

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

England & Wales · Charity number 1064132

Details

Other names THE LIGHT HOUSE

Status Registered

Legal form Charitable company

Company number [03236785](#)

Registered 1997-08-27

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

Contact

Address The Light House
1a Argyll Street
Coventry
CV2 4FJ

Phone 02476440095

Website www.lighthousechristiancare.co.uk

Activities

Objects: TO ADVANCE THE CHRISTIAN FAITH IN AND AROUND THE CITY OF COVENTRY AND ELSEWHERE; TO ADVANCE EDUCATION GENERALLY IN THE CHRISTIAN FAITH; AND TO RELIEVE POVERTY AND DISTRESS AMONG HOMELESS PERSONS WHO ARE IN NECESSITOUS CIRCUMSTANCES BY THE PROVISION OF TEMPORARY ACCOMMODATION

Activities: Counselling Agency

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** CITY OF COVENTRY AND ELSEWHERE
- Coventry City
- Warwickshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£151,461	£149,624	-	-
2024-03-31	£127,867	£156,285	-	-
2023-03-31	£143,101	£132,681	-	-
2022-03-31	£151,159	£128,940	-	-
2021-03-31	£124,723	£114,064	-	-

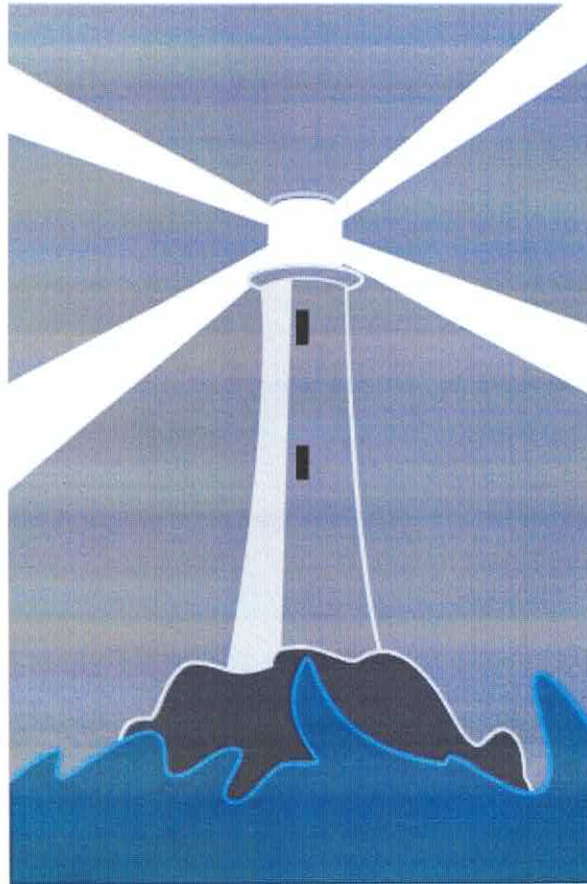
Trustees

Name	Role	Appointed
JOHN RAYMOND BANKS	Chair	
Christopher Clark		2026-04-09
Glenn Lowde		2026-04-09
Hameedat Rasheed		2026-04-09
Heather Howell		2018-01-17
MARTIN MASON		
Mark Cooper		2026-04-09
Robert Grainger		2026-04-09

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

England & Wales - Charity number 1064132

Accounts



Report of The Trustees and unaudited Financial Statements for the year ended 31st March 2025

For

The Light House (Christian Care Ministry) Trust Limited

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2025

The Trustees who are also directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that year. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PURPOSE AND ACTIVITIES

Purpose and aims

The main purpose is the provision of professional, accessible and affordable counselling.

The way in which the Charity achieves this it's purpose:

1. Through restoring psychological, emotional, spiritual, and physical health
2. Through alleviating individual suffering and distress
3. Through improving the quality of human relationships

Grant making

No grants were made in the year under review.

Main activities

During the year under review, the Charity has continued to realise these objectives through providing a counselling service for the advancement of health or saving of lives.

The Light House vision continues to be to see a world where people are emotionally, psychologically and spiritually well and are enabled and supported to reach their full potential. Our mission is to provide affordable, accessible quality counselling to all in need. Our aim is to provide a safe, non-judgemental space of acceptance and empathic understanding, to relieve and provide relief from distress or suffering, to promote emotional health and wellbeing, to enable healthier relationships and to remove the 'not good' of feeling alone.

Our Agency is based in Coventry and provides a general counselling service to the people of Coventry, Warwickshire and surrounding areas and is a service that is open to all adults over the age of 18 regardless of age, gender, ethnicity, sexual orientation or disability and to people of faith or none.

The Charity continues to provide clinical supervision to our in-house Associate (volunteers) Counsellors, who all hold a professional qualification and to Student Counsellors who are with us on placement whilst they are studying for their counselling qualifications. We also provide supervision to counsellors who are external to The Light House, which provides an extra source of income to the Agency.

The Light House is able to see clients who require counselling support for a wide range of issues, including, but not limited to anxiety, depression, stress, trauma, abuse of all kinds, bereavement, loss and relationship issue, which also includes couples.

We aim to provide a very high standard of professionalism and expertise in our counselling practice. Regular Clinical Supervision is a requirement for all counsellors by their respective professional bodies, such as BACP, ACC and UKCP. All Light House counsellors have regular monthly clinical supervision, both as a requirement and also as a commitment to continue to maintain ethical and safe practice.

The demand for our service throughout this financial year continued to be high, which is due in part to being a long established charity in Coventry since 1986 and being known as a counselling service that is both professional and affordable. Both in-person counselling and online sessions are something that we have continued to provide, to ensure the service is accessible to all.

VOLUNTEERS

The Trustees would once again like to express our most grateful thanks to the Counselling Staff, Fund Raiser, Administrative Personnel, and all its volunteers (counsellors and administration), for their commitment to making a difference in the lives of those who call on The Light House for its services. Without our Volunteers The Light House would not be able to see as many clients each year, as we currently do. Our volunteers are the life blood of our charity and we would not function

well without them. Additional funding allows us to provide a bursary to those clients who would struggle to access counselling elsewhere, due to their inability to pay. Gaining funding to cover our core costs continues to be very challenging, but essential to our continued existence as a counselling service.

ACHIEVEMENTS AND PERFORMANCE

During the year to 31 March 2025 the following client numbers were served. Equivalent 2023-24 figures in are in brackets where available.

243 (237) initial assessment interviews were carried out, of which 21 were couples, with 241 individuals and 20 couples going on to receive counselling. This is in addition to those continuing to receive counselling from the previous year making a total of 340 clients counselled.

The employment status and household income of clients is as shown below, resulting in many of them being unable to pay the minimum requested fee of £20 per session.

Employment Status			
	24/25	23/24	
Full time paid employment	110	32%	34%
Unemployed not looking for work	53	16%	14%
Part-time paid employment	51	15%	15%
Unemployed looking for work	29	9%	8%
Retired	27	8%	8%
Self Employed	17	5%	7%
Student - not employed	17	5%	6%
Homemaker	12	4%	3%
Voluntary/Missional Work	12	4%	2%
Student - Casual part time employment	6	2%	2%
Casual employment	5	1%	1%
Unanswered	1	0%	
	340		

Household Income			
	24/25	23/24	
Up to £10,000	89	26%	29%
£10,001 - £15,000	51	15%	11%
£15,001 - £20,000	25	7%	9%
£20,001 - £25,000	27	8%	9%
£25,001 - £30,000	35	10%	9%
£30,001 - £35,000	29	9%	8%
£35,001 - £40,000	19	6%	4%
£40,001 - £45,000	8	2%	2%
£45,001 - £50,000+	54	16%	17%
Unanswered	3	1%	1%
	340		

Clients on 1 or more benefits			
	24/25	23/24	
No	218	64%	65%
Yes	121	36%	34%
unanswered	1	0%	1%
Total	340		

Additionally, those clients in receipt of benefits were as shown to the left.

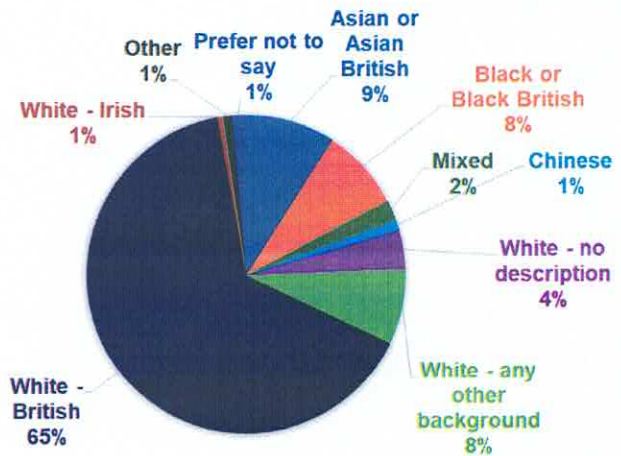
A counselling session at The Light House costs £45, inclusive of all organisation costs. The Light House needs to meet the deficit in funding for any client fee that falls short of the £45 it costs us to provide. Many of our clients are unable to cover the full cost of their counselling sessions. One way we aim to continue to enable people with limited financial resources to receive our support is by using bursary funding that has been sought for specific areas. Current examples include retirees, (Twilight), 18–25-year-olds (Bridges) and those with a disability (Pathlight). These Bursaries are a way by which a client can pay £5 per session for 6-8 sessions rather than our minimum £20 session fee.

Another means by which we can support clients who are struggling financially is via The Light House Support fund. This is a fund that is made up of grants and donations and enables Light House to offer reduced cost counselling to those in need who may not qualify for a bursary or perhaps still require

counselling support after their bursary funding has ended. Financial challenges can compound anxiety and stress (our highest presenting factor) so we are working hard to continue to deliver affordable and accessible counselling to those in need. We continue to believe that good mental, emotional and relational health should not be the privilege of those who are not financially compromised.

Light House assessment interviews are carried out by members of the staff counselling team and each client is assessed to ensure that there is no risk of harm to the client either from themselves or others, that there is no risk of harm to the counsellor or Agency and are also assessed to ensure that the client is able to benefit from counselling and that there is no psychopathology present that may also impact on the client’s ability to benefit from counselling. If a client is also accessing psychological services, then the client’s psychiatrist or psychologist would be contacted to ensure that they are in agreement that counselling will benefit them and there are no other risk factors we should be aware of.

The Agency continues to work with all communities in the area, and although the majority of clients (65%) still fall into the ‘White/White British’ category, a full breakdown by ethnicity is as shown.



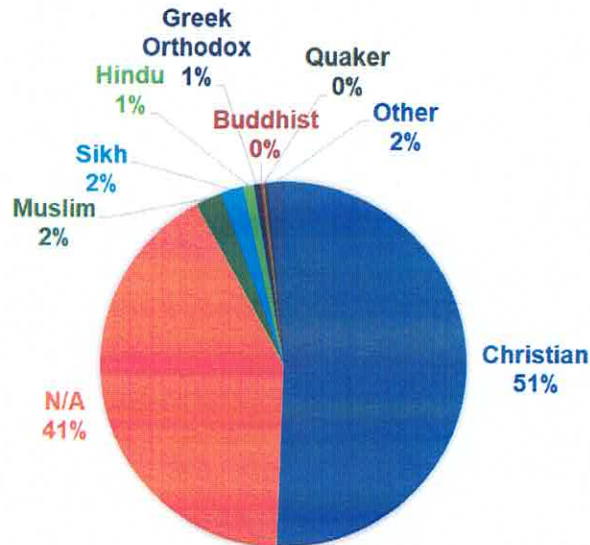
	Gender		
		24/25	23/24
Female	209	61%	61%
Male	129	38%	37%
Prefer not to say	2	1%	2%
	340		

The Light House is pleased to note that many men are now more comfortable in accessing counselling to help resolve some of the issues they face as evidenced in this table.

With regard to age, the largest group still fall within the 18-24 and 25-29 year old categories. Coventry is very much a University town, with both Coventry & Warwick universities within the city of Coventry which may well explain this situation, with students struggling to cope with the pressures of study, managing finances and being away from home, all of which were impacting on their mental health.

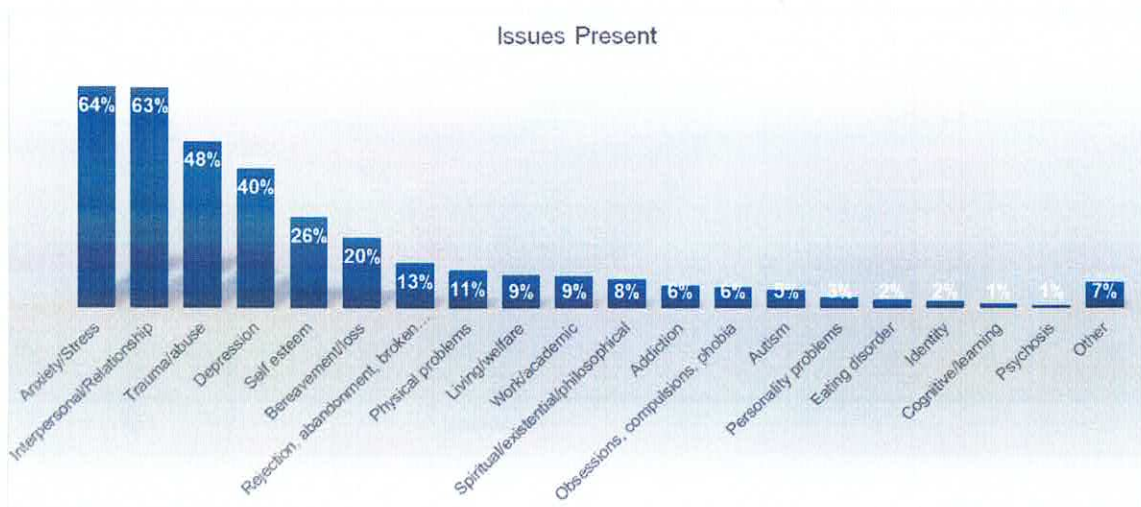
Age Bracket	24/25		23/24	
	Count	Percentage	Count	Percentage
17	1	0%	0	0%
18-24	59	17%	18	18%
25-29	51	15%	15	15%
30-34	41	12%	13	13%
35-39	41	12%	12	12%
40-44	24	7%	9	9%
45-49	30	9%	8	8%
50-54	33	10%	6	6%
55-59	17	5%	7	7%
60-64	17	5%	5	5%
65-69	10	3%	2	2%
70-74	4	1%	2	2%
75+	12	4%	2	2%
	340			

Although 51% of The Light House clients report to be of Christian faith, we are encouraged that those of other faiths and none make up almost half of our client base.



It is perhaps worthy of note that 80% of Light House clients report that they have received support from no other services, whilst only 4% have received support from Social Services, 3% from Community Mental Health, 1% each from Mind and CGL, with 11% from others and 1% having not answered the question.

Of the Issues present in clients, Anxiety/Stress and Interpersonal/Relationship issues stand out at the top with the full breakdown of Issues shown below. The Light House counsellors work from a trauma informed approach, so rather than the question “What’s wrong with you?” the question is “What’s happened to you?” this removes any sense of blame or judgement that the client may feel if asked the first question.



Of the 184 clients who ended counselling during the year the following feedback was received from all or a subset of clients.

Outcomes			
		24/25	23/24
Resolution of all relevant (Mutual)	80	43%	43%
Resolution of some, not all (Mutual)	57	31%	25%
Problems unresolved (Counsellor decision)	17	9%	5%
Problem unresolved wellbeing improved	13	7%	10%
Problems unresolved (client decision)	12	7%	15%
not answered	2	1%	0%
Referred to another service	2	1%	0%
n/a	1	1%	1%
	184		

Has your involvement with The Light House reduced the need to access NHS services for Mental/emotional health

Yes	35	76%
No	11	24%
	46	

I received the help that mattered to me

		24/25	23/24
Strongly agree	68	70%	86%
Agree	26	27%	11%
Disagree/Agree	2	2%	1%
Disagree	0	0%	0%
Strongly disagree	1	1%	1%
	97		

Below are some of the comments received from clients ending their counselling.

Welcomed and felt at ease. Everything explained clearly and the procedures.
 Still have a lot of traumas to work through and issues
 I have been diabetic for over 22 years it has only got worse, never improved for long. Along with that I have other issues a long side diabetes. Been going through Peri menopause last 5/6 years

Welcomed brilliantly by staff
 My counsellor has been absolutely brilliant and supportive and fantastic
 No need to access other NHS services

The nhs give absolutely no help at all even when asked

very clear and effective communication
 My relationship has significantly improved and in a much better place emotionally.

The sessions have helped me address the helplessness I have felt in some situations.
 I have used mental health counselling services but this has been more helpful.

My counsellor asked helpful and insightful questions that allowed me to reflect and process difficult issues. I have found a new stability in my emotions and relationships that has been tested. She listened to me and helped me to summarise and direct my thoughts and feelings.

was very welcomed and well informed of the process.
 My counsellor helped me realise I can only control my actions and not those of others and how to deal with them appropriately.

The following is a typical story of a client receiving counselling at the Light House –

“I came to The Light House as I felt so low. I was in an abusive/controlling relationship and was crying all the time, I felt like there was no way out. Then I lost my mother and I have never felt so low. My daughter kept me going, but inside I felt like I was dying and unable to grieve the loss of my mother because of the abuse I was being put through. Since I came for counselling I felt I could open up and talk without feeling ashamed, I could talk about things I felt too embarrassed to tell friends and family. I've realised how to break free from toxic relationships and break the cycle I have been in for many years due to childhood trauma. Physically and emotionally I feel so much better and have been able to grieve the loss of my mother and find myself again being free from abuse and finding some self-love/respect that had been lost.”

Other Activities & Information

A talk on managing stress was given to the local community within the Two Tone village on Ball Hill in Coventry. A volunteer BBQ was held to express our thanks to the Light House Volunteers for their commitment which so greatly supports the work of the Light House. Two training seminars were held for volunteer and staff counsellors; one in conjunction with Relate and Haven, and one on infant loss.

We extend our grateful thanks to the Grant Making Trusts that have supported The Light House during this financial year.

At the close of the financial year the permanent staff numbered 1 full-time Counsellor/Manager, 4 part-time Staff Counsellors, plus 2 part-time Staff Administrators, 1 part-time Fundraiser and a Cleaner. The staff were ably assisted by 22 volunteer counsellors, comprised mainly of qualified counsellors and a small number of students who were on placement with the agency as a requirement of their training provider, whilst studying for a counselling qualification.



Charity registration number 1064132 (England and Wales)

Company registration number 3236785

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	John Banks Martin Mason Heather Howell James Rose Shirene Agbelusi
Charity number (England and Wales)	1064132
Company number	3236785
Principal address	1A Argyll Street Coventry West Midlands CV2 4FJ
Registered office	1A Argyll Street Coventry West Midlands CV2 4FJ
Independent examiner	Amanda Asbury FCCA 16 Emily Allen Road Coventry CV6 2PN

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

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THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

I report to the trustees on my examination of the financial statements of The Light House (Christian Care Ministry) Trust Limited (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

A L Asbury
A L Asbury (Dir: 12, 2025 08:34:51 GMT)
Amanda Asbury FCCA
16 Emily Allen Road
Coventry
CV6 2PN

12/12/25
Date

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income and endowments from:							
Donations and legacies	3	124,166	14,000	138,166	98,871	19,291	118,162
Other trading activities	4	208	-	208	-	-	-
Investments	5	124	-	124	155	-	155
Other income	6	12,963	-	12,963	9,550	-	9,550
Total income		<u>137,461</u>	<u>14,000</u>	<u>151,461</u>	<u>108,576</u>	<u>19,291</u>	<u>127,867</u>
Expenditure on:							
Raising funds	7	16,425	-	16,425	15,046	-	15,046
Charitable activities	8	112,834	20,365	133,199	120,218	21,021	141,239
Total expenditure		<u>129,259</u>	<u>20,365</u>	<u>149,624</u>	<u>135,264</u>	<u>21,021</u>	<u>156,285</u>
Net income/(expenditure) and movement in funds		8,202	(6,365)	1,837	(26,688)	(1,730)	(28,418)
Reconciliation of funds:							
Fund balances at 1 April 2024		47,711	144,945	192,656	74,399	146,675	221,074
Fund balances at 31 March 2025		<u>55,913</u>	<u>138,580</u>	<u>194,493</u>	<u>47,711</u>	<u>144,945</u>	<u>192,656</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	13		134,586		136,748
Current assets					
Debtors	14	301		780	
Cash at bank and in hand		62,827		59,167	
		<u>63,128</u>		<u>59,947</u>	
Creditors: amounts falling due within one year	15	<u>(3,221)</u>		<u>(4,039)</u>	
Net current assets			<u>59,907</u>		<u>55,908</u>
Total assets less current liabilities			<u>194,493</u>		<u>192,656</u>
The funds of the charity					
Restricted income funds	17		138,580		144,945
Unrestricted funds	18		55,913		47,711
			<u>194,493</u>		<u>192,656</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The director acknowledges their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 11/12/22


John Banks Dec 11, 2022 12:40:55 GMT+0
John Banks
Trustee


James Rose Dec 11, 2022 12:55:24 GMT+0
James Rose
Trustee

Company registration number 3236785 (England and Wales)

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

The Light House (Christian Care Ministry) Trust Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 1A Argyll Street, Coventry, West Midlands, CV2 4FJ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: 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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and property	no depreciation
Improvements to property	10% straight line basis
Fixtures and fittings	20% straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Winding up of the trust

In early 1996 the Trustees took a decision to change the legal status of the Charity from a Trust to a Company Limited by Guarantee. This Company was registered on the 12th August 1996 and the agreements relating to the premises were drawn up in its name. There were delays in obtaining Charity Commission registration for the Company however and consequently the Trust has continued to operate as before. On 31st March 1998 the Trustees executed a Supplementary Deed which wound up the Trust and passed all its operations and assets to the Charitable Company which will continue the Charity's operations henceforth.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

3 Donations, legacies & activities

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Donations and gifts	51,192	-	51,192	29,454	120	29,574
Grants received	60,117	14,000	74,117	57,786	19,171	76,957
Membership fees	3,890	-	3,890	5,340	-	5,340
Rental Income	420	-	420	-	-	-
Gift aid	2,896	-	2,896	3,327	-	3,327
Work for other organisations	5,651	-	5,651	2,964	-	2,964
	<u>124,166</u>	<u>14,000</u>	<u>138,166</u>	<u>98,871</u>	<u>19,291</u>	<u>118,162</u>

4 Income from other trading activities

	Unrestricted funds	Unrestricted funds
	2025	2024
	£	£
Fundraising events	<u>208</u>	<u>-</u>

5 Income from investments

	Unrestricted funds	Unrestricted funds
	2025	2024
	£	£
Interest receivable	<u>124</u>	<u>155</u>

6 Other income

	Unrestricted funds	Unrestricted funds
	2025	2024
	£	£
Sundry expenses	7,963	4,550
Employers allowance	5,000	5,000
	<u>12,963</u>	<u>9,550</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Other fundraising costs	-	177
Staff costs	16,425	14,869
	<u>16,425</u>	<u>15,046</u>

8 Expenditure on charitable activities

	Counselling & support services 2025 £	Counselling & support services 2024 £
Direct costs		
Staff costs	103,623	98,238
Depreciation and impairment	2,162	3,257
Membership fees	2,446	2,689
Supervision & training	4,024	6,145
Catering	614	721
Volunteer expenses	1,636	1,513
Insurance	1,937	1,714
Repairs & renewals	2,748	10,088
Utilities	4,567	5,662
Rates & water	1,386	1,016
Office & admin costs	2,437	3,602
Telephone, internet & IT	2,335	2,182
Health & safety	490	1,747
Professional fees	-	161
Sundry costs	1,578	1,119
Bank Charges	1,216	1,285
	<u>133,199</u>	<u>141,139</u>
Share of support and governance costs (see note 9)		
Governance	-	100
	<u>133,199</u>	<u>141,239</u>
Analysis by fund		
Unrestricted funds	112,834	120,218
Restricted funds	20,365	21,021
	<u>133,199</u>	<u>141,239</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

9 Support costs allocated to activities

	2025 £	2024 £
Governance costs	-	100
Analysed between:		
Counselling & support services	-	100

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year for their role as Trustees.

Payments made to Trustees

Anthony Howarth, a trustee of the charity, received remuneration of £15,942 in the year (2024 - £14,521). This was paid according to his employment of contract, as a counsellor, with the charity and has been made with the provision in the governing document of the charity. Employers national insurance on this remuneration was £945 (2024 - £748).

No payments for benefits or pensions were made to the trustees on the year (2023 - none).

11 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Manager	1	1
Counsellors	5	5
Administration	3	3
Total	9	9

Employment costs

	2025 £	2024 £
Wages and salaries	113,952	107,214
Social security costs	5,237	5,187
Other pension costs	859	706
	120,048	113,107

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel in the year was gross remuneration £32,763 (2024 £29,843), employers national insurance £3,266 (2024 £2,863 and employers pension nil (2024- nil)

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

12 Taxation

The charity is a registered charity and is therefore exempt from taxation.

13 Tangible fixed assets

	Land and property £	Improvements to property £	Fixtures and fittings £	Total £
Cost or valuation				
At 1 April 2024	129,160	6,950	7,330	143,440
At 31 March 2025	129,160	6,950	7,330	143,440
Depreciation and impairment				
At 1 April 2024	-	1,391	5,302	6,693
Depreciation charged in the year	-	695	1,466	2,161
At 31 March 2025	-	2,086	6,768	8,854
Carrying amount				
At 31 March 2025	129,160	4,864	562	134,586
At 31 March 2024	129,160	5,560	2,028	136,748

The carrying value of land included in land and buildings comprises:

	2025 £	2024 £
Freehold property	129,160	129,160

Land and buildings with a carrying amount of £129,160 were revalued at 1st April 2020 by the trustees on an open market value for existing use basis.

At 31 March 2025, had the revalued assets been carried at historic cost less accumulated depreciation and accumulated impairment losses, their carrying amount would have been approximately £69,160 (2024 - £69,160).

14 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Trade debtors	301	780

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

15 Creditors: amounts falling due within one year

	2025 £	2024 £
Other taxation and social security	855	1,227
Trade creditors	1,001	1,519
Other creditors	1,165	1,093
Accruals and deferred income	200	200
	<u>3,221</u>	<u>4,039</u>

16 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	859	706
	<u>859</u>	<u>706</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
Premises fund	129,160	-	-	129,160
Core costs grant	1,097	-	(1,097)	-
William Cadbury	199	-	-	199
Arnold Clark	-	1,000	-	1,000
Heart of England	-	2,000	(2,000)	-
Hope Hub	3,135	-	(640)	2,495
Alfred Hunt	4,000	8,000	(9,930)	2,070
Edward Cadbury	3,000	-	(703)	2,297
General Charities Coventry	1,062	-	(1,062)	-
Cole Charitable Trust	-	1,500	(1,500)	-
Baron Davenport	1,370	-	(810)	560
Alfred Haynes	250	500	-	750
WED Trust	500	-	(500)	-
WPH Trust	65	-	(16)	49
Grace	440	1,000	(1,440)	-
Screwfix	667	-	(667)	-
	<u>144,945</u>	<u>14,000</u>	<u>(20,365)</u>	<u>138,580</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

17 Restricted funds

(Continued)

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
Premises fund	129,160	-	-	129,160
Core costs grant	2,193	-	(1,096)	1,097
William Cadbury	-	1,000	(801)	199
Harry Payne	1,000	-	(1,000)	-
Hope Hub	4,135	121	(1,121)	3,135
Alfred Hunt	-	4,000	-	4,000
Edward Cadbury	-	3,000	-	3,000
General Charities Coventry	1,427	4,000	(4,365)	1,062
Grant Making Trusts - Awards For All	7,890	-	(7,890)	-
Baron Davenport	650	720	-	1,370
Alfred Haynes	-	750	(500)	250
WED Trust	220	500	(220)	500
WPH Trust	-	1,000	(935)	65
Grace	-	500	(60)	440
Screwfix	-	2,700	(2,033)	667
Light House Support Fund	-	1,000	(1,000)	-
	<u>146,675</u>	<u>19,291</u>	<u>(21,021)</u>	<u>144,945</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

17 Restricted funds

(Continued)

Description, Nature and Purpose of Restricted Funds

- Premises Fund - to carry out operational activities of the trust.
- Heart of England - grant for purchase a telephone system to enable more remote counselling which includes Wi-Fi in every room & laptops for video sessions.
- Hope Hub - Fund for clients that come direct from the Hope Hub in Coventry for counselling.
- General Charities Coventry - This funding provided counselling sessions for 18 to 25 year olds who were experiencing anxiety and depression.
- Grant Making Trusts - Awards for all was for counsellor clinical supervision and training costs, professional fees, and volunteer expenses.
- Garfield Weston - to be used for our general core costs.
- Barron Davenport - was our 'Twilight' fund for clients who were aged over 65 years old to provide sessions of counselling at reduced rates.
- Alfred Haynes - was for our 'Bridges' bursary fund for 18 to 25 year olds who were experiencing anxiety and depression.
- CB & HH Talyor - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- WED Trust - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- Heart of England - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- William Cadbury – The Bridges Bursary Fund for 18 – 25's. who present with issues of Anxiety, Depression & Stress
- Coventry General Charities – Bridges Bursary
- WPH Trust – Bridges Bursary
- Albert Hunt – Bridges Bursary
- Edward Cadbury – Bridges Bursary
- Alfred Haynes – Bridges Bursary
- Arnold Clarke - Bridges Bursary
- Cole Charitable Trust - to be used for our general core costs.
- Baron Davenport – Twilight Bursary Fund for people over the age of 65 who can have 6 sessions at £5 per session
- Grace Trust – Pathlight Bursary fund for people with a Learning/Physical/Mental Health Disability can have 8 sessions at £5 per session.
- Screwfix grant – Grant for repairs to the building.
- Light House Support Fund - used to support clients who are unable to pay for sessions

18 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
General funds	47,711	137,461	(129,259)	55,913

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

18 Unrestricted funds (Continued)

Previous year:	At 1 April 2023	Incoming resources	Resources expended	At 31 March 2024
	£	£	£	£
General funds	74,399	108,576	(135,264)	47,711

19 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 31 March 2025:			
Tangible assets	5,426	129,160	134,586
Current assets/(liabilities)	50,487	9,420	59,907
	<u>55,913</u>	<u>138,580</u>	<u>194,493</u>
	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 31 March 2024:			
Tangible assets	6,491	130,257	136,748
Current assets/(liabilities)	41,220	14,688	55,908
	<u>47,711</u>	<u>144,945</u>	<u>192,656</u>

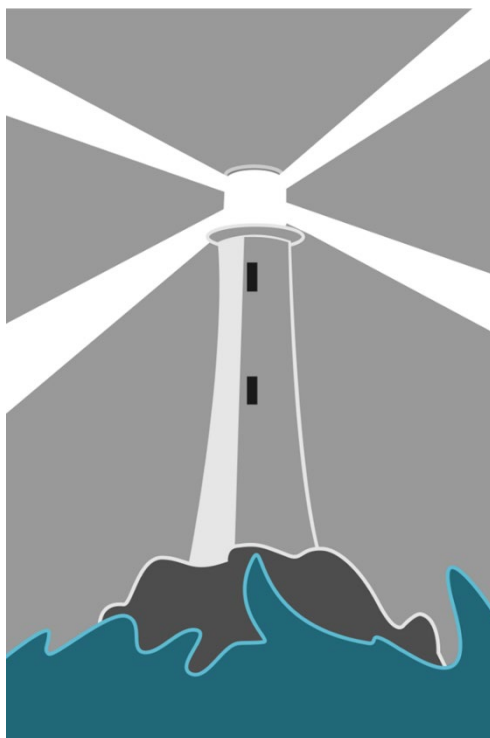
20 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

England & Wales - Charity number 1064132

Accounts



Report of The Trustees and unaudited Financial Statements for the year ended 31st March 2024

For

The Light House (Christian Care Ministry) Trust Limited

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

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**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

LEGAL AND ADMINISTRATIVE DETAILS

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

Registered Office:

1a Argyll Street
Coventry
West Midlands
CV2 4FJ

Trustees

Mrs J Banks (Chairman)
Mr M Mason
Mrs H Howell
Mr A Howarth
Mr J Rose
Mrs S Agbelusi (appointed Oct 2023)

Company Secretary

Mr M Mason

Independent Examiner

Amanda Asbury – FCCA
16 Emily Allen Road
Coventry
CV6 2PN

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

The Trustees who are also directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that year. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PURPOSE AND ACTIVITIES**Purpose and aims**

The main purpose is the provision of professional, accessible and affordable counselling.

The way in which the Charity achieves this it' purpose:

1. Through restoring psychological, emotional, spiritual, and physical health
2. Through alleviating individual suffering and distress
3. Through improving the quality of human relationships

Main activities

During the year under review, the Charity has continued to realise these objectives through providing a counselling service for the advancement of health or saving of lives.

Grant making

No grants were made in the year under review.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2024

The Light House vision continues to be to see a world where people are emotionally, psychologically and spiritually well and are enabled and supported to reach their full potential. Our mission is to provide affordable, accessible quality counselling to all in need. Our aim is to provide a safe, non-judgemental space of acceptance and empathic understanding, to relieve and provide relief from distress or suffering, to promote emotional health and wellbeing, to enable healthier relationships and to remove the 'not good' of feeling alone.

Our Agency is based in Coventry and provides a general counselling service to the people of Coventry, Warwickshire and surrounding areas and is a service that is open to all adults over the age of 18 regardless of age, gender, ethnicity, sexual orientation or disability and to people of faith or none.

The Charity continues to provide clinical supervision to our in-house Associate (volunteers) Counsellors, who all hold a professional qualification and to Student Counsellors who are with us on placement whilst they are studying for their counselling qualifications. We also provide supervision to counsellors who are external to The Light House, which provides an extra source of income to the Agency.

The Light House provides a general counselling service to the people of Coventry and its surrounding areas. We are able to see clients who require counselling support for a wider range of issues, including, but not limited to anxiety, depression, stress, trauma, abuse of all kinds, bereavement, loss and relationship issue, which includes couples. This wider range of issues provides our Student Counsellors with great depth and breadth in experiences, likely more so than working with an agency specializing in one area, such as bereavement. We aim to provide a very high standard of professionalism and expertise in our counselling practice. Regular Clinical Supervision is a requirement for all counsellors by their respective professional bodies, such as BACP, ACC UKCP etc. All Light House counsellors have regular monthly clinical supervision, both as a requirement and also as a commitment to continue to maintain ethical and safe practice.

The demand for our service throughout this financial year continued to be high, which is due in part to being a long established charity in Coventry since 1986 and being known as a counselling service that is both professional and affordable. We have been pleased during this year that the return to in-person counselling has continued to grow, with far fewer clients wanting to have an online appointment. However online sessions are something that we have continue to provide, to ensure the service is accessible to all.

During this financial year we had some damage to our roof, which was caused by a severe storm of very strong winds and heavy rain. This resulted in some of our roof tiles becoming loose and allowing water ingress into our roof space, which caused damage to the ceiling and room below. This meant that the roof had to be repaired, the ceiling and carpet replaced and the room redecorated. We were very grateful to our insurers (Folgate) for their speedy response and to Brick Scape Builders, who carried out the work quickly and efficiently, which enabled the counselling room to be in action once again after a minimal delay.

VOLUNTEERS

The charity on behalf of the Trustees would once again like to express our most grateful thanks to the Counselling Staff, Administrative Personnel, and all its volunteers (counsellors and administration), for their

**TRUSTEES’ REPORT (INCLUDING DIRECTORS’ REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

commitment to making a difference in the lives of those who call on The Light House for its services. Without our Volunteers The Light House would not be able to see as many clients each year, as we currently do. Our volunteers are the life blood of our charity and we would not function well without them.

The Trustees would once again like to express their personal thanks to The Light House Fundraiser, who has worked tirelessly to generate additional funds for our ongoing work, in what have been increasingly difficult and challenging times to try and gain sufficient income to maintain our counselling service. Additional funding allows us to provide a bursary to those clients who would struggle to access counselling elsewhere, due to their inability to pay. Gaining funding to cover our core costs, continues to be very challenging to access, but essential to our continued existence as a counselling service.

ACHIEVEMENTS AND PERFORMANCE

Equivalent 2022-23 figures in brackets where available.

New Clients

During the year to 31 March 2023, 447 (444) new clients referred to the Light House counselling services, of that number 431 (422) new clients progressed through Initial Assessment to counselling. The number of counselling sessions delivered was 2,618 (2,520). The overall number of counselling sessions that the Agency was able to offer was 3,079(3,040). We carried out 237 (273) initial assessment interviews, and had 318 initial assessment slots available for counselling, of which 81 were unused due to either a client not attending for their counselling without any notification or cancelling an agreed appointment, some were the result of having appointments available but we were unable to match the client availability to the appointment time. The Light House has seen a reduction in the number of clients who did not attend for their assessment appointment without notification, 16 this year, which is a situation that The Light House works hard to maintain.

During this financial year, 52% of clients who were seen for an assessment interview were unable to pay the

Household Income		
Up to £10,000	113	29%
£10,001 - £15,000	43	11%
£15,001 - £20,000	34	9%
£20,001 - £25,000	36	9%
£25,001 - £30,000	33	9%
£30,001 - £35,000	29	8%
£35,001 - £40,000	17	4%
£40,001 - £45,000	9	2%
£45,001 - £50,000+	66	17%
Not answered	4	1%
	384	100%

minimum fee of £20 per session primarily due to 36% of our clients being unemployed and/or in receipt of benefits (34%), 49% of our clients had a household income of less the £20,000 and were in extreme financial hardship. A counselling session at The Light House costs £45, inclusive of all organisation costs. The Light House needs to meet the deficit in funding for any client fee that falls short of the £45 it costs us to provide. Many of our clients are unable to cover the full cost of their counselling sessions.

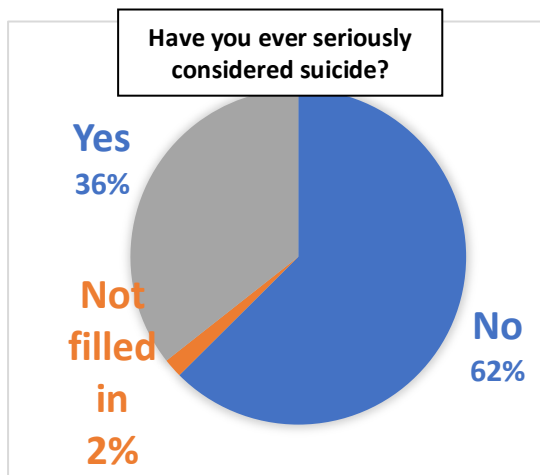
One way we aim to continue to enable people with limited financial resources to receive our support is by using bursary funding that has been sought for specific areas, current examples include retirees, (Twilight)

**TRUSTEES’ REPORT (INCLUDING DIRECTORS’ REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

18–25-year-olds (Bridges) and those with a disability (Pathlight). These Bursaries are a way by which a client can pay £5 per session for 6-8 sessions rather than our minimum £20 session fee.

Another means by which we can support clients who are struggling financially is via The Light House Support fund. This is a fund that is made up of grants and donations and enables Light House to offer reduced cost counselling to those in need who may not qualify for a bursary or perhaps still require counselling support after their bursary funding has ended. Financial challenges can compound anxiety and stress (our highest presenting factor) so we are working hard to continue to deliver affordable and accessible counselling to those in need. We continue to believe that good mental, emotional and relational health should not be the privilege of those who are not financially compromised.

The Light House assessment interviews are carried out by members of the staff counselling team and each client is assessed to ensure that there is no risk of harm to the client either from themselves or others, that there is no risk of harm to the counsellor or Agency and are also assessed to ensure that the client is able to benefit from counselling and that there is no psychopathology present that may also impact on the client’s ability to benefit from counselling. If a client is also accessing psychological services, then the client’s psychiatrist or psychologist would be contacted to ensure that they are in agreement that counselling will benefit them and there are no other risk factors we should be aware of. We want to ensure that we are working with the NHS with those clients we see who are also under their care. During this year we have successfully maintained our aim to see all clients who refer for counselling within a two week period of first contact. Due to having a small number of Student Counsellors, careful consideration is given to allocation of clients, to ensure that Student Counsellors are only given clients who are within their level of competency, our qualified, experienced ‘associate’ counsellors take on the clients who present with more complex issues.



The figures for this financial year for those clients who had seriously considered suicide were 36% as opposed to 35% last year, with 20% who had actually attempted suicide 21% last year, 6% were feeling suicidal at the time of their assessment and 23% had used various methods to self-harm. For those clients who were at immediate risk of harm they were encouraged to speak to their G.P. and a “keeping safe plan” was put in place with them, to try and reduce the risk as much as possible. These clients were ‘fast-tracked’ for counselling as a matter of priority and were placed at the top of our waiting list. It is concerning to know that there has not been any real

drop in the figures of those clients who are seriously considering suicide as a means of dealing with the issues they are struggling with.

Client Story:

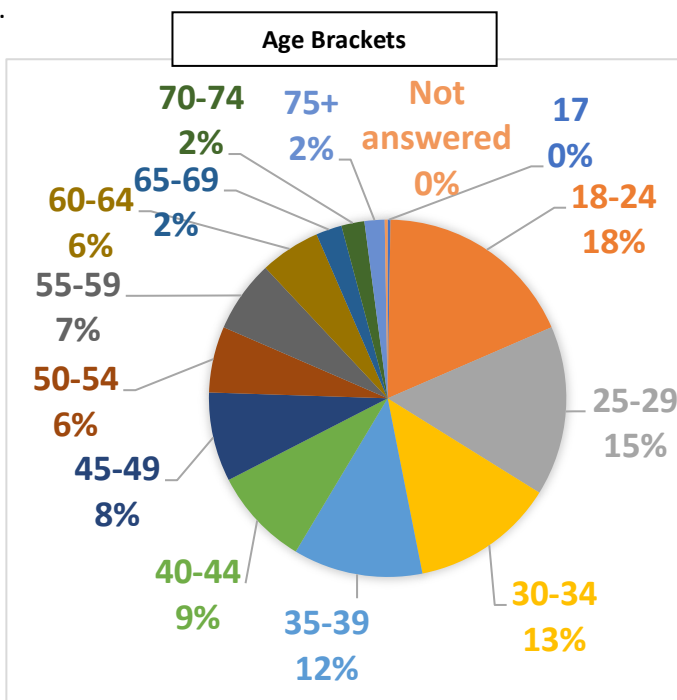
“I came to The Light House as I felt so low. I was in an abusive/controlling relationship and was crying all the time, felt like there was no way out. Then I lost my mother and I have never felt so low. My daughter kept me going, but inside I felt like I was dying and unable to grieve the loss of my mother because of the abuse I was being put through. Since I came for counselling I felt I could open up and talk without feeling ashamed, I could talk about things I felt too embarrassed to tell friends and family. I’ve realised how to break free from toxic relationships and break the cycle I have been in for many years due to childhood trauma. Physically and emotionally I feel so much better and have

**TRUSTEES’ REPORT (INCLUDING DIRECTORS’ REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

been able to grieve the loss of my mother and find myself again being free from abuse and finding some self-love/respect that had been lost.”

The Agency continues to work with all communities in the area, and although the majority of clients (70.5%) still fall into the ‘White/White British’ category, 30% of clients fall into other ethnic groups, which is a slight increase in other ethnicities from the previous year. 61% of our clients identified as female, 37% as male, with 1% identifying as other and 1% who preferred not to say. These figures are very similar to last year and we are pleased to note that many men are now more comfortable in accessing counselling to help resolve some of the issues they face. The Light House clients are made up of 51% of people who report to be of Christian faith, with 49% of our clients reporting to be of a different faith or none. We have clients of different faiths including Sikh, Hindu, Greek Orthodox, Muslim and Buddhist.

The largest group of clients still falls within the 18– 24 age group (18%) a slight drop from last year with those aged 25 – 30 being a further 15%. Coventry is very much a University town, with both Coventry & Warwick universities within the city of Coventry. Many clients within the 18 – 24 age group were students studying at local universities, who were struggling to cope with the pressures of study, managing finances and being away from home, all of which were impacting on their mental health. NHS England reported that during 2023 1 in 5 children aged between 8 and 25 years had a probable mental health disorder. This affected 13.4% of young men between the ages of 20 – 25, and 30.4% of young women. These are again concerning figures for the mental



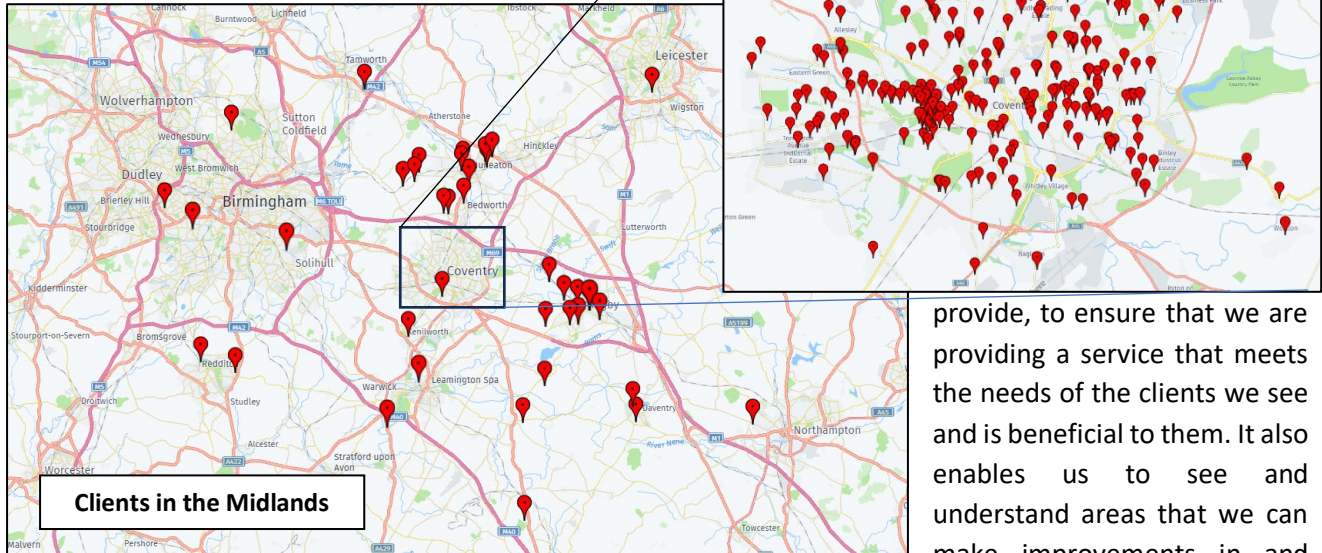
well-being of our young people, and figures that are backed up by our own statistics. Well over a third of our clients are currently being prescribed anti-depressants, tranquilizers or sedatives to help them alleviate the symptom of their poor mental health. Anxiety and Stress at 64% were the most significant presenting issues for clients, closely followed at 60% by clients who were struggling with issues related to their relationship. was Stress and Anxiety, with relationship concerns the second highest concern at 55%. Clients who present for counselling with trauma related issues has also increased. There has been much research in to the affects of trauma on how it affects the body and the mind in recent years and neuroscience has played a large part in the understanding of it. The Light House counsellors work from a trauma informed approach, so rather than the question “What’s wrong with you?” the question is “What’s happened to you?” this removes any sense of blame or judgement that the client may feel if asked the first question.

The Light House continues to work with clients from all age groups from 18 years upwards, with 11% of clients being age 60 and above. 83% of our clients were individuals and 17% of clients were couples who had referred for counselling due to relationship issues.. 34% of our referrals come from Statutory Body’s, which include the NHS (IAPT, GP, Crisis Team & Community Mental Health Teams etc.) and Police & Social Care.

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

Public Benefit – What Difference do we make?

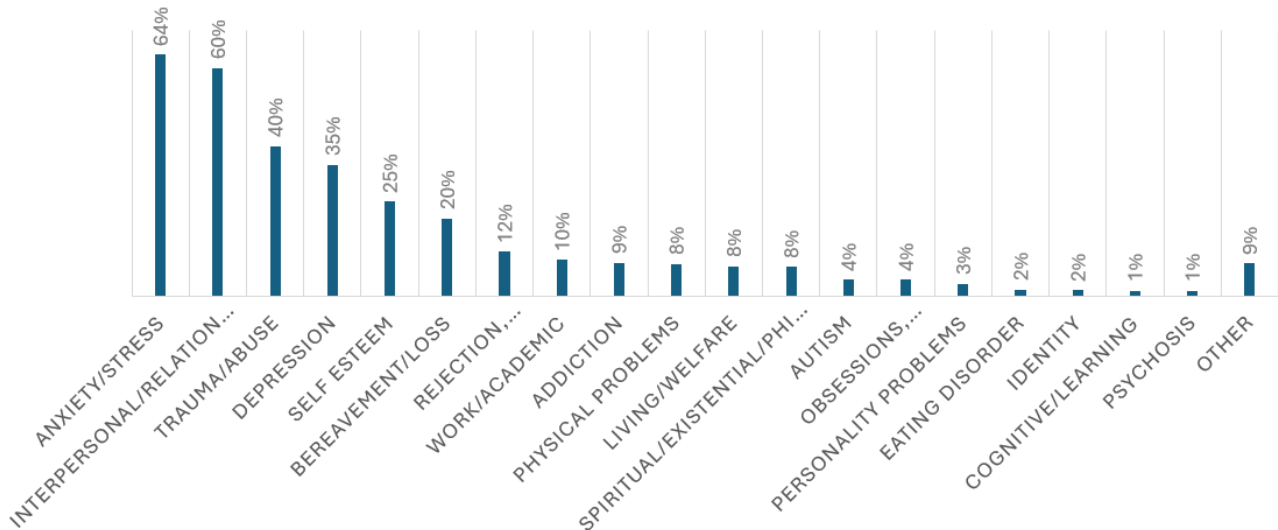
It is important to us as an Agency to gather as much feedback as we can about the service we



provide, to ensure that we are providing a service that meets the needs of the clients we see and is beneficial to them. It also enables us to see and understand areas that we can make improvements in and

where we are doing well. Information is gathered by asking the clients to complete detailed feedback forms. Based on feedback forms given to clients at the end of therapy, we can see that around 79% of clients agree that some or all of their issues have been resolved and their wellbeing improved as a result of the counselling they had received. Clients felt that they had been listened to and had been involved in making choices about their treatment and care. And over 98% of clients said the service had helped them to understand and address

ISSUES PRESENT



their difficulties and had received the help that mattered to them. 99% said that their confidence and self-esteem had improved, 95% felt they were able to function more independently and 94% felt that the therapy they had received had improved their relationship with their partner and 91% felt counselling had improved their relationship with their children. 94% of clients said it had enabled them to feel more in control of their

**TRUSTEES’ REPORT (INCLUDING DIRECTORS’ REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

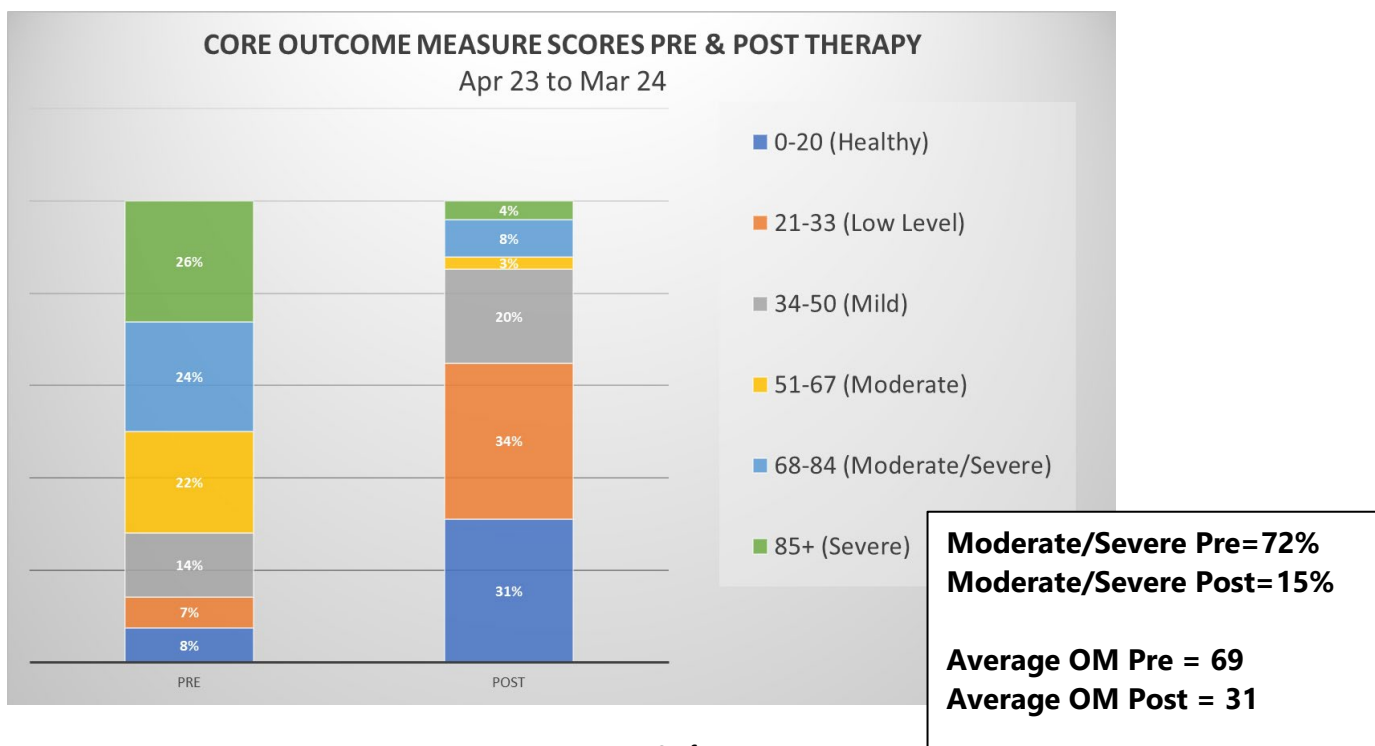
situation and circumstances and 73% of clients it had helped them to consider seeking employment once more, whilst 79% said it had helped them to maintain employment rather than taking time off work for sickness.

Other more detailed questionnaires completed by clients both at the start and end of therapy over the past year indicate that clients have a rating of Moderate/Severe Mental Health before therapy saw a significant drop in their scoring on the PHQ9 from an average score of 11 pre-therapy to 4 post-therapy and on the GAD7 assessment from an average of 13 pre-therapy to 5 post-therapy. Similar improvements have been found when using other questionnaires using Mental Health rating systems as used by the NHS.

Comments made by clients also reinforce the view that we are making a difference to people’s lives through our counselling service. Recent quotes/feedback from clients over the last financial year are as follows:

“When I came to The Lighthouse this time I had complex mental health issues including historic trauma and an eating disorder. My sessions helped me to understand how everything fitted together, to acknowledge the need for self-compassion and to start giving myself the time to sort everything out. For the first time I felt safe to really breakdown and be honest with my counsellor. I felt cared for and that made the whole process so much easier.”

“I felt like my counsellor helped validate my feelings and emotions when I lacked the confidence to do so on my own. Through talking and being brought to a brighter place of self-realisation and how to react to what is coming to light. I came to The Light House because of my anxiety and how it affects my socialisation and appetite. Through focusing on my friendships and maintaining the relationships I have. I’ve been given a confidence and advice to build and develop them in healthy ways. I felt welcomed and listened to by my counsellor and found I could be very open and honest without judgement and could externalise things that felt like were consuming me from the inside.”



**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

was a nervous wreck, twitchy and lack of focus. I had just come out of an abusive relationship and was feeling overwhelmed at work. At the time I didn't realise how serious my condition was, until I received treatment here.

Things then gradually started to change. I was able to sleep, start looking after myself. I became less anxious. I was able to understand that I can only do my best and that was good enough. My counselling helped me to overcome obstacles and I am now ready for work again. My counsellor helped me with my confidence. At first I wasn't able to break away from my abusive relationship, out of fear, but with her help I became more confident and was able to stand up to my decision making. As I had trouble before with setting boundaries. My counsellor taught me how to put these things in place. So in future, when I have trouble in work and relationship issues I can enforce these solutions beforehand and not have the fear I had before.. Thank you!

"Before I came to Lighthouse, I was acutely suicidal, I was struggling massively with my mental health. My counsellor really helped me work through my issues by not only listening to me and giving me a safe space to work through things in my own way but also giving me resources and advice which was relevant and helpful for my specific situations."

Other Activities



During this financial year we have continued to enjoy our garden space, which was a project that was completed during 2022/2023, and weather permitting it is a pleasant space for the staff and volunteers to sit outside and have lunch. We very much enjoyed our annual summer barbecue, which was well attended by Staff and Volunteers and give thanks to Glenn, who took on the responsibility of the cooking. We are very grateful too for the 3 people from a Church in Coventry, who have continued to come in on a regular basis to maintain the garden, by keeping down the weeds, planting herbs and plants to



make the garden more colourful and also to prune the bushes that suddenly seem to go wild, so we would like to extend our thanks to them.

In May 2023 we held a Cream Tea, as a thank you to those individuals who have supported us over the year, one of our former colleagues baked the scones and provided the jam and cream to go on them. It was a very well-received event and enjoyed by all.



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2024

We have continued to provide free Continuing Professional Development (CPD) training for our counselling team and this year courses were provided on 'Working with clients who are on the Autism Spectrum', 'Working with Sex and Porn Addiction', 'Working with men who experience domestic abuse', 'Gambling Awareness' and a Safeguarding Course that was mandatory for all staff and volunteers to attend.



We held our annual Christmas Social in mid-December 2023 as our way of saying thank you to all of our staff and volunteers who so willingly give of themselves and their time to meet the needs of the clients who come to The Light House for counselling and also enable The Light House to work as smoothly and efficiently as it does. The Christmas Quiz that is held each year is always a highlight of this event, and one that can get very competitive too!

Community Activities

A life-saving defibrillator has been installed outside The Light House, in memory of Lee Rogerson MBE who passed away in February 2023. Lee was a long-time supporter and former employee of The Light House. Funds for the defibrillator were raised by family, friends and gifts given to The Light House in memory of Lee. It is available 24/7 for use by any member of the community in need. It has already been accessed twice.



Two members of The Light House staff have been supporting community projects in the Ball Hill area to build stronger links with the community. We were involved with the monthly litter pick and also a Messy Church group at St Margaret's Church. We hope to be more involved with the community in the coming year.

Fundraising Activities

Raising funds for our counselling work, is an ongoing and challenging role for our Fundraiser, who reports this year is again very challenging, as funding that is specifically for counselling work is becoming less available. The Light House introduced its own Fundraising Campaign, The Thousand Lights, in which we are aiming to get 1,000 people to give £5 per month for one year to raise £60,000 for our charity. We are still a very long way off from this target, but remain hopeful. As we continue to offer our counselling at affordable and reduced costs to clients, raising funds is vital to our organisation. This task is an ongoing and increasingly challenging one for our Fundraiser. It is proving extremely challenging to source grants that will specifically fund counselling work. The Light House introduced its own Fundraising Campaign, 'The 1000 Lights', in which we are aiming to get at least 1000 people to give at least £5 per month. If we could achieve this, we would raise £60,00 per year for our organisations work. We are still a very long way off this target but remain hopeful of finding ways to improve this

We extend our grateful thanks to the Grant Making Trusts that have supported The Light House during this financial year. These are The Grace Trust, WPH Charitable Trust, Souter Trust, Baron Davenport, Cole Trust, Coventry Church (Municipal Charities) Trust, Edward Cadbury, General Charities, Coventry, William Cadbury,

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024**

Alfred Haines Charitable Trust, FC Stokes Trust, Screwfix, and Albert Hunt Trust. We are also extremely grateful to our individual supporters and to the six Coventry Churches that support us regularly, thank you also to the Churches that gave us a one off gift this year. Without such gifts, grants and support The Light House would not be able to provide the service we do.

We would also like to thank the Gospel Choir of St Martin's Church, Coventry, who held a fundraising evening and the money raised from this event was split between two charities, one of which was The Light House.

At the close of the financial year the permanent staff numbered 1 full-time Counsellor/Manager, 4 part-time Staff Counsellors, plus 2 part-time Staff Administrators, 1 part-time Fundraiser and a Cleaner. The staff were ably assisted by 22 volunteer counsellors, comprised mainly of qualified counsellors and a small number of students who were on placement with the agency as a requirement of their training provider, whilst studying for a counselling qualification. The Light House, as part of its vision has always invested time and resources in supporting students who are training to be counsellors, by offering them a placement with the Agency, where they are able to develop their counselling skills by working with 'real' clients in a safe and supportive environment. It has been encouraging to see that a number of Students who have been on placement with us, have chosen to remain with the Agency on a voluntary basis after they have completed their studies and qualified as counsellors. This benefits both the Agency and the counsellors, it provides the counsellors with free supervision, costs towards their professional body's membership, free continuing professional development (CPD) training courses and a safe and supportive environment for their ongoing professional development. It provides the Agency with greater resources to meet the needs of the clients who are seeking help.



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2024

FINANCIAL REVIEW

Investment performance

The charity holds no investments.

Reserves policy

The Light House's principal funding sources are from client fees and donations and gifts, grants, and fees for clinical supervision for counsellors working both in our agency and in other charitable organisations.

Donations and gifts are dependent on the giving of individuals and churches and therefore vary considerably from month to month. Likewise, clinical supervision sessions and resulting income also vary significantly over time. Income from grants from Trusts frequently takes a considerable time between an appeal being made and a grant being received. Additionally, the likely benefit from any such appeal is largely unclear in advance.

All these factors combine to make the annual income uncertain.

Based on the need to carry reserves for unplanned building maintenance and the need for the Light House to meet its commitments to staff in the case of the Charity needing to Wind-Up, including notice period and legal redundancy payments, the Trustees have decided that a minimum reserves level of £40,000 minimum is prudent to safeguard the operation of the organisation. If reserves held rise above double this figure, then the Trustees will determine how the beneficiaries can benefit from this income and, for example, by reducing further fund-raising activities. Reserves will be held in the form of balances of cash held in bank accounts.

The actual level of reserves held is reported to Trustees along with actual income and cost information at Trustees' meetings. If reserves fall below the minimum agreed level, then the Trustees will discuss and take appropriate action.

Future Developments

The charity expects its current levels and range of activities to continue for the foreseeable future and will adapt as necessary to any changes in circumstances.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Light House (Christian Care Ministry) Trust Ltd is a charitable company. The Memorandum of Association establishes the objects and powers of the charitable company which is governed by the Articles of Association.

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2024****Recruitment and appointment of new Trustees**

Trustees are appointed and elected in accordance with the Memorandum and Articles of Association. Details of the current Trustees are:-

John Banks – Chairperson
Martin Mason
Heather Howell
Tony Howarth
James Rose
Shirene Agbelusi (appointed Oct 2023)

Induction and training of new Trustees

New Trustees are allowed an induction and training period to enable them to acclimatise to the way the charity operates. This may include attending meetings with existing Trustees and staff and taking part in the day-to-day operations of the charity, to facilitate a greater understanding of its objectives and activities.

Organisational structure

The charity is headed by its Trustees who are ultimately responsible for its operations. They are supported by additional staff who fulfil both direct and administrative roles. Related parties There are no related parties other than the Trustees.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees believe that the charity has fully met its obligations in this area.

THE TRUSTEES DECLARE THAT THEY HAVE APPROVED THE TRUSTEES' REPORT ABOVE.

Signed on behalf of the Charity's Trustees.

Signed by:

67260D7AB89D44C...

Mr John Banks

Date 1/13/2025

DocuSigned by:

4121C30B9CEA4E2...

Mr James Rose

Date 1/13/2025

Charity registration number 1064132 (England and Wales)

Company registration number 3236785

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	John Banks Martin Mason Heather Howell Tony Howarth James Rose
Charity number (England and Wales)	1064132
Company number	3236785
Principal address	1A Argyll Street Coventry West Midlands CV2 4FJ
Registered office	1A Argyll Street Coventry West Midlands CV2 4FJ
Independent examiner	Amanda Asbury

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

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Independent examiner's report	2
Statement of financial activities	3
Balance sheet	4
Notes to the financial statements	5 - 15

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

I report to the trustees on my examination of the financial statements of The Light House (Christian Care Ministry) Trust Limited (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

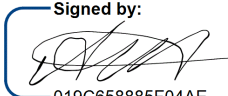
Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Signed by:



019C658885F04AE...

Amanda Asbury FCCA

Date: 1/17/2025.....

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income and endowments from:							
Donations and legacies	3	98,871	19,291	118,162	116,602	21,470	138,072
Investments	4	155	-	155	125	-	125
Other income	5	9,550	-	9,550	4,904	-	4,904
Total income		<u>108,576</u>	<u>19,291</u>	<u>127,867</u>	<u>121,631</u>	<u>21,470</u>	<u>143,101</u>
Expenditure on:							
Raising funds	6	15,046	-	15,046	14,164	-	14,164
Charitable activities	7	120,218	21,021	141,239	94,926	23,591	118,517
Total expenditure		<u>135,264</u>	<u>21,021</u>	<u>156,285</u>	<u>109,090</u>	<u>23,591</u>	<u>132,681</u>
Net income/(expenditure)		(26,688)	(1,730)	(28,418)	12,541	(2,121)	10,420
Transfers between funds		-	-	-	(61)	61	-
Net movement in funds		(26,688)	(1,730)	(28,418)	12,480	(2,060)	10,420
Reconciliation of funds:							
Fund balances at 1 April 2023		74,399	146,675	221,074	61,919	148,735	210,654
Fund balances at 31 March 2024		<u>47,711</u>	<u>144,945</u>	<u>192,656</u>	<u>74,399</u>	<u>146,675</u>	<u>221,074</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		136,748		138,909
Current assets					
Debtors	13	780		353	
Cash at bank and in hand		59,167		84,582	
			59,947		84,935
Creditors: amounts falling due within one year	14	(4,039)		(2,770)	
Net current assets			55,908		82,165
Total assets less current liabilities			192,656		221,074
The funds of the charity					
Restricted income funds	16	144,945		146,675	
Unrestricted funds	17	47,711		74,399	
			192,656		221,074

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

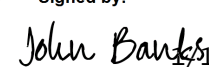
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

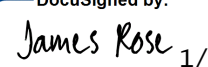
The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

1/13/2025

The financial statements were approved by the trustees on

Signed by:

 1/13/2025
 67260D7AB89D44C...
 John Banks
Trustee

DocuSigned by:

 1/13/2025
 4121C30B9CEA4E2...
 James Rose
Trustee

Company registration number 3236785 (England and Wales)

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

The Light House (Christian Care Ministry) Trust Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 1A Argyll Street, Coventry, West Midlands, CV2 4FJ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: 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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and property	no depreciation
Improvements to property	10% straight line basis
Fixtures and fittings	20% straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Winding up of the trust

In early 1996 the Trustees took a decision to change the legal status of the Charity from a Trust to a Company Limited by Guarantee. This Company was registered on the 12th August 1996 and the agreements relating to the premises were drawn up in its name. There were delays in obtaining Charity Commission registration for the Company however and consequently the Trust has continued to operate as before. On 31st March 1998 the Trustees executed a Supplementary Deed which wound up the Trust and passed all its operations and assets to the Charitable Company which will continue the Charity's operations henceforth.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Donations, legacies & activities

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	29,454	120	29,574	38,745	-	38,745
Grants received	57,786	19,171	76,957	57,038	21,470	78,508
Membership fees	5,340	-	5,340	5,470	-	5,470
Gift aid	3,327	-	3,327	2,114	-	2,114
Work for other organisations	2,964	-	2,964	13,235	-	13,235
	<u>98,871</u>	<u>19,291</u>	<u>118,162</u>	<u>116,602</u>	<u>21,470</u>	<u>138,072</u>

4 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>155</u>	<u>125</u>

5 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Enter ac937 in database	4,550	284
Enter ac938 in database	5,000	4,620
	<u>9,550</u>	<u>4,904</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Other fundraising costs	177	17
Staff costs	14,869	14,147
	<u>15,046</u>	<u>14,164</u>

7 Expenditure on charitable activities

	Counselling & support services 2024 £	Counselling & support services 2023 £
Direct costs		
Staff costs	98,238	89,694
Depreciation and impairment	3,257	2,161
Membership fees	2,689	2,190
Supervision & training	6,145	6,318
Catering	721	617
Volunteer expenses	1,513	1,486
Insurance	1,714	814
Repairs & renewals	10,088	3,015
Utilities	5,662	2,591
Rates & water	1,016	1,895
Office & admin costs	3,602	3,082
Telephone, internet & IT	2,182	2,117
Health & safety	1,747	24
Professional fees	161	85
Sundry costs	1,119	996
Bank Charges	1,285	1,332
	<u>141,139</u>	<u>118,417</u>
Share of support and governance costs (see note 8)		
Governance	100	100
	<u>141,239</u>	<u>118,517</u>
Analysis by fund		
Unrestricted funds	120,218	94,926
Restricted funds	21,021	23,591
	<u>141,239</u>	<u>118,517</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs allocated to activities

	2024 £	2023 £
Governance costs	100	100
	<u>100</u>	<u>100</u>
Analysed between:		
Counselling & support services	100	100
	<u>100</u>	<u>100</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year for their role as Trustees.

Payments made to Trustees

Anthony Howarth, a trustee of the charity, received remuneration of £14,521 in the year (2023 - £12,676). This was paid according to his employment of contract. as a counsellor, with the charity and has been made with the provision in the governing document of the charity. Employers national insurance on this remuneration was £748 (2023 - £514).

No payments for benefits or pensions were made to the trustees on the year (2023 - none).

10 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Manager	1	1
Counsellors	5	5
Administration	3	3
	<u>9</u>	<u>9</u>
Total	9	9
	<u>9</u>	<u>9</u>

Employment costs

	2024 £	2023 £
Wages and salaries	107,214	98,661
Social security costs	5,187	4,555
Other pension costs	706	625
	<u>113,107</u>	<u>103,841</u>
	<u>113,107</u>	<u>103,841</u>

There were no employees whose annual remuneration was more than £60,000.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

10 Employees

(Continued)

Remuneration of key management personnel

The remuneration of key management personnel in the year was gross remuneration £29,843 (2023 - £27,129), employers national insurance £2,862.96 (2023 - £2,620) and employers pension nil (2023 - nil)

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and Improvements property £	to property £	Fixtures and fittings £	Total £
Cost or valuation				
At 1 April 2023	129,160	6,950	7,330	143,440
At 31 March 2024	129,160	6,950	7,330	143,440
Depreciation and impairment				
At 1 April 2023	-	695	3,836	4,531
Depreciation charged in the year	-	695	1,466	2,161
At 31 March 2024	-	1,390	5,302	6,692
Carrying amount				
At 31 March 2024	129,160	5,560	2,028	136,748
At 31 March 2023	129,160	6,255	3,494	138,909

The carrying value of land included in land and buildings comprises:

	2024 £	2023 £
Freehold property	129,160	129,160

Land and buildings with a carrying amount of £129,160 were revalued at 1st April 2020 by the trustees on an open market value for existing use basis.

At 31 March 2024, had the revalued assets been carried at historic cost less accumulated depreciation and accumulated impairment losses, their carrying amount would have been approximately £69,160 (2023 - £69,160).

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

13 Debtors	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	780	353
	<u> </u>	<u> </u>
14 Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxation and social security	1,227	952
Trade creditors	1,519	389
Other creditors	1,093	1,229
Accruals and deferred income	200	200
	<u> </u>	<u> </u>
	4,039	2,770
	<u> </u>	<u> </u>
15 Retirement benefit schemes	2024	2023
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	706	625
	<u> </u>	<u> </u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
Premises fund	129,160	-	-	-	129,160
Core costs grant	2,193	-	(1,096)	-	1,097
William Cadbury	-	1,000	(801)	-	199
Harry Payne	1,000	-	(1,000)	-	-
Hope Hub	4,135	121	(1,121)	-	3,135
Alfred Hunt	-	4,000	-	-	4,000
Edward Cadbury	-	3,000	-	-	3,000
General Charities Coventry	1,427	4,000	(4,365)	-	1,062
Grant Making Trusts - Awards For All	7,890	-	(7,890)	-	-
Baron Davenport	650	720	-	-	1,370
Alfred Haynes	-	750	(500)	-	250
WED Trust	220	500	(220)	-	500
WPH Trust	-	1,000	(935)	-	65
Grace	-	500	(60)	-	440
Screwfix	-	2,700	(2,033)	-	667
Light House Support Fund	-	1,000	(1,000)	-	-
	<u>146,675</u>	<u>19,291</u>	<u>(21,021)</u>	<u>-</u>	<u>144,945</u>
	<u><u>146,675</u></u>	<u><u>19,291</u></u>	<u><u>(21,021)</u></u>	<u><u>-</u></u>	<u><u>144,945</u></u>
Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
Premises fund	129,160	-	-	-	129,160
Heart of England	3,289	-	(1,096)	-	2,193
Hope hub	4,050	4,320	(4,235)	-	4,135
Coventry Building Society - Rainbows £5	1,745	-	(1,799)	54	-
Coventry Building Society - Rainbows £0	2,757	-	(2,764)	7	-
General Charities Coventry	1,078	4,000	(3,652)	-	1,426
Grant Making Trusts - Awards For All	1,668	10,000	(3,777)	-	7,891
Garfield Weston	4,008	-	(4,008)	-	-
Baron Davenport	480	650	(480)	-	650
Alfred Haynes	500	-	(500)	-	-
CB & HH Talyor	-	1,000	(1,000)	-	-
WED Trust	-	500	(280)	-	220
Heart of England	-	1,000	-	-	1,000
	<u>148,735</u>	<u>21,470</u>	<u>(23,591)</u>	<u>61</u>	<u>146,675</u>
	<u><u>148,735</u></u>	<u><u>21,470</u></u>	<u><u>(23,591)</u></u>	<u><u>61</u></u>	<u><u>146,675</u></u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

(Continued)

Description, Nature and Purpose of Restricted Funds

- Premises Fund - to carry out operational activities of the trust.
- Heart of England - grant for purchase a telephone system to enable more remote counselling which includes Wi-Fi in every room & laptops for video sessions.
- Hope Hub - Fund for clients that come direct from the Hope Hub in Coventry for counselling.
- Coventry Building Society - Rainbows £5 - The grant provided bursary funding for Covid related issues affecting clients' mental health.
- Coventry Building Society - Rainbows £0 -The grant provided bursary funding for clients unable to pay anything.
- General Charities Coventry - This funding provided counselling sessions for 18 to 25 year olds who were experiencing anxiety and depression.
- Grant Making Trusts - Awards for all was for counsellor clinical supervision and training costs, professional fees, and volunteer expenses.
- Garfield Weston - to be used for our general core costs.
- Barron Davenport - was our 'Twilight' fund for clients who were aged over 65 years old to provide sessions of counselling at reduced rates.
- Alfred Haynes - was for our 'Bridges' bursary fund for 18 to 25 year olds who were experiencing anxiety and depression.
- CB & HH Talyor - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- WED Trust - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- Heart of England - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- William Cadbury – The Bridges Bursary Fund for 18 – 25's. who present with issues of Anxiety, Depression & Stress
- Coventry General Charities – Bridges Bursary
- WPH Trust – Bridges Bursary
- Albert Hunt – Bridges Bursary
- Edward Cadbury – Bridges Bursary
- Alfred Haynes – Bridges Bursary
- Baron Davenport – Twilight Bursary Fund for people over the age of 65 who can have 6 sessions at £5 per session
- Grace Trust – Pathlight Bursary fund for people with a Learning/Physical/Mental Health Disability can have 8 sessions @ £5 per session.
- Screwfix grant – Grant for repairs to the building.
- Light House Support Fund - used to support clients who are unable to pay for sessions

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	74,399	108,576	(135,264)	-	47,711
	<u>74,399</u>	<u>108,576</u>	<u>(135,264)</u>	<u>-</u>	<u>47,711</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

17 Unrestricted funds (Continued)

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	61,919	121,631	(109,090)	(61)	74,399
	<u>61,919</u>	<u>121,631</u>	<u>(109,090)</u>	<u>(61)</u>	<u>74,399</u>

18 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Tangible assets	6,491	130,257	136,748
Current assets/(liabilities)	41,220	14,688	55,908
	<u>47,711</u>	<u>144,945</u>	<u>192,656</u>
	<u>47,711</u>	<u>144,945</u>	<u>192,656</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:			
Tangible assets	7,556	131,353	138,909
Current assets/(liabilities)	66,843	15,322	82,165
	<u>74,399</u>	<u>146,675</u>	<u>221,074</u>
	<u>74,399</u>	<u>146,675</u>	<u>221,074</u>

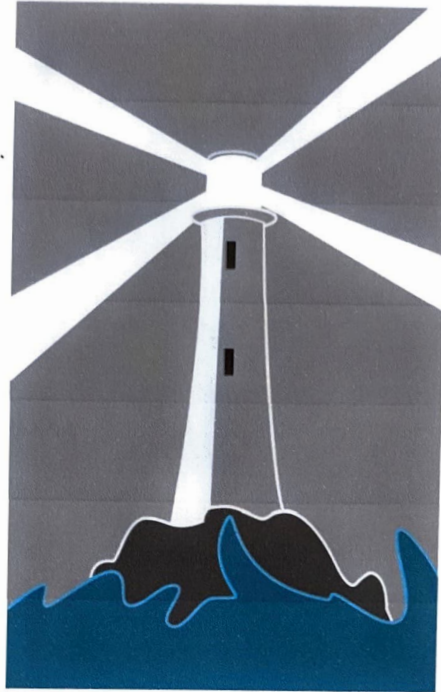
19 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

England & Wales - Charity number 1064132

Accounts



Report of The Trustees and unaudited Financial Statements for the year ended 31st March 2023

For

The Light House (Christian Care Ministry) Trust Limited

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023**

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**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023**

LEGAL AND ADMINISTRATIVE DETAILS

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

Registered Office:

1a Argyll Street

Coventry

West Midlands

CV2 4FJ

Trustees

Mr J Banks (Chairman)

Mr M Mason

Mrs H Howell

Mr A Howarth

Mr J Rose

Company Secretary

Mr M Mason

Independent Examiner

Gavin Kibble ACMA

Mozaic Innovate Ltd

1 Kineton Road

Coventry

West Midlands

CV2 3NR

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

The Trustees who are also directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that year. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main object for which the company is established, as recorded in the Governing Document, is the advancement of the Christian faith.

The way in which the Charity achieves this object is:

1. Through restoring psychological, emotional, spiritual, and physical health
2. Through alleviating individual suffering and distress
3. Through improving the quality of human relationships

By provision of a personal counselling service.

Main activities

During the year under review, the Charity has continued to realise these objectives through providing a counselling service for the advancement of health or saving of lives.

Grant making

No grants were made in the year under review.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

The Light House vision continues to be to see a world where people are emotionally, psychologically, and spiritually well and are enabled and supported to reach their full potential. Our mission is to provide affordable, accessible quality counselling to all in need. Our aim is to provide a safe, non-judgemental space of acceptance and empathic understanding, to relieve and provide relief from distress or suffering, to promote emotional health and well-being, to enable healthier relationships and to remove the 'not good' of feeling alone.

The Light House charity is based in Coventry and provides a general counselling service to the people of Coventry, Warwickshire and surrounding areas and is a service that is open to all adults over the age of 18 regardless of age, gender, ethnicity, sexual orientation or disability and to people of faith or none.

The Charity continues to provide clinical supervision to our in-house Associate (volunteers) Counsellors, who all hold a professional qualification and to Student Counsellors who are with us on placement whilst they are studying for their counselling qualifications. The Light House provides a general counselling service, which means we have clients who require counselling for a wide range of issues, including but not limited to anxiety, depression, stress, trauma, abuse of all kinds, trauma, bereavement, loss and relationship issues, which includes couples. This wide range of issues does provide the Student Counsellors with a greater breadth and depth of experience than they would obtain working for an agency that only provides counselling for a specific issue such as bereavement. Clinical supervision is a requirement for all counsellors by their professional bodies, such as BACP, ACC, UKCP etc., to receive on a regular monthly basis, as a requirement to maintain good, ethical and safe practice.

It became apparent during this financial year that many of our clients who had been quite isolated and alone over the period of the Covid Pandemic were experiencing higher levels of stress and anxiety as a result of being confined indoors for large periods of time, without much social interaction and who required counselling to deal with these issues. We have also seen an increase in referrals from the 18 – 25 year age group, who were also struggling with anxiety and depression, some of which were due to the Pandemic. The majority of our clients are now coming to the Agency for in-person counselling, and now due to the measures we put in place during the lockdown, we still see some clients for counselling via Zoom, which makes our service much more accessible to those clients who have a disability and would find it difficult to come in person to The Light House.

During this financial year, The Light House has sought to maintain its premises in a good state of repair and has had the remaining single-glazed windows replaced by double-glazed units, which will increase our energy efficiency and reduce our heating costs. We have also replaced our old fluorescent lighting with LED lighting for the same reason.

VOLUNTEERS

The charity on behalf of the Trustees would like to thank the Counselling Staff, Administrative Personnel, and all its volunteers (counsellors and administration), for their commitment to making a difference in the lives of those who call on The Light House for its services. The Trustees would like to express personal

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

thanks to The Light House's Fundraiser, whose fundraising efforts have continued to raise funds for the Agency's ongoing work and for client bursary funding, which has enabled those clients who were struggling financially to access counselling provision.

ACHIEVEMENTS AND PERFORMANCE

Equivalent 2021-22 figures in brackets where available.

New Clients

During the year to 31 March 2023, 444 (593) new clients referred to the Light House counselling services, and of that number 422 (385) new clients progressed through Initial Assessment to counselling. The number of counselling sessions delivered was 2,520 (2,973). The overall number of counselling sessions that the Agency was able to offer was 3,040 (3,521). Our aim is to carry out client assessments within two weeks of referral, which on average we achieved. A number of client assessment appointments were unused due to either a client not attending their counselling assessment without any notification or cancelling the agreed appointment, and some unused appointments were the result of having appointments available, but we were unable to match the client availability to the appointment time. The Light House has seen a reduction in the number of clients who did not attend their assessment appointment without notification, which is a situation that The Light House works hard to maintain.

The Light House assessment interviews are carried out by the Staff Counsellors of Light House and each client is assessed to ensure that there is no risk of harm to the client either from themselves or others, that there is no risk of harm to the counsellor or Agency and are also assessed to ensure that the client is able to benefit from counselling and that there is no psychopathology present that may impact on the client's ability to benefit from it. If a client is also accessing Psychological Services, then the client's Psychiatrist or Psychologist would be contacted to ensure that they are in agreement that counselling will benefit them and there are no other risk factors we should be aware of. Our aim is that all clients who are referred for counselling are seen within a two-week period of first contact. Due to having a small number of Student Counsellors, careful consideration is given to the allocation of clients, to ensure that Student Counsellors are only given clients who are within their level of competency, the qualified experienced counsellors work with the clients who present with more complex issues. We continue to prioritise and 'fast-track' through to counselling, those clients who are assessed as being at significant risk of harm to themselves by suicide or self-harm. A recent client had called the Agency for help, the Admin team raised an alert as they realised this person was in desperate need and was contemplating suicide. This was passed on to the Staff team and a counsellor called them back immediately and discovered that they had travelled to the coast and was planning to end their life by drowning in the sea. The counsellor was able to offer the client an appointment that same week. We know a life was saved that day due to the immediate offer of counselling help they received which gave them a new hope for their future.

Client Story:

"I have had CBT and tried IAPT and CRUSE but nothing can compare to the service I received at Light House. These other agencies I feel were too clinical and the practitioners were unrelatable and patronising. I had

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

resigned from a job of 15 years after bullying and harassment and felt I could no longer carry on. I was not sure what to do next then suddenly my father got ill and passed away within a few weeks. My marriage was strained and I was not coping and my counsellor was the only person I felt I could talk to. I couldn't cope with the grief and felt like taking my own life at times. Then a few months later I found out I was expecting twins which was a shock as previously I was informed I could not have any more children. The Light House gave me ongoing support and my counsellor went above and beyond to ensure I was coping. Thank you so much"

During this last financial year, 35% of our clients had seriously considered suicide, 21% had actually attempted suicide, 6% were feeling suicidal at the time of their assessment and 25% had used various methods to self-harm. For those clients who were at immediate risk of harm, we encouraged them to speak to their G.P. and worked out a "keeping safe plan" with them to try and reduce the risk as much as possible. These clients were seen as a matter of priority and were placed at the top of our waiting list.

We continue to strive to offer our support to clients to ensure they are paying what is affordable to them. We have a fee-based structure that is based on income and a client's ability to pay, with many clients paying as little as £5 per session and a small number who are unable to pay anything towards the cost of their counselling. We will subsidise these clients by using bursary funding when available to enable them to access the counselling help they require. The support we offer can be profound and as such, demonstrates the necessity for The Light House Support fund, which acts as a bursary to enable us to offer our support at a level that is comfortable for the client. The Light House Support Fund is designed to enable access to counselling provision for those who are struggling

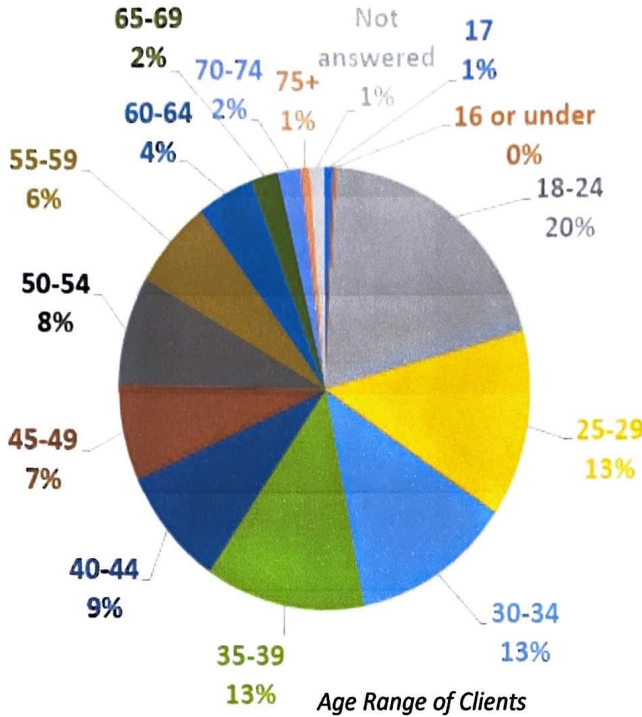
	Household income	
Up to £10,000	112	26%
£10,001 - £15,000	52	12%
£15,001 - £20,000	37	8%
£20,001 - £25,000	50	11%
£25,001 - £30,000	35	8%
£30,001 - £35,000	26	6%
£35,001 - £40,000	18	4%
£40,001 - £45,000	17	4%
£45,001 - £50,000+	74	17%
unanswered	15	3%
	436	100%

financially. Financial challenges can compound anxiety and stress (our highest presenting factor) so we are working hard to continue to deliver affordable and accessible counselling to those in need. 68% of our clients pay less than our costs for their counselling support. This creates pressure on The Light House's limited funds, as each counselling session including all organisational costs is around £45, so our Fundraiser works hard to meet this deficit in order to cover our own costs. We believe that good mental, emotional and relational health should not be the privilege of those who are not financially compromised. At the moment, we are finding that finances are an issue for more and more people seeking help with 38% of our clients having an income of less than £15,000 per year and 26% of clients with an income of less than £10,000 per year, with 31% of our clients in receipt of 1 or more benefits, such as Universal Credit, PIP and ESA etc. 13% of our clients were unemployed and not looking for work and 9% who were unemployed but were looking for work.

The Agency continues to work with all communities in the area, and although the majority of clients still fall into the 'White/White British' category, 28% of clients fall into other ethnic groups, which is a slight increase in other ethnicities from the previous year. 60% of our clients identified as female, 38% as male, with 2% identifying as other. We were encouraged to see a slight increase in the number of men referring

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023**

for counselling, as we are very aware that more men die each year from suicide, as they find it difficult to open up about their mental health struggles.



The largest group of clients were within the 18– 24 age group (20%) an increase from last year with those aged 25 – 30 being a further 14%. Many of the 18 – 24 age group were students studying at local universities, who were struggling to cope with the pressures of study, managing finances and being away from home, all of which were impacting their mental health. There has been a rise in the number of young adults in England who report struggles with their mental health and well-being. 1:5 experiencing severe distress, compared with 1:7 in 2021. High levels of distress were more marked during young adulthood, a key period of development which may represent an increased risk of future mental health

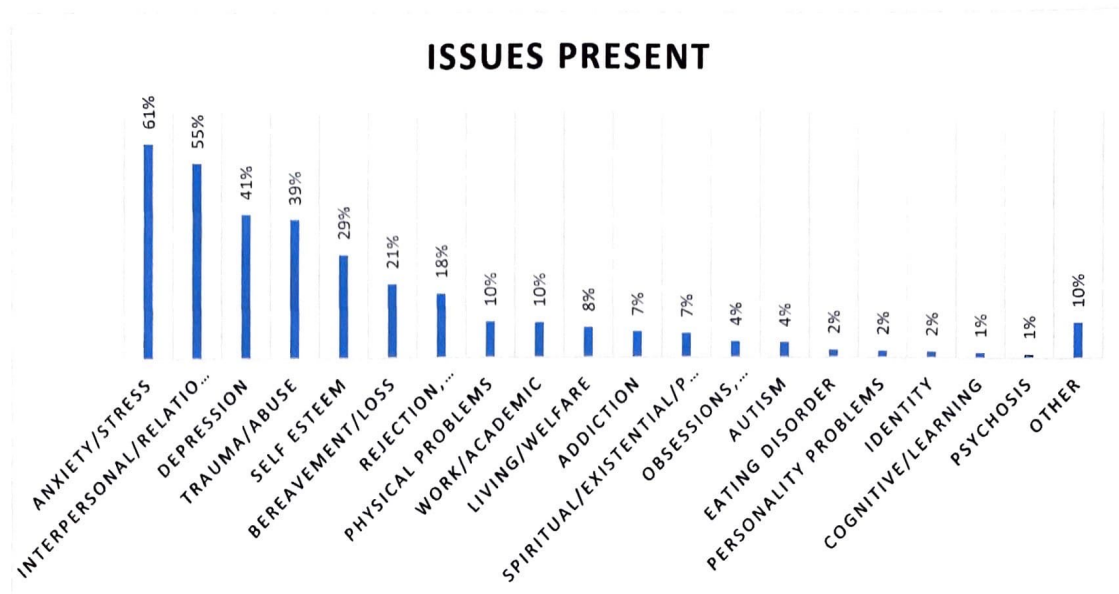
problems. 61% of our client’s most significant presenting issues were Stress and Anxiety, with relationship concerns the second highest concern at 55%. The number of clients who had experienced some kind of trauma or abuse remained constant. The Light House counsellors work from a trauma-informed approach, so rather than the question “What’s wrong with you?” the question is “What’s happened to you?” this removes any sense of blame or judgement that the client may feel if asked the first question.

The Light House continues to work with clients from all age groups from 18 years upwards. There has been a slight increase in clients referring with mental health issues, which include anxiety, depression, stress and phobias, and the Agency also had several clients who had very complex issues, which were multi-layered and who would fall into more than one of the categories above (see graph). 41% of our referrals come from Statutory bodies, which include the NHS (IAPT, GP, Criss & Community Mental Health Teams etc.) and Police and Social Care.

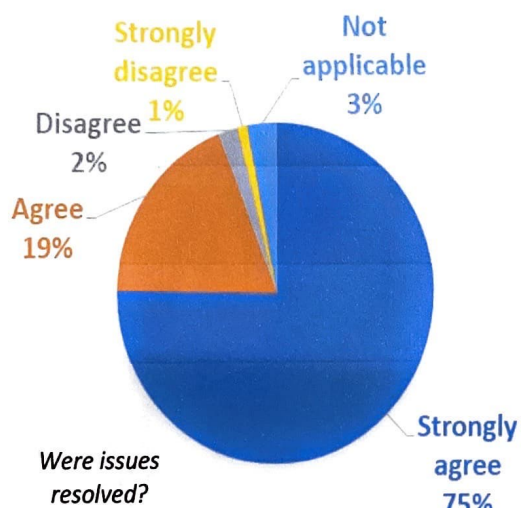
Public Benefit – What Difference do we make?

We endeavour to gather as much feedback as we can from our clients on how they have experienced the therapy they have received, this is gathered by asking the clients to complete detailed feedback forms, as it is very important to us to understand what we are doing well and the areas where we could do better. Based on feedback forms given to clients at the end of therapy, we can see that around 80% of clients agree that some or all of their issues have been resolved and their well-being improved as a result of the counselling they had received. Clients felt that they had been listened to and had been involved in making

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023**



choices about their treatment and care, over 90% of clients said the service had helped them to understand and address their difficulties and had received the help that mattered to them. 95% said that their confidence and self-esteem had improved, 98% felt they were able to function more independently and 88% felt that the therapy they had received had improved their relationship with their partner. 91% of clients said it had enabled them to feel more in control of their situation and circumstances.



Other more detailed questionnaires completed by clients both at the start and end of therapy over the past year indicate that clients who had a rating of Moderate/Severe Mental Health before therapy saw a significant drop in their scoring on the PHQ9 from an average score of 13 pre-therapy to 5 post-therapy and on the GAD7 assessment from an average of 11 pre-therapy to 4 post-therapy. Similar improvements have been found when using other questionnaires using

Mental Health rating systems as used by the NHS.

Comments made by clients also reinforce the view that we are making a difference to people's lives through our counselling service. Recent quotes/feedback from clients over the last financial year are as follows:

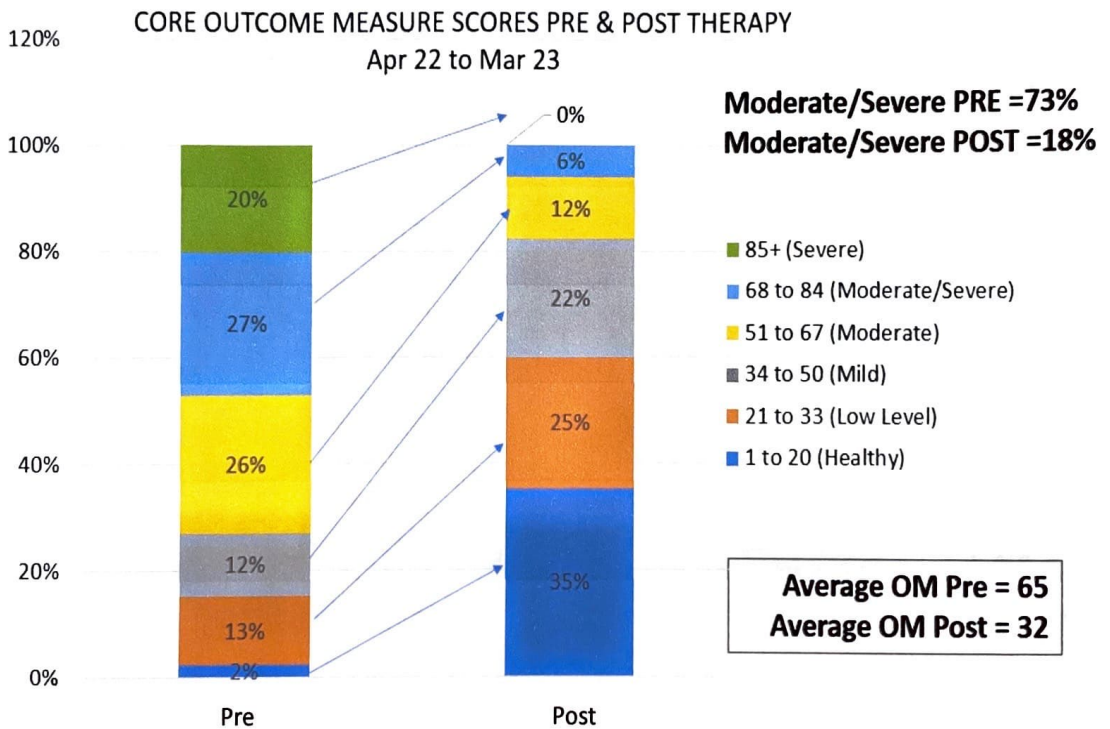
"I came to counselling when I realised I was at a crossroads in my life and felt like I couldn't move forward, I was stuck. My counsellor was amazing, she listened to me and helped me figure out what it was that was affecting me so much and supported me while I addressed my issues. It came to light that traumatic issues

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023**

and behaviours I had experienced during childhood were still affecting me in adult life and I worked through all of these with my counsellor. The time I spent with my counsellor was so valuable and my support network has seen positive changes in me since."

I was in a very bad mental state due to my previous work situation. My friends and family had been noticing that I was always nervous, distant, agitated, and lacking energy or enthusiasm. I was then 'referred' by IAPT to The Light House. I explicitly requested guided counselling. The experience has been very positive. My counsellor has been very positive and helped me identify the things that affect my behaviours and has given me the right tools. I use these tools to address situations. The result is that I have improved my communication with my partner and friends. It has also helped me find 'helpers' in my new work. I better understand myself now thanks to this experience. Thank you!

"Light House has been a lifesaver. I was at such a difficult point in my life when I stumbled across Light House. It was impossible for me to afford normal counselling but people at Light House were just so incredibly compassionate and understanding and offered me vouchers so that I could access a much-needed counselling service. My counsellor has been immensely helpful and after a few sessions with her, I genuinely feel like I can cope with the difficulties in my life so much better. A massive thank you to the lovely people at Light House and my counsellor!"



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

Other Activities



During this financial year, we were able to complete our Garden Project, so we would like to extend our grateful thanks to the Volunteer Counsellors who helped to raise the funds for this project. The work on the garden was carried out by a team from Vineyard Church in Coventry, so we would also like to extend out thanks to them, who worked extremely hard to level the ground so we could lay astro turf down on top of it. We now have a lovely space where we can sit outside, when weather permits and have lunch and meet up with other members of the team. We held a barbecue In August 2022 to celebrate the completion of the garden work, which was very well attended by members of the team and their partners.



We held our annual Christmas Social in mid-December 2022 to show our appreciation and thanks to the Staff & Volunteers for their hard work and giving of their time to meet the needs of the clients who walk through our doors, we couldn't see as many clients as we do, without the assistance of our Volunteer Counsellors. It was observed that there was quite a competitive atmosphere amongst the team to win the prize for the first person to have all the correct answers to the Christmas Quiz!



Fundraising Activities

The Light House Fundraiser works tirelessly to raise funds for our counselling work, this has become increasingly more challenging since the end of the COVID-19 pandemic as more Grant Making Trusts have less funds available to distribute and some are even closing down. Clients are unable to cover the full cost of their counselling sessions, so funding is essential to continue to provide clients with the counselling they require at a rate that is affordable to them.

We extend our grateful thanks to the Grant Making Trusts that have supported The Light House this financial year these include but not limited to, General Charities Coventry, Awards for All, W E Dunn Trust, Marsh Charitable Trust and Souter Trust. We are also extremely grateful to our individual supporters and to the six Coventry Churches that support us regularly, thank you also to the Churches that gave us a one-off gift this year. We would also like to thank St James's Charity Shop who supported us once again this year with a gift of £1,000. Without such gifts, grants and support The Light House would not be able to provide the service we do.

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023**

At the close of the financial year, the permanent staff numbered 1 full-time Counsellor/Manager, 4 part-time Staff Counsellors, plus 2 part-time Staff Administrators, 1 part-time Fundraiser and a Cleaner. The staff were ably assisted by 25 volunteer counsellors, comprised mainly of qualified counsellors and a small number of students who were on placement with the agency as a requirement of their training provider, whilst studying for a counselling qualification. The Light House, as part of its vision, has always invested time and resources in supporting students who are training to be counsellors, by offering them a placement with the Agency, where they are able to develop their counselling skills by working with 'real' clients in a safe and supportive environment. It has been encouraging to see that a number of Students who have been on placement with us have chosen to remain with the Agency on a voluntary basis after they have completed their studies and qualified as counsellors. This benefits both the Agency and the counsellors, it provides the counsellors with free supervision, costs towards their professional body's membership, free continuing professional development (CPD) training courses and a safe and supportive environment for their ongoing professional development. It provides the Agency with greater resources to meet the needs of the clients who are seeking help.



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

FINANCIAL REVIEW

Investment performance

The charity holds no investments.

Reserves policy

The Light House's principal funding sources are from client fees and donations and gifts, grants, and fees for clinical supervision for counsellors working both in our agency and in other charitable organisations.

Donations and gifts are dependent on the giving of individuals and churches and therefore vary considerably from month to month. Likewise, clinical supervision sessions and resulting income also vary significantly over time. Income from grants from Trusts frequently takes a considerable time between an appeal being made and a grant being received. Additionally, the likely benefit from any such appeal is largely unclear in advance.

All these factors combine to make the annual income uncertain.

Based on the need to carry reserves for unplanned building maintenance and the need for the Light House to meet its commitments to staff in the case of the Charity needing to Wind-Up, including notice period and legal redundancy payments, the Trustees have decided that a minimum unrestricted reserves level of £40,000 minimum is prudent to safeguard the operation of the organisation. If reserves held rise above double this figure, then the Trustees will determine how the beneficiaries can benefit from this income and, for example, by reducing further fund-raising activities. Reserves will be held in the form of balances of cash held in bank accounts.

The actual level of reserves held is reported to Trustees along with actual income and cost information at Trustees' meetings. If reserves fall below the minimum agreed level, then the Trustees will discuss and take appropriate action.

Future Developments

The charity expects its current levels and range of activities to continue for the foreseeable future and will adapt as necessary to any changes in circumstances.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Light House (Christian Care Ministry) Trust Ltd is a charitable company. The Memorandum of Association establishes the objects and powers of the charitable company which is governed by the Articles of Association.

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31ST MARCH 2023****Recruitment and appointment of new Trustees**

Trustees are appointed and elected in accordance with the Memorandum and Articles of Association. Details of the current Trustees are:-

John Banks – Chairperson
Martin Mason
Heather Howell
Tony Howarth
James Rose

Induction and training of new Trustees

New Trustees are allowed an induction and training period to enable them to acclimatise to the way the charity operates. This may include attending meetings with existing Trustees and staff and taking part in the day-to-day operations of the charity, to facilitate a greater understanding of its objectives and activities.

Organisational structure

The charity is headed by its Trustees who are ultimately responsible for its operations. They are supported by additional staff who fulfil both direct and administrative roles. Related parties There are no related parties other than the Trustees.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees believe that the charity has fully met its obligations in this area.

THE TRUSTEES DECLARE THAT THEY HAVE APPROVED THE TRUSTEES' REPORT ABOVE.

Signed on behalf of the Charity's Trustees.


James Rose (Jan 3, 2024 06:51 GMT)

Mr James Rose

Date Jan 3, 2024

Charity registration number 1064132

Company registration number 3236785 (England and Wales)

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	John Banks Martin Mason Heather Howell Tony Howarth James Rose
Charity number	1064132
Company number	3236785
Principal address	1A Argyll Street Coventry West Midlands CV2 4FJ
Registered office	1A Argyll Street Coventry West Midlands CV2 4FJ
Independent examiner	Gavin Kibble ACMA

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

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Independent examiner's report	2
Statement of financial activities	3
Balance sheet	4
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THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

I report to the trustees on my examination of the financial statements of The Light House (Christian Care Ministry) Trust Limited (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Gavin Kibble
Gavin Kibble (Jan 3, 2024 07:11 GMT)

Gavin Kibble ACMA

Mozaic Innovate Limited
1 Kineton Road
Coventry
CV2 3NR

Jan 3, 2024

Dated:

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
<u>Income and endowments from:</u>							
Donations, legacies & activities	3	116,602	21,470	138,072	114,266	32,730	146,996
Investments	4	125	-	125	13	-	13
Other income	5	4,904	-	4,904	4,150	-	4,150
Total income		121,631	21,470	143,101	118,429	32,730	151,159
<u>Expenditure on:</u>							
Raising funds	6	14,164	-	14,164	16,086	-	16,086
Charitable activities	7	94,926	23,591	118,517	91,114	21,740	112,854
Total expenditure		109,090	23,591	132,681	107,200	21,740	128,940
Net incoming/(outgoing) resources before transfers		12,541	(2,121)	10,420	11,229	10,990	22,219
Gross transfers between funds		(61)	61	-	-	-	-
Net income/(expenditure) for the year/ Net movement in funds		12,480	(2,060)	10,420	11,229	10,990	22,219
Fund balances at 1 April 2022		61,919	148,735	210,654	50,690	137,745	188,435
Fund balances at 31 March 2023		74,399	146,675	221,074	61,919	148,735	210,654

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	12		138,909		133,160
Current assets					
Debtors	13	353		1,380	
Cash at bank and in hand		84,582		80,543	
		<u>84,935</u>		<u>81,923</u>	
Creditors: amounts falling due within one year	14	<u>(2,770)</u>		<u>(4,429)</u>	
Net current assets			82,165		77,494
Total assets less current liabilities			<u>221,074</u>		<u>210,654</u>
Income funds					
Restricted funds	15		146,675		148,735
Unrestricted funds			74,399		61,919
			<u>221,074</u>		<u>210,654</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 28 December 2023

James Rose

James Rose (Jan 3, 2024 06:31 GMT)

James Rose
Trustee

Company registration number 3236785

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

The Light House (Christian Care Ministry) Trust Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 1A Argyll Street, Coventry, West Midlands, CV2 4FJ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: 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 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and property	no depreciation
Improvements to property	10% straight line basis
Fixtures and fittings	20% straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Winding up of the trust

In early 1996 the Trustees took a decision to change the legal status of the Charity from a Trust to a Company Limited by Guarantee. This Company was registered on the 12th August 1996 and the agreements relating to the premises were drawn up in its name. There were delays in obtaining Charity Commission registration for the Company however and consequently the Trust has continued to operate as before. On 31st March 1998 the Trustees executed a Supplementary Deed which wound up the Trust and passed all its operations and assets to the Charitable Company which will continue the Charity's operations henceforth.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations, legacies & activities

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	38,745	-	38,745	48,750	-	48,750
Grants received	57,038	21,470	78,508	44,556	32,730	77,286
Membership fees	5,470	-	5,470	7,116	-	7,116
Gift aid	2,114	-	2,114	5,209	-	5,209
Work for other organisations	13,235	-	13,235	8,635	-	8,635
	<u>116,602</u>	<u>21,470</u>	<u>138,072</u>	<u>114,266</u>	<u>32,730</u>	<u>146,996</u>

4 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Interest receivable	<u>125</u>	<u>13</u>

5 Other income

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Sundry income	284	489
Employers allowance	4,620	3,661
	<u>4,904</u>	<u>4,150</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Other fundraising costs	17	-
Staff costs	14,147	16,086
	<hr/>	<hr/>
Fundraising and publicity	14,164	16,086
	<hr/>	<hr/>
	<u>14,164</u>	<u>16,086</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	Counselling & support services 2023 £	Counselling & support services 2022 £
Staff costs	89,694	82,722
Depreciation and impairment	2,161	1,274
Membership fees	2,190	1,636
Supervision & training	6,318	8,459
Catering	617	520
Volunteer expenses	1,486	1,529
Insurance	814	1,621
Repairs & renewals	3,015	1,141
Utilities	2,591	2,310
Rates & water	1,895	1,038
Office & admin costs	3,082	2,628
Telephone, internet & IT	2,117	2,633
Health & safety	24	308
Professional fees	85	3,144
Sundry costs	996	492
Bank charges	1,332	1,099
	<u>118,417</u>	<u>112,554</u>
Share of governance costs (see note 8)	100	300
	<u>118,517</u>	<u>112,854</u>
Analysis by fund		
Unrestricted funds	94,926	91,114
Restricted funds	23,591	21,740
	<u>118,517</u>	<u>112,854</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs	Governance costs	2023	2022
	£	£	£	£
Independent examination	-	100	100	300
	-	100	100	300
Analysed between Charitable activities	-	100	100	300

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year for their role as Trustees.

Payments made to Trustees

Anthony Howarth, a trustee of the charity, received remuneration of £12,676 in the year (2022 - £8,775). This was paid according to his employment of contract, as a counsellor, with the charity and has been made with the provision in the governing document of the charity. Employers national insurance on this remuneration was £514 (2022 - none).

No payments for benefits or pensions were made to the trustees on the year (2022 - none).

10 Employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
Manager	1	1
Counsellors	5	5
Administration	3	3
Total	9	9

Employment costs

	2023	2022
	£	£
Wages and salaries	98,661	94,718
Social security costs	4,555	3,514
Other pension costs	625	576
Total	103,841	98,808

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Employees

(Continued)

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and property £	Improvements to property £	Fixtures and fittings £	Total £
Cost or valuation				
At 1 April 2022	129,160	-	6,370	135,530
Additions	-	6,950	960	7,910
At 31 March 2023	129,160	6,950	7,330	143,440
Depreciation and impairment				
At 1 April 2022	-	-	2,370	2,370
Depreciation charged in the year	-	695	1,466	2,161
At 31 March 2023	-	695	3,836	4,531
Carrying amount				
At 31 March 2023	129,160	6,255	3,494	138,909
At 31 March 2022	129,160	-	4,000	133,160

The carrying value of land included in land and buildings comprises:

	2023 £	2022 £
Freehold	129,160	129,160

Land and buildings with a carrying amount of £129,160 were revalued at 1st April 2020 by the trustees on an open market value for existing use basis.

At 31 March 2023, had the revalued assets been carried at historic cost less accumulated depreciation and accumulated impairment losses, their carrying amount would have been approximately £69,160 (2022 - £69,160).

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Debtors	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	353	1,300
Other debtors	-	80
	<u>353</u>	<u>1,380</u>
	<u><u>353</u></u>	<u><u>1,380</u></u>
14 Creditors: amounts falling due within one year	2023	2022
	£	£
Other taxation and social security	952	873
Trade creditors	389	1,296
Other creditors	1,229	1,857
Accruals and deferred income	200	403
	<u>2,770</u>	<u>4,429</u>
	<u><u>2,770</u></u>	<u><u>4,429</u></u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds				Balance at 31 March 2023 £
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	
Premises fund	129,160	-	-	129,160	-	-	-	129,160
Heart of England	4,385	-	(1,096)	3,289	-	(1,096)	-	2,193
Hope hub	4,200	-	(150)	4,050	4,320	(4,235)	-	4,135
Coventry Building Society - Rainbows £5	-	3,000	(1,255)	1,745	-	(1,799)	54	-
Coventry Building Society - Rainbows £0	-	7,000	(4,243)	2,757	-	(2,764)	7	-
General Charities Coventry	-	4,000	(2,923)	1,078	4,000	(3,652)	-	1,426
Grant Making Trusts - Awards For All	-	10,000	(8,332)	1,668	10,000	(3,777)	-	7,891
Garfield Weston	-	7,500	(3,491)	4,008	-	(4,008)	-	-
Baron Davenport	-	480	-	480	650	(480)	-	650
Alfred Haynes	-	750	(250)	500	-	(500)	-	-
CB & HH Talyor	-	-	-	-	1,000	(1,000)	-	-
WED Trust	-	-	-	-	500	(280)	-	220
Heart of England	-	-	-	-	1,000	-	-	1,000
	<u>137,745</u>	<u>32,730</u>	<u>(21,740)</u>	<u>148,735</u>	<u>21,470</u>	<u>(23,591)</u>	<u>61</u>	<u>146,675</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

15 Restricted funds

(Continued)

Description, Nature and Purpose of Restricted Funds

- Premises Fund - to carry out operational activities of the trust.
- Heart of England - grant for purchase a telephone system to enable more remote counselling which includes Wi-Fi in every room & laptops for video sessions.
- Hope Hub - Fund for clients that come direct from the Hope Hub in Coventry for counselling.
- Coventry Building Society - Rainbows £5 - The grant provided bursary funding for Covid related issues affecting clients' mental health.
- Coventry Building Society - Rainbows £0 -The grant provided bursary funding for clients unable to pay anything.
- General Charities Coventry - This funding provided counselling sessions for 18 to 25 year olds who were experiencing anxiety and depression.
- Grant Making Trusts - Awards for all was for counsellor clinical supervision and training costs, professional fees, and volunteer expenses.
- Garfield Weston - to be used for our general core costs.
- Barron Davenport - was our 'Twilight' fund for clients who were aged over 65 years old to provide sessions of counselling at reduced rates.
- Alfred Haynes - was for our 'Bridges' bursary fund for 18 to 25 year olds who were experiencing anxiety and depression.
- CB & HH Talyor - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- WED Trust - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.
- Heart of England - To support clients who have physical, mental or learning disabilities to access counselling at a reduced rate.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022
	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:					
Tangible assets	7,556	131,353	138,909	711	132,449
Current assets/(liabilities)	70,116	12,049	82,165	61,208	16,286
	<u>77,672</u>	<u>143,402</u>	<u>221,074</u>	<u>61,919</u>	<u>148,735</u>
	<u><u>77,672</u></u>	<u><u>143,402</u></u>	<u><u>221,074</u></u>	<u><u>61,919</u></u>	<u><u>148,735</u></u>

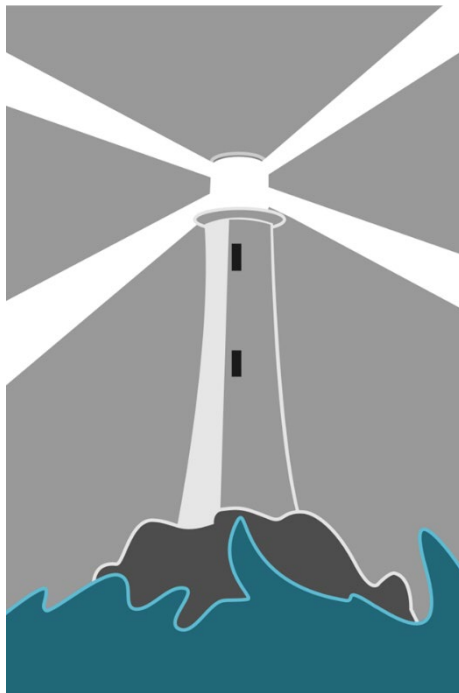
17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

England & Wales - Charity number 1064132

Accounts



Report of the Trustees and unaudited Financial Statements for the year ended 31st March 2022

For

The Light House (Christian Care Ministry) Trust Limited

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

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LEGAL AND ADMINISTRATIVE DETAILS

Registered Company Number: 3236785 (England and Wales)

Registered Charity Number: 1064132

Registered Office:

1a Argyll Street

Coventry

West Midlands

CV2 4FJ

Trustees:

Mr J Banks (Chairman)

Mr M Mason

Mrs H Howell

Mr A Howarth

Mr J Rose

Company Secretary:

Mr M Mason

Agency Manager:

Mrs Julie Lancaster

Independent Examiner:

Gavin Kibble ACMA

Mozaic Innovate Ltd

1 Kineton Road

Coventry

West Midlands

CV2 3NR

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2022

The Trustees who are also directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that year. In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main object for which the company is established, as recorded in the Governing Document, is the advancement of the Christian faith.

The way in which the Charity achieves this object is:

1. Through restoring psychological, emotional, spiritual, and physical health
2. Through alleviating individual suffering and distress
3. Through improving the quality of human relationships

By provision of a personal counselling service.

Main activities

During the year under review the Charity has continued to realise these objectives through providing a counselling service for the advancement of health or saving of lives.

Grant making

No grants were made in the year under review.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2022

The Light House continues to be committed to providing an affordable, professional counselling service to all those who are experiencing, emotional, physical, psychological and spiritual distress in their lives, which is preventing them from experiencing life in all of its fullness. We provide this service to the people of Coventry & Warwickshire and outlying areas and it is a service that is open to all adults regardless of age, gender, ethnicity, sexual orientation or disability.

The Light House also provides clinical supervision, which is a requirement for all counsellors to have on a regular monthly basis, to ensure safe, ethical practice and maintenance of professional standards of practice. The Charity provides this to our own Associate and Student Counsellors, as well as providing this service to other counsellors who may be working in another agency or in private practice.

At the start of this financial year Light House was still unable to work with its clients in person as Covid was still having an impact and was working under Covid guidelines seeing clients either by Zoom or by telephone. However, towards the middle of April 2021, the Charity opened its doors once more to in person counselling and gradually saw the number of clients increase throughout the year, of those who wished to attend in person.

However, the measures that were put in place when the Covid Pandemic hit the UK in March 2020 and the country was placed in lockdown, have enabled the Light House to continue working with those clients who were unable to attend in person for counselling to receive their counselling either online or by telephone. This service is now one that we continue to offer to all clients, which has made our service far more accessible to all, however, the majority of clients have preferred to attend in person for their counselling.

VOLUNTEERS

The charity would like to thank the Counselling Staff, Administrative Personnel, and all its volunteers (counsellors and administration) on behalf of the Trustees, for their commitment to making a difference in the lives of those who call on The Light House for its services. The Trustees would like to express personal thanks to The Light House's Fundraiser, whose fundraising efforts have raised funds for client bursary funding, which has enabled those clients who were struggling financially to access counselling provision.

ACHIEVEMENTS AND PERFORMANCE

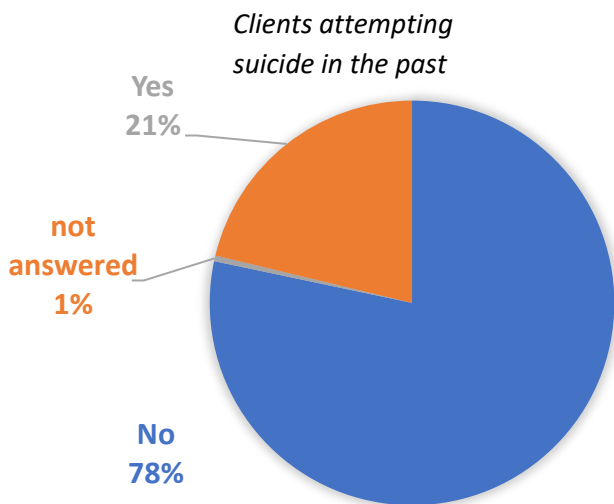
Equivalent 2020-21 figures in brackets where available.

New Clients

During the year to 31 March 2022, 593 (488) new clients were referred to the Light House counselling services, of that number 385 (347) new clients progressed through Initial Assessment to counselling. The number of counselling sessions provided was 2,973 (2,404). The overall number of counselling sessions that the Agency was able to offer was 3,521 (2,769). We carried out 298 initial assessment interviews, out of the number available 391 (365) 31 were unused, 42 were cancelled or rearranged and 20 were due to clients not attending their appointment without letting the agency know beforehand. The Agency has continued to work hard throughout 2021/2022 to put measures in place which have helped to reduce the number of cancellations that are made at short notice and has greatly reduced non-attendance at sessions without any prior notification. We are pleased to report that these measures have resulted in quite a significant drop in this number. The demand for our services throughout 2021/2022 was high and we aimed to see all clients who referred here for counselling within two weeks of their referral date. Those clients who were deemed to be at significant risk of harm to themselves e.g., by suicide or self-harm were

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022**

fast-tracked to see a counsellor to begin their counselling journey. There have been several clients over this last year who have stated that "They wouldn't be here now, if Light House hadn't been able to see them so quickly."

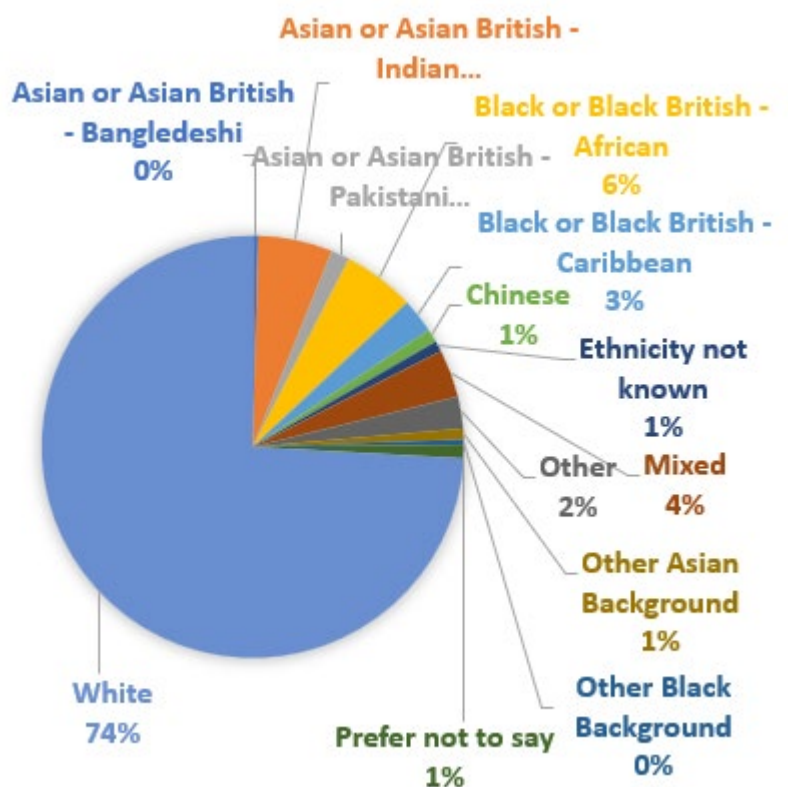


At the close of the financial year the permanent staff numbered 1 full-time Counsellor/Manager, 4 part-time Staff Counsellors, plus 2 part-time Staff Administrators, 1 part-time Fundraiser and a Cleaner. The staff were ably assisted by 27 volunteer counsellors, comprised of qualified counsellors and a number of students who were on placement with the agency as a requirement of their training provider, whilst studying for a counselling qualification. The Light House, as part of its vision has always invested time and resources in supporting students who are training to be counsellors, by offering them a placement with the Agency, where they are able to develop their counselling skills by working with 'real' clients in a safe and supportive environment.

The Agency continues to work with all communities in the area, and although the majority of clients still fall into the 'White British' category, 26% of clients fall into other ethnic groups, which is a slight decrease (-1%) in other ethnicities from the previous year. 64% of our clients identified as female, 35% as male and 1% identifying as other. The number of men referring for counselling has remained static, and we will continue to work hard to see an increase in this demographic in the coming year, as we are very aware that more men die each year from suicide, as they find it difficult to open up about their mental health struggles. 37% of our clients during this year had seriously considered suicide, with 21% attempting to, which appears to be a rising trend amongst the people we see and only a very small percentage of these clients are in receipt of mental health support from NHS providers, or have been placed on NHS waiting lists to be seen by IAPT (Improving Access to Psychological Therapies), where they are faced with on average a 9 month wait to be seen.

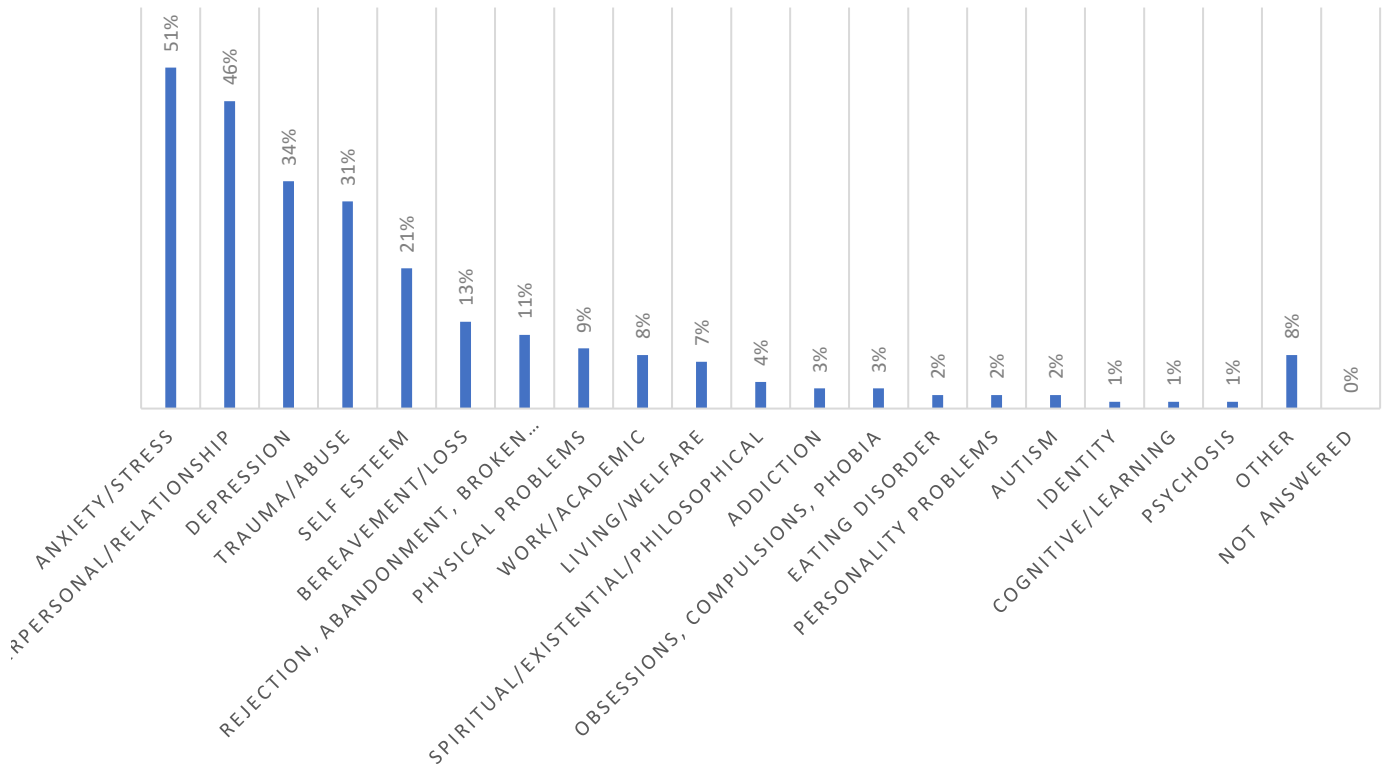
The largest number of clients were within the 18 – 24 age group (16%), many of them were students studying at local universities, who were struggling to cope with the pressures of study, managing finances and being away from home, all of which were impacting on their mental health. The Light House continues to work with clients from all age groups from 18 years upwards.

There has been a slight increase in clients referring with mental health issues, which include anxiety, depression, stress and phobias, and the Agency also saw a slight fall in those who had experienced trauma and abuse. There was also an increase in the number of clients who had very complex issues, which were multi-layered and who would fall into more than one of the categories above.



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022

ISSUES PRESENT BASED ON 490 CLIENTS



Over the last financial year to March 2022 33% of the Agency's clients were not in work and only 7% (10%) of this number were actively looking for work. A large percentage of those who were unemployed were unable to work due to their poor mental health, with 21% of clients having attempted suicide in the past with some of that number having made more than one attempt. 37% of the clients Light House saw had seriously considered it and 6% of clients this last year were still feeling very suicidal. With these clients Light House took active steps to put in a Keeping Safe agreement and plan, which included other services they could contact for extra support and wherever possible would fast track them, so that they were seen without delay.

This year saw a slight drop in the numbers being referred by the Health Service, with the NHS IAPT service signposting 27% of this number to Light House for counselling. This in part was due to the issues the clients were presenting with as not suitable for their service and their long waiting list. Here at Light House, we aim to see clients within 2 weeks for their assessment interview and within 12 weeks of their assessment for counselling.

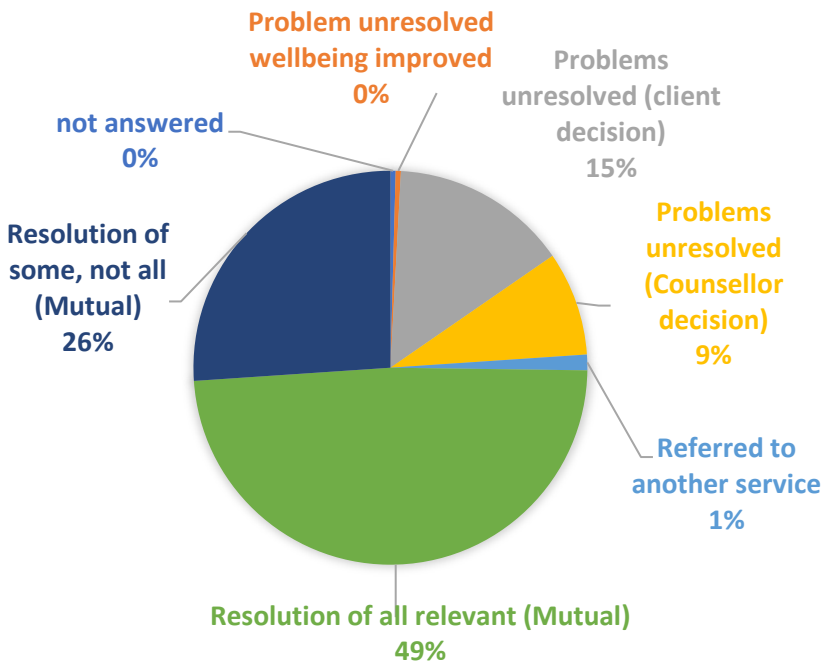
Source of referral

Health Service	40%	(53%)	Friends/Relatives	17%	(13%)
Been to The Light House before	8%	(2%)	Church leader	7%	(4%)
Website/Advert	8%	(3%)	Voluntary Agency	9%	(6%)
Social Services/Probation etc	2%	(2%)	Other	10%	(17%)

(brackets – last year's figures)

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022**

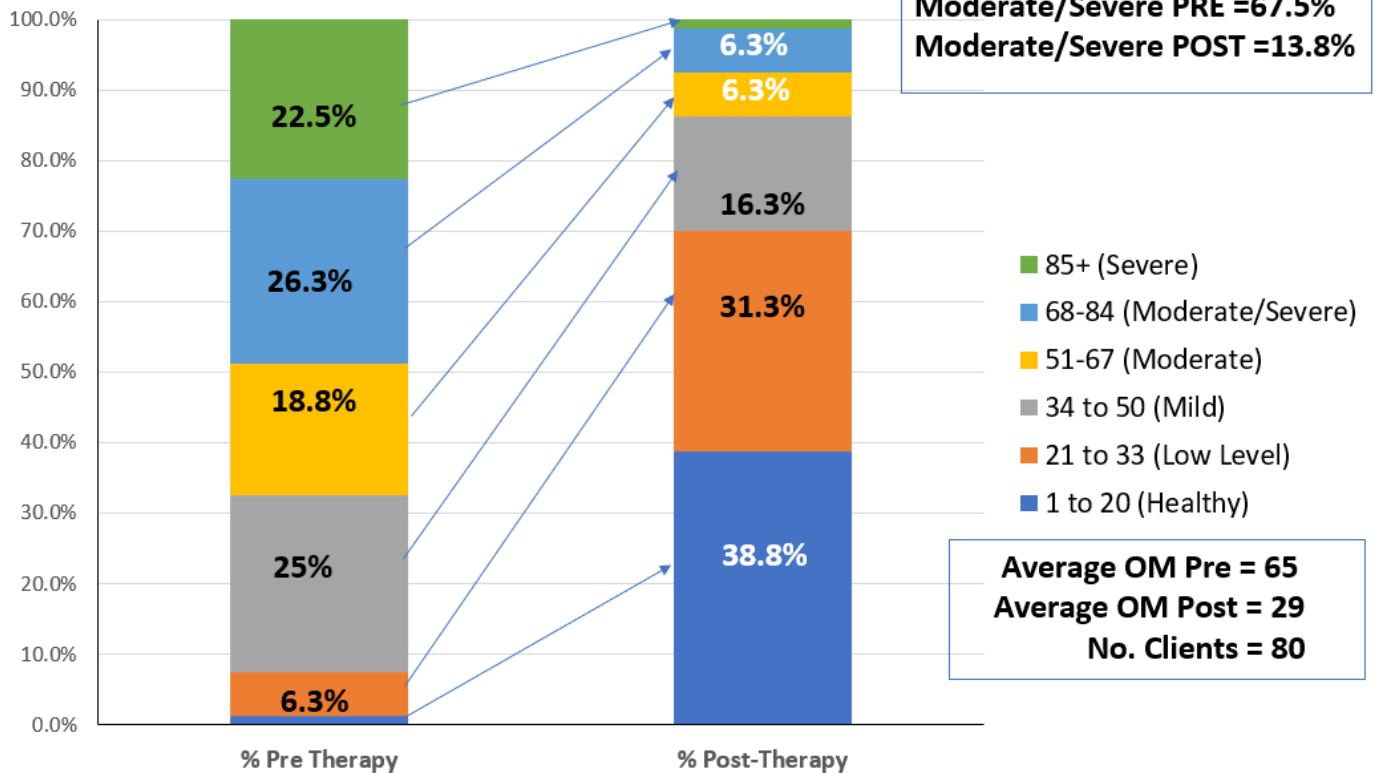
Public Benefit – What Difference do we make?



Based on questionnaires given to clients at the end of therapy, we can see that around (87%) (73%) of clients agree that some or all of their issues have been resolved as a result of the counselling they have received. Clients felt that they had been listened to and had been involved in making choices about their treatment and care. Other more detailed questionnaires completed by clients both at the start and end of therapy over the past year indicate that clients have a rating of Moderate/Severe Mental Health before therapy saw a significant drop in their scoring on the PHQ9 from an average score of 13 pre-therapy to 5 post-therapy and on the GAD7 assessment from an average of 11 pre-therapy to 5 post-therapy. Similar improvements have been found when using other questionnaires

using Mental Health rating systems as used by the NHS.

**CORE OUTCOME MEASURE SCORES - PRE- AND POST-THERAPY
April 2021 - March 2022**



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2022

Comments made by clients also reinforce the view that we are making a difference to people's lives through our counselling service. Recent quotes/feedback from clients over the last financial year are as follows:

"I visited The Lighthouse following the untimely death of my husband, aged 55. Looking back, I was desperate, terrified, confused and angry. The experience of being listened to compassionately was immensely helpful for me to start processing my feelings. And subsequently, as I moved through my grief, the companionship and reflective questioning has helped me to move forward. I believe that I could not have reached today without their care, and constancy. I will always be grateful for the place of refuge, support and helpful thinking that The Lighthouse offered me."

"I have spent most of my life with an emotionally abusive partner. In August 2021 we split up for good. His manipulative ways continued. Counselling has been my support to finding my own happiness, realising the situation was not my fault and showed me I have the capability to decide my own happiness and have a more positive mindset for my future."

"I came to The Light House because I felt like I was buried underneath problems from my past and some of the choices I had made. It was affecting my relationships with my family and friends and I found it really hard to keep attending University. Since I have started counselling, I feel like I understand myself better and I have more grace for myself and others. I also saw how I can act better in situations so that they don't escalate. I feel like when I am anxious or on edge, I know how to regulate myself better so that I can keep on going throughout the day instead of smoking, drinking or violating myself. I am very grateful."

"I came to the Light House because I have anxiety. Also, I was having problems in my marriage. My counsellor really helped me understand how to cope with my anxiety, and techniques on how to solve my marriage issues. I'm glad I came to the Light House, it has changed my life. I feel much more content than before."

Other Activities

Light House held a Christmas party for its staff and volunteers as a way of saying thank you to all who work here whether paid or voluntary, which was well attended and was a wonderful opportunity to meet up in person once more.

We were able to provide in-house training this year with our first one since the pandemic on 'Rewind' training, which is a technique used with clients who have experienced trauma.

One of our student counsellors held a sponsored silence to raise funds for the Light House Garden Project, which hopefully once sufficient funds are raised will provide a small garden space that can be used during the summer months, as a quiet space for counsellors to use when required and can also be used to host social events. Light House is hoping that sufficient funds can be raised in time for it to be ready for Summer 2022.



Fundraising activities

The impact that Covid had on the financial income that we received from client donations was immense, with donations from clients dropping rapidly, which was due in part to no longer attending in person for their counselling. In June 2021, the Trustees made the difficult decision to change from a donation-based system to a fee based system, which is based on household income. Light House was very mindful of putting a system in place that would be affordable for clients and also sought funding from Grant Making Trusts to provide bursary support for those clients

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2022

who were unable to pay the minimum session fee of £5. This system has worked very well and has helped improve and stabilise our financial situation.

Light House is very grateful to those funders who have given grants to provide bursaries for clients seeking counselling. These include Coventry Building Society, who gave £10,000 to our 'Rainbows' bursary, which helped fund clients who had mental health issues that had been exacerbated by the Covid Pandemic. Coventry General Charities gave a grant of £4,000, which funded a bursary for 18 – 25 year olds, who required counselling for those who were experiencing anxiety and depression and the Alfred Haines GMT who gave £750 to this bursary fund for 18 – 25 year olds. The Cole Trust and W E Dunn Trust gave grants that were used by the Light House support fund to help clients who were unable to pay the minimum counselling fee. The Baron Davenport GMT provided funding for a bursary fund for those over the age of 65 who required counselling.



We are also extremely grateful to the Marsh Christian Trust, the 29th May 1961 Trust, F C Stokes Trust, Garfield Weston Trust, Souter Trust and the Marsh Trust, who all provided funding that, was given towards the ongoing work of the Charity.

We also received a grant from Awards for All of £10,000, which was used for training of 2 new Clinical Supervisors, counsellor clinical supervision fees and towards our volunteer expenses, which we are also extremely grateful for.

Light House would also like to express its thanks for the five churches that support us on a regular basis and thanks also to Christ Church in Coventry that in December 2021 gave us the proceeds of their online Christmas Fayre, which raised over £600. Thanks, are also given to 7 additional churches who each gave us a one-off gift last year. The Coventry City Prayer & Praise gathering in November 2021 gave their offering of just over £2,000 to us, to support our ongoing work. We also received a gift of £360 from St James's Church Charity Shop, Coventry, towards our work. We also have a small number of individual supporters who support our work financially on a regular basis. This is an area that our Fundraiser is working hard to develop, as without such people, we would not be able to provide a counselling service that is accessible to all.



The Light House also wants to express its thanks to Vineyard Church members who gave of their time to do some much-needed painting and decorating work at Light House. They also began work on our garden project and began to remove debris and weeds from the garden area in preparation for laying of a lawn. Thanks also go out to Tom & Chloe who raised £150 for Light House by completing the Coventry Fun Run and also to one of Light House's volunteer counsellors, Paul, who part rebuilt and refurbished a garden wall at our premises, which was in danger of collapse.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2022

FINANCIAL REVIEW

Investment performance

The charity holds no investments.

Reserves policy

The Light House principal funding sources are from client fees and donations and gifts, grants, and fees for clinical supervision for counsellors working both in our agency and in other charitable organisations.

Donations and gifts are dependent on the giving of individuals and churches, and therefore vary considerably from month to month. Likewise, clinical supervision sessions and resulting income also vary significantly over time. Income from grants from Trusts frequently takes a considerable time between an appeal being made and a grant being received. Additionally, the likely benefit from any such appeal is largely unclear in advance.

All of these factors combine to make the annual income uncertain.

Based on the need to carry reserves for unplanned building maintenance and the need for the Light House to meet its commitments to staff in the case of the Charity needing to Wind-Up, including notice period and legal redundancy payments, the Trustees have decided that a minimum reserves level of £40,000 minimum is prudent to safeguard the operation of the organisation. If reserves held rise above double this figure, then the Trustees will determine how the beneficiaries can benefit from this income and, for example, by reducing further fund-raising activities. Reserves will be held in the form of balances of cash held in bank accounts.

The actual level of reserves held is reported to Trustees along with actual income and cost information at Trustees' meetings. If reserves fall below the minimum agreed level, then the Trustees will discuss and take appropriate action.

Reserves fell below the minimum figure during the period concerned and appropriate action has been taken to address this.

Future Developments

The charity expects its current levels and range of activities to continue for the foreseeable future and will adapt as necessary to any changes in circumstances.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Light House (Christian Care Ministry) Trust Ltd is a charitable company. The Memorandum of Association establishes the objects and powers of the charitable company which is governed by the Articles of Association.

Recruitment and appointment of new Trustees

Trustees are appointed and elected in accordance with the Memorandum and Articles of Association. Details of the current Trustees are:-

John Banks – Chairperson
Martin Mason
Heather Howell
Tony Howarth
James Rose

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022**

Induction and training of new Trustees

New Trustees are allowed an induction and training period to enable them to acclimatise to the way the charity operates. This may include attending meetings with existing Trustees and staff and taking part in the day-to-day operations of the charity, to facilitate a greater understanding of its objectives and activities.

Organisational structure

The charity is headed by its Trustees who are ultimately responsible for its operations. They are supported by additional staff who fulfil both direct and administrative roles.

Related parties

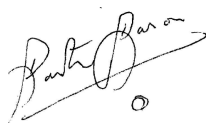
There are no related parties other than the Trustees.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees believe that the charity has fully met its obligations in this area.

THE TRUSTEES DECLARE THAT THEY HAVE APPROVED THE TRUSTEES' REPORT ABOVE.

Signed on behalf of the charities Trustees



Mr Martin Mason

Date: 12th December 2022



Mr James Rose Date

12th December 2022

Charity registration number 1064132

Company registration number 3236785 (England and Wales)

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	John Banks Martin Mason Heather Howell Tony Howarth Mr James Rose
Charity number	1064132
Company number	3236785
Principal address	1A Argyll Street Coventry West Midlands CV2 4FJ
Registered office	1A Argyll Street Coventry West Midlands CV2 4FJ
Independent examiner	Gavin Kibble

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

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THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

I report to the trustees on my examination of the financial statements of The Light House (Christian Care Ministry) Trust Limited (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Gavin Kibble ACMA

Mozaic Innovate Ltd
1 Kineton Road
Coventry
CV2 3NR



Dated: 13th December 2022

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted funds 2022 £	Restricted funds 2021 £	Total 2021 £
<u>Income and endowments from:</u>						
Donations, legacies & activities	3	114,266	32,730	146,996	90,671	123,991
Investments	4	13	-	13	63	63
Other income	5	4,150	-	4,150	3,989	3,989
Total income		118,429	32,730	151,159	94,723	128,043
<u>Expenditure on:</u>						
Raising funds	6	16,086	-	16,086	-	12,489
Charitable activities	7	91,114	21,740	112,854	19,795	104,895
Total expenditure		107,200	21,740	128,940	19,795	117,384
Gross transfers between funds		-	-	-	(7,563)	-
Net income for the year/ Net movement in funds		11,229	10,990	22,219	5,962	10,659
Fund balances at 1 April 2021		50,690	137,745	188,435	131,783	177,776
Fund balances at 31 March 2022		61,919	148,735	210,654	137,745	188,435

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	12		133,160		133,545
Current assets					
Debtors	13	1,380		277	
Cash at bank and in hand		80,543		58,113	
		<u>81,923</u>		<u>58,390</u>	
Creditors: amounts falling due within one year	14	<u>(4,429)</u>		<u>(3,500)</u>	
Net current assets			<u>77,494</u>		<u>54,890</u>
Total assets less current liabilities			<u>210,654</u>		<u>188,435</u>
Income funds					
Restricted funds	15		148,735		137,745
Unrestricted funds			61,919		50,690
			<u>210,654</u>		<u>188,435</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 12th December 2022.



.....
Martin Mason
Trustee



.....
Mr James Rose
Trustee

Company registration number 3236785

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

The Light House (Christian Care Ministry) Trust Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 1A Argyll Street, Coventry, West Midlands, CV2 4FJ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: 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 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and property	no depreciation
Fixtures and fittings	20% straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Winding up of the trust

In early 1996 the Trustees took a decision to change the legal status of the Charity from a Trust to a Company Limited by Guarantee, This Company was registered on the 12th August 1996 and the agreements relating to the premises were drawn up in its name. There were delays in obtaining Charity Commission registration for the Company however and consequently the Trust has continued to operate as before. On 31st March 1998 the Trustees executed a Supplementary Deed which wound up the Trust and passed all its operations and assets to the Charitable Company which will continue the Charity's operations henceforth.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3 Donations, legacies & activities

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	48,750	-	48,750	44,327	-	44,327
Legacies receivable	-	-	-	400	-	400
Grants received	44,556	32,730	77,286	31,230	33,320	64,550
Membership fees	7,116	-	7,116	5,350	-	5,350
Rental Income	-	-	-	120	-	120
Gift aid	5,209	-	5,209	2,806	-	2,806
Work for other organisations	8,635	-	8,635	6,438	-	6,438
	<u>114,266</u>	<u>32,730</u>	<u>146,996</u>	<u>90,671</u>	<u>33,320</u>	<u>123,991</u>

4 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	13	63
	<u>13</u>	<u>63</u>

5 Other income

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Sundry income	489	669
Employers allowance	3,661	3,320
	<u>4,150</u>	<u>3,989</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
<u>Fundraising and publicity</u>		
Staff costs	16,086	12,489
	<u>16,086</u>	<u>12,489</u>

7 Charitable activities

	Counselling & support services	Counselling & support services
	2022	2021
	£	£
Staff costs	82,722	75,681
Depreciation and impairment	1,274	1,096
Counselling subcontracted	-	4,473
Membership fees	1,636	915
Supervision & training	8,459	3,582
Catering	533	387
Volunteer expenses	1,529	1,495
Insurance	1,621	1,424
Repairs & renewals	1,141	145
Utilities	2,310	2,454
Rates & water	1,038	1,034
Office & admin costs	2,628	2,618
Telephone, internet & IT	2,633	5,208
Health & safety	308	2,121
Professional fees	3,144	148
Sundry costs	479	1,108
Bank charges	1,099	706
	<u>112,554</u>	<u>104,595</u>
Share of governance costs (see note 8)	300	300
	<u>112,854</u>	<u>104,895</u>
Analysis by fund		
Unrestricted funds	91,114	85,100
Restricted funds	21,740	19,795
	<u>112,854</u>	<u>104,895</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

8 Support costs

	Support costs	Governance costs	2022	2021
	£	£	£	£
Independent examination	-	300	300	300
	<u>-</u>	<u>300</u>	<u>300</u>	<u>300</u>
	<u>-</u>	<u>300</u>	<u>300</u>	<u>300</u>
Analysed between Charitable activities	-	300	300	300
	<u>-</u>	<u>300</u>	<u>300</u>	<u>300</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

Payments made to Trustees

Anthony Howarth, a trustee of the charity, received remuneration of £8,775 in the year (2021 - none). This was paid according to his employment of contract with the charity and has been made with the provision in the governing document of the charity.

No payments for benefits or pensions were made to the trustees on the year. (2021 - none).

10 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Manager	1	1
Counsellors	5	5
Administration	3	3
	<u>9</u>	<u>9</u>
Total	<u>9</u>	<u>9</u>

Employment costs

	2022	2021
	£	£
Wages and salaries	94,718	83,819
Social security costs	3,514	3,802
Other pension costs	576	549
	<u>98,808</u>	<u>88,170</u>
	<u>98,808</u>	<u>88,170</u>

There were no employees whose annual remuneration was more than £60,000.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and property £	Fixtures and fittings £	Total £
Cost or valuation			
At 1 April 2021	129,160	5,841	135,001
Additions	-	529	529
	<hr/>	<hr/>	<hr/>
At 31 March 2022	129,160	6,370	135,530
	<hr/>	<hr/>	<hr/>
Depreciation and impairment			
At 1 April 2021	-	1,096	1,096
Depreciation charged in the year	-	1,274	1,274
	<hr/>	<hr/>	<hr/>
At 31 March 2022	-	2,370	2,370
	<hr/>	<hr/>	<hr/>
Carrying amount			
At 31 March 2022	129,160	4,000	133,160
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 March 2021	129,160	4,385	133,545
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The carrying value of land included in land and buildings comprises:

	2022 £	2021 £
Freehold	129,160	129,160
	<hr/> <hr/>	<hr/> <hr/>

Land and buildings with a carrying amount of £129,160 were revalued at 1st April 2020 by the trustees on an open market value for existing use basis.

At 31 March 2022, had the revalued assets been carried at historic cost less accumulated depreciation and accumulated impairment losses, their carrying amount would have been approximately £69,160 (2021 - £69,160).

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

13 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	1,300	277
Other debtors	80	-
	<u>1,380</u>	<u>277</u>

14 Creditors: amounts falling due within one year

	2022	2021
	£	£
Other taxation and social security	873	1,474
Trade creditors	1,296	-
Other creditors	1,857	1,726
Accruals and deferred income	403	300
	<u>4,429</u>	<u>3,500</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds			Balance at 31 March 2022
	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers	Balance at 1 April 2021	Incoming resources	Resources expended	
	£	£	£	£	£	£	£	
Premises fund	129,160	-	-	-	129,160	-	-	129,160
Core costs grant	2,623	-	(2,623)	-	-	-	-	-
National Lottery: Lets Talk	-	10,000	(10,065)	65	-	-	-	-
AFA: Covid Grant	-	10,000	(1,972)	(8,028)	-	-	-	-
Heart of England	-	8,000	(4,135)	520	4,385	-	(1,096)	3,289
Harry Payne	-	1,000	(1,000)	-	-	-	-	-
Hope hub	-	4,320	-	(120)	4,200	-	(150)	4,050
Coventry Building Society - Rainbows £5	-	-	-	-	-	3,000	(1,255)	1,745
Coventry Building Society - Rainbows £0	-	-	-	-	-	7,000	(4,243)	2,757
General Charities Coventry	-	-	-	-	-	4,000	(2,923)	1,077
Grant Making Trusts - Awards For All	-	-	-	-	-	10,000	(8,332)	1,668
Garfield Weston	-	-	-	-	-	7,500	(3,491)	4,009
Baron Davenport	-	-	-	-	-	480	-	480
Alfred Haynes	-	-	-	-	-	750	(250)	500
	<u>131,783</u>	<u>33,320</u>	<u>(19,795)</u>	<u>(7,563)</u>	<u>137,745</u>	<u>32,730</u>	<u>(21,740)</u>	<u>148,735</u>

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

15 Restricted funds

(Continued)

Description, Nature and Purpose of Restricted Funds

- Premises Fund - to carry out operational activities of the trust.
- Heart of England - grant for purchase a telephone system to enable more remote counselling which includes Wi-Fi in every room & laptops for video sessions.
- Hope Hub - Fund for clients that come direct from the Hope Hub in Coventry for counselling.
- Coventry Building Society - Rainbows £5 - The grant provided bursary funding for Covid related issues affecting clients' mental health.
- Coventry Building Society - Rainbows £0 -The grant provided bursary funding for clients unable to pay anything.
- General Charities Coventry - This funding provided counselling sessions for 18 to 25 year olds who were experiencing anxiety and depression.
- Grant Making Trusts - Awards for all was for counsellor clinical supervision and training costs, professional fees, and volunteer expenses.
- Garfield Weston - to be used for our general core costs.
- Barron Davenport - was our 'Twilight' fund for clients who were aged over 65 years old to provide sessions of counselling at reduced rates.
- Alfred Haynes - was for our 'Bridges' bursary fund for 18 to 25 year olds who were experiencing anxiety and depression.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

16 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Tangible assets	711	132,449	133,160	-	133,545	133,545
Current assets/(liabilities)	61,208	16,286	77,494	50,690	4,200	54,890
	<u>61,919</u>	<u>148,735</u>	<u>210,654</u>	<u>50,690</u>	<u>137,745</u>	<u>188,435</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

18 Cash generated from operations

	2022 £	2021 £
Surplus for the year	22,219	10,659
Adjustments for:		
Investment income recognised in statement of financial activities	(13)	(63)
Depreciation and impairment of tangible fixed assets	1,274	1,096
Movements in working capital:		
(Increase) in debtors	(1,103)	(277)
Increase in creditors	929	3,500
Cash generated from operations	<u>23,306</u>	<u>14,915</u>

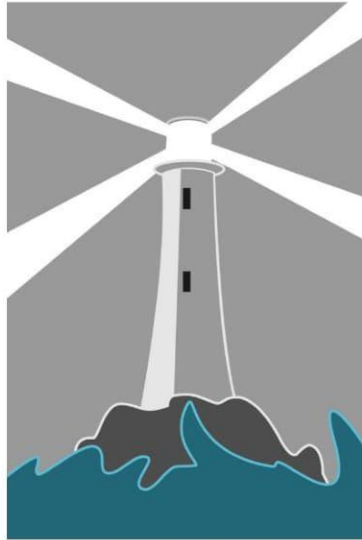
19 Analysis of changes in net funds

The charity had no debt during the year.

THE LIGHT HOUSE (CHRISTIAN CARE MINISTRY) TRUST LIMITED

England & Wales - Charity number 1064132

Accounts



Report of the Trustees and unaudited Financial Statements
for the year ended 31 March 2021

for

The Light House (Christian Care Ministry) Trust Limited

Registered Company Number : 3236785 (England and Wales)

Registered Charity Number : 1064132

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LEGAL AND ADMINISTRATIVE DETAILS

Registered Company Number: 3236785 (England and Wales)

Registered Charity number: 1064132

Registered Office:

1A Argyll Street
Coventry
West Midlands
CV2 4FJ

Trustees:

Mr J Banks (Chairman)
Mr M Mason
Mrs H Howell
Mr A Howarth
Mr J Rose

Company Secretary:

Mr M Mason

Agency Manager:

Mrs Julie Lancaster

Independent Examiner:

Gavin Kibble ACMA
Mozaic Innovate Ltd
1 Kineton Rd
Coventry
West Midlands
CV2 3NR

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31ST MARCH 2021

The Trustees who are also directors of The Light House (Christian Care Ministry) Trust Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that year.

In preparing these financial statements the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main object for which the company is established, as recorded in the Governing Document, is the advancement of the Christian faith.

The way in which the Charity achieves this object is:

1. Through restoring psychological, emotional, spiritual, and physical health
2. Through alleviating individual suffering and distress
3. Through improving the quality of human relationships

By provision of a personal counselling service.

Main activities

During the year under review the Charity has continued to realise these objectives through providing a counselling service for the advancement of health or saving of lives.

Grant making

No grants were made in the year under review.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

Volunteers

The charity would like to thank the Counselling Staff, Administrative Personnel, and all its volunteers (counsellors and administration) on behalf of the Trustees, for their commitment to making a difference in the lives of those who call on The Light House for its services.

ACHIEVEMENTS AND PERFORMANCE

Equivalent 2019-20 figures in brackets where available.

New Clients

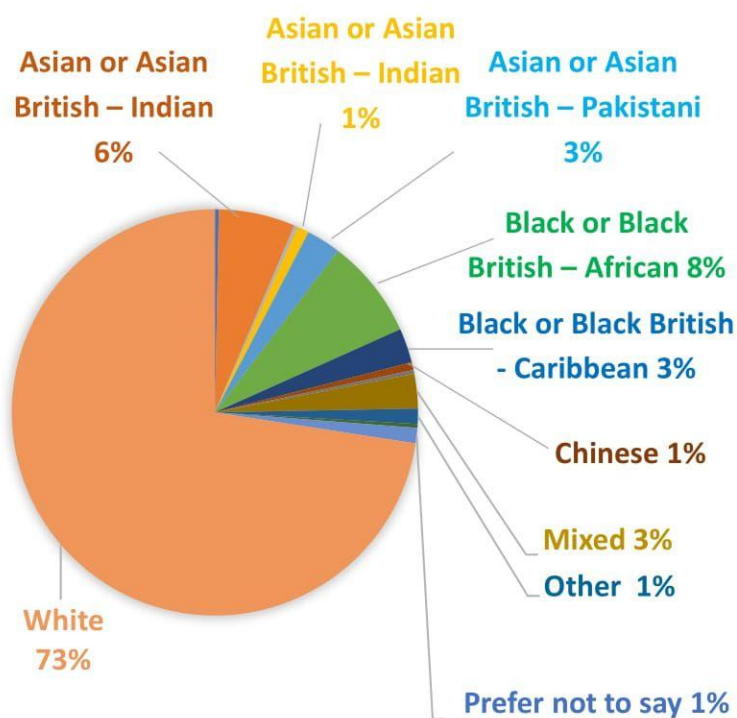
During the year to 31 March 2021, 488 (409) new clients were referred to the Light House counselling services, of that number 347 (317) new clients progressed through Initial Assessment to counselling. The number of counselling sessions provided was 2,404 (2,512). The overall number of counselling sessions that the Agency was able to offer was 2,769 (3,111) which included initial assessment interviews, out of the number offered 365 (599) were either cancelled by clients due to a change in their availability or circumstances and then re-arranged or were due to clients not attending their appointment without letting the agency know beforehand. The Agency has worked hard throughout 2020/2021 to reduce the number of cancellations that are made at short notice and the non-attendance at sessions without any prior notification, and we are pleased that we have seen a significant drop in this number, particularly in what has been a challenging year due to Covid 19 and this in turn has enabled us to make the service more cost effective.

At the close of the financial year the permanent staff numbered 1 full-time Counsellor/Manager, 4 part-time Staff Counsellors, plus 2 part-time Staff Administrators, 1 part-time Fundraiser and a Cleaner. When one of the part-time staff counsellors retired at the end of 2019, we were able to recruit a replacement and an additional part time counsellor, which increased our counselling capacity. The staff were ably assisted by 27 volunteer counsellors, comprised of qualified counsellors and a number of students who were on placement with the agency as a requirement of their training provider, whilst studying for a counselling qualification. The Light House also had two administrative volunteers to provide the Staff Administrator with extra help in running a very busy office.

When the Covid Pandemic hit the UK in March 2020 and the country was put into lockdown in that month, the Light House had to close its doors for 3 weeks whilst new working policies and procedures were put into place to ensure that we could still offer a counselling service to our clients. We resumed counselling once more in mid-April and clients were offered counselling either via video link (Zoom) or by telephone, as we could no longer see them in person. The Light House maintained a small office presence throughout this time, but all of the counsellors apart from the Agency Manager were working from home. This way of working carried on until September 2020 when we were able to offer clients a return to in person counselling, this was greatly appreciated by those clients who did not want to have counselling via video link or by telephone, which was for a variety of reasons and had been waiting to see their counsellor in person. Risk assessments were undertaken to ensure that we had sufficient hygiene and safety protocols in place to ensure the safety of both client and counsellor. The opportunity for clients to receive counselling via video link or telephone has made our service more available and accessible to those clients who are not able to come in person and is a service that we will continue to provide into the future.

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2021**

Demographics



Ethnicity of clients

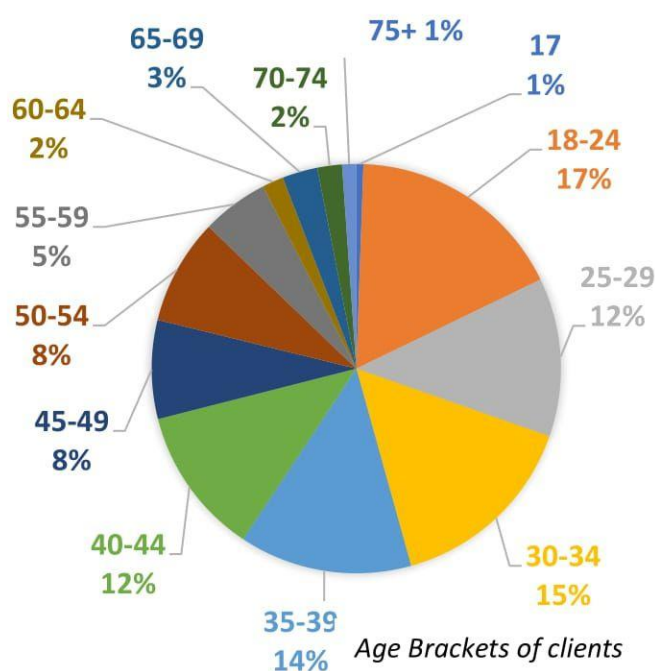
The Agency continues to work with all communities in the area, and although the majority of clients still fall into the 'White British' category, 27% of clients fall into other ethnic groups, which is an increase in other ethnicities from the previous year. 67% of our clients identified as female, the Agency was pleased that a large percentage of men are still referring for counselling and we will continue to work hard to see an increase in this demographic in the coming year.

With respect to age grouping, nearly 17% (14%) were in the 18–25 age group, another slight increase from last year, which demonstrates that there are growing numbers of young people who are struggling with their mental health. The number of over 65's 7% (8%), with the remainder of clients 76% (78%) fall in the age range 26-64 years

Client needs being presented:

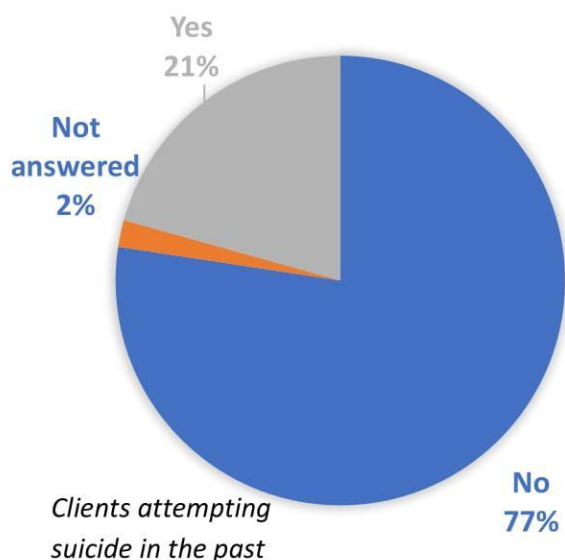
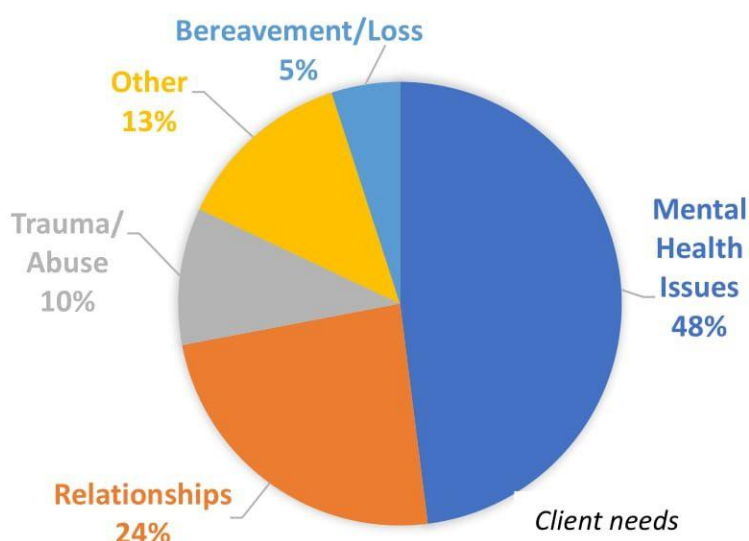
Mental Health Issues	48% (45%)
Relationships	24% (22%)
Trauma/Abuse	10% (14%)
Other	13% (14%)
Bereavement/Loss	5% (5%)

(brackets - last years figures)



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

There has been a slight increase in clients referring with mental health issues, which include anxiety, depression, stress and phobias, and the Agency also saw a slight fall in those who had experienced trauma and abuse. There was also an increase in the number of clients who had very complex issues, which were multi-layered and who would fall into more than one of the categories above.



In the last three quarters of the financial year to March 2021, 44% of the Agency's clients were not in work and only 10% of this number were actively looking for work. A large percentage of those who were unemployed were unable to work due to their poor mental health, with 21% of our clients having attempted suicide in the past with some of that number having made more than one attempt. 38% of the clients we saw had seriously considered it and 7% who were still feeling very suicidal. With these clients we took active steps to put in a Keeping Safe agreement and plan, which included other services they could contact for extra support.

The Covid Pandemic had impacted 46% of the clients that we saw in some way over this last financial year. We were successful in obtaining grant funding so that we could provide free or very low-cost counselling to those who had been affected by Covid 19.

Source of Referral

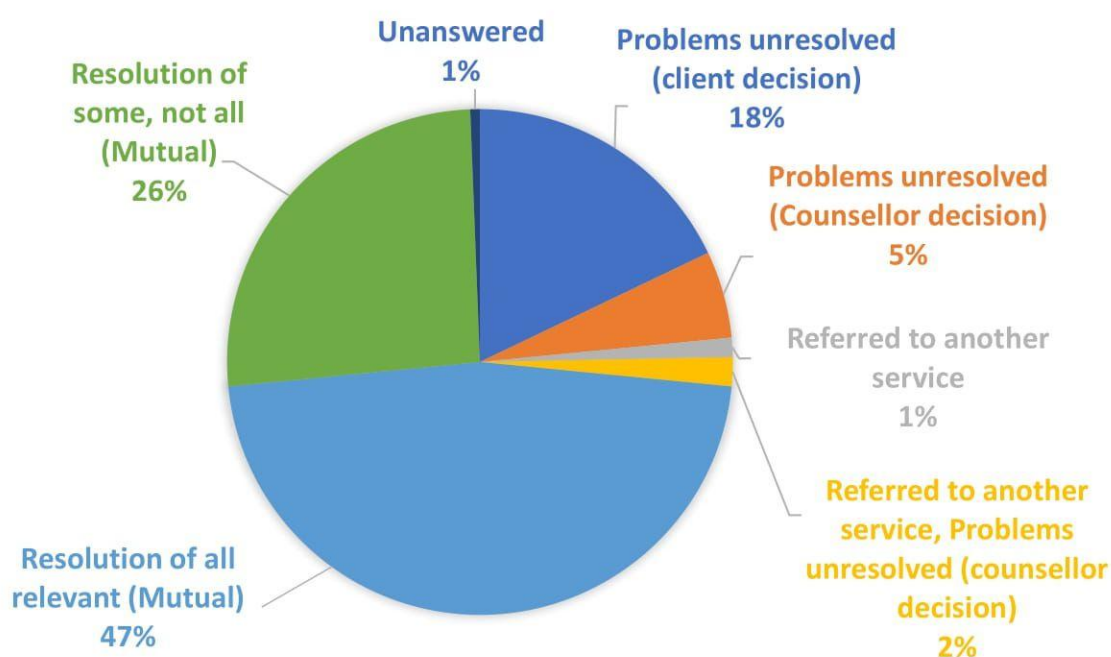
Health Service	53% (31%)	Friends/Relatives	13% (26%)
Been to Light House before	2% (15%)	Church Leader	4% (7%)
Website/Advert	3% (2%)	Voluntary Agency	6% (9%)
Social Services/Probation etc.	2% (2%)	Other	17% (9%)

(brackets - last years figures)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

This year saw a large increase in the numbers being referred by the Health Service, with the NHS IAPT service signposting 36% of this number to Light House for counselling. This in part was due to the issues the clients were presenting with as not suitable for their service and their long waiting list. Here at Light House we aim to see clients within 2 weeks for their assessment interview and within 12 weeks of their assessment for counselling.

Public Benefit – What Difference do we make?



Based on questionnaires given to clients at the end of therapy, we can see that around (73%) (75%) of clients agree that some or all of their issues have been resolved as a result of the counselling they have received. Other more detailed questionnaires completed by clients both at the start and end of therapy over the past year indicate that clients have a rating of Moderate/Severe Mental Health before therapy saw a significant drop in their scoring on the PHQ9 from an average score of 13.5 pre-therapy 5.6 post-therapy and on the GAD7 assessment from an average of 11.1 pre-therapy to 4.2 post-therapy. Similar improvements have been found in other Mental Health rating system questionnaires, as used by the NHS.

Comments made by clients also reinforce the view that we are making a difference to people's lives through our counselling service. Recent quotes from clients are as follows:

“Counselling has helped me to work through my thoughts and emotions when it was all too overwhelming to start with. I feel like I’m better equipped for the future but equally that I know where to go should I need support again. Keep doing what you’re doing. If I was on the NHS list for support, I would still have another 4 months to wait before being seen. Being able to get in so early at the peak of things being bad was so important and has been a god send - thank you”

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

“Having counselling sessions with The Light House definitely opened my eyes to realise how much I seriously needed it. Not only did I learn new perspectives on my issues / circumstances, I also reached a place where I am not only comfortable, but PEACEFUL about who I am as a human being.”

“I was struggling with coping with a new disability, which affected my abilities to do everyday tasks, and coping with returning to work with disabilities. It helped me to express my thoughts and feelings around my father's death and personal life situation. All of these events happened close together which caused me to suffer severe bouts of depression and anxiety. It has given me time to reflect on my feelings of loss and helped me to go on a journey to help me move on and cope better.”

Other Activities

We were unable to provide our in-house training that we do each year due to the pandemic and the restrictions regarding meeting in person. However, many of our counsellors and students accessed online training via Zoom, from various training providers, to maintain their continuing professional development (CPD) requirements for annual training hours, as set by their Professional Body.

We are hoping that 2021/2022 will see a return to some of our more normal activities, such as speaking engagements, in-house training, and an Open Day, as restrictions lift.

Fundraising activities

This financial year has been a particularly challenging one for Light House due to the Covid Pandemic, which had a large impact on the donations that we received from clients in support of our work, this was due in part that they were no longer able to come to the building, so there were no visual reminders for them regarding making a donation and for others it was related to their own personal circumstances, which included losing their employment, or being placed on furlough, which resulted in loss of income. It is hard to evaluate the impact of the pandemic on people's lives, but as previously mentioned just under half of our clients had been affected by it in some way. This situation was stressful for us as an Agency and also for our Fundraiser who was working tirelessly to seek funding, so that we were able to keep our doors open.

We were particularly grateful for several funders who gave us specific funding for Covid related issues. We received £8,000 from Heart of England Trust for our “Doing it Differently” project that enabled us to update our telephone and wi-fi system, which made more lines available for working with clients via Zoom or telephone and two new laptops that provided us with additional computer availability for Zoom. We also received £10,000 from Awards for All, that helped more clients access counselling for Covid related issues. In total we received £34,000 in grants that were for Covid specific funding. Many of the Grant Making Trusts were also affected by the pandemic and had less funds available to give out, which made the whole process of seeking funding more competitive and difficult.

We were one of the beneficiaries of the closure of the counselling charity, The Centre for Relational Care, a Warwick based charity, which ceased operating during 2020 and were grateful recipients of £5,000 towards our counselling work.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

We are also grateful for the five churches that support us on a regular basis and the six additional churches who gave us a one-off gift last year. The Nexus Institute of Creative Arts held a fundraising concert for us in appreciation of the support that we have provided to some of their students who required counselling help. We also have a small number of individual supporters who support our work financially on a regular basis. This is an area that our Fundraiser is working hard to develop, as without such people, we would not be able to provide a counselling service that is accessible to all.

The Light House continues to provide Counsellor Supervision for students on placement and for counsellors from other counselling charities across the Midlands region, and this provides income to support our work.

Investment performance

The charity holds no investments.

FINANCIAL REVIEW

Reserves policy

The Light House principal funding sources are from donations and gifts, grants, and fees for clinical supervision for counsellors working both in our agency and in other charitable organisations.

Donations and gifts are dependent on the giving of individuals and churches, and therefore vary considerably from month to month. Likewise, clinical supervision sessions and resulting income also vary significantly over time. Income from grants from Trusts frequently takes a considerable time between an appeal being made and a grant being received. Additionally, the likely benefit from any such appeal is largely unclear in advance.

All of these factors combine to make the annual income uncertain.

Based on the need to carry reserves for unplanned building maintenance and the need for the Light House to meet its commitments to staff in the case of the Charity needing to Wind-Up, including notice period and legal redundancy payments, the Trustees have decided that a minimum reserves level of £40,000 minimum is prudent to safeguard the operation of the organisation. If reserves held rise above double this figure, then the Trustees will determine how the beneficiaries can benefit from this income and, for example, by reducing further fund-raising activities. Reserves will be held in the form of balances of cash held in bank accounts.

The actual level of reserves held is reported to Trustees along with actual income and cost information at Trustees' meetings. If reserves fall below the minimum agreed level, then the Trustees will discuss and take appropriate action.

Reserves fell below the minimum figure during the period concerned and appropriate action has been taken to address this.

Future Developments

The charity expects its current levels and range of activities to continue for the foreseeable future and will adapt as necessary to any changes in circumstances.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Light House (Christian Care Ministry) Trust Ltd is a charitable company. The Memorandum of Association establishes the objects and powers of the charitable company which is governed by the Articles of Association.

Recruitment and appointment of new Trustees

Trustees are appointed and elected in accordance with the Memorandum and Articles of Association. Details of the current Trustees are given on Page 4 of this report.

Induction and training of new Trustees

New Trustees are allowed an induction and training period to enable them to acclimatise to the way the charity operates. This may include attending meetings with existing Trustees and staff and taking part in the day-to-day operations of the charity, to facilitate a greater understanding of its objectives and activities.

Organisational structure

The charity is headed by its Trustees who are ultimately responsible for its operations. They are supported by additional staff who fulfil both direct and administrative roles.

Related parties

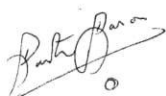
There are no related parties other than the Trustees.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trustees believe that the charity has fully met its obligations in this area.

THE TRUSTEES DECLARE THAT THEY HAVE APPROVED THE TRUSTEES' REPORT ABOVE.

Signed on behalf of the charities Trustees



Mr Martin Mason

Date: 01/12/2021



Mr James Rose

Date: 29/11/2021

Independent examiner's report to the Trustees of the Light House (Christian Care Ministry) Trust Limited

I report on the accounts for the year ended 31 March 2021 which are set out on pages 12 to 19

Respective responsibilities of the Trustees and the examiner

The charity's Trustees (who are also the Directors for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commissioner section 145 (5) (b) of the 2011 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 Commission. 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 considering 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 a full audit, and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In connection with my examination, no matters have come to my attention:

- (1) which give me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with Sections 386 and 287 of the Companies Act 2006; or
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of Section 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Gavin Kibble ACMA
Mozaic Innovate Ltd
1 Kineton Road, Coventry,
CV2 3NR
30th September 2021

Statement of Financial Activities for the year ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Incoming Resources					
Donations and Legacies	2	47,533	-	47,533	59,310
Grants		31,230	33,320	64,550	34,230
Activities for generating funds	3	11,908	-	11,908	14,855
Sundry income		669	-	669	174
Investment income	4	63	-	63	63
Total Incoming Resources		91,403	33,320	124,723	108,632
Resources Expended					
Charitable activities					
Cost of Fundraising	5	12,489	-	12,489	-
Direct charitable activities	6	81,780	19,795	101,575	98,989
Total Resources Expended		94,269	19,795	114,064	98,989
Net Incoming/(Outgoing) Resources Before Revaluation of Fixed Assets					
		(2,866)	13,525	10,659	9,643
Gain on the revaluation of fixed assets	10	-	-	-	60,000
Net Incoming/(Outgoing) Resources Before Revaluation of Fixed Assets					
		(2,866)	13,525	10,659	69,643
Transfers between funds		7,563	(7,563)	-	-
Net Incoming/(Outgoing) Resources		4,697	5,962	10,659	69,643
Total funds brought forward	14	45,993	131,783	177,776	108,133
Total funds carried forward	14	50,690	137,745	188,435	177,776

The notes on pages 14 to 19 form part of these financial statements.

Balance Sheet as at 31st March 2021

		2021	2020
		£	£
Fixed Assets			
Tangible assets	10	133,545	129,160
Current Assets			
Debtors	11	277	1,054
Cash in hand		115	34
Cash at bank		54,555	47,966
Undeposited receipts		3,443	700
		<u>58,390</u>	<u>49,754</u>
Creditors			
Amounts falling due within one year	12	(3,500)	(1,138)
Net Current Assets		54,890	48,616
Net Assets		<u>188,435</u>	<u>177,776</u>
Funds	14		
Unrestricted funds		50,690	45,993
Restricted funds		77,745	71,783
Revaluation reserve		60,000	60,000
Total Funds		<u>188,435</u>	<u>177,776</u>

The notes on pages 14 to 19 form part of these financial statements.

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2021.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 01/12/20 and were signed on its behalf by:

James Rose - Trustee James Rose

Martin Mason – Trustee Martin Mason

Notes to the Financial Statements for the year ended 31st March 2021

1: Accounting Policies

Basis of preparing the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards for Smaller Entities published on 16/07/14, and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102). Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Company Limited by Guarantee

The charity is a Company Limited by Guarantee with no share capital. The directors of the company are named on page 4. In the event that the company is wound up, the liability in respect of the guarantee is limited to £1 per director of the company.

Incoming resources and resources expended

All incoming resources are included in the Statement of Financial Activities when the charitable company is legally entitled to the income and the amount can be quantified with reasonable accuracy. Expenditure is accounted for on an accruals and prepayments basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the Trustees.

Restricted funds can only be used for the particular purposes specified by the donor or when funds are raised for particular restricted purposes.

Hire purchase and leasing commitments

Rentals paid under operating under operating leases are charged to the Statement of the Financial Activities on a straight line basis over the period of the lease.

Tangible fixed assets

No depreciation is charged on freehold property or freehold land. During the prior year the charity adopted a policy to revalue its property at market value. The 2020 valuation of the freehold property was made by the Trustees, on an open market value for existing use basis. Depreciation on fixtures and fittings is charged at 20% per annum on the straight line basis.

Winding up of the trust

In early 1996 the Trustees took a decision to change the legal status of the Charity from a Trust to a Company Limited by Guarantee, This Company was registered on the 12th August 1996 and the agreements relating to the premises were drawn up in its name. There were delays in obtaining Charity Commission registration for the Company however and consequently the Trust has continued to operate as before. On 31st March 1998 the Trustees executed a Supplementary Deed which wound up the Trust and passed all its operations and assets to the Charitable Company which will continue the Charity's operations henceforth.

Notes to the Financial Statements for the year ended 31st March 2021 (continued)

2. Donations and Legacies

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Donations and Gifts	44,327	-	44,327	47,245
Legacies	400	-	400	6,072
Gift Aid	2,806	-	2,806	5,993
	47,533	-	47,533	59,310

3. Activities for Generating Funds

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Sale of materials	-	-	-	41
Courses and seminars	-	-	-	290
Registration Fees	5,350	-	5,350	-
Room Rental	120	-	120	4,580
Work for other organisations	6,438	-	6,438	9,944
	11,908	-	11,908	14,855

4. Investment Income

	2021	2020
	£	£
Deposit account interest	63	63

5. Cost of Fundraising

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
Salaries	12,489	-	12,489	-
	12,489	-	12,489	-

Notes to the Financial Statements for the year ended 31st March 2021 (continued)

6. Direct Charitable Expenses	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
			£	£
Salaries	65,769	6,592	72,361	76,082
Counselling subcontracted	-	4,473	4,473	-
Membership Fees	915	-	915	988
Supervision and Training	3,582	-	3,582	4,258
Catering	287	100	387	482
Volunteer Expenses	1,495	-	1,495	758
Insurance	1,424	-	1,424	1,422
Repairs and Maintenance	145	-	145	6,116
Utilities	-	2,454	2,454	2,378
DBS Applications	50	-	50	39
Rates and Water	865	169	1,034	982
Office and Admin Costs	2,509	109	2,618	3,912
Telephone and Internet	1,590	937	2,527	-
IT	851	1,830	2,681	-
H&S	86	2,035	2,121	-
Professional Fees	98	-	98	-
Sundry Costs	1,108	-	1,108	665
Bank Charges	706	-	706	607
Depreciation of Fixed Assets	-	1,096	1,096	-
Independent examiners fees	300	-	300	300
	<u>81,780</u>	<u>19,795</u>	<u>101,575</u>	<u>98,989</u>

7. Trustees' Remuneration and Benefits**8. Net Incoming/ (Outgoing) Resources**

	2021	2020
	£	£
Net incoming resources are stated after charging :		
Other operating leases	<u>936</u>	<u>936</u>

9: Staff Costs

	2021	2020
	£	£
Staff costs during the year were :		
Wages and Salaries	84,462	75,865
Staff pensions	<u>388</u>	<u>217</u>
	<u>84,850</u>	<u>76,082</u>

The average monthly headcount was 9 staff (2020 : 8 staff) and the average monthly full-time equivalent employees (including part-time staff) was 4 (2020 : 4 staff). No staff were paid at a higher rate than £60,000 per annum during the year or the previous year.

No Trustee received remuneration or benefits in relation to their services as a Trustee to the charity. The charity operates a defined contribution pension scheme.

Notes to the Financial Statements for the year ended 31st March 2021 (continued)

10. Tangible Fixed Assets	Fixtures and Fittings £	Land and Buildings £	Total Buildings
Cost			
As at 1st April 2020	-	129,160	129,160
Additions	5,482	-	5,482
As at 31st March 2021	<u>5,482</u>	<u>129,160</u>	<u>134,642</u>
Depreciation			
As at 1st April 2020	-	-	-
Charge for the year	1,096	-	1,096
As at 31st March 2021	<u>1,096</u>	<u>-</u>	<u>1,096</u>
Net Book Value as at 1st April 2020	-	129,160	129,160
Net Book Value as at 31st March 2021	4,385	129,160	133,545

11. Debtors : Amounts Falling Due Within One year	2021 £	2020 £
Trade Debtors	<u>277</u>	<u>1,482</u>

12. Creditors : Amounts Falling Due Within One year	2021 £	2020 £
Taxation, social security and pension	1,474	1,077
Other creditors	2,025	300
	<u>3,500</u>	<u>1,377</u>

13. Analysis of Net Assets Between Funds	Unrestricted funds £	Restricted funds £	Revaluation reserve £	2021 Total funds £	2020 Total funds £
Fixed assets	-	73,545	60,000	133,545	129,160
Current assets	54,190	4,200	-	58,390	49,754
Current liabilities	(3,500)	-	-	(3,500)	(1,138)
Net assets	<u>50,690</u>	<u>77,745</u>	<u>60,000</u>	<u>188,435</u>	<u>177,776</u>

Notes to the Financial Statements for the year ended 31st March 2021 (continued)

14. Movement of Funds	Balance as at 1/4/2020 £	Incoming Resources £	Resources Expended £	Transfers	Balance at 31/3/2021 £
Restricted funds :					
Premises fund	129,160	-	-	-	129,160
Core Costs Grant	2,623	-	(2,623)	-	-
National Lottery : Lets Talk	-	10,000	(10,065)	65	-
AFA : Covid Grant	-	10,000	(1,972)	(8,028)	-
Heart of England	-	8,000	(4,135)	520	4,385
Harry Payne	-	1,000	(1,000)	-	-
Hope Hub	-	4,320	-	(120)	4,200
Total Restricted Grants	131,783	33,320	(19,795)	(7,563)	137,745
Unrestricted funds :					
General fund	45,993	91,403	(94,269)	7,563	50,690
Total funds	177,776	124,723	(114,064)	-	188,435

Description, Nature and Purpose of Restricted Funds

- Premises Fund: Purchase of building to carry out operational activities of the trust
- Core Costs Grant: Went towards staff salaries, utilities & overheads
- National Lottery 'Let's Talk': Enabled us to see more clients by contracting hours to counsellors
- AFA Covid Grant: Provided extra safety equipment for Covid safety measures and supported clients struggling with Covid either financially, emotionally or work related.
- Heart of England: We were able to purchase a telephone system to enable more remote counselling and Wi-Fi in every room for video sessions, we also purchased two laptops to provide the video session in rooms that didn't have computers.
- Harry Payne: Went towards staff salaries.
- Hope Hub: This fund is restricted for clients that come via the Hope Hub in Coventry

15. Related Party Transactions

There were no related party transactions during the year (2020: nil).