

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 2025
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**

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2025**

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 12
Detailed Statement of Financial Activities	13 to 14

ASSOCIATION FOR GROUP AND INDIVIDUAL PSYCHOTHERAPY

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2025

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 2025. 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 2025**

ACHIEVEMENTS 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.

AGIP's Business Plan 2023-2028 was approved during the year. The plan has been developed with the key objective to ensure AGIP is financially viable over the next 5 years, and beyond. The key elements of the plan were a 20% increase in training fees in 2023/24 for new students, and a further 20% increase in training fees for new students from 2024/25. The overall effect of these increases is that training fees will have risen from £2000 to £3000 for new students beginning in 2024/25, and for students who start the training in subsequent years. Over the next 3 years and beyond this has a positive impact on AGIP's income and ensures financial viability.

Training continues to grow with remote learning techniques being incorporated with in-person teaching. There are currently 22 training members, 22 clinical trainees and 8 foundation trainees. We took this opportunity to welcome nine new professional members during the year.

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 Clinical Committee has been re-formed under the leadership of Diane Frazer and now has 3 professional members and two training members.

The Continuing Professional Development Committee has provided its services online and in-person during this year.

AGIP had its 5-year review by the UKCP before Christmas in 2023. The final report was reviewed by Council in March 2024. The UKCP review focused on the training, and ethics policy and practice, and AGIP received an excellent evaluation.

The infant observation program has been re-designed, and from 2026 will be a stand-alone 1-year program on the training. An enormous amount of thought and work has gone into designing the program and documenting it in a manual. Considerable thought has also gone into the transition period between now and 2026 to minimise disruption for current trainees.

A bursary scheme was approved by Council in March 2024 and began in October 2025. Two bursaries of £500 have been made available to foundation course students. Two bursaries of £1000 have been made available to students on the clinical training. The bursaries are intended to widen participation in AGIP by supporting students from underrepresented backgrounds, including those from Black and minority groups, and to promote inclusion and diversity.

The house has been maintained by the office administration staff. The entrance and kitchen has been re-decorated. A new roof was installed on the rear garage.

Completed:

Council approved a budget of £4000 for the re-designing of the website last next financial year. A website design company was appointed and they have carried out changes to the Fairbridge page that were urgent. The new website has now been completed and modernised. Processes are in place to update and edit the website on a continuing basis moving forward.

**ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2025**

A new cloud based financial accounting system Xero was implemented on 1 September 2024 and is providing us with bi-monthly management accounts and cash flow statements. The system can automate various accounting processes, and provide real time financial data.

AGIP completed exploratory merger discussions with the Institute of Psychotherapy and Social Studies. Eight IPSS members have joined AGIP as a result.

FINANCIAL REVIEW

Financial position

The income from membership fees is up slightly from last year continuing with the trend of increased memberships. The income from training fees has also increased reflecting the higher fees that AGIP is now charging. Training fee income will continue to increase over the next two years. 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. The overall result for the year was a small surplus of £4,662, compared to a deficit for the previous year of £1,386.

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 2025, our reserves fund stood at £41,997, compared to £37,335 as at 31st August 2024.

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

ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2025

Trustees

C D Berry Psychoanalytic psychotherapist (resigned 1/4/25)
L A Suss
Frau C Arndt Psychoanalyst
D I Butler Psychoanalytic Psychotherapist (resigned 1/4/25)
Ms D H Hamilton Psychotherapist (resigned 20/8/25)
D G Gill Psychoanalytic Psychotherapist (resigned 10/2/26)
J Thompson
Ms V Cumming (appointed 30/4/25)
Ms D Frazer (appointed 2/2/25) (resigned 10/2/26)
C Shaw

Independent Examiner

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

Approved by order of the board of trustees on 21 March 2026 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 2025.

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: *23rd march 2026*

**ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2025**

	Notes	2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		102,829	82,541
Charitable activities			
Clinical & CPD related		1,539	5,518
APPT Training courses		54,491	62,085
Investment income	2	230	428
Total		159,089	150,572
EXPENDITURE ON			
Raising funds		7,011	5,520
Charitable activities			
Clinical & CPD related		1,225	1,846
APPT Training courses		104,934	70,637
Other		41,257	73,955
Total		154,427	151,958
NET INCOME/(EXPENDITURE)		4,662	(1,386)
RECONCILIATION OF FUNDS			
Total funds brought forward		37,335	38,721
TOTAL FUNDS CARRIED FORWARD		41,997	37,335

The notes form part of these financial statements

**ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY**

**BALANCE SHEET
31ST AUGUST 2025**

	Notes	2025 Unrestricted fund £	2024 Total funds £
FIXED ASSETS			
Intangible assets	6	2,775	-
Tangible assets	7	2,818	1,073
		<u>5,593</u>	<u>1,073</u>
CURRENT ASSETS			
Debtors	8	3,383	3,250
Cash at bank		55,995	54,903
		<u>59,378</u>	<u>58,153</u>
CREDITORS			
Amounts falling due within one year	9	(22,974)	(21,891)
		<u>36,404</u>	<u>36,262</u>
NET CURRENT ASSETS			
		<u>36,404</u>	<u>36,262</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>41,997</u>	<u>37,335</u>
NET ASSETS			
		<u>41,997</u>	<u>37,335</u>
FUNDS	10		
Unrestricted funds		41,997	37,335
TOTAL FUNDS		<u>41,997</u>	<u>37,335</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2025 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.

The notes form part of these financial statements

ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY

BALANCE SHEET - continued
31ST AUGUST 2025

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 21 March 2026 and were signed on its behalf by:



.....
L A Suss - Trustee

The notes form part of these financial statements

**ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2025**

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
--------------------------------	---------------------------

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 2025**

2. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest receivable	230	428
	<u> </u>	<u> </u>

3. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Depreciation - owned assets	931	358
Website amortisation	925	-
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2025 nor for the year ended 31st August 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2025 nor for the year ended 31st August 2024.

5. STAFF COSTS

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

	2025	2024
Training staff	2	1
Support staff	1	1
	<u> </u>	<u> </u>
	3	2
	<u> </u>	<u> </u>

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

6. INTANGIBLE FIXED ASSETS

	Website £
COST	
Additions	3,700
	<u> </u>
AMORTISATION	
Charge for year	925
	<u> </u>
NET BOOK VALUE	
At 31st August 2025	2,775
	<u> </u>
At 31st August 2024	-
	<u> </u>

**ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025**

7. TANGIBLE FIXED ASSETS

	Fixtures, fittings & equipmen £
COST	
At 1st September 2024	3,887
Additions	<u>2,676</u>
At 31st August 2025	<u>6,563</u>
DEPRECIATION	
At 1st September 2024	2,814
Charge for year	<u>931</u>
At 31st August 2025	<u>3,745</u>
NET BOOK VALUE	
At 31st August 2025	<u>2,818</u>
At 31st August 2024	<u>1,073</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Other debtors	2,107	3,250
Prepayments and accrued income	<u>1,276</u>	<u>-</u>
	<u>3,383</u>	<u>3,250</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Social security and other taxes	583	304
Other creditors	6,919	16,145
Accruals and deferred income	<u>15,472</u>	<u>5,442</u>
	<u>22,974</u>	<u>21,891</u>

10. MOVEMENT IN FUNDS

	At 1/9/24 £	Net movement in funds £	At 31/8/25 £
Unrestricted funds			
General fund	37,335	4,662	41,997
TOTAL FUNDS	<u>37,335</u>	<u>4,662</u>	<u>41,997</u>

**ASSOCIATION FOR GROUP AND INDIVIDUAL
PSYCHOTHERAPY**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025**

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	159,089	(154,427)	4,662
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	159,089	(154,427)	4,662
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Comparatives for movement in funds

	At 1/9/23 £	Net movement in funds £	At 31/8/24 £
Unrestricted funds			
General fund	38,721	(1,386)	37,335
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	38,721	(1,386)	37,335
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	150,572	(151,958)	(1,386)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	150,572	(151,958)	(1,386)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2025.