

RELATE NORTH EAST LONDON LIMITED
(A Company Limited by Guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

RELATE NORTH EAST LONDON LIMITED
(A Company Limited by Guarantee)

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RELATE NORTH EAST LONDON LIMITED
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024**

Trustees	G Hawker, Chair B Bezdal M Grant T Slyce P Whiteside M Gentry M Wallace
Company registered number	03209287
Charity registered number	1057291
Registered office	Unit 2 Stanton Gate 49 Mawney Road Romford England RM7 7HL
Chief executive officer	Caroline Hattersley
Independent examiners	Larking Gowen LLP Chartered Accountants 1 Claydon Business Park Great Blakenham Ipswich IP6 0NL
Bankers	NatWest Bank Plc Hornchurch RM12 4UL Charities Aid Foundation 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

RELATE NORTH EAST LONDON LIMITED
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report together with the financial statements of Relate North East London Limited for the year 1 April 2023 to 31 March 2024. The Annual Report serves the purpose of both a Trustees' Report and a Directors Report under Company Law. The trustees confirm that the Annual Report and Financial Statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Structure, Governance and Management

The charity is constituted as a company limited by guarantee, incorporated on 7 June 1996 and registered as a charity on 2nd August 1996 and is therefore governed by a Memorandum and Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment of the Management Committee

The Directors of the Company are also charity trustees for the purposes of Charity Law and under the company's Articles are known as Members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Managing Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting. The Management committee has the power to appoint additional trustees as it considers fit. The committee meets regularly to review and give direction to the running of the Charity, in order to retain this mix, trustees are asked to provide a list of their skills (updated every year). Should any of these skills be lost due to retirement or similar we can ensure that individuals who have the appropriate skill set are approached to offer themselves for election onto the management committee.

Trustee Induction and Training

New trustees have a series of meetings with the senior officers of the charity and the Chair of Trustees which cover:

- Obligations of the management committee members
- The main documents which set out the management framework for the charity, including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives.

Trustees are also encouraged to access the online induction training which is available on the Relate intranet, and trustees are invited to attend ad hoc training events which occur throughout the year.

Trustees Indemnity Insurance

Insurance includes trustee indemnity insurance, which provides against third party claims arising from breach of professional duty by any reason of neglect, error or omission committed in good faith by any of the paid advisors or volunteers.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Risk Management

A risk register was established in 2008 and continues to be updated at least annually or more frequently if required. Where appropriate, systems have been established to mitigate the risks which the charity faces. Significant external risks to funding highlighted in the original risk review led to the development of a strategic plan which allows for the diversification of funding and activities, internal control risks are minimized by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety, and we have engaged a specific Health and Safety Information provider, Peninsula, to help us with this. For a monthly fee they provide all health and safety information, guidelines and help with issues. To comply with requirements for continued British Association for Counselling and Psychotherapy accreditation and the College of Mediators and Family Mediation Council, procedures are periodically reviewed, and changes made where necessary.

Objects of the Charity, Principal Activities and Organisation of Our Work

The key objectives of the charity are:

- To educate the public concerning the nature of relationships with particular reference to emotional, physical and sexual relationships and with a view to developing personal responsibilities and enriching family life
- To promote research into all aspects of relationships and to publish the results
- To safeguard and protect the good health both mental and physical of adults and children and to prevent poverty, hardship and distress caused by the break-up of relationships.

To this end the charity provides counselling, education and training, and family mediation services. The charity is affiliated to Relate National which provides services and advice to charities following their national strategy in relation to counselling, training and mediation. The counselling services is accredited by the British Association of Counselling and Psychotherapy. The family mediation service is affiliated to the College of Mediators, who are members of the Family Mediation Council.

Financial Review

This was a year of considerable financial challenge for the charity, reflecting the challenges faces by most charities and the external context. With the ongoing cost of living crisis and ever-increasing inflation, the trustees took the decision to make some significant changes including moving the Head Office from the increasingly unsuitable Bridge Close premises to a new more appropriate and accessible office at Stanton Gate. Work was completed to review the charity's property portfolio and the associated costs, and the decision was taken in line with Charity Law requirements to sell the Southend property that was in need of significant remedial work to be brought up to standard along with the fact of the increasing costs, primarily fuel costs, of running the premises.

Further work was done to balance our online and face to face provision to meet the needs of increasing numbers of clients for face-to-face provision. The mix now stands at around 85% face to face and 15% online though the exact ratio varies across time and services.

We had hoped to complete the sale of the Southend Property within this financial year. The actual completion date was 10th April 2024 so whilst the end of the year shows a poor cash position, this was a temporary situation rectified within a week of the year end and setting us up well for the coming years. We will also be taking some action to address the ongoing issue of income for both of our key service areas continuing to be down on recent years and our expenditure will be positively affected by not having the ongoing costs associated with the Southend property. Mindful of our duties of stewardship, we will be investing a small amount of the sale income in some much-needed maintenance for our remaining properties in the coming year.

We are working to secure additional funding that will enable us to support more people to access counselling services regardless of their ability to afford the service. We continue to offer the Legal Aid contract for

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

mediation services, though the rate we receive for this has remained the same since 2004 and does not cover the real costs of delivery, the contract is up for renewal in 2024 and we will have to look at whether we will be financially able to subsidise this work into the next period. We are working with a consortium of other charities to lobby the government for an increase to the rate, though this will take time to achieve.

Numbers of clients for counselling this year:

Period: 1st April 2023 – 31st March 2024

We provided support to 1965 people
We delivered 6719 sessions, comprising:

Assessments:	688 appts
Family Counselling:	61 cases 285 appts
PST:	89 cases 627 appts
Young People:	81 cases 403 appts
Children:	6 cases 56 appts
Relationship Counselling:	665 cases 4613 appts
Sex Addiction:	3 cases 37 appts
Total cases: 905	
Total appts: 6719	

Number of clients for mediation this year:

Period - 1st April 2023 – 31st March 2024

We provided support for 694 people for MIAMS:

Private:	479
Legal Aid:	215

We conducted 208 mediation cases:

Private Cases: 144

Child Only:	59 cases
Property & Finance:	44 cases
All Issues:	41 cases

Legal Aid Cases: 64

Child Only:	39 cases
Property & Finance:	10 cases
All Issues:	15 cases

Number of children involved in Mediation: 594

Number of children involved in Child Inclusive Mediation: 12

Future Developments

Our main objective for 2024-2025 is to address our ongoing income shortfall and to diversify the way the organisation is funded, through fundraising and developing new offers. We will be overhauling our web and digital presence during the year and exploring digital advertising of our services in partnership with other Relate Federation Centres.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Public Benefit

In keeping with changing legislative requirements, we have been reviewing our service in the light of the public benefit we offer as a charity. We feel that the work we offer provides families and couples with a haven in which to make some of the most important decisions in their lives, both for themselves and their children.

Taking the route offered through Relate Counselling and Mediation, clients can work through their issues in a dignified manner without the stresses of outside interventions by family, friends or lawyers, however well meaning. Our Mediation service provides a practical way of divorcing or separating whilst encouraging parents to cooperate with each other, rather than in an adversarial manner often found when solicitors are used. We particularly stress the impact on the entire family if this is not handled in a way that puts the child in the centre. We offer cost effective, helpful ways of working together with an ex- partner to ensure the family, in whatever new grouping, stays together.

Parents who reach the conclusion that they are going to separate through the help of their Relate counsellor are better prepared for the changes that will happen in their family. Those who decide to stay together are far more aware of the impact of good communications within the family, and usually become a stronger family unit, much less likely to have problems as their children move through the turbulent teenage years. Our support for children aged 5 – 11 means that fewer children are excluded from school, and children who attend our services are far less disruptive in school, thus enabling other children to progress. Also, much research shows that addressing potential mental health issues at a very young age avoids further interventions later, particularly around the teenage years. Moving on to our youth work for young people aged 11-19, we know that there are enormous public benefits from the work, mainly in developing social responsibility, lessening of antisocial behaviour, high achievement levels, lessening of risky sexual behaviour, and improved mental health levels, in particular around anxiety, bullying and eating disorders. We continue to offer reduced and low cost counselling and mediation to those that cannot afford to pay the going rate, though the numbers of people needing this low and reduced cost provision are increasing.

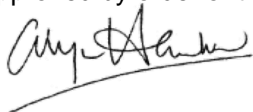
Transactions and financial position

The Statement of Activities show an income of £767,915 for the year (2023 - £845,605). This year the charity reported a deficit of £192,803 (2022/23 – deficit of £127,277). Direct expenditure was 37.9% (2022/23 – 46.5%) of the charity's total expenditure.

Reserves Policy

The Management Committee has examined the charity's requirement for reserves in the light of the main risks in the organisation. The charity has established a policy of holding a minimum of three months costs, with an aim of increasing this to six months costs when this becomes possible. As at 31st March 2024 the charity had free reserves, excluding designated funds, of £30,073 (2023 - £275,253) which represents 1.5 weeks of running costs. It is worth noting that following the slightly delayed property sale, from the 11th April 2024 this had increased to £395,991 which represents 5 months running costs.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
G Hawker

Chair and Trustee

Date: 4th December 2024

RELATE NORTH EAST LONDON LIMITED
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STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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



.....
G Hawker
Chair and Trustee

Date: 4th December 2024

RELATE NORTH EAST LONDON LIMITED
(A Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Independent Examiner's Report to the Trustees of Relate North East London Limited ('the Company')

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

Responsibilities and Basis of Report

As the Trustees of the Company (and 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 the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants for England & Wales, which is one of the listed bodies.

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

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.

RELATE NORTH EAST LONDON LIMITED
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INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:

Dated: 6 December 2024

Giles Kerkham FCA DChA

Larking Gowen LLP
Chartered Accountants
Ipswich

RELATE NORTH EAST LONDON LIMITED
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**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Charitable activities	3	726,237	35,384	761,621	837,905
Other trading activities	4	1,865	-	1,865	1,665
Investments	5	4,469	-	4,469	6,035
Total income		732,571	35,384	767,955	845,605
Expenditure on:					
Trading activities	6	-	-	-	(202)
Charitable activities	7	926,247	35,966	962,213	965,395
Total expenditure		926,247	35,966	962,213	965,193
Net expenditure before net gains/(losses) on investments		(193,676)	(582)	(194,258)	(119,588)
Net gains/(losses) on investments		1,455	-	1,455	(7,689)
Net movement in funds		(192,221)	(582)	(192,803)	(127,277)
Reconciliation of funds:					
Total funds brought forward		794,127	582	794,709	921,986
Net movement in funds		(192,221)	(582)	(192,803)	(127,277)
Total funds carried forward		601,906	-	601,906	794,709

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 12 to 26 form part of these financial statements.

RELATE NORTH EAST LONDON LIMITED
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REGISTERED NUMBER: 03209287

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	571,833	518,874
Investments	12	19,969	195,514
		<u>591,802</u>	<u>714,388</u>
Current assets			
Debtors	13	26,161	28,533
Cash at bank and in hand		49,634	117,729
		<u>75,795</u>	<u>146,262</u>
Creditors: amounts falling due within one year	14	(65,691)	(65,941)
Net current assets		<u>10,104</u>	<u>80,321</u>
Total net assets		<u><u>601,906</u></u>	<u><u>794,709</u></u>
Charity funds			
Restricted funds	15	-	582
Unrestricted funds	15	601,906	794,127
Total funds		<u><u>601,906</u></u>	<u><u>794,709</u></u>

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

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



G Hawker
(Chair of Trustees)

Date: 4th December 2024

The notes on pages 12 to 26 form part of these financial statements.

RELATE NORTH EAST LONDON LIMITED
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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Cash flows from operating activities			
Net cash used in operating activities	17	(180,158)	(121,210)
Cash flows from investing activities			
Purchase of tangible fixed assets		(69,406)	(3,581)
Proceeds from sale of investments		177,000	-
Interest income		4,469	6,035
Net cash provided by investing activities		112,063	2,454
Cash flows from financing activities			
Net cash provided by financing activities		-	-
Change in cash and cash equivalents in the year	19	(68,095)	(118,756)
Cash and cash equivalents at the beginning of the year	19	117,729	236,485
Cash and cash equivalents at the end of the year	18	49,634	117,729

The notes on pages 12 to 26 form part of these financial statements

RELATE NORTH EAST LONDON LIMITED
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. General information

Relate North East London Limited is a company limited by guarantee incorporated in England and Wales, registration number 03209287. The registered office is Unit 2, Stanton Gate, 49 Mawney Rd, Romford RM7 7HL.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

Relate North East London Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

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).

The financial statements are presented in sterling which is the functional currency of the company and rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2.2 Company status

The charity is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2.3 Going concern

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

The Trustees have reviewed balanced budgets for 2024/25 and they note the property sale proceeds of £378,000 received in April 2024 (note 11), and significant changes to operations as described in the trustees' report. Therefore, despite considerable inherent uncertainties in assessing future financial performance, they conclude that there is no material doubt in the charity's ability to continue in operation for a period of no less than 12 months from the date of authorisation for issue of the financial statements. Thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

RELATE NORTH EAST LONDON LIMITED
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.4 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Voluntary income is received by way of grants, donations and gifts and is included in full when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity are recognised when the charity becomes unconditionally entitled to the grant. Interest receivable is included when receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Costs of income from other activities comprise the costs associated with attracting voluntary income. Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with organisational administration and compliance with constitutional and statutory requirements.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the company. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

RELATE NORTH EAST LONDON LIMITED
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Taxation

No provision for taxation is included in the financial statements as the charitable company is entitled to exemption from tax afforded by Section 505 of the income and Corporation Taxes Act 1988.

2.8 Tangible fixed assets and depreciation

Expenditure on machinery, fixtures, fittings and equipment, and donated goods which exceeds £500 are capitalised.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

No depreciation is provided on freehold buildings based on anticipated value on resale. The properties are reviewed annually for impairment.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on a reducing balance basis.

Depreciation is provided on the following basis:

Short-term leasehold property	-	
Office equipment	-	25% of net book value
Computer equipment	-	25% of net book value

2.9 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of Financial Activities.

2.10 Debtors

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

2.11 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

RELATE NORTH EAST LONDON LIMITED
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.12 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.13 Financial instruments

The Company 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 measured at amortised cost using the effective interest method.

2.14 Operating leases

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

2.15 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.16 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

RELATE NORTH EAST LONDON LIMITED
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

3. Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Counselling - RCO Payment	469,486	-	469,486
Counselling - Schools	17,370	-	17,370
Counselling - Courses	1,300	-	1,300
Counselling - DWP	-	-	-
Counselling - Grocery Aid/BWC	36,395	-	36,395
Counselling - CCG Funding	-	22,800	22,800
Mediation - CCG	-	9,360	9,360
Mediation - Client Fees	140,471	-	140,471
Mediation - LSC mediation contract	37,735	-	37,735
FIF Xtra grant funding	-	3,224	3,224
Winter pressures funding	23,480	-	23,480
	<u>726,237</u>	<u>35,384</u>	<u>761,621</u>
	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Counselling - RCO Payment	522,430	-	522,430
Counselling - Schools	36,315	-	36,315
Counselling - Courses	(40)	-	(40)
Counselling - DWP	33,631	-	33,631
Counselling - Grocery Aid/BWC	46,148	-	46,148
Counselling - CCG Funding	24,500	-	24,500
Mediation - CCG	6,000	-	6,000
Mediation - Client Fees	122,597	-	122,597
Mediation - LSC mediation contract	37,476	-	37,476
FIF Xtra grant funding	-	8,848	8,848
	<u>829,057</u>	<u>8,848</u>	<u>837,905</u>

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4. Income from other trading activities

Income from non charitable trading activities

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Rental income	1,865	1,865	1,665

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Income from listed investments	3,685	3,685	5,685
Interest received	784	784	350
	4,469	4,469	6,035

6. Trading expenses

	Total funds 2024 £	<i>Total funds 2023 £</i>
Charity shop expenditure	-	(202)

The retail operation ceased during 2019. Expenditure in 2023 was for the service charges and utilities of the retail property which could not be used for the other operations and rent refunded.

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7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Counselling	273,162	480,983	754,145
Mediation	91,798	116,270	208,068
	<u>364,960</u>	<u>597,253</u>	<u>962,213</u>

	<i>Activities undertaken directly 2023 £</i>	<i>Support costs 2023 £</i>	<i>Total funds 2023 £</i>
Counselling	329,159	445,758	774,917
Mediation	117,675	72,803	190,478
	<u>446,834</u>	<u>518,561</u>	<u>965,395</u>

Analysis of direct costs

	Counselling 2024 £	Mediation 2024 £	Total funds 2024 £
Practitioner Salaries	245,135	91,402	336,537
Recruitment & Training	203	-	203
Affiliation Fees	27,621	364	27,985
Marketing and Advertising	203	32	235
	<u>273,162</u>	<u>91,798</u>	<u>364,960</u>

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NOTES TO THE FINANCIAL STATEMENTS
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7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	<i>Counselling 2023 £</i>	<i>Mediation 2023 £</i>	<i>Total funds 2023 £</i>
Practitioner Salaries	296,944	116,546	413,490
Recruitment & Training	5,520	480	6,000
Affiliation Fees	25,739	637	26,376
Marketing and Advertising	956	12	968
	<u>329,159</u>	<u>117,675</u>	<u>446,834</u>

Analysis of support costs

	Counselling 2024 £	Mediation 2024 £	Total funds 2024 £
Premises	83,994	31,657	115,651
Support Staff Salaries	281,026	31,079	312,105
External Staff Costs	6,483	30,873	37,356
IT, Communications and Office Costs	52,255	12,739	64,994
Legal & Professional	11,095	3,782	14,877
Bank & RCO Charges	11,930	3,634	15,564
Other Staff Costs	9,540	1,027	10,567
Irrecoverable VAT	20,094	-	20,094
Governance costs	4,566	1,479	6,045
	<u>480,983</u>	<u>116,270</u>	<u>597,253</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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7. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	<i>Counselling 2023 £</i>	<i>Mediation 2023 £</i>	<i>Total funds 2023 £</i>
Premises	46,616	10,732	57,348
Support Staff Salaries	299,383	14,905	314,288
External Staff Costs	10,701	29,768	40,469
IT, Communications and Office Costs	41,547	9,579	51,126
Legal & Professional	13,176	3,965	17,141
Bank & RCO Charges	10,732	2,536	13,268
Other Staff Costs	4,664	1,318	5,982
Irrecoverable VAT	14,189	-	14,189
Governance costs	4,750	-	4,750
	<u>445,758</u>	<u>72,803</u>	<u>518,561</u>

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £3,525 (2023 - £3,300).

9. Staff costs

	2024 £	2023 £
Wages and salaries	605,297	677,691
Social security costs	29,178	34,453
Pension costs	13,293	14,153
	<u>647,768</u>	<u>726,297</u>

Included within wages and salaries are statutory redundancy payments totaling £Nil (2023 - £6,654).

The average number of persons employed by the Company during the year was as follows:

	2024 No.	2023 No.
Employees	<u>62</u>	<u>62</u>

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9. Staff costs (continued)

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024 No.	2023 No.
In the band £60,001 - £70,000	1	-

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 March 2024, no Trustee expenses have been reimbursed (2023 - £NIL).

11. Tangible fixed assets

	Freehold property £	Short-term leasehold property £	Office equipment £	Computer equipment £	Total £
Cost or valuation					
At 1 April 2023	500,000	-	48,374	77,019	625,393
Additions	-	67,471	1,935	-	69,406
At 31 March 2024	500,000	67,471	50,309	77,019	694,799
Depreciation					
At 1 April 2023	-	-	48,374	58,145	106,519
Charge for the year	-	11,245	484	4,718	16,447
At 31 March 2024	-	11,245	48,858	62,863	122,966
Net book value					
At 31 March 2024	500,000	56,226	1,451	14,156	571,833
At 31 March 2023	500,000	-	-	18,874	518,874

A property with book value of £300,000 was sold post year end, completing on 11 April 2024, for £378,000.

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12. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2023	195,514
Disposals	(177,000)
Revaluations	1,455
At 31 March 2024	<u>19,969</u>
Net book value	
At 31 March 2024	<u>19,969</u>
At 31 March 2023	<u>195,514</u>

13. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	25,676	28,280
Prepayments and accrued income	485	253
	<u>26,161</u>	<u>28,533</u>

14. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	42,756	8,172
Other taxation and social security	9,172	16,408
Other creditors	1,125	4,349
Accruals and deferred income	12,638	37,012
	<u>65,691</u>	<u>65,941</u>

RELATE NORTH EAST LONDON LIMITED
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**NOTES TO THE FINANCIAL STATEMENTS
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15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2024 £
Unrestricted funds					
General Funds	794,127	732,571	(926,247)	1,455	601,906
Restricted funds					
FIF Xtra grant	582	3,224	(3,806)	-	-
CCG funding	-	32,160	(32,160)	-	-
	582	35,384	(35,966)	-	-
Total of funds	794,709	767,955	(962,213)	1,455	601,906

Restricted Funds

FIF Xtra grant fund - FIF Extra is additional support by Essex County Council (ECC) to help children, young people and their families affected by the COVID-19 pandemic.

Relate London North East & Essex offers this counselling services by referral from health professionals or by families calling RLNE & E themselves.

Family Innovation Fund-Xtra (FiF-Xtra) grant enables us to offer early support across a number of key areas including children's mental health, healthy relationships and coping with change. They are available to children and young people aged between 0 and 19-years, and up to 25-years for young people with Special Educational Needs and/or Disabilities (SEND).

The support we offer can be delivered one-on-one, through group work, as a family group, or as a couple, around understanding Coronavirus; managing and coping with change; separation and loss; managing and coping with anxiety; healthy family relationships and staying active and curious.

The services as stipulated in the grant agreement are aimed at helping young people and families who are not already receiving specialist or statutory support.

CCG funding - The restricted income from the CCG for the period April 2023 to March 2024 has been utilised to provide essential counselling and mediation services. The counselling services cover both CYP and family cases, while the mediation project supports parent-child and young people referrals. These funds are used in accordance with the terms of the CCG contract, ensuring transparency and adherence to the funding objectives.

RELATE NORTH EAST LONDON LIMITED
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**NOTES TO THE FINANCIAL STATEMENTS
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15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds						
Designated funds						
Salary fund	30,074	-	-	(30,074)	-	-
General funds						
General Funds	881,733	836,757	(946,748)	30,074	(7,689)	794,127
Total Unrestricted funds	911,807	836,757	(946,748)	-	(7,689)	794,127
Restricted funds						
FIF Xtra grant	10,179	8,848	(18,445)	-	-	582
Total of funds	921,986	845,605	(965,193)	-	(7,689)	794,709

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	571,833	571,833
Fixed asset investments	19,969	19,969
Current assets	75,795	75,795
Creditors due within one year	(65,691)	(65,691)
Total	601,906	601,906

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**NOTES TO THE FINANCIAL STATEMENTS
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16. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	518,874	-	518,874
Fixed asset investments	195,514	-	195,514
Current assets	145,680	582	146,262
Creditors due within one year	(65,941)	-	(65,941)
Total	<u>794,127</u>	<u>582</u>	<u>794,709</u>

17. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net expenditure for the period (as per Statement of Financial Activities)	(192,803)	(127,277)
Adjustments for:		
Depreciation charges	16,447	6,143
Gains/Losses on investments	(1,455)	7,689
Dividends, interests and rents from investments	(4,469)	(6,035)
Decrease/(increase) in debtors	2,372	(6,078)
(Decrease)/increase in creditors	(250)	1,682
Net cash used in operating activities	<u>(180,158)</u>	<u>(123,876)</u>

18. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	49,634	117,729
Total cash and cash equivalents	<u>49,634</u>	<u>117,729</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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19. Analysis of changes in net debt

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash at bank and in hand	117,729	(68,095)	49,634
	<u>117,729</u>	<u>(68,095)</u>	<u>49,634</u>

20. Operating lease commitments

At 31 March 2024 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024 £	2023 £
Not later than 1 year	70,345	16,763
Later than 1 year and not later than 5 years	117,624	21,571
	<u>187,969</u>	<u>38,334</u>

21. Related party transactions

The Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Company at 31 March 2024.