

HARMAN HOUSE COUNSELLING CENTRE

England & Wales · Charity number 1060220

Details

Status Registered

Legal form Other

Registered 1997-01-20

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

Contact

Address 3 Harman House
341 Valence Avenue
Dagenham
RM8 3RA

Phone 02085977686

Email harman.house@btconnect.com

Website www.harmanhouse.org.uk

Activities

Objects: TO ADVANCE THE CHRISTIAN RELIGION BY THE EXTENSION OF THE CHURCH'S HEALING MINISTRY TO PROVIDE A COUNSELLING SERVICE BASED AT HARMAN HOUSE, VALENCE AVENUE, DAGENHAM AND SERVING PRIMARILY THE POPULATIONS OF THE LONDON BOROUGHES OF BARKING AND DAGENHAM, HAVERING AND REDBRIDGE.

Activities: We provide low cost professional counselling.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Barking And Dagenham
- Havering
- Redbridge

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£32,585	£58,821	-	-
2024-03-31	£32,586	£58,165	-	-
2023-03-31	£243,774	£53,537	-	-
2022-03-31	£55,315	£47,599	-	-
2021-03-31	£31,806	£43,108	-	-

Trustees

Name	Role	Appointed
ANGELA JANE DULWICH		2018-04-26
FRANK WISEMAN		
GILLIAN FEINSON		2017-07-15
Janet Helene Hill		2025-04-06
LISA RUTH JOSEPH		2014-09-14
Nicole Green		2023-09-19

HARMAN HOUSE COUNSELLING CENTRE

England & Wales - Charity number 1060220

Accounts

HARMAN HOUSE COUNSELLING CENTRE

REGISTERED CHARITY NO 1060220



**ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED
31 MARCH 2025**

Harman House Counselling Centre

3 Harman House, 341 Valence Avenue

DAGENHAM, RM8 3RA

Trustees' Annual Report for the year 2024-2025

Structure, Governance, Management

Members of the Management Committee:

Mr Frank Wiseman (Chair)

Mrs Gillian Feinson

Mrs Jacqueline Smith

Mrs Susan Maydell

Mrs Lisa Joseph

Ms Angela Dulwich

Mrs Nicole Green

Manager of Harman House Counselling Centre:

Mr Alan Ayris

The governing document of Harman House Counselling Centre is its Constitution, adopted on 15 May 1996, and amended on 27 November 1996,

6 September 1998, 10 June 2001 and 1 July 2003.

Harman House Counselling Centre is part of the Family Care Association of Counselling Services and a member of the BACP.

Objectives and Activities

The charity's objects are to advance the Christian religion by the extension of the Church's healing ministry to provide a counselling service based at Harman House, Valence Avenue, Dagenham, and serving primarily the populations of the Boroughs of Barking & Dagenham, Havering and Redbridge.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit. Harman House Counselling Centre provides low cost counselling sessions for individuals from all sections of the community.

Achievements and Performance

During the year, Harman House Counselling Centre had 116 (153) referrals and provided 944(1427) counselling sessions which were either attended by clients or provided by telephone. The figures in brackets relate to the previous financial year.

Over half of our clients paid £15 or less per session. Most of our counselling is face-to-face, but we still provide some telephone counselling. We are continuing to provide counselling in a local school.

Our referrals, and the number of sessions we have provided, have decreased this year.

Financial Review

Reserves/Reserves Policy

Our reserves fund stood at £157,884 at the end of the financial year. These funds are intended to cover any shortfall in operating costs over the next few years, while we seek new sources of income to enable us to continue to offer low cost counselling.

The trustees have agreed that most of these funds will be invested in long term deposits to achieve an income from the interest on these funds.

Manager's Report

We currently have 14 counsellors at present working at Harman House.

We are finding that clients seem to have more limited availability for counselling these days.

We are currently offering up to 24 sessions of counselling but can be open to offering more, on the discretion of the supervisors.

We discussed reducing the cost of counselling, but will first try to improve our advertising to see if that increases referrals.

Alan Ayris, Manager

Independent Examiner's Report on the Accounts Receipts and Payments Account

Report to the Management Committee of Harman House Counselling Centre on the accounts for the year ended 31 March 2025, set out on pages 6-9

Respective Responsibilities of Trustees and Examiner

The charity's trustees (the Management Committee) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43 (2) of the Charities Act 1993 ['The Act']) and that an independent examination is needed. It is my responsibility to:

- Examine the accounts (under section 43 (3)(a) of the Act);
 - Follow the procedures laid down in the General Directions given by the Charity Commissioner (under section 43 (7)(b) of the Act); and
- State whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention (other than that disclosed overleaf) which gives me reasonable cause to believe that in any material respect the requirements

to keep accounting records in accordance with section 41 of the 1993 Act, and

to prepare accounts which accord with the accounting records and comply with the

accounting requirements of the Act

have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed *Deryk Bull*

Date 31.12.2025

Harman House Counselling Centre Statement of Assets and Liabilities at Year End For the Year Ended 31 March 2025

Assets

Cash Funds:		157884
Savings Account	(Reserves)	11237
Depost Account		80000
Depost Account		65000
Current Account		802
Cash In Hand		845
Total		157884

Representing the balances on the following accounts:

Unrestricted Funds	157884
Total	157884

Signed: *Deryk Bull*

Date:

HARMAN HOUSE COUNSELLING CENTRE RECEIPTS AND PAYMENTS ACCOUNT For the year ended 31 March 2025

RECEIPTS	£	2023-2024	
Donations:			
Clients	18238		19269
Churches	650		550
Other		18888	19819
Grants			
Contracts		1920	3385
Supervision Contribs		5025	5540
Retreat		1650	1394
Sundries/DBS		300	432
Fees		30	210
int		4772	1806
Total Receipts		32585	32586
PAYMENTS	£		£
Counselling:			
Supervision	5140		5750
Counsellors' Travel	328	5468	352 6102
Other:			
Salaries		31608	29287
Stationery		582	262
Website		240	
Electricity		2241	2670
Telephone/internet		933	925
Cleaning		81	150
Postage		93	54
Insurance		1542	1677
Premises		880	1329
dbs		268	77
Subs		355	746
Equipment		182	16
Misc		140	671
Retreat		1891	1909
Rates		1577	1550
Rent		10740	10740
Total Payments		58821	58165
Net Receipts/(Payments)		-26237	-25579
Cash Funds last year end		184121	209700
Cash Funds this year end		157884	184121

Harman House Counselling Centre Notes to the Accounts For the Financial Year 2023-4

TRUSTEE REMUNERATION

Supervision and assessment fees were paid to the following members of the Management Committee:

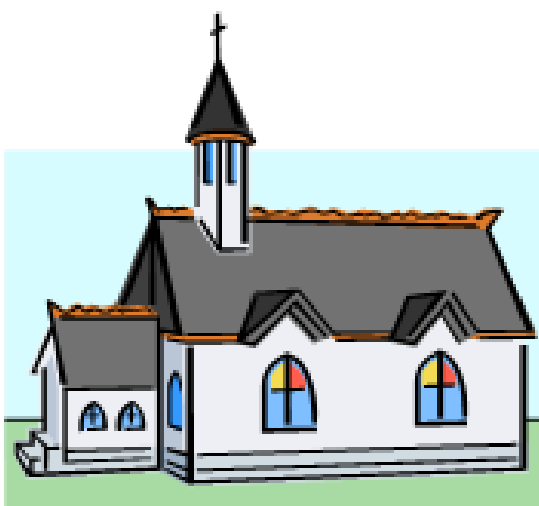
Jacqueline Smith	£	15.00
Lisa Joseph	£	1,050.00
Frank Wiseman	£	1,550.00
Angela Dulwich	£	60.00

Donations from Churches 2024-5



St Paul's Woodford Bridge

£650



HARMAN HOUSE COUNSELLING CENTRE

England & Wales - Charity number 1060220

Accounts

HARMAN HOUSE COUNSELLING CENTRE

REGISTERED CHARITY NO 1060220



**ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED
31 MARCH 2024**

Harman House Counselling Centre

3 Harman House, 341 Valence Avenue

DAGENHAM, RM8 3RA

Trustees' Annual Report for the year 2023-2024

Structure, Governance, Management

Members of the Management Committee:

Mr Frank Wiseman (Chair)

Mrs Gillian Feinson

Mrs Jacqueline Smith

Mrs Susan Maydell

Mrs Lisa Joseph

Ms Angela Dulwich

Mrs Nicole Green

Manager of Harman House Counselling Centre:

Mr Alan Ayris

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The trustees have had regard to the guidance issued by the Charity Commission on public benefit. Harman House Counselling Centre provides low cost counselling sessions for individuals from all sections of the community.

Achievements and Performance

During the year, Harman House Counselling Centre had 153 (105) referrals and provided 1427 (1008) counselling sessions which were either attended by clients or provided by telephone. The figures in brackets relate to the previous financial year.

Half of our clients paid £10 per session. Most of our counselling is face-to-face, but we still provide some telephone counselling. We are continuing to provide counselling in a local school.

Our referrals have again increased this year. We recruited some more counsellors during the year to help us meet this increased need.

Financial Review

Reserves/Reserves Policy

Our reserves fund stood at £207,058 at the end of the financial year. These funds are intended to cover any shortfall in operating costs over the next few years, while we seek new sources of income to enable us to continue to offer low cost counselling.

The trustees have agreed that most of these funds will be invested in long term deposits to achieve an income from the interest on these funds.

Manager's Report

We have had 6 qualified counsellors and 17 trainee counsellors in the last financial year.

Harman House Counselling Centre provided face-to-face counselling sessions, and continued to provide some telephone counselling for those who required it.

One of our counsellors is continuing to offer counselling to the children at Dagenham Park Church School.

We are very grateful to all our counsellors who freely give of their time and skills to make the work here possible.

Independent Examiner's Report on the Accounts Receipts and Payments Account

Report to the Management Committee of Harman House Counselling Centre on the accounts for the year ended 31 March 2024, set out on pages 6-9

Respective Responsibilities of Trustees and Examiner

The charity's trustees (the Management Committee) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43 (2) of the Charities Act 1993 ['The Act']) and that an independent examination is needed. It is my responsibility to:

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Basis of Independent Examiner's Statement

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Independent Examiner's Statement

In connection with my examination, no matter has come to my attention (other than that disclosed overleaf) which gives me reasonable cause to believe that in any material respect the requirements

to keep accounting records in accordance with section 41 of the 1993 Act, and

to prepare accounts which accord with the accounting records and comply with the

accounting requirements of the Act

have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed *Deryk Bull*

Date *November 2024*

Harman House Counselling Centre Statement of Assets and Liabilities at Year End For the Year Ended 31 March 2024

Assets

Cash Funds:		184121
Savings Account	(Reserves)	101864
Deposit Account		80000
Current Account		1862
Cash In Hand		395
Total		184121

Representing the balances on the following accounts:

Unrestricted Funds	184121
Total	184121

Signed: *Deryk Bull* Date: *November 2024*

HARMAN HOUSE COUNSELLING CENTRE RECEIPTS AND PAYMENTS ACCOUNT For the year ended 31 March 2024

RECEIPTS	£	2022-3	
Donations:			
Clients	19269	11730	
Churches	550	500	
Other		66.6	12296.6
Grants			217185
Contracts		3385	6360
Supervision Contribs		5540	3300
Retreat		1394	2287.5
Sundries/DBS		432	284
Fees		210	150
Rates Refund			1475
int		1806	436.5
Total Receipts		32586	243774
PAYMENTS	£	£	
Supervision	5750	4318	
Counsellors' Travel	352	6102	4889
Other:			
Salaries		29287	25668
Stationery		262	559.77
Website			842
Electricity		2670	1590
Telephone/internet		925	792
Cleaning		150	201
Postage		54	71
Insurance		1677	1606
Premises		1329	726
dbs		77	115
Subs		746	759
Equipment		16	831
Misc		671	179
Retreat		1909	2493
Rates		1550	1475
Rent		10740	10740
Total Payments		58165	53537
Net Receipts/(Payments)		-25579	190237
Cash Funds last year end		209700	19463
Cash Funds this year end		184121	209700

Harman House Counselling Centre Notes to the Accounts For the Financial Year 2023-4

TRUSTEE REMUNERATION

Supervision and assessment fees were paid to the following members of the Management Committee:

Jacqueline Smith	£	180.00
Lisa Joseph	£	1,600.00
Frank Wiseman	£	600.00
Angela Dulwich	£	195.00

Reimbursement of expenditure was paid to:

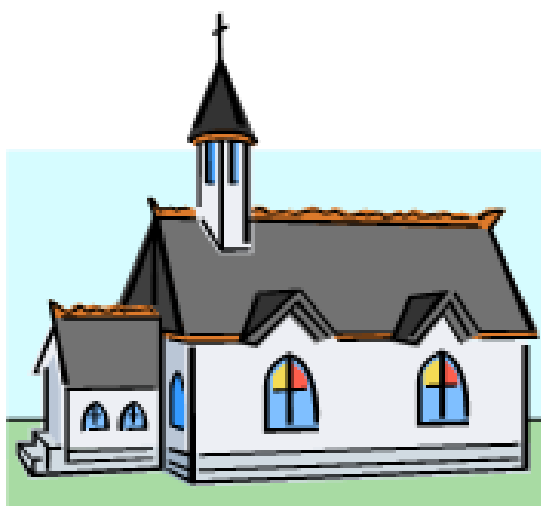
Jacqueline Smith	£205
Frank Wiseman	£190

Donations from Churches 2023-24



St Paul's Woodford Bridge

£550



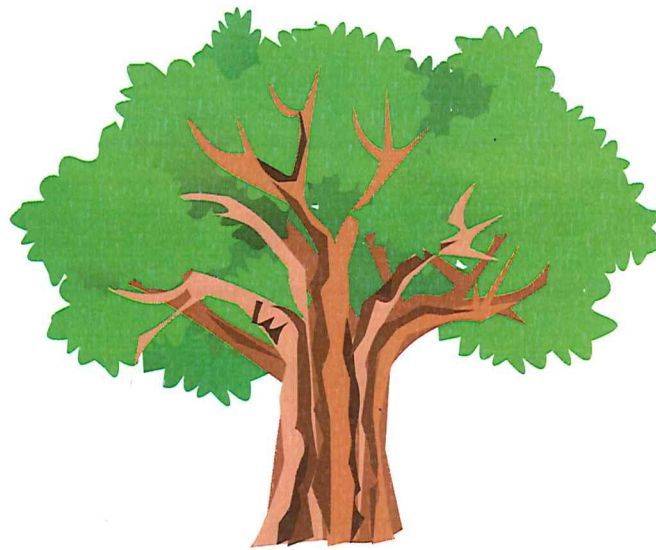
HARMAN HOUSE COUNSELLING CENTRE

England & Wales - Charity number 1060220

Accounts

HARMAN HOUSE COUNSELLING CENTRE

REGISTERED CHARITY NO 1060220



**ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED
31 MARCH 2023**

Harman House Counselling Centre

3 Harman House, 341 Valence Avenue

DAGENHAM, RM8 3RA

Trustees' Annual Report for the year 2022-2023

Structure, Governance, Management

Members of the Management Committee:

Mr Frank Wiseman (Chair)

Mrs Gillian Feinson

Mrs Lisa Joseph

Mrs Jacqueline Smith

Ms Angela Dulwich

Manager of Harman House Counselling Centre:

Mr Alan Ayriss

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6 September 1998, 10 June 2001 and 1 July 2003.

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The charity's objects are to advance the Christian religion by the extension of the Church's healing ministry to provide a counselling service based at Harman House, Valence Avenue, Dagenham, and serving primarily the populations of the Boroughs of Barking & Dagenham, Havering and Redbridge.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit. Harman House Counselling Centre provides low cost counselling sessions for individuals from all sections of the community.

Achievements and Performance

During the year, Harman House Counselling Centre had 105 (92) referrals and provided 1008 (1230) counselling sessions which were either attended by clients or provided by telephone. The figures in brackets relate to the previous financial year.

Most of our clients paid £10 per session. Most of our counselling is face-to-face, but we still provide some telephone counselling. We are continuing to provide counselling in a local school.

Our referrals have increased this year. We are recruiting some more counsellors so that we are able to meet the needs of our clients and reduce our waiting list.

Financial Review

Funding Sources

During the year we received £1185 as the last quarterly grant from Family Care, and then £216,000, being the share of the assets of Family Care allocated for the use of Harman House Counselling Centre.

We have been grateful for the financial support and wise advice given to us by Family Care since the launch of Harman House Counselling Centre in 1995.

Family Care has enabled us to provide low cost counselling over many years, and we now have some reserves so that we can continue to fulfil our purpose.

Reserves/Reserves Policy

Our reserves fund stood at £207,058 at the end of the financial year. These funds are intended to cover any shortfall in operating costs over the next few years, while we seek new sources of income to enable us to continue to offer low cost counselling.

The trustees have agreed that most of these funds will be invested in long term deposits to achieve an income from interest..

Management Committee

It is with sadness that we report the passing of Brian Charles, who had been a member of the Management Committee for several years and had shown a keen interest in the work at Harman House.

Two members of our committee, Audrey Charles and Enid Gear have retired at the beginning of the year, and we are grateful to both of them for their support and encouragement.

Looking ahead, we are pleased that we have 2 new members to join us for the new financial year.

Manager's Report

We are now recruiting some more trainee counsellors to reduce our waiting list and enable clients to be seen more promptly.

We continue to be encouraged by comments received from the clients Feedback Forms:

“I am very thankful to my counsellor. My well-being has improved a lot. Cannot thank her enough”.

“Found my counsellor to be very caring and professional and easy to talk to. Would recommend to friends and family”.

One of our Management Committee Members, Enid Gear, who was for many years the Vice Chair of Harman House Counselling Centre, has retired this year.

On a personal note, I want to thank Enid for saying ‘yes’ to me when I attended an interview at Harman House in August 1997. I am very grateful for the amazing support that Enid has given Harman House and myself for the past 26 years.

What an encouraging voice you have been Enid, for me and Harman House.

Thank You.

Alan Ayriss
Manager

Independent Examiner's Report on the Accounts Receipts and Payments Account

Report to the Management Committee of Harman House Counselling Centre on the accounts for the year ended 31 March 2023, set out on pages 7-10

Respective Responsibilities of Trustees and Examiner

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to prepare accounts which accord with the accounting records and comply with the

accounting requirements of the Act have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

30/01/2024

Harman House Counselling Centre Statement of Assets and Liabilities at Year End For the Year Ended 31 March 2023

Cash Funds:		209700
Savings Account	(Reserves)	207058
Current Account		1654
Cash In Hand		988
Total		209700

Representing the balances on the following accounts:

Unrestricted Funds	209700
Total	209700

Signed:

Date:

HARMAN HOUSE COUNSELLING CENTRE

RECEIPTS AND PAYMENTS ACCOUNT

For the year ended 31 March 2023

RECEIPTS	£	2021-22	
Donations:			
Clients	11730		14950
Churches	500		300
Other	67	12297	15250
Grants		217185	6099
Contracts		6360	5420
Supervision Contribs		3300	2900
Retreat		2287.5	430
Sundries		284	10
Fees		150	55
Family Care grant re Covid			17340
JRS Furlough Grant			7809
Rates Refund		1475	
int		436	2
Total Receipts		243774	55315
PAYMENTS	£	£	
Counselling:			
Supervision	4318		2880
Counsellors' Travel	571	4889	780
Other:			
Salaries		25668	25275
Stationery		559.77	281
Website		842	
Electricity		1590	1125
Telephone/internet		792	940
Cleaning		201	106
Postage		71	3
Insurance		1606	1527
Premises		726	992
Premises Development (stairlift)		0	435
DBS		115	311
Subs		759	682
Equipment		831	683
Misc		179	169
Retreat		2493	335
Rates		1475	1475
Rent		10740	9600
Total Payments		53537	47599
Net Receipts/(Payments)		190237	7716
Cash Funds last year end		19463	11568
Adjustment			179
Cash Funds this year end		209700	19463

Harman House Counselling Centre

Notes to the Accounts

For the Financial Year 2022-3

TRUSTEE REMUNERATION

Supervision and assessment fees were paid to the following members of the Management Committee:

Jacqueline Smith	£	272.50
Lisa Joseph	£	775.00
Frank Wiseman	£	1,000.00
Angela Dulwich	£	195.00

Reimbursement of expenditure was paid to:

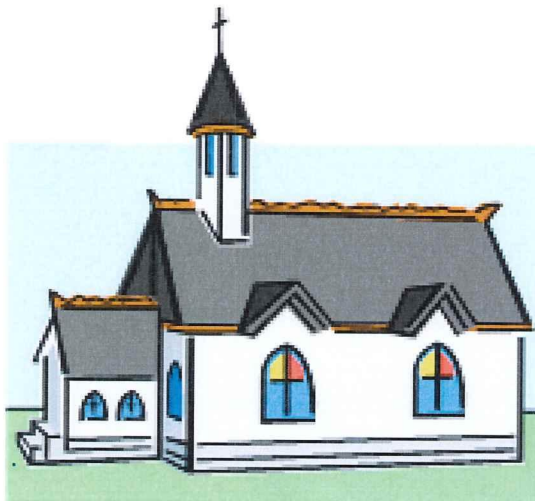
Gillian Feinson	£818.40
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Donations from Churches 2022-23



St Paul's Woodford Bridge

£500



HARMAN HOUSE COUNSELLING CENTRE

England & Wales - Charity number 1060220

Accounts

HARMAN HOUSE COUNSELLING CENTRE

REGISTERED CHARITY NO 1060220



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31 MARCH 2022**

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Trustees' Annual Report for the year 2021-2022

Structure, Governance, Management

Members of the Management Committee:

Mr Frank Wiseman (Chair)

Mrs Enid Gear (Vice-Chair)

Mr Brian Charles

Mrs Audrey Charles

Mrs Gillian Feinson

Mrs Lisa Joseph

Mrs Jacqueline Smith

Ms Angela Dulwich

Manager of Harman House Counselling Centre: Mr Alan Ayriss

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The trustees have had regard to the guidance issued by the Charity Commission on public benefit. Harman House Counselling Centre provides low cost counselling sessions for individuals from all sections of the community.

Achievements and Performance

During the year, Harman House Counselling Centre had 92 (98) referrals and provided 1230 (944) counselling sessions which were either attended by clients or provided by telephone. The figures in brackets relate to the previous financial year.

Most of our clients paid £10 per session. Our activities were somewhat curtailed by lockdown, but we were able to continue to provide counselling in a local school when this was open.

Although some of our counsellors are still able to provide telephone counselling, most of our counsellors able to offer face to face counselling again. Our referrals are still low but slowly building up again.

Financial Review

Funding Sources

During the year we received the quarterly allocation of interest from Family Care, and this totalled £6,099 for the financial year. This grant is being used to provide subsidised sessions to unemployed and low-paid clients at £5 or £10 per session.

We were able to access the Government's JRS Grant until the autumn of 2021, to enable us to offer our staff flexible furlough. This amounted to £7,809 over this period.

We applied for, and received, an additional grant of £17,340 from Family Care to help us through the difficult Covid situation.

The additional grants we received have enabled us to continue to deliver low cost counselling, and enabled us to build up some reserves for the future.

Reserves/Reserves Policy

Our reserves fund stood at £19,463 at the end of the financial year. These funds are intended to cover any unforeseen costs which may arise.

This policy will be reviewed in the next financial year, in the light of the decision by Family Care to close.

Manager's Report

2021 has been a very significant year for Harman House as we slowly recovered from the impact of Covid-19 on the general population.

During the year we had 92 referrals and we provided 1230 counselling sessions which were either attended by clients or provided by telephone. Most counsellors returned back to Harman House during the year although some telephone counselling has continued. There were some counsellors who did not return to Harman House and I would like to thank them for the contribution they have given to us and the lives they have changed for the better while volunteering at Harman House. We had 21 counsellors that continued to volunteer during 2021.

In September 2021, Family Care decided to close down and transfer the majority of their funds to Harman House from April 2022. We are immensely grateful to Family Care for all the support they have given to us for over 25 years.

We now hope to be financially stable for some years to come and continue to offer low cost counselling to our clients who mostly contribute £10 per session.

I would like to thank all those that continue to work at Harman House Counselling Centre as we continue to move forward providing our support to those in the community that are in need of our counselling services.

Alan Ayriss
Manager

Independent Examiner's Report on the Accounts Receipts and Payments Account

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- State whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention (other than that disclosed overleaf) which gives me reasonable cause to believe that in any material respect the requirements

to keep accounting records in accordance with section 41 of the 1993 Act, and

to prepare accounts which accord with the accounting records and comply with the

accounting requirements of the Act

have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed **Deryk Bull**

Date **20/02/2023**

Harman House Counselling Centre Statement of Assets and Liabilities at Year End For the Year Ended 31 March 2022

Assets

Cash Funds:		19463
Savings Account	(Reserves)	19122
Current Account		-609
Cash In Hand		950
Total		19463

Representing the balances on the following accounts:

Unrestricted Funds	19463
Total	19463

Signed: **Deryk Bull**

Date: **20/02/2023**

HARMAN HOUSE COUNSELLING CENTRE RECEIPTS AND PAYMENTS ACCOUNT For the year ended 31 March 2022

RECEIPTS	£	2020-21	
Donations:			
Clients	14950		10592
Churches	300		100
Other	0	15250	1261
Grants		6099	5026
Contracts		5420	6096
Supervision Contribs		2900	3975
Retreat		430	-
Sundries		10	88
Fees		55	75
Family Care grant re Covid		17340	-
JRS Furlough Grant		7809	4585
int		<u>2</u>	<u>8</u>
Total Receipts		<u>55315</u>	<u>31806</u>

PAYMENTS	£	£	
Counselling:			
Supervision	2880		3930
Assessments			135
Counsellors' Travel	780	3660	219
Other:			
Salaries		25275	27367
Stationery		281	627
Electricity		1125	862
Telephone/internet		940	1141
Cleaning		106	192
Postage		3	149
Insurance		1527	1517
Premises		992	790
Premises Development (stairlift)		435	95
dbs		311	50
Subs		682	680
Equipment		683	25
Misc		169	14
Retreat		335	-
Rates		1475	1415
Rent		9600	3900
y/e adj			
Total Payments		<u>47599</u>	<u>43108</u>

Net Receipts/(Payments)		7716	-11302
Cash Funds last year end		11568	22870
Adjustment		179	
Cash Funds this year end		19463	11568

Harman House Counselling Centre Notes to the Accounts For the Financial Year 2021-22

NOTES TO THE ACCOUNTS FOR THE FINANCIAL YEAR 2021-22 HARMAN HOUSE COUNSELLING CENTRE

TRUSTEE REMUNERATION

Supervision and assessment fees were paid to the following members of the Management Committee:

Jacqueline Smith	£	735
Lisa Joseph	£	800
Angela Dulwich	£	105

Reimbursements for items paid on behalf of Harman House Counselling Centre were paid to the following:

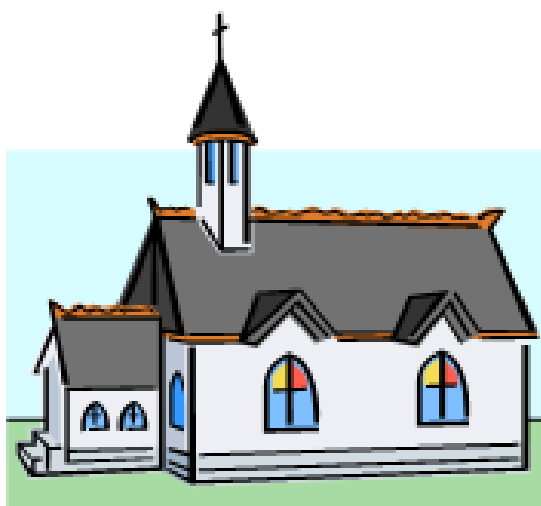
Gillian Feinson	£890
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Donations from Churches 2020-21

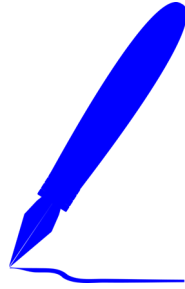


St Paul's Woodford Bridge

£300



Clients' Quotes



"Professional, friendly service. Always appreciate coming here. Built a good rapport with my counsellor, he is the best."

"I am so pleased that I have been able to have sessions with my counsellor. It has helped me immensely, and I'm continuing after the scheduled course. Thanks."

HARMAN HOUSE COUNSELLING CENTRE

England & Wales - Charity number 1060220

Accounts

HARMAN HOUSE COUNSELLING CENTRE

REGISTERED CHARITY NO 1060220



**ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED
31 MARCH 2021**

Harman House Counselling Centre

3 Harman House, 341 Valence Avenue

DAGENHAM, RM8 3RA

Trustees' Annual Report for the year 2020-2021

Structure, Governance, Management

Members of the Management Committee:

Mr Frank Wiseman (Chair)

Mrs Enid Gear (Vice-Chair)

Mr Brian Charles

Mrs Audrey Charles

Mrs Gillian Feinson

Mrs Lisa Joseph

Mrs Jacqueline Smith

Ms Angela Dulwich

Manager of Harman House Counselling Centre: Mr Alan Ayriss

The governing document of Harman House Counselling Centre is its Constitution, adopted on 15 May 1996, and amended on 27 November 1996,

6 September 1998, 10 June 2001 and 1 July 2003.

Harman House Counselling Centre is part of the Family Care Association of Counselling Services and a member of the BACP.

Objectives and Activities

The charity's objects are to advance the Christian religion by the extension of the Church's healing ministry to provide a counselling service based at Harman House, Valence Avenue, Dagenham, and serving primarily the populations of the Boroughs of Barking & Dagenham, Havering and Redbridge.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit. Harman House Counselling Centre provides low cost counselling sessions for individuals from all sections of the community.

Achievements and Performance

During the year, Harman House Counselling Centre had 98 (264) referrals and provided 944 (1655) counselling sessions which were either attended by clients or provided by telephone. The figures in brackets relate to the previous financial year.

Most of our clients paid £10 per session. Our activities were somewhat curtailed by lockdown, but we were able to continue to provide counselling in a local school when this was open.

For the first half of the year some of our counsellors were able to provide telephone counselling, and in the second half of the year we were able to offer face to face counselling again, with reduced capacity due to social distancing measures and staggering of counselling session start times.

Financial Review

Funding Sources

During the year we received the quarterly allocation of interest from Family Care, and this totalled £5026 for the financial year. This grant is being used to provide subsidised sessions to unemployed and low-paid clients at £5 or £10 per session.

We were able to access the Government's JRS Grant from the autumn of 2020, to enable us to offer our staff flexible furlough. This amounted to £4585 over this period.

A number of gifts were also received from various sources. We are very grateful for this as it has been a difficult time for every organisation.

Reserves/Reserves Policy

Our reserves fund stood at £11568 at the end of the financial year. These funds were to cover any unforeseen costs which may arise, and during the year we found ourselves in the situation where our incomings had decreased but not our outgoings, particularly during the first half of the year when we were not able to apply for assistance under the original Government Furlough Scheme.

This has placed us in a difficult financial situation, and during the following financial year we have had to apply for further assistance from Family Care.

Manager's Report

During the past few months, a phrase has appeared in our everyday language. It is “The New Normal”. I have been reflecting on this phrase as to what it means for Harman House.

Part of our philosophy is to help our clients breathe out fear and anxiety and breathe in courage and hope. All of us that work at Harman House now face the challenge of reducing our levels of fear and anxiety so that the old normal can return.

For 26 years, we have provided a safe and sacred space for all those who want to find this courage and hope to meet the challenges that being human brings to all of us. Facing these challenges is not new and as we begin to see more and more counsellors and clients return to the old normal back in the sanctuary of Harman House, the hope in me believes that we will soon continue our old normal way of being for all those that need our support.

Alan Ayriss
Manager

Independent Examiner's Report on the Accounts Receipts and Payments Account

Report to the Management Committee of Harman House Counseling Centre on the accounts for the year ended 31 March 2021 set out on pages 7-10

Respective Responsibilities of Trustees and Examiner

The charity's trustees (the Management Committee) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43 (2) of the Charities Act 1993 ['The Act']) and that an independent examination is needed. It is my responsibility to:

- Examine the accounts (under section 43 (3)(a) of the Act);
 - Follow the procedures laid down in the General Directions given by the Charity Commissioner (under section 43 (7)(b) of the Act); and
- State whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention (other than that disclosed overleaf) which gives me reasonable cause to believe that in any material respect the requirements

to keep accounting records in accordance with section 41 of the 1993 Act, and

to prepare accounts which accord with the accounting records and comply with the

accounting requirements of the Act

have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date

HARMAN HOUSE COUNSELLING CENTRE

RECEIPTS AND PAYMENTS ACCOUNT

For the year ended 31 March 2021

RECEIPTS	£		2019-2020	
Donations:				
Clients	10592		26942	
Churches	100		450	
Other	1261	11953	432	27824
Grants		5026		8647
Contracts		6096		3875
Supervision Contribs		3975		3725
Retreat		-		2627
Sundries		88		415
Fees		75		165
Grant re stair lift		-		6890
JRS Furlough Grant		4585		
int		8		40
Total Receipts		31806		54208

PAYMENTS	£		£	
Counselling:				
Supervision	3930		4025	
Assessments	135		465	
Counsellors' Travel	219	4284	2599	7089
Other:				
Salaries		27367		23297
Stationery		627		793
Electricity		862		3276
Telephone/internet		1141		1146
Cleaning		192		120
Postage		149		294
Insurance		1517		1436
Premises		790		826
Premises Development (stairlift)		95		9876
dbs		50		174
Subs		680		783
Equipment		25		44
Misc		14		205
counsellor welfare		-		528
Retreat		-		3404
Rates		1415		1066
Rent		3900		3900
Total Payments		43108		58257

Net Receipts/(Payments)		-11302		-4049
Cash Funds last year end		22870		26919
Cash Funds this year end		11568		22870

Harman House Counselling Centre Statement of Assets and Liabilities at Year End For the Year Ended 31 March 2021

Assets

Cash Funds:		11568
Savings Account	(Reserves)	9620
Current Account		1819
Cash In Hand		129

Total **11568**

Representing the balances on the following accounts:

Unrestricted Funds	11568
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Total **11568**

Signed: *Deryk Bull*

Date: 30.01.2022

Harman House Counselling Centre Notes to the Accounts For the Financial Year 2020-21

TRUSTEE REMUNERATION

Supervision and assessment fees were paid to the following members of the Management Committee:

Jacqueline Smith	£	525.00
Lisa Joseph	£	375.00
Frank Wiseman	£	600.00
Angela Dulwich	£	1,115.00

Travel expenses were paid to the following:

Angela Dulwich	£98.20
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Donations from Churches 2020-21



St Paul's Woodford Bridge

£100

