



Registered Charity No. 1089632

Counselling
for adults and
young people

Annual Report and Accounts
2020 — 2021

Tilehouse Counselling, Registered Charity No: 1089632

Contact details

The Coach House
Rear of 84 Tilehouse Street
Hitchin Herts SG5 2DY

counselling@tilehouse.org
www.tilehouse.org
Tel: 01462 440244

Bankers

CAFCASH Ltd.
Kings Hill, West Malling
Kent ME19 4TA

Management Committee

Richard Hull BA Hons PGDip
Christine Skeen (Treasurer)
Dr Clare Grimshall
Roisin Mooney
Dr Leon Van Huyssteen Consultant Psychiatrist
Peter Roberts

Staff

Susan Barnes (Director) BSc (Hons) Psychology, PGDip Counselling, Dip Life Coaching
Kim Kirby (Finance & Admin Manager)
Maggie Kelly RN

Counsellors

Sue Budden PGDip Counselling, Accred
Jude Cooney PGDip Counselling, Accred
Ryan Davis Advanced Dip Counselling (person centred), Accred Reason & Rehabilitation group facilitator, Hearing Voices group facilitator, NVQ level 3 Health & Social Care, Accred
Linda Gaskell PGDip Integrative Psychosynthesis Psychotherapy, UKCP Accred
Sarah Hart PGDip Counselling, Accred
Jo Loach PG Dip Counselling, MBACP Accred
Claudio Molinaro PG Dip Counselling, MBACP Accred, MUKRC,
Geoff Rose PGDip Psychodynamic Theory and Practice, British Psychoanalytic Council Accred
Lisa Smith European Dip Counselling, MBACP Accred
Donna Stratton PG Advanced Dip
Alice Sumpter Cert in Marriage and Couple Counselling, BACP Accred
Sue Uff BA (Hons) English, PGDip Counselling, Certificate in Therapeutic Play Skills PTUK, Accred

Clinical Supervisors

Rachel Golding Dip Clinical Supervision, BACP Accred
Valentina Krajnovic BA (Psychol), MA Clinical Psychol
Angela Marsh Child & Adolescent Psychoanalytical Psychotherapy (MProf)

Patrons

Paul Cherry, Hannah Constantinidi, Gerald Corbett, Sarah Free, Davina Hodson, James Nye, Lady Parkinson DL, Lord-Lieutenant Robert Voss CBE, Suki Webster, Lady Whitbread, Flick Wright.

Youth Ambassadors

Lucy Coyle & Jamie Dear

Independent Examiner - The Mobile Accountant

Annual Report: Overview from the Chair of Trustees

Well, that was a tough year, wasn't it?

Firstly, and most importantly, the trustees and I want to thank the hard work and invaluable contributions to the charity of the director of the service, Sue Barnes, and Kim Kirby, Maggie Kelly, Pamela Firth, and all our outstanding counsellors.

Given the extreme disruption and innumerable problems caused by COVID-19, things have been hard but everyone rose to the challenge magnificently.

I was extremely proud that Tilehouse was able to continue offering its much-needed service (now more than ever!) throughout the pandemic. Thank you, everyone.

I was also extremely grateful to the efforts of the trustees this year, particularly Peter Roberts who has provided his vital expertise to the clinical governance committee. And as always, we continue to be eternally grateful for the input of our consultant fundraiser, Catherine Farrell.

Despite the obvious issues this year, I was delighted that the team was also able to continue developing our new full fee-paying counselling service, which is essential, as long-term it will be required to further subsidise our charitable work.

And this year in particular, the charity is also tremendously grateful for the support that we have received from local businesses, patrons, benefactors, and anyone else who has been able to provide any kind of donation, large or small. We would not be able to offer our mental health services without you.



Richard Hull
Chair of Trustees

We sincerely thank our funders for their support. Without them we would not have been here to provide a much-needed counselling service

For our Adult Counselling

Hertfordshire Country Council, Community Wellbeing

For our Young People's Counselling

BBC Children in Need
Beds & Luton Community Foundation
David Cutforth Charitable Trust
Herts Community Foundation
Hitchin Youth Trust
Robert McAlpine Foundation
Tesco Bags of Help
The Grant Foundation
Valiant Charitable Trust

Other donations

Big Lottery Community Fund
Henry Smith Charity
An anonymous Trust
The Jarvis (Harpenden) Charitable Trust
Amateurs Trust
George Hodson Charitable Trust
NHDC Community Grant
Hertfordshire County Council – Locality Budget
Hitchin Rotary
Hitchin Tilehouse Rotary
Mrs Smith & Mount
Paypal Giving Fund
Linda Benton
Frazer Smith
St Martins Church Preston
Alastair & Sarah Bruce
Limitless Academy
John Catton
Raymond James
Shanly Foundation
Inner Wheel
Christopher Laing Foundation
Knebworth Response Team
Police Commissioner COVID fund
Anna Bruce
Sarah Free
Doortraits
Frank Lichfield Charitable Trust
Edward Gostling Foundation
Herts Community Fund Coronavirus relief
Sir Alexander Graham
Sir Bernard & Lady Schreier Foundation
Barratt Homes
Letchworth Heritage Foundation
Mercers
Kundalina Yoga Community
Anglian Country Inns

TILEHOUSE COUNSELLING

Tilehouse Counselling is a charity that provides professional, affordable counselling for adults and young people (aged 13 to 18) in Hitchin, North Hertfordshire and surrounding areas. All the counselling is provided by professionally trained counsellors with many years' experience.

Covid -19 Impact

In March 2020 we had to stop face-to-face counselling to comply with the lockdown restrictions. In response we adapted our services to provide counselling by telephone and Zoom. We have five counsellors who were already professionally trained in telephone counselling. This is recognised by the BACP, and while very different to face-to-face counselling it is by no means a 'second best'.

To support the telephone and online counselling we adjusted policies and procedures in order to offer the best service possible. This was particularly important in safeguarding clients. We continued to undertake clinical assessments and offer appropriate contracts to clients. We maintained the service as close to our original face-to-face support as far as we could so that that we continued to provide a high quality, professional service. A small number of our clients chose to pause their counselling as they did not want to work remotely. As soon as their counsellor returned to the centre they were able to resume their sessions. Historically, we achieve excellent outcomes with our clients and have no reason to think that the effectiveness of our professional service will diminish. Our work over the past year confirms this.

We were fully committed to keeping our service available to vulnerable people in our community and in August began to resume face-to-face counselling at our Centre. We have taken all necessary measures to keep clients, counsellors and office staff as safe as we can. We followed Government guidelines later in the year and during the subsequent lockdowns returning to remote working.

Where we are

We are based in the centre of Hitchin within walking distance of the train station and bus stops. Our counselling rooms are pleasant, comfortable, and insulated from outside noise.



Seeking counselling

Over the past year adults and young people come to counselling for many different reasons including:

- Depression and anxiety
- Abuse and neglect
- Rape and sexual assault
- Bullying
- Issues around special education needs
- Eating disorders
- Bereavement and loss
- Self-harming and suicidal thoughts
- Drug and alcohol issues
- HIV related issues
- Relationship difficulties within and outside the family
- Issues around sexuality and gender

Most people contact us initially by 'phone, but we also get email enquiries and enquiries through a link from our website.

What we provide

- Professional counselling with qualified, experienced, BACP accredited counsellors.
- Weekly counselling sessions, each of which is at the same time with the same counsellor
- Time to reflect and think about difficult emotions
- An opportunity to be listened to without being judged
- Time to work through problems and difficulties that are negatively impacting on life
- Counselling for anything from four weeks up to a year, depending on need.
- Counselling beyond a year when appropriate and necessary.

Confidentiality

Counselling is confidential. The only circumstances in which a counsellor would speak with somebody else is if they have good reason to believe a client or person is at serious risk. This is to engage extra support for the person in counselling and is done with their full knowledge.

Who pays for the counselling?

Counselling is free for young people (13 to 18) with no income and an affordable contribution to the cost of counselling is asked of our adult clients—this is agreed with the counsellor during the first session.

Tilehouse Counselling is a charity and the majority of our funding has to be raised. We do this by applying for grants and seeking the support of individuals and organisations.

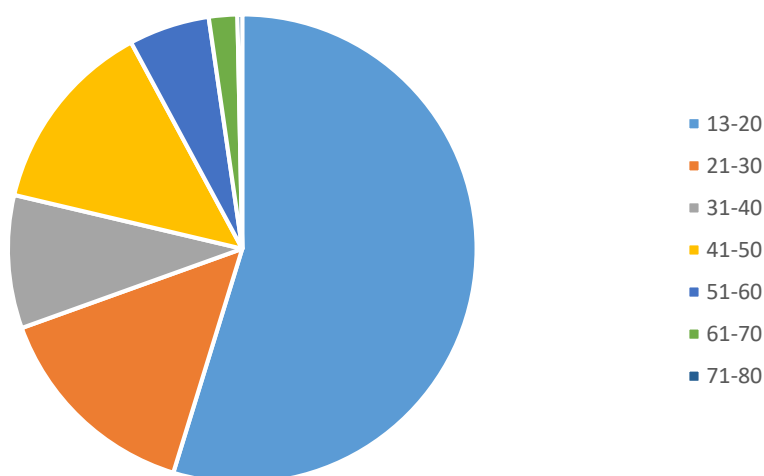
Service Delivery

During the financial year (1st April 2020 to 31st March 2021) we worked with 147 female adults, 74 male adults and 188 young people, totaling 409 clients over the year. 111 female adults, 47 male adults and 151 young people joined our waiting list.

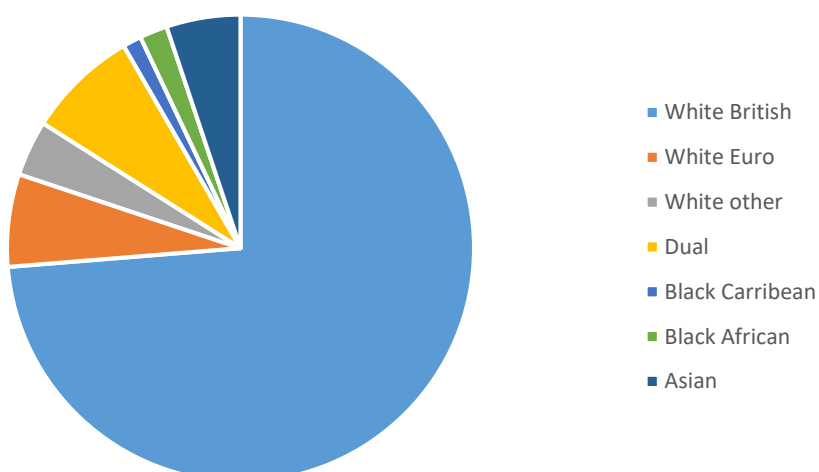
Our team of counsellors delivered 4,895 sessions over the year. We were providing 125 appointments per week by March 2021

Our enquiries decreased during the periods of full lockdown. For the first time ever we had counsellors available and no clients. As the restrictions started to ease we experienced a dramatic increase in enquiries and there were 31 clients on our waiting list at the end of March.

Client age groups - March 2021



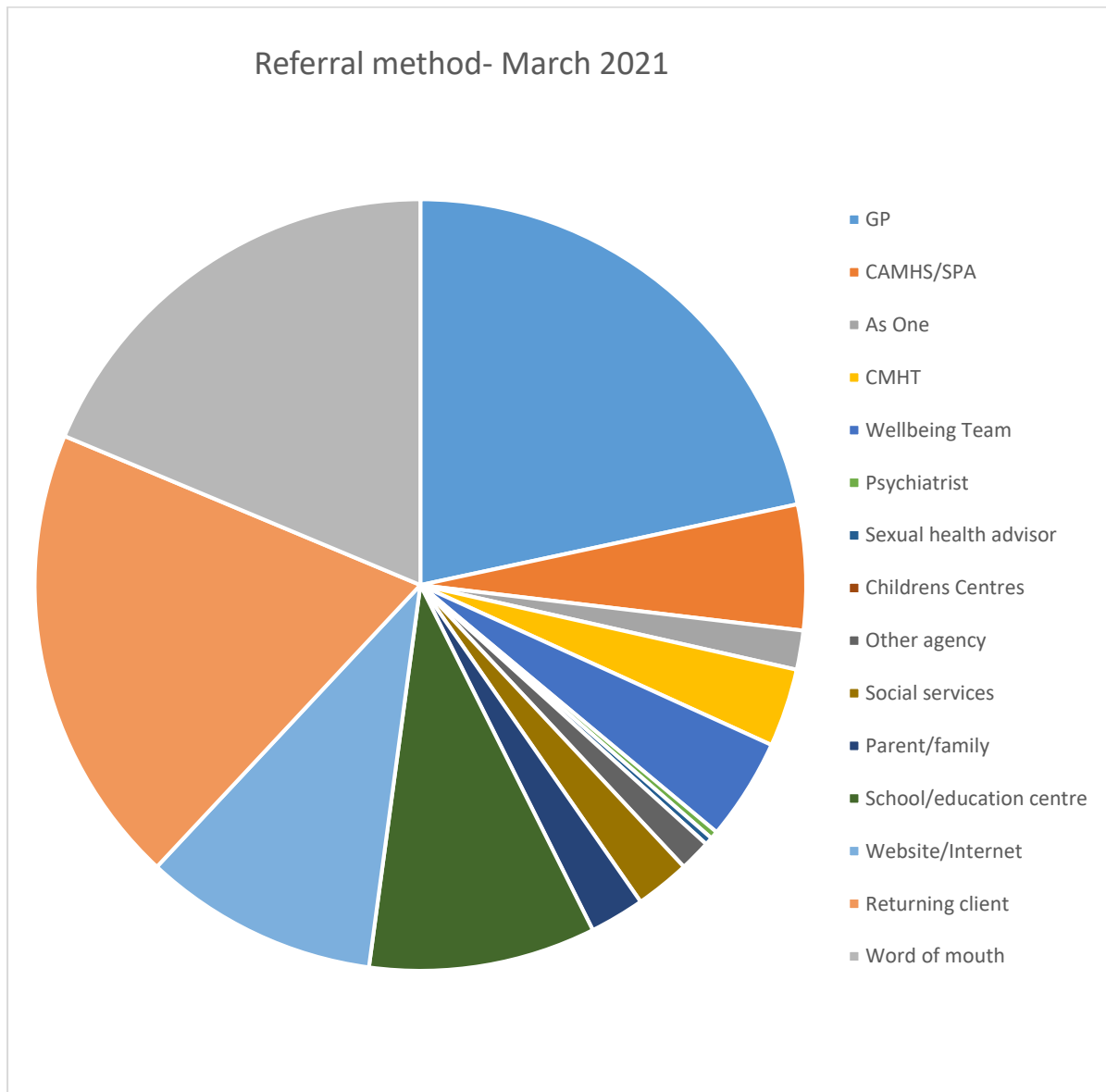
Client ethnicity - March 2021



How our clients hear about us

Most adults and young people approaching Tilehouse Counselling have heard about us through their GP, health visitor, school, Community Mental Health Team, hospital or through word of mouth and our website. Others are signposted to us via Single Point of Access, Stevenage Wellbeing Team and CAMHS.

There is a noticeable increase in awareness of our service through the internet, and our website. In addition, many other local organisations in the voluntary sector pass on information about us and signpost adults and young people to our service.



GP and other NHS referrals accounted for 33% of our referrals over the year.

Counselling contracts offered.

We saw clients for an initial two to four session assessment period after which we offered up to a year of further counselling. However, in some circumstances counselling was extended beyond the maximum contract period when there was a need. Shorter term work (four or twelve session contracts) enabled clients to do a more focused piece of work, knowing they could return to the centre if they wished to in the future.

The issues our clients brought to the Centre

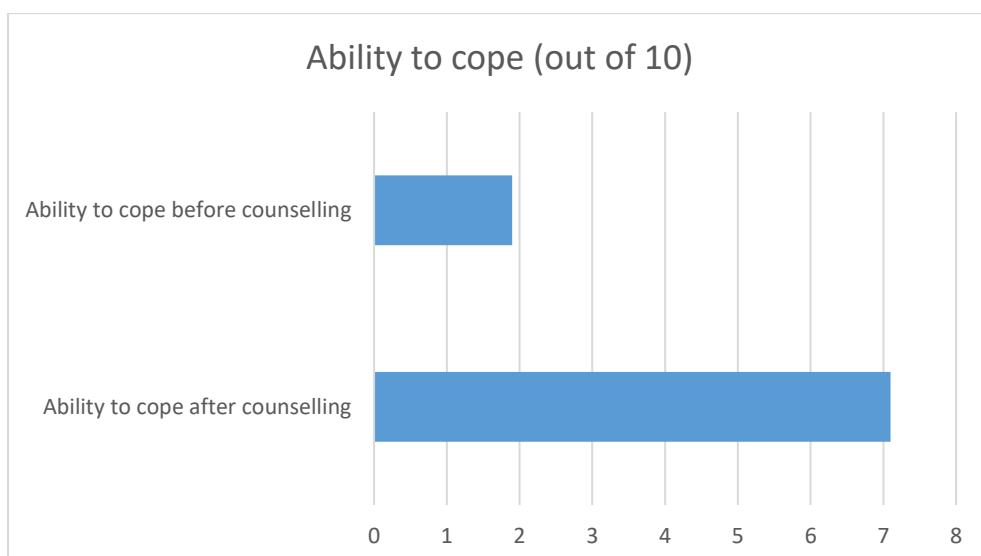
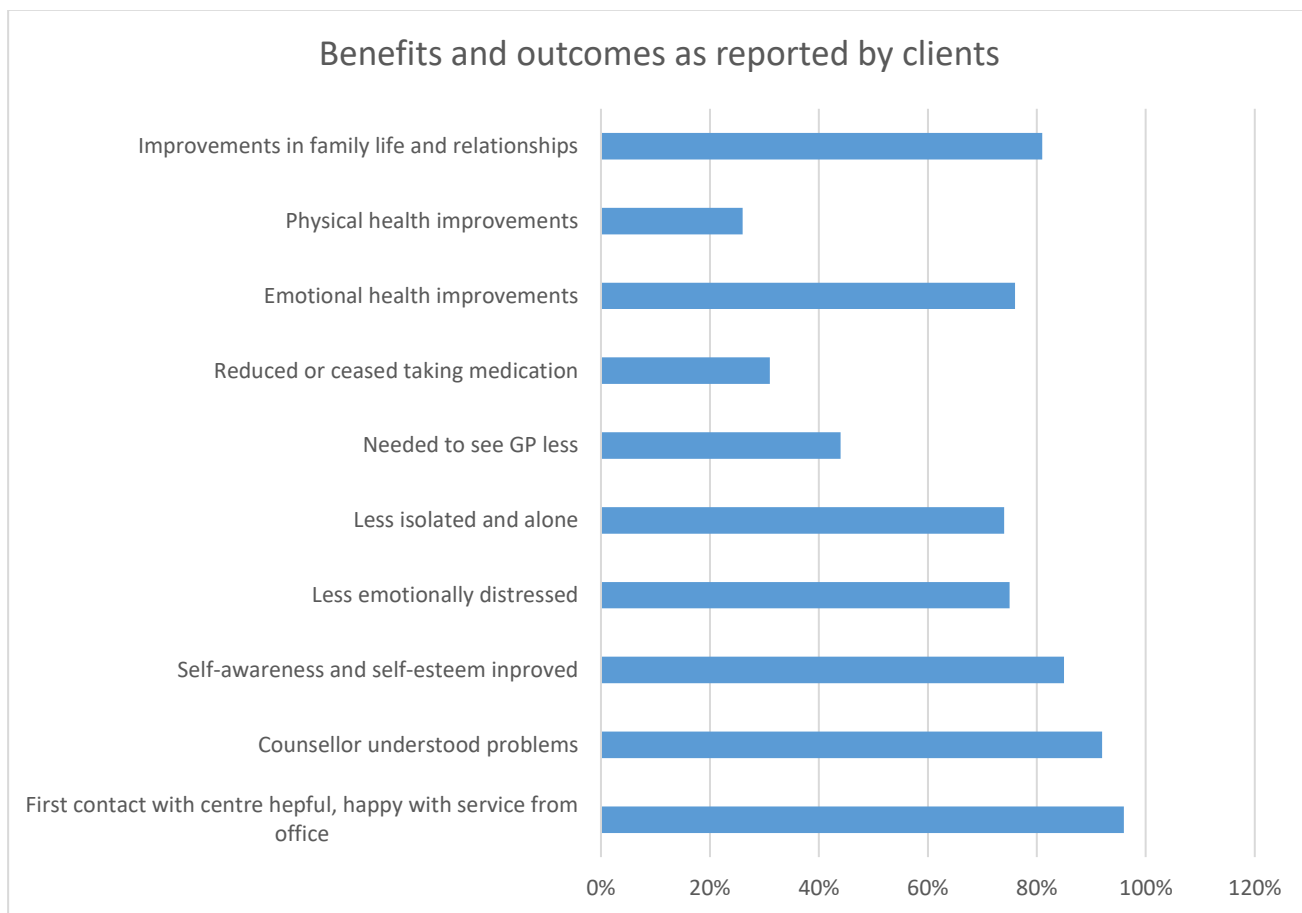
Adults came to the Centre with a variety of issues, recurring themes being anxiety and depression, violence in relationships, and abuse/neglect in childhood and beyond. Young people had issues around drug and alcohol abuse, self-harm, poor school attendance, academic and exam pressure, bullying and isolation, gender identity, sexual risk taking and getting into trouble at school and/or with the Police. Typically, our clients reported low self-esteem and a lack of confidence, making it difficult to lead fulfilling lives or to function satisfactorily on a daily basis.

This year our clients experienced additional difficulties as a direct result of the pandemic. Adults were presenting with extreme anxiety, stress, redundancies, financial difficulties and parenting issues. Young clients were reporting anxieties around home schooling, fears of school attendance, exam pressure, eating disorders and substance abuse.



Benefits and outcomes of counselling

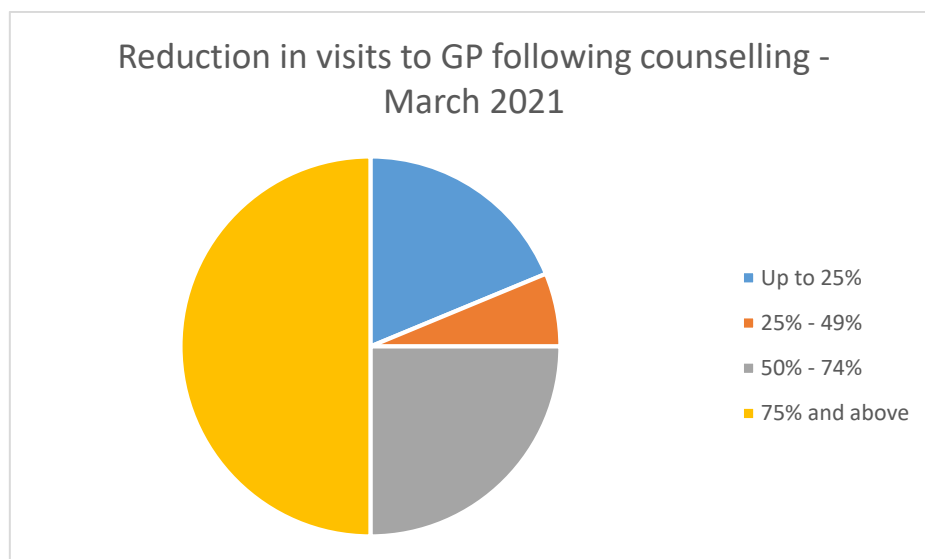
Our client feedback forms which we send to clients when they have completed their counselling contract continued to be returned with highly positive responses. These surveys help us to assess whether we are offering a good service to our clients, and to highlight any areas that we might be able to improve on. Over the year more than 90% of the forms we sent out by post were completed and returned to us by clients who had ended their counselling. Key findings, demonstrating a very high level of satisfaction with the service provided, were as follows:



Other outcomes

Having ended their counselling during the year, clinical assessment by counsellors reported the following outcomes:

32% of clients are visiting their GP less



Health improvements reported in our
Client Satisfaction surveys (quoted with clients' full permission)

More energy, better sleep,
improved appetite, better
focus. Ability to allow all
emotions

Less tired, more
energy

Not as many
neck/back aches

I am feeling less
ill than I used to

More positive, more
rational, calmer

I feel more
motivated

I am able to do
normal tasks that I
couldn't have
done before

Reduced
headaches

Lost weight

Very little joint pain, muscle
pain, headaches and anxiety

Resilience.
Confidence
about being
myself

Not getting
angry as much

Much calmer and
accepting of previous
difficulties. I am able to
calm myself down when I
am overwhelmed

Clearer skin
and less tired

Eating better and
feeling healthier

Happier and
more confident

More motivated to
do things and less
anti-social

I am more confident
and have continued
with football and
outdoor exercise

More energy

We also asked clients what they think might have happened if they hadn't come to counselling.
Below are some of their comments.

I'm not sure, I think I would have continued in pain, become physically ill. I wouldn't have found Al-Anon, and known how to put up boundaries

It would have taken longer for me to move forward beyond my difficulties

I would probably not have been able to resolve personal and family issues so well

I would have remained emotionally unstable and miserable. I would have contemplated not wanting to be alive even more. I wouldn't have found my new partner

I would have attempted suicide

I would have been 'stuck' with a feeling of general anxiety and unease, not progressing with any life. Problems would have been less surmountable

My relationship would have broken down and I would have still been in a lot of emotional pain, with guilt and shame. I am a better, more patient mum too.

I'd still be struggling with the trauma of my relationship with a narcissist

I think I would have been stuck in this negative cycle and I would have done something silly

My mental health would have gotten to the point where I would not have gone to school and would drop out

Possible breakdown

I would have continued to beat myself up about a lot of things. I'm not sure what would have happened as a result

Mental health would have got life threatening

I would have got ill and been signed off work and my anxiety got worse and worse

I would have started a downward spiral, not having the tools to manage my emotions which would have impacted hugely on my life and ability to be a good parent

Year 11 would have been very difficult, I would have left my friends and be doing a lot worse in school. I might have even killed myself

Our Young people's service

We offer free counselling for young people between the ages of 13 and 18. At the end of the year we were delivering 50 counselling sessions per week.

Over the year we have worked with 176 young people and had 17 on our waiting list at the end of March.



There is no fee for young people who are not in work.

Client contributions to the cost of our service

Counselling for young people is free. For our charitable core counselling adult service, we ask our clients to make an affordable contribution towards their weekly counselling sessions between £20.00 and £55.00. Last year we introduced an information sheet with guidelines for weekly contributions based on household income asking clients to tick the relevant fee, sign and return to the centre. This has resulted in an increase in our charitable fee income and will continue to be encouraged.

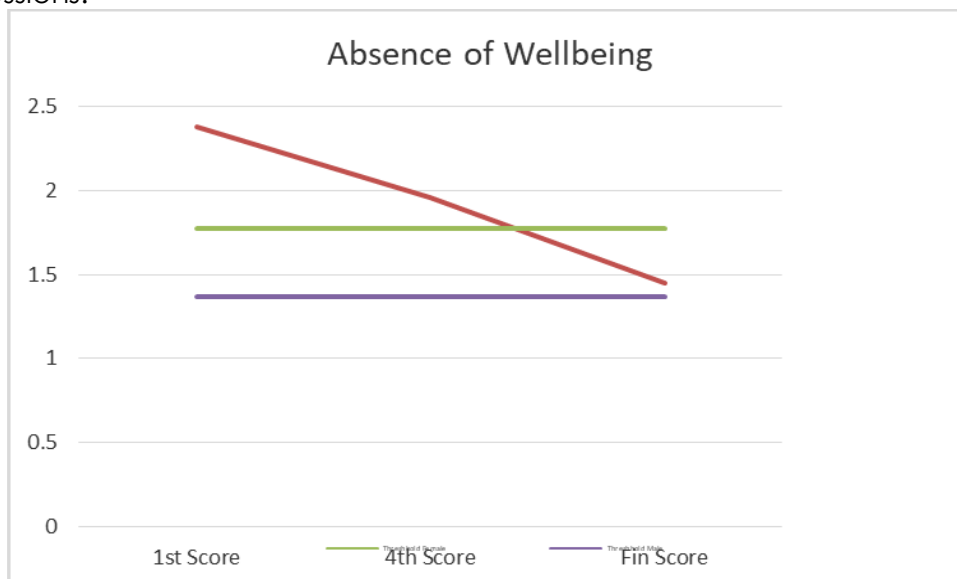
Fees are negotiated in the first counselling session and reviewed at the four session assessment. If a client's circumstances change during the counselling then we do re-negotiate so that the client is able to continue with the work

The average adult contribution at the end of the financial year was £24.77

Our full-fee service has not been able to grow as we had hoped it would during the pandemic. This service is targeted at people who can afford to pay fully for their counselling and to effectively 'jump' to the top of our waiting list. This has been set up with the specific aim of generating income to support our charitable work. We are mindful that funding is becoming more and more difficult to source in a pandemic and any fundraising events we have planned have been put on hold. . The full-fee service is a key element of our future funding for the sustainability of our charity.

CLINICAL IMPACT OF COUNSELLING AS INDICATED BY CORE (Clinical Outcomes in Routine Evaluation)

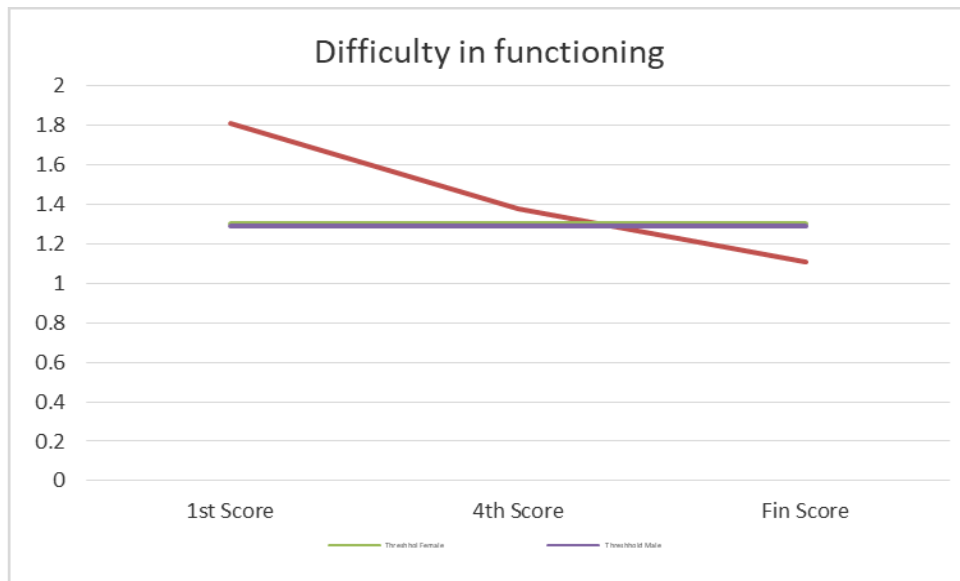
CORE takes a client's "clinical temperature". The charts below each show an improvement in client's emotional/psychological states, on four levels: wellbeing, problems, function and risk. Reduction in scores show marked improvement. CORE is administered on the 1st, 4th and final counselling sessions.



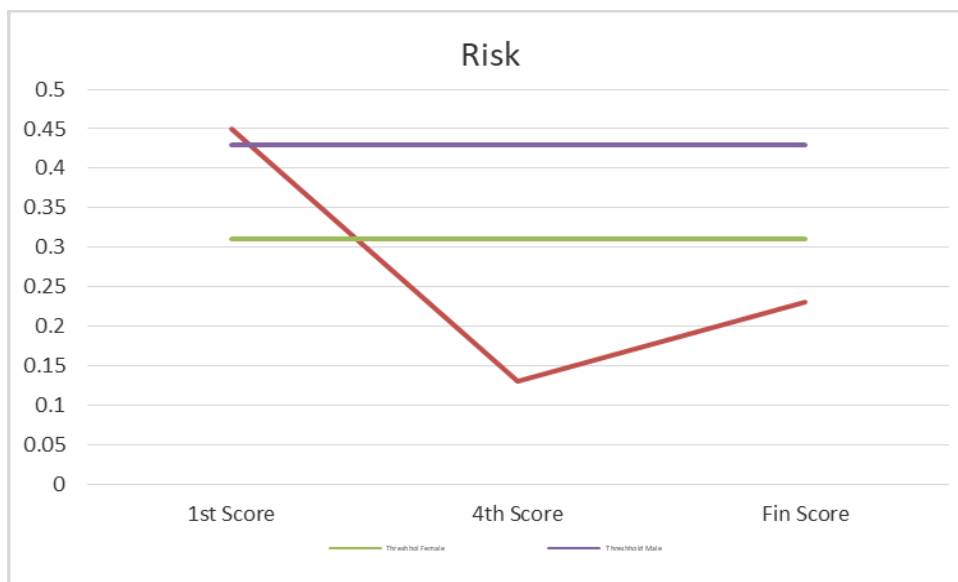
Any score above 1.37 for males and 1.77 for females is considered to indicate lack of wellbeing. Scores below this would be considered "normal".



Any score above 1.44 for males and 1.62 for females is considered to indicate that there are emotional problems. Scores below this would be considered "normal".



Any score above 1.29 for males and 1.30 for females is considered to indicate that there are difficulties in functioning. Scores below this would be considered “normal”.



Any score above 0.43 for males and 0.31 for females is considered to indicate that a client is “at risk”. Scores below this would be considered “normal”.

In our client satisfaction survey we ask clients to comment on whether they felt their contribution was fair and a sample of their comments are below:

£20 – yes, perfectly fair

I paid £26 per session. If I could have paid more than this I would have, but I do not earn a lot of money. However, it was worth every penny!!

£22 per week – I thought this was fair

Initially I paid £30 but was able to increase this to £40 when I had a pay rise at work

I paid £20—I think this is very cheap for the service provided

I paid £22 which meant I could access your service

My fee was £25 per session. It was more than fair. I wish I could have afforded more

I was able to reduce my fee from £36 to £26 when I was furloughed at work. I was so grateful as counselling was a lifeline for me at that time

I paid £40, I felt this was such good value for the professional service I received

Tilehouse Counselling

Trustees' Report for the year ended 31st March 2021

Review of the financial and salient features of the accounts

The charity's overall financial position was satisfactory over the year. At 31st March 2021, it held a total unrestricted fund balance of £245104 detailed in note 10 of the accounts.

The trustees confirm that there have been no material events affecting the charity's finances between the balance sheet date and the signing of these accounts, and that the charity's funds are adequate to meet ongoing obligations.

Reserves

The trustees aim to hold unrestricted income funds in reserve to enable the organisation to continue operating when there are delays in grant aid decisions or payments. This is particularly important in relation to our commitment to counselling clients where it would be damaging and unethical to bring ongoing work to a premature conclusion. In the current funding climate, the Trustees attempt to hold in reserve 6 months operating funds, and will review these levels in the light of operating conditions.

Intangible income and gifts in kind.

Tilehouse Counselling has received various donations from supporters this year, for which we thank them.

Trustees responsibilities

The Charities Act 1993 and the Companies Act 2006 require the Trustees to prepare statements for each financial year, which give a true and fair view of the state of affairs of the Charity at the end of the financial year-end of incoming resources and application of resources in the year. In preparing those financial statements, the trustees are required to;

- 1 select suitable accounting policies and apply them consistently,
- 2 make judgements and estimates that are reasonable and prudent,
- 3 state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial accounts,
- 4 prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis

Independent Examiner

Martyn Smith has expressed his willingness to act as the charity's independent examiner.

Approved by the Management Committee on 17th August 2021
and signed on their behalf by

Richard Hull
Chair of the Management Committee

Report by the Independent Examiner to the Trustees of Tilehouse Counselling

I have examined the accounts and the financial statement on pages 22 to 27 which have been prepared on the basis of the accounting policies set out on page 20.

Respective responsibilities of the Trustees and examiner

The Trustees of the charity are responsible for the preparation of accounts; they consider that the audit requirement under section 43(2) does not apply. I have been appointed under section 43 of the Charities Act 1993 and report in accordance with the regulation made under Section 44 of that Act. It is my responsibility to examine the accounts without performing an audit, and to report to the Trustees.

Basis of the Examiner's statement

This report is in respect of an examination carried out under Section 43 of the Charities Act 1993 and in accordance with the directions given by the Charity Commissioners under Section 43(7)(b). An examination includes a review of the accounting records kept by the charity Trustees and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquires as are necessary for the purposes of this report. The procedures do not constitute an audit.

Examiners statement

Based on my examination, no matter has come to my attention which gives reasonable cause to believe that the accounting records have not been kept in accordance with Section 41 of the Charities Act 1993, or that the accounts presented do not accord with those records or comply with the accounting requirements of the Charities Act 1993. No matter has come to my attention in connection with my examination to which in my opinion, attention should be drawn to enable a proper understanding of the accounts.

In the opinion of the reporting accountant, the accounts for the financial year in question are in agreement with the accounting records kept by the company under Section 221, and having regard only to, and on the basis of, the information contained in those accounting records, those accounts have been drawn up in a manner consistent with the provisions of this Act specified in subsection (6), so far as applicable to the company.

In the opinion of the reporting accountant, having regard only to, and on the basis of, the information contained in the accounting records kept by the company under Section 249A(5 for the financial year in question, and did not fall within Section 249B(1) (a) to (f) at any time within the financial year.

Martyn A Smith AFA

TILEHOUSE COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an income and expenditure account)

FOR THE YEAR ENDED 31 MARCH 2021

				2021	2020
		Restricted	Unrestricted	Total	Total
Income and Expenditure					
	Notes	£	£	£	£
Income Resources					
Grants	2	272,611		272,611	298,128
Furlough Scheme		18,096		18,096	
Fundraising Other Sources			29,140	29,140	31,463
Bank Interest			5	5	23
Rent			36	36	612
Service income - Donations			83,365	83,365	74,157
Service income - Fees			14,315	14,315	7,840
Total Incoming Resources		290,707	126,862	417,568	412,223
Resources Expended					
Direct Charitable Expenditure					
Counselling Project		304,654		304,654	270,668
		304,654	-	304,654	270,668
Other Expenditure					
Fundraising & Publicity		39,671		39,671	35,708
Charity Management & Admin		67,903		67,903	62,132
Total Resources Expended	3	412,229	-	412,229	368,508
Net Incoming/(Outgoing)					
Resources for the Year		(121,523)	126,862	5,339	43,713
Transfers Between Funds		121,523	(121,523)	-	-
Net Movement of Funds		-	5,339	5,339	43,713
Funds at 1 April 2020		-	239,765	239,765	
Funds at 31 March 2021		-	245,104	245,104	

TILEHOUSE COUNSELLING

BALANCE SHEET

AS AT 31 MARCH 2021

			2021	2020
	Notes	£	£	£
Tangible Fixed Assets	7		0	0
Current Assets				
Debtors and Prepayments	8	3,108		48
Cash at Bank & in Hand		290,298		307,217
		<u>293,406</u>		<u>307,265</u>
Current Liabilities				
Creditors and Accruals	9	<u>48,302</u>		<u>67,500</u>
Current Assets Less Current Liabilities			<u>245,104</u>	<u>239,765</u>
Net Assets			<u>245,104</u>	<u>239,765</u>
Funds				
Unrestricted Funds				
General	10	245,104		239,765
		<u>245,104</u>		<u>239,765</u>
Restricted Funds	11	0		0
Total Funds	12	<u>245,104</u>		<u>239,765</u>

Audit exemption

For the year ended 31 March 2021, the company is entitled to an exemption from having its accounts audited in accordance with the Companies Act 2006, section 477, relating to small companies.

The director acknowledges her responsibilities for:

i) ensuring that the company keeps proper accounting records which comply with the requirements of the Companies Act 2006 with respect to the accounting records and the preparation of the accounts

ii) the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006

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

Christine Skeen
Treasurer

TILEHOUSE COUNSELLING

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting Policies

- a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in Statement of Recommended Practice (SORP): Accounting by charities.
- b) Voluntary income is received by way of donations and gifts and is included in full in the statement of Financial Activities when received.
- c) Revenue grants are credited to incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- d) Grants for the purchase of fixed assets are credited to restricted incoming resources when receivable. Depreciation on the fixed asset purchased with such grants is charged against the restricted fund
- e) Support costs of charitable activities comprise costs incurred directly in support of expenditure on the objects of the charity.
- f) Fundraising and publicity costs comprise the costs in inducing others to make voluntary contributions to the charity.
- g) Charity management and administration costs comprise compliance costs together with bank charges and legal costs.
- h) Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure, which meets these criteria, is identified to the funder, together with a fair allocation of management and administration costs.
- i) Unrestricted funds are donations and other income received or generated for the objects of the charity without further specified purpose, and are available as general funds.
- j) Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.
- k) Staff costs are allocated to activities on the basis of staff time spent on these activities. Overhead expenses are allocated to activities on the basis of activity level and usage.
- l) Fixed assets are for use by the charity in fulfilling its main charitable objectives and are capitalised and depreciated. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each as restricted funds over its estimated useful life, which in most cases is set at five years.
- m) All leases of equipment are considered to be operating leases, and the rentals are charged against revenue when incurred. No assets are held under purchase agreements.

TILEHOUSE COUNSELLING

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

2. Grants Receivable

All the grants listed are restricted income

	2021 £
Herts C C Community Wellbeing	31,544
NHDC	1,280
National Lottery	62,313
Herts C C Community Foundation	14,140
Herts County Council	750
Herts PCC	2,112
Beds & Luton Community Foundation	4,992
Letchworth Heritage Foundation	6,952
Hitchin Youth Trust	11,371
Jarvis	1,000
Wixamtree Trust	16,000
Children in Need	42,424
Valiant Charitable Trust	20,000
Henry Smith	35,000
Robert McAlpine	3,333
Christopher Laing Foundation	1,000
Frank Lichfield Charitable Trust	1,000
Mercers	1,650
Mrs Smith & Mount Trust	1,250
Shanley Foundation	1,500
Annette Duvolet Charity	3,000
Edward Gosling Foundation	2,500
Amateurs Trust	7,500
Total Grants	272,611

3. Total Resources Expended

Resources expended represent the following direct and apportioned costs:

	Counselling Project £	Fundraisin g & Publicity £	Charity Mgt&Admi n £	2021 Total £	2020 Total £
Communications	5,973			5,973	4,881
Computers and software	1,865		1,526	3,391	944
General Office	1,094	6,802	964	8,861	11,533
Premises	40,433			40,433	39,963
Resources	605			605	983
Staffing incl sessional fees	233,643	25,169	62,843	321,656	283,078
Supervision	17,573		2,445	20,018	19,349
Training & Development	150			150	990
Volunteers	851			851	1,419
Travel & Subsistence	20			20	283
Management consultancy	2,448	7,700	125	7,825	5,088
	304,654	39,671	67,903	409,781	368,510

4. Net Incoming/(Outgoing) Resources

This is stated after charging/(crediting):

	2021 £	2020 £
Depreciation	0	0

TILEHOUSE COUNSELLING

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

5. Staff Costs and Numbers

	2021	2020
	£	£
Salaries	290,217	113,637
Social Security Costs (Employer's NI)	17,951	8,332
Total Emoluments paid to Staff	<u>308,168</u>	<u>121,969</u>

The average number of staff employed during the year was:

	2021	2020
Director (full time)	1	1
Counsellors	12	
Admin & finance co-ordinator (part time)	1	1
Cleaner (part time)	1	1
Counselling supervisor (part time)	1	1
	<u>16</u>	<u>4</u>

6. Trustees' Remuneration and Expenses

The trustees received no remuneration

No amounts were spent on Trustee training . No expenses were reimbursed to Trustees.

7. Tangible Fixed Assets

	Office Equipment £	Total £
Cost		
As at 1 April 2020	17,137	17,137
Additions in year	0	0
Disposals in Year	-	-
As at 31 March 2021	<u>17,137</u>	<u>17,137</u>
Depreciation		
As at 1 April 2020	17,137	17,137
Charge for year	0	0
Release on Disposals	-	-
As at 31 March 2021	<u>17,137</u>	<u>17,137</u>
Net Book Value		
At 31 March 2021	<u>0</u>	<u>0</u>

TILEHOUSE COUNSELLING

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

8. Debtors and Prepayments	2021	2020
	£	£
Accrued income	3108	48
Debtors and Prepayments		
	<u>3,108</u>	<u>48</u>

9. Creditors and Accruals: Amounts Falling Due Within One Year	2021	2020
	£	£
Deferred income	38,934	43,310
Creditors and Accruals	9,368	24,190
	<u>48,302</u>	<u>67,500</u>

10. Unrestricted Funds	At 31 March 2020	Incoming Resources	Resources Expended	Transfers to Restricted Funds	At 31 March 2021
	£	£	£	£	£
General Funds	239,765	126,862		(121,523)	245,104
Total Unrestricted Funds	<u>239,765</u>	<u>126,862</u>	<u>-</u>	<u>(121,523)</u>	<u>245,104</u>

11. Restricted Funds	At 31 March 2020	Incoming Resources	Resources Expended	Transfers from Unrestricted Funds	At 31 March 2021
	£	£	£	£	£
Grants Received	0	290,707	412,229	121,523	-
Total Restricted Funds	<u>-</u>	<u>290,707</u>	<u>412,229</u>	<u>121,523</u>	<u>-</u>

**Report by the Independent Examiner to the Trustees
of Tilehouse Counselling**

I have examined the accounts and the financial statement on pages 22 to 27 which have been prepared on the basis of the accounting policies set out on page 20.

**Respective responsibilities of the Trustees and
examiner**

The Trustees of the charity are responsible for the preparation of accounts; they consider that the audit requirement under section 43(2) does not apply. I have been appointed under section 43 of the Charities Act 1993 and report in accordance with the regulation made under Section 44 of that Act. It is my responsibility to examine the accounts without performing an audit, and to report to the Trustees.

Basis of the Examiner's statement

This report is in respect of an examination carried out under Section 43 of the Charities Act 1993 and in accordance with the directions given by the Charity Commissioners under Section 43(7)(b). An examination includes a review of the accounting records kept by the charity Trustees and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquires as are necessary for the purposes of this report. The procedures do not constitute an audit.

Examiners statement

Based on my examination, no matter has come to my attention which gives reasonable cause to believe that the accounting records have not been kept in accordance with Section 41 of the Charities Act 1993, or that the accounts presented do not accord with those records or comply with the accounting requirements of the Charities Act 1993. No matter has come to my attention in connection with my examination to which in my opinion, attention should be drawn to enable a proper understanding of the accounts.

In the opinion of the reporting accountant, the accounts for the financial year in question are in agreement with the accounting records kept by the company under Section 221, and having regard only to, and on the basis of, the information contained in those accounting records, those accounts have been drawn up in a manner consistent with the provisions of this Act specified in subsection (6), so far as applicable to the company. In the opinion of the reporting accountant, having regard only to, and on the basis of, the information contained in the accounting records kept by the company under Section 249A(5) for the financial year in question, and did not fall within Section 249B(1) (a) to (f) at any time within the financial year.



Martyn A Smith AFA