

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 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 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:

- 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 *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
Depost 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	571	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
db's	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

