricted funds		134,290	154,518
		154,637	165,891

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on and are signed on their behalf by:

DocuSigned by:
Tony Perry
67AA84C418084DF...
Anthony Perry. Date: 12/5/2023
Director

The notes on pages 11 to 17 form part of these financial statements

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1 Basis of Preparation

a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

b) The accounts have been prepared on the assumption that the charitable company is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charitable company's ability to continue as a going concern.

c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Office equipment - 25% straight line
Leasehold Improvements - 20% straight line

e) Unrestricted funds are available to spend on activities that further any of the purposes of the charitable company. Designated funds are unrestricted funds of the charitable company which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable company's work or for specific projects being undertaken by the charitable company.

f) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

g) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

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Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Donations from individuals	-	-	-	12
You-th Space bursary	-	-	-	10,095
Counselling bursary	-	1,100	1,100	-
Other bursary	2,878	16,175	19,053	2,503
	2,878	17,275	20,153	12,610

Donations and Legacies prior year

Donations from individuals	*12*	*-*	*12*	
You-th Space bursary	*640*	*9,455*	*10,095*	
Counselling bursary	*-*	*-*	*-*	
Other bursary	*3*	*2,500*	*2,503*	
	655	*11,955*	*12,610*	

4 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Counselling fees	102,631	-	102,631	78,932
Training fees	146,726	-	146,726	145,008
Subscriptions	2,413	2,281	4,694	10,687
	251,770	2,281	254,051	234,627

Charitable Activities prior year - all unrestricted

5 Other Trading Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Other miscellaneous income	1,742	-	1,742	575
	1,742	-	1,742	575

Other Trading Activities prior year - all unrestricted

6 Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Interest receivable on bank deposits	102	-	102	12

Investment Income prior year - all unrestricted

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Expenditure on:

7 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Wages & Salaries -You-th Space	-	-	-	2,646
Wages & Salaries -Training	13	-	13	28,063
Wages & Salaries - Counselling	-	-	-	6,156
Wages & Salaries - General	92,030	477	92,507	37,424
General Costs - You-th Space	5,205	-	5,205	4,147
General Costs - Training	79,283	-	79,283	77,126
General Costs - Counselling	43,430	1,545	44,975	37,984
General Costs - Street Project	1,269	-	1,269	1,566
General Costs	54,609	2,978	57,587	28,737
Depreciation	5,169	-	5,169	1,183
	281,008	5,000	286,008	225,032

Note: Wages and salaries expense include outsourced labour costs.

Charitable Activities prior year

Wages & Salaries -You-th Space	*-*	*2,646*	*2,646*	
Wages & Salaries -Training	*28,063*	*-*	*28,063*	
Wages & Salaries - Counselling	*6,156*	*-*	*6,156*	
Wages & Salaries - General	*37,424*	*-*	*37,424*	
General Costs - You-th Space	*165*	*3,982*	*4,147*	
General Costs - Training	*76,551*	*575*	*77,126*	
General Costs - Counselling	*37,954*	*30*	*37,984*	
General Costs - Street Project	*456*	*1,110*	*1,566*	
General Costs	*25,469*	*3,268*	*28,737*	
Depreciation	*1,183*	*-*	*1,183*	
	213,421	*11,611*	*225,032*	

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Independent Examiner's fee & accounts	1,294	-	1,294	959
	1,294	-	1,294	959

Other prior year - all unrestricted

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9 Net incoming resources for the year

This is stated after charging:

	2022	2021
	£	£
Depreciation of owned fixed assets	5,169	1,183
Independent Examiner's Fees	1,294	959

10 Staff costs and numbers

The aggregate payroll costs were:	2022	2021
	£	£
Wages and Salaries	85,787	69,290
Social Security Costs	1,164	-
Pension Costs	1,508	1,018
	88,459	70,308

No employee received emoluments of more than £60,000 (2021: £Nil)
The average monthly head count was 7 staff (2021: 7)

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil) neither were they reimbursed expenses during the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

Total employee benefits paid to key management personnel during the year were £37,459 (2021: £46,276)

There were no other related party transactions during the year.

11 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

12 Debtors

	2022	2021
	£	£
Trade debtors	6,046	2,908
	6,046	2,908

13 Creditors

	2022	2021
	£	£
Trade creditors	8,822	8,760
Deferred income	77,008	76,308
Accruals	1,294	959
	87,124	86,027

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14 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

15 Tangible fixed assets

	Leasehold Improvements	Furniture & Equipment	Total
	£	£	£
Cost			
At 1 September 2021	-	31,849	31,849
Additions	13,924	505	14,429
At 31 August 2022	13,924	32,354	46,278
Depreciation			
At 1 September 2021	-	24,450	24,450
Charge for the year	2,785	2,384	5,169
At 31 August 2022	2,785	26,834	29,619
Net book value			
At 31 August 2022	11,139	5,520	16,659
At 31 August 2021	-	7,399	7,399

16 Movement in funds

	At 01-Sep 2021	Incoming resources	Outgoing resources	Transfers	At 31-Aug 2022
	£	£	£	£	£
Restricted funds					
Counselling Bursary	2,621	-	-	(2,621)	-
Key Centre	631	-	-	-	631
Training Bursary	5,109	-	-	-	5,109
Youth Space - Other	2,375	-	(1,377)	-	998
Youth Space - Rotary Somerset Comm	-	6,500	-	-	6,500
Youth Space - Children In Need	637	-	(644)	7	-
Big Lottery	-	9,675	(2,979)	(2,868)	3,828
BPC Post Graduate	-	2,281	-	-	2,281
Relief in Sickness	-	100	-	(100)	-
Inner Wheel	-	1,000	-	-	1,000
	11,373	19,556	(5,000)	(5,582)	20,347
Unrestricted Funds				-	
General fund	140,307	253,594	(276,249)	6,840	124,492
Counselling Bursary (Designated)	5,000	-	-	(1,258)	3,742
Key Deposit (Designated)	-	20	-	-	20
You-th Space (Designated)	9,211	2,878	(6,053)	-	6,036
Total funds	165,891	276,048	(287,302)	-	154,637

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Purpose of restricted funds (continued)

Youth Space - Children In Need	This money has been raised from local organisations and Children in Need to provide a short term counselling service to young people between 15-18.
Counselling Bursary	Money raised to support our counselling clients who experience financial problems and would not be able to continue their counselling without the bursary supporting them.
Key Centre	This was funding donated to Wessex to provide free short term counselling to people living in The Mount area in Frome who would not otherwise be able to afford counselling.
Training Bursary	Money donated to help our trainees who maybe experiencing financial difficulties. The latest donation of £3000 was given to us to help trainees but the trustees have not yet agreed how it should be
Youth Space - Other	The funds were given to provide counselling to young people between the age of 15-18
Youth Space - Rotary Somerset Comm	Somerset Community £4000 to be used for counsellor Fees and Supervision. Rotary Club £2500 to be used to cover up to 8 Youth Space Clients who cannot afford to pay for their Counselling
Big Lottery	For Improvements to new building to allow more disabled access and to comply with Fire regulations
BPC Post Graduate	Membership Money held for the Wessex BPC Postgraduate Body
Relief in Sickness	Donation to support a client with their counselling fees
Inner Wheel	Money to support up to 5 adult counselling clients who cannot afford to pay our minimum fee

17 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	16,659	-	16,659
Current assets	204,755	20,347	225,102
Current liabilities	(87,124)	-	(87,124)
	134,290	20,347	154,637

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18 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Incoming and Endowments from:			
Donations and legacies	655	11,955	12,610
Charitable activities	234,627	-	234,627
Other Trading activities	575	-	575
Investments	12	-	12
Total income	235,869	11,955	247,824
Expenditure On:			
Raising Funds	-	-	-
Charitable activities	213,421	11,611	225,032
Other	959	-	959
Total expenditure	214,380	11,611	225,991
Net Income	21,489	344	21,833
Net movement in funds	21,489	344	21,833
Transfer between funds	1,775	(1,775)	-
Total funds brought forward	131,254	12,804	144,058
Total funds carried forward	154,518	11,373	165,891

WESSEX COUNSELLING SERVICE

England & Wales - Charity number 1056310

Accounts

WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

31 AUGUST 2021

Company Registration Number 03171892
Charity Number 1056310

WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2021

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WESSEX COUNSELLING SERVICE

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2021

Charity Name	Wessex Counselling Service
Company number	03171892
Charity number	1056310
Registered office and operational address	Fairfield House, King Street, Frome, Somerset, BA11 1BH

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Mr AC Chapman	Chair	Resigned December 20
Dr C Ellis		
Mr JC Sledge	Finances	
Mr A Perry	Secretary	
Mrs SJ Tillard		
Ms SM Brennan		Resigned September 19
Mr A Pullin		Appointed February 20

Key Management Personnel

Chris Davies	Head of Clinical Services
Mike Keating	Head of Training
Penny Old	Office Manager

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, Kent, ME19 4TA
National Westminster Bank

Independent Examiners

Geoff Archer
Bristol Community Accountants CIC
The Park, Daventry Road, Bristol, BS4 1DQ

WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2021

Wessex Counselling Service
The Trustees present the Report and Accounts for the year ended 31 August 2021 which also comprises the Directors' Report required by the Companies Act 2006.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Legal Structure, Governance and Management
The charity is constituted as a company limited by guarantee, registered under the Companies Acts and its governing document is a memorandum and Articles of Association under company legislation. Its certificate of incorporation is dated 13 March 1996 and the last amendment to the governing document is dated 29 September 1997.

The charity registered with the Charity Commission on 21 June 1996.

By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

Method of Recruiting and Appointing New Charity Trustees
Trustees are elected by the Members of the charity at the Annual General Meeting: there must be no more than 10 trustees who must all be members of the charitable company. When recruiting new trustees, the Board considers any specialist skills needed, considering either existing or new areas of operation when seeking potential new candidates who could fulfil certain roles. They would then be proposed, elected and appointed by the management committee.

Organisational structure
The Board of Trustees administers the charity. The trustees have examined the major strategic, business and operational risks that the charity faces and are satisfied that systems are in place to adequately mitigate these risks. .

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

Objectives, strategies and activities

The principal purpose of the charity is promoting, for the public benefit, psychological and mental health. Wessex does this by providing counselling to those suffering from psychological or emotional illness or distress and by training people to be psychodynamic counsellors and psychodynamic psychotherapists.

The trustees would like to acknowledge the hard work and dedication of everybody involved in Wessex Counselling which has enable the service to continue to offer counselling and training during the pandemic.

Counselling

We provide both long and short term professional low-cost psychodynamic counselling to clients aged 18 and above with a wide range of emotional problems in our premises in Bath, Bristol, Street, Frome and the surrounding area. The counselling service is accredited by the British Association of Counselling and Psychotherapy.

The global pandemic has continued to have an impact on the counselling service. We have continued to offer sessions remotely though returned to offering in person counselling in September 2020. This was when it was safe for both counsellors and clients to do so. Referrals gradually increased during the year and over the year we were working with an average of 78 clients. We ended the financial year seeing 75 clients paying an average fee of £24.73.

We also have supported 17 clients who have applied for a counselling bursary. We have allocated a totalled of£3268 to support these clients who face financial difficulties to help them cover the cost of their counselling. It is vital that when a client is experiencing financial difficulties they have support in place to help them with the issues they are experiencing.
The trustees agreed to transfer £5000 from our reserves in July 2021 to the counselling bursary so that Wessex could continue to support clients in need.

The Key Centre scheme which we have operated has come to an end though clients living in the Keyford area of Frome are eligible to apply for our assistance from our main counselling bursary.

We continue to offer a discounted assessment fee to clients on low incomes.

Training

During the year we have offered a wide range of training opportunities including running three Introduction to Counselling Skills Course, an Intensive Foundation Course, a year long Foundation Course, a Diploma in Psychodynamic Counselling, and a Psychodynamic Psychotherapy Course. We also offered a series of successful continuing professional development workshops, some of them on Zoom, to our own graduate counsellors and other therapists. The courses are well supported, and we have applications from students prepared to travel considerable distance to undertake the trainings we offer.

Our Psychotherapy course is accredited by the British Psychoanalytic Council (BPC) and our Diploma course is accredited by both the British Psychoanalytical Council and the British Association of Counselling and Psychotherapy. This means that our training is rigorous, externally accredited and of

the highest standards. The team also ensured that we have continued to meet the requirements of our accrediting bodies. We have been able to recruit applicants for our training courses and have a full complement of trainees starting in September 2021. The success of our training courses is a key element of the ongoing success of the organisation. The trustees also allowed the training team to invest in new equipment to ensure that the quality of the training we deliver remotely is of a good standard.

Each year in November we hold a graduation evening combined with our Annual General Meeting where the organisation comes together to review the year and celebrate with people who have successfully completed their course. This year we celebrated 28 people graduating from a variety of courses.

Youth Space Project

Youth Space continued to enjoy a collaborative relationship with Children In Need as we entered into the final year of the three year project. The Children in Need funding has enabled us to offer free counselling to children in Frome though it will come to an end in September 2021. We also receive £2000 from Youth with a future to offer counselling to Young People and we have used some of the funding to support young people who do not live in Frome but in the surrounding area.

We returned to working in person with our Youth Space clients and had 32 referrals during the year and offered 26 young people counselling. Many young people who seek our support find school difficult and this has been made worse by the additional anxiety that can be generated about the covid pandemic.

Staffing

There have been some changes to our team during the year and we acknowledge our gratitude to the following people for the expertise, dedication and skills they have bought to the organisation. Although some of them are leaving roles within the organisation they are continuing to do other work for us for those who have left Wessex Counselling and we wish them well for the future.

Chris Davies Resigned as Head of Clinical Services
Cathy Lyall Resigned as Diploma Course Lead

Fund Raising Donations and Bursary Funding

Our trainee and associate counsellors generously gave approximately 1250 voluntary counselling hours over the year. This represents a financial benefit to Wessex of £14375 for which we are extremely grateful. It is important to recognise that without the support of the local community and our counsellors we would not be able to continue offering low cost counselling. We would like to acknowledge our gratitude to the following people and organisations who have contributed time and or money to Wessex Counselling.

Wessex Counselling Service
Lawrence Fairfield
DAG Design
Staff, Counsellors and Supporters of Wessex Counselling

Counselling Bursary Fund
Trustees, Staff and supporters of Wessex Counselling

You-th Space
Children in Need
Youth with a future
Staff and Supporters of Wessex Counselling

Benefit for the public

Wessex Counselling was set up to provide affordable low-cost counselling to people in Bristol, Frome and the surrounding area and in conjunction with this to train psychodynamic counsellors and psychotherapists. By running a vibrant training service, we can subsidise the counselling we offer. We can offer a limited number of places to people on low incomes to enable them to have six months counselling at the reduced rate of £10 per session. We continue to raise funds as well as allocating funds from our reserves in order to subsidise the counselling we do to keep the service affordable and available to people in need. We also offer subsidised assessment sessions to prospective clients on a low income

British Psychoanalytic Council Membership

As a membership organisation of the British Psychodynamic Council (BPC) we have a growing body of qualified psychodynamic counsellors and psychodynamic psychotherapists registered with the BPC through Wessex. With our recently qualified counsellors and psychotherapists becoming members we now have 55 members affiliated to Wessex. This body of members is important as we are committed to developing a community of registered psychodynamic counsellors and psychotherapists who work together to maintain professional standards and support our aim to provide professional low cost psychodynamic counselling. During the year members had the opportunity to attend a regular reading group.

Friends of Wessex

The organisation continues to be well supported by its body of Friends of Wessex Counselling. The Friends are kept up to date with news, events and job opportunities through newsletters which are sent out three times a year

Results and Reserve Policy

Despite the impact of the pandemic this has been a successful year for the counselling service as we continue to provide low-cost counselling to people in need and a well-regarded training programme. The result for the year shows a surplus of £21,833 which is an increase on the surplus of £16,359 for 2020. The money held in our general fund stands at £140,307.

The trustees have developed a reserves policy based on the amount of money required to close Wessex Counselling over a six-month period and honour our commitments to our clients and counsellors in training. At the start of each financial year the organisation looks at its liabilities and obligations for the following year and calculates what funds are required these figures are then reviewed on a quarterly basis. We have calculated that £81212 needs to be held in permanent reserve to cover this.

During 2020/2021 we have been negotiating a lease for a new premises in Frome. The Trustees have been ring fencing reserves to cover part of the increase in rental costs for the next 3 years which is a total of £15000. As we are intending the building to have disabled access for both trainees and clients we are setting aside a further £15000 towards the costs of equipping and furnishing the new building. It is anticipated that the service will move into the new premises at the end of 2021.

Trustees

The Trustees who held office during the year were:

Chair of Trustees – Dr Christopher Ellis
Secretary - Anthony Perry
Finances - John Christopher Sledge
Sarah-Jane Tillard
Andrew Pullin

Statement of responsibilities of the Management Committee

The trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those 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 accounting standards and statements of recommended practice 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 business.

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

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Independent examiners
Geoff Archer of Bristol Community Accountants CIC was appointed as the charitable company's independent examiner during the year.

Approved by the trustees on …….. and signed on its behalf by

Dr Christopher Ellis

WESSEX COUNSELLING SERVICE

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2021

I report on the accounts of the company for the year ended 31st August 2021 which are set out on pages 9 to 17.

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.

Geoff Archer
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle
Bristol
BS4 1DQ

Date:

WESSEX COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2021

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
		£	£	£	£
Incoming and Endowments from:					
Donations and legacies	**3**	655	11,955	12,610	16,219
Charitable activities	**4**	234,627	-	234,627	219,496
Other trading activities	**5**	575	-	575	705
Investments	**6**	12	-	12	207
Total Income		235,869	11,955	247,824	236,627
Expenditure On:					
Raising funds	**7**	-	-	-	64
Charitable activities	**8**	213,421	11,611	225,032	219,245
Other	**9**	959	-	959	959
Total Expenditure		214,380	11,611	225,991	220,268
Net income		21,489	344	21,833	16,359
Gross transfers between funds		1,775	(1,775)	-	-
Net movement in funds		23,264	(1,431)	21,833	16,359
Total funds brought forward		131,254	12,804	144,058	127,699
Total funds carried forward		154,518	11,373	165,891	144,058

All of the activities of the charity are classed as continuing

The notes on pages 11 to 17 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

Details of the allocation of 2020 total funds between unrestricted and restricted are shown in note 19

WESSEX COUNSELLING SERVICE

BALANCE SHEET

YEAR ENDED 31 AUGUST 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible fixed assets	**16**	7,399	3,513
Current assets			
Debtors	**13**	2,908	2,107
Cash at bank and in hand		241,611	198,102
Total current assets		244,519	200,209
Creditors : Amounts falling due within one year	**14**	(86,027)	(59,664)
Net current assets or liabilities		158,492	140,545
Total net assets or liabilities		165,891	144,058
The Funds of the Charity	**17**		
Restricted funds		11,373	12,804
Unrestricted funds		154,518	131,254
		165,891	144,058

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on and are signed on their behalf by:

Dr Christopher Ellis. Date:
Director

The notes on pages 11 to 17 form part of these financial statements

1 Basis of Preparation

a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

b) The accounts have been prepared on the assumption that the charitable company is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charitable company's ability to continue as a going concern.

c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Office equipment - 25% straight line
Furniture - 10% straight line

e) Unrestricted funds are available to spend on activities that further any of the purposes of the charitable company. Designated funds are unrestricted funds of the charitable company which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable company's work or for specific projects being undertaken by the charitable company.

f) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

g) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Donations from individuals	12	-	12	5,000
You-th Space bursary	640	9,455	10,095	9,455
Counselling bursary	-	-	-	1,764
Other bursary	3	2,500	2,503	-
	655	11,955	12,610	16,219

Donations and Legacies prior year

Donations from individuals	*5,000*	*-*	*5,000*	
You-th Space bursary	*-*	*9,455*	*9,455*	
Counselling bursary	*-*	*1,764*	*1,764*	
Training bursary	*-*	*-*	*-*	
	5,000	*11,219*	*16,219*	

4 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Counselling fees	78,932	-	78,932	83,039
Training fees	145,008	-	145,008	123,768
Subscriptions	10,687	-	10,687	12,689
	234,627	-	234,627	219,496

Charitable Activities prior year - all unrestricted

5 Other Trading Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Other miscellaneous income	575	-	575	705
	575	-	575	705

Other Trading Activities prior year - all unrestricted

6 Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Interest receivable on bank deposits	12	-	12	207

Investment Income prior year - all unrestricted

Expenditure on:

7 Raising Funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
	-	-	-	64

Raising Funds prior year - all unrestricted

8 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Wages & Salaries -You-th Space	-	2,646	2,646	1,560
Wages & Salaries -Training	28,063	-	28,063	23,104
Wages & Salaries - Counselling	6,156	-	6,156	6,503
Wages & Salaries - General	37,424	-	37,424	37,085
General Costs - You-th Space	165	3,982	4,147	4,631
General Costs - Training	76,551	575	77,126	75,460
General Costs - Counselling	37,954	30	37,984	34,184
General Costs - Street Project	456	1,110	1,566	413
General Costs	25,469	3,268	28,737	35,224
Depreciation	1,183	-	1,183	1,081
	213,421	11,611	225,032	219,245

Note: Wages and salaries expense include outsourced labour costs.

Charitable Activities prior year

Wages & Salaries -You-th Space	*-*	*1,560*	*1,560*
Wages & Salaries -Training	*23,104*	*-*	*23,104*
Wages & Salaries - Counselling	*6,116*	*387*	*6,503*
Wages & Salaries - General	*36,385*	*700*	*37,085*
General Costs - You-th Space	*(184)*	*4,815*	*4,631*
General Costs - Training	*74,107*	*1,353*	*75,460*
General Costs - Counselling	*34,184*	*-*	*34,184*
General Costs - Street Project	*-*	*413*	*413*
General Costs	*35,224*	*-*	*35,224*
Depreciation	*1,081*	*-*	*1,081*
	210,017	*9,228*	*219,245*

9 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Independent Examiner's fee & accounts	959	-	959	959
	959	-	959	959

Other prior year - all unrestricted

10 Net incoming resources for the year

This is stated after charging:

	2021	2020
	£	£
Depreciation of owned fixed assets	1,183	1,081
Independent Examiner's Fees	959	959

11 Staff costs and numbers

The aggregate payroll costs were:	2021	2020
	£	£
Wages and Salaries	69,290	67,359
Social Security Costs	-	-
Pension Costs	1,018	893
	70,308	68,252

No employee received emoluments of more than £60,000 (2020: £Nil)
The average monthly head count was 7 staff (2020: 7)

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2020: £nil) neither were they reimbursed expenses during the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil).

Total employee benefits paid to key management personnel during the year were £46,276 (2020: £43,192)

There were no other related party transactions during the year.

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Debtors

	2021	2020
	£	£
Trade debtors	2,908	2,107
	2,908	2,107

14 Creditors

	2021	2020
	£	£
Trade creditors	8,760	5,408
Deferred income	76,308	53,297
Accruals	959	959
	86,027	59,664

15 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

16 Tangible fixed assets

	Furniture & Equipment	Total
	£	£
Cost		
At 1 September 2020	26,780	26,780
Additions	5,069	5,069
At 31 August 2021	31,849	31,849
Depreciation		
At 1 September 2020	23,267	23,267
Charge for the year	1,183	1,183
At 31 August 2021	24,450	24,450
Net book value		
At 31 August 2021	7,399	7,399
At 31 August 2020	3,513	3,513

17 Movement in funds

	At 01-Sep 2020	Incoming resources	Outgoing resources	Transfers	At 31-Aug 2021
	£	£	£	£	£
Restricted funds					
Street Project	535	-	(1,140)	605	-
Counselling Bursary	5,889	-	(3,268)	-	2,621
Key Centre	631	-	-	-	631
Training Bursary	5,109	-	-	-	5,109
Youth Space - Other	-	2,500	(125)	-	2,375
Youth Space - Children In Need	640	9,455	(7,078)	(2,380)	637
	12,804	11,955	(11,611)	(1,775)	11,373
Unrestricted Funds				-	
General fund	122,043	235,869	(214,380)	(3,225)	140,307
Counselling Bursary (Designated)	-	-	-	5,000	5,000
You-th Space (Designated)	9,211	-	-	-	9,211
Total funds	144,058	247,824	(225,991)	-	165,891

Note regarding fund transfers

The trustees agreed to transfer £5,000 to a counselling bursary fund on the 25th May 2021

A transfer of £605 has been made to the Street Project to clear the carried forward balance to zero.

The Children in Need transfer relates to overhead allocation (of non direct costs) to the fund.

Purpose of restricted funds (continued)

Youth Space - Children In Need	This money has been raised from local organisations and Children in Need to provide a short term counselling service to young people between 15-18.
Street Project	This money was donated anonymously to Wessex to provide free short term counselling to people who would not be able to otherwise afford counselling.
Counselling Bursary	Money raised to support our counselling clients who experience financial problems and would not be able to continue their counselling without the bursary supporting them.
Key Centre	This was funding donated to Wessex to provide free short term counselling to people living in The Mount area in Frome who would not otherwise be able to afford counselling.
Training Bursary	Money donated to help our trainees who maybe experiencing financial difficulties. The latest donation of £3000 was given to us to help trainees but the trustees have not yet agreed how it should be
Youth Space - Other	The funds were given to provide counselling to young people between the age of 15-18

18 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	7,399	-	7,399
Current assets	233,146	11,373	244,519
Current liabilities	(86,027)	-	(86,027)
	154,518	11,373	165,891

19 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Incoming and Endowments from:			
Donations and legacies	5,000	11,219	16,219
Charitable activities	219,496	-	219,496
Other Trading activities	705	-	705
Investments	207	-	207
Total income	225,408	11,219	236,627
Expenditure On:			
Raising Funds	64	-	64
Charitable activities	210,017	9,228	219,245
Other	959	-	959
Total expenditure	211,040	9,228	220,268
Net Income	14,368	1,991	16,359
Net movement in funds	14,368	1,991	16,359
Transfer between funds	9,897	(9,897)	-
Total funds brought forward	106,989	20,710	127,699
Total funds carried forward	131,254	12,804	144,058

WESSEX COUNSELLING SERVICE

England & Wales - Charity number 1056310

Accounts

WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

31 AUGUST 2020

Company Registration Number 03171892
Charity Number 1056310

WESSEX COUNSELLING SERVICE

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2020

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WESSEX COUNSELLING SERVICE

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2020

Charity Name	Wessex Counselling Service
Company number	03171892
Charity number	1056310
Registered office and operational address	Fairfield House, King Street, Frome, Somerset, BA11 1BH
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Mr AC Chapman	Chair
Dr C Ellis	
Mr JC Sledge	Finances
Mr A Perry	Secretary
Mrs SJ Tillard	
Ms SM Brennan	Resigned September 2019
Mr A Pullin	Appointed February 2020

Key Management Personnel	Chris Davies	Head of Clinical Services
	Mike Keating	Head of Training
	Penny Old	Office Manager

Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, Kent, ME19 4TA National Westminster Bank
Independent Examiners	Geoff Archer Bristol Community Accountants CIC The Park, Daventry Road, Bristol, BS4 1DQ

WESSEX COUNSELLING SERVICE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2020

Wessex Counselling Service
The Trustees present the Report and Accounts for the year ended 31 August 2020 which also comprises the Directors' Report required by the Companies Act 2006.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Legal Structure, Governance and Management
The charity is constituted as a company limited by guarantee, registered under the Companies Acts and its governing document is a memorandum and Articles of Association under company legislation. Its certificate of incorporation is dated 13 March 1996 and the last amendment to the governing document is dated 29 September 1997.

The charity registered with the Charity Commission on 21 June 1996.

By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation. The trustees are all individuals.

Method of Recruiting and Appointing New Charity Trustees
Trustees are elected by the Members of the charity at the Annual General Meeting: there must be no more than 10 trustees who must all be members of the charitable company. When recruiting new trustees, the Board considers any specialist skills needed, considering either existing or new areas of operation when seeking potential new candidates who could fulfil certain roles. They would then be proposed, elected and appointed by the management committee.

Organisational structure
The Board of Trustees administers the charity. The trustees have examined the major strategic, business and operational risks that the charity faces and are satisfied that systems are in place to adequately mitigate these risks. .

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

Objectives, strategies and activities

The principal purpose of the charity is promoting, for the public benefit, psychological and mental health. Wessex does this by providing counselling to those suffering from psychological or emotional illness or distress and by training people to be psychodynamic counsellors and psychodynamic psychotherapists.

Impact of COVID-19 Pandemic

On the 13th March the trustees and management team agreed to temporarily suspended in person training and counselling at all our venues. After a short break in services, during which we arranged for additional training for all our counsellors and supervisors to enable them to offer counselling remotely, we reopen offering telephone and online counselling. Working remotely was not always possible for all our counsellors or clients as not everyone was able to find a confidential space for the sessions. From seeing 93 clients a week this dropped to 62. This reduction in the number of clients had a significant impacted on our income but this was compounded as the fees we received from the clients dropped from an average of £28.87 per session to £19.70. This is because of the financial impact COVID-19 has had on our clients. During the first months of lock down we saw a steep decline in the number of referrals we received however from mid June we started seeing new clients and our client numbers are slowly increasing. We ended our financial year seeing 68 clients with an average fee of £21.30

Our training team worked hard over the easter break to ensure that we could deliver all our training courses remotely via Zoom. Due to the hard work and dedication of the team we have been able to run the courses successfully and were able to complete the academic year. The team also ensured that we have continued to meet the requirements of our accrediting bodies. We have been able to recruit applicants for our training courses and have a full complement of trainees starting in September 2020.

In order for the administrative team to work from home the trustees agreed we could invest in laptops and a new computer server which has enabled the team to work remotely. This has allowed new systems and procedures to be put into place to ensure the remote service continues to run smoothly.

As lock down ended in July, we decide that following all the government guidance we could start to offer a limited number of in person counselling sessions at all our venues. This is working however our priority throughout the pandemic has been the welfare and safety of our counsellors, staff, trainees and clients.

The trustees would like to acknowledge the hard work and dedication of everybody involved in Wessex Counselling which has enable the service to continue to offer counselling and training during the pandemic.

Counselling

We provide both long and short term professional low cost psychodynamic counselling to clients aged 18 and above with a wide range of emotional problems in our premises in Bath, Bristol, Frome and the surrounding area. The counselling service is accredited by the British Association of Counselling and Psychotherapy.

In March because of the Co-Vid 19 pandemic, it became clear that with the proposed lockdown we would not be able to continue to offer in person counselling. Despite the impact of CO-VID 19 we have remained committed to support people who cannot afford to pay our standard fees. To help people on benefits or low income we have continued to offer a scheme which allows clients to have up to six months counselling at £10 per session. This has helped 14 people to access counselling who previously would not have been able to afford it. We have supported an additional 16 clients who asked to reduce their counselling fees because of the impact of COVID-19. We have funded this from our reserves.

We also have a counselling bursary which has enabled three of our existing clients who face financial difficulties to apply for funding to help them cover the cost of their counselling which can be so vital when a client is experiencing financial difficulties.

The Key Centre scheme which we operate provides free time limited counselling to Frome residents on a low income who would not normally be able to afford counselling. We have now been running this scheme for more than nine years.

We continue to offer a discounted assessment fee to clients on low incomes.

Training

During the year we have offered a wide range of training opportunities including running three Introduction to Counselling Skills Course, an Intensive Foundation Course, a year long Foundation Course, a Diploma in Psychodynamic Counselling, and a Psychodynamic Psychotherapy Course. We also offered a series of successful continuing professional development workshops, some of them on Zoom, to our own graduate counsellors and other therapists. The courses are well supported, and we have applications from students prepared to travel considerable distance to undertake the trainings we offer.

Our Psychotherapy course is accredited by the British Psychoanalytic Council (BPC) and our Diploma course is accredited by both the British Psychoanalytical Council and the British Association of Counselling and Psychotherapy. This means that our training is rigorous, externally accredited and of the highest standards.

Each year in November we hold a graduation evening combined with our Annual General Meeting where the organisation comes together to review the year and celebrate with people who have successfully completed their course. This year we celebrated 28 people graduating from a variety of courses.

Youth Space Project

Youth Space continues to enjoy a collaborative relationship with Children In Need as we entered into the second year of the three year project. Like many others, in March the Youth Space Team and their clients faced the challenges of a sudden transition from in-person counselling to remote working. Understandably, some of our young people felt unable to make the move although others seemed to take it in their stride. Penny Old and Cathy Lyall, Youth Space's Project Lead, quickly got to grips with this new normal and this meant the service continued without interruption. Unfortunately, the change in working arrangements meant that we had to say goodbye to Georgina Ford, one of our more experienced counsellors. However, those of us who remained continued to see young people over zoom and telephone, and completed work with a number of clients.

During this period, referrals declined, and this can be understood in different ways. Many young people who seek our support find school difficult and so their anxiety was mitigated by being at home. However, we also recognized that for many young people being able to find a private space at home, both literally and metaphorically, was difficult and this also affected numbers seeking counselling.

Staffing
There have been some changes to our team during the year and we acknowledge our gratitude to the following people for the expertise, dedication and skills they have bought to the organisation. Although some of them are leaving roles within the organisation they are continuing to do other work for us for those who have left Wessex Counselling and we wish them well for the future.

Cathy Lyall Resigned as Youth Space Project Lead
Collette Drury as Pre Clinical Course Lead
Georgina Ford as an Adult and Youth Counsellor
Diane O'Callaghan Supervisor
and
Jane Spencer Supervisor

Fund Raising Donations and Bursary Funding
During this extraordinary year we have raised money from sponsorship of our supporters to run the Bath Half Marathon. Although the mass run was cancelled runners completed their own run on their own course. We are very grateful to them as this raised £1763.75 for our counselling bursary which supports client who experience financial difficulties and would have to end their counselling without financial help with their fees.
Our trainee and associate counsellors generously gave 1173 voluntary counselling hours over the year. This represents a financial benefit to Wessex of £13,490 for which we are extremely grateful. It is important to recognise that without the support of the local community and our counsellors we would not be able to continue offering low cost counselling. We are grateful for the support we have received from Frome Relief in Sickness charity who have helped us fund counselling for local people in Frome. We would like to acknowledge our gratitude to the following people and organisations who have contributed time and or money to Wessex Counselling.

Wessex Counselling Service
NatWest Bank
Lawrence Fairfield
DAG Design
Staff, Counsellors and Supporters of Wessex Counselling

Counselling Bursary Fund
Frome Relief in Sickness
Trustees, Staff and supporters of Wessex Counselling

You-th Space
Children in Need
Staff and Supporters of Wessex Counselling

Benefit for the public
Wessex Counselling was set up to provide affordable low-cost counselling to people in Bristol, Frome and the surrounding area and in conjunction with this to train psychodynamic counsellors and psychotherapists. By running a vibrant training service, we can subsidise the counselling we offer. With the Key Centre project, we are able to offer short to medium term free counselling to people in Frome who would not normally be able to afford counselling. We can offer a limited number of places to people on low incomes to enable them to have six months counselling at the reduced rate of £10 per session. We continue to raise funds as well as allocating funds from our reserves in order

to subsidise the counselling we do to keep the service affordable and available to people in need. We also offer subsidised assessment sessions to prospective clients on a low income.

British Psychoanalytic Council Membership

As a membership organisation of the British Psychodynamic Council (BPC) we have a growing body of qualified psychodynamic counsellors and psychodynamic psychotherapists registered with the BPC through Wessex. With our recently qualified counsellors and psychotherapists becoming members we now have 55 members affiliated to Wessex. This body of members is important as we are committed to developing a community of registered psychodynamic counsellors and psychotherapists who work together to maintain professional standards and support our aim to provide professional low cost psychodynamic counselling. During the year members had the opportunity to attend a regular reading group.

Friends of Wessex

The organisation continues to be well supported by its body of Friends of Wessex Counselling. The Friends are kept up to date with news, events and job opportunities through newsletters which are sent out three times a year

Results and Reserve Policy

Despite the impact of the pandemic this has been a successful year for the counselling service as we continue to provide low-cost counselling to people in need and a well-regarded training programme. The result for the year shows a surplus of £16,359 against a surplus of £27,195 for 2019. The money held in our general fund stands at £131,254.

The trustees have developed a reserves policy based on the amount of money required to close Wessex Counselling over a six-month period and honour our commitments to our clients and counsellors in training. At the start of each financial year the organisation looks at its liabilities and obligations for the following year and calculates what funds are required these figures are then reviewed on a quarterly basis. We have calculated that £58,586 needs to be held in permanent reserve to cover this.

In 2019/20 the trustees focus on building reserves to be used for finding new premises for the service had to be changed as the Covid19 pandemic impacted on the service's finances. The impact on the financial year has meant that we have made a small surplus however the impact on the finances for 20/21 are going to be significant and the trustees are ring fencing £15,000 of the reserves to cover the projected loss in 2020/21.

Funds received as agent or funds held as custodian trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Statement of responsibilities of the Management Committee

The trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those 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 accounting standards and statements of recommended practice 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 business.

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

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Independent examiners
Geoff Archer of Bristol Community Accountants CIC was appointed as the charitable company's independent examiner during the year.

Approved by the trustees on 08 Feb 2021 and signed on its behalf by

Alexander Chapman - Chair

WESSEX COUNSELLING SERVICE

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2020

I report on the accounts of the company for the year ended 31st August 2020 which are set out on pages 9 to 17.

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.

Geoff Archer
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

Date: 15 Feb 2021

WESSEX COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2020

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
		£	£	£	£
Incoming and Endowments from:					
Donations and legacies	**3**	5,000	11,219	16,219	18,346
Charitable activities	**4**	219,496	-	219,496	208,495
Other trading activities	**5**	705	-	705	7,660
Investments	**6**	207	-	207	152
Total Income		225,408	11,219	236,627	234,653
Expenditure On:					
Raising funds	**7**	64	-	64	-
Charitable activities	**8**	210,017	9,228	219,245	206,049
Other	**9**	959	-	959	1,409
Total Expenditure		211,040	9,228	220,268	207,458
Net income		14,368	1,991	16,359	27,195
Gross transfers between funds		9,897	(9,897)	-	-
Net movement in funds		24,265	(7,906)	16,359	27,195
Total funds brought forward		106,989	20,710	127,699	100,504
Total funds carried forward		131,254	12,804	144,058	127,699

All of the activities of the charity are classed as continuing

The notes on pages 11 to 17 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

Details of the allocation of 2019 total funds between unrestricted and restricted are shown in note 19

WESSEX COUNSELLING SERVICE

BALANCE SHEET

YEAR ENDED 31 AUGUST 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible fixed assets	**16**	3,513	3,094
Current assets			
Debtors	**13**	2,107	3,386
Cash at bank and in hand		198,102	200,150
Total current assets		200,209	203,536
Creditors : Amounts falling due within one year	**14**	(59,664)	(78,931)
Net current assets or liabilities		140,545	124,605
Total net assets or liabilities		144,058	127,699
The Funds of the Charity	**17**		
Restricted funds		12,804	20,710
Unrestricted funds		131,254	106,989
		144,058	127,699

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on and are signed on their behalf by:

Dr Christopher Ellis. Date: 08 Feb 2021
Director

Alexander Chapman. Date: 08 Feb 2021
Director

The notes on pages 11 to 17 form part of these financial statements

1 Basis of Preparation

a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

b) The accounts have been prepared on the assumption that the charitable company is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charitable company's ability to continue as a going concern.

c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Office equipment - 25% straight line
Furniture - 10% straight line

e) Unrestricted funds are available to spend on activities that further any of the purposes of the charitable company. Designated funds are unrestricted funds of the charitable company which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charitable company's work or for specific projects being undertaken by the charitable company.

f) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

g) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Donations from individuals	5,000	-	5,000	442
You-th Space bursary	-	9,455	9,455	11,955
Counselling bursary	-	1,764	1,764	2,824
Training bursary	-	-	-	3,125
	5,000	11,219	16,219	18,346

4 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Counselling fees	83,039	-	83,039	75,212
Training fees	123,768	-	123,768	133,283
Subscriptions	12,689	-	12,689	-
	219,496	-	219,496	208,495

5 Other Trading Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Other miscellaneous income	705	-	705	7,660
	705	-	705	7,660

6 Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Interest receivable on bank deposits	207	-	207	152
	207	-	207	152

Expenditure on:

7 Raising Funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
	64	-	64	-

8 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Salaries -You-th Space	-	1,560	1,560	1,300
Salaries -Training	23,104	-	23,104	15,248
Salaries -Counselling	6,116	387	6,503	6,861
Salaries - General	36,385	700	37,085	38,615
General Costs - You-th Space	(184)	4,815	4,631	5,458
General Costs - Key Centre	-	-	-	300
General Costs - Training	74,107	1,353	75,460	74,718
General Costs - Counselling	34,184	-	34,184	30,931
General Costs - Street Project	-	413	413	180
General Costs	35,224	-	35,224	32,372
Depreciation	1,081	-	1,081	66
	210,017	9,228	219,245	206,049

9 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Independent Examiner's fee & accounts	959	-	959	1,409
	959	-	959	1,409

10 Net incoming resources for the year

This is stated after charging:

	2020	2019
	£	£
Depreciation of owned fixed assets	1,081	66
Independent Examiner's Fees	959	998

11 Staff costs and numbers

The aggregate payroll costs were:	2020	2019
	£	£
Wages and Salaries	67,359	61,414
Social Security Costs	-	-
Pension Costs	893	610
	68,252	62,024

No employee received emoluments of more than £60,000 (2019: £Nil)
The average monthly head count was 7 staff (2019: 6)

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2019: £nil) neither were they reimbursed expenses during the year (2019: £nil). No charity trustee received payment for professional or other services supplied to the charity (2019: £nil).

Total employee benefits paid to key management personnel during the year were £43,192 (2019: 31,846)

There were no other related party transactions during the year.

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Debtors

	2020	2019
	£	£
Trade debtors	2,107	2,655
Other debtors	-	731
	2,107	3,386

14 Creditors

	2020	2019
	£	£
Trade creditors	5,408	13,366
Deferred income	53,297	64,606
Accruals	959	959
	59,664	78,931

15 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

16 Tangible fixed assets

	Furniture & Equipment	Total
	£	£
Cost		
At 1 September 2019	25,280	25,280
Additions	1,500	1,500
At 31 August 2020	26,780	26,780
Depreciation		
At 1 September 2019	22,186	22,186
Charge for the year	1,081	1,081
At 31 August 2020	23,267	23,267
Net book value		
At 31 August 2020	3,513	3,513
At 31 August 2019	3,094	3,094

17 Movement in funds

	At 01-Sep 2019	Incoming resources	Outgoing resources	Transfers	At 31-Aug 2020
	£	£	£	£	£
Restricted funds					
Street Project	1,158	-	(413)	(210)	535
Counselling Bursary	4,575	1,764	-	(450)	5,889
Key Centre	631	-	-	-	631
Training Bursary	5,109	-	-	-	5,109
You-th Space	9,237	-	-	(9,237)	-
Children In Need	-	9,455	(8,815)	-	640
	20,710	11,219	(9,228)	(9,897)	12,804
Unrestricted Funds				-	
General fund	106,989	225,408	(211,014)	660	122,043
You-th Space (Designated)	-	-	(26)	9,237	9,211
Total funds	127,699	236,627	(220,268)	-	144,058

Note regarding fund transfers

The You-th Space fund was recorded as restricted in the prior year accounts. However the funds have no restriction, they have been internally allocated to the You-th Space project. The other transfers relate to the allocation of non-direct costs.

Purpose of restricted funds (continued)

Children In Need	This money has been raised from local organisations and Children in Need to provide a short term counselling service to young people between 15-18.
Street Project	This money was donated anonymously to Wessex to provide free short term counselling to people who would not be able to otherwise afford counselling.
Counselling Bursary	Money raised to support our counselling clients who experience financial problems and would not be able to continue their counselling without the bursary supporting them.
Key Centre	This was funding donated to Wessex to provide free short term counselling to people living in The Mount area in Frome who would not otherwise be able to afford counselling.
Training Bursary	Money donated to help our trainees who maybe experiencing financial difficulties. The latest donation of £3000 was given to us to help trainees but the trustees have not yet agreed how it should be

18 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Tangible fixed assets	3,513	-	3,513
Current assets	187,405	12,804	200,209
Current liabilities	(59,664)	-	(59,664)
	131,254	12,804	144,058

19 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP

	Unrestricted Funds	Restricted Funds	Total Funds 2019
	£	£	£
Incoming and Endowments from:			
Donations and legacies	442	17,904	18,346
Charitable activities	208,495	-	208,495
Other Trading activities	4,660	3,000	7,660
Investments	152	-	152
Total income	213,749	20,904	234,653
Expenditure On:			
Raising Funds	-	-	-
Charitable activities	196,551	9,498	206,049
Other	1,409	-	1,409
Total expenditure	197,960	9,498	207,458
Net Income	15,789	11,406	27,195
Net movement in funds	15,789	11,406	27,195
Transfer between funds	-	-	-
Total funds brought forward	91,200	9,304	100,504
Total funds carried forward	106,989	20,710	127,699

Signable

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Parties involved with this document

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Sun, 7th Feb 2021 19:37:07 UTC	Mr Alexander Thomas Chapman - Signer (1a2d81afaeaf8482c7c429536b193f8f)
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Mon, 15th Feb 2021 10:04:32 UTC	Geoff Archer - Signer (e74ec5674f9028a353f1389c616cd41b)

Audit history log

Date	Action
Mon, 15th Feb 2021 10:04:32 UTC	The envelope has been signed by all parties. (86.163.14.41)
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Sun, 14th Feb 2021 12:48:12 UTC	Document emailed to party email (3.10.225.80)
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Mon, 8th Feb 2021 10:03:31 UTC	Document emailed to party email (35.176.77.191)
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Sun, 31st Jan 2021 12:49:35 UTC	Document emailed to party email (18.134.137.81)
Sun, 31st Jan 2021 12:49:23 UTC	Sent the envelope to Mr Alexander Thomas Chapman for signing. (35.177.199.231)
Sun, 31st Jan 2021 12:49:23 UTC	Envelope has been set to automatically remind the active signer every 7 day(s). (35.177.199.231)
Sun, 31st Jan 2021 12:49:23 UTC	Geoff Archer has been assigned to this envelope. (35.177.199.231)
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Sun, 31st Jan 2021 12:49:23 UTC	Document generated with fingerprint c99c8400a1722ad1d746bf90ba1b64a7. (35.177.199.231)
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