

THE INNER CITY CENTRE

England & Wales · Charity number 1060874

Details

Other names ICC Psychotherapy, THE I C C

Status Registered

Legal form Charitable company

Company number [03316511](#)

Registered 1997-02-21

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

Contact

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Activities

Objects: FOR THE PROTECTION AND PRESERVATION OF MENTAL AND EMOTIONAL HEALTH AND STABILITY BY THE PROVISION OF PSYCHOANALYTICAL PSYCHOTHERAPY AND TRAINING IN MENTAL HEALTH CARE, FOR EDUCATION AND TRAINING IN RELATION THERETO AND FOR RESEARCH IN CONNECTION WITH THE FOREGOING (THE USEFUL RESULTS OF WHICH SHALL BE MADE AVAILABLE TO THE PUBLIC) IN ALL RESPECTS IN ACCORDANCE WITH THE LAW OF CHARITY OF ENGLAND AND WALES

Activities: Provision of psychotherapy to adults in the London area

Classification

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

Geography

- Throughout London

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-07-31 | | - | - | - |
| 2024-07-31 | £18,001 | £36,744 | - | - |
| 2023-07-31 | £71,946 | £38,357 | - | - |
| 2022-07-31 | £22,439 | £29,711 | - | - |
| 2021-07-31 | £25,581 | £28,118 | - | - |
| 2020-07-31 | £31,885 | £27,646 | - | - |

Trustees

| Name | Role | Appointed |
|-----------------------|-------|------------|
| Alistair Park | Chair | 2015-06-17 |
| Alison Clare | | 2023-01-20 |
| Dr Colin John Ralph | | 2022-11-19 |
| Joanne Baker | | 2022-11-19 |
| Neil William Farrelly | | 2022-11-19 |
| Rose Baring | | 2023-07-18 |

THE INNER CITY CENTRE

England & Wales - Charity number 1060874

Accounts

THE INNER CITY CENTRE
(Charity No. 1060874)
(Company No. 3316511)

Annual Report

For the period ended 31st July 2023

THE INNER CITY CENTRE
Annual Report
For the year ended 31st July 2023

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THE INNER CITY CENTRE

Trustees/Directors and Advisers

Trustees/Directors

Mr A R J Park
Ms J Baker
Ms R Baring
Ms A Clare
Mr N Farrelly
Ms O Gal
Dr C Ralph
Ms A Stamenova
Ms A Strang

Secretaries

Independent examiner

Vantage Accounting Services Ltd
1 Cedar Office Park
Cobham Road
Wimborne
Dorset
BH21 7SB

THE INNER CITY CENTRE

TRUSTEES'/DIRECTORS' REPORT

The Directors present to the members the financial statements of the Company for the period ended 31st July 2023, together with their report. In preparing this report, the Directors have taken advantage of some of the special exemptions applicable to small companies.

STATEMENT OF DIRECTORS' RESPONSIBILITIES

The Directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the company, enabling them to ensure that the accounts comply with the Companies Act 2006. They are responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. In determining how amounts are presented within items in the Statement of Financial Activity and Statement of Financial Position, the Directors must have regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

OBJECTS AND PRINCIPAL ACTIVITIES

The company is a registered charity and the object and principal activity is the protection and preservation of mental and emotional health and stability by the provision of psychoanalytical psychotherapy and training in mental health care, the education and training thereto and the research in connection with the foregoing (the useful results of which will be made available to the public) in all respects in accordance with the Law of Charity of England and Wales. There have been no changes in the objectives of the charity during the year.

The Trustees have paid due regard to the guidance by the Charity Commission on public benefit in deciding what activities the trust should undertake.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Directors, listed on page 3, are appointed by election to the management committee. They are the guarantors of the Company to an amount not to exceed £1 per person. The company is limited by guarantee and is prohibited from making any form of distribution to the guarantors. The trust deed provides for a minimum of three trustees. The governing document is available for viewing at the registered office of the charity.

All Directors/trustees provide their services without reward.

ANNUAL REVIEW

Achievement & Performance

This is my third annual report as Chair following my co-option in December 2020 and election in November 2021. I want, firstly, to express my gratitude for the important and thoughtful support and guidance of all the members of Council during this last year, particularly to Jo Baker, for her calm and sensible counsel. I also want to thank our Administrator, Pilar Lafuente, for her patience and forbearance with me in managing this role.

This has been another challenging year for the ICC as we have continued to struggle with a seriously reduced income due to our continuing low referral rate leading to a serious reduction in our income from referral fees, and perhaps contributing to our shrinking membership and therefore reduced membership income.

Following on from the Strategic Review conducted in the previous (21-22) year, the three priority areas were identified as:

1. Rebranding
2. Marketing
3. Membership

And during the current (22-23) year Council has focused its energy on addressing these areas.

1. Rebranding

One outcome of the Strategic Review was the recognition that many of the referrals received by the referral therapists were coming via established services who were already aware of the ICC as offering a 'low-fee' service, rather than from potential patients searching for therapy online and finding the ICC. This meant that we were receiving a very limited number of exploratory contacts, and a large proportion of the referrals we received were for 'low-fee', or even free, therapy.

A number of issues were thought to contribute to this situation, including the perception that the ICC offered a 'low-fee' or free service, the 'charity-ness' emphasis of our publicity (especially the website), and the name 'Inner City Centre' (ICC).

The name 'Inner City Centre' gives no indication of the nature of our work, and perhaps compounds the perception that we are a charity focused on alleviating inner-city suffering. Of course, this is a part of our work, but in order to function we need to also attract patients who can pay a market fee, in order to maintain the financial viability of the organisation.

Two actions were agreed to address this issue:

- a. To change the name of the organisation from 'Inner City Centre', abbreviated to ICC, to 'ICC Psychotherapy'. The aim of this was to make the nature of our offer more searchable and transparent to potential patients who may hear of us or meet our marketing materials.
- b. To market the organisation primarily as offering a standard fee psychotherapy service, with a **reduced-fee** (not Low-fee) clinical attached.

Our domain name was subsequently changed to 'ICCPsychotherapy.org.uk' in Autumn 2022 and all the email addresses associated were changed to reflect this (@ICCPsychotherapy.org.uk). Any searches for the previous domain name or email addresses, or any emails sent to the previous addresses are automatically forwarded to the new addresses. The organisation remains registered under the name "Inner City Centre" with Companies House and the Charity Commission. These registrations will be corrected in due course.

2. Marketing

The Strategic Review concluded that the organisation should be actively marketed as a standard fee service with a reduced-fee clinic attached. Work began on reviewing our marketing focus, including the website to reflect this.

- a. In recent months considerable amount of energy has been spent by Pilar Lafuente, supported by a number of Council and other members, to develop a new website which reflects this new identity of ICC Psychotherapy, and is more visually appealing and user friendly than the previous website. This is about to go 'live' as I write, replacing the previous website and repositioning us in the marketplace.
- b. In tandem with the new website, we are launching a renewed digital marketing strategy, led by Alan Archibald, who will refocus his energy from the referral service towards promoting ICC Psychotherapy via various social media channels. The aim of this is to raise the profile of the organisation among a new demographic, driving traffic to the website and promoting the standard fee service. The expectation is that this will lead to an increase, over time, in standard fee referrals, helping to restore the organisations financial viability.

3. Membership

Although 'membership' was identified as a priority area by the Strategic Review, it was felt that a key offer from ICC Psychotherapy to the membership is a reasonable throughput of referrals, including standard and medium fee referrals, as well as reduced-fee. During the period when the organisation has been unable to reasonably honour this expectation it was felt that it was best to temporarily halt recruitment of new members, and to concentrate on developing the capacity of the organisation to meet this commitment, through its new marketing strategy and rebranding.

APEL Funding

In July 2022 we were invited, via Deborah Goodes, to submit a funding bid to the 'Association of Psychotherapists in East London (APEL) Trust'. This was a trust which supported the clinical work of APEL, which was being wound-up and was considering how to dispose of its assets. An initial proposal, based on the previous work to develop a 'Gillian Parker Clinic' was submitted to the APEL Trust in September 2022, and they asked for a more detailed proposal to be submitted by March 2023.

A team of members of Council and others, worked together to review and revise a previous proposal to develop a subsidised reduced-fee clinic and a more detailed proposal was submitted by the closing date and was considered by the APEL Trust.

This resulted in the award from APEL Trust to ICC Psychotherapy of £54,400, to support the development of a time-limited, subsidised, means tested reduced-fee clinic to complement the standard fee service offered by ICC Psychotherapy. This money has substantially supported the organisation over recent months in the development of the new website and digital marketing strategy. The proposal is currently with the Clinical Committee for consideration of clinical and operational issues.

St Margaret's House

Following the receipt of a grant of £1000 from 'Arnold Clark' during 21-22 to refurbish the environment for our reduced fee work, substantial work was undertaken, with the support of Ilana Bakal, Amanda Strang and Diana Kohler, to refurbish the consulting room at St Margaret's House, including full decoration and new furnishings.

Personnel changes

There are some important personnel changes to report:

- Following the resignation of Maria Oakley from her role assisting Pilar Lafuente as Administrator, we have appointed Sam Hipkin to focus on maintaining our activity and statistics reporting.
- Anne Doggett stepped down from her role as Chair of the Clinical Committee at the end of 2022 and has been replaced by the team of Rose Baring and Maria Presswell.
- Colin Ralph has stepped down as Chair of the Clinical Forum and has been replaced jointly by Deborah Goodes and Kay Marles.
- I am very grateful to Neil Farrelly for taking on the role of Treasurer. This has been a difficult year for this role for a number of reasons and Neil has managed the role with remarkable equanimity.
- Ilana Bakal stepped down from her role as Chair of the PR and Publicity Committee, and from Council, following the 2022 AGM. I am grateful to Ilana for the number of years of hard and dedicated service she has given to the organisation in this role, culminating in the production, by a team of members, of the publicity video which is embedded in the new website.
- Last, but definitely not least, Oshrat Gal will be stepping down from Council at the 2023 AGM at the end of her three-year term. I am grateful to Oshrat for her valuable contribution during her time on Council.

As we continue to address key strategic issues for ICC Psychotherapy, members are encouraged to consider the contribution they may be able to offer to the future life of the organisation, whether through joining a committee or working group, taking up one of the roles available in the organisation, or by joining Council. We also need to recruit some External Trustees to Council. A range of expertise and skills are particularly needed, including financial, and marketing. If you can help, or you know someone who might be able to help, please let us know.

Alistair Park
Chair, ICC Psychotherapy
(Inner City Centre)
November 2023

Financial Report

Treasurer's End of Year Budget Report – 2022 / 2023

From Neil Farrelly

The Budget Variance and Profit and Loss prepared bi-monthly for us by the ICC Bookkeeper, supports the Treasurer's Reports for ICC Council meetings. The last six of the ICC Council Treasurer's reports inform this Annual Treasurer's Report.

Income

There remain three main income streams to support ICC revenue: (1) referral and administration fees (2) the St Margaret House (SMH) room rental and (3) membership fees. Further revenue is collected from fundraising and donation. These income streams will be discussed separately below.

The past year has been challenging for the ICC in terms of income. Generally, income is below budget in every area except donations.

- (1) Referral Fees are significantly below budget by approximately 55% at £1580. The drop in referral fees reflects an overall drop in people approaching the ICC for therapy. The ICC Council is aware of this challenge and has implemented a number of actions to try and increase referrals. This includes a re-branding of the charity from being known primarily as a low fee service to one which offers good quality therapy at standard market rates as well as having a low fee clinic for those in real need. This re-branding has been done in conjunction with the development of a new website (iccpsychotherapy.org.uk) which Council hopes will increase traffic and referrals. Administration fees were £1925, which is 31.25% below budget. This reflects the reduction in referrals that the ICC has received in the past year.
- (2) In contrast to the Referral Fees, the Room Rentals are 4.5% above budget at £7423. This increase may reflect a return to in person meetings following the pandemic.
- (3) The revenue collected from membership fees represents the third major income stream for the ICC. Membership fees were £6,300. This is 21.25% below budget. Given the decline in referrals to the clinic the ICC has put new membership applications to join the ICC on hold.
- (4) Donations and Fund Raising - The ICC received a "one off" donation of £54,500 from the "Association for Psychotherapy in East London" ("APEL"), a charity which was winding up its operations. This donation represents a 54239% increase over budget. This donation was given for the specific purpose of the ICC establishing a low fee clinic in accordance with a proposal the ICC made to APEL in December 2022. There were no fund-raising activities and no grants, which is 100% below budget.

Expenditure

Investment in Wi-Fi as well as the development of a new website have increased IT/Website costs by 21.62% over budget at £1216.19. This increase is partly a result of ICC Council's strategy to try and increase referrals as mentioned earlier.

Accountant fees are approximately 14% over budget and administrator costs are 9.5% over budget.

Although the rooms at St Margaret's House continue to accrue a profit, rent and rates were £5437.50, which is 8.75% over budget.

Overall, operating expenditure was £33,2588.93, which is 14.28% over budget.

Summary of Budget for 2022/23.

A loss of £6,700 was forecast for the year but as a result of the APEL donation the ICC made a profit of £38,400. Removing the "one off" donation from APEL, the overall financial position is a deficit of approximately £15,600. This reflects a significant drop in income as well as an increase in expenditure, and this is not sustainable.

Council is very aware of this situation and, as noted earlier, is making efforts to increase the level of referrals and the average fee of referrals; this includes the rebranding of the organisation and the imminent launch of the new website.

Budget Variance

The Inner City Centre

For the year ended 31 July 2023

| Account | 2023 | 2023 Overall Budget | Variance | Variance % |
|---------------------------------|------------------|----------------------------|------------------|-------------------|
| Trading Income | | | | |
| Administration Fees | 1,925.00 | 2,800.00 | (875.00) | -31.25% |
| Donations | 54,339.16 | 100.00 | 54,239.16 | 54239.16% |
| Grants | 0.00 | 1,000.00 | (1,000.00) | -100.00% |
| Interest Income | 156.39 | 5.00 | 151.39 | 3027.80% |
| Memberships | 6,300.00 | 8,000.00 | (1,700.00) | -21.25% |
| Other Revenue | 222.27 | 200.00 | 22.27 | 11.14% |
| Referral Fees | 1,580.00 | 3,500.00 | (1,920.00) | -54.86% |
| Room Rentals | 7,423.00 | 7,100.00 | 323.00 | 4.55% |
| Total Trading Income | 71,945.82 | 22,705.00 | 49,240.82 | 216.87% |
| Gross Profit | 71,945.82 | 22,705.00 | 49,240.82 | 216.87% |
| Operating Expenses | | | | |
| Accountant | 728.00 | 637.00 | 91.00 | 14.29% |
| Administrator | 10,402.66 | 9,500.00 | 902.66 | 9.50% |
| Bank Fees | 62.05 | 64.00 | (1.95) | -3.05% |
| Bookkeeper | 1,040.00 | 1,040.00 | 0.00 | 0.00% |
| General Expenses | 137.00 | 100.00 | 37.00 | 37.00% |
| Insurance | 792.54 | 750.00 | 42.54 | 5.67% |
| IT Software and Consumables | 95.88 | 0.00 | 95.88 | 0.00% |
| Postage, Printing & Stationery | 3.95 | 0.00 | 3.95 | 0.00% |
| PR & Publicity | 0.00 | 500.00 | (500.00) | -100.00% |
| Referrals Therapists | 9,596.26 | 10,000.00 | (403.74) | -4.04% |
| Rent and Rates | 5,437.50 | 5,000.00 | 437.50 | 8.75% |
| Repairs & Maintenance | 2,820.00 | 0.00 | 2,820.00 | 0.00% |
| Sundries | 302.50 | 0.00 | 302.50 | 0.00% |
| Telephone | 884.40 | 800.00 | 84.40 | 10.55% |
| Trustee & Governance Costs | 70.00 | 0.00 | 70.00 | 0.00% |
| Website and IT Costs | 1,216.19 | 1,000.00 | 216.19 | 21.62% |
| Total Operating Expenses | 33,588.93 | 29,391.00 | 4,197.93 | 14.28% |
| Net Profit | 38,356.89 | (6,686.00) | 45,042.89 | 673.69% |

Prepared by Neil Farrelly.

ICC Treasurer.

November 10th, 2023

RESERVES

At present, all our reserves are in Current and Deposit Accounts with Barclays Bank. The Trustees continue to monitor the investments held to achieve the best return consistent with security and liquidity.

The Trustees took the decision to maintain reserves at the level of at least six months running costs, and to transfer this to the Designated Fund.

RISK REVIEW

The charity relies on income from grants, donations, membership fees together with referral fees and room rentals. It recognises that should the memberships referrals and rentals even be slightly restricted the charity would be unable to fully maintain its operations. The Charity considers that were either source of funds to fall by a material amount then its net current assets would be sufficient to maintain itself for at least six months, and that whilst higher levels of reserves would be desirable, this level is a reasonable and sufficient reserve to be held.

By the very nature of the services provided by the charity there are risks associated with working with people with mental health problems. The charity mitigates this risk by:

- 1) Performing individual risk assessments of all proposed clients in advance.
- 2) All Members are professionally qualified and registered and operate within the code of ethics of their registering body.
- 3) Standard operating procedures are there to protect and maintain the safety of all within the organisation.

RESULTS AND DIVIDENDS

The profit for the period amounted to £38,357. The Company is not empowered to make a dividend payment.

The above report has been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to the company.

Registered Office:
21 Old Ford Rd.
London
E2 9PL

By order of the Board



Mr A Park
Director
18 November 2023

THE INNER CITY CENTRE

Report of the Independent Examiners to the members of THE INNER CITY CENTRE

We report on the financial statements on pages 10 to 15, which have been prepared under the historical cost convention and the accounting policies set out on page 12.

Respective responsibilities of directors and examiner

As described on page 4 the company's directors are responsible for the preparation of financial statements, you consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state on the basis of the procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of independent examiners' report

Our 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 your directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiners' report

In connection with our examination, no matter has come to our attention:

1 which gives us reasonable cause to believe that in any material respect the requirements have not been met:

- a) to keep accounting records in accordance with section 41 of the Act; and
- b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act;

or

2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Vantage Accounting Services Ltd.
Accountants

THE INNER CITY CENTRE
Statement of Financial Activity
For the year ended 31st July 2023

| | Notes | 2023 | 2023 | 2023 | 2023 | 2022 |
|--|-------|--------------|---------------|---------------|---------------|---------------|
| | | £ | £ | £ | £ | £ |
| | | Restricted | Unrestricted | Designated | Total | Total |
| Donations, grants & subscriptions | 2(a) | - | 60,639 | - | 60,639 | 8,950 |
| Income from charitable activities | 2(b) | - | 11,151 | - | 11,151 | 13,485 |
| Income from investments | 2(c) | - | 156 | - | 156 | 4 |
| Total Incoming Resources | | <u>-</u> | <u>71,946</u> | <u>-</u> | <u>71,946</u> | <u>22,439</u> |
| Costs directly related to charitable Activities | 4(a) | - | 17,854 | - | 17,854 | 15,025 |
| Administrative costs | 4(b) | - | 15,735 | - | 15,735 | 14,686 |
| Total Resources Used | | <u>-</u> | <u>33,589</u> | <u>-</u> | <u>33,589</u> | <u>29,711</u> |
| Net Incoming/ (outgoing) Resources | 7 | - | 38,357 | - | 38,357 | (7,272) |
| Transfers between funds | | - | - | - | - | - |
| Fund balances brought forward | 7 | <u>5,920</u> | <u>2,758</u> | <u>10,600</u> | <u>19,278</u> | <u>26,550</u> |
| Fund Retained Surplus at end of year | 7 | <u>5,920</u> | <u>41,115</u> | <u>10,600</u> | <u>57,635</u> | <u>19,278</u> |

None of the company's activities were acquired or discontinued during either financial year.

The company has no recognised gains or losses other than the surplus / (deficit) above for either year.

The notes on pages 14 to 17 form part of these Financial Statements.

THE INNER CITY CENTRE

Statement of Financial Position At 31st July 2023

| | Notes | 2023 £ | 2022 £ |
|--|-------|----------------|----------------|
| Current assets | | | |
| Debtors | | - | - |
| Cash in hand and at bank | 5 | <u>60,708</u> | <u>26,938</u> |
| | | 60,708 | 26,938 |
| Creditors - amounts falling due Within one year | 6 | <u>(3,073)</u> | <u>(7,660)</u> |
| Net current assets/ (liabilities) | | 57,635 | 19,278 |
| Total assets less current liabilities | | <u>57,635</u> | <u>19,278</u> |
| Represented by:- | | | |
| Shareholders' Capital funds | 7 | | |
| Unrestricted | | | |
| General | | | |
| Balance at 31st July 2023 | | 41,115 | 2,758 |
| Designated | | | |
| Balance at 31st July 2023 | | 10,600 | 10,600 |
| Restricted | | | |
| Balance at 31st July 2023 | | <u>5,920</u> | <u>5,920</u> |
| Total | | <u>57,635</u> | <u>19,278</u> |

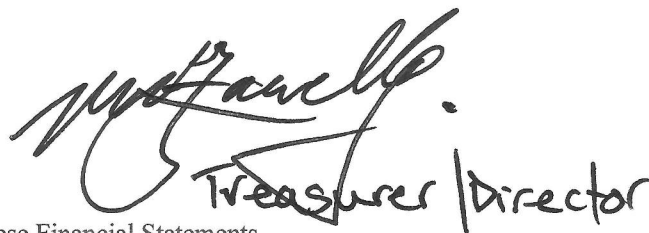
For the year ended 31st July 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with s476.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

The financial statements on pages 12 to 17 were approved by the directors on 18 November 2023 and were signed on their behalf by: -


Alistair Park
Chair/Director


Treasurer/Director

The notes on pages 14 to 17 form part of these Financial Statements

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2023

1. Principal accounting policies

Basis of accounting

The financial statements have been prepared on the basis of historic cost in accordance with the Charities SORP (FRS102) i.e. the 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 1st January 2015) and the Companies Act 2006.

Income

Income comprises subscriptions, donations, grants, referral fees and room rentals receivable, where grants are made in respect of a specific time period they are treated as debtors provided that they are subsequently received in full. The income is derived from activities in the U.K.

Taxation

No UK taxation is payable due to the charitable status of the company.

Operating Leases

Lease payments in respect of operating leases are charged to the Profit and Loss as incurred.

Funds

The restricted funds exist due to the receipt of grants and donations for specific purposes. The costs of raising and administering such funds are charged against the specific fund.

Expenditure

Expenditure is allocated between the charitable activities and administrative costs on an actual basis. For details as to the nature of these costs, see notes 4(a) and 4(b).

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2023 (continued)

| | 2023 £ | 2023 £ | 2023 £ | 2023 £ | 2022 £ |
|--|-------------------|---------------------|-------------------|---------------|---------------|
| 2. Income | | | | | |
| | Restricted | Unrestricted | Designated | Total | Total |
| (a) Donations, Grants and subscriptions | | | | | |
| Donations | - | 54,339 | - | 54,339 | 50 |
| Grants | - | - | - | - | 1,000 |
| Membership subscriptions | <u>-</u> | <u>6,300</u> | <u>-</u> | <u>6,300</u> | <u>7,900</u> |
| | <u>-</u> | <u>60,639</u> | <u>-</u> | <u>60,639</u> | <u>8,950</u> |
| (b) Charitable activities | | | | | |
| Referral fees receivable | - | 1,580 | - | 1,580 | 3,475 |
| Administration fees | - | 1,925 | - | 1,925 | 2,775 |
| Room rentals | - | 7,423 | - | 7,423 | 7,066 |
| Other income | <u>-</u> | <u>223</u> | <u>-</u> | <u>223</u> | <u>169</u> |
| | <u>-</u> | <u>11,151</u> | <u>-</u> | <u>11,151</u> | <u>13,485</u> |
| (c) Investment income | | | | | |
| Interest receivable | <u>-</u> | <u>156</u> | <u>-</u> | <u>156</u> | <u>4</u> |
| | <u>-</u> | <u>71,946</u> | <u>-</u> | <u>71,946</u> | <u>22,439</u> |

3. (a) Trustee/Directors' remuneration

Trustees are not permitted to receive any remuneration under the Articles of the company. Hence, no remuneration was paid in the period. Trustees are all directors, members and are all Psychotherapists; who pay subscription fees to the organisation to maintain their membership – 2023: £6,300 (2022: £7,900). Clients are assessed and passed on to suitable therapists who will then pay the organisation a referral fee – 2023: £1,580 (2022: £3,475). Two referral therapists (also members) are paid by the organisation for their referral work 2023: £9,596 (2022: £9,805).

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2023 (continued)

| | 2023 £ | 2023 £ | 2023 £ | 2023 £ | 2022 £ |
|--|------------|---------------|------------|---------------|---------------|
| | Restricted | Unrestricted | Designated | Total | Total |
| 4(a). Costs directly related to charitable activities | | | | | |
| Referrals Therapists | - | 9,596 | - | 9,596 | 9,805 |
| Staff training | - | - | - | - | - |
| Rent and rates | - | 5,438 | - | 5,438 | 5,220 |
| Repairs and maintenance | - | 2,820 | - | 2,820 | - |
| | <u>-</u> | <u>17,854</u> | <u>-</u> | <u>17,854</u> | <u>15,025</u> |
| 4(b). Administration costs | | | | | |
| Professional fees | - | 10,403 | - | 10,403 | 9,586 |
| Bookkeeper | - | 1,040 | - | 1,040 | 1,040 |
| Insurances | - | 793 | - | 793 | 754 |
| Banking fees | - | 62 | - | 62 | 64 |
| PR and publicity | - | - | - | - | 596 |
| PPS | - | 4 | - | 4 | - |
| Telephone | - | 884 | - | 884 | 796 |
| Trustee and governance costs | - | 70 | - | 70 | - |
| Website development | - | 1,216 | - | 1,216 | 874 |
| Software costs | - | 96 | - | 96 | - |
| Sundries | - | 439 | - | 439 | 339 |
| Independent examiners fees | - | 728 | - | 728 | 637 |
| | <u>-</u> | <u>15,735</u> | <u>-</u> | <u>15,735</u> | <u>14,686</u> |
| | <u>-</u> | <u>33,589</u> | <u>-</u> | <u>33,589</u> | <u>29,711</u> |

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2023 (continued)

| | 2023 £ | 2022 £ |
|---|---------------|---------------|
| 5. Cash in hand and at bank | | |
| Business Premium Account | 45,235 | 10,496 |
| Community Account | 500 | 500 |
| Paypal Account | 1,224 | 753 |
| P10 Account | <u>13,750</u> | <u>15,189</u> |
| | <u>60,708</u> | <u>26,938</u> |
| 6. Creditors - amounts falling due within one year | | |
| Income in advance | 2,400 | 2,600 |
| Accruals | <u>673</u> | <u>5,060</u> |
| Total accruals | <u>3,073</u> | <u>7,660</u> |
| 7. Capital Fund | | |
| <p>The company is limited by guarantee. That guarantee is restricted to £1 per member. The company is disbarred by its Articles of association from making a distribution to its members. The capital funds are represented primarily by money in the bank.</p> | | |
| Unrestricted | | |
| General | | |
| Balance at 1st August 2022 | | 2,758 |
| Surplus for the year | | 38,357 |
| Transfer from Designated Fund | | - |
| | | <u>41,115</u> |
| Designated | | |
| Balance at 1st August 2022 | | 10,600 |
| Surplus for the year | | - |
| Transfer from Designated Fund | | - |
| | | <u>10,600</u> |
| Restricted | | |
| Balance at 1st August 2022 | | 5,920 |
| Surplus/ (Deficit) for the year | | - |
| | | <u>5,920</u> |
| Total | | <u>57,635</u> |

The restricted fund represents the value of grants received for the purpose of providing bursaries for people who are in low-paid work or part time employment.

THE INNER CITY CENTRE

England & Wales - Charity number 1060874

Accounts

THE INNER CITY CENTRE

Trustees/Directors and Advisers

Trustees/Directors

Ms A A M McCabe resigned 21/11/2020
Mr A R J Park
Dr C J Ralph
Ms J. Baker resigned 21/11/2020
Ms. S. E. Campbell
Ms. J. Cobb
Ms. D. K. Fitzgerald
Ms. D. H. Goodes
Ms. L. A. H. Pavincich
Mr. R. H. Tollemache
Ms. I. Bakal
Ms. O. Gal appointed 21/11/2020

Company Secretary (Member Trustee)

Ms. D. H. Goodes appointed 21/11/2020

Independent examiner

Vantage Accounting Services Ltd
SG House
6 St Cross Road
Winchester
Hampshire
SO23 9HX

THE INNER CITY CENTRE

TRUSTEES'/DIRECTORS' REPORT

The Directors present to the members the financial statements of the Company for the period ended 31st July 2021, together with their report. In preparing this report, the Directors have taken advantage of some of the special exemptions applicable to small companies.

STATEMENT OF DIRECTORS' RESPONSIBILITIES

The Directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the company, enabling them to ensure that the accounts comply with the Companies Act 2006. They are responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. In determining how amounts are presented within items in the Statement of Financial Activity and Statement of Financial Position, the Directors must have regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

OBJECTS AND PRINCIPAL ACTIVITIES

The company is a registered charity and the object and principal activity is the protection and preservation of mental and emotional health and stability by the provision of psychoanalytical psychotherapy and training in mental health care, the education and training thereto and the research in connection with the foregoing (the useful results of which will be made available to the public) in all respects in accordance with the Law of Charity of England and Wales. There have been no changes in the objectives of the charity during the year.

The Trustees have paid due regard to the guidance by the Charity Commission on public benefit in deciding what activities the trust should undertake

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Directors, listed on page 3, are appointed by election to the management committee. They are the guarantors of the Company to an amount not to exceed £1 per person. The company is limited by guarantee and is prohibited from making any form of distribution to the guarantors. The trust deed provides for a minimum of three trustees. The governing document is available for viewing at the registered office of the charity.

All Directors/trustees provide their services without reward

ANNUAL REVIEW

Achievement and Performance

Annual Report from the Chair of Council

Achievement & Performance

Having been co-opted into the role in December 2020, this is my first annual report as Chair. Firstly, I want to thank Anneke McCabe, who completed her term as Chair at the 2020 AGM, for her clear and sure guidance of the organisation during her term. She is a hard act to follow. I am also grateful for the support of Deborah Goodes, Secretary, and Sarah Campbell, Treasurer, along with the two administrators, Pilar Lafuente and Maria Oakley, for their help and support to me in finding my feet in this role. I also want to mention the important and thoughtful support and guidance of the members of Council during this last year. During the year there have also been other important personnel changes in the organisation:

Oshrat Gal was elected to Council at the 2020 AGM

Alan Archibald joined the ICC as Referral therapist and has taken on the role with care and enthusiasm. We are grateful for the dedication and commitment shown by Eugene Doyle during his period as sole Referral Therapist.

Louise Woodhead stepped down as Referrals Manager to concentrate on her other work. Louise played a crucial role in shaping the recent reforms to the Referral Service designed to make it, and the Referral Therapist role in particular, more sustainable. The ICC is very grateful to Louise for her important contribution. Jo Baker stepped into the role of Referrals Manager role but will shortly be stepping down and a new Referrals Manager will be needed.

Jo Baker stepped down as Secretary having performed the role carefully and conscientiously throughout her three-year term.

After many years of patient and tireless work providing the organisation with important outcome information Wendy Postans retired as the Co-ordinator of Core. So far no-one has come forward to take up this role and Council will review our use of Core. Wendy has been a member of the ICC for many years giving thoughtful and dedicated service. I would like to take the opportunity to thank her for her significant contribution to the life of the organisation.

Colin Ralph will step down as a Trustee at the 2021 AGM, having completed nine years on Council. He will continue to attend Council in his role as Chair of the Clinical Forum Group.

Robert Tollemache will also step down from Council. Robert has been associated with the ICC in various roles as a member and, more recently, as External Trustee, for over 40 years. He has been a solid supporter of the organisation and has made an enormous contribution for which we sincerely thank him. He will be greatly missed.

These changes in the people in key roles in the ICC have, of course, taken place against the backdrop of the Covid-19 pandemic. This has been a difficult year for many and we, as people and professionals, are not exempt. The adaptations of working from home and the difficulties of personal circumstances have created their own pressures for us all. As an organisation the ICC has faced its own challenges presented by the global pandemic.

The instructions to 'stay at home and work from home if you can' had immediate implications for our consulting room at St Margaret's House which could not be used during lockdown. Jenny Cobb, in her role as Room Rentals Manager was able to negotiate a rent concession which was passed on to room users and for which we were very grateful. Unfortunately, this was short-term and the reduced room usage balanced against the ongoing consistent expenditure of maintaining the room resulted in a reduction in this important income stream for the ICC. Later in the year, as lockdown was eased, Jenny Cobb prepared guidelines for members returning to see patients in-person. It also became clear that adequate wifi would be essential in the consulting room. After much research, Sarah Campbell has arranged the installation of mobile wifi in the room to facilitate blended working.

The pandemic also had a significant effect on both the volume and type of referrals. Although there was much concern, during lockdown, for the mental wellbeing of the nation, we saw a reduction in the overall number of referrals, and an increase in the proportion of reduced-fee referrals who are often difficult to place. These changes were consistent with experience in many other psychotherapy clinics in London. Things have recently begun to stabilise, with an increasing proportion of medium and standard fee referrals. What has been highlighted, however, is an external perception of the ICC as a provider of low-fee, or even free, psychotherapy. Led by Ilana Bakal the PR & Publicity committee have been seeking to correct this impression and considering how to promote a more realistic impression of the ICC to the public including reviewing the website and our social media profile. Meanwhile, in order to try to problem-solve the increased proportion of low-fee referrals, Deirdre Fitzgerald and Lesley Pavincich, the membership secretaries, have conducted a survey of members to clarify the capacity and availability of lowfee therapy places across the membership; and Anne Doggett and the Clinical Committee have been considering whether offering time-limited therapy to people living on a low-income might allow us to offer help to more low-fee patients.

These challenges for the organisation potentially have ongoing implications both, in compromised income, which is not yet serious, but which the Treasurer keeps under close review; and in terms of the service we provide to the public and the throughput of referrals to members. Council is acutely aware of these issues and will shortly be holding a Strategy Planning Meeting to plan the ICC's recovery from the pandemic and set the agenda for the coming few years.

The lockdown restrictions also affected the collegiate, social and professional, life of the ICC, limiting our ability to meet in-person. Although we have continued to hold, for example, Council meetings online, the important less formal social interactions which happen round the edges of meetings and events were lost. In an effort, both to support members with the adaptations of practicing psychoanalytic psychotherapy via the internet or telephone, and to provide opportunities for members to talk together in a relatively informal setting, the Clinical Forum Group organised online workshops on 'On-Line Working' (presented by Julia Ovchinnikova) and 'Practice in the Pandemic', which were well attended and well received. More recently Council invited members to join them for an informal opportunity to (virtually) meet Council members and each other, and to raise and discuss their ideas and experience of the ICC, to help Council better understand members concerns and inform the forthcoming Strategy Planning Meeting. Although these events were helpful in themselves and served in some part to connect members with each other and the ICC, I think it will be important, in the coming year, to facilitate a period of recovery in the organisation, and to restore a sense of belonging to a professional community amongst our members.

This is one of the challenges we face as we look to the coming year and beyond. I think it is critical for the future of the ICC to clearly re-establish our identity as a key provider of psychoanalytic and psychodynamic psychotherapy across London. It is important for the organisation to more accurately reflect the population we seek to serve by increasing diversity in the organisation and aiming to appeal to a more diverse client base. To achieve these aims we need to get our marketing, particularly our website and digital marketing, right, so potential patients and referrers can find us when they search and are drawn to what we offer, increasing the number of suitable referrals across the fee range and increasing the average fee while staying true to our core values. This will play an important part in restoring the finances of the organisation, but also, crucially, in keeping us relevant to our members and helping to attract new members and replenish the lifeblood of the organisation.

As Council prepares to address these issues and plan the direction and strategy for the recovery from the pandemic and for the coming few years, members are encouraged to consider the contribution they may be able to offer to the future life of the ICC, whether through joining a committee or working group, taking up one of the roles available in the organisation, or by joining Council. We also need to recruit some External Trustees to Council. A range of expertise and skills are particularly needed, including financial, and marketing, especially digital-marketing and social media. If you can help, or you know someone who might be able to help, please let us know.

Alistair Park
Chair, Inner City Centre
November 2021

Financial Report

End of Year Budget Report – 2020 / 2021

The ICC Accounts collectively from August 2020 to July 2021 have been collated by the Book Keeper and reflect the monthly income and spend over this last year.

Part 1: Income

Generally, income is below budget in every area except donations. This is not surprising given the pressures of the pandemic: reduced referrals; increased low fee referrals; working from home etc.

Referral Fees and Room Rentals

The revenue collected from these activities represents the major income streams for the ICC. These are all significantly below budget, Referral Fees by 32% and Room Rentals by 22% respectively.

Interestingly, the Referral and Administration fees have an erratic distribution throughout the year and it is hard to understand the relation between these incomes, although theoretically that might be assumed.

Membership

The revenue collected from membership represents the third major income stream for the ICC. This is also below budget by 7%

Part 2: Expenditure

On a positive note, costs have generally been lower than budget due to the pandemic. For example, Trustee costs are lower (115%) mainly due to holding meetings remotely. The website costs are also considerably lower (50%) as the budget reflected the higher expenditure in the previous year.

The main variation is in Referral Therapists costs (17%) due to a hiatus between the departure of one referral therapist and the appointment of a replacement.

Room Rental

The rooms at St Margaret's House continue to accrue a profit despite the Pandemic. Further investment in Wi-Fi will add additional cost on the next budget but will still reflect a profit if the next year is similar.

Summary of Budget for 2020/21.

The overall picture is a deficit of approximately £2500. This is not surprising given the pressures of the pandemic, but it reflects a more significant drop in income, than in expenditure, and this is not sustainable. Action is needed in key areas of income to restore the income streams or minimise losses.

Notes on Draft Budget for 2021/22

The draft budget for 2021/22 is recommended to be set for £31,947.

This figure may at first seem high, but this budget includes the full costs per annum for two Referral Therapists, not apparent in last year's expenditure.

Additional allowance has been created for a new monthly invoice for Wi Fi at the ICC room at St Margaret's House which will approximately add £25.00 pcm onto expenditure.

This Draft also includes monies for Fund Raising and General Expenses which was not included in last year's budget.

Consumable expenditure, such as Bank Fees, IT Software, Postage, Printing and Stationery, Website have been budgeted with a 2.5% Retail Price Index (RPI) to guard against the forthcoming inflation increases. This has increased this draft budget by £85.00.

Conclusion

Generally, for the Actual Budget for 2020/21. The ICC income is below budget in every area except donations. This is not surprising given the pressures of the pandemic: reduced referrals; increased low fee referrals; working from home etc.

However, looking at the ICC main income streams, (Referrals and Room Rentals) this slight downward curve is not sustainable. Action is needed to increase level of referrals and the average fee of referrals, and to restore rental room usage or to minimise losses.

Prepared by Sarah Campbell.
ICC Treasurer. 17/9/2021.

RESERVES

At present, all our reserves are in Current and Deposit Accounts with Barclays Bank. The Trustees continue to monitor the investments held to achieve the best return consistent with security and liquidity.

The Trustees took the decision to maintain reserves at the level of at least six months running costs, and to transfer this to the Designated Fund.

RISK REVIEW

The charity relies on income from grants, donations, membership fees together with referral fees and room rentals. It recognises that should the memberships referrals and rentals even be slightly restricted the charity would be unable to fully maintain its operations. The Charity considers that were either source of funds to fall by a material amount then its net current assets would be sufficient to maintain itself for at least six months, and that whilst higher levels of reserves would be desirable, this level is a reasonable and sufficient reserve to be held.

By the very nature of the services provided by the charity there are risks associated with working with people with mental health problems. The charity mitigates this risk by:

- 1) Performing individual risk assessments of all proposed clients in advance.
- 2) All Members are professionally qualified and registered and operate within the code of ethics of their registering body.
- 3) Standard operating procedures are there to protect and maintain the safety of all within the organisation.

RESULTS AND DIVIDENDS

The Deficit for the period amounted to £2,448. The Company is not empowered to make a dividend payment.

The above report has been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to the company.

Registered Office:
21 Old Ford Rd.
London
E2 9PL

By order of the Board



Company Secretary
(Member Trustee)

THE INNER CITY CENTRE

Report of the Independent Examiners to the members of THE INNER CITY CENTRE

We report on the financial statements on pages 10 to 15, which have been prepared under the historical cost convention and the accounting policies set out on page 12.

Respective responsibilities of directors and examiner

As described on page 4 the company's directors are responsible for the preparation of financial statements, you consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state on the basis of the procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of independent examiners' report

Our 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 your directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiners' report

In connection with our examination, no matter has come to our attention:

1 which gives us reasonable cause to believe that in any material respect the requirements have not been met:

a) to keep accounting records in accordance with section 41 of the Act; and

b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act;

or

2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Vantage Accounting Services Ltd.
Accountants

THE INNER CITY CENTRE
Statement of Financial Activity
For the year ended 31st July 2021

| | Notes | 2021 | 2021 | 2021 | 2021 | 2020 |
|--|-------|-----------------|-------------------|-----------------|---------------|---------------|
| | | £ Restricted | £ Unrestricted | £ Designated | £ Total | £ Total |
| Donations, grants & subscriptions | 2(a) | - | 9,500 | - | 9,500 | 14,623 |
| Income from charitable activities | 2(b) | - | 16,074 | - | 16,074 | 17,213 |
| Income from investments | 2(c) | - | 7 | - | 7 | 49 |
| Total Incoming Resources | | <u>-</u> | <u>25,581</u> | <u>-</u> | <u>25,581</u> | <u>31,885</u> |
| Costs directly related to charitable Activities | 4(a) | - | 15,038 | - | 15,038 | 13,795 |
| Administrative costs | 4(b) | - | 13,081 | - | 13,081 | 13,851 |
| Total Resources Used | | <u>-</u> | <u>28,118</u> | <u>-</u> | <u>28,118</u> | <u>27,646</u> |
| Net Incoming/ (outgoing) Resources | 7 | - | (2,537) | - | (2,537) | 4,239 |
| Transfers between funds | | - | - | - | - | - |
| Fund balances brought forward | 7 | <u>5,920</u> | <u>12,567</u> | <u>10,600</u> | <u>29,087</u> | <u>24,848</u> |
| Fund Retained Surplus at end of year | 7 | <u>5,920</u> | <u>10,030</u> | <u>10,600</u> | <u>26,550</u> | <u>29,087</u> |

None of the company's activities were acquired or discontinued during either financial year.

The company has no recognised gains or losses other than the surplus / (deficit) above for either year.

The notes on pages 12 to 15 form part of these Financial Statements.

THE INNER CITY CENTRE

Statement of Financial Position At 31st July 2021

| | Notes | 2021 £ | 2020 £ |
|--|-------|-----------------|----------------|
| Current assets | | | |
| Debtors | | - | - |
| Cash in hand and at bank | 5 | <u>38,986</u> | <u>35,609</u> |
| | | 38,986 | 35,609 |
| Creditors - amounts falling due | | | |
| Within one year | 6 | <u>(12,436)</u> | <u>(6,522)</u> |
| Net current assets/ (liabilities) | | 26,550 | 29,087 |
| Total assets less current liabilities | | <u>26,550</u> | <u>29,087</u> |
| Represented by:- | | | |
| Shareholders' Capital funds | 7 | | |
| Unrestricted | | | |
| General | | | |
| Balance at 31st July 2021 | | 10,030 | 12,567 |
| Designated | | | |
| Balance at 31st July 2021 | | 10,600 | 10,600 |
| Restricted | | | |
| Balance at 31st July 2021 | | <u>5,920</u> | <u>5,920</u> |
| Total | | <u>26,550</u> | <u>29,087</u> |

For the year ended 31st July 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with s476.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

The financial statements on pages 10 to 15 were approved by the directors on
and were signed on their behalf by: -

11th January 2022



Sarah Campbell
Treasurer/Director



Alistair Park
Chair/Director

The notes on pages 11 to 14 form part of these Financial Statements

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2021

1. Principal accounting policies

Basis of accounting

The financial statements have been prepared on the basis of historic cost in accordance with the Charities SORP (FRS102) i.e. the 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 1st January 2015) and the Companies Act 2006.

Income

Income comprises subscriptions, donations, grants, referral fees and room rentals receivable, where grants are made in respect of a specific time period they are treated as debtors provided that they are subsequently received in full. The income is derived from activities in the U.K.

Taxation

No UK taxation is payable due to the charitable status of the company.

Operating Leases

Lease payments in respect of operating leases are charged to the Profit and Loss as incurred.

Funds

The restricted funds exist due to the receipt of grants and donations for specific purposes. The costs of raising and administering such funds are charged against the specific fund.

Expenditure

Expenditure is allocated between the charitable activities and administrative costs on an actual basis. For details as to the nature of these costs, see notes 4(a) and 4(b).

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2021 (continued)

| | 2021 £ | 2021 £ | 2021 £ | 2021 £ | 2020 £ |
|--|-------------------|---------------------|-------------------|---------------|---------------|
| 2. Income | | | | | |
| | Restricted | Unrestricted | Designated | Total | Total |
| (a) Donations, Grants and subscriptions | | | | | |
| Donations | - | 200 | - | 200 | 3,685 |
| Fundraising | - | - | - | - | 1,238 |
| Membership subscriptions | <u>-</u> | <u>9,300</u> | <u>-</u> | <u>9,300</u> | <u>9,700</u> |
| | <u>-</u> | <u>9,500</u> | <u>-</u> | <u>9,500</u> | <u>14,623</u> |
| (b) Charitable activities | | | | | |
| Referral fees receivable | - | 4,105 | - | 4,105 | 3,517 |
| Administration fees | - | 2,426 | - | 2,426 | 1,600 |
| Room rentals | - | 9,399 | - | 9,399 | 11,682 |
| Other income | <u>-</u> | <u>144</u> | <u>-</u> | <u>144</u> | <u>414</u> |
| | <u>-</u> | <u>16,074</u> | <u>-</u> | <u>16,074</u> | <u>17,213</u> |
| (c) Investment income | | | | | |
| Interest receivable | <u>-</u> | <u>7</u> | <u>-</u> | <u>7</u> | <u>49</u> |
| | <u>-</u> | <u>25,581</u> | <u>-</u> | <u>25,581</u> | <u>31,885</u> |

3. (a) Trustee/Directors' remuneration

Trustees are not permitted to receive any remuneration under the Articles of the company. Hence, no remuneration was paid in the period. Trustees are all directors, members and are all Psychotherapists; who pay subscription fees to the organisation to maintain their membership – 2021: £9,300 (2020: £9,700). Clients are assessed and passed on to suitable therapists who will then pay the organisation a referral fee – 2021: £4,105 (2020: £3,517). Two referral therapists (also members) are paid by the organisation for their referral work 2021: £9,820 (2020: £8,710).

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2021 (continued)

| | 2021 £ | 2021 £ | 2021 £ | 2021 £ | 2020 £ |
|--|------------|---------------|------------|---------------|---------------|
| | Restricted | Unrestricted | Designated | Total | Total |
| 4(a). Costs directly related to charitable activities | | | | | |
| Referrals Therapists | - | 9,820 | - | 9,820 | 8,710 |
| Staff training | - | - | - | - | 300 |
| Rent and rates | - | 5,218 | - | 5,218 | 4,785 |
| | <u>-</u> | <u>15,038</u> | <u>-</u> | <u>15,038</u> | <u>13,795</u> |
| 4(b). Administration costs | | | | | |
| Professional fees | - | 9,154 | - | 9,154 | 7,542 |
| Bookkeeper | - | 1,000 | - | 1,000 | 1,000 |
| Insurances | - | 697 | - | 697 | 678 |
| Banking fees | - | 42 | - | 42 | - |
| Fundraising costs | - | - | - | - | - |
| PPS | - | 1 | - | 1 | 205 |
| Telephone | - | 845 | - | 845 | 666 |
| Trustee and governance costs | - | (74) | - | (74) | 505 |
| Website development | - | 743 | - | 743 | 2,511 |
| Sundries | - | 78 | - | - | 120 |
| Independent examiners fees | - | 595 | - | 595 | 624 |
| | <u>-</u> | <u>13,081</u> | <u>-</u> | <u>13,081</u> | <u>13,851</u> |
| | <u>-</u> | <u>28,118</u> | <u>-</u> | <u>28,118</u> | <u>27,646</u> |

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2021 (continued)

| | 2021 | 2020 |
|---|---------------|-------------------|
| | £ | £ |
| 5. Cash in hand and at bank | | |
| Business Premium Account | 21,833 | 19,926 |
| Community Account | 500 | 500 |
| Paypal Account | 1,466 | - |
| P10 Account | <u>15,187</u> | <u>15,183</u> |
| | <u>38,986</u> | <u>35,609</u> |
| 6. Creditors - amounts falling due within one year | | |
| Income in advance | 6,800 | 5,400 |
| Accruals | <u>5,636</u> | <u>1,122</u> |
| Total accruals | <u>12,436</u> | <u>6,522</u> |
| 7. Capital Fund | | |
| <p>The company is limited by guarantee. That guarantee is restricted to £1 per member. The company is disbarred by its Articles of association from making a distribution to its members. The capital funds are represented primarily by money in the bank.</p> | | |
| Unrestricted | | |
| General | | |
| Balance at 1st August 2020 | | 12,567 |
| Deficit for the year | | (2,448) |
| Transfer from Designated Fund | | - |
| | | <u>10,119</u> |
| Designated | | |
| Balance at 1st August 2020 | | 10,600 |
| Deficit for the year | | - |
| Transfer from Designated Fund | | - |
| | | <u>10,600</u> |
| Restricted | | |
| Balance at 1st August 2020 | | 5,920 |
| Surplus/ (Deficit) for the year | | - |
| | | <u>5,920</u> |
| Total | | <u>26,639</u> |

The restricted fund represents the value of grants received for the purpose of providing bursaries for people who are in low-paid work or part time employment.

THE INNER CITY CENTRE

England & Wales - Charity number 1060874

Accounts

THE INNER CITY CENTRE

(Charity No. 1060874)

(Company No. 3316511)

Annual Report

For the period ended 31st July 2020

THE INNER CITY CENTRE
Annual Report
For the year ended 31st July 2020

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THE INNER CITY CENTRE

Trustees/Directors and Advisers

Trustees/Directors

Ms A A M McCabe
Mr A R J Park
Dr C J Ralph
Ms J. Baker
Ms. S. E. Campbell
Ms. J. Cobb
Ms. D. K. Fitzgerald
Ms. D. H. Goodes
Ms. L. A. H. Pavincich
Mr. R. H. Tollemache
Ms I Bakal (appointed November 2019)

Independent examiner

Bell & Co (Accountancy Services) Ltd
Unit 1(a) Factory 2
Phoenix Park,
Chickenhall Lane
Eastleigh
Hampshire SO50 6PQ

THE INNER CITY CENTRE

TRUSTEES'/DIRECTORS' REPORT

The Directors present to the members the financial statements of the Company for the period ended 31st July 2020, together with their report. In preparing this report, the Directors have taken advantage of some of the special exemptions applicable to small companies.

STATEMENT OF DIRECTORS' RESPONSIBILITIES

The Directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the company, enabling them to ensure that the accounts comply with the Companies Act 2006. They are responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. In determining how amounts are presented within items in the Statement of Financial Activity and Statement of Financial Position, the Directors must have regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

OBJECTS AND PRINCIPAL ACTIVITIES

The company is a registered charity and the object and principal activity is the protection and preservation of mental and emotional health and stability by the provision of psychoanalytical psychotherapy and training in mental health care, the education and training thereto and the research in connection with the foregoing (the useful results of which will be made available to the public) in all respects in accordance with the Law of Charity of England and Wales. There have been no changes in the objectives of the charity during the year.

The Trustees have paid due regard to the guidance by the Charity Commission on public benefit in deciding what activities the trust should undertake

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Directors, listed on page 3, are appointed by election to the management committee. They are the guarantors of the Company to an amount not to exceed £1 per person. The company is limited by guarantee and is prohibited from making any form of distribution to the guarantors. The trust deed provides for a minimum of three trustees. The governing document is available for viewing at the registered office of the charity.

All Directors/trustees provide their services without reward

ANNUAL REVIEW

Achievement and Performance

This is my third and final annual report since taking on the role of Chair in June 2017. It's been another busy year on Council mainly on account of changes in the administrative systems, changes to the referral system and then the unexpected Covid pandemic which has been an unexpected challenge for all of us.

This year we were pleased to welcome Ilana Bakal to Council as a member trustee. Ilana is also Chair of the Publicity and PR Committee, which now means there is a much better link between the committee and Council. Unfortunately a possible candidate for the role of external trustee had to withdraw due to a change of circumstances related to the Covid pandem-

ic. There continues therefore to be a need for external trustees with marketing and business skills.

Our administrator, Ruann Rajakarana, resigned from the position during the year, after about 18 months in role. We have been fortunate to recruit Pilar Lafuente and Maria Oakley who are job-sharing the role, with Pilar doing the general administrative duties while Maria focuses on developing and managing our data collection system. The new administrative team is working well together, with Council and with the Referral Therapists. As a result we now have a solid and well organised general administrative system in place, while we continue to work on streamlining the data collection system to make it more efficient both for the administrators and for members.

After a suggestion made by the Clinical Committee to improve and develop our Patient Information Form, we now have 2 simpler forms, including an Equality and Diversity form for patients to complete. These forms are now fully interactive, which makes them easier and quicker to complete, and to send by email, thereby avoiding unnecessary use of paper and postage costs. However, there continues to be a backlog of data missing from the last 2 years, and to be some difficulty with members sending updates on their patients' data to the administrative team, which needs further attention.

Thanks to the strong working group led by Colin Ralph, the Clinical Forum has had another successful year, with 3 well attended Clinical Forums taking place during the year, including a Forum on changes to the referral system, and two online sessions on the clinical implications of online practice with patients during the Covid pandemic.

Our income from room rentals at St Margarets House continues to be good. However, in recent months, since the lockdown, the room has had an extended period of not being used while members were working online. Our plans to seek a second consulting room at St Margaret's House have been shelved for the time being, until the rate of room rentals picks up again, hopefully after the Covid pandemic has subsided. We have therefore decided to donate the furniture from our room at The Tower to charity, and are grateful to Sue Wright for housing this furniture in the interim. I am pleased to report that we now have secured authorisation from St Margaret's House to use the postal address as ICC's registered address. However, there remain a number of boxes of files containing essential ICC records which we are legally obliged to retain, and which need to be stored. One possible solution is to store them under the couch in our room at St Margaret's House, or in a small locked cupboard in the room.

I am delighted to report that Ilana Bakal has worked well in her role of Chair of the Publicity and Public Relations Committee to develop a range of creative ideas for increasing the profile of the ICC, in the hope of attracting patients within a wider range of fees, so as to offset the high volume of low fee paying patients with patients who can afford a more standard rate. Ilana has overseen a modernisation of the website this year which is now custom designed, and will therefore last longer than the previous site which was built on a template. The website now has improved security, with the facility for each member to have their own username and password.

I am most grateful to Louise Woodhead for her enormous contribution as Referrals Manager this year. Together with the Working Party on the Clinical Management of Referrals, she has introduced some key changes to the referral service in order to make the role more manageable. With the introduction of a new administrative fee, which members of the public are asked to pay before being allocated to a suitable therapist, this has hopefully led to there be-

ing fewer inappropriate enquiries to manage from people who are not ready to commit to the process. Unfortunately Karen Stobart is resigning from the role of Referral Therapist but thankfully Eugene Doyle has offered to step up in the interim. Sadly also Louise has decided to stand down from her role as Referrals Manager at the end of 2020. Her wealth of experience and knowledge will be greatly missed.

I would also like to thank Wendy Postans for continuing to work tirelessly on collating and analysing our CORE forms.

Thanks are also due to Deirdre Fitzgerald and Lesley Pavincich, Joint Membership Secretary, for continuing to manage the recruitment and retirement processes of members.

I would also like to thank Jenny Cobb, Room Hire manager, and Diana Kohler, Room bookings co-ordinator, for their work in taking care of our room bookings. Jenny has also developed some ICC guidelines for members who are returning to see patients in person during the pandemic.

A new development this year has been the launch of a Young Person's Group, offering group psychotherapy to people up to the age of 25. This group will be subsidised by the Gillian Parker Fund, currently at £5,920 in total. This is a restricted fund which represents the value of grants received for the purpose of providing bursaries for people who are in low-paid work or part time employment. This fund will be used to enable a limited number of patients who can only pay £5 per session to access the therapy for a time limited period of one year. It will be run as a pilot project, starting in November 2020, and will be reviewed after 6 months. The group is open to referrals currently.

I am grateful to Rose Baring and Deborah Goodes for their work on developing 3 new policies for ICC, including an Equality and Diversity policy, a Grievance procedure and a Disciplinary procedure.

Thanks also go to Deirdre Fitzgerald and Jo Baker for stepping in to co-chair the Fundraising Committee for a temporary period, until a Chair person is found. We are grateful to Roger Fife and Richard Backes who have resigned from the committee, and to Monica Flakowicz and Sue Freeman for joining.

Finally to all those members who I haven't named but who have also contributed to the life and future of the ICC I wish to thank you all and say what a pleasure it's been to work with you all in protecting and promoting the future of our organisation.

Anneke McCabe
Chair, Inner City Centre, 26th October 2020

Financial Review

Once again, the ICC performed better than expected in 2019-20, despite the backdrop of the severe challenges posed by the onset of Covid-19 during the second half of the financial year, returning a surplus of £4240 rather than the budgeted £1230 deficit. This result is misleading however, as it is significantly boosted by the injection of £2250 from a combination of donations and very successful fundraising in conjunction with Bart's Choir, and a donation of £1000 from GAN London (Group Analytic Network) to support the new Young People's Group. These windfalls are not indicators of the organisation's operating performance and they cannot be relied on to reflect anticipated income for future years. With these excluded, the surplus shrinks to less than £1000 which is a good performance given the very challeng-

ing circumstances, but only a very small reassurance for the ongoing challenges to be faced in the coming financial year.

While membership subscriptions were exactly as anticipated, income from room rentals was 30% (£2700) higher than expected due to increased room use. The nominal fee from the Clinical Forum online training sessions boosted 'other income' to 66% (£163) above budget, although this was offset by the cost of providing the training.

Following the change in the referral process introduced at the start of the year, the new 'administration fee' yielded £1600 which, when combined with referral fees of just £3520, represents a significantly (36%) lower than expected income from the overall referral process. This represents a 20% drop in referral income during 2019-20 (building on a 25% drop in the previous year). The precise reason for this is not clear as there are three variable factors: firstly, administrative disruption during the first half of the year resulted in delays and a lack of clarity in the collection of some referral fees; secondly, a new referral process was introduced during the year, which is likely to have produced some effect on the referral rate; and thirdly, the referral process was disrupted by the arrival of Covid-19, both by the initial suspension of referral intakes for a period, and because of a significant drop in the number of potential patients seeking access to therapy early in the pandemic.

The final result was supported by a total expenditure £1700 (6%) below budget, of which £700 reflects a number of expected costs for which there was no actual spending (fundraising, general, IT software, repairs & sundries). Referral Therapist costs were 25% (£3000) below budget due to under-invoicing, while room rental costs were 20% (£1215) below budget due to a short-term concession offered by the landlord to help support the ICC through Covid-19. On the other hand, administrator costs were £1500 (25%) above budget reflecting the overlap period between incoming and outgoing administrators; and website costs were £1000 (40%) above budget due to the redevelopment of the website onto a more sustainable platform during the year.

After four years of modest surplus returns the ICC now has unrestricted reserves of around 9 months running costs which is above the commonly accepted level of 3 to 6 months running costs, making it difficult to apply for external grant funding. The ICC, however, does not have a recent history of applying for grant funding and, Council has taken the view that, for a small organisation operating on a very slim margin, where the balance between deficit and surplus is very tight, a more realistic target is 9 to 12 months running costs.

Under usual circumstances, returning a modest surplus against the backdrop of sustainable reserves begins to give the organisation the opportunity to focus its energy and resources on developments either of scale or projects. Under current uncertain circumstances it provides the ICC with some additional resilience for facing the ongoing challenges of the Covid-19 pandemic, into the next financial year.

Alistair Park,
Treasurer, Inner City Centre, 13 November 2020.

RESERVES

At present, all our reserves are in Current and Deposit Accounts with Barclays Bank. The Trustees continue to monitor the investments held to achieve the best return consistent with security and liquidity.

The Trustees are aware that current reserves represent around nine months running costs and have taken the view that for a small organisation operating on a very slim margin, where the balance between deficit and surplus is very tight, a realistic target is 9 to 12 months running costs. Reserves are held in the Designated Fund.

RISK REVIEW

The charity relies on income from grants, donations, membership fees together with referral fees and room rentals. It recognises that should the memberships referrals and rentals even be slightly restricted the charity would be unable to fully maintain its operations. The Charity considers that were either source of funds to fall by a material amount then its net current assets would be sufficient to maintain itself for at least six months, and that whilst higher levels of reserves would be desirable, this level is a reasonable and sufficient reserve to be held.

By the very nature of the services provided by the charity there are risks associated with working with people with mental health problems. The charity mitigates this risk by:

- 1) Performing individual risk assessments of all proposed clients in advance.
- 2) All Members are professionally qualified and registered and operate within the code of ethics of their registering body.
- 3) Standard operating procedures are there to protect and maintain the safety of all within the organisation.

RESULTS AND DIVIDENDS

The Surplus for the period amounted to £4,239. The Company is not empowered to make a dividend payment.

The above report has been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to the company.

Registered Office:
21 Old Ford Rd.
London
E2 9PL


By order of the Board

Secretary (Trustee)
Name: Jo Baker

Signature:

Date:

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13/12/20.

THE INNER CITY CENTRE

Report of the Independent Examiners to the members of THE INNER CITY CENTRE

We report on the financial statements on pages 9 to 14, which have been prepared under the historical cost convention and the accounting policies set out on page 9.

Respective responsibilities of directors and examiner

As described on page 4 the company's directors are responsible for the preparation of financial statements, you consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state on the basis of the procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of independent examiners' report

Our 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 your directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiners' report

In connection with our examination, no matter has come to our attention:

1 which gives us reasonable cause to believe that in any material respect the requirements have not been met:

- a) to keep accounting records in accordance with section 41 of the Act; and
- b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act;

or

2 to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bell & Co (Accountancy Services) Ltd.
Chartered Accountants

Eastleigh

THE INNER CITY CENTRE

Statement of Financial Activity For the year ended 31st July 2020

| | Notes | 2020 | 2020 | 2020 | 2020 | 2019 |
|---|-------|--------------|---------------|---------------|---------------|---------------|
| | | £ | £ | £ | £ | £ |
| | | Restricted | Unrestricted | Designated | Total | Total |
| Donations, grants & subscriptions | 2(a) | 1,000 | 13,623 | - | 14,623 | 13,263 |
| Income from charitable activities | 2(b) | - | 17,213 | - | 17,213 | 23,717 |
| Income from investments | 2(c) | - | - | 49 | - | 49 |
| Total Incoming Resources | | <u>1,000</u> | <u>30,885</u> | <u>-</u> | <u>31,885</u> | <u>37,026</u> |
| Costs directly related to charitable | | | | | | |
| Activities | 4(a) | - | 13,795 | - | 13,795 | 16,336 |
| Administrative costs | 4(b) | - | 13,851 | - | 13,851 | 12,329 |
| Total Resources Used | | <u>-</u> | <u>27,646</u> | <u>-</u> | <u>27,646</u> | <u>28,665</u> |
| Net Incoming/ (outgoing) Resources | 7 | 1,000 | 3,239 | - | 4,239 | 8,361 |
| Transfers between funds | | - | - | - | - | - |
| Fund balances brought forward | 7 | <u>4,920</u> | <u>9,328</u> | <u>10,600</u> | <u>24,848</u> | <u>16,487</u> |
| Fund Retained Surplus at end of year | 7 | <u>5,920</u> | <u>12,567</u> | <u>10,600</u> | <u>29,087</u> | <u>24,848</u> |

None of the company's activities were acquired or discontinued during either financial year.

The company has no recognised gains or losses other than the surplus / (deficit) above for either year.

The notes on pages 12 to 15 form part of these Financial Statements.

THE INNER CITY CENTRE

**Statement of Financial Position
At 31st July 2020**

| | Notes | 2020 £ | 2019 £ |
|--|-------|----------------|----------------|
| Current assets | | | |
| Debtors | | - | - |
| Cash in hand and at bank | 5 | <u>35,609</u> | <u>30,791</u> |
| | | 35,609 | 30,791 |
| Creditors - amounts falling due | | | |
| Within one year | 6 | <u>(6,522)</u> | <u>(5,913)</u> |
| Net current assets/ (liabilities) | | 29,087 | 24,878 |
| Total assets less current liabilities | | <u>29,087</u> | <u>24,878</u> |
| Represented by:- | | | |
| Shareholders' Capital funds | 7 | | |
| Unrestricted | | | |
| General | | | |
| Balance at 31st March 2019 | | 12,567 | 9,328 |
| Designated | | | |
| Balance at 31st March 2019 | | 10,600 | 10,600 |
| Restricted | | | |
| Balance at 31st March 2019 | | <u>5,920</u> | <u>4,920</u> |
| Total | | <u>29,087</u> | <u>24,878</u> |

For the year ended 31st July 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with s476.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

The financial statements on pages 9 to 15 were approved by the directors on and were signed on their behalf by:-

Treasurer/Director (Trustee)

Name: Alistair Park

Signature:

Date:

17/12/20

Chair/Director (Trustee)

Name: Anncke McCabe

Signature:

Date:

17/12/20

The notes on pages 12 to 15 form part of these Financial Statements

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2020

1. Principal accounting policies

Basis of accounting

The financial statements have been prepared on the basis of historic cost in accordance with the Charities SORP (FRS102) i.e. the 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 1st January 2015) and the Companies Act 2006.

Income

Income comprises subscriptions, donations, grants, referral fees and room rentals receivable, where grants are made in respect of a specific time period they are treated as debtors provided that they are subsequently received in full. The income is derived from activities in the U.K.

Taxation

No UK taxation is payable due to the charitable status of the company.

Operating Leases

Lease payments in respect of operating leases are charged to the Profit and Loss as incurred.

Funds

The restricted funds exist due to the receipt of grants and donations for specific purposes. The costs of raising and administering such funds are charged against the specific fund.

Expenditure

Expenditure is allocated between the charitable activities and administrative costs on an actual basis. For details as to the nature of these costs, see notes 4(a) and 4(b).

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2020 (continued)

| | 2020 £ | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
|--|-------------------|---------------------|-------------------|---------------|---------------|
| 2. Income | | | | | |
| | Restricted | Unrestricted | Designated | Total | Total |
| (a) Donations, Grants and subscriptions | | | | | |
| Donations | 1,000 | 2,685 | - | 3,685 | 2,290 |
| Fundraising | - | 1,238 | - | 1,238 | 1,273 |
| Membership subscriptions | - | 9,700 | - | 9,700 | 9,700 |
| | <u>1,000</u> | <u>13,623</u> | <u>-</u> | <u>14,623</u> | <u>13,263</u> |
| (b) Charitable activities | | | | | |
| Referral fees receivable | - | 3,517 | - | 3,517 | 6,507 |
| Administration fees | - | 1,600 | - | 1,600 | - |
| Room rentals | - | 11,682 | - | 11,682 | 16,949 |
| Other income | - | 414 | - | 414 | 261 |
| | <u>-</u> | <u>17,213</u> | <u>-</u> | <u>17,213</u> | <u>23,717</u> |
| (c) Investment income | | | | | |
| Interest receivable | - | 49 | - | 49 | 46 |
| | <u>-</u> | <u>49</u> | <u>-</u> | <u>49</u> | <u>46</u> |
| | <u>1,000</u> | <u>30,885</u> | <u>-</u> | <u>31,885</u> | <u>37,026</u> |

3. (a) Trustee/Directors' remuneration

Trustees are not permitted to receive any remuneration under the Articles of the company. Hence, no remuneration was paid in the period. Trustees are all directors. Member trustees are all Psychotherapists; who pay subscription fees to the organisation to maintain their membership – 2020: £9,700 (2019: £9,700). Clients are assessed and passed on to suitable therapists who will then pay the organisation a referral fee – 2020: £3,517 (2019: £6,507). Two referral therapists (also members) are paid by the organisation for their referral work 2020: £8,710 (2019 £10,316).

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2020 (continued)

| | 2020 £ | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
|--|------------|---------------|------------|---------------|---------------|
| | Restricted | Unrestricted | Designated | Total | Total |
| 4(a). Costs directly related to charitable activities | | | | | |
| Referrals Therapists | - | 8,710 | - | 8,710 | 10,316 |
| Staff training | - | 300 | - | 300 | - |
| Rent and rates | - | 4,785 | - | 4,785 | 6,020 |
| | <u>-</u> | <u>13,795</u> | <u>-</u> | <u>13,795</u> | <u>16,336</u> |
| 4(b). Administration costs | | | | | |
| Professional fees | - | 7,542 | - | 7,542 | 7,250 |
| Bookkeeper | - | 1,000 | - | 1,000 | 780 |
| Insurances | - | 678 | - | 678 | 654 |
| Fundraising costs | - | - | - | - | 226 |
| PPS | - | 205 | - | 205 | 38 |
| Telephone | - | 666 | - | 666 | 745 |
| Trustee and governance costs | - | 505 | - | 505 | 353 |
| Website development | - | 2,511 | - | 2,511 | 1,366 |
| Sundries | - | 120 | - | 120 | 305 |
| Independent examiners fees | - | 624 | - | 624 | 612 |
| | <u>-</u> | <u>13,851</u> | <u>-</u> | <u>13,851</u> | <u>12,329</u> |
| | <u>-</u> | <u>27,646</u> | <u>-</u> | <u>27,646</u> | <u>28,665</u> |

THE INNER CITY CENTRE

Notes to the financial statements For the year ended 31st July 2020 (continued)

| | 2020 | 2019 |
|---|---------------|---------------|
| | £ | £ |
| 5. Cash in hand and at bank | | |
| Business Premium Account | 19,926 | 15,132 |
| Community Account | 500 | 500 |
| P10 Account | <u>15,183</u> | <u>15,159</u> |
| | <u>35,609</u> | <u>30,791</u> |
| 6. Creditors - amounts falling due within one year | | |
| Income in advance | 5,400 | 4,200 |
| Sundry | - | 1,131 |
| Accountants | <u>1,122</u> | <u>612</u> |
| Total accruals | <u>6,522</u> | <u>5,943</u> |

7. Capital Fund

The company is limited by guarantee. That guarantee is restricted to £1 per member. The company is disbarred by its Articles of association from making a distribution to its members. The capital funds are represented primarily by money in the bank.

Unrestricted

General

| | |
|-------------------------------|---------------|
| Balance at 1st August 2018 | 9,328 |
| Surplus for the year | 3,239 |
| Transfer from Designated Fund | - |
| | <u>12,567</u> |

Designated

| | |
|-------------------------------|---------------|
| Balance at 1st August 2018 | 10,600 |
| Deficit for the year | - |
| Transfer from Designated Fund | - |
| | <u>10,600</u> |

Restricted

| | |
|---------------------------------|--------------|
| Balance at 1st August 2018 | 4,920 |
| Surplus/ (Deficit) for the year | <u>1,000</u> |
| | <u>5,920</u> |

| | |
|--------------|---------------|
| Total | <u>29,087</u> |
|--------------|---------------|

The restricted fund represents the value of grants received for the purpose of providing bursaries for people who are in low-paid work or part time employment.