

Charity registration number 1068491

Company registration number 03510939 (England and Wales)

INSPIRE COUNSELLING AND TRAINING LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

INSPIRE COUNSELLING AND TRAINING LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mr G Parnell
Mr N J Weaver
Mr A C MacFarlane
Mrs A J Buchanan
Rev A W Forsdike
Mr A Adetukasi (Appointed 16 February 2022)
Mrs D Adetukasi (Appointed 16 February 2022)
Mrs C Barratt (Appointed 16 February 2022)

Charity number

1068491

Company number

03510939

Registered office

The Fletcher Centre
2 Crescent Road
Ipswich
UK
IP1 2EX

Independent examiner

LB Group Limited (Ipswich)
80 Compair Crescent
Ipswich
Suffolk
UK
IP2 0EH

INSPIRE COUNSELLING AND TRAINING LIMITED

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INSPIRE COUNSELLING AND TRAINING LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT)

FOR THE YEAR ENDED 31 AUGUST 2022

The Trustees present their annual report and financial statements for the year ended 31 August 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2019)

Objectives and activities

Inspire was established in 1993 with a commitment to offering a caring and confidential counselling service to individuals and couples aged 18 years and over. We pride ourselves on being a Christian-led organization, providing counselling services regardless of gender, race, ethnicity, sexual orientation, ability, or faith. Our team comprises professionally trained and supervised counsellors who employ a variety of counselling approaches to meet the diverse needs of our clients.

Our vision at Inspire is to enable change and growth through counselling and training. Our mission is simple. We believe that counselling should be accessible to all, irrespective of their ability to pay. Our mission is to create a safe, accepting, and professional environment where individuals can change and grow within the context of a therapeutic relationship.

Achievements and performance

During the reporting period, Inspire has made significant strides towards fulfilling its mission and objectives. Our counselling service has continued to expand, reaching a growing number of individuals and couples seeking support. We are proud to have provided a caring and confidential space for personal growth and positive change in the lives of our clients.

Financial review

We have maintained a prudent financial approach to ensure the sustainability of our operations. Currently, the charity holds approximately 60% of expenditure in liquid funds after creditors. This level of reserves, enables us to meet the costs of running our activities while ensuring the long-term stability of the organization.

The Board of Trustees carefully assesses the major risks faced by the charity and continues to evaluate appropriate systems to mitigate these risks. We remain committed to maintaining effective financial management practices and upholding our fiduciary responsibilities.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The Trustees meet formally every two to three months to consider the running of the charity, finance, counselling and training matters and future operations. In addition the Trustees meet informally and are in regular communication to exchange opinions and discuss charity activities.

INSPIRE COUNSELLING AND TRAINING LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr G Parnell

Mr N J Weaver

Mr A C MacFarlane

Mrs A J Buchanan

Rev A W Forsdike

Mr A Adetukasi

(Appointed 16 February 2022)

Mrs D Adetukasi

(Appointed 16 February 2022)

Mrs C Barratt

(Appointed 16 February 2022)

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Looking Ahead

As we move forward, Inspire remains dedicated to its mission of providing accessible counselling services to those in need. During the year we hired a business development manager bringing our headcount to three permanent staff members. We continue to strive for excellence in the provision of professional and pastoral supervision, ensuring the highest standards of care and support. Additionally, we will expand our offerings of non-professional courses to cater to a wide range of subjects and promote personal development in our community.

We would like to express our gratitude to our dedicated employees, volunteers, counsellors, and supporters whose commitment and contributions have been instrumental in the success of Inspire. We also extend our appreciation to our clients, who place their trust in us to accompany them on their journey of growth and change.

As we look forward to our jubilee year in 2023 in which we celebrate a number of significant milestones, the Trustees thank you for your continued support and belief in our mission. We look forward to another successful year of serving our community.

The Trustees report was approved by the Board of Trustees.

Andreas MacFarlane

.....
Mr A C MacFarlane

Trustee

Date: 22/05/2023
.....

INSPIRE COUNSELLING AND TRAINING LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INSPIRE COUNSELLING AND TRAINING LIMITED

I report to the Trustees on my examination of the financial statements of Inspire Counselling and Training Limited (the charity) for the year ended 31 August 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.


Christopher Annis FCA
LB Group Limited (Ipswich)

80 Compair Crescent
Ipswich
Suffolk
IP2 0EH
UK

Dated: 22/5/23

INSPIRE COUNSELLING AND TRAINING LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2022

| | Notes | Unrestricted funds 2022 £ | Total 2022 £ | Unrestricted funds 2021 £ | Total 2021 £ |
|---|-------|------------------------------------|----------------------|------------------------------------|----------------------|
| Income from: | | | | | |
| Donations and legacies | 3 | 16,610 | 16,610 | 15,907 | 15,907 |
| Charitable activities | 4 | 43,438 | 43,438 | 42,035 | 42,035 |
| Investments | 5 | 20 | 20 | 3 | 3 |
| Total income | | <u>60,068</u> | <u>60,068</u> | <u>57,945</u> | <u>57,945</u> |
| Expenditure on: | | | | | |
| Charitable activities | 6 | <u>52,613</u> | <u>52,613</u> | <u>52,966</u> | <u>52,966</u> |
| Net income for the year/ Net movement in funds | | 7,455 | 7,455 | 4,979 | 4,979 |
| Fund balances at 1 September 2021 | | <u>37,498</u> | <u>37,498</u> | <u>32,519</u> | <u>32,519</u> |
| Fund balances at 31 August 2022 | | <u><u>44,953</u></u> | <u><u>44,953</u></u> | <u><u>37,498</u></u> | <u><u>37,498</u></u> |

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.

INSPIRE COUNSELLING AND TRAINING LIMITED

STATEMENT OF FINANCIAL POSITION

AS AT 31 AUGUST 2022

| | Notes | 2022 £ | £ | 2021 £ | £ |
|---|-------|---------------|---------------|---------------|---------------|
| Fixed assets | | | | | |
| Intangible assets | 10 | | 954 | | 1,192 |
| Tangible assets | 11 | | 1,779 | | 1,395 |
| | | | <u>2,733</u> | | <u>2,587</u> |
| Current assets | | | | | |
| Debtors | 12 | 3,038 | | 2,671 | |
| Cash at bank and in hand | | 62,652 | | 55,526 | |
| | | <u>65,690</u> | | <u>58,197</u> | |
| Creditors: amounts falling due within one year | 13 | (23,470) | | (23,286) | |
| Net current assets | | | <u>42,220</u> | | <u>34,911</u> |
| Total assets less current liabilities | | | <u>44,953</u> | | <u>37,498</u> |
| Income funds | | | | | |
| Unrestricted funds | | | <u>44,953</u> | | <u>37,498</u> |
| | | | <u>44,953</u> | | <u>37,498</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 August 2022.

The director acknowledges his 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 22/05/2023

Andreas MacFarlane

.....
Mr A C MacFarlane
Trustee

Company registration number 03510939

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2022

1 Accounting policies

Charity information

Inspire Counselling and Training Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is The Fletcher Centre, 2 Crescent Road, Ipswich, IP1 2EX, UK.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). 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 applying FRS 102 Update Bulletin 1 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 £.

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.

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.

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.

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

1 Accounting policies

(Continued)

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation 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:

| | |
|---------------|----------------------|
| Website Costs | 6 Year Straight Line |
|---------------|----------------------|

1.7 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:

| | |
|-----------------------|-----------------------|
| Computers & Furniture | 20 % Reducing balance |
|-----------------------|-----------------------|

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 net income/(expenditure) for the year.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible 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).

1.9 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.

1.10 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.

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

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.

1.11 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.

1.12 Retirement benefits

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

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.

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

3 Donations and legacies

| | Unrestricted funds | Unrestricted funds |
|---------------------|--------------------|--------------------|
| | 2022 | 2021 |
| | £ | £ |
| Donations and gifts | 16,110 | 15,907 |
| Other Grants | 500 | - |
| | <u>16,610</u> | <u>15,907</u> |

4 Charitable activities

| | 2022 | 2021 |
|------------------------------------|---------------|---------------|
| | £ | £ |
| Sales within charitable activities | <u>43,438</u> | <u>42,035</u> |

5 Investments

| | Unrestricted funds | Unrestricted funds |
|---------------------|--------------------|--------------------|
| | 2022 | 2021 |
| | £ | £ |
| Interest receivable | <u>20</u> | <u>3</u> |

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

6 Charitable activities

| | 2022 £ | 2021 £ |
|-------------------------------------|---------------|---------------|
| Staff costs | 32,161 | 29,455 |
| Depreciation | 743 | 597 |
| Training Costs | 1 | 565 |
| Counselling costs | 7,641 | 7,390 |
| Computer costs | 1,088 | 1,029 |
| Insurance | 1,198 | 1,170 |
| Marketing and Hospitality | - | 604 |
| Office supplies | 849 | 238 |
| Postage and delivery | - | 139 |
| Printing and reproduction | 129 | 355 |
| Refreshments | 438 | 187 |
| Professional fees | - | 2,469 |
| Rent | 5,115 | 4,895 |
| Repairs | 49 | - |
| Sundry Expenses | 1,943 | 2,763 |
| | <u>51,355</u> | <u>51,856</u> |
| Share of support costs (see note 7) | 1,258 | 1,110 |
| | <u>52,613</u> | <u>52,966</u> |

7 Support costs

| | Support costs £ | Governance costs £ | 2022 £ | 2021 £ |
|---|--------------------|-----------------------|--------------|--------------|
| Independent Exam Fee | 954 | - | 954 | 954 |
| Payroll costs | 304 | - | 304 | 156 |
| | <u>1,258</u> | <u>-</u> | <u>1,258</u> | <u>1,110</u> |
| Analysed between Charitable activities | <u>1,258</u> | <u>-</u> | <u>1,258</u> | <u>1,110</u> |

8 Trustees

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

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

9 Employees

The average monthly number of employees during the year was:

| | 2022 Number | 2021 Number |
|--|----------------|----------------|
| | 3 | 2 |

Employment costs

| | 2022 £ | 2021 £ |
|---------------------|-----------|-----------|
| Wages and salaries | 31,154 | 28,334 |
| Other pension costs | 1,007 | 1,121 |
| | 32,161 | 29,455 |

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

10 Intangible fixed assets

| | Website Costs £ |
|--|--------------------|
| Cost | |
| At 1 September 2021 and 31 August 2022 | 1,430 |
| Amortisation and impairment | |
| At 1 September 2021 | 238 |
| Amortisation charged for the year | 238 |
| At 31 August 2022 | 476 |
| Carrying amount | |
| At 31 August 2022 | 954 |
| At 31 August 2021 | 1,192 |

INSPIRE COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

11 Tangible fixed assets

Computers & Furniture £

Cost

At 1 September 2021

6,105

Additions

891

At 31 August 2022

6,996

Depreciation and impairment

At 1 September 2021

4,712

Depreciation charged in the year

505

At 31 August 2022

5,217

Carrying amount

At 31 August 2022

1,779

At 31 August 2021

1,395

12 Debtors

2022 £

Amounts falling due within one year:

Trade debtors

604

279

Other debtors

1,055

1,179

Prepayments and accrued income

1,379

1,213

3,038

2,671

13 Creditors: amounts falling due within one year

2022 £

Other taxation and social security

502

-

Trade creditors

19,414

22,108

Accruals and deferred income

3,554

1,178

23,470

23,286

14 Related party transactions

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