

**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

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


The notes form part of these financial statements

THE ROCK CLINIC ASSOCIATION

BALANCE SHEET
31ST OCTOBER 2022

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

 (24/8/23)
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	<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
	3	4
Administrative	<u>1</u>	<u>1</u>
Clinic	<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 £
COST			
At 1st November 2021	54,111	24,328	78,439
Additions	<u>2,729</u>	<u>129</u>	<u>2,858</u>
At 31st October 2022	<u>56,840</u>	<u>24,457</u>	<u>81,297</u>
DEPRECIATION			
At 1st November 2021	33,201	20,522	53,723
Charge for year	<u>3,546</u>	<u>2,140</u>	<u>5,686</u>
At 31st October 2022	<u>36,747</u>	<u>22,662</u>	<u>59,409</u>
NET BOOK VALUE			
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 £
Unrestricted funds			
General fund	87,153	7,105	94,258
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	362,274	(355,169)	7,105
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	78,573	8,580	87,153
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	333,580	(325,000)	8,580
TOTAL FUNDS	<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 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	2,329	326
Investment income		
Deposit account interest	1	1
Charitable activities		
Room rental	295,629	294,750
Counselling fees	64,315	38,503
	<u>359,944</u>	<u>333,253</u>
Total incoming resources	362,274	333,580
EXPENDITURE		
Charitable activities		
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>
Support costs		
Governance costs		
Accountancy and legal fees	30,617	26,880
Total resources expended	355,169	325,000
Net income	7,105	8,580

This page does not form part of the statutory financial statements

