

**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

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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

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

The notes form part of these financial statements

THE ROCK CLINIC ASSOCIATION

**BALANCE SHEET
31ST OCTOBER 2024**

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

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> |
| | 6 | 6 |
| | <u> </u> | <u> </u> |

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

5. TANGIBLE FIXED ASSETS

| | Plant and machinery £ | Computer equipment £ | Totals £ |
|-----------------------|-----------------------------|----------------------------|-------------------|
| COST | | | |
| 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> |
| DEPRECIATION | | | |
| 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> |
| NET BOOK VALUE | | | |
| 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**

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2024 | 2023 |
|--------------------------------|---------------|---------------|
| | £ | £ |
| Trade debtors | 72,840 | 68,622 |
| Other debtors | 5,500 | 5,500 |
| Prepayments and accrued income | (1) | 4,060 |
| | <u>78,339</u> | <u>78,182</u> |

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2024 | 2023 |
|------------------------------|---------------|---------------|
| | £ | £ |
| Trade creditors | 3,984 | 5,709 |
| Taxation and social security | (666) | (497) |
| Other creditors | 6,793 | 6,840 |
| | <u>10,111</u> | <u>12,052</u> |

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

| | 2024 | 2023 |
|-----------------|--------------|---------------|
| | £ | £ |
| Other creditors | <u>5,000</u> | <u>10,000</u> |

9. LOANS

An analysis of the maturity of loans is given below:

| | 2024 | 2023 |
|--|--------------|---------------|
| | £ | £ |
| Amounts falling due within one year on demand: | | |
| Other loans | <u>5,000</u> | <u>5,000</u> |
| Amounts falling between one and two years: | | |
| Other loans - 1-2 years | <u>5,000</u> | <u>10,000</u> |

10. MOVEMENT IN FUNDS

| | At 1/11/23 £ | Net movement in funds £ | At 31/10/24 £ |
|---------------------------|--------------------|----------------------------------|---------------------|
| Unrestricted funds | | | |
| General fund | 91,476 | 547 | 92,023 |
| | <u>91,476</u> | <u>547</u> | <u>92,023</u> |
| TOTAL FUNDS | <u>91,476</u> | <u>547</u> | <u>92,023</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 £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 436,771 | (436,224) | 547 |
| TOTAL FUNDS | <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 £ |
|---------------------------|--------------------|----------------------------------|---------------------|
| Unrestricted funds | | | |
| General fund | 94,258 | (2,782) | 91,476 |
| TOTAL FUNDS | <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 £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 385,127 | (387,909) | (2,782) |
| TOTAL FUNDS | <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.