

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 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 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 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 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
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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	352
Other:	5468	6102
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

