

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

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FOR THE YEAR ENDED 31ST OCTOBER 2023**

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

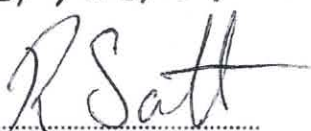
The notes form part of these financial statements

THE ROCK CLINIC ASSOCIATION

**BALANCE SHEET
31ST OCTOBER 2023**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 27/10/24 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 £
COST			
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			
DEPRECIATION			
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			
NET BOOK VALUE			
At 31st October 2023	20,804	42	20,846
	<u>20,093</u>	<u>1,795</u>	<u>21,888</u>
At 31st October 2022			

THE ROCK CLINIC ASSOCIATION

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

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	68,622	66,003
Other debtors	5,500	-
Prepayments and accrued income	4,060	351
	<u>78,182</u>	<u>66,354</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	5,709	2,996
Taxation and social security	(497)	955
Other creditors	6,840	1,870
	<u>12,052</u>	<u>5,821</u>

8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023	2022
	£	£
Other creditors	<u>10,000</u>	<u>-</u>

9. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Other loans	<u>5,000</u>	<u>-</u>
Amounts falling between one and two years:		
Other loans - 1-2 years	<u>10,000</u>	<u>-</u>

10. MOVEMENT IN FUNDS

	At 1/11/22 £	Net movement in funds £	At 31/10/23 £
Unrestricted funds			
General fund	94,258	(2,782)	91,476
TOTAL FUNDS	<u>94,258</u>	<u>(2,782)</u>	<u>91,476</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 £
Unrestricted funds			
General fund	385,127	(387,909)	(2,782)
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	87,153	7,105	94,258
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	362,274	(355,169)	7,105
TOTAL FUNDS	<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 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	129	2,329
Investment income		
Deposit account interest	7	1
Charitable activities		
Room rental	321,423	295,629
Counselling fees	63,568	64,315
	<u>384,991</u>	<u>359,944</u>
Total incoming resources	385,127	362,274
EXPENDITURE		
Charitable activities		
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
	<u>356,369</u>	<u>324,552</u>
Support costs		
Governance costs		
Accountancy and legal fees	31,540	30,617
Total resources expended	387,909	355,169
Net (expenditure)/income	(2,782)	7,105

This page does not form part of the statutory financial statements