

REGISTERED COMPANY NUMBER: 03863068 (England and Wales)  
REGISTERED CHARITY NUMBER: 1083030

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2023  
FOR  
ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

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FOR THE YEAR ENDED 31ST AUGUST 2023**

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# **ASSOCIATION FOR GROUP AND INDIVIDUAL PSYCHOTHERAPY**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st August 2023. The trustees have adopted the provisions of 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).

### **OBJECTIVES AND ACTIVITIES**

#### **Objectives and aims**

The Association for Group and Individual Psychotherapy (AGIP) was founded in 1974 as a Professional Association of Psychoanalytic Psychotherapists. It now has members working in London, the rest of the UK and in Europe. The organisation is a member of the United Kingdom Council for Psychotherapy. AGIP has a code of ethics and good practice to which all members subscribe.

AGIP provides a highly regarded Psychotherapy Service in the form of a clinic which is easily accessible to those seeking therapy in North London. We offer consultations, assessment and referrals for ongoing psychotherapy and access to a low-fee psychotherapy scheme, the Fairbridge Clinic.

AGIP also offers a pluralistic and innovative Training Programme of Psychoanalytic Psychotherapy. AGIP's training is recognised by the United Kingdom Council for Psychotherapy.

AGIP's authority is vested in its elected Council; all full Council members also act as trustees of the charity. The work of the Association is carried forward by the council and its sub-committees have responsibility for Training, Clinical Matters, Professional Ethics and Continuing Professional Development.

#### **AGIP's constitutional aims include the following:**

- To widen the availability of psychoanalytic psychotherapy
- To provide a psychoanalytically based training programme
- To provide a forum for members to continue and develop their work
- To develop and maintain the highest possible professional and ethical standard of professional excellence and ethical conduct in the practice of psychoanalytic psychotherapy

#### **Public benefit**

The section of this report above entitled 'Objectives and activities of the year' sets out the charity's objectives and reports on the activity and successes in the year to 31 August 2023 as well as explaining the plans for the current financial year of 2023-24.

The trustees have considered this matter and concluded:

1. That the aims of the organisation continue to be charitable;
2. That the aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
3. That the benefits are for the public, are not unreasonably restricted in any way and certainly not by ability to pay; and
4. That there is no detriment or harm arising from the aims or activities.

The trustees confirm that they have complied with the duty in Section 4 of the Charities' Act 2006 to have due regard to the guidance published by the Charities' Commission on public benefit when reviewing the Charity's main aims and objectives and in planning future activities.



# **ASSOCIATION FOR GROUP AND INDIVIDUAL PSYCHOTHERAPY**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2023**

### **ACHIEVEMENT AND PERFORMANCE**

#### **Charitable activities**

The charity's committee work continued to operate on a remote basis whereas the training activities have predominantly returned to traditional face-to-face teaching. The investment in new equipment facilitated the new hybrid working conditions adopted by many businesses following the pandemic. This facility has enabled AGIP to broaden the accessibility of its services. We would like to take this opportunity to express our thanks to our current and past members who have given so much to AGIP over the years.

The charity continues to adopt the Working party and Committee structure to encourage the involvement of more members in the achievement of its aims. We continue to work with the Lady Balogh's Psychotherapy Trust to achieve our mutually shared goals. AGIP continues to support the British Journal of Psychotherapy, which continues to include papers from AGIP and remains responsive to the issues arising in the practice of psychotherapy.

Training continues to grow with remote learning techniques being incorporated with in-person teaching. There are currently 20 training members, 17 clinical trainees and 11 foundation trainees. We took this opportunity to welcome three new professional members during the year.

The work of the Clinical Committee which normally assesses and refers potential patients to trainees or professional members as appropriate, has been suspended and a paid Clinical Organiser appointed in its place; this is a temporary measure and plans are already in place to re-instate the committee. The pressure on our clinical services remains high as awareness of such services continue to grow alongside an increase in the demand for mental health support. The service continues to be provided through acts of goodwill from trainees and members in support of low-cost therapy through the Fairbridge Clinic.

The Continuing Professional Development Committee continues to provide its services in-person and online.

The Professional Ethics Committee reviewed, revised and amalgamated the Code of Ethics and Code of Professional Practice into a single Code, and alongside this revised the Complaints Procedure. These are now both consistent with those of the UKCP. In addition, a range of information leaflets has been prepared including for complainants, members complained against, and anyone who has been asked to be a witness at a disciplinary hearing.

The house has been maintained by the office administration staff with plans for maintenance and refurbishment to continue alongside the use therapy rooms.

### **FINANCIAL REVIEW**

#### **Financial position**

The income from membership fees is up slightly from last year continuing with the trend of increased memberships. The income and expenditure relating to the training course is included under charitable activities on the detailed statement of financial activities.

The charity was self-funded for the year and did not need to draw on its savings. The overall surplus for the year was £6,292 (compared with a deficit of £9,133 the previous year).

#### **Reserves policy**

It is normally the policy of the Association that the level of reserves (those not tied up in fixed assets and designated and restricted funds) should be maintained at a level at least equivalent to three months' expenditure, which averages £25,000. We have maintained at least this level of reserves over the year. In light of the long term nature of the psychotherapy offered by the Clinic, it is viewed that 6 months' expenditure in the reserves is more prudent. The trustees consider that reserves at that level would ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

As at 31 August 2023, our reserves fund stood at a surplus of £38,721 (as of 31 August 2022: £32,429).

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST AUGUST 2023**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

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.

**Related parties**

The Association is an Organisational Member of the United Kingdom Council for Psychotherapy (UKCP). Association representatives play an active part in UKCP affairs, representing the Association and the interests of its Members at a national level. The Association adheres to the ethical guidelines and policies of UKCP.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03863068 (England and Wales)

**Registered Charity number**

1083030

**Registered office**

1 Fairbridge Road  
London  
N19 3EW

**Trustees**

Mr C D Berry	Psychoanalytic psychotherapist	
Ms C F Wade	Retired chartered accountant	Resigned 15/07/2023
Frau C Ardt	Psychoanalytic psychotherapist	
Mr L Suss	Retired	
Mr D Butler	Psychoanalytic psychotherapist	
Ms D Hamilton	Psychoanalytic psychotherapist	
Ms S T Landesman	Psychoanalytic psychotherapist	
Mr D G Gill	Psychoanalytic psychotherapist	
Ms F Lorena	Psychoanalytic psychotherapist	Appointed 21/01/2023

**Trustees Appointed since year-end**

Mr J Thompson	Psychoanalytic psychotherapist	Appointed 15/07/2023
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**Independent Examiner**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Approved by order of the board of trustees on 12 March 2024 and signed on its behalf by:



.....  
L A Suss - Trustee



**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**Independent examiner's report to the trustees of Association For Group And Individual Psychotherapy ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st August 2023.

**Responsibilities and basis of report**

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

Having satisfied myself that the accounts of the Company 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 your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached.

*Annette Watson*

Annette Watson PhD BSc FCA

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Date: *12th March 2024*

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST AUGUST 2023**

		<b>2023 Unrestricted fund £</b>	<b>2022 Total funds £</b>
<b>INCOME AND ENDOWMENTS FROM</b>	Notes		
Donations and legacies		78,651	80,852
<b>Charitable activities</b>			
Clinical & CPD related		8,886	2,798
APPT Training courses		52,106	59,828
Investment income	2	158	10
<b>Total</b>		<b>139,801</b>	<b>143,488</b>
 <b>EXPENDITURE ON</b>			
Raising funds		5,379	9,767
<b>Charitable activities</b>			
Clinical & CPD related		2,373	3,861
APPT Training courses		92,154	34,598
Other		33,603	104,395
<b>Total</b>		<b>133,509</b>	<b>152,621</b>
 <b>NET INCOME/(EXPENDITURE)</b>		<b>6,292</b>	<b>(9,133)</b>
 <b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		32,429	41,562
 <b>TOTAL FUNDS CARRIED FORWARD</b>		<b>38,721</b>	<b>32,429</b>

The notes form part of these financial statements

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**BALANCE SHEET  
31ST AUGUST 2023**

	Notes	2023 Unrestricted fund £	2022 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	6	1,431	832
<b>CURRENT ASSETS</b>			
Debtors	7	5,018	5,000
Cash at bank		50,446	35,238
		<u>55,464</u>	<u>40,238</u>
<b>CREDITORS</b>			
Amounts falling due within one year	8	(18,174)	(8,641)
<b>NET CURRENT ASSETS</b>		<u>37,290</u>	<u>31,597</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>38,721</u>	<u>32,429</u>
<b>NET ASSETS</b>		<u>38,721</u>	<u>32,429</u>
<b>FUNDS</b>	9		
Unrestricted funds		38,721	32,429
<b>TOTAL FUNDS</b>		<u>38,721</u>	<u>32,429</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.



**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**BALANCE SHEET - continued  
31ST AUGUST 2023**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 12 March 2024 and were signed on its behalf by:



.....  
L A Suss - Trustee

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST AUGUST 2023**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the 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.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures, fittings & equipment	- 25% on reducing balance
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At each reporting date non-financial assets not carried at fair value, like goodwill and plant, property and equipment, are reviewed to determine whether there is an indication that an asset may be impaired. If there is an indication of possible impairment, the recoverable amount of any asset or group of related assets, which is the higher of value in use and the fair value less cost to sell, is estimated and compared with its carrying amount. If the recoverable amount is lower, the carrying amount of the asset is reduced to its recoverable amount and an impairment loss is recognised immediately in profit or loss.

**Taxation**

The company is a registered charity and as such its income and gains falling within section 471 to 489 of the Corporation Tax Act 2010 or section 256 of the Taxation and Chargeable Gains Act 1992 are exempt from corporation tax to the extent that they are applied to its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST AUGUST 2023**

**2. INVESTMENT INCOME**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Bank interest receivable	<u>158</u>	<u>10</u>

**3. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Depreciation - owned assets	<u>475</u>	<u>315</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st August 2023 nor for the year ended 31st August 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st August 2023 nor for the year ended 31st August 2022.

**5. STAFF COSTS**

The average monthly number of employees during the year was as follows:

	<b>2023</b>	<b>2022</b>
Training staff	<u>1</u>	<u>1</u>
Support staff	<u>1</u>	<u>1</u>
	<u><b>2</b></u>	<u><b>2</b></u>

No employees received emoluments in excess of £60,000.



**ASSOCIATION FOR GROUP AND INDIVIDUAL  
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**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST AUGUST 2023**

**6. TANGIBLE FIXED ASSETS**

	Fixtures, fittings & equipment £
<b>COST</b>	
At 1st September 2022	2,813
Additions	1,074
At 31st August 2023	<u>3,887</u>
<b>DEPRECIATION</b>	
At 1st September 2022	1,981
Charge for year	475
At 31st August 2023	<u>2,456</u>
<b>NET BOOK VALUE</b>	
At 31st August 2023	<u>1,431</u>
At 31st August 2022	<u>832</u>

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023 £	2022 £
Other debtors	<u>5,018</u>	<u>5,000</u>

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023 £	2022 £
Social security and other taxes	-	488
Other creditors	16,174	6,153
Accruals and deferred income	2,000	2,000
	<u>18,174</u>	<u>8,641</u>

**9. MOVEMENT IN FUNDS**

	At 1/9/22 £	Net movement in funds £	At 31/8/23 £
<b>Unrestricted funds</b>			
General fund	32,429	6,292	38,721
<b>TOTAL FUNDS</b>	<u>32,429</u>	<u>6,292</u>	<u>38,721</u>

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
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**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST AUGUST 2023**

**9. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	139,801	(133,509)	6,292
<b>TOTAL FUNDS</b>	<u>139,801</u>	<u>(133,509)</u>	<u>6,292</u>

**Comparatives for movement in funds**

	At 1/9/21 £	Net movement in funds £	At 31/8/22 £
<b>Unrestricted funds</b>			
General fund	41,562	(9,133)	32,429
<b>TOTAL FUNDS</b>	<u>41,562</u>	<u>(9,133)</u>	<u>32,429</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	143,488	(152,621)	(9,133)
<b>TOTAL FUNDS</b>	<u>143,488</u>	<u>(152,621)</u>	<u>(9,133)</u>

**10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31st August 2023.

**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST AUGUST 2023**

	2023 £	2022 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Membership fees	30,218	35,526
Donations (general)	22,383	24,759
Donations (house maintenance)	26,050	20,567
	<u>78,651</u>	<u>80,852</u>
<b>Investment income</b>		
Bank interest receivable	158	10
<b>Charitable activities</b>		
Clinical income	8,472	2,674
Tuition fees	46,468	55,204
Application fees	5,638	4,624
Other income	414	124
	<u>60,992</u>	<u>62,626</u>
<b>Total incoming resources</b>	139,801	143,488
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
BJP & PEP professional fees	5,379	9,767
<b>Charitable activities</b>		
Wages	27,111	24,728
Pensions	585	555
Tuition and course related fees incurred	27,262	25,935
Other training related costs	8,906	8,727
Clinical costs	2,373	3,861
	<u>66,237</u>	<u>63,806</u>
<b>Support costs</b>		
<b>Management</b>		
Wages	19,350	33,283
Pensions	151	318
	<u>19,501</u>	<u>33,601</u>
<b>House costs</b>		
House costs	11,438	9,677
Cleaning costs	12,802	10,597
	<u>24,240</u>	<u>20,274</u>

This page does not form part of the statutory financial statements



**ASSOCIATION FOR GROUP AND INDIVIDUAL  
PSYCHOTHERAPY**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST AUGUST 2023**

	2023 £	2022 £
<b>House costs</b>		
<b>Other</b>		
Telephone	2,322	1,233
Postage and stationery	627	2,569
Sundries	986	162
Bank charges	-	22
AGM expenses	1,090	441
Equipment leasing and hire charges	1,822	800
General insurances	1,969	1,848
Software, IT support and related costs	4,643	2,415
Depreciation of tangible fixed assets	475	315
HMRC Interest payable	-	26
	<hr/> 13,934	<hr/> 9,831
<b>Governance costs</b>		
Accountancy fees	2,880	2,779
Legal fees	363	11,376
UKCP related costs	975	1,187
	<hr/> 4,218	<hr/> 15,342
Total resources expended	<hr/> 133,509	<hr/> 152,621
<b>Net income/(expenditure)</b>	<hr/> <hr/> 6,292	<hr/> <hr/> (9,133)

