

# THE ROCK CLINIC ASSOCIATION

England & Wales · Charity number 1057328

## Details

---

**Status** Registered

**Legal form** Other

**Registered** 1996-08-05

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

## Contact

---

**Address** The Rock Clinic  
270 Eastern Road  
Brighton  
BN2 5TA

**Phone** 01273621841

**Email** [east@rockclinic.org.uk](mailto:east@rockclinic.org.uk)

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

## Activities

---

**Objects:** THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF THE GOOD HEALTH OF THE PUBLIC BY THE PROVISION OF ORTHODOX, COMPLEMENTARY AND PSYCHOLOGICAL MEDICINE AND THERAPY.

**Activities:** Providing psychological and counselling services to the general public Providing placement opportunities for those training in the field

## Classification

---

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

## Geography

---

- East Sussex
- West Sussex

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£436,771	£436,224	-	-
2023-10-31	£385,127	£387,909	-	-
2022-10-31	£362,274	£355,169	-	-
2021-10-31	£333,580	£325,000	-	-
2020-10-31	£310,609	£289,463	-	-

## Trustees

Name	Role	Appointed
<b>Richard Scott</b>	Chair	2018-07-25
Andi Coates		2018-04-24
Caroline Obolensky		2024-11-14
Diane Walls		2022-07-18
Janine Charles		2024-11-14

**THE ROCK CLINIC ASSOCIATION**

England & Wales - Charity number 1057328

---

# Accounts

---

REGISTERED CHARITY NUMBER: 1057328

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2024  
FOR  
THE ROCK CLINIC ASSOCIATION**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

**THE ROCK CLINIC ASSOCIATION**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST OCTOBER 2024**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 4
<b>Independent Examiner's Report</b>	5
<b>Statement of Financial Activities</b>	6
<b>Balance Sheet</b>	7
<b>Notes to the Financial Statements</b>	8 to 11
<b>Detailed Statement of Financial Activities</b>	12

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2024**

The trustees present their report with the financial statements of the charity for the year ended 31st October 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The Rock Clinic Association aims to provide psychological and counselling services to the general public and to provide placement opportunities for those training in the field.

The Trustees are satisfied that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

**Significant activities**

This year has marked yet another important consolidation for the Rock Clinic. Having opened our third clinic in Hove in the autumn of 2023, with a further 7 consulting rooms, we have significantly increased availability for clinical work and opportunities for training placements with 25 consulting rooms.

The new site is proving popular with clients especially those living in the west of the city and from Lancing and Worthing. A minor problem is lack of disabled access at the Hove clinic, but as we have excellent access at Rock West and good access at Rock East, this can be worked around.

See map: <https://www.rockclinic.org.uk/contact-the-rock-clinic/>

Parking throughout the city remains difficult with high charges and lack of spaces making car use challenging. Fortunately, all clinics are well served by local buses and cycle lanes - and we provide racks for securing bikes outside.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2024**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

**Achievement and Performance: service delivery.**

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy in a range of well evidenced therapeutic modalities. We have increased our Eye Movement Desensitization and Reprocessing (EMDR) provision in line with popular demand as well as Cognitive Behavioural Therapy (CBT) and psychodynamic and psychoanalytic counselling and psychotherapy.

Post pandemic the majority of client prefer to attend in-person, but we have maintained our on-line provision for those who are abroad, out of area or who prefer to connect via video conferencing. This helps us fulfil our primary charitable aim of making therapy accessible. We aim to keep costs as low as possible in line with our not-for-profit status and have a 4-tier pricing structure based on the experience of the therapist which effectively subsidises the two lower cost schemes. See Costs <https://www.rockclinic.org.uk/costs/>

Our 30-minute online screening service continued as in previous years and records show we saw 1231 new individual clients and 35 couples this year.

Several therapists migrated across the clinics to Rock Hove and as we continued to recruit strongly from local and national training institutions, we have achieved an increase in overall service provision with 152 therapists offering up to 1200 sessions per week.

Feedback remains extremely positive with clients continuing to report good levels of satisfaction as in previous years: 76% stating that therapy is one of the most significant features in helping them resolve their difficulties. Improvements in self-esteem (65%) and relationships (65%) were also reported. 70% felt counselling at the Rock Clinic was the most important or significant factor in helping 'develop ideas and abilities that might be useful for the future (self-understanding, understanding others, managing difficult feelings better, improving communication skills, increased confidence, and assertiveness)'.

**Administration**

Our administrative and reception team has maintained a steady service covering all daytime, evening and Saturday working. This is essential in preventing lone-working for trainee therapists in particular with a presence in the office(s) should difficulties occur.

**Training**

The Clinic fulfils its second charitable aim by taking counselling and psychotherapy students on placement whilst they complete the clinical aspect of their training and offers a further two-year supportive programme on the intermediate scheme to help newly qualified therapists become established. This year we have had 72 trainees and newly qualified therapists on placement and a further 80 accredited, senior therapists and clinical supervisors working independently with us. The Rock clinic has a reputation throughout Brighton and Hove as the best of the training placements around and we have introduced quarterly trainee liaison meetings to ensure junior voices are heard and feedback processes strengthened.

**Continuing Professional Development**

Rock Hove has two large rooms which are used for training, meetings and social events. This year we have run a 7-week CBT training, seminars and workshops on Clinical Assessment and Creative Work with Young People as well as the ever-popular postgraduate 30-week training in Clinical Supervision. The Accreditation Workshops were again highly successful in helping newly qualified therapists, with the appropriate level of clinical hours, achieve accreditation with the British Association of Counselling (BACP) and the United Kingdom Council for Psychotherapy (UKCP). Delays by BACP however meant some therapists were delayed but up to a year in being assessed and granted accreditation status which remains disappointing.

Overall, this has been another successful year with the Rock not only servicing the community but also being a community. We encourage informal networking in the kitchens, our socials are well attended and enjoyable and we take place in the annual Pride Parade to great acclaim from the crowds.

'Rock Clinic: you saved my life'.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2024**

**FINANCIAL REVIEW**

**Financial position**

The Rock Clinic has demonstrated continued financial growth and operational stability throughout the 2024 financial year, following the successful launch of its third clinic in September 2023.

Total income for the year ending 2024 was £436,000, up from £385,000 in 2023. This represents a 13% year-on-year increase in revenue.

This growth was supported by:

- The expansion to a third clinic site (Rock Hove) in Q4 2023.
- The migration of several existing therapists to the new site.
- Recruitment of an additional 12 trainee/Intermediate therapists.
- Increased availability and working hours for current Practitioners across all locations.

Despite the additional operational costs associated with the expansion, The Rock Clinic maintained financial stability across all three sites, indicating effective cost management and scalable operations throughout.

Throughout the financial year of 2024, we maintained a total of 152 therapists across the various professional development bands. This therapist structure ensured a balanced mix of developing Practitioners as well as highly experienced Clinicians, supporting both service delivery and ongoing professional growth.

Trainees 36  
Intermediates 36  
Accredited 35  
Senior Accredited 45

Assessment numbers in 2024 remained consistent with those recorded in 2023, with 1266 assessments completed compared to 1271 in the previous year. The increased capacity to conduct assessments on a more frequent weekly basis significantly improved accessibility, allowing clients to secure appointments for the following week and in some instances, within just a few days.

**Reserves policy**

The board have determined that the unrestricted funds held by the charity should be in excess of 3 months running costs.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Recruitment and appointment of new trustees**

New trustees are selected on the basis of the contribution that they will make to the governance of the organisation and the skills they will contribute.

**Induction and training of new trustees**

New trustees are provided with copies of the Charity Commission's guidance to trustees and given an introduction to the activities of the charity by the existing board. Existing trustees are provided with training as and when required.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1057328

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2024**

**Trustees**

A Nikiteas (appointed 14/11/24)  
Ms J Charles (appointed 14/11/24)  
Ms C Obolensky (appointed 14/11/24)  
M Sawyer (resigned 14/11/24)  
R Hooton (resigned 14/11/24)  
Ms A Coates  
R Scott  
G Evident (resigned 5/6/24)  
D Walls

**Independent Examiner**

Annette Watson PhD BSc FCA  
Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Approved by order of the board of trustees on 26/08/25 and signed on its behalf by:

  
.....  
R Scott - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE ROCK CLINIC ASSOCIATION**

**Independent examiner's report to the trustees of The Rock Clinic Association**

I report to the charity trustees on my examination of the accounts of The Rock Clinic Association (the Trust) for the year ended 31st October 2024.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

*Annette Watson*

Annette Watson PhD BSc FCA  
The Institute of Chartered Accountants in England and Wales

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Date: *26th August 2025*

**THE ROCK CLINIC ASSOCIATION**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		790	129
<b>Charitable activities</b>			
Clinic		435,981	384,991
Investment income	2	-	7
<b>Total</b>		<u>436,771</u>	<u>385,127</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Clinic		436,224	387,909
<b>NET INCOME/(EXPENDITURE)</b>		<b>547</b>	<b>(2,782)</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		91,476	94,258
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>92,023</u></u>	<u><u>91,476</u></u>

The notes form part of these financial statements

**THE ROCK CLINIC ASSOCIATION**

**BALANCE SHEET  
31ST OCTOBER 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	5	18,967	20,846
<b>CURRENT ASSETS</b>			
Debtors	6	78,339	78,182
Cash at bank		9,828	14,500
		88,167	92,682
<b>CREDITORS</b>			
Amounts falling due within one year	7	(10,111)	(12,052)
<b>NET CURRENT ASSETS</b>		78,056	80,630
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		97,023	101,476
<b>CREDITORS</b>			
Amounts falling due after more than one year	8	(5,000)	(10,000)
<b>NET ASSETS</b>		92,023	91,476
<b>FUNDS</b>	10		
Unrestricted funds		92,023	91,476
<b>TOTAL FUNDS</b>		92,023	91,476

The financial statements were approved by the Board of Trustees and authorised for issue on 26/08/25 and were signed on its behalf by:

  
 .....  
 R Scott - Trustee

## THE ROCK CLINIC ASSOCIATION

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2024

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

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

Plant and machinery	- 15% on reducing balance
Computer equipment	- 33% on cost

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2024

2. INVESTMENT INCOME

	2024 £	2023 £
Deposit account interest	-	7
	<u>          </u>	<u>          </u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st October 2024 nor for the year ended 31st October 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st October 2024 nor for the year ended 31st October 2023.

4. STAFF COSTS

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

	2024	2023
Administrative	5	4
Clinic	1	2
	<u>          </u>	<u>          </u>
	<u>6</u>	<u>6</u>

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

5. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
<b>COST</b>			
At 1st November 2023	61,222	24,457	85,679
Additions	1,510	-	1,510
	<u>          </u>	<u>          </u>	<u>          </u>
At 31st October 2024	62,732	24,457	87,189
	<u>          </u>	<u>          </u>	<u>          </u>
<b>DEPRECIATION</b>			
At 1st November 2023	40,418	24,415	64,833
Charge for year	3,347	42	3,389
	<u>          </u>	<u>          </u>	<u>          </u>
At 31st October 2024	43,765	24,457	68,222
	<u>          </u>	<u>          </u>	<u>          </u>
<b>NET BOOK VALUE</b>			
At 31st October 2024	18,967	-	18,967
	<u>          </u>	<u>          </u>	<u>          </u>
At 31st October 2023	20,804	42	20,846
	<u>          </u>	<u>          </u>	<u>          </u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2024

<b>6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		<b>2024</b>	2023
		£	£
Trade debtors		<b>72,840</b>	68,622
Other debtors		<b>5,500</b>	5,500
Prepayments and accrued income		<b>(1)</b>	4,060
		<u><b>78,339</b></u>	<u>78,182</u>
<b>7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		<b>2024</b>	2023
		£	£
Trade creditors		<b>3,984</b>	5,709
Taxation and social security		<b>(666)</b>	(497)
Other creditors		<b>6,793</b>	6,840
		<u><b>10,111</b></u>	<u>12,052</u>
<b>8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR</b>			
		<b>2024</b>	2023
		£	£
Other creditors		<b>5,000</b>	10,000
		<u><b>5,000</b></u>	<u>10,000</u>
<b>9. LOANS</b>			
An analysis of the maturity of loans is given below:			
		<b>2024</b>	2023
		£	£
Amounts falling due within one year on demand:			
Other loans		<b>5,000</b>	5,000
		<u><b>5,000</b></u>	<u>5,000</u>
Amounts falling between one and two years:			
Other loans - 1-2 years		<b>5,000</b>	10,000
		<u><b>5,000</b></u>	<u>10,000</u>
<b>10. MOVEMENT IN FUNDS</b>			
	At	Net	At
	1/11/23	movement	31/10/24
	£	in funds	£
	£	£	£
<b>Unrestricted funds</b>			
General fund	<b>91,476</b>	<b>547</b>	<b>92,023</b>
	<u><b>91,476</b></u>	<u><b>547</b></u>	<u><b>92,023</b></u>
<b>TOTAL FUNDS</b>	<u><b>91,476</b></u>	<u><b>547</b></u>	<u><b>92,023</b></u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2024

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	436,771	(436,224)	547
<b>TOTAL FUNDS</b>	<u>436,771</u>	<u>(436,224)</u>	<u>547</u>

Comparatives for movement in funds

	At 1/11/22 £	Net movement in funds £	At 31/10/23 £
<b>Unrestricted funds</b>			
General fund	94,258	(2,782)	91,476
<b>TOTAL FUNDS</b>	<u>94,258</u>	<u>(2,782)</u>	<u>91,476</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	385,127	(387,909)	(2,782)
<b>TOTAL FUNDS</b>	<u>385,127</u>	<u>(387,909)</u>	<u>(2,782)</u>

11. RELATED PARTY DISCLOSURES

Included in trade debtors are amounts owed by Andrea Coates of £6,529 (2023: £5,263), a trustee of the charity.

**THE ROCK CLINIC ASSOCIATION**

England & Wales - Charity number 1057328

---

# Accounts

---

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2023  
FOR  
THE ROCK CLINIC ASSOCIATION

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

THE ROCK CLINIC ASSOCIATION

CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST OCTOBER 2023

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 4
<b>Independent Examiner's Report</b>	5
<b>Statement of Financial Activities</b>	6
<b>Balance Sheet</b>	7
<b>Notes to the Financial Statements</b>	8 to 11
<b>Detailed Statement of Financial Activities</b>	12

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

The trustees present their report with the financial statements of the charity for the year ended 31st October 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The Rock Clinic Association aims to provide psychological and counselling services to the general public and to provide placement opportunities for those training in the field.

The Trustees are satisfied that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

**Significant activities**

This year has marked yet another important development for the Rock as we opened our third clinic, this time in Hove. Rock Hove provides a further 7 consulting rooms taking our overall provision to 25 clinical spaces spread throughout the city.

See map: <https://www.rockclinic.org.uk/contact-the-rock-clinic/>

The clinic is already a very welcome choice of venue for many clients approaching the service:

'Ease of access to the clinic/rooms with quiet atmosphere compatible with confidentiality'

'Regularity of appointments. Convenient location. Made to feel comfortable and able to express myself very freely.'

'Easy access, close to home.'

As covid rates eased and vaccine uptake increased, the pandemic and associated fears around infection have significantly diminished and, in consequence, we resumed in-person working which remains the option of choice for the majority of clients and their therapists:

'On-site was better than online'.

'I much preferred coming into the building for my sessions where possible.'

And by re-opening the waiting rooms we avoided the problem described below!

'Waiting outside in the rain not great, but I think you have opened a waiting area now!'

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

**Achievement and Performance: service delivery.**

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy in a range of well evidenced therapeutic modalities. Our continued online provision has meant a maintaining of services we are able to offer in the UK and abroad, fulfilling our primary charitable aim of making therapy accessible and affordable for all. We aim to keep costs as low as possible in line with our not-for-profit status.

Our 30-minute online screening service continued as in previous years and records show we saw 1271 new individual clients and 30 couples this year.

'Assessed quickly and made to feel comfortable at initial meeting'

'The therapist was matched really well to my situation.'

Several therapists migrated across the clinics to Rock Hove and as we continue to recruit strongly from local and national training institutions, we anticipate an increase in overall service provision.

Feedback remains extremely positive with clients continuing to report good levels of satisfaction: 73% stating that therapy is one of the most significant features in helping them resolve their difficulties. Improvements in self-esteem (65%) and relationships (65%) were also reported. 69% felt counselling at the Rock Clinic was the most important or significant factor in helping 'develop ideas and abilities that might be useful for the future (self-understanding, understanding others, managing difficult feelings better, improving communication skills, increased confidence, and assertiveness)'.

For some therapy was clearly quite transformational:

'She was excellent, calm, patient, understanding and yet somehow managed to challenge me about my understanding of myself. She has really helped me navigate a very stressful and exhausting situation and helped me find strategies and strengths to manage the future. I am very impressed by her warm and yet totally professional style.'

'Amazing approach by XXX - he was non-judgmental, supportive, open, flexible and couldn't recommend enough. He's a credit to your service.'

'I cannot recommend this service enough to family and friends who feel they may want therapy.'

**Administration**

Our administrative and reception team has maintained a steady service covering all daytime, evening and Saturday working. This is essential in providing trainee therapists in particular, with a presence in the office(s) should any difficulties occur. Clients continue to report good levels of satisfaction: 69% of clients were very favourably impressed; 60% felt the friendly office staff, administrative efficiency and waiting times were excellent. Senior administrative and clinical staff divided the roles and responsibilities more efficiently this year with office, finance and staff management comprising one role and clinical, psychological and policy matter the other. This has avoided previous duplication and resulted in a more streamlined service.

**Training**

The Clinic fulfils its second charitable aim by taking students on placement whilst they complete the clinical aspect of their training and offering a further two year supportive programme to help newly qualified therapists become established. This year we have had 70 trainees and newly qualified therapists on placement and a further 70 accredited and senior therapists and supervisors working independently with us. The Rock Clinic has a reputation throughout Brighton and Hove as the best of the training placements around.

**Continuing Professional Development**

Rock Hove has two large rooms which can be used for training, meetings and social events. This year we have run a 7-week CBT training, seminars and workshops on Professional Bookkeeping and Tax affairs, Clinical Assessment and Creative Work with Young People as well as the ever-popular postgraduate 30-week training in Clinical Supervision.

Overall, this has been another successful year with the Rock not only servicing the community but also being a community. Our socials are well attended and enjoyable, we take place in the annual Pride Parade, we offer networking opportunities and have good feedback mechanisms to the office should any difficulties arise.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

**FINANCIAL REVIEW**

**Reserves policy**

The board have determined that the unrestricted funds held by the charity should be in excess of 3 months running costs.

In 2023 we saw a steady increase in revenue more so in the later part of the year with the addition of Rock Hove and the increase of the referral fee/room rental to £9. As with the opening of Rock West back in 2013 several therapists migrated across to Rock Hove from the other two clinics meaning that there were more spaces across all three clinics and not necessarily a rise in income. However the planning of the increase in the referral fee/room rental for September 2023 meant that the overheads were generally met. The need for a third clinic was evident when planning to allocate the 2024 cohort for January 24 into the two clinics and we forecast that by September/October 2025 we should be back up to normal capacity in all three clinics. At the end of October 2023 throughout the bands we had a total of 140 therapists in the following schemes:-

34 Trainees, 36 Intermediates, 30 Accredited, 40 Senior Accredited.

Assessment numbers were up again in this financial year from 1178 in 2022 to 1271 with provision to be able to book an assessment within two weeks. We continue to have a huge number of recommendations when analysing the data. In 2023 our clients heard about the Rock Clinic by:-

Friend/Family 46%, Word of Mouth 13%, GP 11%, Returning Client 11%, Other Agency/Service 8%, Other/Rather not Say 6%, Search Engine/Social Media 5%.

The Rock Clinic ran a successful 30 week Supervision Training course starting in September 2023 for 30 weeks that brought a profit of £7,225 into the Clinic funds.

In June 2023 we received a loan of 15k for the acquisition of Rock Hove, this helped enormously with paying the 3 month deposit and 2 months rent in advance along with the re-decoration and signage and new furniture and fixings of all 7 therapy rooms, kitchen and office. It is expected that by the end of financial year October 2025 this loan will be paid back. So far in 2024 we have paid back 5k.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Recruitment and appointment of new trustees**

New trustees are selected on the basis of the contribution that they will make to the governance of the organisation and the skills they will contribute.

**Induction and training of new trustees**

New trustees are provided with copies of the Charity Commission's guidance to trustees and given an introduction to the activities of the charity by the existing board. Existing trustees are provided with training as and when required.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1057328

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA


**Trustees**

M Sawyer  
R Hooton  
Ms A Coates  
R Scott  
G Evident (resigned 5/6/24)  
D Walls

**Independent Examiner**

Annette Watson PhD,BSc FCA  
Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Approved by order of the board of trustees on 27/08/24 and signed on its behalf by:

  
.....

R Scott - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE ROCK CLINIC ASSOCIATION**

**Independent examiner's report to the trustees of The Rock Clinic Association**

I report to the charity trustees on my examination of the accounts of The Rock Clinic Association (the Trust) for the year ended 31st October 2023.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

*Annette Watson*

Annette Watson PhD BSc FCA  
The Institute of Chartered Accountants in England and Wales

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Date: *27th August 2024.*

**THE ROCK CLINIC ASSOCIATION**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

	Notes	2023 Unrestricted fund £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		129	2,329
<b>Charitable activities</b>			
Clinic		384,991	359,944
Investment income	2	7	1
<b>Total</b>		<u>385,127</u>	<u>362,274</u>
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Clinic		<u>387,909</u>	<u>355,169</u>
 <b>NET INCOME/(EXPENDITURE)</b>		 (2,782)	 7,105
 <b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		<u>94,258</u>	87,153
 <b>TOTAL FUNDS CARRIED FORWARD</b>		 <u><u>91,476</u></u>	 <u><u>94,258</u></u>

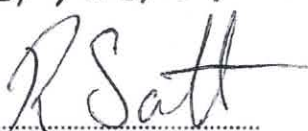
The notes form part of these financial statements

**THE ROCK CLINIC ASSOCIATION**

**BALANCE SHEET  
31ST OCTOBER 2023**

	Notes	2023 Unrestricted fund £	2022 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	5	20,846	21,888
<b>CURRENT ASSETS</b>			
Debtors	6	78,182	66,354
Cash at bank		14,500	11,837
		<u>92,682</u>	<u>78,191</u>
<b>CREDITORS</b>			
Amounts falling due within one year	7	(12,052)	(5,821)
<b>NET CURRENT ASSETS</b>		<u>80,630</u>	<u>72,370</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		101,476	94,258
<b>CREDITORS</b>			
Amounts falling due after more than one year	8	(10,000)	-
<b>NET ASSETS</b>		<u>91,476</u>	<u>94,258</u>
<b>FUNDS</b>	10		
Unrestricted funds		91,476	94,258
<b>TOTAL FUNDS</b>		<u>91,476</u>	<u>94,258</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 27/08/24 and were signed on its behalf by:

  
.....  
R Scott - Trustee

The notes form part of these financial statements

**THE ROCK CLINIC ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

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

Plant and machinery	- 15% on reducing balance
Computer equipment	- 33% on cost

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2023

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	7	1
	<u>7</u>	<u>1</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st October 2023 nor for the year ended 31st October 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st October 2023 nor for the year ended 31st October 2022.

4. STAFF COSTS

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

	2023	2022
Administrative	4	3
Clinic	2	1
	<u>6</u>	<u>4</u>

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

5. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
<b>COST</b>			
At 1st November 2022	56,840	24,457	81,297
Additions	4,382	-	4,382
	<u>61,222</u>	<u>24,457</u>	<u>85,679</u>
At 31st October 2023	61,222	24,457	85,679
<b>DEPRECIATION</b>			
At 1st November 2022	36,747	22,662	59,409
Charge for year	3,671	1,753	5,424
	<u>40,418</u>	<u>24,415</u>	<u>64,833</u>
At 31st October 2023	40,418	24,415	64,833
<b>NET BOOK VALUE</b>			
At 31st October 2023	<u>20,804</u>	<u>42</u>	<u>20,846</u>
At 31st October 2022	<u>20,093</u>	<u>1,795</u>	<u>21,888</u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2023

<b>6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		<b>2023</b>	<b>2022</b>
		£	£
Trade debtors		<b>68,622</b>	66,003
Other debtors		<b>5,500</b>	-
Prepayments and accrued income		<b>4,060</b>	351
		<u><b>78,182</b></u>	<u>66,354</u>
<b>7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		<b>2023</b>	<b>2022</b>
		£	£
Trade creditors		<b>5,709</b>	2,996
Taxation and social security		<b>(497)</b>	955
Other creditors		<b>6,840</b>	1,870
		<u><b>12,052</b></u>	<u>5,821</u>
<b>8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR</b>		<b>2023</b>	<b>2022</b>
		£	£
Other creditors		<b>10,000</b>	-
		<u><b>10,000</b></u>	<u>-</u>
<b>9. LOANS</b>			
An analysis of the maturity of loans is given below:			
		<b>2023</b>	<b>2022</b>
		£	£
Amounts falling due within one year on demand:			
Other loans		<b>5,000</b>	-
		<u><b>5,000</b></u>	<u>-</u>
Amounts falling between one and two years:			
Other loans - 1-2 years		<b>10,000</b>	-
		<u><b>10,000</b></u>	<u>-</u>
<b>10. MOVEMENT IN FUNDS</b>			
	At	Net	At
	1/11/22	movement	31/10/23
	£	in funds	£
		£	
<b>Unrestricted funds</b>			
General fund	<b>94,258</b>	<b>(2,782)</b>	<b>91,476</b>
	<u><b>94,258</b></u>	<u><b>(2,782)</b></u>	<u><b>91,476</b></u>
<b>TOTAL FUNDS</b>	<u><b>94,258</b></u>	<u><b>(2,782)</b></u>	<u><b>91,476</b></u>

**THE ROCK CLINIC ASSOCIATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2023**

**10. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	385,127	(387,909)	(2,782)
<b>TOTAL FUNDS</b>	<u>385,127</u>	<u>(387,909)</u>	<u>(2,782)</u>

**Comparatives for movement in funds**

	At 1/11/21 £	Net movement in funds £	At 31/10/22 £
<b>Unrestricted funds</b>			
General fund	87,153	7,105	94,258
<b>TOTAL FUNDS</b>	<u>87,153</u>	<u>7,105</u>	<u>94,258</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	362,274	(355,169)	7,105
<b>TOTAL FUNDS</b>	<u>362,274</u>	<u>(355,169)</u>	<u>7,105</u>

**11. RELATED PARTY DISCLOSURES**

Included in trade debtors are amounts owed by Andrea Coates of £5,263 (2022: £5,741), a trustee of the charity.

**THE ROCK CLINIC ASSOCIATION**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2023**

	2023 £	2022 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Fundraising	129	2,329
<b>Investment income</b>		
Deposit account interest	7	1
<b>Charitable activities</b>		
Room rental	321,423	295,629
Counselling fees	63,568	64,315
	384,991	359,944
<b>Total incoming resources</b>	<b>385,127</b>	<b>362,274</b>
 <b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	88,880	81,624
Social security	1,086	2,805
Pensions	1,529	1,606
Rent	83,500	78,000
Other premises costs	7,200	6,255
Light and heat	8,816	3,401
Telephone	585	513
Postage and stationery	612	297
Promotion & fundraising costs	618	-
Sundries	2,161	741
Repairs and maintenance	22,482	18,134
Counselling costs	85,761	81,892
Computer costs	10,395	11,401
Consultancy fees	36,555	31,715
Bank charges	765	482
Depreciation of tangible fixed assets	5,424	5,686
	356,369	324,552
 <b>Support costs</b>		
<b>Governance costs</b>		
Accountancy and legal fees	31,540	30,617
<b>Total resources expended</b>	<b>387,909</b>	<b>355,169</b>
<b>Net (expenditure)/income</b>	<b>(2,782)</b>	<b>7,105</b>

This page does not form part of the statutory financial statements

**THE ROCK CLINIC ASSOCIATION**

England & Wales - Charity number 1057328

---

# Accounts

---

REGISTERED CHARITY NUMBER: 1057328

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2022  
FOR  
THE ROCK CLINIC ASSOCIATION**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ



# THE ROCK CLINIC ASSOCIATION

## CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2022

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 4
<b>Independent Examiner's Report</b>	5
<b>Statement of Financial Activities</b>	6
<b>Balance Sheet</b>	7
<b>Notes to the Financial Statements</b>	8 to 11
<b>Detailed Statement of Financial Activities</b>	12



**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2022**

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

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The Rock Clinic Association aims to provide psychological and counselling services to the general public and to provide placement opportunities for those training in the field.

The Trustees are satisfied that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

**Significant activities**

This year has, of course, been characterised by the shocking invasion of Ukraine by Russia. A colleague from Odesa, who sought refuge in the UK, contacted us wanting to offer something to other Ukrainian displaced and traumatised people. To that end we set up a free therapy service for Ukrainians living in the Brighton, Hove and Sussex. see: <https://www.rockclinic.org.uk/ukraine-therapy/> The service is available in both Ukrainian and Russian languages and like our other time-limited services is available for 6 months to allow on-going accessibility. Feedback has been enormously positive, and the clinic is delighted to have been able to fully fund this project in line with our charitable aims.

The pandemic continued to exert significant influence on our therapy provision but while clients were very keen to be seen in-person, some therapists remained reluctant and the return to in-house provision was slower than anticipated. However, we did respond to client requests; see below:

'When I initially started my therapy, it was online on account of the pandemic. I preferred having my sessions in person, so as soon as this became possible, with the easing of lockdown restrictions, my therapist offered for me to come into the clinic and switch out sessions to in person. She was very accommodating in this regard, which was great for me. I always felt I was in a safe and relaxed environment when I came in.'

On average we conducted over 1,000 sessions a week with fewer cancellations thanks to the web-based provision. We retained the initial assessments as an online service, for both convenience and to reduce possible infection rates. We saw over 120 new clients a month for an initial interview, with an additional 4-6 couple and family appointments and approximately 8 Employee Assistance sessions. This has worked well.

'The screening process matched me to a therapist who was exactly what I needed for my problems; this process worked really well. The initial sign up form and screening meant my therapist knew enough about my issues to begin therapy.'



**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2022**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

**Achievement and Performance: service delivery**

Clients continue to report good levels of satisfaction: 64% stating that therapy is one of the most significant features in helping them resolve their difficulties. Improvements in self-esteem (71%) and relationships (66%) were also reported. 65% felt counselling at the Rock Clinic was the most important or significant factor in helping 'develop ideas and abilities that might be useful for the future (self-understanding, understanding others, managing difficult feelings better, improving communication skills, increased confidence, and assertiveness)'.

For some therapy was clearly essential:

'Communication worked well, my therapist accommodated my needs, communicated expectations and the therapy was a point of anchor during turbulent personal crisis

**Administration**

Our administrative and reception team has expanded this year so that we now have full coverage for evening and Saturday working. This adds a layer of safety for our trainee therapists for whom we felt any lone working would be inappropriate. Feedback was very positive about the service overall, administrative efficiency, waiting times and the friendly approach from the office staff.

'Initial referral/ admin staff I spoke to were really kind and helpful.'

Our aim is to refer clients as soon as possible within an average 2-3 week periods although this can be more difficult during busy period and therapist annual leave.

'Straightforward referral to a therapist - no waiting time'

**Training and Continuing Professional Development**

The Association's second charitable aim is to deliver training and CPD. Clinical Assessment training was delivered online, but we were able to offer as offer a repeat of our excellent programme of Cognitive Behaviour Therapy in-person at the Brighthelm Centre and the online Working with Children and Young People. We also completed the 30-week Clinical Supervision training.

It has been a relief to be able to meet up with colleagues again and the Summer party on the beach at Yellow Wave was a great success.

**FINANCIAL REVIEW**

**Reserves policy**

The board have determined that the unrestricted funds held by the charity should be in excess of 3 months running costs.



**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2022**

**FINANCIAL REVIEW**

During the first quarter of the financial year we continued to see a slow return to face to face therapy amongst all Practitioner bands with exception to the Trainees who were prioritised with rooms as it is vital for their training. We did however have an increase on our Intermediate Scheme with 19 new Intermediates joining from our trainee scheme in September 2021. At the end of October 2022 throughout the bands we had a total of 136 therapists in the following schemes:-

30 Trainees, 36 Intermediates, 30 Accredited, 40 Senior Accredited

Assessment numbers were up in this financial year from 1143 to 1178 with a 3-4 week waiting period in most cases. We are constantly reviewing the assessment process and aim to always provide some new appointments for the following week to meet the needs of our local community. Having looked at the statistics on the Assessment forms it is worth noting that a huge number of recommendations come from Friend/Family when analysing the data.

In January 2022 we uplifted the Trainee Scheme from £15.00 to £20.00 which was more in line with our Assessment Fee and the additional £5 per session is much needed to help fund the Administration and Supervision costs which always run at a deficit.

We successfully ran a CBT course in 2022 at the Brighthelm Centre with 20 participants, 15 internal and 5 external. The profit on the course was £3700.

In September 2022 we started our free therapy service for Ukrainian's now living in Brighton & Hove and Sussex which the Clinic fully funds. This has been a huge success and our Ukrainian Therapist currently sees clients on Wednesdays & Saturdays.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Recruitment and appointment of new trustees**

New trustees are selected on the basis of the contribution that they will make to the governance of the organisation and the skills they will contribute.

**Induction and training of new trustees**

New trustees are provided with copies of the Charity Commission's guidance to trustees and given an introduction to the activities of the charity by the existing board. Existing trustees are provided with training as and when required.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1057328

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA

**Trustees**

M Sawyer  
R Hooton  
Ms A Coates  
D Keighley (resigned 17/7/22)  
R Scott  
G Evident  
D Walls (appointed 18/7/22)



THE ROCK CLINIC ASSOCIATION  
REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST OCTOBER 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Approved by order of the board of trustees on 24/8/23 and signed on its behalf by:

 (24/8/23)

G Evident - Trustee



**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE ROCK CLINIC ASSOCIATION**

**Independent examiner's report to the trustees of The Rock Clinic Association**

I report to the charity trustees on my examination of the accounts of The Rock Clinic Association (the Trust) for the year ended 31st October 2022.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the **\*\*ERROR - relevant professional body must be completed\*\***, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Annette Watson

Annette Watson PhD BSc FCA

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Date: 25th August 2023



**THE ROCK CLINIC ASSOCIATION**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		2,329	326
<b>Charitable activities</b>			
Clinic		359,944	333,253
Investment income	2	1	1
<b>Total</b>		<b>362,274</b>	<b>333,580</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Clinic		355,169	325,000
<b>NET INCOME</b>		7,105	8,580
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		87,153	78,573
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>94,258</b>	<b>87,153</b>

The notes form part of these financial statements

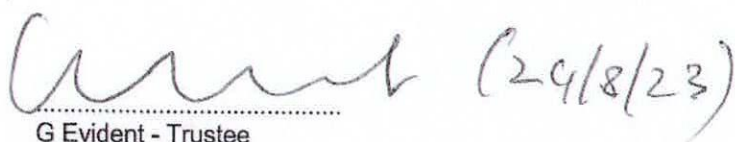


THE ROCK CLINIC ASSOCIATION

BALANCE SHEET  
31ST OCTOBER 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	5	21,888	24,716
<b>CURRENT ASSETS</b>			
Debtors	6	66,354	62,801
Cash at bank		11,837	16,549
		<u>78,191</u>	<u>79,350</u>
<b>CREDITORS</b>			
Amounts falling due within one year	7	(5,821)	(16,913)
<b>NET CURRENT ASSETS</b>		<u>72,370</u>	<u>62,437</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>94,258</u>	<u>87,153</u>
<b>NET ASSETS</b>		<u>94,258</u>	<u>87,153</u>
<b>FUNDS</b>			
Unrestricted funds	9	94,258	87,153
<b>TOTAL FUNDS</b>		<u>94,258</u>	<u>87,153</u>

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

 (29/8/23)  
G Evident - Trustee



## THE ROCK CLINIC ASSOCIATION

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2022

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

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

Plant and machinery	- 15% on reducing balance
Computer equipment	- 33% on cost

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.



THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2022

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	1	1
	<u>1</u>	<u>1</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

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

**Trustees' expenses**

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

4. STAFF COSTS

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

	2022	2021
Administrative	3	4
Clinic	1	1
	<u>4</u>	<u>5</u>

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

5. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
<b>COST</b>			
At 1st November 2021	54,111	24,328	78,439
Additions	2,729	129	2,858
	<u>56,840</u>	<u>24,457</u>	<u>81,297</u>
At 31st October 2022	56,840	24,457	81,297
<b>DEPRECIATION</b>			
At 1st November 2021	33,201	20,522	53,723
Charge for year	3,546	2,140	5,686
	<u>36,747</u>	<u>22,662</u>	<u>59,409</u>
At 31st October 2022	36,747	22,662	59,409
<b>NET BOOK VALUE</b>			
At 31st October 2022	<u>20,093</u>	<u>1,795</u>	<u>21,888</u>
At 31st October 2021	<u>20,910</u>	<u>3,806</u>	<u>24,716</u>



THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2022

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	66,003	59,967
Tax	-	2,483
Prepayments and accrued income	351	351
	<u>66,354</u>	<u>62,801</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	2,996	8,658
Taxation and social security	955	-
Other creditors	1,870	8,255
	<u>5,821</u>	<u>16,913</u>

8. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due within one year on demand:		
Other loans	-	6,300
	<u>-</u>	<u>6,300</u>

9. MOVEMENT IN FUNDS

	At 1/11/21 £	Net movement in funds £	At 31/10/22 £
<b>Unrestricted funds</b>			
General fund	87,153	7,105	94,258
<b>TOTAL FUNDS</b>	<u>87,153</u>	<u>7,105</u>	<u>94,258</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	362,274	(355,169)	7,105
<b>TOTAL FUNDS</b>	<u>362,274</u>	<u>(355,169)</u>	<u>7,105</u>



THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2022

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/11/20 £	Net movement in funds £	At 31/10/21 £
<b>Unrestricted funds</b>			
General fund	78,573	8,580	87,153
<b>TOTAL FUNDS</b>	<u>78,573</u>	<u>8,580</u>	<u>87,153</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	333,580	(325,000)	8,580
<b>TOTAL FUNDS</b>	<u>333,580</u>	<u>(325,000)</u>	<u>8,580</u>

10. RELATED PARTY DISCLOSURES

Included in trade debtors is £5,363 (2021 - £5,122) which is owed by Andrea Coates, a trustee of the charity.



THE ROCK CLINIC ASSOCIATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST OCTOBER 2022

	2022 £	2021 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Fundraising	2,329	326
<b>Investment income</b>		
Deposit account interest	1	1
<b>Charitable activities</b>		
Room rental	295,629	294,750
Counselling fees	64,315	38,503
	<u>359,944</u>	<u>333,253</u>
<b>Total incoming resources</b>	<b>362,274</b>	<b>333,580</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	81,624	89,938
Social security	2,805	2,829
Pensions	1,606	1,687
Rent	78,000	78,000
Other premises costs	6,255	6,166
Light and heat	3,401	3,810
Telephone	513	695
Postage and stationery	297	430
Promotion & fundraising costs	-	657
Sundries	741	545
Repairs and maintenance	18,134	17,331
Counselling costs	81,892	53,765
Computer costs	11,401	8,626
Consultancy fees	31,715	27,100
Bank charges	482	568
Depreciation of tangible fixed assets	5,686	5,973
	<u>324,552</u>	<u>298,120</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy and legal fees	30,617	26,880
<b>Total resources expended</b>	<b>355,169</b>	<b>325,000</b>
<b>Net income</b>	<b>7,105</b>	<b>8,580</b>

This page does not form part of the statutory financial statements



**THE ROCK CLINIC ASSOCIATION**

England & Wales - Charity number 1057328

---

# Accounts

---

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2021  
FOR  
THE ROCK CLINIC ASSOCIATION**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

**THE ROCK CLINIC ASSOCIATION**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST OCTOBER 2021**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 4
<b>Independent Examiner's Report</b>	5
<b>Statement of Financial Activities</b>	6
<b>Balance Sheet</b>	7
<b>Notes to the Financial Statements</b>	8 to 11
<b>Detailed Statement of Financial Activities</b>	12

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2021**

The trustees present their report with the financial statements of the charity for the year ended 31st October 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The Rock Clinic Association aims to provide psychological and counselling services to the general public and to provide placement opportunities for those training in the field.

The Trustees are satisfied that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

**Significant activities**

This year has, of course, again been characterised by Covid-19 and the repeat lockdowns experienced by the whole of the UK. Thanks to our pre-existing experience of delivering therapy via video conferencing, we were able to move all sessions online from March 2020 and this continued throughout 2021 as the various lockdowns were imposed and then lifted.

'How concise information was relayed through my therapist about the clinic (even through a pandemic). My overall experience with the therapist week after week was pleasant and professional.'

On average we conducted over 4,000 sessions each month with fewer cancellations thanks to the web-based provision. We saw over 120 new clients a month for an initial interview, and also still online with clients reporting high levels of satisfaction with the service overall.

'Efficient and timely appointments. Great range of services and impressive first consultation. Affordable and consistent.'

Nevertheless, there was a lot of caution and both clients and therapists were slow to return to in-person working. However, as essential health and social care staff we were able to support our therapists in getting vaccinated in time for our planned in-person re-opening in April 2021 after lockdown ended although, with covid again on the rise again in the summer, we did not fully open until September 2021 when our therapist had been double-jabbed. We also ensured our clinics were covid-safety compliant, installed a video entry system so that therapist could buzz in their individual clients and closed the waiting rooms at both locations to maintain as much social distancing as possible.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2021**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy within an average two-to three-week period in a range of well researched therapeutic modalities. Our expansion of online working means that we were able to offer therapy to a far wider community than before and were regularly seeing clients from the UK, Europe and beyond. We feel this is very important in that offering affordable support to those in countries where there is limited or no access to psychological interventions is one of our charitable aims. Therapy is conducted with a range of price options as previously stated, but we have expanded our online payment systems by using card readers as well as bank transfer (BACS) and PayPal. As a charity all costs are kept as low as possible as is appropriate for a not-for-profit organisation.

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy within an average two-to three-week period in a range of well researched therapeutic modalities. Our continued online provision has meant a widening of the services we are able to offer in the UK and abroad, fulfilling our charitable aims of making therapy accessible and affordable for all. We aim to keep costs as low as possible in line with our not-for-profit status.

Clients continue to report good levels of satisfaction: 64% stating that therapy is one of the most significant features in helping them resolve their difficulties. Improvements in self-esteem (71%) and relationships (66%) were also reported. 65% felt counselling at the Rock Clinic was the most important or significant factor in helping 'develop ideas and abilities that might be useful for the future (self-understanding, understanding others, managing difficult feelings better, improving communication skills, increased confidence, and assertiveness)'.

'I felt that my therapist supportively led me through the most challenging time of my life-online, during a pandemic when all my self-care and support networks were down. He has helped me navigate my past experiences in order to positively impact on my current relationships and provide me with the confidence to manage these independently going forward. I am so grateful for what he has helped us achieve as a family.'

**Administration**

Feedback was also very positive about the service overall, administrative efficiency, waiting times and the friendly approach from the office staff. We introduced a new diary system which has vastly improved the administrative burden for the office staff, freeing them up for more social media postings about the clinic and what we do.

**Training and Continuing Professional Development**

The Association's second charitable aim is to deliver training and CPD. Clinical Assessment training was delivered online as was a very well received programme of Cognitive Behaviour Therapy, but as lockdown eased, we ran a couple of in-person workshops on Working with Young People and Creative Tools in Therapeutic delivery. We also resumed the 30-week Clinical Supervision training.

Finally, along these lines we also have a new practitioner area at Rock West which we hope in time will enhance networking opportunities and the sharing of ideas.

**FINANCIAL REVIEW**

**Reserves policy**

The board have determined that the unrestricted funds held by the charity should be in excess of 3 months running costs.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2021**

**FINANCIAL REVIEW**

We continued to succeed through the Pandemic with the Clinic's being closed for face to face therapy until 12th April 2021. We faced an extremely slow return to the clinic for face to face therapy with the majority of our Therapists staying online working from home. In September we prioritised the rooms for trainees to return to the clinic and we have continued to operate in person and online. This to date has not affected the referral income

The online therapy is currently between 25 - 30% of our overall revenue on Referral Fees .It is also the view of many Practitioners that incorporating the online therapy as well as face to face has meant that there are less client cancellations.

Assessments numbers are still down year by year since 2019, however we do have a large amount of returning clients that bypass the assessment process. Currently there is only a two week waiting time on assessments to it being 4 weeks earlier on in the year. This has also meant that assessment cancellations are down due to not having to wait as long.

We spent some funds during this financial year on making a bigger space for our Therapists at Rock West by moving the kitchen into a bigger room and converting the previous kitchen into an online therapy room.

We ran the Supervision Group again from September 21 to June 22 with 5 people attending, thoughts are to widen this out to external candidates in 2023. We will also be concentrating on offering a wide range of CPD events starting in 2022 to draw on the expertise of those within our Rock Community.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Recruitment and appointment of new trustees**

New trustees are selected on the basis of the contribution that they will make to the governance of the organisation and the skills they will contribute.

**Induction and training of new trustees**

New trustees are provided with copies of the Charity Commission's guidance to trustees and given an introduction to the activities of the charity by the existing board. Existing trustees are provided with training as and when required.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1057328

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA

**Trustees**

M Sawyer  
R Hooton  
Ms A Coates  
D Keighley (resigned 17/7/22)  
R Scott  
G Evident  
D Walls (appointed 18/7/22)

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2021**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

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

.....  
G Evident - Trustee

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE ROCK CLINIC ASSOCIATION

### Independent examiner's report to the trustees of The Rock Clinic Association

I report to the charity trustees on my examination of the accounts of The Rock Clinic Association (the Trust) for the year ended 31st October 2021.

### Responsibilities and basis of report

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

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

### Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Annette Watson PhD BSc FCA  
ICAEW  
Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

17th August 2022

**THE ROCK CLINIC ASSOCIATION**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2021**

	Notes	2021 Unrestricted fund £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		326	354
<b>Charitable activities</b>			
Clinic		333,253	310,247
Investment income	2	1	8
<b>Total</b>		<b>333,580</b>	<b>310,609</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Clinic		325,000	289,463
<b>NET INCOME</b>		<b>8,580</b>	<b>21,146</b>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		<b>78,573</b>	<b>57,427</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>87,153</b>	<b>78,573</b>

The notes form part of these financial statements

**THE ROCK CLINIC ASSOCIATION**

**BALANCE SHEET  
31ST OCTOBER 2021**

	Notes	2021 Unrestricted fund £	2020 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	5	<b>24,716</b>	15,055
<b>CURRENT ASSETS</b>			
Debtors	6	<b>62,801</b>	64,315
Cash at bank		<b>16,549</b>	15,178
		<b>79,350</b>	79,493
<b>CREDITORS</b>			
Amounts falling due within one year	7	<b>(16,913)</b>	(15,975)
<b>NET CURRENT ASSETS</b>		<b>62,437</b>	63,518
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>87,153</b>	78,573
<b>NET ASSETS</b>		<b>87,153</b>	78,573
<b>FUNDS</b>	9		
Unrestricted funds		<b>87,153</b>	78,573
<b>TOTAL FUNDS</b>		<b>87,153</b>	78,573

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

.....  
G Evident - Trustee

## THE ROCK CLINIC ASSOCIATION

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2021

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

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

Plant and machinery	- 15% on reducing balance
Computer equipment	- 33% on cost

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Hire purchase and leasing commitments**

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

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**THE ROCK CLINIC ASSOCIATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2021**

**2. INVESTMENT INCOME**

	<b>2021</b>	<b>2020</b>
	£	£
Deposit account interest	1	8
	<u>1</u>	<u>8</u>

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st October 2021 nor for the year ended 31st October 2020.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st October 2021 nor for the year ended 31st October 2020.

**4. STAFF COSTS**

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

	<b>2021</b>	<b>2020</b>
Administrative	4	2
Clinic	1	1
	<u>5</u>	<u>3</u>

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

**5. TANGIBLE FIXED ASSETS**

	Plant and machinery £	Computer equipment £	Totals £
<b>COST</b>			
At 1st November 2020	43,605	19,200	62,805
Additions	10,506	5,128	15,634
	<u>54,111</u>	<u>24,328</u>	<u>78,439</u>
At 31st October 2021	54,111	24,328	78,439
<b>DEPRECIATION</b>			
At 1st November 2020	29,511	18,239	47,750
Charge for year	3,690	2,283	5,973
	<u>33,201</u>	<u>20,522</u>	<u>53,723</u>
At 31st October 2021	33,201	20,522	53,723
<b>NET BOOK VALUE</b>			
At 31st October 2021	<u>20,910</u>	<u>3,806</u>	<u>24,716</u>
At 31st October 2020	<u>14,094</u>	<u>961</u>	<u>15,055</u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2021

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	59,967	60,040
Tax	2,483	3,924
Prepayments and accrued income	351	351
	<u>62,801</u>	<u>64,315</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	8,658	3,875
Other creditors	8,255	12,100
	<u>16,913</u>	<u>15,975</u>

8. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Other loans	<u>6,300</u>	<u>11,300</u>

9. MOVEMENT IN FUNDS

	At 1/11/20 £	Net movement in funds £	At 31/10/21 £
<b>Unrestricted funds</b>			
General fund	78,573	8,580	87,153
	<u>78,573</u>	<u>8,580</u>	<u>87,153</u>
<b>TOTAL FUNDS</b>	<u>78,573</u>	<u>8,580</u>	<u>87,153</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	333,580	(325,000)	8,580
	<u>333,580</u>	<u>(325,000)</u>	<u>8,580</u>
<b>TOTAL FUNDS</b>	<u>333,580</u>	<u>(325,000)</u>	<u>8,580</u>

**THE ROCK CLINIC ASSOCIATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2021**

**9. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1/11/19 £	Net movement in funds £	At 31/10/20 £
<b>Unrestricted funds</b>			
General fund	57,427	21,146	78,573
<b>TOTAL FUNDS</b>	<u>57,427</u>	<u>21,146</u>	<u>78,573</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	310,609	(289,463)	21,146
<b>TOTAL FUNDS</b>	<u>310,609</u>	<u>(289,463)</u>	<u>21,146</u>

**10. RELATED PARTY DISCLOSURES**

Included in trade debtors is £5,122 (2020 - £4,024) which is owed by Andrea Coates, a trustee of the charity.

THE ROCK CLINIC ASSOCIATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST OCTOBER 2021

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Fundraising	326	354
<b>Investment income</b>		
Deposit account interest	1	8
<b>Charitable activities</b>		
Room rental	294,750	281,487
Counselling fees	38,503	28,760
	<u>333,253</u>	<u>310,247</u>
<b>Total incoming resources</b>	<b>333,580</b>	<b>310,609</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	89,938	69,076
Social security	2,829	1,933
Pensions	1,687	1,427
Hire of plant and machinery	-	971
Rent	78,000	78,000
Other premises costs	6,166	7,749
Light and heat	3,810	4,798
Telephone	695	2,128
Postage and stationery	430	1,172
Promotion & fundraising costs	657	193
Sundries	545	433
Repairs and maintenance	17,331	22,977
Counselling costs	53,765	43,046
Computer costs	8,626	3,429
Consultancy fees	27,100	24,990
Bank charges	568	490
Loan interest	-	15
Depreciation of tangible fixed assets	5,973	3,261
	<u>298,120</u>	<u>266,088</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy and legal fees	26,880	23,375
Total resources expended	<u>325,000</u>	<u>289,463</u>
<b>Net income</b>	<u><u>8,580</u></u>	<u><u>21,146</u></u>

This page does not form part of the statutory financial statements

**THE ROCK CLINIC ASSOCIATION**

England & Wales - Charity number 1057328

---

# Accounts

---

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2020  
FOR  
THE ROCK CLINIC ASSOCIATION**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

**THE ROCK CLINIC ASSOCIATION**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST OCTOBER 2020**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 4
<b>Independent Examiner's Report</b>	5
<b>Statement of Financial Activities</b>	6
<b>Balance Sheet</b>	7
<b>Notes to the Financial Statements</b>	8 to 11
<b>Detailed Statement of Financial Activities</b>	12

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2020**

The trustees present their report with the financial statements of the charity for the year ended 31st October 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The Rock Clinic Association aims to provide psychological and counselling services to the general public and to provide placement opportunities for those training in the field.

The Trustees are satisfied that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

**Significant activities**

This year has, of course, been characterised by Covid-19 and the repeat lockdowns experienced by the whole of the UK. Thanks to our pre-existing experience of delivering therapy via video conferencing, we were able to move all sessions online from March 2020.

'I was impressed by how the Rock Clinic was swiftly able to move to online counselling at the beginning of the lockdown. Short waiting time between initial assessment and first session. Managed to fit me in with awkward timings.'

'Kind and friendly staff, environment clean and well kept - when the covid situation hit, I was kept really well informed of what would happen next and ended up having Zoom calls, which worked well. Great organisation!'

Initially assessment sessions were paused while we put systems in place to understand risk, manage confidentiality via the use of encrypted systems such as Zoom and to offer training for those unfamiliar with these approaches. For our first-year trainee therapists this was particularly challenging as they had only just begun to see clients, but we remain impressed at how quickly our junior colleagues managed to adapt.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2020**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy within an average two-to three-week period in a range of well researched therapeutic modalities. Our expansion of online working means that we were able to offer therapy to a far wider community than before and were regularly seeing clients from the UK, Europe and beyond. We feel this is very important in that offering affordable support to those in countries where there is limited or no access to psychological interventions is one of our charitable aims. Therapy is conducted with a range of price options as previously stated, but we have expanded our online payment systems by using card readers as well as bank transfer (BACS) and PayPal. As a charity all costs are kept as low as possible as is appropriate for a not-for-profit organisation.

During this year our feedback and evaluation records that during a typical month we have:

- 4226 appointments
- 227 spaces
- Approximately 227 cancellations
- 120 assessments

Clients continue to report high levels of satisfaction: 77% stating that therapy is one of the most significant features in helping them resolve their difficulties. Improvements in self-esteem, relationships and the resolution of problems were also reported to have been improved and a staggering 81% felt counselling at the Rock Clinic was the most important or significant factor in helping 'develop ideas and abilities that might be useful for the future (self-understanding, understanding others, managing difficult feelings better, improving communication skills, increased confidence, assertiveness)'.

'Working with XXXX on issues relating to my recent depression has been thoroughly helpful. I couldn't ask for a more positive outcome. She methodically helped me understand and talk about the root causes and triggers that caused my unhappiness. I was encouraged to make more time for my emotions in the hope of understanding how important they are for me. I have come to the end of my sessions with XXXX feeling happier and with a much better sense of well-being. Also feeling better equipped to do move forward in my life. I would recommend the Rock Clinic. '

**Finally**

It was not possible to celebrate our 30th Anniversary as originally planned because of the pandemic which was disappointing and similarly our CPD programme had to be cancelled. However as essential health and social care staff we were able to support our therapists in getting double jabbed in time for our planned in-person re-opening in September 2020. We also ensured our clinics were covid-safety compliant, installed a video entry system so that therapist could buzz in their individual clients and closed the waiting rooms at both locations to maintain as much social distancing as possible.

**FINANCIAL REVIEW**

**Reserves policy**

The board have determined that the unrestricted funds held by the charity should be in excess of 3 months running costs.

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2020**

**FINANCIAL REVIEW**

Having been faced with the Pandemic in 2020 The Rock Clinic was able to respond quickly to moving our entire Practice online in a two week period. This swift action enabled the clinic to not have suffered a financial loss due to the closure of the clinics for face to face therapy. Assessments were cancelled for the initial lockdown and re-opened online for May 2020. Therapy remained online for the rest of the financial year to October 2020. In the past Practitioners were able to rent rooms for private clients, but due to the clinic being totally online the loss in revenue was replaced with more clients due to public demand and also Practitioners opening up more spaces for Rock referrals. It is extraordinary that we finished the 2019/2020 being over 10k up on revenue to that of the previous year.

In April and May we had various repairs at both Clinics and the re-decoration of the waiting room at Rock West along with two of the clinical rooms. With the thought to re-open both clinics in September 2020, in August we had installed a Door Video Entry System along with video monitors in each therapy room at both clinics to enable therapists to be able to see who is at the front door and let them in from their room as both waiting rooms remained shut to be Covid-19 secure.

We continue to build the surplus fund to enable the Clinic to be financially secure during any eventuality.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Recruitment and appointment of new trustees**

New trustees are selected on the basis of the contribution that they will make to the governance of the organisation and the skills they will contribute.

**Induction and training of new trustees**

New trustees are provided with copies of the Charity Commission's guidance to trustees and given an introduction to the activities of the charity by the existing board. Existing trustees are provided with training as and when required.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1057328

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA

**Trustees**

N Masani (resigned 31/1/20)  
M Sawyer  
R Hooton  
Ms A Coates  
D Keighley  
R Scott  
G Evident

**Independent Examiner**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

**THE ROCK CLINIC ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2020**

Approved by order of the board of trustees on 20th August 2021 and signed on its behalf by:

D Keighley - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE ROCK CLINIC ASSOCIATION**

**Independent examiner's report to the trustees of The Rock Clinic Association**

I report to the charity trustees on my examination of the accounts of The Rock Clinic Association (the Trust) for the year ended 31st October 2020.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of \_ which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Annette Watson PhD BSc FCA  
Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

24th August 2021

**THE ROCK CLINIC ASSOCIATION**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST OCTOBER 2020**

	Notes	2020 Unrestricted fund £	2019 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		354	620
<b>Charitable activities</b>			
Clinic		310,247	300,075
Investment income	2	8	-
<b>Total</b>		<b>310,609</b>	<b>300,695</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Clinic		289,463	276,722
<b>NET INCOME</b>		<b>21,146</b>	<b>23,973</b>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		<b>57,427</b>	<b>33,454</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>78,573</b>	<b>57,427</b>

The notes form part of these financial statements

**THE ROCK CLINIC ASSOCIATION**

**BALANCE SHEET  
31ST OCTOBER 2020**

	Notes	2020 Unrestricted fund £	2019 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	5	15,055	11,873
<b>CURRENT ASSETS</b>			
Debtors	6	64,315	51,499
Cash at bank		15,178	18,007
		<u>79,493</u>	<u>69,506</u>
<b>CREDITORS</b>			
Amounts falling due within one year	7	(15,975)	(23,952)
<b>NET CURRENT ASSETS</b>		<u>63,518</u>	<u>45,554</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>78,573</u>	<u>57,427</u>
<b>NET ASSETS</b>		<u>78,573</u>	<u>57,427</u>
<b>FUNDS</b>	9		
Unrestricted funds		<u>78,573</u>	<u>57,427</u>
<b>TOTAL FUNDS</b>		<u>78,573</u>	<u>57,427</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20th August 2021 and were signed on its behalf by:

D Keighley - Trustee

## THE ROCK CLINIC ASSOCIATION

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2020

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

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

Plant and machinery	- 15% on reducing balance
Computer equipment	- 33% on cost

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Hire purchase and leasing commitments**

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

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**THE ROCK CLINIC ASSOCIATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2020**

**2. INVESTMENT INCOME**

	<b>2020</b>	<b>2019</b>
	£	£
Deposit account interest	8	-
	<u>8</u>	<u>-</u>

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st October 2020 nor for the year ended 31st October 2019.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st October 2020 nor for the year ended 31st October 2019.

**4. STAFF COSTS**

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

	<b>2020</b>	<b>2019</b>
Administrative	2	4
Clinic	1	1
	<u>3</u>	<u>5</u>

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

**5. TANGIBLE FIXED ASSETS**

	Plant and machinery £	Computer equipment £	Totals £
<b>COST</b>			
At 1st November 2019	38,320	18,042	56,362
Additions	5,285	1,158	6,443
	<u>43,605</u>	<u>19,200</u>	<u>62,805</u>
At 31st October 2020			
<b>DEPRECIATION</b>			
At 1st November 2019	27,024	17,465	44,489
Charge for year	2,487	774	3,261
	<u>29,511</u>	<u>18,239</u>	<u>47,750</u>
At 31st October 2020			
<b>NET BOOK VALUE</b>			
At 31st October 2020	<u>14,094</u>	<u>961</u>	<u>15,055</u>
At 31st October 2019	<u>11,296</u>	<u>577</u>	<u>11,873</u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2020

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Trade debtors	60,040	51,153
Tax	3,924	-
Prepayments and accrued income	351	346
	<u>64,315</u>	<u>51,499</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Bank loans and overdrafts (see note 8)	-	3,314
Trade creditors	3,875	2,797
Taxation and social security	-	860
Other creditors	12,100	16,981
	<u>15,975</u>	<u>23,952</u>

8. LOANS

An analysis of the maturity of loans is given below:

	2020	2019
	£	£
Amounts falling due within one year on demand:		
Bank loans	-	3,314
Other loans	11,300	16,300
	<u>11,300</u>	<u>19,614</u>

9. MOVEMENT IN FUNDS

	At 1/11/19 £	Net movement in funds £	At 31/10/20 £
<b>Unrestricted funds</b>			
General fund	57,427	21,146	78,573
	<u>57,427</u>	<u>21,146</u>	<u>78,573</u>
<b>TOTAL FUNDS</b>	<u>57,427</u>	<u>21,146</u>	<u>78,573</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	310,609	(289,463)	21,146
	<u>310,609</u>	<u>(289,463)</u>	<u>21,146</u>
<b>TOTAL FUNDS</b>	<u>310,609</u>	<u>(289,463)</u>	<u>21,146</u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST OCTOBER 2020

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/11/18 £	Net movement in funds £	At 31/10/19 £
<b>Unrestricted funds</b>			
General fund	33,454	23,973	57,427
<b>TOTAL FUNDS</b>	<u>33,454</u>	<u>23,973</u>	<u>57,427</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	300,695	(276,722)	23,973
<b>TOTAL FUNDS</b>	<u>300,695</u>	<u>(276,722)</u>	<u>23,973</u>

10. RELATED PARTY DISCLOSURES

Included in trade debtors is £4,024 (2019 - £3,370) which is owing by Andrea Coates, a trustee of the charity.

THE ROCK CLINIC ASSOCIATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST OCTOBER 2020

	2020 £	2019 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Fundraising	354	620
<b>Investment income</b>		
Deposit account interest	8	-
<b>Charitable activities</b>		
Room rental	281,487	272,161
Counselling fees	28,760	27,914
	<u>310,247</u>	<u>300,075</u>
<b>Total incoming resources</b>	<b>310,609</b>	<b>300,695</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	69,076	65,357
Social security	1,933	2,024
Pensions	1,427	929
Hire of plant and machinery	971	1,065
Rent	78,000	78,000
Other premises costs	7,749	9,722
Light and heat	4,798	4,835
Telephone	2,128	908
Postage and stationery	1,172	1,517
Promotion & fundraising costs	193	696
Sundries	433	242
Repairs and maintenance	22,977	26,726
Counselling costs	43,046	40,501
Computer costs	3,429	6,426
Consultancy fees	24,990	18,910
Bank charges	490	718
Loan interest	15	414
Depreciation of tangible fixed assets	3,261	2,382
	<u>266,088</u>	<u>261,372</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy and legal fees	23,375	15,350
Total resources expended	<u>289,463</u>	<u>276,722</u>
<b>Net income</b>	<u><u>21,146</u></u>	<u><u>23,973</u></u>

This page does not form part of the statutory financial statements