

HARMAN HOUSE COUNSELLING CENTRE

REGISTERED CHARITY NO 1060220



**ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED
31 MARCH 2022**

Harman House Counselling Centre

3 Harman House, 341 Valence Avenue

DAGENHAM, RM8 3RA

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

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 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

Report to the Management Committee of Harman House Counselling Centre on the accounts for the year ended 31 March 2022, 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 **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
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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	11953
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		2		8
Total Receipts		55315		31806

PAYMENTS	£		£	
Counselling:				
Supervision	2880		3930	
Assessments			135	
Counsellors' Travel	780	3660	219	4284
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
db's		311		50
Subs		682		680
Equipment		683		25
Misc		169		14
Retreat		335		-
Rates		1475		1415
Rent		9600		3900
y/e adj				
Total Payments		47599		43108

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:

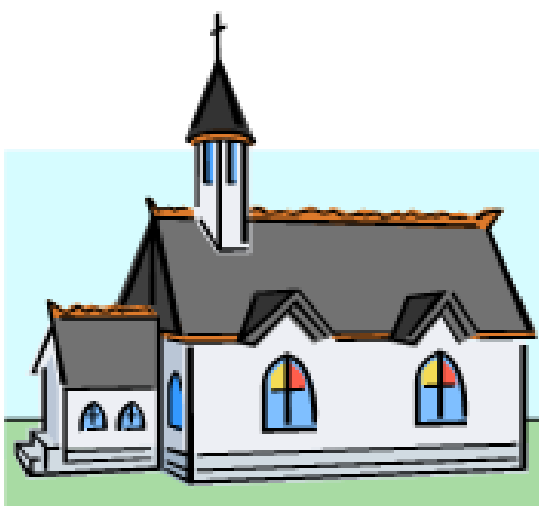
Gillian Feinson	£890
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Donations from Churches 2020-21

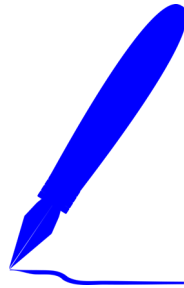


St Paul's Woodford Bridge

£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."